

MEDICAL HYPNOTHERAPY FOR PREVENTION, TREATMENT & RECOVERY

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The Research

1000 Patients! These results provide further evidence that gut-focused hypnotherapy is an effective intervention for refractory IBS.

Mulak, A. (n.d.). Faculty of 1000 evaluation for Hypnotherapy for irritable bowel syndrome: An audit of one thousand adult patients. F1000 - Post-publication Peer Review of the Biomedical Literature. doi:10.3410/f.725376135.793504892

The main disorders that have been treated by hypnotic techniques are migraines, asthma and gastrointestinal disorders. The results have shown a significant decrease of pain level and symptom relief for these patients.

Holdevici, I., & Crăciun, B. (2012). The use of Ericksonian hypnosis in somatic disorders. Procedia - Social and Behavioral Sciences, 33, 75-79. doi:10.1016/j.sbspro.2012.01.086

Hypnotherapy help Esophageal Disorders. The goal of esophageal directed hypnotherapy is to promote a deep state of relaxation with focused attention allowing the patient to learn to modulate physiological sensations and symptoms that are not easily addressed with conventional medical intervention. Currently, the use of hypnosis is suitable for dysphagia, globus, functional chest pain/non-cardiac chest pain, dyspepsia, and functional heartburn.

Riehl, M. E., & Keefer, L. (2015). Hypnotherapy for Esophageal Disorders. American Journal of Clinical Hypnosis, 58(1), 22-33. doi:10.1080/00029157.2015.102\

Medical hypnosis is an effective, safe, noninvasive, and inexpensive tool for reducing the anticipatory distress and acclimatization time for NPPV (Noninvasive Positive Pressure Ventilation). This therapy is particularly useful in children with traumatic experiences, such as a tracheotomy or facial surgical procedures.

Delord, V., Khirani, S., Ramirez, A., Joseph, E. L., Gambier, C., Belson, M., . . . Fauroux, B. (2013). Medical Hypnosis as a Tool to Acclimatize Children to Noninvasive Positive Pressure Ventilation. Chest, 144(1), 87-91. doi:10.1378/chest.12-2259

Collectively this body of research shows unequivocally that for both adults and children with IBS, hypnosis treatment is highly efficacious in reducing bowel symptoms and can offer lasting and substantial symptom relief for a large proportion of patients who do not respond adequately to usual medical treatment approaches.

Palsson, O. S. (2015). Hypnosis Treatment of Gastrointestinal Disorders: A Comprehensive Review of the Empirical Evidence. *American Journal of Clinical Hypnosis*, 58(2), 134-158.
doi:10.1080/00029157.2015.1039114

The results have shown that 73% of self-hypnosis subjects reported disappearance of tinnitus during treatment sessions, as compared with only 24% in the brief auditory stimulus group. Moreover, the short-term (1 week) and long-term (2 months) symptom profiles of only SH subject: revealed a significant improvement.

Attias, J., Shemesh, Z., Shoham, C., Shahar, A., & Sohmer, H. (1990). Efficacy of SelfHypnosis for Tinnitus Relief. *Scandinavian Audiology*, 19(4), 245-249. doi:10.3109/01050399009070779

Smoking Cessation: 81% Quit smoking with hypnosis, and the majority of those who quit remained smoke-free a year later.

Elkins, G. R., & Rajab, M. H. (2004). Clinical Hypnosis For Smoking Cessation: Preliminary Results of a Three-Session Intervention. *International Journal of Clinical and Experimental Hypnosis*, 52(1), 73-81. doi:10.1076/iceh.52.1.73.23921

Weight Loss: Hypnosis helped people lose weight in both the short-term and in the long-term. In other words, hypnosis helps people keep from regaining weight!

Kirsch, I. (1996). Hypnotic enhancement of cognitive-behavioral weight loss treatments: Another meta-reanalysis. *Journal of Consulting and Clinical Psychology*, 64(3), 517-519.
doi:10.1037//0022-006x.64.3.517

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What does hypnosis do?

- It reduces pain
- Solves IBS
- Heals burns
- Breaks addiction
- Reduces anxiety
- Fractures heal 41% faster (Harvard)

What does research mean?

- 1.) Peer reviewed
- 2.) One study does not make fact
- 3.) Body of evidence
- 4.) More study needed
- 5.) Evidenced-based protocols

The methods research most often shows help patients:

- 1.) Therapeutic Relaxation
- 2.) Visualization
- 3.) Mindfulness Based-Stress Reduction
- 4.) Cognitive Behavioral Hypnosis

“The” Technique

Compassion + Knowledge + Scope of Practice
+ Skill Building Hypnosis + Realistic Desired Outcomes
= Effective Clinical Hypnosis in Medical Patients