This is my last statement to you as President of Division 30. My major goals have been to contribute to efforts to bring hypnosis into mainstream psychology and into mainstream health care (Wickramasekera et al., 1996). I have sought to advance these goals by building bridges to Health Psychology, Family Medicine, and Applied Psychophysiology. Health Psychology is one of the largest and most rapidly expanding divisions in APA, which can profit from concepts and procedures in hypnosis. Family Medicine doctors are likely to be the gatekeepers of health care in the 21st century, and hypnosis can contribute to the diagnosis and management of the enormous and frustrating burden of somatization (Wickramasekera, 1995), which has been called "medicine’s blind spot" (Quill, 1995) or "medicine’s unsolved problem" (Lipowski, 1987). Applied Psychophysiology is growing in diagnostic and therapeutic credibility (see the special issue of Professional Psychology Research and Practice, June, 1996) as advances in the neuroendocrinology and immunology specify the precise links between mind and body. Links which Mesmer and others in hypnosis have implicitly manipulated with the tools of language, credibility construction and subject selection for at least 250 years.

Hypnosis was the first form of psychotherapy to demonstrate empirically that Descartes’ mind-body gap was false. Case studies in hypnosis demonstrated that language, the construction of credible belief systems, and individual differences in hypnotic ability could induce and reverse changes in physiology (e.g., bleeding, blisters, warts, etc.). I predict that concepts (e.g., perceived "involuntariness," the unconscious) and tools (e.g., hypnosis ability scales, etc.) developed within hypnosis will have a major impact on the third revolution in health care: mind-body medicine. This third revolution in health care can do for current chronic stress and related diseases what germ theory, sterile procedures in surgery, immunization, public health treatment of water and sewage, and the discovery of antibiotics, did for acute infectious diseases 50 years ago (Wickramasekera, 1988). If hypnosis is to be a part of the leadership of the third revolution in health care, it is critical that Division 30 actively support APA's redefinition of psychology as a health care science and profession, and not.
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Message, Continued
simply a mental health profession. Rather than squabbling over existing markets for out products, we can leave our competition in the dust if we sustain our thrust into the huge somatization and chronic stress related disease market by leading in the development of diagnostic and therapeutic tools (Wickramasekera et al., 1996) for the coming third revolution in health care.

References:


