

# ASK THE PROFESSIONAL



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## Historical Inductions

*By: Brice LeMaire*

**IACT:** How nice to have the opportunity to interview you once again. Your topic covers a very broad range of information. Which historical inductions would you like to discuss and why?

**BL:** In my teaching of hypnosis at the Medical University in Nice (France), I introduce to my students the subject of hypnosis with definitions of hypnosis, scientific considerations (neuroscience), but also with an historical approach.

I consider that, as Bernard de Chartres said in the XIIth century, we are just « dwarfs on the shoulders of giants », and we must always consider the work of our predecessors.

In my study of the history of hypnosis, I was always stunned that most of the books about hypnosis start with the birth of hypnosis with Mesmer during the XVIIIth century..

I knew that a lot of description of trance and medical application were made earlier. So I investigated this amazing subject, by reading and writing a foundation book about « History of Hypnosis » published last year (but only in French). Almost 800 pages, starting with the prehistoric shamanic trance until the XXth century.



**Brice LeMaire**

1996 Ph.D. in Dental Surgery 2002. Introduction of hypnosis at the dental office 2017. Creation of the Postgraduate Dental Hypnosis at the Dental University of Nice (France) 2017; Instructor of the Postgraduate Dental Hypnosis at the Dental University of Nice (France); Certified Instructor in Elmanian Hypnosis by Dave Elman Hypnosis Institute; Licensed Master Practitioner by NLP Life Training (Richardandler); Licensed Master Practitioner by NLP (Robert Dilts).

In order to make a practical book, and a bridge between hypnosis and history, for each historical period, I describe the technique used to induce hypnosis. All these historical inductions are fascinating to understand the basis of the trance and the mindset of the early operator during that time.

**IACT: Which selection of inductions has been your greatest inspiration?**

**BL:** The history of inductions are fascinating because they reflect the technique used to go in trance and the mindset of the operator: his beliefs system and also his misconception about the trance. When we consider prehistoric shamanic trance induction, or Egyptian or Greek induction (in the sleep temples) the belief system is that the priest or the shaman (the healer of the tribe) will go in trance in order to convene the divine healing energy of the universe, of god to cure the patient. Until the XVIth century in Europe, healing was linked to spirituality, and the medicine man was at the same time a priest, a monk, or someone linked to a religious or spiritual world. In hypnosis, three ingredients are necessary: the imagination (activates the trance), the suggestion (verbal, non verbal), and the belief (reality of the subconscious). We can understand how these miraculous and instant cures happened during that early time of humanity because spiritual or religious beliefs were strongly involved. We must also add the psychology of the patient. People were much more suggestible during that time, because they were more connected in their everyday life to their subconscious mind.

Technically, the induction of the trance during that early time used mostly physical technique (only non verbal hypnosis): focus of the attention with visual, auditory and kinesthetic stimulation, and sometimes the use of drugs to alter the consciousness. But the induction is just the first suggestion accepted by the patient to go into trance, so all the therapeutic work starts after this gateway.

**IACT: Which top 3 inductions have made an impression on your work?**

**BL:** In that wide investigation about hypnosis (in the book there's a description of more than 300 inductions); I was very interested in the old time practitioner before mesmerism during the XVIIIth century. In order to produce trance and healing, they usually used a combination of non verbal and verbal techniques. If I should select just 3 amazing induction, I would say :

-Shamanic trance induction: "Standing on your feet, turn on yourself on one side, then on the other side. At the same time, rotate your head, clap your hand, open and close your eyes and make a low and repetitive sound with your throat". After a few seconds, the trance will come. You can use it as a self hypnosis technique or with a subject. Just be careful to catch him when he falls into a trance.

-Phosphenic induction: This one is based on retinal permanence. You can also use it as a self hypnosis technique or with a subject. "Focus your eyes in a dark room on a candle (or the light of the cell phone in a more modern way). After one minute, close your eyes, and cover them with the palms of the hand in order to have complete darkness on the eyes.

You will observe a little red (or orange) point in your visual optic field. Make it move mentally (up or down, left or right) and at the same time repeat mental suggestions like relax, sleep, confidence, joy, and so on...observe how the color of the point is changing (green, blue) and you'll sink into hypnosis". This technique is based on ideomotor movement (small muscles of the eyes following the retinal permanence) and a direct suggestion.

