



I listan nedan redovisas ett urval rapporter där hypnos visat statistiskt signifikant större effekt än jämförelsegrupper (CRT-studier), och "lyckade" kliniska fall i peer-reviewade artiklar publicerade i tidskrifter med forskningsstatus.

Sammanställd hösten 2017 av Susanna Carolusson

Referenserna sorteras under rubriker för diagnoser/problem/besvär, som behandlas i primärvård, psykiatri, somatisk vård, rehabteam samt psykolog- och psykoterapimottagningar:

### **Traumabehandling (de flesta finns även i EST-listan ovan)**

Barabasz, Areed, Barabasz, Marianne, & Watkins, John (2012) Single-Session Manualized Ego State Therapy (EST) for Combat Stress Injury, PTSD, and ASD, Part2: The procedure. *International Journal of Clinical and Experimental Hypnosis*, 60:3, 370-380.

Barabasz, Areed, Barabasz, Marianne, Christensen, Ciara, French B., & Watkins, J. G. (2013) Efficacy of Single-Session Abreactive Ego State Therapy for Combat Stress Injury, PTSD, and ASD. *International Journal of Clinical and Experimental Hypnosis*, 61:1, 1-19.

Christensen, C., Barabasz, A., & Barabasz, M. (2013) Efficacy of Abreactive Ego State Therapy for PTSD: Trauma Resolution, Depression, and Anxiety. *International Journal of Clinical and Experimental Hypnosis*, 61:1, 20-37

Linden, Julie. The application of hypnosis to children and adolescents traumatized by war. 21-30. I: Peter, Burkhardt; Revenstorf, Dirk & Butollo, Willi (editors) *Hypnosis Int. Monographs nr 6, 2000.*

Carolusson, Susanna. Marie – a Swedish case of apparent anxiety disorder, showing up to be a PTSD and DIDnos as uncovered by hypnosis. 37-44. I: Peter, Burkhardt; Revenstorf, Dirk & Butollo, Willi (editors) *Hypnosis Int. Monographs nr 2, 1996.*

Forgash, C. & Copeley, M. (Ed) (2008) *Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy*. New York: Springer Publ. Co

### **Depression och ångest**

Assen Alladin (2010) Evidence-Based Hypnotherapy for Depression, *International Journal of Clinical and Experimental Hypnosis*, 58:2, 165-185

Baker, J., Ainsworth, H., Torgerson, C., & Torgerson, D. (2009). A systematic review and meta-analysis of randomised controlled trials evaluating the effect of hypnosis on exam anxiety. *Effective Education*, 1(1),27-41.

Carolusson, Susanna. Hypnosis and transference in the treatment of depression, *hypnos vol XXV, 2, 1998, 78-86*

Chen, P. Y., Liu, Y. M., & Chen, M. L. (2017). The Effect of Hypnosis on Anxiety in Patients with Cancer: A Meta-Analysis. *Worldviews on Evidence-Based Nursing*.

O'Neill, L. & McConkey, K. Treating anxiety with self-hypnosis and relaxation. *Contemporary Hypnosis, 1999, vol. 16(2):68*

Shih, M., Yang, Y. H., & Koo, M. (2009). A meta-analysis of hypnosis in the treatment of depressive symptoms: a brief communication. *Intl. Journal of Clinical and Experimental Hypnosis, 57(4), 431-442*.

Svetla Velikova, Haldor Sjaaheim, Bente Nordtug. Can the Psycho-Emotional State be Optimized by Regular Use of Positive Imagery? Psychological and Electroencephalographic Study of Self-Guided Training. *Frontiers in Human Neuroscience, 2017; 10*

Vickers & Zollman, 'Hypnosis and relaxation therapies,' *BMJ 1999;319*: 1346-1349. Citat: "There is good evidence from randomised controlled trials that both hypnosis and relaxation techniques can reduce anxiety [...]', the same report also concluded that hypnosis was proven to be effective in treating panic attacks and phobia."

### **Sömnsvårigheter**

Cordi, M. J., Hirsiger, S., Mérillat, S., & Rasch, B. (2015). Improving sleep and cognition by hypnotic suggestion in the elderly. *Neuropsychologia, 69, 176–182*

Vickers & Zollman, Hypnosis and relaxation therapies, *British Medical Journal 1999;319*: 1346-1349

### **Utmattningssyndrom**

Carolusson, S. Burnout syndrome and analytical hypnosis (2014) *Archives of Psychiatry and Psychotherapy, vol 16,2, 71-84*.

