

[54] **METHOD FOR INDUCING HYPNOSIS**

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[52] **U.S. Cl.**..... **128/1 C, 351/32**

[51] **Int. Cl.**..... **A61h 23/00**

[58] **Field of Search**..... **128/76.5, 1 R, 1 C, 24.1, 128/2 N, 2 T; 351/32-36; 240/3.1, 10.1**

[56] **References Cited**

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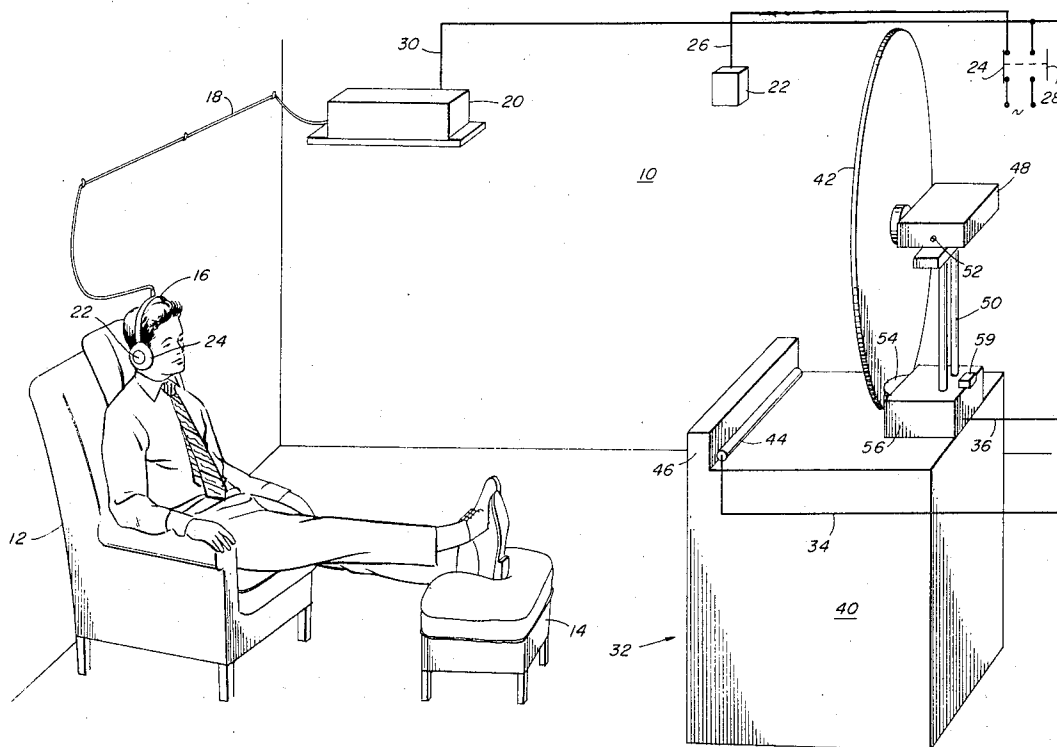
Primary Examiner—Aldrich F. Medbery

