

**The Phenomenology of Consciousness Inventory –
Hypnotic Assessment Procedure (PCI-HAP):
Administrator's Manual**

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Outline for the Use of: The Phenomenology of Consciousness Inventory – Hypnotic Assessment Procedure (PCI-HAP)

Informing the client about the PCI-HAP:

Inform the client that you will be assessing their hypnotic responsivity, while also allowing them to experience what hypnosis is like. Before getting started, they will complete a pre-assessment form that will ask if they were hypnotized before, how hypnotized they feel they will be today, how vivid their visual and kinesthetic imagery is, and how helpful they feel hypnosis may be for them.

After the hypnosis they will complete a 53-item inventory that asks about their experience during a 2-minute sitting quietly period embedded during the hypnosis and also a debriefing (post-assessment) form that will ask about their experiences during and after hypnosis. Tell the client that you will be reading the hypnotic protocol so that their responses to the PCI will be able to be compared to other people who experienced the identical hypnotic induction procedure.

Tell the client that during the hypnotic induction you will first relax them with a relaxation protocol called a "body scan." You will then try to move them into hypnosis by counting from "10" to "1." After that you will take them on a fantasy journey to a vacation place. Ask them to think of a place, i.e., the beach, Mexico, the mountains, etc. they would like to go visit (they do not have to tell you beforehand where they will go). When they go on vacation via a hypnotic dream, they want to just relax and experience it as best they can.

Also tell the client that during the hypnotic assessment you will give them several different hypnotic suggestions (but do not tell them what those suggestions are). Tell them that an example of a hypnotic suggestion is: "As I continue to talk you will notice that your arm becomes lighter and lighter and slowly may begin to rise." (I gently and slowly lift my right arm.) This gives the client an example of what a hypnotic suggestion is like without revealing the hypnotic suggestion items (the finger response and the eye catalepsy items) from the HAP.

Finally, tell the client that after the hypnotic assessment, you will go over with them a debriefing form that will help you better understand their experience during hypnosis. After the debriefing is over, give them the PCI, Form 1, and go over with them the first three or four items of the PCI, asking the client to complete it in reference to the 2-minute sitting quietly period during the hypnotic assessment when you stopped talking and they were asked "for the next several minutes . . . to continue to experience the state you are in right now." (If the PCI-HAP is given in a group, then the client completes a self-report debriefing form after first completing the PCI.)

For clients seen in my (RP) private practice office, once they know how to reliably complete the PCI (by reviewing the first several items of the PCI with them), I usually have them complete the PCI after the session in my waiting room. If they are unable to do that, then I give them a stamped, self-addressed envelope and ask them to complete the PCI as soon as they get home and mail it back to me in the envelope. I also tell them that because their memory trace of the hypnosis will fade over time, it is very important for them to complete the PCI as soon as they possibly can (when they return home). I then score the PCI when it is received and go over the results with them their next scheduled session. (Ideally, completion of the PCI immediately after the PCI-HAP is recommended, especially if the client can complete the instrument in the waiting room.)

For clients who complete the PCI in a group setting, like the VA hospital where I (RP) work during my "day job", I will have the clients first complete the PCI in reference to the sitting quietly period embedded in the PCI-HAP, and then complete the self-report debriefing (post-assessment) form after the PCI.

Outline for Administering the PCI-HAP:

The administration of the PCI-HAP consists of a pre-assessment, the actual PCI-HAP induction, completion of the PCI, and a post-assessment. The PCI-HAP can be given individually to the client or a group of clients/research participants. Its administration is described below:

Pre-Assessment (See Appendix A):

1. Use the "Therapist-Assisted PCI-HAP (Hypnotic Assessment Procedure) Pre-Assessment" if you are working with an individual client, and use the "Self-Report PCI-HAP (Hypnotic Assessment Procedure) Pre-Assessment" if you are working with a group of clients.
2. Tell the client that you would like to get some preliminary information about them via a pre-assessment form that you want them to complete.
3. Ask the client if they have been hypnotized before. If they have, record the year and how hypnotized they thought they became at that time.
4. Have the client rate how hypnotized they feel they will become today. Even if they have never been hypnotized before, get them to rate themselves as to how hypnotized they will become
5. Have the client rate both their visual and kinesthetic imagery of being in a hot tub.
6. Have the client rate how helpful they think the self-hypnosis training is going to be.

Administering the Hypnotic Assessment Procedure (HAP) - Induction Procedure (See Appendix B):

The various sections of the PCI-HAP induction procedure are described below:

1. Do a "body scan" relaxation procedure (this is progressive relaxation but without the tensing).
2. Do a "mind calm" hypnotic induction procedure (count from "10" to "1" and give instructions that the client's mind will become more and more calm, more and more serene as the client moves into a deep hypnotic state).
3. Send the client on "vacation" to a spot they would like to visit via a hypnotic dream (and give them a minute to experience that).
4. Test the client with the left index finger item (pausing 5 seconds and observing if they raised their left index finger if it is an individual administration) and the eye catalepsy item (pausing 10 seconds and observing if they open their eyes if it is an individual administration). (If the PCI-HAP is done via a group administration, the client will complete a self-report debriefing form after completing the PCI asking them to describe if they raised their index finger and if they opened their eyes.)
5. Have the client sit quietly for two minutes and have them "just continue to experience the state you are in right now." Immediately after the sitting quietly period, tell them to make a mental note of what they were experiencing while they were sitting quietly, because afterwards they will be completing an inventory that asks about their experience.
6. Count from "1" to "5" and have the client open his or her eyes as they come out of trance.

Post-Assessment (See Appendix D):

[Note: If this is an individual assessment, review the post-assessment debriefing form with the client first and then give the client the PCI to complete. If this is a group administration, once the induction is completed, have the clients first complete the PCI, and then the post-assessment.]

1. Use the "Therapist-Assisted PCI-HAP (Hypnotic Assessment Procedure) Debriefing Form" if this is an individual administration and the "PCI-HAP Post-Assessment Self-Report Debriefing Form" if this is a group administration.
2. Have the client rate their imagery while they were on vacation on a "1" to "10" scale ("1" = just a thought; "10" = as real and vivid as actually there). Then ask about their experience and write it in.
3. Ask the client if they raised their left index finger when asked to do so.
4. Ask the client if they opened their eyes during the time when they were told their eyes were "tightly glued shut." Then ask them to comment on their experience during the time immediately after they did (or did not) open their eyes.
5. Ask the client if they believe they fell asleep (real, not, hypnotic sleep) during the sitting quietly period by asking them to choose one of four options listed on the form.
6. Ask the client what it was like when you asked them "to continue to experience the state you are in right now;" that is, the sitting quietly period near the end of the hypnosis.
7. Ask the client what they felt like immediately after coming out of hypnosis.
8. Ask the client about any negative effects during the hypnosis.
9. Ask the client to estimate how deeply hypnotizable they felt themselves to be on a "1" to "10" scale.
10. Ask the client how helpful they think the self-hypnosis training is going to be to help them with their problems.
11. Again ask the client about the eye catalepsy item, giving a finer gradation of their response.

Completion of the PCI (See Appendix C):

Take out a copy of the PCI. Complete the identifying information at the top of page 2 (if this is an individual administration) and then read to them the "Instructions for completing this inventory" (page 2 of the inventory). Tell the client that you will be going over the first several items of the inventory with them to make sure that they understand how to complete the PCI. They are to complete the PCI only in reference to the 2-minute sitting quietly period near the end of the hypnosis (see below).

If they do not complete the PCI immediately after the hypnotic assessment (such as in your waiting room), then they are to complete it as soon as possible when they get home and mail it back to you in the stamped, self-addressed envelope that you've furnished for them. Tell them to read the "Instructions" on page 1 if they have any questions, and then turn to page 2 and complete the 53 items of the PCI. All items of the PCI must be completed.

Whether this is an individual or group administration, go over with the client, the first three or four items of the inventory, and have them circle the numbers (from "0" to "6") that best corresponds to their

subjective experience during the sitting quietly period, telling them that "circling the 0 (or darkening the "0" bubble on the optical scanning sheet, if using such sheets) means you are endorsing the statement on the left; circling the 6 (or darkening the "6" bubble on the optical scanning sheet) means you are endorsing the statement on the right."

[Note: Clients are to complete the PCI only in reference to the sitting quietly period near the end of the hypnosis, and not in reference to the whole hypnotic assessment. Repeat the previous sentence to them.]

EXCEL Scoring Program (See Appendix E):

Once the client has completed the PCI-HAP, you then use the PCI-HAP EXCEL program to score the PCI-HAP. Call up the EXCEL program on your computer.

1. To score the PCI-HAP first type in the client's name at the top of page 1 and the date at the top right of page 1.

2. In the area under "Client Responses" type in the responses from the pre-assessment and the post-assessment.

3. To score the PCI, go to page 2 of the program and under "Circled" at the left side of the form, type in the 53 items of the PCI.