Carolusson, S & Tien-Redman, S. Effektiv behandling av kroniskt trötthetssyndrom. *HypnosNytt 2015, juni*.

### **Schizofreni och psykos, kliniska studier sammanlagt 5 fallstudier**

Young, Don Pyun (2013) The Effective Use of Hypnosis in Schizophrenia: Structure and Strategy. *International Journal of Clinical and Experimental Hypnosis, 61:4, 388-400*.

Baker, E. (1981) A hypnotherapeutic approach to enhance object relatedness in psychotic patients. *International Journal of Clinical and Experimental Hypnosis, vol 29, 138-147*

**Smärtbehandling** (forskningen är så omfattande, och evidens för hypnos så erkänt stark, att bara ett urval RCT-studier presenteras här):

Adachi, T., Fujino, H., Nakae, A., Mashimo, T., & Sasaki, J. (2014). A meta-analysis of hypnosis for chronic pain problems: A comparison between hypnosis, standard care, and other psychological interventions. *International Journal of Clinical and Experimental Hypnosis, 62(1), 1-28*.

Alden, A. L., Dale, J. A., & DeGood, D. E. (2001). Interactive effects of the affect quality and directional focus on mental imagery on pain analgesia. *Applied Psychophysiology & Biofeedback*, 26(2), 117-126.

Adachi, T., Fujino, H., Nakae, A., Mashimo, T., & Sasaki, J. (2014). A meta-analysis of hypnosis for chronic pain problems: A comparison between hypnosis, standard care, and other psychological interventions. *International Journal of Clinical and Experimental Hypnosis*, 62(1), 1-28.

Elkins, G., Jensen, M. P., & Patterson, D. R. (2007). Hypnotherapy for the management of chronic pain. *International Journal of Clinical & Experimental Hypnosis*, 55(3), 275-287

Fors, E. A., Sexton, H., & Gotestam, K. G. (2002). The effect of guided imagery and amitriptyline on daily fibromyalgia pain: a prospective, randomized, controlled trial. *Journal of Psychiatry Research*, 36(3), 179-187

Fujino H, Nakae A, Mashimo T & Sasaki J. (2014) A Meta-Analysis of Hypnosis for Chronic pain Problems. A comparison between Hypnosis, Standard Care and Other psychological Interventions. *International Journal of Clinical and Experimental Hypnosis*, vol62,1,1-28.

Jensen, M.P. and Patterson, D.R. (2014). Hypnotic approaches for chronic pain management: clinical implications of recent research findings. *American Psychologist*, 69(2), 167-77.

Kekecs, Z., Nagy, T., & Varga, K. (2014). The effectiveness of suggestive techniques in reducing postoperative side effects: a meta-analysis of randomized controlled trials. *Anesthesia & Analgesia*, 119(6), 1407-1419.

Montgomery, G. H., DuHamel, K. N., & Redd, W. H. (2000). A meta-analysis of hypnotically induced analgesia: how effective is hypnosis? *International Journal of Clinical and Experimental Hypnosis*, 48(2), 138-153.

Schupp CJ, Berbaum, K, Berbaum, M, Lang, EV. (2005). Pain and anxiety during interventional radiologic procedures: effect of patients state anxiety at baseline and modulation by nonpharmacologic analgesia adjuncts. *Journal of Vascular Interventional Radiology*, 16(12), 1581-1584.

Jerzy W. Aleksandrowicz, Marek Binder, Andrzej Urbanik. Hypnosis and analgesic suggestions in fMRI *Archives of Psychiatry and Psychotherapy*,7,3,25-34

### **Huvudvärk och migrän specifikt:**

Anderson, J. A. D., Basker, M. A., Dalton, R. (1975). Migraine and hypnotherapy. *International Journal of Clinical and Experimental Hypnosis*, 23 (1), 48-58

Hammond, Corydon (2007) Review of the Efficacy of Clinical Hypnosis with Headaches and Migraines. *International Journal of Clinical and Experimental Hypnosis* vol 55(2):207-219.

