

SOME USES OF HYPNOSIS IN UFO RESEARCH

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SINCE 1947 there have been increased numbers of people who report the observation of unidentified flying objects (UFOs). These claims from thousands of persons in many countries have been met with mixed reactions from other persons. Various governmental, military, and civilian agencies have been formed to investigate, analyse, and disseminate information about UFO reports.

Brief Review of UFO Literature

The serious literature of UFO investigation is large and continuing to increase (Sable, 1967). Bulletins are issued which describe and evaluate the reports which are submitted. Three well-known organisations which issue bulletins six times a year are the Aerial Phenomena Research Organisation (APRO, 1969), *Flying Saucer Review* (FSR, 1969), and National Investigations Committee on Aerial Phenomena (NICAP, 1969). (See References.) In recent years, more scientists and professional persons have expressed interest in the physical (Vallée and Vallée, 1966), biological (Sanderson, 1967), psycho-social (Jung, 1959), and spiritual (Downing, 1968) implications of UFO phenomena. Recently, a UFO symposium was conducted by the Committee on Science and Astronautics, U.S. House of Representatives (Roush, 1968). Many persons are hopeful that the report of the Condon Committee (Condon and Gillmor, 1969), will settle the issue; however, the issue is so complex and controversial (Saunders and Harkins, 1968) that it is unlikely that one agency or one report can deal with all of the questions about UFO phenomena. Schwarz (1968) conducted psychiatric evaluations of persons who claimed UFO observations in four separate sightings; he concluded (p. 979): "... in none of these examples was there any clinical evidence for current or past emotional illness or excessive phantasing."

Salisbury (1967) has discussed the five basic hypotheses which might account for UFO phenomena: extraterrestrial spaceships or other machines, conventional phenomena misinterpreted, psychological phenomena, hoaxes or lies, secret weapons. This investigator believes that the psychological implications are an important factor in UFO sightings (Sprinkle, 1967);

however, the reader should be aware of the personal bias of this investigator: I believe that there is sufficient evidence to accept the hypothesis that the earth is being surveyed by spacecraft which are controlled by intelligent beings from an alien civilisations or civilisations; apparently, the purposes and powers of these persons are not known, but I believe that investigations should be continued in the hopes of gaining more information and knowledge about UFO occupants.

Some Uses of Hypnosis

In accepting the "spacecraft hypothesis", this investigator takes the position that all psychological and parapsychological phenomena associated with UFO reports should be studied for the purpose of gaining more understanding of these complex events. One aspect of this approach is the question of using hypnotic techniques to gain further information from UFO observers and other interested persons.

Of course, there are possible disadvantages in using hypnotic techniques, including the possibility that a hypnotised subject may distort or fabricate information. Also, there is the difficulty which arises from the general misconceptions about hypnosis, which may increase the doubts and fears of persons who are not familiar with the nature and uses of hypnosis (Cheek and LeCron, 1968).

Despite the possible disadvantages, there are possible advantages in using hypnotic procedures in studying UFO phenomena. The primary advantage seems to be the facilitation of physiological and psychological relaxation, and the possible release of subconscious information—including recall of apparent experiences of UFO observation.

A list of some uses of hypnosis in UFO research might include the following:

1. Assisting UFO observers to relax and to reduce anxiety which may be associated with their UFO observations.
2. Interviewing UFO observers, eliciting ideomotor responses and using other techniques for gaining more information about their UFO sightings.
3. Checking the reliability of previous information from observers about their UFO sightings.

4. Releasing repressed subconscious information from UFO observers about apparent "loss of time" experiences.
5. Possible training of persons to gain "out of body experiences" and "project" themselves mentally into UFO locations.
6. Possible training of persons to gain psychic impressions, e.g. clairvoyant impressions of and telepathic communication with UFO occupants.

In summary, hypnotic techniques could be used in a variety of ways—based upon the interests and needs of the observer, the investigator, and their particular relationship. Hopefully, the procedures could be conducted so that the obtained information might reduce the effects of investigator bias (Rosenthal, 1966) and tend to confirm or disconfirm other information and evidence.

Examples of UFO Cases

The classic case of using hypnosis to investigate a UFO observation has been reported by Fuller (1966), *The Interrupted Journey*, the story of Mr. and Mrs. Barney Hill, † of Portsmouth, New Hampshire, and their hypnotherapeutic treatment by Dr. Benjamin Simon, Boston psychiatrist. This investigator has had the pleasure of meeting and talking with Mr. and Mrs. Hill, and he is impressed with their honesty, intelligence, and psychological openness; furthermore, he tends to accept their story, as revealed under hypnosis, as a description of events which actually occurred.