-Omphalopsychic induction: This historical induction is based on a technique developed by monks of orthodox religion living in Greece at the Mont Athos during the XIIth century. "Just lay down and focus your attention on your belly moving naturally up and down with the breathing". This one is based on a kinesthetic and a visual focus.

**IAC: Awesome! Will these inductions be demonstrated at Hypno Expo in May?**

**BL:** Yes of course....and much more!

During the 2 hours workshop, at Hypno Expo in May, all the participants will practise more than 20 historical original inductions.

The idea is to cover the whole history of hypnosis by sharing inductions and to understand how they work.

So they will learn all the ingredients of the trance, truth and misconceptions about hypnosis.

I used to offer a two days seminar on this subject and we had a lot of fun by practising and experimenting historical hypnosis.

**IAC: Do you prefer to use any particular induction when working with dental patients and children?**

**BL:** In the medical field, you can use rapid or instant inductions that everyone knows like the Dave Elman Induction, Butterfly induction, Hand drop inductions, and so on... After all, the induction is just the the first suggestion accepted by the patient to go into trance so it can be everything or nothing very complicated!

But according to my management of the transfer, I don't use any kind of induction....

My idea is to put my patient in trance as fast as deep I can, in order to produce hypnotic phenomena (catalepsy, amnesia, analgesia, anesthesia, hallucinations) that I'll use in my practice for medical or therapeutic purposes in the specificity of dental hypnosis.

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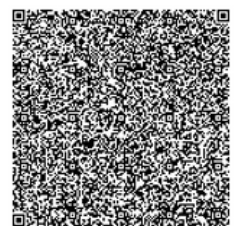
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So I'm more interested in the management of deep trance and I can produce it without induction. I'll show and demonstrate this in the lecture "Oxo Model for deep trance" at the Convention.

**IACT: What changes (if any) have you seen take place with regard to the acceptance and use of hypnosis in dentistry?**

**BL:** Actually in France, Medical Universities are more open to include hypnosis in their regular training. Historically, France is the country of Hypnosis. We used to have the Paris School with Charcot and the Nancy School of Hypnosis with Liébaukt and Bernheim at the end of the XIXth century. So hypnosis was taught at the University. Then this psychosomatic approach in medicine disappeared during almost one century (progress of chemical anesthesia, pharmacy, psychoanalysis) and the practice of hypnosis was sporadic (Jagot, Chertok). At the beginning of the 1980, a neo ericksonian hypnosis started developing in France until now. So actually 90% of hypnosis is neo ericksonian (in fact more NLP oriented than strictly ericksonian). But at the end of 1990, with the development of neurosciences and brain imagery, hypnosis began to be considered again as a scientific and medical tool for the patient. When I started practising hypnosis at that time at my office, no one was using hypnosis and teaching medical hypnosis in France. Finally I was lucky, because I had to go to UK and US for my training and met talented trainers and practitioners (Ormond McGill, Jerry Kein, John Butler, Larry Elman, Richard Bandler, Robert Dilts ..). Then 10 years ago, I started to teach dental hypnosis to postgraduates at the Dental University of Nice, and create a Dave Elman Hypnosis Institute France to promote Elmanian hypnosis.

Actually, I practise hypnosis everyday at my office, which is my favorite activity, among all my activities in the hypnosis field.

I teach hypnosis for another private institute ZeDental, as well as the University (teaching, and making research work with Thesis for Phd graduation).

I wrote books about it ("History of hypnosis", "Dental hypnosis ", "Elmanian hypnosis"), made translations (Roy Hunter, Monica Geers Dahl, Ormond McGill) and wrote articles for newspapers and participates to seminars or conferences for hypnosis society.

So it's a long road..... but things are going well in France to promote modern hypnosis, medical and scientific...

**IACT: This has been a very interesting interview. What final thoughts would you like to leave us with in regard to historical inductions?**

**BL:** Maybe a last idea about hypnosis...I tell my students to study hypnosis like a science, but to practise it like an art. Concerning this scientific and theoretical approach, I encourage them to always look for the original source of information. It means reading (or watching videos) from the masters of hypnosis of the XXth century to learn from their work. But the master in hypnosis is the practice, so never lose a chance to learn from a trance of a patient. That's how we progress in our Art!

**IACT: Thank you for taking the time to discuss this very interesting topic. We look forward to learning more from you in May at Hypno Expo.**



*Some of the most notable benefits of deep breathing include less anxiety, reduced stress and improved focus*