The Phenomenology of Hypnosis

INTENSITY
3. More Vivid
4. Less Vivid

ATTENTION
1. Internal
2. Focused

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**INTENSITY**
3. More Vivid
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**DISSOCIATION**
5. “Things Just Happen.”
6. “Apart from” & “A part of”
7. Destabilization

**ATTENTION**
1. Internal
2. Focused

**RESPONSE**
8. Minimal Cues/Implication
9. Search for Personal Meaning

(Define the situation as hypnosis)
The Phenomenology of Hypnosis
(The Posture of the Clinician)

Intensity
3. More Vivid
4. Less Vivid

Dissociation
5. “Things Just Happen.”
6. “Apart from” & “A part of”
7. Destabilization

Attention
1. Internal
2. Focused

Response
8. Minimal Cues/Implication
9. Search for Personal Meaning

The Phenomenology of Hypnosis
(The “Pitcher”)
In a “field” (context) defined as hypnosis

- Posture of the Clinician:
  - Personal
  - Professional
    (Lenses, muscles, heart & hat)

Phenomenology of Hypnosis:
The four “bases.”

- Guide attention:
  - Internal and focused
- Alter intensity:
  - More or less vivid
- Create dissociation:
  - “just happen”, “apart from” and destabilization
- Modify responsiveness:
  - Minimal cues and search for personal meaning
Define the situation as hypnosis and elicit the phenomenology
- Overtly
- Covertly

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