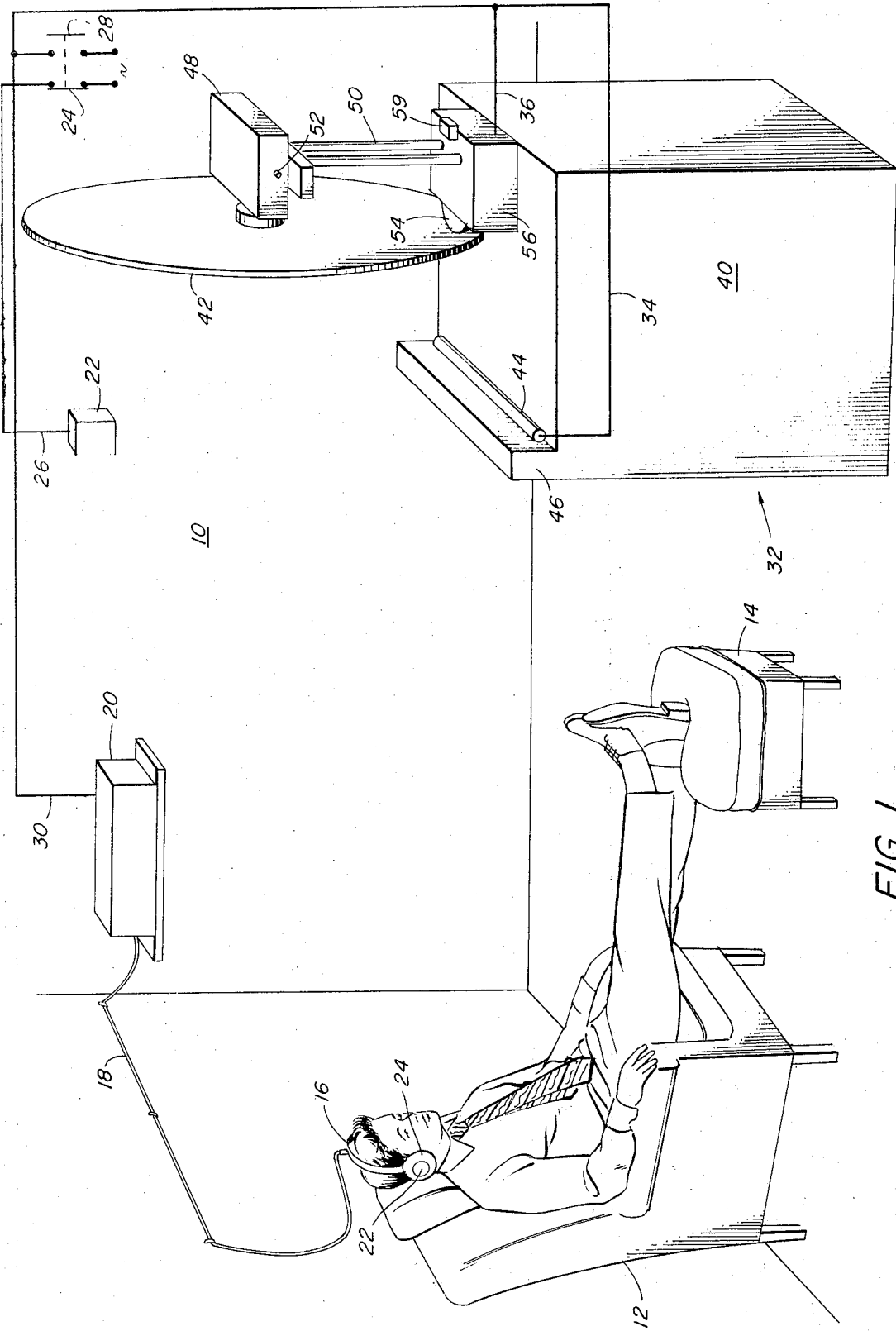
Attorney, Agent, or Firm—Morse, Altman, Oates & Bello

[57] **ABSTRACT**

A hypnotic state is induced in humans by placing a subject in a darkened chamber, applying stereo head phones to the subject, playing a pre-recorded hypnotic-inducing message through the ear phones and rotating at a selected speed a disc bearing an Archimedes spiral having alternate segments of black portions and fluorescent portions illuminated by a source of ultra-violet light. The apparatus employed for inducing the hypnotic state includes a special dark room, stereo head phones adapted to block out extraneous noises, a stereo tape player connected to the head phones and adapted to play pre-recorded messages thereon, and a variable speed disc bearing an Archimedes spiral illuminated by ultra-violet light. The spiral is formed with fluorescing and non-fluorescing portions to provide a focal point of attraction when rotated. Chamber illumination, the tape player and the operation of the disc are controllable by a single switch.