4. Once all items are typed in, print out all five pages of the PCI-HAP EXCEL program. All values for all variables will automatically be computed.

5. You now have a 4 page report on your client's hypnotic responsivity from a phenomenological perspective!

Therapist-Assisted PCI-HAP (Hypnotic Assessment Procedure) Pre-Assessment

(To be completed by the therapist immediately prior to completing the PCI-HAP)

Client's Name: _____ SSN (last four): _____ Date: _____

Please ask the client the following items:

1. Have you ever tried to be hypnotized before?

a. Yes _____ (**go to item #1c and #1d**) b. No _____ (**go to item #2**):

1c. If yes, when, what year were you last hypnotized? _____

1d. On a "1" to "10" intensity scale, how deeply hypnotized do you feel that you became at that time? Let "1" = "not hypnotized at all," and let "10" = "the most hypnotized that you can imagine:"

_____ (**go on to item #2**)

2. I would like to know how deeply hypnotized you expect to be when we try to hypnotize you today. Let "1" = "not hypnotized at all," and let "10" = "the most hypnotized that you can imagine." (If this is the first time you are being hypnotized, even though you may have no idea as to what it is like to be hypnotized, individuals can still be fairly good at estimating how hypnotized they may be.)

Please rate yourself on a scale of "1," "not hypnotized at all," to "10," the most deeply hypnotized that you can imagine," how hypnotized you feel you will be today:

3. Now I would like for you to estimate how vivid your visual and your bodily or kinesthetic imagery is. Imagery usually consists of the internal visual pictures or kinesthetic and bodily impressions which pass before your mind, no matter how vague or dim they may be. Whereas visual imagery is usually made up of visual images and pictures; bodily or kinesthetic imagery usually consists of imaginary sensations, such as imaginary warmth, coldness, tension, touch, etc. as you would imagine such sensations within your body. Visual and bodily or kinesthetic imagery originate within you instead of coming from the environment.

Please close your eyes imagine yourself relaxing in a hot tub. On a "1" to "10" scale, how vivid is your visual imagery of imagining yourself in the hot tub; how clearly and distinctly can you see or visualize yourself relaxing in the hot tub? Let "1" = "just a thought, no image at all;" and let "10" = "so real and vivid that you can actually see yourself in the hot tub."

4. Now, how vivid is your bodily or kinesthetic imagery of relaxing in that hot tub? In other words, close your eyes again and imagine how relaxed and warm your body feels, and imagine feeling those jets of warm water, gently massaging your body, bubbling away the tension and the tightness within your body. On a "1" to "10" scale, how vivid is your bodily or kinesthetic imagery? Let "1" = "no feeling or bodily sensations at all;" and let "10" = "you can actually feel yourself being gently massaged by the water jets in the hot tub."

5. Finally, how helpful do you think self-hypnosis training is going to be to help you with your problems, issues, or concerns? Please rate on a "1" to "10" intensity scale, how helpful you feel self-hypnosis training is going to be. Let "1" equal "not at all helpful," and let "10" equal "extremely helpful."

Self-Report PCI-HAP (Hypnotic Assessment Procedure) Pre-Assessment

Your Name: _____ SSN (last four): _____ Date: _____

Please complete the following items:

1. Have you ever tried to be hypnotized before?

a. Yes _____ (go to item #1c and #1d) b. No _____ (go to item #2):

1c. If yes, when, what year were you last hypnotized? _____

1d. On a "1" to "10" intensity scale, how deeply hypnotized do you feel that you became at that time? Let "1" = "not hypnotized at all," and let "10" = "the most hypnotized that you can imagine:"

_____ (go on to item #2)

2. I would like to know how deeply hypnotized you expect to be when we try to hypnotize you today. Let "1" = "not hypnotized at all," and let "10" = "the most hypnotized that you can imagine." (If this is the first time you are being hypnotized, even though you may have no idea as to what it is like to be hypnotized, individuals can still be fairly good at estimating how hypnotized they may be.)

Please rate yourself on a scale of "1," "not hypnotized at all," to "10," the most deeply hypnotized that you can imagine," how hypnotized you feel you will be today:

3. Now I would like for you to estimate how vivid your visual and your bodily or kinesthetic imagery is. Imagery usually consists of the internal visual pictures or kinesthetic and bodily impressions which pass before your mind, no matter how vague or dim they may be. Whereas visual imagery is usually made up of visual images and pictures; bodily or kinesthetic imagery usually consists of imaginary sensations, such as imaginary warmth, coldness, tension, touch, etc. as you would imagine such sensations within your body. Visual and bodily or kinesthetic imagery originate within you instead of coming from the environment.

Please close your eyes imagine yourself relaxing in a hot tub. On a "1" to "10" scale, how vivid is your visual imagery of imagining yourself in the hot tub; how clearly and distinctly can you see or visualize yourself relaxing in the hot tub? Let "1" = "just a thought, no image at all;" and let "10" = "so real and vivid that you can actually see yourself in the hot tub."

4. Now, how vivid is your bodily or kinesthetic imagery of relaxing in that hot tub? In other words, close your eyes again and imagine how relaxed and warm your body feels, and imagine feeling those jets of warm water, gently massaging your body, bubbling away the tension and the tightness within your body. On a "1" to "10" scale, how vivid is your bodily or kinesthetic imagery? Let "1" = "no feeling or bodily sensations at all;" and let "10" = "you can actually feel yourself being gently massaged by the water jets in the hot tub."

5. Finally, how helpful do you think self-hypnosis training is going to be to help you with your problems, issues, or concerns? Please rate on a "1" to "10" intensity scale, how helpful you feel self-hypnosis training is going to be. Let "1" equal "not at all helpful," and let "10" equal "extremely helpful."

Hypnotic Assessment Procedure (HAP) - Induction Procedure

[Note: If this is an individual session, please feel free to add client's name throughout this induction procedure so as to personalize it.]

Just settle back comfortably in your chair and relax. We're going to do a hypnotic induction procedure that will allow you to experience what hypnosis is like and will also allow me to assess how hypnotizable you are. Before we will do this we will first show you a relaxation procedure, which will allow you to relax. In order to be hypnotized, we would first like you to become relaxed and at ease and the relaxation procedure we will do will allow you to become more relaxed and at ease.

After relaxing your body, we will show you how to calm your mind. We will count backwards from "10" to "1", while you let your mind become more and more calm and at ease. As I count back from "10" to "1", I will ask you to count along silently with me, so that by the time we get to "1", your mind will be deeply and calmly at ease. As this happens you may feel yourself moving into a hypnotic state, a state, which many people report feels somewhat like falling asleep, but with the difference that they can still hear me. This will allow you to experience what hypnosis is like for you. Any questions? (IF NO QUESTIONS, THEN PROCEED.)

OK. So forget about the other sounds and noises you may hear. Whenever you are ready, just allow your eyes to close. Let's begin by you becoming aware of your breathing. That's right. Just become aware of your breathing, and with each breath that you take, notice how relaxed you can become. Let your breathing be rhythmic and natural and as you inhale and as you exhale, notice how much more relaxed you can become. With each breath that you take, let yourself become more and more calm and more and more relaxed, as you forget about any other sounds or noises you may hear except for my voice. While being aware of your breathing, let yourself relax, more and more deeply, more and more fully relaxed with each breath that you take.

I now want you to focus your attention on the muscles of your forehead and scalp and let them relax. That's right, focus on the muscles of your forehead and scalp and let any tension and tightness just fade and vanish away, fade and vanish away. Feel how relaxed and at ease you can let the muscles of your forehead and scalp become.

Now, feel the relaxation moving down into the muscles around your eyes and your temples. Focus on the muscles around your eyes and temples, and let any tension and tightness there just fade and vanish away. Feel how relaxed and at ease you can let the muscles around your eyes and temples become. Let your eyes relax. Let your eyelids become heavy, very, very heavy; very, very relaxed. See how relaxed and at ease you can let the muscles around your eyes become. Now imagine the relaxation moving down into your cheeks and nose, and now, down across your chin and jaw. Focus on the muscles of your chin and jaw, your cheeks and nose, and let all tension and tightness just fade and fade and vanish away, as you become more and more relaxed, more and more relaxed.

Feel the relaxation now move down into the muscles of your neck. Focus in on the muscles of your neck and shoulders and let any tension and tightness there just fade and vanish away. Visualize the muscles of your neck and shoulders becoming more and more relaxed, more and more at ease, as all tension and tightness in your neck and shoulders just fades, and fades, and vanishes away. With each breath that you take, with every word that I say, feel the muscles of your neck and shoulders relax, more and more relaxed, more and more deeply at ease.

