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Joseph G. Law, Jr., Ed.D.

In his introduction to this 241-page book, Dr. J. Allen Hynek describes it as “. . . a fine case study in abnormal psychology” (p. x). It is also a well-written and absorbing account of the hypnotic regression of a Maine housewife who was allegedly abducted by occupants of an unidentified flying object (UFO). In format it is similar to John Fuller’s (1966) account of Barney and Betty Hill’s abduction and subsequent hypnotherapy. The book consists largely of tape-recorded transcripts of hypnotic sessions conducted by Harold Edlestein.

Mrs. Andreasson described a tranquil evening at home that was shattered by a bright light which immobilized the house’s occupants. Several aliens floated through the door of her house and conducted her on an interplanetary trip. After being medically examined and returned home, she was given a message for mankind. She was largely amnesic for these events until they were retrieved via hypnosis. Being as skeptical as most scientifically-trained practitioners, I nevertheless found her account to be fascinating.

An actual abduction by aliens does not seem to be the most parsimonious explanation for what happened to Mrs. Andreasson. The author attempted to rule out a deliberate hoax by having the subject take a lie-detector test. However, there are other plausible explanations for her account which the author did not consider. For example, what allegedly occurred could have been the result of a spontaneous trance state, brought on by overwhelming stress in a highly-hypnotizable individual.

In reviewing the literature on spontaneous trance states, Spiegel and Fink (1979) have pointed out that such phenomena usually occur

in persons who are highly hypnotizable, are prone to relinquish control to others, and are suffering intense stress. The trance and subsequent amnesia often serve an ego-protection function. Interestingly, Betty Andreasson was described in the book as being so hypnotizable that she would enter a very deep trance with ease whenever the hypnotist pointed his finger at her. At the time of the incident (1966), she was under a great deal of stress. Her husband had been seriously injured in an automobile accident and she was faced with mounting bills, an unemployed/hospitalized husband, and seven children to care for.

The author described Mrs. Andreasson as an open, trusting, creative individual who felt a strong attachment to the members of her church and had a fundamentalist belief in the Bible. In fact, she revealed under hypnosis the belief that her alien encounter might have had a divine meaning. The book reveals a person who tends to rely primarily on feelings in evaluating her experiences, is very trusting, has an intense capacity for affiliation, and whose preferred contact mode is tactile. In short, the Dionysian personality type described in *Trance and Treatment* (Spiegel & Spiegel, 1978). Exactly the type of person to experience dissociative episodes and spontaneous trance states when under stress. Her “abduction” occurred in 1966, the same year that *The Interrupted Journey* was published. Under hypnosis, she may have been remembering what she had read in that book, rather than what she experienced aboard a UFO.

I wholeheartedly recommend this book as an excellent study of the Dionysian personality and the limitations of hypnosis in the verification of truth. Followers of Herbert Spiegel should find it very interesting indeed.

Veterans Administration Outpatient Clinic
2451 Fillingim Street
Mobile, Alabama 36617

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