However, the investigator is aware that noted authorities have expressed serious doubts about the validity of the story. Greenwald (1967) has discussed some of the possible interpretations of the revealed information. Simon (1967) has discussed the four hypotheses which might account for the descriptions by Betty and Barney Hill: 1. "The Hills were psychotic and suffered a folie a deux" (joint psychosis). 2. "This is a fraud." 3. "The entire story is fundamentally true." 4. "The Dream Hypothesis." Simon rejected Hypotheses 1 and 2, and he considered Hypothesis 3 to be a "remote possibility." He considered the most tenable hypothesis to be "The Dream Hypothesis": Betty Hill, as a result of their UFO observation, experienced several terrifying dreams which she related to her friends in the presence of her husband; somehow, the information of Betty's dreams was transferred to Barney so that he presented similar information during the hypnotherapeutic interviews.

Despite the weight of authoritative views which raise doubts about the authenticity of the stories, this investigator tends to accept the view that the events actually occurred. To some extent, this acceptance is based upon the similarities between this case and other UFO reports: descriptions of UFO occupants; bodily examinations of UFO observers by UFO occupants; "mental communication" by UFO occupants and suggestions that the UFO observers will not remember their experiences. (See Lorenzen, J. and Coral E.—1967; Bowen—1966; APRO—1969; FSR—1969.) Also, the Dream Hypothesis presents certain difficulties, including the fact that Betty did not claim to see the UFO occupants. Barney claimed to walk out on to a field and used binoculars to view the UFO. Betty claimed only to see an object with lights; Barney claimed to see an object

with "men" standing at the "control panel." In using the Dream Hypothesis, an investigator should deal with these questions: How did Barney "transfer" his perceptions of UFO occupants to Betty so that she dreamed of an examination in a landed "flying saucer"? Then, how did Betty "transfer" her perceptions to Barney so that he also dreamed of an examination in a landed "flying saucer"? Even if an investigator accepts the evidence for extrasensory perception (ESP), he is faced with difficult questions about the complex array of "transferred" information.

This investigator accepts the hypothesis that there is a relationship between UFO phenomena and reports of hypnotic and ESP phenomena associated with UFO sightings. In each of six cases where hypnotic techniques have been used, the subjects have submitted claims that "mental communication" or psychic impressions have been experienced in connection with UFO phenomena. Thus, even if the phenomena are not physically real, it can be hypothesized that UFO observers are "reliable" when they report "mental communication" or psychic impressions of UFO occupants.

This investigator consulted with the Condon Committee about the case of a policeman, H.S., who claimed to see a UFO and apparently "lost" 15 or 20 minutes of time during the UFO observation. The writer believes that the case is worthy of further investigation; however, the Condon Committee (Condon and Gillmor, 1969, 389-391) concluded that the information obtained during the interview was inconclusive.

Another person, N.C., reported to APRO personnel, Mr. and Mrs. C. D. Trenholm, Boulder, Colorado, a strange story about a brief conversation with a 7-foot tall "man", while N.C. was returning from work around midnight. Mr. and Mrs. Trenholm conducted many interviews, and this investigator assisted in three interviews employing hypnotic techniques. More information was obtained, including extreme emotional reactions, as if N.C. were recalling an experience of being influenced to follow the "man" up a stairway to a "hovering flying saucer". Because of the strange description of the "man", and because of questions about the reliability of the information, the report has not been published. However, the report has been presented to Mr. and Mrs. L. J. Lorenzen, co-founders of APRO. It is hoped that further investigation can yield information which might confirm or reject the story.

Other cases are being investigated by APRO consultants, using the skills of a psychiatrist in Chicago, a physician in Omaha, and a psychologist in California. Perhaps the investigations of these cases may yield more information about UFO sightings and may define more clearly the possible uses of hypnosis in UFO research.

Interpretations of Present Information

The present information about stories of "contacts" or communication with UFO occupants is tentative and inconclusive. There seem to be four main hypotheses to account for these reports:

1. *The UFO observer is lying.* This hypothesis might be tested by using a polygraph examination.
2. *The UFO observer is psychotic.* This hypothesis might be tested through psychiatric evaluation.
3. *The UFO observer is submitting information*

which is consciously or subconsciously desired by the investigator. This hypothesis might be tested by employing other investigators with differing biases.

4. *The UFO observer is submitting reliable information.* This hypothesis might be tested by comparing the information with other evidence.

There are noted authorities who have conducted research and whose findings raise doubts about the fourth hypothesis (Festinger, Riecken, and Schachter, 1964; Markowitz, 1967; Menzel and Boyd, 1963). Nevertheless, unless there is evidence to reject the hypothesis, it would seem appropriate to use the hypothesis that the UFO observer is submitting reliable information. This approach is based upon the practical (and scientific) notion that the best hypothesis is the one which will lead to further research which will lead to further information which will lead to further hypotheses, and so on.

Of course, even if UFO observers are submitting reliable information, there are many puzzling questions: How do these UFO observers receive the information? From what source? For what purpose? These questions are important, since "reliable" information may not be "valid" information. For example, it may be reliably reported by a UFO observer that he experienced a "mental conversation" with a UFO occupant who stated that he and his crew are conducting a peaceful mission; however, the validity of that message might be determined only through further dealings with the UFO occupants!