Now let the relaxation move down into your upper arms. Let the muscles and tissues of your upper arms become more and more relaxed, more and more at ease, as all tension and tightness fades, and fades, and vanishes away. Feel wave upon wave of deep, soothing relaxation now move down through your elbows into your lower arms, and into your wrists, hands and fingers. Let all the muscles and tissues of your upper and lower arms, your hands and fingers become more and more relaxed, more and more at ease, as you forget about any sounds and noises, except my voice. Feel how heavy and relaxed the muscles of your arms and hands can become.

Now let the relaxation in your arms and hands, move back up into your shoulders and down into your chest and upper back. Let the muscles and internal organs of your chest and upper back become more and more relaxed, more and more at ease. Feel and imagine the muscle fibers relax and become more and more loose and heavy, so that your heart and lungs can work more efficiently and more relaxedly. Just relax, relax deeply, relax fully.

Now let the relaxation continue down into your stomach and abdomen, your hips and lower back. Let the muscles and internal organs of your hips and lower back, your stomach and abdomen become more and more relaxed, more and more at ease. Feel how deeply relaxed and fully at ease you can let yourself become. More and more relaxed and at ease with every word that I say, with every breath that you take. See how relaxed you can let yourself become.

Feel the relaxation now gently move down into the muscles of your upper legs. Feel the relaxation permeate each and every muscle fiber as the muscles there become more and more relaxed, more and more heavy and deeply relaxed. Let the relaxation continue now down through your knees into your lower legs, and finally, your ankles, your feet, and your toes. Let all the muscles and tissues of your legs, and feet, and toes, become more and more relaxed, more and more at ease. Let all the muscles of your body relax.

Now scan your body for any tension and tightness that may be left, and let that tension and tightness just fade and fade and vanish away. See how relaxed you can let yourself become. Your body is now very, very relaxed and at ease, very, very relaxed. We would like you to let your mind become as calm and at ease as your body is relaxed. In a few moments, I'm going to count back from "10" to "1" and with each number that I say, I would like you to count along silently with me.

With each number that I say, with each number that you say silently, your mind will become more and more calm, more and more serene, more and more empty, so that by the time we get to "1", your mind will be completely at ease, completely still. And as we count back from "10" to "1" you will feel yourself drifting off into a pleasant and relaxed hypnotic state, a state that many people report feels very much like falling asleep, but with the difference that you can clearly hear me.

You will always hear me no matter how relaxed, how calm, how deeply hypnotized you feel yourself to be. You feel very safe, very secure, and very at ease. Very safe, very secure, and very at ease.

Here we go. Ten. . . nine. . . let your mind become more and more calm, more and more clear, more and more at ease, as all worries and problems just fade and fade and vanish away. See how clear and calm and serene you can let your mind become. Eight . . . seven . . . let go of all worries and problems as your mind becomes more and more still, more and more quiet, more and more serene, as you begin to drift off into a pleasantly relaxed and calm hypnotic state. Calm, relaxed, and at ease; calm . . . , relaxed . . . , and at ease. More and more calm, more and more serene.

See how relaxed and at ease you can let yourself become. Forget about any sounds and noises you may hear except for my voice and just focus on my voice as you go more and more deeply asleep.

Six . . . five . . . , feel your mind becoming more and more calm as you begin to go more and more deeply asleep, more and more deeply asleep, as you drift off into a very pleasantly relaxed and quiet hypnotic state. A state very much like falling asleep but with the difference that you can clearly hear me. Four, feel yourself going deeper and deeper into a pleasantly relaxed and quiet hypnotic state, deeper and deeper asleep, more and more calm and at ease. Just relax. Relax.

Three, going deeper and deeper asleep as your mind and body become more and more calm, more and more relaxed, more and more at ease. Deeply asleep, fast asleep, nothing will disturb you. Two, let yourself go more and more deeply asleep, more and more relaxed and at ease, more and more calm. One . . . , deeply asleep, fast asleep, nothing will disturb you as you feel very, very calm, quiet and deeply relaxed, deeply at ease. Deeply asleep. Although deeply asleep, you can clearly hear me; you will always hear me no matter how relaxed or asleep you may feel.

You are now deeply relaxed and at ease; very calm and very relaxed. In the deep hypnotic state you are now in, it is easier to get your conscious and subconscious and unconscious to work together as one, to help you become more the person you want to be. In the deeply hypnotized state you are now in, it is much easier to have very vivid imagery of events of things you would like to imagine.

In a minute, I'm going to stop talking, and I would like you to go on a vacation somewhere to a beautiful place and have a very relaxing and very wonderful time. In a few moments, I'm going to count from "three" to "one", and by the time I reach "one", you will begin to have a very vivid dream, an extremely vivid dream of being on vacation in your favorite place, on a beautiful day. By the time I get to "one," I want you to have a very vivid dream of being on vacation in your favorite place on a beautiful day. I will then stop talking for about a minute or so and I want you to just enjoy your vacation, having a wonderful and relaxing time. When I start talking again, you will no longer be on vacation, but back here listening to me while remaining deeply hypnotized.

Here we go. Three . . . two . . . and by the time I get to "one" you will have a very vivid dream of being on vacation in your favorite place. You will have a very vivid, refreshing and enjoyable dream of being on vacation in your favorite place. One. (PAUSE ONE MINUTE.)

(THEN SAY:) Calm, relaxed, and at ease. No longer on vacation, but back here, deeply relaxed, deeply hypnotized. Please just remain relaxed and at ease. Relaxed and at ease listening without effort to my voice. OK. In a moment I'm going to ask you to raise your index or pointer finger of your left hand. This is the finger that is next to your thumb. I'm going to ask you to raise your left index finger slightly. OK. If you can hear me, please raise your left index finger slightly now. That's right, please raise your left index finger slightly now. (PAUSE 5 SECONDS.) That's fine. Now relax. Let your finger relax and let your whole body relax. That's right, let your finger relax and let your whole body relax. Let your finger relax and let your whole body relax.

Your whole body is now relaxed and at ease, relaxed and calm, especially the muscles around your eyes. The muscles around your eyes are very relaxed, very at ease. So relaxed and at ease that they feel heavy, very heavy, heavy as lead. And as I continue to talk the muscles around your eyes are getting heavier and heavier, heavier and heavier, heavy like lead. The muscle around your eyes are so relaxed and at ease that they feel like they are glued together, tightly glued shut, impossible to open.

In a few moments I'm going to ask you to try to open your eyes, but you are so deeply relaxed and at ease that I think you will find it quite difficult, near impossible to open your eyes. And if you did open your eyes, you would of course, only do so momentarily and then immediately close your eyes so as not to disturb your concentration. But I think you will find the muscles around your eyes so relaxed and at ease, so heavy that you will find them impossible to open. Go ahead, try to open your eyes, go ahead, try to open your eyes. (PAUSE 10 SECONDS. If this is an individual session, notice whether subject opens their eyes. THEN SAY:)

OK. You can stop trying to open your eyes; you can stop trying to open your eyes. Your eyes are no longer glued shut. You could open your eyes now if you wanted to, but you are so relaxed and at ease that there is no need to open them. Just let your eyes remained relaxed and shut, relaxed and at ease. Continue to relax.

You are now deeply relaxed, deeply at ease. For the next minute or so I'm going to stop talking and I want you to continue to experience the state you are in right now. That's right. For the next several minutes I'm going to stop talking and I want you to continue to experience the state you are in right now. Once I start talking again, we will then bring you out of the state you are in. So for the next several minutes just continue to experience the state you are in right now. After about two minutes I will start talking again. (PAUSE TWO MINUTES.)

Just remain calm and relaxed, calm and at ease. Please make a mental note of what you were experiencing, what you were thinking and feeling when I stopped talking, because I will afterwards ask you to complete a questionnaire in reference to your experience of that time. That's right, just take a moment now and take note of what you were thinking, feeling, and experiencing when I stopped talking. (PAUSE 15

SECONDS.)

You are now deeply relaxed and at ease. In a few moments I'm going to count from "one" to "five" and as I do so, you will begin to wake up. I'm going to count from "one" to "five" and as I do you will become more and more aware and alert, so that at "five", your eyes will begin to open and you will be alert, relaxed, and at ease. You will be alert, relaxed, and at ease, in your normal state of wakefulness.

Here we go. One, . . . (VOICE BECOMING LOUDER AS YOU COUNT FROM "ONE" TO "FIVE.")
Two, . . . three. . . Becoming more and more awake, more and more aware, more and more alert. Four.
Waking up more and more, more and more. Becoming more and more alert and aware, more and more alert. FIVE! Eyes beginning to open, alert, refreshed, relaxed, and at ease. Eyes open, alert, refreshed, relaxed, and at ease. In a state of wakefulness. Alert . . . , refreshed . . . , relaxed . . . , and at ease.

Go over the post-assessment debriefing form with the client (if this is an individual session). Then have the client complete the PCI in reference to 2-minute sitting quietly period near end of procedure (and within the next several hours since completing the HAP induction). If this is a group administration, have the clients first complete the PCI in reference to the 2-minute sitting quietly period, and then have them complete the Self-Report PCI-HAP Post-Assessment Debriefing Form.

