

PSYCHOLOGY 457
HONOURS SEMINAR IN PERSONALITY AND CLINICAL PSYCHOLOGY
TOPIC: HYPNOSIS
WINTER, 2010

Instructor: Erik Woody
Office: PAS 3032
e-mail: ewoody@uwaterloo.ca
Phone extension: 33140

Classes are on Thursdays, 4:30–7:20, in PAS 3026.

COURSE DESCRIPTION

Hypnosis has been a topic of fascination since the earliest days of psychology as a science, and it has evoked a wide range of evaluations, with some commentators claiming it to be a downright hoax and others proclaiming it to be one of the most fascinating phenomena in all of psychology. In this course, we will explore the domain of hypnosis (what it is) and the major theories of hypnosis (how it works). We will develop both these themes with regard to the relevant research literature, which includes some of the most intriguing studies in all of psychology and connects social psychology, personality, and neuroscience. We will also address the clinical applications of hypnosis and their evidence base.

REQUIRED TEXTBOOK

Nash, M. R., & Barnier, A. J. (2008). *The Oxford handbook of hypnosis: Theory, search and practice*. Oxford, UK: Oxford University Press.

Note: This book is indisputably the best single-volume treatment of hypnosis available and is extremely comprehensive and up-to-date. If you are going to have one book on hypnosis, this is clearly the first choice.

COURSE OBJECTIVES

1. Consistent with the course title, this class will give you an excellent, broad understanding of hypnosis and its relation to major issues in the rest of psychology. In addition, I am strongly committed to two other objectives, as follows.
2. In my role as an honours thesis (Psych 499) coordinator, I hear many students present their research proposals and I read many honours theses. My impression is our honours students are very impressive in many respects; however, fairly consistently they do not have a sufficiently well-developed background in some important methodological topics which they need to know to analyze their own data. These topics include classical test theory and test construction methods, factor analysis, the analysis of mixed designs (in which some variables are between-subjects and some are within-subjects), and multiple regression. Because all these methodological issues are of prime importance in hypnosis research, we will use this course to review these issues and advance your working understanding of them. I will make this material as accessible and unthreatening as I can.

3. The honours seminars were originally put into the program with the explicit goal of giving students more experience in writing, critical discussion, and oral presentation. I will try to run the course so that it affords you with ample opportunities to develop your capabilities in these important skills.

COURSE REQUIREMENTS

The course requirements are of two types: individual and group-based.

Individual assignments, Part I: Each week, there will be assigned readings (one or two chapters) from the textbook. These readings are listed in the course schedule below. In preparation for each class, you will write short essays in response to questions I provide regarding the reading. Please make two copies of your assignment paper: one copy to be turned in at the beginning of the Thursday class, and the other copy to be retained by you to serve as a basis for class discussion. The short essays must be written in a formal style, in complete sentences with appropriate spelling, grammar and punctuation.

Individual assignments, Part II: Most weeks, there will also be an associated, relatively brief methodological reading, written by me. In preparation for the following class, you will complete a short assignment that requires you to use the knowledge you gained from this reading. Some of these assignments, for example, will require you to do an SPSS-based analysis of data from a hypnosis study. Please also make two copies of this assignment paper: one copy to be turned in at the beginning of the Thursday class, and the other copy to be retained by you to serve as a basis for class discussion.

You will be randomly assigned to small groups, consisting of 3 or 4 students each. Your group will complete two assignments:

Group oral presentation: First, your group will prepare an oral presentation to the class in which each of you review a research article on hypnosis and then all of you jointly discuss the implications of this body of work, as well as fielding questions and comments. The total time for this presentation will be 40 minutes to one hour. I will circulate a list of suggested articles that I believe would be particularly interesting to present, and we will assign a set of articles to each group. These group presentations will occur one per class session on the dates specified in the course schedule (see pp. 4-5).

Group research proposal: In addition, your group will jointly write up a research proposal advancing a proposed study to advance our understanding of hypnosis. I strongly suggest that you work on a topic related to your oral presentation. I will be happy to consult with you as you develop your ideas. This research proposal will be due at the end of the course, on ***Thursday, April 15*** (during exam period). It should consist of the following sections: introduction (providing the relevant background theory and research and a clear statement of the research questions and hypotheses); method (detailing the proposed sample of participants, the procedure, and information about measures and any required apparatus); the proposed data analysis; and a list of cited references. Your group will turn in ***one document***, which will be a collaborative product. Follow APA style throughout. In total length, the proposal should not exceed 10 double-spaced typed pages (excluding the list of references).

EVALUATION

To assign you a grade for the course, I will assess each of the foregoing course components as follows:

Individual assignments, Parts I & II: Each week, I will read over your work and give it one of three grades: needs improvement, generally solid, or excellent. For weeks in which there are both short essays in response to the assigned chapter and a methodology assignment, I will weigh the two parts equally. Your mark, averaged over the 11 individual assignments of the course, will count for 70% of your overall course grade.

Note: It is okay if you wish to consult with other students as you do the individual assignments, but make sure the final product is your own work *in your own words*.

Group oral presentation: Your performance on the oral presentation will count for 15% of your overall course grade.

Group research proposal: Your performance on this group assignment will count for 15% of your overall course grade.

