101 PROOFS
Hypnosis Helps Heal Faster, Recover Stronger and Works in Medical Treatment

Edited by
Dr. Richard Nongard

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Complied by
Dr. Richard K. Nongard

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Without a doubt, the most frequent question I get about hypnosis is: “Does it really work?” As a hypnotist who has earned a living actually seeing client’s day in and day out, I know hypnosis works. I have seen the results in my office.

But when people ask this question, they really aren’t asking about my assessment of my own clients. What they want to know is” “Is there unbiased peer-reviewed research that shows hypnosis works?”

The answer to that is yes! And when you know what the research says about hypnosis you will be amazed. Peer reviewed medical journals are full of studies showing that hypnosis works, and that methods we identify as hypnotic methods (such as visualization, relaxation, mindfulness meditation, etc.) can change lives.
Here are some of the citations that I hope will help you to understand the power of hypnosis in not just anecdotal, but is in fact a predictable outcome. When you know the methods of medical hypnosis, your clients can expect similar results!

It is important to note that I have not provided active links in this document, because links are always changing. To get the abstract or complete article, simply cut and paste any article title, and do a web search. Usually the first or second result will be the complete document.

This link will be helpful in learning how to get around paywalls to access complete documents: http://bit.ly/2qNi6d8

Google scholar is also the best search engine for finding documents. Search any topic or area of interest, plus the word hypnosis or hypnotherapy and you will find a treasure trove of documents that help support the efficacy of hypnosis. Google scholar is found at https://scholar.google.com/ and this resource can help you find peer-reviewed and academic citations, without the usual advertising and informational regurgitation of a regular Google search.

I have not places these citations in any order. The reason, I want you to scan them all. It is fascinating to see what hypnosis has been used for and how its success is measured. By having access to this list, you can promote hypnosis for effectively, and you will be able to really understand how hypnosis is an evidenced based process.

Best wishes,

Dr. Richard Nongard
Hypnotherapy is more effective than nicotine replacement therapy for smoking cessation: Results of a randomized controlled trial. Hypnosis and HNRT were over three times more likely than NRT only participants to abstain at 26-weeks.


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


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.


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.


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.


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.


GHT (Gut directed hypnotherapy) improves IBS-related quality of life, is superior to supportive
medical treatment alone, and shows a long-term effect even in refractory IBS.


Hypnosis significantly alleviates preoperative anxiety.


Self-hypnosis training represents a rapid, cost-effective, nonaddictive and safe alternative to medication for the treatment of anxiety-related conditions. The tremendous volume of research provides compelling evidence that hypnosis is an efficacious treatment for state anxiety (e.g., prior to tests, surgery and medical procedures) and anxiety-related disorders, such as headaches and irritable bowel syndrome.


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.


It was concluded that hypnosis combined with NP compares favorably with standard behavioral counseling in generating long-term quit rates.


Breast Cancer: The results support CBTH (cognitive-behavioral therapy plus hypnosis) as an evidence-based intervention to control fatigue in patients undergoing radiotherapy for breast cancer. CBTH is noninvasive, has no adverse effects, and its beneficial effects persist long after the last intervention session.


Hypnosis appears to reduce perceived hot flashes in breast cancer survivors and may have additional benefits such as reduced anxiety and depression, and improved sleep.

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


Results indicated significant decreases in gynecologic examination pain and in several measures assessing intercourse pain, and nonsignificant increases in threshold. Some indices of noncoital vulvar pain decreased. Overall sexual function, particularly sexual satisfaction, increased at posttreatment.


Studies report positive results, including statistically significant reductions in pain and anxiety/distress

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!


Chemotherapy patients had less anticipatory and chemotherapy-induced nausea and vomiting. And feeling better, is the first step in recovery!


Hypnosis controls pain! Hypnosis has direct effects on many suprasinal sites involved in the experience of pain.


Heart failure patients reported “Symptom-related quality of life was improved” when relaxation, meditation and guided imagery strategies were used to manage symptoms.

Irritable Bowel Syndrome: The hypnotherapy patients showed a dramatic improvement in all features, the difference between the two groups being highly significant. In the hypnotherapy group no relapses were recorded during the 3-month follow-up period, and no substitution symptoms were observed.