Mannix, L. K., Chandurkar, R. S., Rybicki, L. A., Tusek, D. L., & Solomon, G. D. (1999). Effect of guided imagery on quality of life for patients with chronic tension-type headache. *Headache*, 39(5), 326-334

Olness, K., MacDonalt, J. T., & Uden, D. L. (1987). Comparison of self-hypnosis and propranolol in the treatment of juvenile classic migraine. *Pediatrics*, 79(4), 593-597

Spanos, N. P., Liddy, S. J., Scott, H., Garrard, C., Sine, J., Tirabasso, A., & Hayward, A. (1993). Hypnotic suggestion and placebo for the treatment of chronic headache in a university volunteer sample. *Cognitive Therapy & Research*, 17(2), 191-205

Zhang, Y., Montoya, L., Ebrahim, S., Busse, J. W., Couban, R., McCabe, R. E., ... & Guyatt, G. H. (2015). Hypnosis/Relaxation therapy for temporomandibular disorders: a systematic review and meta-analysis of randomized controlled trials. *Journal of Oral Facial Pain and Headache*, 29(2), 115-125.

### **Somatisk, pre- och postoperativ vård, vuxna / barn:**

Birnie, K. A., Noel, M., Parker, J. A., Chambers, C. T., Uman, L. S., Kisely, S. R., & McGrath, P. J. (2014). Systematic review and meta-analysis of distraction and hypnosis for needle-related pain and distress in children and adolescents. *Journal of Pediatric Psychology*, 39(8), 783-808.

Cupal, D. D., & Brewer, D. W. (2001). Effects of relaxation and guided imagery on knee strength, reinjury anxiety, and pain following anterior cruciate ligament reconstruction. *Rehabilitation Psychology*, 46(1), 28-43.

Cupal, D. D., & Brewer, D. W. (2001). Effects of relaxation and guided imagery on knee strength, reinjury anxiety, and pain following anterior cruciate ligament reconstruction. *Rehabilitation Psychology*, 46(1), 28-43.

Holger, C., Romy, L., Jost, L., & Gustav, D. (2012). Efficacy of preoperative hypnosis in breast cancer surgery—a systematic review and meta-analysis. *European Journal of Integrative Medicine*, 4, 127.

Kleinbub, J. R., Palmieri, A., Broggio, A., Pagnini, F., Enrico, B., Sambin, M., & Sorarù, G. (2015). Hypnosis-based psychodynamic treatment in ALS: a longitudinal study on patients and their caregivers. *Frontiers in Psychology*, 6, 822. DOI: 10.3389/fpsyg.2015.00822

Kohen, Daniel & Kaiser, Pamela (2014) Clinical Hypnosis with children and Adolescents. What? Why? How? Origins, Applications and Efficacy. *Children*, 2014,1,74-98.

Maher-Loughnan, G.P. 1980, "Hypnosis: Clinical application of hypnosis in medicine", *British Journal of Hospital Medicine*, 23: 447-55

Maher-Loughnan, G.P. 1970, 'Hypnosis and autohypnosis for the treatment of asthma', *International Journal of Clinical & Experimental Hypnosis*. 18: 1 -14

Richardson, J., Smith, J., McCall, G. & Pilkington, K. Hypnosis for procedure-related pain and distress in pediatric cancer patients: a systematic review of effectiveness and methodology related to hypnosis interventions. *Journal of pain and symptom management*, 31(1), 70-84.

Richardson, J., Smith, J. E., McCall, G., Richardson, A., Pilkington, K., & Kirsch, I. (2007). Hypnosis for nausea and vomiting in cancer chemotherapy: a systematic review of the research evidence. *European Journal of Cancer Care*, 16(5), 402-412.

Schnur, J. B., Kafer, I., Marcus, C., & Montgomery, G. H. (2008). Hypnosis to manage distress related to medical procedures: a meta-analysis. *Contemporary Hypnosis*, 25 (3-4), 114-128.

Smith JT, Barabasz A, Barabasz M. Comparison of hypnosis and distraction in severely ill children undergoing painful medical procedures. *Journal of Counseling Psychology*, 43(2), 187-195 (1996).