PHENOMENOLOGY OF CONSCIOUSNESS INVENTORY (PCI), FORM 1

by Ronald J. Pekala, Ph.D.

INSTRUCTIONS

With the following questionnaire, you are to rate your experience of yourself and the time period in question by means of statements like the one shown below. You are to evaluate your subjective experience according to the statements listed.

1. I felt very tranquil. 0 1 2 3 4 5 6 I felt very anxious.

You are to do this by circling the number on this inventory that best corresponds to your subjective experience during the time period in question for each of the following items. (If you are using an optical scanning sheet, then darken the number on the answer sheet that best corresponds to your subjective experience during the time period in question.) As an example, if during the time period in question, you would rate your mood as "very calm and tranquil" and not at all "very anxious", you would circle the "0" on this questionnaire (or darken the number "0" on the answer sheet if you are using an optical scanning form) that corresponds to statement number one.

If, on the other hand, you were neither "very tranquil" nor "very anxious," that is, you were midway between the two statements, you would circle the "3" on the answer sheet. Circling the "0" means your experience is very much like the statement on the left, while circling the "6" means your experience is very much like the statement on the right. Circling the numbers between "0" and "6" means your experience was somewhere between the statement on the left and that on the right. Please feel free to choose any one of the numbers between "0" and "6."

Thus you are to circle the number (or darken in the number on the answer sheet if you are using an optical scanning form) for each statement that best corresponds to your subjective state at the time mentioned. Please do this for each of the following statements (found on the following pages) trying to be as accurate as you can.

In order to best determine your subjective experience, definitions have been provided for some of the key words used on the following pages.

1. **SENSATIONS:** are internal bodily impressions that you become aware of. Itches, pressure, pain, warmth, and coldness are examples of such sensations.

2. **PERCEPTIONS:** are impressions that you feel you receive from the external world. Perceptions come from the environment through sights, sounds, smells, etc.

3. **FEELINGS OR EMOTIONS:** are those internal impressions or moods such as happiness, joy, anger, excitement, etc.

4. **THOUGHTS:** are internal words, statements, and verbalizations that you are saying to yourself.

5. **IMAGES OR IMAGERY:** are internal visual (sights), auditory (sounds), kinesthetic (bodily), olfactory (smells), tactual (touch), or gustatory (tastes) impressions or pictures which pass before your mind, no matter how vague or dim they may be. They originate within you instead of coming from the environment.

6. **IMPRESSIONS OR EVENTS:** are any of the above, i.e., sensations, perceptions, thoughts, or images.

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PHENOMENOLOGY OF CONSCIOUSNESS INVENTORY, FORM 1

If an optical scanning sheet is available, please complete the demographic information section of the optical scanning sheet and darken in the digits that correspond to that information. Then put your responses on the scanning sheet, darkening in the digit that best corresponds to your subjective experience for the time in question for each item.

If you will be putting your responses on this inventory, then complete the following information:

Your Name: _____ Your Sex: _____

Your Age: _____ Highest grade completed in school: _____ Your Social Security
Number: _____

Today's Date: _____ Today's Code or Condition: _____

INSTRUCTIONS FOR COMPLETING THIS INVENTORY

YOU ARE NOW READY TO PROCEED TO THE QUESTIONNAIRE ITSELF. PLEASE READ EACH STATEMENT SLOWLY AND CAREFULLY AND ANSWER AS ACCURATELY AS YOU CAN BY CIRCLING THE NUMBER BETWEEN "0" AND "6" (OR DARKENING IN THE APROPRIATE NUMBER ON THE OPTICAL SCANNING SHEET) THAT BEST CORRESPONDS TO YOUR SUBJECTIVE EXPERIENCE DURING THE TIME PERIOD IN QUESTION. DO THIS FOR EACH STATEMENT.

- | | | |
|--|----------------------|--|
| 1. I was forever distracted and unable to concentrate on anything. | 0 1 2 3 4 5 6 | I was able to concentrate quite well and was not distracted. |
| 2. My thinking was clear and understandable. | 0 1 2 3 4 5 6 | My thinking was unclear and not easy to understand. |
| 3. The thoughts and images I had were under my control; I decided what I thought or imagined. | 0 1 2 3 4 5 6 | Images and thoughts popped into my mind without my control. |
| 4. I had an experience which I would label as very religious, spiritual, or transcendental. | 0 1 2 3 4 5 6 | I did not have any experience which I would label as religious, spiritual, or transcendental. |
| 5. I became aware of very intense sexual feelings. | 0 1 2 3 4 5 6 | I experienced no sexual feelings. |
| 6. I was silently talking to myself a great deal. | 0 1 2 3 4 5 6 | I did not engage in any silent talking to myself. |
| 7. I felt very, very sad. | 0 1 2 3 4 5 6 | I felt no feelings of sadness whatsoever. |
| 8. My attention was completely directed toward my own internal subjective experience. | 0 1 2 3 4 5 6 | My attention was completely directed toward the world around me. |
| 9. I felt ecstatic and joyful. | 0 1 2 3 4 5 6 | I felt no feelings of being ecstatic or joyful. |
| 10. I cannot remember what I experienced. | 0 1 2 3 4 5 6 | I can remember just about everything that I experienced. |
| 11. My body ended at the boundary between my skin and the world. | 0 1 2 3 4 5 6 | I felt my body greatly expanded beyond the boundaries of my skin. |
| 12. I experienced a great deal of visual imagery. | 0 1 2 3 4 5 6 | I experienced no visual imagery at all. |

13. I was not aware of being aware of myself at all; I had no self-awareness.	0 1 2 3 4 5 6	I was very aware of being aware of myself; my self-awareness was intense.
14. I felt no emotions of rage whatsoever.	0 1 2 3 4 5 6	I felt enraged.
15. My perception of the flow of time changed drastically.	0 1 2 3 4 5 6	I noticed no changes in my perception of the flow of time.
16. I felt very frightened.	0 1 2 3 4 5 6	I felt no emotions of being frightened.
17. My perception of the world changed drastically.	0 1 2 3 4 5 6	I noticed no changes in my perception of the world.
18. My visual imagery was so vivid and three-dimensional, it seemed real.	0 1 2 3 4 5 6	My visual imagery was so vague and diffuse, it was hard to get an image of anything.
19. The muscles of my body felt very tense and tight.	0 1 2 3 4 5 6	The muscles of my body felt very loose and relaxed.
20. I experienced no feelings of love.	0 1 2 3 4 5 6	I experienced very strong feelings of love.
21. My state of consciousness was not any different or unusual from what it ordinarily is.	0 1 2 3 4 5 6	I felt in an extremely different and unusual state of consciousness.
22. I can recall nothing that happened to me.	0 1 2 3 4 5 6	I can recall everything that happened to me.
23. I had an experience of awe and reverence toward the world.	0 1 2 3 4 5 6	I had no experience of awe and reverence toward the world.
24. Conceptually, my thinking was clear and distinct.	0 1 2 3 4 5 6	Conceptually, my thinking was confused and muddled.
25. I had complete control over what I was paying attention to.	0 1 2 3 4 5 6	I had no control over what I was paying attention to.
26. My bodily feelings seemed to expand into the world around me.	0 1 2 3 4 5 6	My bodily feelings were confined to the area within my skin.
27. I was continually conscious and well aware of myself.	0 1 2 3 4 5 6	I lost consciousness of myself.
28. My attention was totally directed toward the environment around me.	0 1 2 3 4 5 6	My attention was totally directed toward my own internal, subjective experience.
29. The world around me became extremely different in color or form.	0 1 2 3 4 5 6	I noticed no changes in the color or form of the world around me.
30. Time seemed to greatly speed up or slow down.	0 1 2 3 4 5 6	Time was experienced with no changes in its rate of passage.
31. I felt no feelings of unhappiness or dejection.	0 1 2 3 4 5 6	I felt unhappy and dejected.
32. I experienced no profound insights besides my usual cognitive understanding of things.	0 1 2 3 4 5 6	I experienced very profound and enlightening insights of certain ideas or issues.
33. I felt very angry and upset.	0 1 2 3 4 5 6	I felt no feelings of being angry or upset.
34. I was not distracted, but was able to be completely absorbed in what I was experiencing.	0 1 2 3 4 5 6	I was continually distracted by extraneous impressions or events.
35. I was not aware of any sexual feelings.	0 1 2 3 4 5 6	I experienced very strong sexual feelings.

