

Reseña

Jorge Cuadros

En 2017, Terhune y colaboradores publicarán una interesante revisión sobre la "Hipnosis y la regulación arriba-abajo de la consciencia". Los autores revisan de manera extensa el conocimiento actual en relación con los mecanismos neurocognitivos de la hipnosis, así como su utilidad como técnica experimental para la modulación de la consciencia y como ayuda terapéutica. También revisan las relaciones entre la hipnosis y fenómenos psicológicos como la sugestión y la sugestibilidad, identificando los retos más importantes que afrontan el estudio de la neurociencia cognitiva de la hipnosis y el futuro de la investigación científica en este campo.



Hypnosis and top-down regulation of consciousness

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ABSTRACT

Hypnosis is a unique form of top-down regulation in which verbal suggestions are capable of eliciting pronounced changes in a multitude of psychological phenomena. Hypnotic suggestion has been widely used both as a technique for studying basic science questions regarding human consciousness but also as a method for targeting a range of symptoms within a therapeutic context. Here we provide a synthesis of current knowledge regarding the characteristics and neurocognitive mechanisms of hypnosis. We review evidence from cognitive neuroscience, experimental psychopathology, and clinical psychology regarding the utility of hypnosis as an experimental method for modulating consciousness, as a model for studying healthy and pathological cognition, and as a therapeutic vehicle. We also highlight the relations between hypnosis and other psychological phenomena, including the broader domain of suggestion and suggestibility, and conclude by identifying the most salient challenges confronting the nascent cognitive neuroscience of hypnosis and outlining future directions for research on hypnosis and suggestion.

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