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therapy. Past-life regression was used on some clients but in one case a woman found herself regressing spontaneously to life in the Thirteenth Century. This case study is discussed in a tentative way in relation to the

regression. Hypnotic age-regression, cuing and memory creation

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The use of hypnotic regression-like techniques to retrieve childhood memories from patients has become popular among psychotherapists. Hypnotic age-regression, however, should not be relied upon to yield veridical childhood memories. Research has shown that age-regression does not constitute an actual reliving of the past. Subjects may confabulate and claim high degrees of confidence in the veracity of their memories regardless of accuracy. Memories retrieved by subjects can also be influenced by the experimenter. New data will be presented, which suggests that subjects' memories can be influenced and created in regression to early childhood and in utero.

Posthypnotic postcards

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Real, hypnotizable and simulating, unhypnotizable subjects were given a posthypnotic suggestion, and control subjects were given a nonhypnotic request, to mail one postcard every day to the experimenter for either a specified or unspecified number of days. Over 56 days, real and controls, rather than simulators, returned more postcards. Also, those given the specified, rather than unspecified suggestion/request sent more. These findings allow inferences to be drawn about social processes in hypnotic and nonhypnotic settings, cognitive processes in hypnotized and nonhypnotized subjects, and the interaction of social and cognitive processes in determining posthypnotic responding.

A phenomenological study of the hypnotic context in reports of UFO abductions

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Hypnotic narratives of ten abductees were phenomenologically compared to 30 non-abductees' simulated abduction experiences.

The narratives were compared on UFO experience-related dimensions. Abductees did not differ from non-abductees in psychopathology, or in hypnotizability. Abductees do exhibit greater richness in imaginative cognitive style. Abductees also endorsed more beliefs in paranormal phenomena, and conspiratorial thinking, consistent with fantasy proneness, which is a vulnerability factor for memory distortion and confabulation. The content of the narratives were indistinguishable between the two groups, suggesting that imagination is sufficient to create compelling stories of UFO abductions when in fact none took place.