

# Mind Books

Books and papers by Peter Blythe

Peter Blythe PhD. (16.11.1925 – 18.8.2013) was for several years a Senior Lecturer in Psychology at a College of Education, before returning to private practice as a psychotherapist and consultant hypnotist, setting up the Institute of Psychosomatic Therapy, which developed into The Institute for Neuro-Physiological Psychology.

He lectured extensively to professional and lay audiences throughout the United Kingdom, Ireland, Sweden and the United States and taught hundreds of doctors and dentists how to use hypnosis in their respective practices. He also held courses for the medical and dental professions on the psychodynamics underlying illness. During the 1970's he made numerous television appearances both in the UK and America and was the author of: *Hypnotism: Its power and practice; Drugless medicine; Stress disease* and *Self Hypnosis*.

In 1975, he set up The Institute for Neuro-Physiological Psychology (INPP), with the aims of: researching into whether specific learning difficulties, agoraphobia and panic disorder stem from underlying immaturity in the functioning of the central nervous system(CNS); developing reliable methods of assessing maturity in the functioning of the CNS and devising effective physical programmes of remediation. The theory and system, developed by him and subsequent colleagues is now known as The INPP Method and is practised worldwide.

Having started out by exploring, through the practice of hypnosis and psychotherapy, the psychosomatic origins of illness, he moved on to establish that the body also affects the mind (a somatogenic basis for neurosis), but in the last years of his life, while battling a number of serious illnesses, he returned to the theme of emotions and health, recognising that negative emotions or situations of hopeless and helplessness can provide fertile ground for the onset and perpetuation of ill-health.

*Emotions that Kill and Feelings that Heal* is the first of his books to be published posthumously as a tribute to an extraordinary mind – historian, thinker and innovator – who recognised that with the advent of new discoveries in science a form of “medical amnesia” emerges, which has a tendency to erase and forget the wisdom of the past. His survey of the history of aspects of Medicine remains as relevant today as at the time he wrote it, and will remain so for years to come.

## Coming Soon

Always champion of the “underdog”, Peter Blythe’s review of the work of Anton Mesmer revisits the science behind some of Mesmer’s techniques and provides a reminder of how the so called Quacks and Mavericks of yesterday often pre-date “new discoveries” several generations before their time.