

Position Statement on Hypnosis

Approved by the Board of Trustees, December 2015
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Issue:

Hypnosis is being delivered by a wide variety of professional and non-professional clinicians who vary in their training to deliver hypnosis and who vary in the way that they deliver hypnosis therapy.

APA Position:

- 1. Hypnosis should be employed by psychiatrists or other health care professionals with appropriate licensure and training, and it should be implemented within the scope of their professional expertise.**
- 2. Hypnosis should be implemented in the context of a thorough medical and psychiatric evaluation, and its delivery should be consistent with the treatment plan for that patient.**
- 3. The induction and termination of the trance state should be clearly structured and consistent with evidence-based hypnosis practice.**
- 4. Hypnosis training should be delivered by professionally credentialed individuals and, optimally, includes both didactic education and supervised clinical contact.**

Dates and Authorship:

Originally developed by the APA Committee on Therapy and adopted by the APA Council in 1961. This revision was prepared by David Spiegel, M.D., Michael First, M.D., and John Krystal, M.D., in 2015.