

Hypnosis and Dissociation

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Dissociation can be described as a disintegration of mental processes such as perceptions, desire, will power, emotions, memories, and identity that is ordinarily integrated within self and accessible to consciousness. The experience of dissociation may take many forms depending on the psychological domains that are affected. An individual may suffer dissociation of the contents of a specific psychological domain, in which will make the person unable consciously reflect on experiences usually present or accessible in her or his world.

The example of that is an altered perception in terms of un-accessible memories in amnesia and as if even an experience remains accessible to awareness. Then again, disturbance in its quality will remain within self like, depersonalization, de-realization, and loss of identity. In addition, individual's ability to voluntarily control of internal experience or actions will disturb. This is recognizable on individual with PTSD, behavioural automatisms, and possession (control).

Some other professional in the field believe that awareness and voluntary control are the key elements in consciousness and that dissociative symptoms represent disruptions of either or both of these processes. This characterization is useful, and so in the following terms "dissociated awareness" and "dissociated control" as shorthand descriptions of the psychological disruptions that dissociation can cause. In this regard, hypnosis can be use as controlled and structured dissociation in which there is highly tense and vivid focal concentration with a relative halt of logical awareness. In addition, absorption and suggestibility are essential components of hypnosis.

Absorption is a state of highly focused and vivid attention in a single aspect of experience such as perception, idea, or memory. Focalizing attention in one or certain experience will allow to exclusion of some other experiences that usually exists in consciousness. This is how attention could capture in the immediate experience in terms of here and now.

Through out our life we constantly seek for advice and recommendation from others, directly or indirectly in which I consider as our automated social behaviour that is acceptable. That is how hypnosis-suggestibility-has been described as an increased responsiveness to social cues. This characteristic is focal awareness of absorption that a person in the hypnotic state is fully absorbed in particular aspect or aspects of awareness and is not critical, judgmental and or evaluates the meaning of the experience.

As a result a person who is going through trance will redefine own, behaviour and conflicts on the immediate present in which has relation to an increased susceptibility to most important external cues. The vivid focused attention results in a reduction of critical capacities and characters an influential element of the environmental stimulus. In the hypnosis, contents and context are matters as they do in gestalt approach to inner and outer conflict of the self.

Dissociation of context means that the point of intentional vivid focus of absorption effectively halts cognitive structures and processes as well as environmental information. This dissociation

of the environmental and personal context may cause the individual become very susceptible to control by immediate external stimulus such as suggestions or the individual's own internal and unconscious processes. I also think that dissociation of contents could be the same as context. In anyhow, the individual's experience of own thoughts and actions is a sense of involuntariness, a feeling that they are uncontrollable.

To understand the development of dissociative it is helpful to consider it as an interaction of psychological and environmental factors, such as stress. In the more general case of dissociative symptoms, at may depend on the comparative levels of susceptibility, flexibility and traumatic experience psychologically.

Childhood is a time when an individual attempting figure out, how, when, where could adapt to environment. It is also the time of making plan, developing capacities that reflect on learned lessons, particularly the one that repeated. The knowledge that occurs during this period includes an understanding of relationships in the world and the individual's learned responses (instrumental) that serve to help person adapt to that environment. Physical or sexual abuse during this developmental period is likely the reason to mobilize dissociative processes. These processes, in turn, may then become too defensively important to experience their normal turn down during adolescence.

In terms of repeated trauma, auto hypnotic dissociation may over used as a means of coping mechanism and may become style of defense that manifests as ongoing dissociative symptoms. In regard to dissociative identity disorder, that the tendency to dissociate may also become generalized to include situations that are not clearly abusive but that are stressful and or affectively related to the conditions that precipitate earlier dissociative reactions. In this way, dissociation may become a self-important and relatively random style of response (automated behaviour).

Dissociative experiences often are not recognized or assumed to untruth and continuation of that runs from normal, common, and harmless states, such as daydreaming, to pathological, unusual, and serious disorders, such as dissociative identity disorder. About identity disorder, we might take a look for obvious genetic similarity and structure that reflects on mechanism of organism. Of course ought to remember the differences between dissociation in trance state, which is controlled one, and dissociation in psychopathological state that is uncontrolled one.

As I understand, the pathological dissociation is about what is probably its most outstanding indicative manifestation of irretrievable memories. However, pathological dissociation has many other forms that only by the number of disruptions possible in the contents and control of conscious awareness. In dissociation, affected areas would be perception, behaviours, memory and identity yet, it might differ according to conditions of altered consciousness.