36. My thought processes were nonrational and very hard to comprehend.	0 1 2 3 4 5 6	My thought processes were rational and easy to comprehend.
37. I felt no feelings of tension or tightness at all.	0 1 2 3 4 5 6	I felt tense and tight.
38. My memory of the events I experienced is extremely clear and vivid.	0 1 2 3 4 5 6	My memory of the events I experienced is extremely blurred and hazy.
39. I noticed no changes in the size, shape, or perspective of the objects in the world around me.	0 1 2 3 4 5 6	Objects in the world around me changed in size, shape, or perspective.
40. My state of awareness was very different from what I usually experience.	0 1 2 3 4 5 6	My state of awareness was no different than usual.
41. I relinquished control and became receptive and passive to what I was experiencing.	0 1 2 3 4 5 6	I was willfully controlling what I was experiencing.
42. I felt no feelings of being scared or afraid.	0 1 2 3 4 5 6	I felt very scared and afraid.
43. I felt no sense of timelessness; time flowed as I usually experienced it.	0 1 2 3 4 5 6	Time stood still; there was no movement of time at all.
44. I experienced no or very few images.	0 1 2 3 4 5 6	My experience was made up almost completely of images.
45. I did not engage in any silent talking to myself.	0 1 2 3 4 5 6	I was silently talking to myself a great deal.
46. I experienced no feelings of ecstasy or extreme happiness beyond my usual feelings.	0 1 2 3 4 5 6	I felt feelings of ecstasy and extreme happiness.
47. I experienced no sense of sacredness or deep meaning in existence beyond my usual feelings.	0 1 2 3 4 5 6	Existence became deeply sacred or meaningful.
48. My imagery was very vague and dim.	0 1 2 3 4 5 6	My imagery was as clear and vivid as objects in the real world.
49. I felt intense feelings of loving-kindness.	0 1 2 3 4 5 6	I felt no feelings of loving-kindness.
50. I maintained a very strong sense of self-awareness the whole time.	0 1 2 3 4 5 6	I did not maintain a very strong sense of self-awareness at all.
51. I continually maintained a very strong sense of separation between myself and the environment.	0 1 2 3 4 5 6	I experienced intense unity with the world; the boundaries between me and the environment dissolved away.
52. My attention was completely inner-directed.	0 1 2 3 4 5 6	My attention was completely outer-directed.
53. My state of awareness was not unusual or different from what it ordinarily is.	0 1 2 3 4 5 6	I felt in an extraordinarily unusual and nonordinary state of awareness.

*Information on manual scoring sheets for this inventory may be obtained by writing to the Mid-Atlantic Educational Institute, Inc., 309 North Franklin Street, West Chester, PA 19380-2765. Information on the reliability and validity of this instrument, how to computer score and use it, past research, and clinical applications are contained in the book, **Quantifying Consciousness: An Empirical Approach**, published by Plenum Publishing Corporation, 1991 (and available from Mid-Atlantic). Individuals interested in workshop information concerning the research and clinical applications of self-report psychophenomenological state instruments in mapping the structures and patterns of consciousness, and states and altered states of consciousness are encouraged to write to Mid-Atlantic.*

Therapist-Assisted PCI-HAP Post-Assessment Debriefing Form

(To be completed by the therapist immediately after completing the PCI-HAP, but before completing the PCI)

Your Name: _____ SSN (Last Four): _____ Today's Date: _____

1. During the hypnosis, you were asked to go on vacation and have a wonderful time on a beautiful day. Please rate on a "1" to "10" scale how vivid your vacation was. Let "1" = just a thought, no image at all; and let "10" = as real and vivid as actually being there. What number between "1" and "10" best represents how vivid your imagery was:

Please describe what happened on your vacation:

2. After the vacation, you were asked to briefly raise your left index finger. Did you raise your left index finger?

1. Yes _____ 2. No _____

3. Near the end of the hypnosis, you were told that your eye lids were very heavy, heavy like lead, and extremely difficult to open. But you were asked to try to open your eyes anyway.

Did you open your eyes during that time? 1. Yes _____ 2. No _____

Please describe what the experience of trying to open your eyes was like:

4. Near the very end of the hypnosis, you were told to sit quietly for two minutes and continue to experience the state you were in at the time. Do you believe you fell asleep, not a hypnotic sleep but actual or real sleep, during that time? Which of the following best apply (read all 4 and then ask the client to choose):

- 1. _____ Yes, I fell asleep (real, not hypnotic, sleep) during the 2 minute sitting quietly period.
- 2. _____ I probably fell asleep, but I'm not sure.
- 3. _____ I don't believe that I fell asleep.
- 4. _____ No, I did not fall asleep.

5. Please describe here what you were experiencing at the time, when I stopped talking for about 2 minutes near the end of the hypnosis:

(TURN OVER)

6. Please describe how you now feel after the hypnosis:

7. Did you experience any negative effects during or after the hypnosis? If yes, please describe:

8. On a "1" to "10" scale, how hypnotized do you feel that you became. Let "1" = not hypnotized at all, and let "10" = the most hypnotized that you can imagine:

If you want to comment about how hypnotized you feel you became, please describe that for me now:

9. How helpful do you think self-hypnosis training is going to be to help you with your problems, issues, and concerns? Please rate on a "1" to "10" intensity scale, how helpful you feel self-hypnosis training is going to be. Let "1" equal "not at all helpful," and let "10" equal "extremely helpful."

If you want to comment about how helpful you believe self-hypnosis training is going to be, please describe that for me now:

10. Finally, I would like you to return to the question about opening your eyes near the end of the hypnosis. (You were told that your eyelids were very heavy, heavy like lead, and extremely difficult to open. But you were asked to try to open your eyes anyway.)

Which of the following best describes how easy or difficult it was for you to open (or not open) your eyes?

1. _____ I immediately and very easily opened my eyes.
2. _____ I was able to open my eyes with just a little effort.
3. _____ It was somewhat difficult to open my eyes, but I was able to open them.
4. _____ I barely was able to open my eyes; I opened them just a little.
5. _____ I could have opened my eyes if I wanted to; but I didn't, it was too much effort to even try.
6. _____ It was difficult to open my eyes; I did not open them but I probably could have if I had more time.
7. _____ It was impossible to open my eyes; as hard as I tried, I could not open them.

PCI-HAP Post-Assessment Self-Report Debriefing Form

(To be completed by the participant immediately after completing the PCI)

Your Name: _____ SSN (Last Four): _____ Today's Date: _____

1. During the hypnosis, you were asked to go on vacation and have a wonderful time on a beautiful day. Please rate on a "1" to "10" scale how vivid your vacation was. Let "1" = just a thought, no image at all; and let "10" = as real and vivid as actually being there. What number between "1" and "10" best represents how vivid your imagery was:

Please describe what happened on your vacation:

2. After the vacation, you were asked to briefly raise your left index finger. Did you raise your left index finger?

1. Yes _____ 2. No _____

3. Near the end of the hypnosis, you were told that your eye lids were very heavy, heavy like lead, and extremely difficult to open. But you were asked to try to open your eyes anyway.

Did you open your eyes during that time? 1. Yes _____ 2. No _____

Please describe what the experience of trying to open your eyes was like:

4. Near the very end of the hypnosis, you were told to sit quietly for two minutes and continue to experience the state you were in at the time. Do you believe you fell asleep, not a hypnotic sleep but actual or real sleep, during that time? Which of the following best apply (read all 4 and then ask the client to choose):

1. _____ Yes, I fell asleep (real, not hypnotic, sleep) during the 2 minute sitting quietly period.
2. _____ I probably fell asleep, but I'm not sure.
3. _____ I don't believe that I fell asleep.
4. _____ No, I did not fall asleep.

5. Please describe here what you were experiencing at the time, when I stopped talking for about 2 minutes near the end of the hypnosis:

(TURN OVER)

6. Please describe how you now feel after the hypnosis:

7. Did you experience any negative effects during or after the hypnosis? If yes, please describe:

8. On a "1" to "10" scale, how hypnotized do you feel that you became. Let "1" = not hypnotized at all, and let "10" = the most hypnotized that you can imagine:

If you want to comment about how hypnotized you feel you became, please describe that for me now:

9. How helpful do you think self-hypnosis training is going to be to help you with your problems, issues, and concerns? Please rate on a "1" to "10" intensity scale, how helpful you feel self-hypnosis training is going to be. Let "1" equal "not at all helpful," and let "10" equal "extremely helpful."

If you want to comment about how helpful you believe self-hypnosis training is going to be, please describe that for me now:

10. Finally, I would like you to return to the question about opening your eyes near the end of the hypnosis. (You were told that your eyelids were very heavy, heavy like lead, and extremely difficult to open. But you were asked to try to open your eyes anyway.)

Which of the following best describes how easy or difficult it was for you to open (or not open) your eyes?

1. _____ I immediately and very easily opened my eyes.
2. _____ I was able to open my eyes with just a little effort.
3. _____ It was somewhat difficult to open my eyes, but I was able to open them.
4. _____ I barely was able to open my eyes; I opened them just a little.
5. _____ I could have opened my eyes if I wanted to; but I didn't, it was too much effort to even try.
6. _____ It was difficult to open my eyes; I did not open them but I probably could have if I had more time.
7. _____ It was impossible to open my eyes; as hard as I tried, I could not open them.

