

BOOK REVIEW

SELF-HYPNOSIS AND SCIENTIFIC SELF SUGGESTION.

Ousby, William J., New York: Arc Books, 1969. \$1.25. 96 pages.

Reviewed by Dennis Tupman, Graduate Studies, University of British Columbia.

With the growing awareness of all phases of Eastern culture (e.g. Ravi Shanker, Alan Watts, Maharishi Yogi, etc.) it is understandable why there is an increased interest in self-hypnosis. Hypnosis is a relatively misunderstood phenomenon in the West. Since the time of Mesmer, hypnosis has been a risky subject to bring up. Those who have used the therapeutic value of this hyper-suggestible state have been welcomed with mixed reactions ranging from raised eyebrows to outright persecution. Stage hypnotists, furthermore, have done little to untarnish the mystical and black magical reputation of hypnosis.

This is regrettable. Fortunately many doctors, psychologists, dentists, and theologians in increasing numbers have recognized the value of hypnosis (and its cousins meditation, deep relaxation, psycho-cybernetics, relaxation therapy, sensory awareness, and Gestalt Therapy).

Mr. Ousby in his diminutive book sets forth a practical and sincere introduction to the topic of self-hypnosis.

He discusses methods of induction, techniques of positive suggestion in the waking and hypnotic state, and methods of trance deepening.

Self-hypnosis and hypnosis are of little benefit in themselves. They are like a car without a driver. Hypnotherapy and self-hypnotherapy require responsible and enlightened use. Counsellors may find on closer investigation that there is something useful to be found in hypnotherapy, particularly as a supplement to other more conventional counselling practices.