1 Claim, 4 Drawing Figures





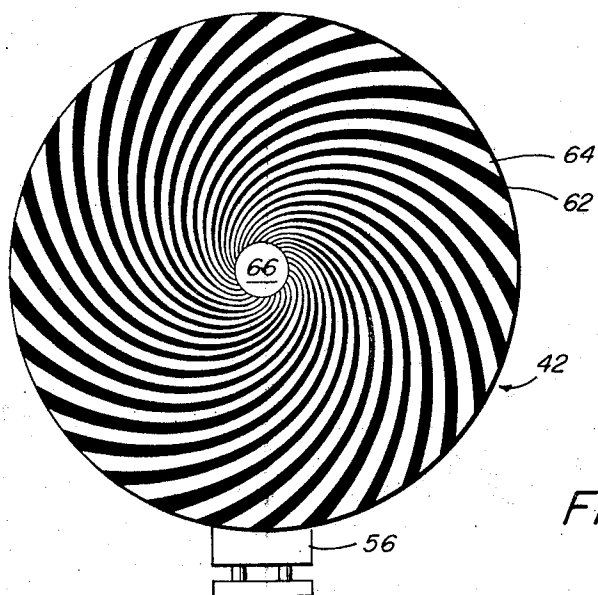


FIG. 2

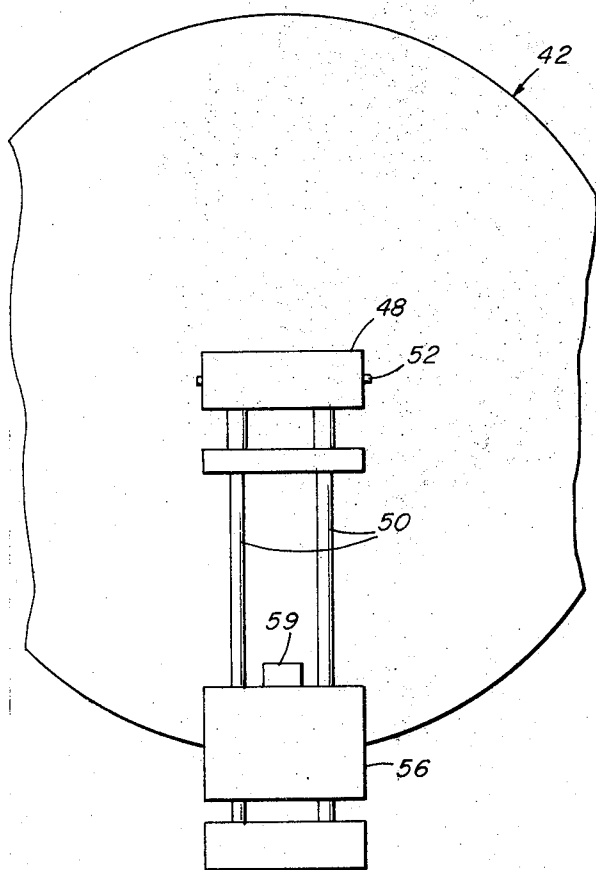


FIG. 3

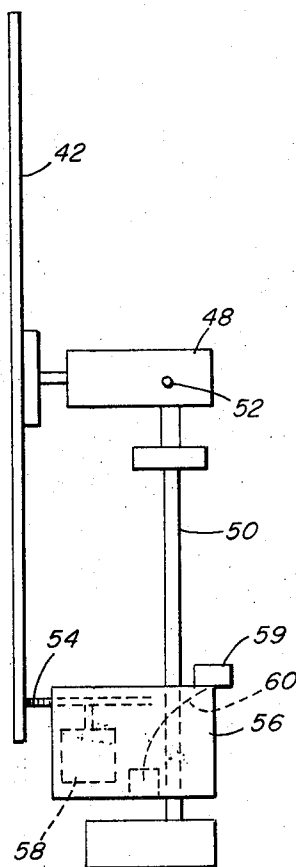


FIG. 4

METHOD FOR INDUCING HYPNOSIS

BACKGROUND OF THE INVENTION

1. Field of the Invention

This invention relates generally to the method and apparatus for inducing hypnosis and more particularly is directed to an automatic pre-programmed method and associated apparatus for inducing hypnosis on a standardized basis.

2. Description of the Prior Art

Hypnotic procedures normally are carried out on a personal basis wherein the hypnotist speaks to the subject in a manner calculated to induce hypnosis in the subject. Frequently the hypnotist will use some sort of an object on which the subject will focus his attention while undergoing hypnosis.