Phenomenology of Consciousness Inventory - Hypnotic Assessment Protocol ~ EXCEL Scoring Program

Please enter the client's name and test date in the designated areas.

Enter Name-> **Ronald J. Pekala**

Enter Date: **10/5/2009**

In the column labeled "Client Responses", please replace the data entered there with the current client's responses.

If the client gives no response for a particular item, please make sure the item is blank on this worksheet by pressing the delete key when in the cell for that item.

Please type in any response the client wrote on his/her form for the following "Enter free response here"

This program is being constantly revised. From time to time, there may be a bug or problem with the program, for which we are unaware. Please e-mail me @ pekalar@voicenet.com with a statement of the problem and also the EXCEL program (changing the name of the client/patient), so that we can trouble shoot the problem. Thank-you!

This spreadsheet was developed in Microsoft Excel 2003 SP2.

PCI12009.2003L.100509.xls

Last revised: 10.05.09

	<u>Pre-Assessment</u>	<u>Client Responses:</u>
1.a	Hypnotized before: Yes: enter Y, No: enter N	n
1.b	Year last hypnotized:	
1.c	Last hypnotized: Hypnotic Depth Score	
2	Pre-Hypnotic estimated Hypnotic Depth Score (eHDS)	7
3	Pre-Hypnotic Visual Imagery Vividness Score	4
4	Pre-Hypnotic Kinesthetic Imagery Vividness Score	4
5	Pre-Hypnotic Therapeutic Expectancy Score (pre-TES)	7

	<u>Post-Assessment</u>	
1	Imagologic Suggestibility Score:	7
1. Free response:	Enter free response here	
2	Awake behavior item: Raised finger: Yes: enter Y, No: enter N	y
3	Eye catalepsy item: Opened eyes: Yes: enter Y, No: enter N	y
3. Free response:	Enter free response here	
4	Awake phenomenological item: 1=Yes, fell asleep; 2=Probably fell asleep; 3=Don't believe they fell asleep; 4=No, did not fall asleep	3
5. Sitting quietly period free response:	Enter free response here	
6. Feelings after hypnosis free response:	Enter free response here	
7. Negative effects	Negative effects item: Yes: enter Y, No: enter N	n
7. Free response:	Enter free response here	
8	Post-Hypnotic self-reported Hypnotic Depth Score (srHDS)	8
8. Free response:	Enter free response here	
9	Post-Hypnotic Therapeutic Expectancy Score (post-TES)	7
9. Free response:	Enter free response here	
10	Eye catalepsy item: 7-point scale: 1=Immediate and easy, 2=With a little effort, 3=Somewhat difficult, 4=Barely able, 5=Did not - but could have, 6=Not able - difficult trying, 7=Impossible - could not	4

Phenomenology of Consciousness Inventory (PCI, Form 1)

Client Name: Ronald J. Pekala

Date: 10/15/2009

Instructions

In the column labeled "Circled" please replace the numbers typed there with the current client's PCI item scores.

All other cells are "protected", and you cannot edit them.

All scores will be computed automatically...

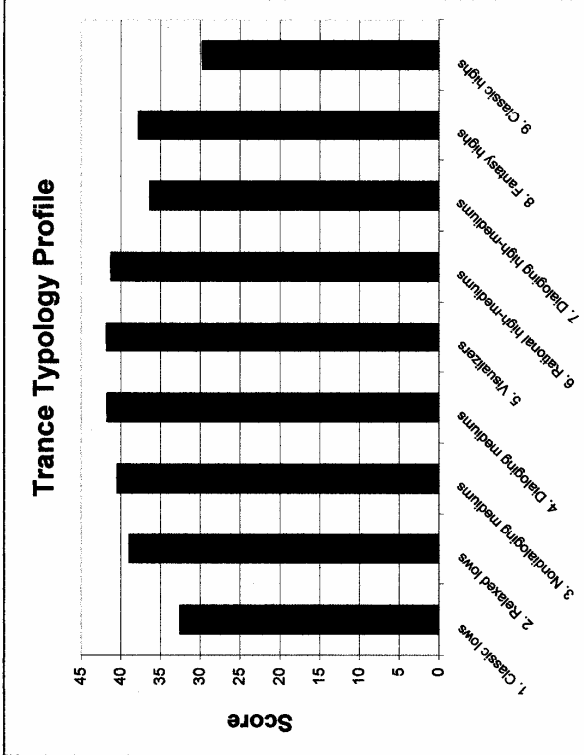
Results will be graphed automatically too.

Item Numbers:

- Joy: 9*, 46
- Sexual Excitement: 9*, 35
- Love: 20, 49*
- Anger: 14, 33*
- Sadness: 7*, 31
- Fear: 16*, 42
- Body Image: 11, 26*, 51
- Time sense: 19*, 30*, 43
- Perception: 17*, 29*, 39
- Meaning: 4*, 23*, 32, 47
- Imagery amount: 12*, 44
- Imagery vividness: 19*, 48
- Direction of attention: 8*, 28, 52*
- Absorption: 1, 34*
- Self-awareness: 13, 27*, 50*
- Altered state: 21, 40*, 53
- Internal dialogue: 6*, 45
- Rationality: 2*, 24*, 36
- Volitional control: 3*, 25*, 41
- Memory: 10, 22, 38*
- Arousal: 19* 37

An asterisk (*) denotes items which must be reversed before intensity scores are computed.

Item	Circled	Score	Dimension	Intensity	Label	Percentiles
101	4	4	D01	1.00	Joy	45.00
102	1	5	D02	0.00	Sexual Excitement	59.00
103	3	3	D03	3.00	Love	57.00
104	2	4	D04	0.00	Anger	68.00
105	6	0	D05	0.00	Sadness	59.00
106	5	1	D06	0.00	Fear	61.00
107	6	0	D07	4.00	Body Image	75.00
108	2	4	D08	4.00	Time sense	66.00
109	5	1	D09	1.67	Perception	45.00
110	5	5	D10	2.50	Meaning	77.00
111	4	4	D11	4.00	Imagery amount	75.00
112	2	4	D12	4.00	Imagery vividness	74.00
113	4	4	D13	3.67	Direction of attention	44.00
114	0	0	D14	4.50	Absorption	94.00
115	2	4	D15	3.33	Self-awareness	63.00
116	6	0	D16	3.00	Altered state	31.00
117	3	3	D17	1.50	Internal dialogue	53.00
118	2	4	D18	4.67	Rationality	77.00
119	5	1	D19	2.67	Volitional control	60.00
120	2	2	D20	4.67	Memory	87.00
121	4	4	D21	1.00	Arousal	58.00
122	5	1	D22	1.33	Positive affect	36.00
123	5	5	D23	0.00	Negative affect	40.00
124	2	4	D24	3.00	Altered experience	72.00
125	2	4	D25	4.00	Imagery	74.00
126	1	5	D26	4.00	Attention	50.00
127	3	3				
128	4	4				
129	5	1				
130	2	4				
131	0	0				
132	1	1				
133	6	0				
134	1	5	C1	32.53	1. Classic lows	
135	0	0	C2	38.95	2. Related lows	
136	5	5	C3	40.44	3. Nondialoging mediums	
137	1	1	C4	41.73	4. Dialoging mediums	
138	2	4	C5	41.81	5. Visualizers	
139	1	1	C6	41.23	6. Rational high-mediums	
140	5	1	C7	36.34	7. Dialoging high-mediums	
141	1	1	C8	37.77	8. Fantasy highs	
142	0	0	C9	29.74	9. Classic highs	
143	4	4				
144	4	4				
145	2	2				
146	1	1				
147	4	4				
148	4	4				
149	2	4				
150	3	3				
151	3	3				
152	3	3				
153	4	4				



HSS = 6.19 Hypnoidal State Score

Hypnoidal State Scores typically range between 1 and 9:

- 1.00 - 3.00 Non-hypnoidal state
- 3.01 - 5.00 Mild hypnoidal state
- 5.01 - 7.00 Moderate hypnoidal state
- 7.01 - 9.00+ High hypnoidal state

RI Score = 0.80
 RI scores of 2.00 or less are considered reliable
 RI scores between 2.01 and 2.29 are marginally reliable
 RI scores of 2.30 or greater are unreliable

[For interpretation when using the PCI-HAP, please see the following: Pekala, R. J. & Kumar, V. K. (2000). Operationalizing "Trance": I. Rationale and Research Using a Psychophysiological Approach. American Journal of Clinical Hypnosis 43, 107-135; and Pekala, R. J. (2002). Operationalizing Trance II: Clinical Application Using a Psychophysiological Approach. American Journal of Clinical Hypnosis 44, 241-265; & Pekala, R. J. (2009). The PCI-HAP: Interpretation of the Phenomenology of Consciousness Inventory. Hypnotic Assessment Procedure (PCI-HAP)]

