

Don`t forget to remember
The influences of hypnosis on memory.

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Memory Definitions

"The ability to keep in the consciousness events from the past"

"Memory is the process in which information is encoded, stored, and retrieved."

The 3 stages of the memory process:

Encoding

Storage

Retrieval

Encoding - At this stage, traces of experiences transfer into memory.

The encoding process is not automatic and needs cognitive effort action.

The Encoding process works according to two principles:

Elaboration Principle – The ability of recall an event increases if the event is **connected** to knowledge that exists before the event.

Organization Principle – The ability of recall Increases if the event events at the time of encoding is **connected** to other events at the time of encoding.

2. **Storage** - Process when the memory encoded traces stay available for time period.

Events and information that were encoded and stored tend to fade over time.

3. **Retrieval** – Process of retrieving the was encoded and stored and bringing it to awareness.

Time dependency principle – the ability to recall and retrieve facts decreases as a factor of the time passed between the encoding and the retrieval.

Schematic Processing Principle

The ability to retrieve an event from the past increases when the event meets our expectations and beliefs about the event. Despite this, we will remember an event well if it was very unusual.

Reconstruction Principle

A memory of an event reflects a mix of information retrieved from specific traces that were encoded during the event, combined with knowledge, expectations & beliefs, which originate from other sources.

Memory types

Explicit (declarative) - the ability of consciously •
memorizing facts and details.

Implicit Memory (procedural) - behavioral experience •
knowledge without being aware of remembering (like
bicycle riding or panic attack when hearing a siren)

Factors that Influence the Memory

Emotional state

Emotional stimulus that happen during the event

The setting

Expectations

Stress level

Some principles of memory retrieval:

The model of a computer memory chip or video recording is wrong.

We reconstruct the memory.

We can't differentiate between true or false memory.

There is a problem with applying laboratory research outcomes to the clinic due to the differences of stress and emotional levels that influences the memory.

Rape victims remember more relevant details than robbery victims, but less peripheral details than eyewitnesses.

There is tendency to fill in gaps in memory by confabulations, and distort information.

There are 2 types of mistakes:

False negative errors – When the patient can't remember due to suppression or dissociation

False positive errors - When the patient remembers a fact that didn't exist in reality – pseudo-memory

Hypnosis and Memory

We can use hypnosis in order to:

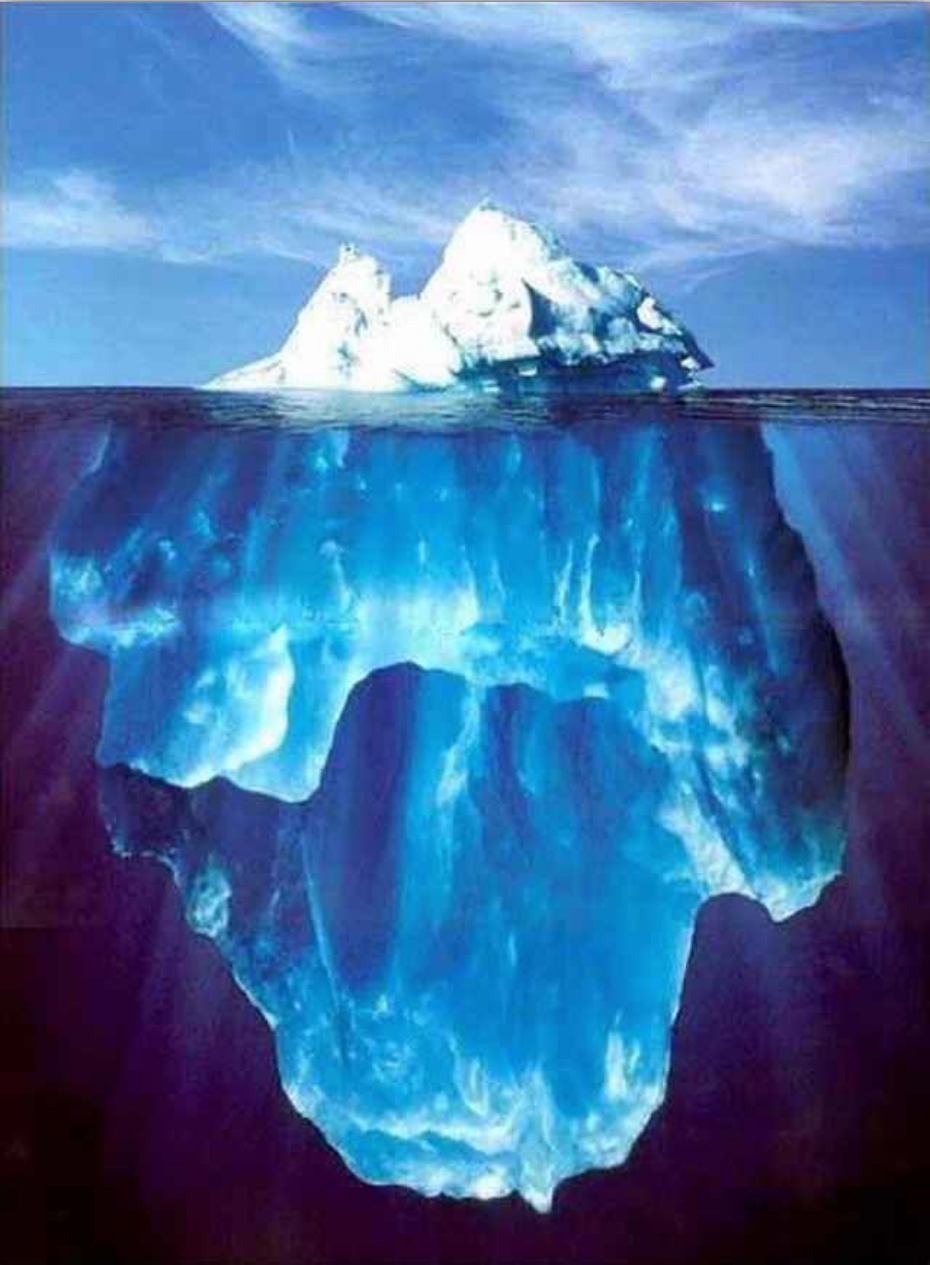
- Enhance memory – Hypermnnesia
- Reduce or fade out a memory – Amnesia
- Change memory – Phramnsia, Implant memory

The uses of hypnosis with memory

- In the cognitive field
- In the dynamic field

Retrieving a memory of a dynamic traumatic event that has been suppressed.

The Iceberg Model



Principles for working with hypnosis in the field of memory

Everything the hypnotist does may be a suggestion.

There is an increased possibility of abreaction.

Usually being relaxed and calm can help.

A hypnotized patient's confidence of an event memory is increasing for a true memory as well as for false memory

We shouldn't relate to memory that occur in hypnosis as truth unless there is an independent proof.

Techniques for working with hypnosis in the field of memory

We have to address the relevant senses

We can enable a possibility of detachment from the experience (TV)

We can enhance control (remote control)

Recommended to start the recall with a neutral memory of something that happened before the event

Watching the event from another point of view or angle
(from a ladder).

Tailoring a specific suggestion to the patient's
characteristics (for an computer engineer - enlarging the
memory chip of his inner computer)

Spontaneous & suggested amnesia

Turning to a different sensory channel than the one the patient tried before – visual, auditory, etc.

Direct and formal techniques: time regression with clock, a river of time (CHEEK & LECRON 1968), elevator, train computer, TV. Or revivification- the patient feels like he lives again the event.

In the post traumatic field:

Creating hypermnesia of a traumatic memory

Creating hypomnesia of coping in an event

Implanting false memory (paramnesia) – February Man

Ericksonian techniques

Using double-bind suggestions (The memory will appear in an hour or two).

Age regression with calendar

Automatic painting

Automatic writing

Forensic Hypnosis

- Using hypnosis in criminal investigations to refresh or enhance memory of an eyewitness, victim or suspect
- False Memory
- Confabulation
- Suggestions by the hypnotist
- Relating to a memory as real only if there is independent support

Other uses of hypnosis in the memory field

- Memory enhancement “for the client's benefits”
- Memory enhancement is used in accident investigations
- The same caution has to be taken as in forensic hypnosis

Ethical considerations

Implanting false memory

What should we do with our beliefs?

What should we do with our knowledge?

What to do when memory comes up during hypnosis and the patient has amnesia of it?

