

A COMPARISON OF AUTHORITARIAN AND PERMISSIVE APPROACHES OF HYPNOSIS FOR ANXIETY TREATMENT

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Abstract

Hypnotherapy has the potential to be a quick and cost-effective alternative to medicine in the treatment of anxiety disorders, particularly in children and young people. Although research on the use of hypnosis, in general, is encouraging, research on the use of hypnotherapy for treating anxiety disorders is insufficient to draw clear conclusions. This study is critical to improving the next generation of anxiety disorder therapies. Everything we know now about diagnosing and treating anxiety disorders is the product of research studies conducted over the years. Anxiety is an issue for patients who are about to have surgery, with more than half of them worried about anesthesia or not waking up afterward. Given the growing popularity of complementary and alternative medicine and the need for new anxiolytic preoperative therapies, we conducted a randomized attention-controlled trial to assess the efficacy of hypnosis as a therapeutic method for preoperative anxiety. Hypnosis has been demonstrated to reduce anxiety related to cancer, surgery, burns, and several medical/dental treatments. The method that is used in this study is the comparison between the authoritarian and permissive approaches of hypnosis for anxiety treatment and the systematic literature review to compare those techniques.

This research aims to assess the efficacy of two hypnotic induction and suggestion strategies: authoritarian and permissive. The results of this research imply that hypnotherapy recommendations and pain relief procedures should be adapted to the patient's specific situation.

As a result, the study we did finds that the evidence is insufficient to demonstrate the usefulness of hypnotherapy in treating anxiety disorders, and additional research employing a more rigorous approach is advised as a result. Better quality research on the effectiveness of hypnotherapy looks to be one of the most significant issues.

Keywords: *Hypnosis, anxiety, authoritarian, permissive, approach, treatment.*

1. Introduction

Hypnosis appears to have begun with Buddhism and other eastern meditation practices of ancient Indian civilizations (Otani, 2003), as it is the narrative of sleep temples in ancient Egypt (Okasha, 2001), Greece, and Rome (Hassan, 2014). Hypnotism has defined as a state in which an individual is placed in a sleep-like state, yet as we will see, it is a distinct state of sleep. Hypnosis as a modern science is documented in Paris as far back as the 18th century, where it was used as a medical tool in dealing with pain-resolving troubles, and the Austrian physician Franz Anton Mesmer (1734-1815) was the first to become famous in using a form of hypnosis referred to as "*animal magnetism*" and later as "*Mesmerism*" (Lanska & Lanska, 2007:302).

Anxiety disorders were recognized and separated from other negative mental health conditions (such as depression) as early as Biblical times. They were even acknowledged by Greek and Latin physicians and thinkers This paper aims to compare and evaluate the authoritarian and permissive approaches of hypnosis for anxiety treatment in patients.

2. Method

In this study, we have used the comparative method to see the differences and similarities between the hypnosis techniques such as permissive techniques and authoritarian techniques. This way we would make identification of which is the best to use in different clinical situations and with clients. So, a comprehensive literature study for method comparison. A systematic literature review (SLR) identifies, selects, and critically evaluates material to address a specific topic (Dewey & Drahota, 2016). Before

conducting the review, the systematic review should adhere to an established procedure or strategy in which the criteria are clearly outlined. This paper includes the findings of a literature review. A study of the literature assists the author in learning about the history and nature of their issue, as well as identifying research gaps and concerns.

3. Hypnotherapy in anxiety treatment

Hypnotherapy, in its most basic form, is the use of hypnosis in psychotherapy by professional psychotherapists. It is also used by sergeants, obstetricians, pediatricians, general practitioners, psychiatrists, and dentists (Erickson, Hershman & Selter, 2014). According to the British Psychological Society, "*hypnosis signifies a relationship between one person, the 'hypnotist,' and another person or individuals, the subject' or subjects*" (Heap, 2005:117). The hypnotist seeks to affect the participants' perceptions, feelings, thoughts, and behavior throughout this contact by urging them to focus on ideas and pictures that may elicit the desired outcomes. The verbal communications used by the hypnotist to create these effects are referred to as "*suggestions*" (Stewart, 2005:511).