Originally written by Ulrich Ott, Center for Psychobiology and Behavioral Medicine, University of Giessen, Otto-Bechthold-Str. 10 36384 Giessen, GERMANY e-mail: Ulrich.Ott@psychol.uni-giessen.de

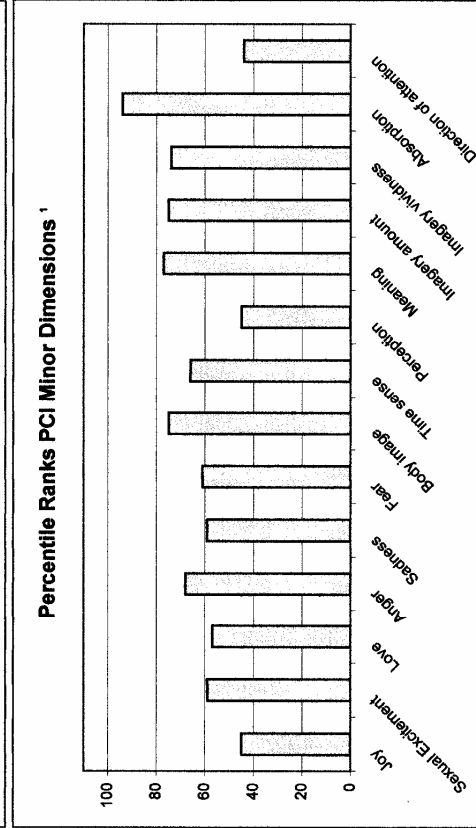
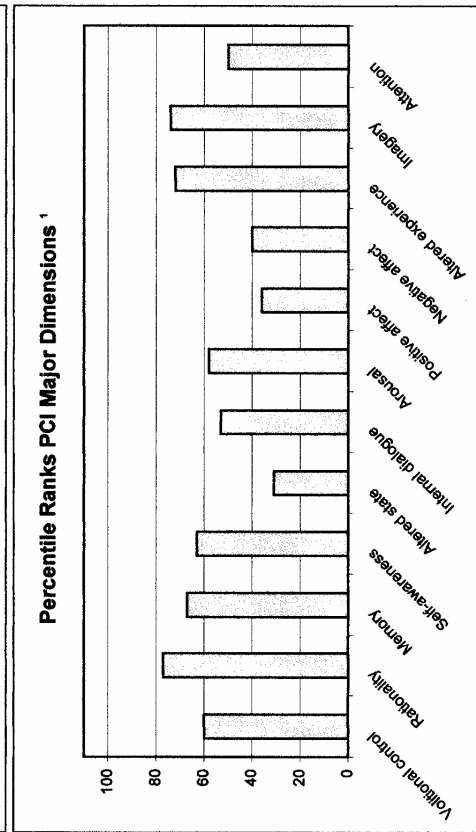
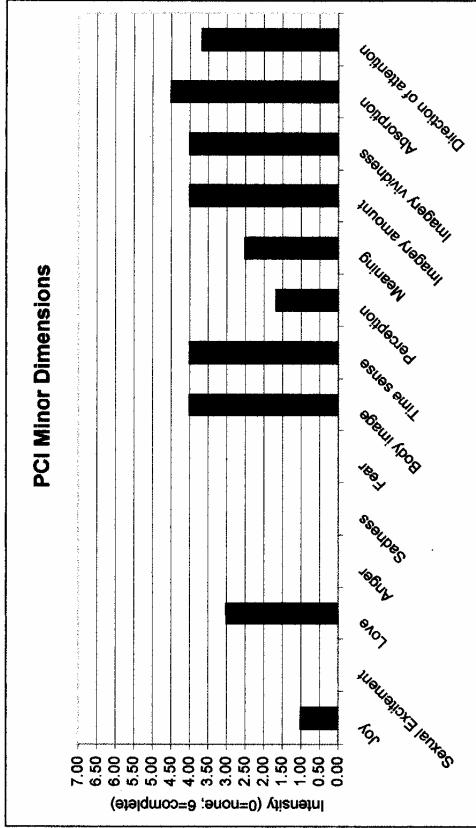
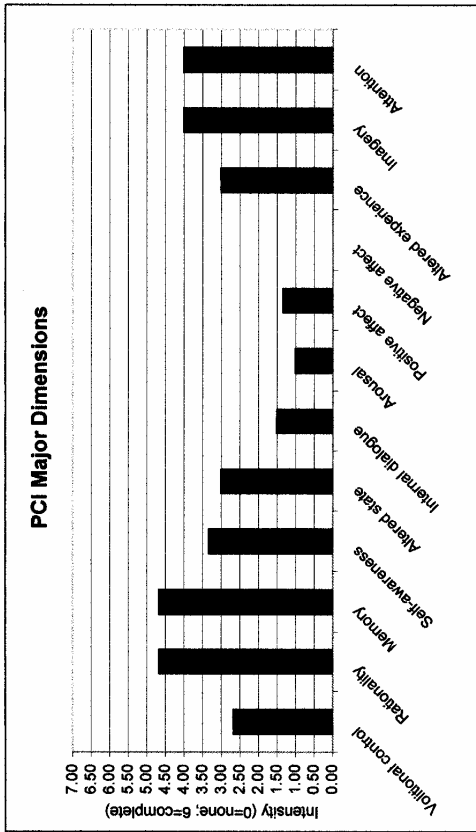
Revised by Ron Pekala, Ph.D. & Ron Maurer, MA, Coatesville VA Medical Center Biofeedback Clinic, Coatesville, PA 19320 USA

This spreadsheet was developed in Microsoft Excel 2003 SP2. PCI2009.2003L_100509.xls Last revised: 10.05.09

Phenomenology of Consciousness Inventory (PCI, Form 1) (Sub) Dimension Scores

Name: Ronald J. Pekala

Date: 10/5/2009

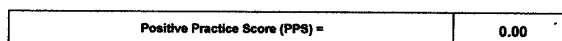
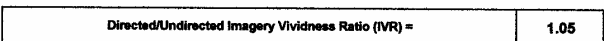
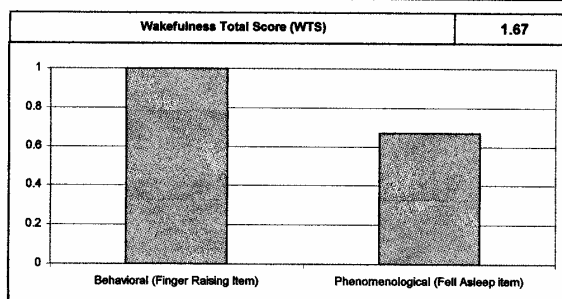
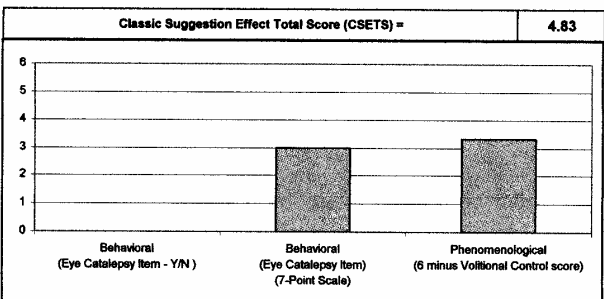
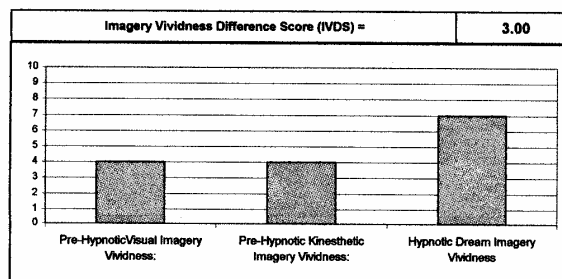
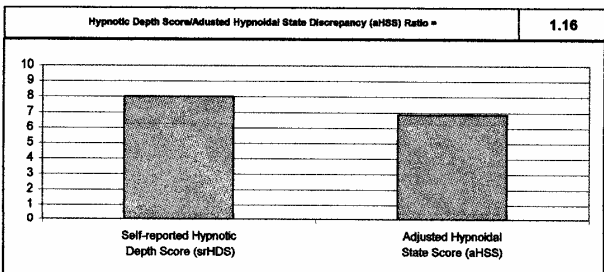
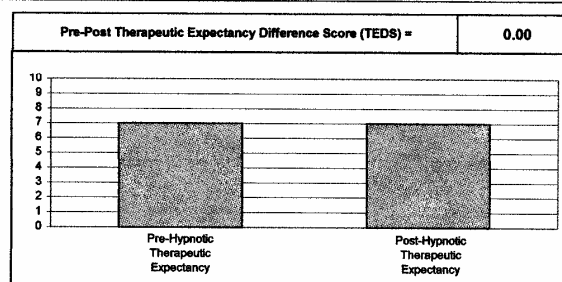
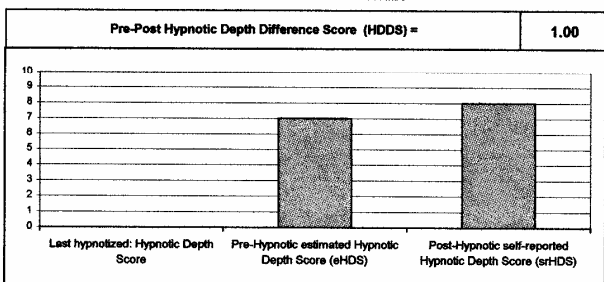
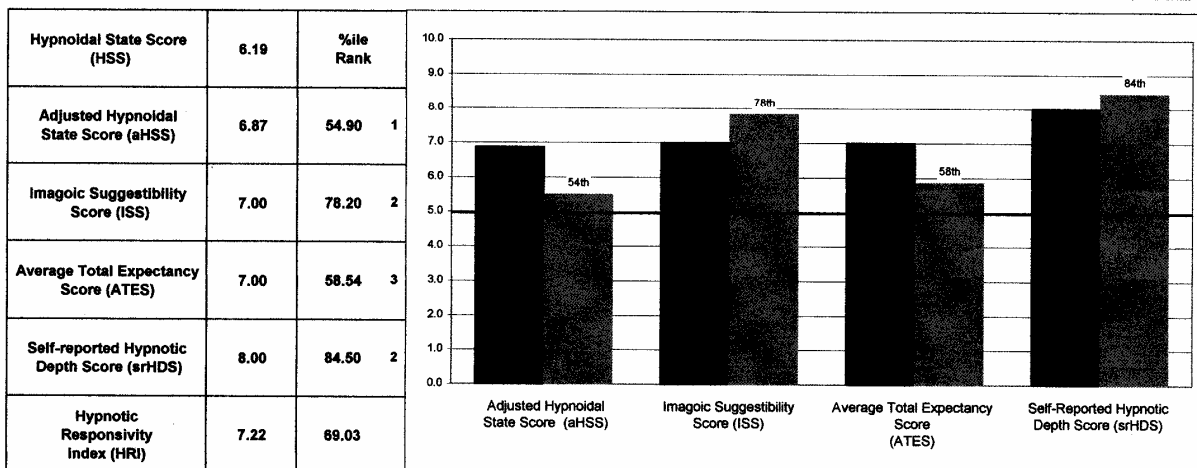