Vickers & Zollman, (1999) Hypnosis and relaxation therapies. *British Medical Journal* 1999; 319: 1346-1349

### **Hjärnskaderehabilitering**

Jonas K. Lindeløv, Rikke Overgaard, Morten Overgaard, (2017, accepted for publication) Improving working memory performance in brain-injured patients using hypnotic suggestion. Oxford University Press. <https://academic.oup.com/brain/article-abstract/doi/10.1093/brain/awx001/2970094/Improving-working-memory-performance-in-brain#.WK4SwAgPsXA.emailSexualitet>

Carrese & Araoz (1998) Self-Hypnosis in sexual functioning. *Australian Journal of Clinical Hypnotherapy & Hypnosis*, 1998: Sep., vol 19(2):41-48 (mycket omfattande kontrollerad studie)

### **Colon Irritabile, IBS**

Galovski, T.E., and E.B. Blanchard (1998). The treatment of irritable bowel syndrome with hypnotherapy. *Applied Psychophysiology & Feedback*, 1998: Dec., vol. 23,4:219-232

Carolusson, S. (2014) Dynamic Hypnosis, IBS, and the Value of Individualizing Treatment: A Clinical Perspective, *International Journal of Clinical and Experimental Hypnosis*, 62:2, 145-163. I referenslistan finns nio referenser till kontrollerade studier med signifikant resultat.

Schaefer, R., Klose, P., Moser, G., & Häuser, W. (2014). Efficacy, tolerability, and safety of hypnosis in adult irritable bowel syndrome: systematic review and meta-analysis. *Psychosomatic Medicine*, 76(5), 389-398.

### **Förlossningsförberedande hypnos**

Cyna, A. M., McAuliffe, G. L., & Andrew, M. I. (2004). Hypnosis for pain relief in labour and childbirth: a systematic review. *British Journal of Anaesthesia*, 93(4), 505-511.

Madden, K., Middleton, P., Cyna, A. M., Matthewson, M., & Jones, L. (2012). Hypnosis for pain management during labour and childbirth. *The Cochrane Library*.

### **Hypnos som ”adjunctive” (förstärkande teknik) inom ramen för beprövad psykologisk behandling. Ex på studier: depression, sömnstörningar, rökavvänjning, obesitas, astma och sängvätning hos barn:**

Mendoza and Capafons (2009) Efficacy of Clinical Hypnosis: A Summary of Its Empirical Evidence. *Papeles del Psicologo*, Vol 30(2), 98-116

Kirsch, I., Montgomery, G., & Sapirstein, G. (1995). Hypnosis as an adjunct to cognitive-behavioral psychotherapy: A meta-analysis. *Journal of consulting and clinical psychology*, 63(2), 214-219.

## **Övergripande sammanställning om utfall vid depression, ångest, PTSD, alexitymi, obesitas, samt patienter med psykosomatiska eller somatiska symptom, såsom smärta och colon irritable.**

Bernardy, K., Füber, N., Klose, P., & Häuser, W. (2011). Efficacy of hypnosis/guided imagery in fibromyalgia syndrome-a systematic review and meta-analysis of controlled trials. *BMC Musculoskeletal Disorders*, 12(1), 133.

Cowen, L. W. (2016). Literature Review into the Effectiveness of Hypnotherapy. *Australian Counselling Research Journal*. Retrieved from <http://www.acrjournal.com.au/resources/assets/journals/Volume-10-Issue-1-2016/Volume-10-Issue-1-2016-FULL.pdf>

Shapiro, D. A., & Shapiro, D. (1982). Meta-analysis of comparative therapy outcome studies: A replication and refinement. *Psychological Bulletin*, 92(3), 581.

**Om evidens enligt British Medical Association redan 1955:** 'The Subcommittee is satisfied after consideration of the available evidence that hypnotism is of value and may be the treatment of choice in some cases of so-called psycho-somatic disorder and psychoneurosis. It may also be of value for revealing unrecognised motives and conflicts in such conditions. As a treatment, in the opinion of the Subcommittee it has proved its ability to remove symptoms and to alter morbid habits of thought and behaviour. [...]' (BMA, 'Medical use of hypnotism', *BMJ*, 1955, vol. I, 190-193)

### **SFKH betonar patientsäkerheten enligt följande:**

*Kursgivaren, Svenska Föreningen för Klinisk Hypnos, följer International Society of Clinical Hypnosis etiska riktlinjer och definition av hypnos, som en hjälpteknik, ingående i och underordnad den psykologiska eller medicinska behandling för vilken behandlaren har sin legitimation. Regeln lyder: Du ska endast behandla med hypnos, besvär som du i och med din profession har kunskap och kompetens att utreda och behandla även utan hypnos.*

*Behandling med hypnos har utvärderats och testas i kontrollerade studier och med viss respekt även för kliniska studier med fallbeskrivningar förutsatt att de publicerats i ansedda tidskrifter med peer-reviews.*