3.1. The authoritarian techniques of hypnosis

The authoritarian style is one in which the hypnotist 'directs' the client into hypnosis by employing a rehearsed set of phrases. The hypnotist utilizing this method would usually have a consistent format for everyone. Authoritarian hypnosis scripts (also known as direct or paternal scripts) differ from permissive scripts only in the manner in which they are given (Tellegen, 1978).

The authoritarian technique to induction of hypnosis is frequently shorter than the permissive (maternal, indirect) approach and is administered in such a manner that the subject understands that you want them to follow your instructions. This anticipation may frequently produce the desired outcomes, but you must speak confidently. The authoritarian style entails the hypnotist making direct recommendations and directives to the patient, such as "*You are starting to feel calm, and this relaxation will extend throughout your body*" (Lindsay, Maynard & Thomas, 2005).

3.2. Permissive techniques of hypnosis

The hypnotherapist uses everything present, such as the client's issue, sensory experience, and immediate surroundings, to create a process in which a trance state is spontaneously attained. Because it is based on the late Milton Erickson's method, permissive hypnotherapy is additionally known as Ericksonian hypnosis. Milton Erickson stressed that recognizing the reasons for symptoms or the patient's difficulties does not inevitably lead to treatment (Erickson, 1980); We should also mention that hypnosis assists the client in readjusting to a more appropriate functionality at the proper time and activating the right action. Finally, the hypnotherapist directs the client's attention to bodily internal, and external feelings and emotions, allowing the customer to achieve a high degree of internal focus while blocking out external stimuli.

4. Authoritarian and permissive approaches of hypnosis for anxiety treatment in patients

The authoritarian is more conservative and is known for his directness. In comparison, the permissive approach is softer and often slower than the authoritarian. Coyle (1982) conducted research to determine which hypnosis approaches, authoritarian or permissive, would be seen by the participant as being more formal compared to reality. Each group was given a hypnotic induction, as well as 10 hypnotic recommendations that were either authoritarian or permissive in nature. Absorption, interpersonal trust, and opinions about hypnosis were examined and evaluated for association having both authoritarian and lenient tendencies in hypnosis situations. Recommendations in the authoritarian form imply that the subject is under the hypnotist's control; permissive suggestions are designed to stress the subject's thinking. To summarize, usage is a significant distinction between authoritarian and permissive approaches.

5. Discussion

Other cues to look for include, a visual modality person's stance and gestures may maintain a somewhat relaxed posture manner than a kinesthetic modality person and may be slimmer (Winsor, 1993). Other techniques are available to assess the client's therapist's appearance, and demeanor, and behavior-based methodology may utilize rapidly to get a notion of the client's location holding. Knowing the client's primary modality will assist the therapist in selecting phrases that will lead the client to deeper stages of both relaxation and resisting recommendations made by the hypnotherapist. A sensitive person,

for example, will respond favorably to terms like touch, smoothness, hotness, coldness, and so on. The current study, however, shows that authoritatively and permissively phrased hypnotic recommendations are equally effective, and that personal preference for a certain style of hypnotic communication has no influence on the amount of hypnotic receptivity.

6. Conclusions

This study aimed to make a comparison between the techniques of hypnotherapy which is the authoritarian versus permissive method. The effectiveness of authoritarian versus permissive hypnotic communication styles was studied.

Based on the systematic literature study, we can conclude that using the permissive method, the hypnotherapist uses everything available, such as the client's issue, sensory experience, and immediate surroundings, to enable a process in which a trance state is spontaneously attained.

In the treatment of anxiety disorders, hypnotherapy has the potential to be a quick and cost-effective alternative to medication, particularly in children and young adults. Although research on using hypnosis, in general, is encouraging, research on using hypnotherapy to treat anxiety disorders is insufficient to draw clear conclusions.

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