

TABLE 1
Historical Review of Alert-Active-Waking Hypnotic Induction Methods

<i>Citation</i>	<i>Name of Method/ Technique</i>	<i>Fixation of Eyes</i>	<i>Suggestions For</i>	<i>Eyes Closed- Opened</i>	<i>Body/Physical relaxation</i>	<i>Physical Movements in Induction</i>
Braid (1843)	Nervous Sleep/ Neurypnology/ Neuro- hypnotism/ Monoideism	No (in alert induction)	Focused attention on one idea that causes excitement	Open/Closed	No	Extending limbs so they will speedily pass into a rigid state. Doubling heart's rate by inducing catalepsy.
Wells (1924)	Waking Hypnosis	No	Contractures of the hands, analgesia of the hand or arm	Closed in induction, then open	No	No
Brenman and Gill (1947)	Second Wells Technique	Yes	Focused attention in an object for eyes fixation. Challenge suggestion of eyes so tightly closed that cannot be opened.	Closed	No	No
Sumbaiev (1958)	Suggestion in Waking State	No	Fully oriented, increased sensitivity to hypnotist's words and under the influence of suggestions, lack of will. Focused attention on procedure.	Open	No	Subject sits or moves around the room.
Oetting (1964)	Training Concentration	Yes (in study materials)	Concentration, narrowing the attention. Ease and well-being. Head and arms can move freely to study, the rest of the body is comfortable but immobile.	Open	Yes, but active enough to study.	None
Ludwig and Lyle (1964)	Tension Technique	No	Increase of tension, sensory and motor stimulation, ideational activity, diminish comfort, focused attention and concentration (diffusion of attention). Become alert, excited, tense, more aware of things than ever before, attention spread out, become flooded with thoughts.	Open	No	Methods: • Walking • Spinning • Knee-Bends • Head-Rotation
Liebert et al. (1965)	SHSS:A-Based Activation Techniques	Yes	Alertness, attentiveness, blocking out distractions and performing tasks better than in normal state.	Open (only during induction, closed at the outset)	No	No

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Erickson (1967)	Hand Lifting Technique	No	Lifting and lowering the hands, going into the trance.	Open first, then closed	No (in the induction)	Lift the subject's hand to their face, closing eyelids.
Svoboda (1967)	Method of increasing the intensity of alert suggestions	Yes (In hypnotist's eyes)	Body swaying, hand clasping, hand lowering, arm stiffness. Alertness. Suggestions given in quick succession. Modification of Erickson's technique, lifting the dominant hand to the forehead. The higher the hand is, the more the body gets into a hypnotic state, but still he is not closing the eyes as in Erickson's method.	Open	No	Standing against the hypnotist.
Vingoe (1968, 1973)	Group technique induced by the alert hypnotic state (GAT)	Yes (in hand)	Heightening of mental alertness combined with deepening somatic relaxation. Readiness for any mental activity. Separation of mind and body.	Closed	Yes	Stretching and raising the hand.
Gibbons (1974, 1979)	Hyperempic induction procedure/ Hyperempiria	No	Increased alertness, mind expansion, enhanced awareness and sensitivity.	Closed	Yes	None
Bányai and Hilgard (1976)	Active Alert hypnotic induction	Look straight ahead	Alertness, attentiveness, and feelings of freshness.	Open	No	Riding a bicycle ergometer set for high resistance.

Kratochvíl and Zezulka (1980)	Activation (Peripatetic) Induction Technique	No	Increased acuity, alertness, the onset of a waking hypnotic state, readiness to experience hypnotic suggestions.	Open	No	Walking following a line that has the shape of an eight. When this is automatic, the subject looks down only half the number drawn; and raises his head and looks around and while walking for the second half. After counting the left hand swings more and more until it finally touches the forehead and remains firmly attached to it.
Robazza and Bortoli (1994)	Isomorphic Model	No	Alertness, focusing, readiness, and attention. Activating sensory channels.	Open	No (in alert part)	Sport practice (motor tasks required in the sport).
Wark (1996)	LEVER	Yes	Alertness, raising mental focus and relax the body.	Open	Yes	Tension exercises to facilitate physical relaxation.
Capafons (1998a, 1998b)	Valencia Model of Waking Hypnosis	No	Increased alertness, mind expansion, readiness to activate responses to hypnotic suggestions, strong perception of self-control.	Open	No	Waking-Alert or Alert-hand method: hand moves up and down. Rapid Self-hypnosis method: 3 steps: hand clasping, falling backward and heaviness of one hand.