¹ These percentile scores are based on the PCI given in reference to the Harvard (see Pekala, 1981b, pp. 376-379). Unpublished data from Spencer, Kumar, Pekala, & Conte (2000) comparing the PCI (sub)dimension scores between the Harvard and the PCI-HAP suggest nonsignificant differences between both assessments for all subdimensions except imagery amount, imagery vividness, and love. Hence, use of the percentile scores for the graphs generated by EXCEL for all PCI subdimensions (and associated major dimensions) except the above can be assumed to be reasonably correct, since the PCI scores for these (sub)dimensions were not significantly different from one another. The percentile scores for imagery amount, imagery vividness, and love (and their associated major dimensions) have been statistically corrected to control for this overinflation by comparing the data bases of Forbes and Pekala, et. al (2004), and statistically reducing the overinflation corresponding to the differences in the means between these variables.

Phenomenology of Consciousness Inventory (PCI, Form 1) Summary

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Date: 10/5/2009



*1 Percentiles are based on an n of 184 (nursing students); from Pekala & Forbes, 1997, *American Journal of Clinical Hypnosis*

*2 Percentiles are based on an n of 363 (drug and alcohol substance abusers); research in progress

*3 Percentiles are based on an n of 123 (drug and alcohol substance abusers); research in progress

Phenomenology of Consciousness Inventory (PCI, Form 1) Definitions:

PCI12009.2003L.100509.xls Last revised: 10.05.09

Hypnoidal State Score (HSS): Overall measure of "trance depth"; hypnoidal depth score; predicted Harvard Group Scale (pHGS) score based on regression equation (Pekala & Kumar, 1987); correlates about .60 with Harvard Scale score across several studies. Score ranges: 1.00-3.00: Non-hypnoidal state; 3.01-5.00: Mild hypnoidal state; 5.01-7.00: Moderate hypnoidal state; 7.01 - 9.00+: High hypnoidal state.

Adjusted Hypnoidal State Score (aHSS): The hypnoidal State Score (HSS) has been multiplied by 1.11 to put it on the same 1 to 10 scale as the other measures depicted on the graph to the right of the scores.

Imagoic Suggestibility Score (ISS): The vividness of the client's visual imagery during the hypnotic dream.

Average Total Expectancy Score (ATES): This is the client's averaged pre- and post-hypnotic expectancy score. It is the average of the two pre-hypnotic expectancy scores: the pre-hypnotic estimated hypnotic depth score and the pre-hypnotic therapeutic expectancy score plus the post-hypnotic therapeutic expectancy score divided by 2. It represents the average expectancy score across pre- and post-hypnotic conditions.

Post-Hypnotic Self-Reported Hypnotic Depth Score (srHDS): How deeply hypnotized the client felt themselves to be.

Hypnotic Responsivity Index (HRI): This is the mean score and percentile score averaged across the four variables: adjusted hypnoidal state score, imagoic suggestibility score, average total expectancy score, and the post-hypnotic self-reported hypnotic depth score.

Pre-Post Hypnotic Depth Difference Score (HDDS): This is the difference between how hypnotizable the client thought they were going to be before hypnosis, versus how hypnotized they felt they became during the PCI-HAP. A negative score indicates a negative response expectancy, and one should try to reverse this during the subsequent hypnotic deepening procedure.

Pre-Post Therapeutic Expectancy Difference Score (TEDS): This is the difference between how helpful the client thought hypnosis would be before hypnosis, versus how helpful they feel it is going to be after hypnosis. A negative expectancy score indicates a negative therapeutic expectancy, and should be discussed.

Hypnotic Depth/Adjusted Hypnoidal State Discrepancy Ratio (HDDR): This is the ratio between the post-hypnosis self-reported Hypnotic Depth Score and the adjusted Hypnoidal State Score (this score is multiplied by 1.11 since it runs from 1 to 9; the srHD score runs from 1 to 10). A ratio of greater than 1.0 indicates that the client is overestimating his hypnotic depth (based on his hypnoidal state score), while a ratio of less than 1.0 means the client is underestimating his hypnotic depth (based on his hypnoidal state score).

Imagery Vividness Difference Score (IVDS): This is the pre-hypnotic visual imagery vividness scores minus the hypnotic dream imagery vividness score. A negative value means the client had more vivid imagery before hypnosis; a positive value means that imagery vividness increased from baseline.

Classic Suggestion Effect Total Score (CSETS): This is the sum of the "yes/no" eye catalepsy item (6 = did not open eyes; 0 = opened eyes) plus the 7-point eye catalepsy item (a score of "7": "impossible to open" = 6, a score of "1": "easy to open" = 0), plus 2 times 6 minus the PCI volitional control item, all divided by 2. A score of 12 means total loss of both behavioral and phenomenological control; a score of 0 means no loss of control whatsoever.

Wakefulness Total Score (WTS): Wakefulness Total Score (WTS): This score gives the clinician an idea about how awake the client may have been, and runs from 0 to 2. It is the sum of the finger raising item of the post-assessment (scored: raised finger = 1; did not raise finger = 0), and the sleep item of the post-assessment (scored: "did not fall asleep" = 1; "don't believe they fell asleep" = .67; "probably fell asleep" = .33; "yes, fell asleep" = 0). A WTS score of "2" suggests that the client was awake (behaviorally and phenomenologically); a score "0" strongly suggests that the client was asleep and all PCI-HAP testing results are SUSPECT! A behavioral score of "0" may also mean that the client was asleep; it should be evaluated in reference to the phenomenological score.

Directed/Undirected Imagery Vividness Ratio (IVR): This score is a ratio between the Hypnotic Dream Imagery Vividness Item and the PCI Imagery Vividness Item raw score (times 1.67). A score of greater than 1.0 means that the imagery of the hypnotic dream was more vivid than the imagery during the eyes closed sitting quietly period. A score of less than 1.0 means that the hypnotic dream imagery vividness was less vivid than any imagery experienced during the eyes closed sitting quietly period.

Positive Practice Score (PPS): A score of greater than 1.0 typically means that using self-hypnosis will be self-rewarding, that is the person reports positive (nonsexual) affect when using hypnosis (the higher the number, the more rewarding; highest possible score = 9). This score is the sum of: 2 times the raw score for the joy item plus the love item raw score minus 3 times the raw score of the sexual excitement item, all divided by 2. If the sexual excitement raw score item is greater than 1.0 or the joy raw score is less than 2.0, then the PPS is 0.

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