

Speculative Realms

TUESDAY, MAY 18, 2010

Death of the Salesmen: Alien Abduction and the Hypnotic Regression Fraud

by Gary Haden

It doesn't take much research to discover problems with hypnotic regression in mainstream practice. Memory recovery using hypnotic regression has suffered one serious blow after another in clinical research, in the scholarly literature, and in the courts. The practice has proven unreliable at discovering the truth but has proven very reliable in fabricating memories that didn't exist beforehand.

Its use in researching alien abduction is indefensible. Alien-abduction hypnotic regressionists actively seek out people who suffer from sleep disorder type symptoms and colonize the hallucinations that oftentimes happen in sleep disorders with their alien-abduction narrative. To the hypnotic regressionist, sufferers of sleep disorders are suckers, the target audience. Sleep-disordered individuals come prepackaged with brain states that produce weird, but common, hallucinations. The regressionist views these hallucinations as clay that he can shape into the form of an abduction. The abduction can take on any of the various narratives: it can be the evil grays, the space brothers, or the reptilians—each equally fantastic, each equally compelling to hypnotic subjects living in a world bone dry of meaning.

These cosmic Elmer Gantry's invite the hypnotic subject into their fictional universes, feed their starving souls with a fake spirituality, and use the subject's material to fill the pages of the high-strangeness novels they peddle as gospel truth.

These Svengalis colonize the imaginations of their victims and establish connections hypnotically to brain states that produce vivid hallucinations and are highly reactive to suggestion. These vivid, total spectrum hallucinations convince the subject of the reality of their experiences and the snake-oil salesperson is the **first with the truth** in spinning the experience. These rip-off artists paint a pretty picture of a universe the abductee plays a central role in.

They offer a new religion. These hypnotic L. Ron Hubbards take advantage of the human yearning for higher ground. We all want something more than the absolutely pathetic existences we are asked to live. We yearn for the verticality that takes us upwards. We ache for the god who comes down to our level. Moses comes down from the mountain. Zarathustra comes down from the mountain. The angel of the Lord descends upon us like a dove.

Earthly religions have rubbed our noses in the ground with their consistent violations of their own tenets. Instead of climbing the heights, mainstream religion entrenches itself deep in the ground. Mainstream religion doesn't humble humanity with its verticality. It humiliates humanity with its fear of heights. It throws the soul into vain searches for verticality in hoaxed spiritualities like hypnotically retrieved alien abduction.

There is no higher ground than space! There are no better gurus to take us there than the hypnotic regressionists!

How could it be? How can these charlatans be taken seriously? There are hypnotic regressionists who are professional psychotherapists and who have had their reputations annihilated in court because of false memory retrieval collected through hypnosis. Yet in the court of public opinion in the UFO Community, these unlicensed hypnotists, using the exact same technique, are treated as the ultimate authorities on alien abduction. Everywhere else hypnotic regression is seen as the fraud it is. In the UFO Community, it is lauded as a genuine tool for truth gathering.

Look, Hypnosis has valid uses. You can use it to teach yourself new behaviors. You can use it to improve your foul shot in basketball. You can improve your route-running in football. Weight loss, concentration, math anxiety—you can use it for just about

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any goal-oriented purpose. You can't use it for memory retrieval. It has been proven time and again that it isn't reliable. There is no reason to suspect that it *GAIN*S credibility as you move from mainstream psychological practice to alien-abduction hypnotic regression. There is no cult of personality capable of reviving hypnotic regression from its mortal wounds.

The data retrieved by hypnotic regressionists in abduction research is deeply flawed by the modality of collection. Most often the motive of the regressionist is to make money for himself and not in any way to help the abductee. The collection of conference fees and book deals take precedence over the client's needs.

Where the abductee should consult the sleep doctor, he gets sucked into hypnotic regression. Where the abductee's search for truth should have her consulting trace evidence experts, field investigators, gynecologists, radiologists, and surveillance specialists, she winds up in five-hour long hypnosis sessions. Where the abductee's well-being should take precedence, his importance is relegated to a footnote in the back of the hypnotist's latest bestseller.

I therefore condemn hypnotic regression for the fraud it most assuredly is.

For sources, see prior posts in *Hypnosis* and *Emma Woods*.

See the work of [Elizabeth Loftus](#).

Go to the [False Memory Syndrom Foundation](#) website.

Posted by Gary Haden at 6:46 AM 

Labels: [Emma Woods](#), [Hypnosis](#), [hypnotic regression fraud](#)

1 comments:



Brownie said...

Well stated, Gary! It's a no-mans land when a hypnotist is going for memory retrieval - even if they aren't a sick bastard like David Jacobs.

Several years ago I attended a seminar (a paid one of course) with some friends. The hypnotist supposedly was able to retrieve past life regressions. We were half-serious about the endeavor. I can't imagine what happened to people who were serious.

The hypnotist was very accomodating and essential did a cold-reading too -- before the session began. He very clearly led me to "hundreds of years ago" and a place that would be "foreign" to me. I also was told I had no money or standing then (not as if I had much now anyhow).

With the combination of some wine beforehand with my friends and a good and trusting mood, I soon imagined myself on a dry, sandy, parched bank of a small river (almost like a stream). I had very few cloths on and no shoes and believe I was a very skinny man. I saw people that seemed better off than I was, crossing a wooden bridge over the river. That memory ended then.

Honestly I don't think it had anything to do with a true past life and I am open to reincarnation. This was my ability to imagine, go along with the leads of the very friendly hypnotist and being in a really good mood (the wine and friends).

Imagine though if I'd gone to an hypnotist that specialized in 'alien abductions'. My trust and good will could have turned into a nightmare! Most people are easily lead and most of us have fertile imaginations.

May 19, 2010 3:15 AM

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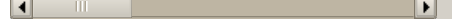
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