In conclusion, these questions should serve as a challenge to professional persons who are trained in the uses of hypnosis within their respective disciplines. Considerations of hypnotic procedures and techniques are only one aspect of UFO investigations, but these considerations may be helpful in obtaining and evaluating information which is submitted by UFO observers.

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* Presented at the Eleventh Annual Scientific Meeting of the American Society of Clinical Hypnosis, October, 1968, Chicago, Illinois.

† [We have learned, with regret, that Mr. Barney Hill died of a cerebral haemorrhage in February, 1969—EDITOR.]

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GARY WILCOX AND THE UFONAUTS

Berthold Eric Schwarz, M.D.

Our contributor is Consultant to Brain Wave Laboratory, Essex County Overbrook Hospital, Cedar Grove, New Jersey. This study of a witness to an incident which, occurring on the same day as the Socorro sighting, was somewhat overshadowed by that well-known event, was specially prepared for FLYING SAUCER REVIEW.

PSYCHIATRIC study of witnesses to close-range UFO sightings is useful in establishing the reliability of the witness in obtaining data of medical significance, and in understanding the event.

Unfortunately, of all the episodes involving possible UFO occupants, there are very few published studies by physicians.¹⁻⁴ The writings in the popular press and, in particular, the detailed, documented accounts by Charles Bowen *et al.*,⁵ and the provocative data collected by John A. Keel,⁶⁻¹² raise many questions in the answering of which psychiatric techniques might have value. Such problems as psychosis versus health, paranoid state versus the alleged reality of bizarre "men-in-black" persecutions, such paranormal phenomena as prophecy, hauntings, telekinesis, and sightings of supposed monsters have come to light.

The author first learned of the extraordinary experience of Gary Wilcox, Newark Valley, New York, while studying many UFO sightings in the vicinity of Towanda, Pennsylvania. His informant, Mrs. Aileen Isbell of Luther's Mills, whom he had studied and found trustworthy, mentioned her brother-in-law, Arthur Frederick, Jr., who formerly rented an apartment next to Gary Wilcox's farm. Mr. Frederick, a computer programmer, who had worked on the Apollo simulator project, vouchsafed for Mr. Wilcox's veracity.* The author then recalled Olga Hotchkiss's story¹³ of the Wilcox experience, and also paperback reports¹⁴⁻¹⁶ which at the time seemed rather farfetched, and which might have been based on Binghamton, New York, newspaper accounts. After the author had studied Mrs. Isbell, however, the Gary Wilcox UFO encounter seemed most intriguing. Therefore, on October 18, 1968, Gary Wilcox was psychiatrically examined in his home. His wife was also interviewed.

These studies were supplemented by several telephone interviews with the Wilcoxs and face-to-face interviews with Mr. Wilcox's younger brother Floyd, of Newark Valley, and Sheriff Paul J. Taylor of Tioga County, Owego, New York. Mr. Wilcox's mother and his second oldest brother, Barry were questioned on the telephone.

* A telephone interview with Mrs. Arthur Frederick, Jr., fully confirmed this opinion.

A neighbouring farmer and steelworker, Vic Kobylarz, whose daughter was a schoolmate of Gary Wilcox, was also interviewed on the telephone and through letters. Mr. Kobylarz is a relative by marriage of Mrs. Theresa Krajewski and also the uncle of her closest, lifelong friend. Mrs. Krajewski is a close friend of the author. Mr. Kobylarz talked with Gary Wilcox shortly after the UFO event. Mrs. Winifred Martz, Monroeton, Pennsylvania, mother of the author's EEG technician, Mrs. Evelyn Guldner, also contacted one of her close friends, Mrs. Pauline Beale, of Newark Valley, New York, whose son Philip had been a classmate of Gary Wilcox. Strangely enough, Mrs. Martz's lifelong best friend, Mrs. Adriana Gutowski, of Glen Rock, New Jersey, is a good friend of the author's family and, in fact, the godmother of his first cousin.

Miss Priscilla J. Baldwin, a former neighbour of Gary Wilcox, who is a legal secretary and who was a radar technician during World War II, kindly supplied much crucial information through correspondence and on the telephone. She contacted friends of neighbours of Gary Wilcox, Mrs. Helen MacPherson and Walter Stevens, who supplied additional information. It was due to Miss Baldwin's initiative that this extraordinary case came to the attention of the Binghamton, New York, newspapers and to Sheriff Paul J. Taylor of Tioga County, New York.

I—Miss Baldwin's Role

The following notes were recorded by Miss Baldwin, age 37, on April 28, 1964, after talking with Gary Wilcox, age 26, about "the space ship" that landed on his property on April 24, 1964.

"Some questions and answers I received:

Q. When did you notice object?

A. About 10 a.m. I was spreading manure in lower field above my house and barn. Noticed a white (or shiny) object above the field, just on inside edge of woods. I was curious and drove tractor (and manure spreader) up to edge of woods and stopped. Got closer look at object and thought it to be a fuselage (or fuel tank) from a plane.

Q. What did you do?

A. I thumped it and kicked it. Felt like metallic canvas.