The effectiveness of these procedures varies according to a number of factors which tend to prevent the attainment of the hypnotic state in the subject. The factors include distractions from background noise as well as visible objects, poor vocal techniques performed by the hypnotist, inability on the part of the subject to maintain his attention on a focal point and the like. Furthermore, the personalized approach to hypnosis limits the number of subjects that may be hypnotized on an individual basis.

Accordingly, it is an object of the present invention to provide new and improved methods and apparatus for use in standardizing and improving the achieving of hypnosis in individual subjects for beneficial purposes such as helping the subject to maintain a diet, abstain from smoking, drinking or the like. Another object of this invention is to provide a method and associated apparatus for automating and standardizing hypnotic procedures.

SUMMARY OF THE INVENTION

This invention features the method of inducing hypnosis comprising the steps of placing the subject in a darkened room, playing a pre-recorded hypnotic-inducing message on stereo earphones worn by the subject while excluding all background noise and rotating before the subject an ultra-violet illuminated disc bearing an Archimedes spiral comprised of alternating fluorescent and non-fluorescent segments.

The apparatus for carrying out the foregoing steps includes a chamber having walls and accessory equipment of light absorbing surfaces, a stereo tape player adapted to play a pre-recorded, hypnotic-inducing message thereon, a pair of stereo head phones connected to the tape player and adapted to seal out extraneous background noise, a variable speed rotatable disc bearing an Archimedes spiral thereon, the spiral having alternating fluorescent and non-fluorescent segments and a source of ultra-violet light illuminating the face of the disc so that only the fluorescent segments are visible.

BRIEF DESCRIPTION OF THE DRAWINGS

FIG. 1 is a view in perspective of a chamber equipped with hypnotic inducing equipment made according to the invention,

FIG. 2 is a view in front elevation of a rotating disc used as a focal point and made according to the invention,

FIG. 3 is a view in rear elevation thereof, and,

FIG. 4 is a view in side elevation thereof.

DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENT

Referring now to the drawings and to FIG. 1 in particular, there is illustrated a chamber made and equipped in accordance with the invention and adapted to standardize, automate and optimize the inducement of hypnosis in a subject. In FIG. 1 the reference character 10 generally indicates a chamber, preferably windowless, and having but one access door. In the preferred practice of the invention, the wall surfaces of the chamber 10 are covered entirely with a light-absorbing material such as a dull black paint. Installed equipment within the chamber is of a similar nature so that, when the room is darkened, the subject will be unable to see anything except that which is intended. The chamber includes a chair 12 for the subject to sit upon during the procedure and preferably the chair should be as comfortable as possible to induce relaxation. Lounges, sofas or the like may also be used and preferably should be of very soft and yielding nature such as stuffed furniture, for example. An ottoman 14 may also be employed with the chair to enhance relaxation. The chamber is also equipped with a set of head phones 16, preferably of the stereo type, connected by a lead 18 to a stereo player 20 which may be located either within or without the chamber. The headphones 16 are equipped with a pair of earphones 22 for placement over each ear and preferably each head phone is formed with an annular cushion 24 which not only cushions the head set but also effectively blocks out substantially all spurious noises so that the subject will not be distracted during the procedures but rather will hear only the message played by the equipment 20.

The player 20 preferably is a high fidelity stereo tape player adapted to play pre-recorded magnetic tape cassettes. Other playing equipment such as disc type record players or reel type magnetic tape players may also be used to advantage. The room is equipped with a conventional light 22 suitably located to permit illumination of the chamber during ingress and egress of the subject. The light 22 preferably is operated by a normally closed switch 24 connected to a power source by a lead 26. In practice, the switch 24 is also connected to a switch 28 which controls the tape player 20 through a lead 30 and also controls operation of a unit 32 through leads 34 and 36.

The unit 32 of the illustrated embodiment is organized about a base 40 on which is mounted a rotatable disc 42, the front face of which is in full direct view of the seated subject. The base 40 also includes a source of ultra-violet light which may be provided by a lamp 44 shielded from the subject by means of a wall 46. The lamp 44 is in position to illuminate the front face of the disc 42 and is connected by lead 34 to the switch 28.

