

Connecting Hypnosis 4 After Erickson Demonstrations of clinical applications

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HYPNOSIS, ATTACHMENT, AND OXYTOCIN: *An Integrative Perspective*¹

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Abstract: This article considers links between clinical hypnosis, attachment theory, and oxytocin. First, it proposes that commonalities between clinical hypnosis and attachment theory may improve our understanding of the hypnotherapeutic process. Then, it suggests that an integrative model unifying clinical hypnosis and attachment theory may constitute a link between clinical hypnosis and a neurobiological factor such as oxytocin. Finally, it discusses the implications of these hypotheses for clinical practice and future researches.

Nowadays an abundant scientific literature acknowledges the therapeutic value of clinical hypnosis (for a review, see Barabasz, Olness, Boland, & Kahn, 2010; Michaux, 2007; Spiegel & Spiegel, 2004; Yapko, 2003). However, the reasons for its therapeutic effectiveness are still debated. That ongoing debate involves many fields and explores various theoretical directions (Alladin, 2007; Bioy & Michaux, 2007; Chertok, 2006; Lynn & Rhue, 1991).

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