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UFO UpDates Mailing List

Re: Regression Hypnosis: Should Ufology Take a

From: Chris Rutkowski <rutkows@cc.UManitoba.CA>
Date: Wed, 14 Apr 1999 14:33:44 -0500 (CDT)
Fwd Date: Wed, 14 Apr 1999 17:17:27 -0400
Subject: Re: Regression Hypnosis: Should Ufology Take a

>From: Jenny Randles <nufon@currantbun.com>
>Date: Wed, 14 Apr 1999 16:17:28 +0100
>Fwd Date: Wed, 14 Apr 1999 13:50:44 -0400
>Subject: Regression Hypnosis: Should Ufology Take A Stand?

Jenny:

In a word, yes.

I have been advocating exactly this point for years, but no one has been listening, as usual. One of the few others who has been trying to make this point clear is David Gotlib, who even produced a working document of Standards for Treatment of Abductees, which has largely been ignored.

The latest case I have been working on is a prime example of this situation. I work only with a clinical psychologist well-versed in the proper use of hypnotic regression. The abductee in this case already has a partial memory of an event, and wants to uncover the rest. There have been three sessions so far, and only one use of hypnosis. Rather than "push the envelope" and explore the abductee's memories beyond conscious recall, the psychologist has decided to work on relaxation techniques in order to help the abductee overcome his fears of "what's locked inside." With a lessening of the fear, the abductee may then consciously recall more details.

This abductee admits to having read a great many books with UFO and abduction themes, and became terrified at reading Jacobs' latest book. The psychologist felt that there was no way to ensure that any images "recovered" through regression were "real" and not influenced by his reading of UFO material.

>Thirdly, there are too many people with no medical >qualifications doing regression - sometimes on children. In one >UK case a witness I know had an epileptic seizure during >regression to a childhood sighting. Nobody present had medical >backgrounds. Luckily the witness was okay, but the point was >surely made that in our zeal to get exciting stories the proper >importance of witness welfare is being neglected.

I agree completely. More than one abductee who had come to me has attempted suicide because "they" were always watching and controlling everyday life. One woman was a rape victim. Another had been diagnosed with DID (MPD). Clearly, ufologists are not the ones who should be "treating" such individuals. I care deeply about the welfare of abductees who may have underlying emotional or psychological problems and who are regressed by UFO

buffs with only a "crash course" in hypnosis as background.

Part of the problem might be, as you pointed out, that hypnosis is so widely used in ufology, it is difficult to back away at this point, especially by the 'experts'. There are those who insist they are being careful, yet some are certainly driven by some inherent biases and beliefs which are well-ingrained within them. The resistance to stop using regression hypnosis is (and will be) very strong and vocal, I believe.

My only suggestion is to continue to warn of the dangers and limitations of hypnosis, and hope that the message may eventually sink in.

Regards,

Chris Rutkowski

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Nobody in particular

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