

Dr. Andrew Huberman is Hypnotized by Dr. David Spiegel | Huberman Lab Clips

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Summary

The transcript describes a hypnotic induction profile conducted on an individual. The person experienced physical sensations such as tingling, numbness, and lightness in their left hand and arm during the test. They also felt a sense of floating and relaxation. The person had less control over their left hand compared to their right hand. Their score for hypnotisability was 9.5 out of 10, indicating high hypnotisability. The dissociation of the left hand could be attributed to neural connectivity between brain regions.

Silo sample questions

- What is the purpose of the hypnotic induction profile?
- What physical sensations did the person experience during the test?
- Did the person have equal control over both hands during the test?
- What was the score given to the person's hypnotisability?
- What could be the reason behind the person's dissociation of their left hand?

Topics

Hypnotic induction profile

Physical sensations

Control over hands

Hypnotisability

Dissociation

Key Takeaways

- The purpose of the hypnotic induction profile is to test how hypnotisable a person is.
- The person experienced tingling, numbness, and lightness in their left hand and arm. They also felt a sense of floating, relaxation, and a change in perception of their left hand.
- No, the person had less control over their left hand compared to their right hand.
- The person scored 9.5 out of 10, indicating that they are highly hypnotisable.
- The dissociation could be attributed to the LPFC inverse connectivity with the PCC, which separates the person's perception of their arm from the hypnotic task.

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