

## **Hypnosis and Trance Forms**

*Old fashioned but interesting*

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### **a. Trance Depth Phenomena-Davis Husband**

The **Davis-Husband** Scale of Hypnotic Susceptibility is one of the oldest and most mentioned scales of hypnotic depth. It divides Hypnosis into five depth categories which in turn are subdivided by a number of hypnotic responses at each level. A simplified version of this scale is shortened to a three-depth version and can be used by the hypnotologist as follows:

#### **Light Trance**

1. Relaxation
2. Eye closure
3. Slowing of muscular activities
4. Ability to perform simple post-hypnotic activities

#### **Medium Trance**

5. Glove anaesthesia
6. Partial amnesia
7. Catalepsy of entire skeletal musculature

#### **Deep or Somnambulistic Trance**

8. Ability to open eyes without affecting trance
9. Post-hypnotic anaesthesia
10. Bizarre post-hypnotic suggestions
11. Positive hallucinations
12. Negative hallucinations
13. Subjective feeling of detachment

For research purposes the **Lecron-Bordeaux** Scale is sometimes used for a more detailed scoring system of depth. This scale goes from 0 to 50, starting with a subject who fails to react in any way, to the subject that reaches the Plenary Trance. This is a stuporous condition in which all spontaneous activity is inhibited. Somnambulism can be developed to that effect.

### **b. Lecron-Bordeaux Scoring System for Indicating Depth of Hypnosis**

<b><u>Depth</u></b>	<b><u>Score</u></b>	<b><u>Symptoms &amp; Phenomina</u></b>
Insusceptible	0	Subject fails to react in any way
Hypnoidal	1	Physical relaxation
	2	Drowsiness apparent
	3	Fluttering of eyelids
	4	Closing of eyes
	5	Mental relaxation, partial lethargy of mind
	6	Heaviness of limbs
Light Trance	7	Catalepsy of eyelids
	8	Partial limb catalepsy
	9	Inhibition of small muscle groups
	10	Slower and deeper breathing, slower pulse
	11	Strong lassitude (disinclination to move, think or act
	12	Twitching of mouth or jaw during induction
	13	Rapport between subject and operator
	14	Simple posthypnotic suggestions heeded
	15	Involuntary start or eye twitch on awakening
	16	Personality changes
	17	Feeling of heaviness throughout entire body
	18	Partial feeling of detachment

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### **b. Lecron-Bordeaux Scoring System for Indicating Depth of Hypnosis**(cont'd)

<b><u>Depth</u></b>	<b><u>Score</u></b>	<b><u>Symptoms &amp; Phenomina</u></b>
Medium Trance	19	Recognition of trance (difficult to describe but definitely felt)
	20	Complete muscular inhibition (kinesthetic delusions)
	21	Partial amnesia
	22	Glove anaesthesia
	23	Tactile illusions
	24	Gustatory illusions
	25	Olfactory illusions
	26	Hyperacuity to atmospheric conditions
	27	Complete catalepsy of limbs or body
Deep or Somnambulistic Trance	28	Ability to open eyes without affecting trance
	29	Fixed stare when eyes are open; pupillary dilation
	30	Somnambulism
	31	Complete amnesia
	32	Systematized posthypnotic amnesias
	33	Complete anaesthesia
	34	Posthypnotic anaesthesia
	35	Bizarre posthypnotic suggestions heeded
	36	Uncontrolled movements of eyeballs, eye coordination lost
	37	Sensation of lightness, floating, swinging, of being bloated or swollen, detached feeling
	38	Rigidity and lag in muscular movements and reactions
	39	Fading and increase in cycles of the sound of operator's voice (like radio stations fading in and out)
	40	Control of organic body functions (heart beat, blood pressure, digestion)
	41	Recall of lost memories (hyperamnesia)
	42	Age regression
	43	Positive visual hallucinations; posthypnotic
44	Negative visual hallucinations; posthypnotic	
45	Negative auditory hallucinations; posthypnotic	
46	Stimulation of dreams (in trance of posthypnotic in natural sleep)	
47	Hyperanaesthesias	
48	Colour sensations experienced	
Plenary Trance	50	Stuporous condition in which all spontaneous activity is inhibited. Somnambulism can be developed to that effect.