

## **Appendix A - Hypnosis Terminology**

Hypnosis is a psychological process where a person is entering a state of trance and becomes susceptible to suggestion using verbal and non-verbal cues. Self-hypnosis is when the patient learns to put themselves into a hypnotic state by themselves. Post hypnotic suggestion is when the hypnotist gives a suggestion to be used by the patient at home, after the hypnosis session is completed. See Barabasz AF, Watkins JG. *Hypnotherapeutic techniques*. New York: Brunner-Routledge; 2005.

Guided Imagery - is a relaxation technique that involves dwelling on a positive mental image or scene. It is a tool that psychotherapists use, but a person can also teach it to themselves and use it at any time. See Pelletier AM. Three uses of guided imagery in hypnosis. *American Journal of Clinical Hypnosis*. 1979;22(1):32–6. doi:10.1080/00029157.1979.10403998.