

Hypnoidal Suggestion Therapy (HST)

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What is hypnoidal suggestion therapy (HST) and how is it different from hypnotherapy? Classical hypnotherapy depends on a state of hypnosis, achieved in a subject by the operator who employs various techniques to induce an altered state of consciousness, and in this altered state, gives suggestions for behavioral change. Hypnosis demands a formal dehypnoticization. HST, on the other hand, is based on *hypnoidal* acceptance of suggestions in a relaxed state of *calm* and *ease* without distortions of perception or motor activity. The hypnoidal state is terminated simply by resuming an ordinary conversational tone and requires no other dehypnoticization than that. Unlike actual hypnosis, which always carries with it the risk of untoward occurrences in susceptible individuals, hypnoidal relaxation does not carry this risk, as the only real suggestions are those of calm and ease and suggestions provided by the subject receiving the therapy.

How does HST work? In a relaxed state of mind, suggestions are more readily considered without judgement. In an ordinary state of mind, an individual is much more likely to make quick judgements and decisions without really listening. Thus in the relaxed, hypnoidal state, the individual is more open to *learning* and to setting the course for desired change.

What can HST be used to achieve? A more relaxed state of mind leads to improvements in both physical and emotional sources of tension and their associated diseases and disorders. By enjoying calm and ease, the mind becomes unfettered by tension and constriction, connecting with its natural ability to be the “captain of its own ship,” with inner freedom and personal power. Desired suggestions for change are easily accepted in the hypnoidal state.

What are contraindications and dangers of HST? There are no contraindications and no dangers of HST.

Can HST be safely and effectively practiced by telemedicine? Yes. HST is a benign therapy and adapts well to *Zoom* and similar technologies.

Reference Ainslie Meares, M.D., B.Agr.Sc., D.P.M., *A System of Medical Hypnosis*, Philadelphia and London, W.B. Saunders Company, 1960, 483 pp., 275-277.