*Utöver effektstudier och klinisk beprövad erfarenhet som visar att hypnos är verksamt, finns även publikationer om hur hypnosens effekt kan förklaras. Sådana studier bidrar till klinikerns professionalitet eftersom det ger kunskap om sannolika verkningsmekanismer.*

*Några exempel*

### **Hypnos förklarar i ljuset av relationsteori: övergångsområde och intoning**

Baker, Elgan L. (2000) Reflections on the hypnotic relationship: Projective identification, containment, and attunement. *International Journal of Clinical and Experimental Hypnosis*, 48, 1, 56-69

### **Hypnos förklarar i ljuset av affekt-teori**

Nathanson, Donald. (2009) Affect and Hypnosis. On paying friendly Attention to disturbing Thoughts. *International Journal of Clinical and Experimental Hypnosis*, 57, 4, 319-342

## Hypnosens neurobiologiska korrelat

Davidson, R. J., & Goleman, D. J. (1977). The role of attention in meditation and hypnosis: a psychobiological perspective on transformations of consciousness. *International Journal of Clinical and Experimental Hypnosis*, 25(4), 291–308.

Halsband, U., Mueller, S., Hinterberger, T., & Strickner, S. (2009). Plasticity changes in the brain in hypnosis and meditation. *Contemporary Hypnosis*, 26(4), 194–215. DOI:

Hilgard, Ernest (1977) *Divided Consciousness. Multiple controls in human thought and action*. London/New York: Wiley and sons.

Holmes, E. A., Arntz, A., & Smucker, M. R. (2007). Imagery rescripting in cognitive behaviour therapy: images, treatment techniques and outcomes. *Journal of Behavior Therapy and Experimental Psychiatry*, 38, 297-305

Holroyd, J. (2003). The science of meditation and the state of hypnosis. *American Journal of Clinical Hypnosis*, 46(2), 109–128.

Lynn, S. J., & Kirsch, I. (2006). *Essentials of clinical hypnosis*. Washington, DC: *American Psychological Association*.

Mathews, A., Ridgeway, V., & Holmes, E. (2013). Feels like the real thing: Imagery is both more realistic and emotional than verbal thought. *Cognition and Emotion*, 27, 217-229.

Morse, D. R., Martin, J. S., Furst, M. L., & Dubin, L. L. (1977). A physiological and subjective evaluation of meditation, hypnosis, and relaxation. *Psychosomatic Medicine*, 39(5), 304–324.

Ray, W. J., Keil, A., Mikuteit, A., Bongartz, W., & Elbert, T. (2002). High resolution EEG indicators of pain responses in relation to hypnotic susceptibility and suggestion. *Biological Psychology*, 60(1), 17–36.

Raz, A. & Lifschitz, M. (Ed. )(2017) *Hypnosis and meditation: Towards an integrative science of conscious planes*. New York: Oxford University Press

Rossi, Ernest. (2004) *A Discourse with our genes*. Editris.

Scaer, R.C. (2001) The neurophysiology of dissociation and chronic disease. *Applied Psychophysiology and Biofeedback*, vol 26 (1) pp. 73-94

Van der Kolk, B. & van der Hart, O. (1991) The intrusive past: The flexibility of memory and the engraving of trauma. *American Imago*. Vol. 48 (4), p 425.

Se även: Svetla, Velikova m.fl. under depression ovan.

Modern neuropsykologisk forskning har reviderat synen på hypnos, vilket har föranlett en ny **definition av hypnos i American Psychological Association**, nämligen: “A state of consciousness involving focused attention and reduced peripheral awareness characterized by an enhanced capacity for response to suggestion.” Elkins, Gary, Barabasz, Arreed, Council, James R., & Spiegel, David (2015) *Advancing Research and Practice: The Revised APA*

Division 30 Definition of Hypnosis, *International Journal of Clinical and Experimental Hypnosis*, 63:1

SFKH ansluter sig till denna definition.

### **Evidens Ego State terapi inom ramen för EgoStateTerapi, Imaginativa metoder och klinisk hypnos**

Ego State Therapy international är en internationell intresseorganisation för legitimerade psykologer och psykoterapeuter från 15 länder i Europa, Amerika, Australien, Asien och Afrika. Metoden är hypnosbaserad och den evidens som finns för hypnos gäller för EST. EST är en vanligt förekommande teknik i hypnosarbete och ingår i samtliga hypnosutbildningar inom European Society of Hypnosis och International Society of Hypnosis, där Svenska Föreningen för Hypnos är representerat. EST-SE (den enda svenska egostateterapi-utbildning som är ansluten till ESTI) ingår i Svenska Föreningen för Klinisk Hypnos.

