

HISTORY OF HYPNOSIS



Ancient Egypt – 3100-300 B.C
Painting where found showing people in hypnotic sleeping



Ancient Greece – 1050–750 B.C.
Hypnosis was used in Temples



Middle Age – 500-1500 A.D.
kings and princes were believed to have the power of healing through the “Royal Touch.”



Franz Anton Mesmer (1734 – 1815)
Named the Father of Hypnosis - in the 18th century a German doctor called Franz Mesmer (1734 –1815) was the first westerner to become involved with hypnotism, although he called it ‘animal-magnetism’ or ‘mesmerism’. This was to describe what he believed to be an invisible natural force exerted by animals.



John Elliotson (1791 – 1868)
An English physician who advocated the use of hypnosis in therapy who in 1849 founded mesmeric hospital. He was one of the first teachers in London to emphasize clinical lecturing and was one of the earliest British physicians to urge use of stethoscope.



James Braid (1795 – 1860)
Father of modern hypnosis and hypnotism.
A British surgeon and a pioneer investigator of hypnosis who did much to divorce that phenomenon from prevailing theories of animal magnetism



James Esdaile (1808 – 1859)
Scottish Doctor performed over 300 major operations, including amputations, using hypno-anaesthesia.



1950's – today
Both the British and American Medical Associations accept hypnosis as useful therapeutic tools. Hypnosis continue to gain in popularity and it is now considered by many as a hugely significant contribution in the treatment of emotional, psychological and habitual problems.