UNIVERSITY-REQUIRED SYLLABUS CONTENT

The university requires that I provide you with the following information:

Academic Integrity: In order to maintain a culture of academic integrity, members of the University of Waterloo community are expected to promote honesty, trust, fairness, respect and responsibility. See www.uwaterloo.ca/academicintegrity/ for more information.

Grievance: A student who believes that a decision affecting some aspect of his/her university life has been unfair or unreasonable may have grounds for initiating a grievance. Read ***Policy 70 - Student Petitions and Grievances, Section 4***, <http://www.adm.uwaterloo.ca/infosec/Policies/policy70.htm>. When in doubt, please be certain to contact the Department of Psychology Undergraduate Advisor, Ms. Heather Smith (ext. 32819).

Discipline: A student is expected to know what constitutes academic integrity, to avoid committing academic offences, and to take responsibility for his/her actions. A student who is unsure whether an action constitutes an offence, or who needs help in learning how to avoid offences (e.g., plagiarism, cheating) or about “rules” for group work/collaboration should seek guidance from the course professor, academic advisor, or the Undergraduate Associate Dean. When misconduct has been found to have occurred, disciplinary penalties will be imposed under ***Policy 71 – Student Discipline***. For information on categories of offenses and types of penalties, refer to Policy 71 - Student Discipline, <http://www.adm.uwaterloo.ca/infosec/Policies/policy71.htm> and <http://www.adm.uwaterloo.ca/infosec/guidelines/penaltyguidelines.htm>.

Appeals: A decision made or penalty imposed under Policy 70 (Student Petitions and Grievances) (other than regarding a petition) or Policy 71 (Student Discipline) may be appealed if there is a ground. A student who believes he/she has a ground for an appeal should refer to ***Policy 72 (Student Appeals)***, <http://www.adm.uwaterloo.ca/infosec/Policies/policy72.htm>.

Note for Students with Disabilities: The Office for Persons with Disabilities (OPD), located in Needles Hall, Room 1132, collaborates with all academic departments to arrange appropriate accommodations for students with disabilities without compromising the academic integrity of the curriculum. If you require academic accommodations to lessen the impact of your disability, please register with the OPD at the beginning of each academic term.

CLASS SCHEDULE

Week 1: Class on January 7 – Introduction to the Course

Week 2: Class on January 14 – Basic Nature of Hypnosis

In preparation for this class, please complete the following:

Textbook reading: Chapters 1 & 2 (pp. 1-15 & 21-41)

Methods reading: Introduction to Classical Test Theory

Individual Assignment 1

Week 3: Class on January 21 – Individual Differences in Hypnotizability

In preparation for this class, please complete the following:

Textbook reading: Chapter 9 (pp. 225-248)

Methods reading: Test Reliability

Individual Assignment 2

Week 4: Class on January 28 – Measurement of Hypnotizability

In preparation for this class, please complete the following:

Textbook reading: Chapter 10 (pp. 255-278)

Methods reading: Test Construction

Individual Assignment 3

Week 5: Class on February 4 – Dissociation Theories of Hypnosis

In preparation for this class, please complete the following:

Textbook reading: Chapter 4 (pp. 81-105)

Methods reading: Test Validity

Individual Assignment 4

Group presentation 1

Week 6: Class on February 11 – Social Cognitive Theories of Hypnosis

In preparation for this class, please complete the following:

Textbook reading: Chapter 5 (pp. 111-133)

Methods reading: Introduction to Factor Analysis

Assignment 5

Group presentation 2

--- Reading Week ---

Week 7: Class on February 25 – Research Design in the Study of Hypnosis

In preparation for this class, please complete the following:

Textbook reading: Chapter 12 (pp. 311-331)

Methods reading: The Logic of the Quasi-Experiment and the Analysis of Mixed Designs

Assignment 6

Group presentation 3

Week 8: Class on March 4 – Hypnosis and the Brain

In preparation for this class, please complete the following:

Textbook reading: Chapter 14 (pp. 365-390)

Methods reading: Woody, E., & McConkey, K. M. (2003). What we don't know about the brain and hypnosis, but need to: A view from the Buckhorn Inn. *International Journal of Clinical and Experimental Hypnosis*, 51, 309-338.

Assignment 7

Group presentation 4

Week 9: Class on March 11 – Hypnosis and Mind-Body Interactions

In preparation for this class, please complete the following:

Textbook reading: Chapter 15 (pp. 393-423)

Methods reading: Introduction to Multiple Regression

Assignment 8

Group presentation 5

Week 10: Class on March 18 – Clinical Applications of Hypnosis I

In preparation for this class, please complete the following:

Textbook reading: Chapters 17 & 20 (pp. 457-464 & 503-533); also look over Chapter 19 (pp. 487-501)

Assignment 9

Group presentation 6

Week 11: Class on March 18 – Clinical Applications of Hypnosis II

In preparation for this class, please complete the following:

Textbook reading: Chapters 18 & 29 (pp. 467-484 & 697-721)

Assignment 10

Group presentation 7

Week 12: Class on March 18 – Legal and Ethical Issues in Hypnosis

In preparation for this class, please complete the following:

Textbook reading: Chapter 31 (pp. 745-763)

Assignment 11

Group presentation 8