Den kliniska kompetens vi lär ut är mer relationsbaserad än manualbaserad. Behandlare och patient skapar en behandling gemensamt i en process som får inspiration från patientens inre bilder. När Magnus Larsson definierar imaginativa metoder i sin psykologexamensuppsats, hänvisar han till Egidius: ”Psykoteraeutisk eller psykologisk metod som bygger på att patienten/klienten för sin inre syn framkallar åskådliga bilder. I psykodynamisk terapi strävar man att få fram bilder som hjälper personen att bearbeta bortträngda, omedvetna minnen och föreställningar. Imaginativa metoder ingår även i sådana terapiformer som kognitiv terapi, kognitiv beteendeterapi, hypnoterapi, eidetisk psykoterapi och image coaching.” Egidius, H. (2008). *Psykologilexikon 4:e upplagan*. Stockholm: Natur och Kultur. s. 303

Först listas presentationer/publikationer som styrker evidensen för Ego State-terapi specifikt. Därefter listas publikationer om kliniska studier som bidragit till evidens för hypnos inom olika indikationsområden.

### **EST SPECIFIKT**

#### **Övergripande om evidens för EST:**

Hageman, Joan H. & Frederick, Claire (2013) Phenomenological and Evidence Based Research in Ego State Therapy: Recognized and Unrecognized Successes and Future Directions. *American Journal of Clinical Hypnosis*, Volume 56, Issue 1, 2013, pp 66-85.

#### **Klinisk erfarenhet och kontrollerade studier i ”peer-reviewed” fack-press samt presentationer vid kliniska-vetenskapliga kongresser, granskade av ”Scientific Committee”:**

Barabasz, Areed, Barabasz, Marianne, & Watkins, John (2012) Single-Session Manualized Ego State Therapy (EST) for Combat Stress Injury, PTSD, and ASD, Part2: The procedure. *International Journal of Clinical and Experimental Hypnosis*, 60:3, 370-380.

Barabasz, Areed, Barabasz, Marianne, Christensen, Ciara, French B., & Watkins, J. G. (2013) Efficacy of Single-Session Abreactive Ego State Therapy for Combat Stress Injury, PTSD, and ASD. *International Journal of Clinical and Experimental Hypnosis*, 61:1, 1-19.



- Christensen, C., Barabasz, A., & Barabasz, M. (2013) Efficacy of Abreactive Ego State Therapy for PTSD: Trauma Resolution, Depression, and Anxiety. *International Journal of Clinical and Experimental Hypnosis*, 61:1, 20-37
- Carolusson, S. (1996) Marie: A Case of Dissociated Identity. In Peter, B. et al. (Ed.): Munich Lectures on Hypnosis and Psychotherapy. *Hypnosis International Monographs nr 2*.
- Da Silva, J. (2010). The experiences of educational psychologists utilizing ego-state therapy with adolescents presenting with dissociation. (Unpublished MEd Psych dissertation) Johannesburg: University of Johannesburg.
- Degun-Mather, M. (2003). Ego state therapy in the treatment of a complex eating disorder. *Contemporary Hypnosis*, Vol 20(3),165–173.
- Emmerson, G. a. F. Farmer (1996). Ego-state therapy and menstrual migraine. *Australian Journal of Clinical Hypnotherapy and Hypnosis* 17 (1).
- Emmerson, G. (2006). Smoking cessation: Getting the ego-states to work together. *Australian Journal of Clinical Hypnotherapy and Hypnosis*, 27(2), 23–29.
- Emmerson, G. (2011). Working with addictions using ego state therapy. *Australian Journal of Clinical Hypnotherapy and Hypnosis*,33(2), 24–39.
- Forgash, C., Copeley, M., (2007). *Healing the heart of trauma and dissociation with EMDR and ego state therapy*. New York. Springer
- Fourie, A. M., & Roets, H. E. (2003). Ego state therapy as treatment for severe stomach pains after sexual intercourse: A case presentation. *Australian Journal of Clinical Hypnotherapy and Hypnosis* 24(2), 67–76.
- Frederick. C., Scopelli, R., Van Auken, P., & Sorum, J. (1994). MPD on a budget: Treating severe dissociative disorders in a public outpatient clinic. Presented at the annual meeting of the American Society of Clinical Hypnosis. Philadelphia.
- Frederick, C. (1996). Liberating Sisyphus: Ego state therapy in the treatment of obsessive-compulsive disorder revisited. Paper presented at the annual meeting of the American Society of Clinical Hypnosis, Orlando, FL.
- Frederick, C. & Johnston, R. (2002). A matter if substance: Ego state therapy for the morbidly obese. Paper delivered at the Annual Meeting of the American Society of Clinical Hypnosis, March 24, 2002. Indianapolis, Indiana.
- Gainer, M. J. (1997). Ego state therapy for pain control. Paper presented at the 14th International Congress of Hypnosis. San Diego, CA.
- Gainer, M. J. & Torem, M. S. (1993). Ego state therapy for self-injurious behaviour. *American Journal of Clinical Hypnosis*, 35, 257–266.
- Ginandes, C. (2006). Six players on the inner stage: Using ego state therapy with the medically ill. *International Journal of Clinical and Experimental Hypnosis*, 54(2), 113–129.
- Hartman, D., & Zimberoff, D. (2003). Ego states in heart-centered therapies. *Journal of Heart Centred Therapies*.

