

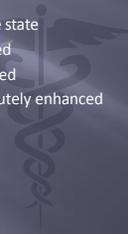
HYPNOSIS 101

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What is Hypnosis?

- ▣ Derivation
- ▣ A deeply relaxed, trance-like state
- ▣ Conscious mind is suppressed
- ▣ Subconscious mind is revealed
- ▣ Awareness and focus are acutely enhanced



Hypnosis Myths

- ▣ I can't be hypnotized!
- ▣ Are you going to make me bark like a dog?



Why is Hypnosis Important?

- ▣ Changes are difficult to make consciously
- ▣ Subconscious is governor of habits, perceptions, beliefs and deeply rooted thought patterns
- ▣ Suggestions get firmly planted in the subconscious
- ▣ Progress is only possible through reprogramming the subconscious so that unhelpful thought patterns, beliefs, and habits are eliminated or altered, and new, beneficial ones are created

What does hypnosis feel like?

- ▣ The body is released from conscious control
- ▣ Breathing becomes slower and deeper
- ▣ The pulse rate slows down
- ▣ The metabolic rate falls
- ▣ Awareness of physical pain and unpleasant symptoms alleviate
- ▣ Similar to the first five minutes upon falling asleep

What problems can be treated with hypnosis?

Hypnosis can be applied to many psychological, emotional and physical disorders

- ▣ Relieve pain and recovering from injury or surgery.
- ▣ Reprogram subconscious patterns
 - ▣ Overcome irrational fears, phobias, addictions
 - ▣ Reduce anxiety
 - ▣ Transform negative thoughts and suppressed emotions
- ▣ Change unhelpful habits and replace them with new ones
 - ▣ Overeating or eating the 'wrong' foods
 - ▣ Gaining motivation to work out

Medical Hypnosis

- ▣ Ease pain due to injury, burn, surgery
- ▣ Helps the body heal itself
- ▣ Relieve symptoms
- ▣ Can enhance surgical procedures
- ▣ Helps doctors and their teams be more effective

Study example 1: Fracture healing

- ▣ **Dr. Ginandes:** *Alternative Therapy Health Medicine, 1999. Using hypnosis to accelerate the healing of bone fractures: a randomized controlled pilot study.*
- ▣ **Study population** 12 patients with nondisplaced ankle fractures, screened for pre-existing conditions that might affect bone healing
- ▣ All the patients received casts and standard orthopedic care
- ▣ Six also received a series of hypnotherapy sessions
 - included suggestions to target and accelerate their particular stage of healing, and audiotapes to take home that reinforced the sessions
- ▣ Blinded X-ray review by radiologist indicated that the hypnotized patients showed more rapid healing
- ▣ Six weeks after fracture, the hypnosis group had healed to an extent that would normally take eight and a half weeks
 - greater functional ability
 - lower use of analgesics in weeks 1, 3, and 9
 - trends toward lower self-reported pain through 6 weeks

Study example 2: Breast biopsy

- ▣ **Dr. Montgomery:** A randomized clinical trial of a brief hypnosis intervention to control side effects in breast surgery patients . *J Natl Cancer Inst 2007 ; 99:1304–12 .*
- ▣ a randomized trial conducted among 200 patients who underwent excisional breast biopsy or lumpectomy for breast cancer.
- ▣ Patients who were guided through hypnotic relaxation during surgery:
 - Used 50% less pain and anti-anxiety medication
 - Suffered 75% fewer complications
 - Left the operating room **17 minutes** sooner than the other groups
 - **Cut in half sedation costs** of minor surgery.
 - **Reduced procedure time** and stabilized patient vital signs.
 - Cost reduction on average **\$772.71** per patient

Study example 3: Epilepsy

- ▣ Da-shi Hu, MD
- ▣ At Dartmouth hypnosis was experimentally used to reduce pain and nausea among epilepsy patients who have electrodes placed inside their skulls to detect the source of their seizures.

Study example 4: Spine surgery

- ▣ At the University of California Davis Medical Center, new methods were developed and are being tested on the use of hypnosis.
- ▣ Aims:
 - To reduce amount of anesthesia
 - To decrease blood loss during surgery: patients undergoing hypnosis lost on average 650 cc of blood on the operating table; others on standard sedation lost nearly twice the amount
 - To return blood circulation to the surgically targeted area during recovery
 - To speed up healing and recovery
