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The Inner Source: Exploring Hypnosis by Donald S. Connery. Helios Press, 2003 (Revised Edition). 269 pp. \$16.95 (paper). ISBN 1-58115-311-2.

In *The Inner Source: Exploring Hypnosis*, author and independent journalist Donald S. Connery chronicles the long career of Dr. Herbert Spiegel, a pioneer of modern medical hypnosis. Originally published in 1982, this revised edition includes a new introduction by the author, explaining its continued relevance to today's concerns. Overall, the book provides a good introduction to clinical hypnosis for the general reader and outlines the personal history of one of its leading practitioners. However, it the book's focus on the personality traits that connect to hypnotizability that sets it apart from other introductory texts on the subject. This makes it a particularly interesting introduction for parapsychologists as well as for those studying the psychology of paranormal belief.

Dr. Spiegel earned his medical degree in 1939 and was sent into World War II combat shortly afterward. On the battlefield, he discovered the value of hypnosis as a treatment tool. After being hired as a professor of combat psychiatry at the School of Military Psychiatry at Mason General Hospital, he went on to become a clinical professor of psychiatry at Columbia University, where he taught a popular course on medical hypnosis. Over his long career, Spiegel treated thousands of patients for a variety of ills, helping them break addictions, overcome irrational fears, and diminish pain.

Despite the characterization of hypnosis as a magic-wand therapy, Connery echoes Spiegel's own concern with demystifying the phenomena, stressing that all hypnosis is self hypnosis and stripping the hypnotist's role of the power that our popular cultural assumptions have given it. Yet at the same time, Spiegel claims that sometimes lifelong ailments have been cured within a single session at his private practice. The credit, however, is given to the patient. According to Spiegel, successful treatment is not based on the skill of the hypnotist, but rather the innate trance talent of the patient.

In the 1960's, Spiegel developed one of the first tests assessing trance capacity, known as the Hypnotic Induction Profile, a test in two parts. Initially, subjects are asked to perform an eye roll while the clinician evaluates how much the whites of the eyes are showing on a zero-to-four scale. A rating of zero indicates no upward movement of the pupils, whereas the pupils disappear in a rating of four. Through his long career and his work with thousands of patients, Spiegel has found that the higher the score on the Eye Roll Test, the greater the subject's capacity to enter into a hypnotic trance. Even though Spiegel finds the Eye Roll Test to be a fairly accurate predictor, he follows it by putting subjects into a light trance and having them imagine that their left hand is a balloon floating toward the ceiling. Once again, the reaction is rated on a zero-to-four scale, in terms of the distance in which the arm is raised. The process takes five to ten minutes and is a quicker and more personal approach than the standard questionnaires used to measure hypnotizability.

Through the various measures that Spiegel has employed in his practice, pictures of the personalities associated with the differing levels of hypnotizability have emerged. Borrowing terms from Greek mythology, Spiegel calls patients with the highest trance capacity "Dionysians" and those with the lowest "Apollonians." The majority of his patients he calls "Odysseans," who are those with an eye roll score of two or three. Whereas other scientists have framed trance capacity in terms of hypnotic susceptibility, Spiegel eschews the terms because it implies a weakness and prefers to discuss it as a talent. For example, Dionysians may be suggestible and vulnerable to deception, but at the same time they are highly empathic, open-minded, and have an outstanding capacity for concentration.

Parapsychologists might be interested in the learning about Spiegel's discoveries and may notice some similarities between his Dionysians and their psi-hitting subjects/psi-conductive experimenters as well as similarities between Apollonians and psi-missers. However, those who are interested in further exploration might find more value in reading the newly released 2nd edition of *Trance and Treatment: Clinical Uses of Hypnosis*, co-authored by Dr. Herbert Spiegel and his son (2004). In *The Inner Source*, Connery's emphasis is on the man and his theories, but not necessarily on the scientific evidence. Additionally, the reader must wade through a lot of over-excited prose before getting to the finer points of the book. The journalistic style of this book, however, presents elements of the man and his theories that might have otherwise been relegated to an oral history and makes it an easy read for those who do not already have a vested interest in clinical hypnosis.

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