- Hartman, W. (1995). *Ego State Therapy with Sexually Traumatized Children*. Pretoria:Kagiso.
- Hartman, W. (2001) The Utilization of Ego State Patterns of Self-Expression in the Treatment of Aphonic Conversation Reactions. *Hypnos* 28, 4–10.
- Holopainen, D, and Emmerson, G, J. (2002). “Ego State Therapy and the Treatment of Depression”, *Australian Journal of Clinical Hypnotherapy & Hypnosis*, 23, 89–100.
- Lemke, W. (2005). Utilizing hypnosis and ego state therapy to facilitate healthy adaptive differentiation in the treatment of sexual disorders. *American Journal of Clinical Hypnosis*, 47(3), 179–189.
- Malcolm, N. (1996). Fear of flying – The use of ego state therapy – Two case studies. *Hypnos*, 23, 202–205.
- McNeal, S. (2004). Dissociation, ego states, and healthy narcissism. Paper presented at the Annual meeting of the Society for Clinical and Experimental Hypnosis, Santa Fe, NM.
- McNeal, S. & Frederick, C. (1997). New vintages in old vessels: Activating and utilizing Transitional phenomena with ego states. Paper presented at the XIV International Congress of Hypnosis, San Diego, CA.
- Merckelbach, H., Devilly, G.J., & Rassin, E. (May 2002). Alters in dissociative identity disorder: Metaphors or genuine entities? *Clinical Psychology Review*, 22(4), 481–497.
- Morton, P., & Frederick, C. (1996). Transitional space in the integration process in hypnotherapy: A preliminary report. Paper presented at the annual meeting of the American Society of Clinical Hypnosis, Orlando, FL.
- Morton, P. (n.d). The Use of Ego-State Therapy in the Treatment of Female Reproductive Issues. *Hypnos* 28, 124–131.
- Newey, A. B. (1986). Ego State Therapy with depression, in B. Zilbergeld, M. G. Edelstien, & D. L. Araoz (eds.), *Hypnosis: Questions and answers*, Norton, New York, pp. 197–203.
- Phillips, M. (1992). The treatment of post-traumatic stress disorder with ego-state therapy. Presented at the Annual Meeting of the American Society of Clinical Hypnosis, Las Vegas, Nevada.
- Phillips, M. (1993). Our bodies, ourselves: Treating the somatic manifestations of trauma with ego-state therapy. *American Journal of Clinical Hypnosis*, 38, 109–121.
- Stewart, D. L. (1983). Ego state therapy and its relationship to the peri-natal period. First International Congress on Pre- and Peri-Natal Psychology, Toronto, Canada.
- Schmidt, S.J. (n.d). The DNMS Book: An Ego State Therapy for Healing Adults with Childhood Trauma and Attachment Wounds. *DNMS Institute, LLC, San Antonio, Texas*.
- Torem, M. (1984): Anorexia nervosa and multiple dissociated ego states. Presented at the first International Conference on Multiple Personality and Dissociated States, Chicago.
- Torem, M. S. (1986). Psychodynamic ego-state therapy for eating disorders. *New Directions for Mental Health Services*, 31, 99–107

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