The disc 42 in the illustrated embodiment is rotatable about a horizontal axis by means of a block 48 mounted on the upper end of a pair of parallel support rods 50 fixed to the upper wall of the base 40. The block 48 is equipped with suitable low-friction bearings to support a shaft carrying the disc 42. Preferably the block 48 is pivotally mounted as by a pivot pin 52 to the upper end of the support rods to permit the block and the disc to be tilted about a horizontal axis. This pivotal mounting arrangement not only allows periodic servicing of the

bearing but also provides a gravity loading pressure of the disc 42 against a driving wheel 54. The driving wheel 54 is mounted for rotation about a vertical axis within a housing 56 which carries a reversible motor 58 (FIG. 4). Preferably, the driving wheel 54 is of a frictional nature and may be rubber or rubber-coated, for example, whereby rotation of the driving wheel 54 against the back face of the disc 42 will cause the disc to rotate about the horizontal axis. The housing 56 is mounted for adjustable locking engagement with respect to the vertical rods 50 in order to vary the speed of the disc 42. It will be understood that by moving the housing 56 upwards and closer to the axis of rotation of the disc 42, the speed of the disc 42 will be increased, whereas the speed of the disc 42 will be decreased by lowering the housing and the driving wheel 54.

The housing 56 is provided with a latch 59 operatively connected to a suitable locking member such as a leaf spring 60 formed with a pair of central openings through which extend the rods 50. Depression of the latch 59 serves to disconnect the housing 56 from the rods to allow the housing to be moved up or down as required. Release of the latch 59 will cause the housing to lock in any selected vertical position. The motor 58 is connected by the lead 36 to the switch 28. In practice, the disc 42 is rotated at a relatively slow speed as for example, 20 rotations per minute.

Referring now to FIG. 2, there is shown the front face of the disc 42 and it will be seen that the face is provided with an Archimedes spiral pattern comprised of a plurality of adjacent spiral arms or segments 62 and 64. In the preferred form of the invention the spiral segments 62 are black while the adjacent spiral segments 64 are a contrasting bright fluorescent, preferably colored yellow, orange or the like. The spiral segments alternate between black and bright fluorescent about the face of the disc in a uniform pattern. Preferably, the center portion of the pattern is a blank, circular area 66 contiguous to all of the spiral segments and a bright fluorescence.

When the disc is rotated in a darkened room and illuminated by the black light 44, only the fluorescent segments 64 will be visible to the subject. With the disc ro-

tating in either direction a very striking and effective focal point is provided and by observing the disc face, the attention of the subject is drawn very strongly to the rotating disc which gives the appearance of an endless turning tunnel. This coupled with the fact that the room is black with no sound other than the recorded message, the subject's attention is kept at a maximum level to optimize the achievement of a hypnotic state.

By providing central controls for the tape player, the disc and the both lights a single operator is able to control a number of similar chambers, each with a subject therein, without any personal attention whatsoever. The pre-recorded message instructs the subject how best to relax in order to succumb to hypnosis and together with the rotating disc in the darkened room provides a very effective means for insuring that hypnosis is carried out. The message on the tape, in addition to the initial instructions leading to a hypnotic state, also includes instructions which will aid the subject to follow a prescribed diet, refrain from smoking, abstain from drinking or the like. The technique may be used for a variety of purposes beneficial to the subject and by using pre-recorded messages on magnetic tape, or the like, a highly standardized routine is possible and may be used on a number of different subjects.

Having thus described the invention what I claim and desire to obtain by Letters Patent of the United States is:

1. The method of inducing hypnosis in a human subject, comprising the steps of
 - a. placing the subject in an essentially dark environment,
 - b. applying head phones to the subject to exclude extraneous sounds from subject's hearing,
 - c. playing a pre-recorded, hypnotic inducing voice message for transmission to said head phones,
 - d. rotating a vision attracting disc in front of said subject, said disc bearing an image of an Archimedes spiral comprised of adjacent spiral segments of alternately fluorescent and non-fluorescent surfaces, and,
 - e. illuminating the image on said disc with ultra-violet light.

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