

Scientific Citations for further research and clarification.

- APA Division 30 (Society of Psychological Hypnosis)
  - Bargh, J. A., & Chartrand, T. L. (1999). The Unbearable Automaticity of Being.
  - Beck, A. T. (1976). Cognitive Therapy and the Emotional Disorders.
  - Bernstein, D. A., et al. (2000). Progressive Relaxation Training.
  - Deeley, Q., et al. (2012). Brain imaging and hypnosis.
  - Elkins, G. et al. (2015). Hypnotherapy for anxiety and pain—meta-analysis.
  - Hilgard, E. R. (1965, 1977). Hypnotic Susceptibility; Divided Consciousness.
  - Hammond, D. C. (2010). Evidence-Based Hypnosis.
  - Jacobson, E. (1938). Progressive Relaxation.
  - Jensen, M. et al. (2017). Neural mechanisms of hypnotic analgesia.
  - Lang, P. J. (1994). Imagery and emotion.
  - LeDoux, J. (2002). Synaptic Self; Emotional Brain.
  - Lynn, S. J., & Kirsch, I. (2006). Essentials of Clinical Hypnosis.
  - Montgomery, G. et al. (2000). Hypnosis for pain and anxiety reduction.
  - Oakley, D. & Halligan, P. (2013). Hypnotic suggestions and brain function.
  - Rainville, P. (1997). Hypnosis modulation of pain perception.
  - Singer, J. (1974). Daydreaming and imagery research.
  - Spiegel, H., & Spiegel, D. (2004). Trance and Treatment.
  - Wolpe, J. (1958). Psychotherapy by Reciprocal Inhibition.
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- **Progressive relaxation** (Jacobson, 1938; Bernstein et al., 2000)
  - **Guided imagery**, shown to reduce stress and improve emotional regulation (Singer, 1974; Lang, 1994)
  - **Cognitive reframing**, aligned with cognitive-behavioral therapy principles (Beck, 1976)
  - **Therapeutic suggestions**, shown in meta-analyses to support the reduction of anxiety, stress, and pain (Montgomery et al., 2000; Elkins et al., 2015)
  - **Desensitization techniques**, which mirror classical conditioning and exposure models (Wolpe, 1958)"