Immune System Response: Only hypnotized patients had significant alteration of immune response.


A wide spectrum of dermatologic disorders may be improved or cured using hypnosis as an alternative or complementary therapy, including acne excoriée, alopecia areata, atopic dermatitis, congenital ichthyosiform erythroderma, dyshidrotic dermatitis, erythromelalgia, furuncles, glossodynia, herpes simplex, hyperhidrosis, ichthyosis vulgaris, lichen planus, neurodermatitis, nummular dermatitis, postherpetic neuralgia, pruritus, psoriasis, rosacea, trichotillomania, urticaria, verruca vulgaris, and vitiligo.


Presently, there is moderate support for the integration of hypnotic techniques in the treatment of a number of medical problems. This critical review of
the research literature focuses on the empirical research on the effectiveness of hypnotic treatments as adjuncts to medical care for anxiety related to medical and dental procedures, asthma, dermatological diseases, gastrointestinal diseases, hemorrhagic disorders, nausea and emesis in oncology, and obstetrics/gynecology


This time-series study reports results of a 6-session self-hypnosis treatment (relaxation, deepening, imagery, and home practice) for 3 HIV-positive men suffering from pruritus, related to disease progression and/or HIV medications. Posttreatment, all 3 patients reported significant reductions in daily itch severity and extent of sleep disturbance due to itch. One patient also evidenced significantly less itch distress. Another also experienced significantly less time bothered by itch. For the 2 patients on which 4-month follow-up data were available, treatment benefit across variables was stable or further improved.


Subjects with warts on their hands and/or feet were randomly assigned to a hypnotic suggestion, topical salicylic acid, placebo, or no treatment control condition. Subjects in the three treated groups developed equivalent expectations of treatment success. Nevertheless, at the six-week follow-up interval only the hypnotic subjects had lost...
significantly more warts than the no treatment controls


By using hypnoanalysis on those who failed to respond to DSIH, 33 of 41 (80%) consecutive patients were cured, two were lost to follow-up, and six did not respond to treatment. Self-hypnosis was not used.


Results demonstrated that at the end of intervention patients in the hypnosis group had significantly better overall quality of life and lower levels of anxiety and depression when compared to the standard care group. It is concluded that hypnosis is effective in the enhancement of quality of life in terminally ill cancer patients.


CBT-hypnosis resulted in greater reduction in reexperiencing symptoms at posttreatment than CBT. These findings suggest that hypnosis may have use in facilitating the treatment effects of CBT for posttraumatic stress.

PTSD: Abreactive hypnosis emphasized hypnotically activated “reliving” of the trauma experience to physical and psychological exhaustion. In study #1 hypnosis and control group’s reduced PTSD checklist (PCL) scores immediately post treatment (placebo PCL score mean reduction 17.34 and EST treatment PCL mean reduction 53.11). However, only the hypnosis patients maintained significant treatment effects at followups. Study #2 used the Davidson Trauma Scale (DTS), Beck Depression II (BDI – II), and Beck Anxiety Scales (BAI). Only the hypnosis group showed significant positive effects from pretreatment to all post treatment measurement periods.


Acupuncture and hypnosis are top methods for smoking cessation.


As an anesthesia: Our case confirms the efficacy of hypnosis and demonstrates that it may be valuable as a sole anaesthetic method in selected cases. Hypnosis can prevent pain perception and surgical stress as a whole, comparing well with anaesthetic drugs.

Hot Flashes: subjective hot flash frequency from baseline to week 12 showed a mean reduction of 55.82 hot flashes for the clinical hypnosis intervention (74.16%), versus a 12.89 hot flash reduction (17.13%) for the control (p<.001, 95% CI, 36.15–49.67).


Heart Patients: It appears that hypnosis can produce cardiac and cognitive activations. Hypnotherapy may be useful in some cardiac clinical conditions characterized by an autonomic imbalance or some cardiac arrhythmias.


As sedation in eye surgery: Hypnosis can be an effective means of controlling vital signs at different intervals of starting the ophthalmic surgery compared to intravenous sedation. In the hypnosis group anxiety was similar to IV sedation group, but O2 saturation was more desirable.

Dental pain: Self-hypnosis can be used in clinical practice as an adjunct to the gold standard of local anesthesia for pain management, as well as an alternative in individual cases.


Painful HIV distal sensory polyneuropathy (HIV-DSP): Brief hypnosis interventions have promise as a useful and well-tolerated tool for managing painful HIV-DSP meriting further investigation.


The case examples demonstrate how the focused suggestion with somatic anchoring technique is used with both acute and chronic pain conditions when use of long-term medication has been relatively ineffective.


A group mindfulness meditation training program can effectively reduce symptoms of anxiety and panic and can help maintain these reductions in patients with generalized anxiety disorder, panic disorder, or panic disorder with agoraphobia.

Mindfulness and depression: The results suggest that mindfulness meditation practice primarily leads to decreases in ruminative thinking, even after controlling for reductions in affective symptoms and dysfunctional beliefs.


Pain control: The results also indicated that hypnotic suggestion was equally effective in reducing both clinical and experimental pain. The overall results suggest broader application of hypnoanalgesic techniques with pain patients.


Hypnotic Birth: This paper reviews the benefits and effectiveness of hypnosis in obstetrics and labor and delivery, demonstrating significant reductions in the use of analgesics and anesthesia and in shorter Stages 1 and 2 labors. It presents empirical and theoretical rationales for use of hypnosis in preterm labor (PTL) and labor and delivery at term. The benefits of hypnosis in relation to labor length, pain levels, and the enjoyment of labor, as well as its effectiveness in preterm labor are noted in...
randomized controlled trials and in a meta-analysis. Risk factors are reported for preterm delivery; hypnosis significantly prolongs pregnancy. Six cases are presented of hypnosis stopping PTL a number of times and when indicated at term. A case report of successful use of hypnosis in quadruplets is presented with some scripts. Suggestions are made for further research.


Pain in childbirth: Hetero-hypnosis and self-hypnosis were consistently shown to be more effective than standard medical care, supportive counseling, and childbirth education classes in reducing pain.


Decreased drug use in child delivery: In the main comparison, women in the hypnosis group were less likely to use pharmacological pain relief or analgesia than those in the control groups


This study investigated the effect of hypnosis on anxiety, depression, fatigue, and sleepiness in hemodialysis patients. Twenty-nine patients
participated in the 15-day study. A single hypnosis session was performed on Day 8. Anxiety, depression, fatigue, and sleepiness were measured at baseline, on Day 8, and on Day 15 (HADS, MFI, ESS). Daily fatigue was also measured numerically. Anxiety, depression, and sleepiness significantly decreased after hypnosis.


Hypnosis combined with local anesthesia is a feasible technique which allows extending inguinal hernia repair to a large population. There is no complication associated with its use.


Medical outcomes: Random effects meta-analyses revealed positive treatment effects on emotional distress (g = 0.53, CI 95% [0.37; 0.69]), pain (g = 0.44, CI 95% [0.26; 0.61]), medication consumption (g = 0.38, CI 95% [0.20; 0.56]), physiological parameters (g = 0.10, CI 95% [0.02; 0.18]), recovery (g = 0.25, CI 95% [0.04; 0.46]), and surgical procedure time (g = 0.25, CI 95% [0.12; 0.38]). In conclusion, benefits of hypnosis on various surgically relevant outcomes were demonstrated.

Tefikow, S., Barth, J., Maichrowitz, S., Beelmann, A., Strauss, B., & Rosendahl, J. (2013). Efficacy of hypnosis in adults undergoing surgery or medical procedures: A meta-analysis of
Hypnosis more effective than biofeedback: The hypnosis groups combined reported significantly more pain intensity reduction than the control group.


Sickle Cell Disease: Recent findings suggest that patients may have two types of positive outcomes following hypnosis treatment: 1) a reduction in the severity of ongoing daily pain intensity; and 2) the ability to use self-hypnosis to experience greater intervals of comfort.


Breast cancer, improves wound healing: During surgery, hypnosis may be applied to limit immunosuppression, while, in the postoperative period, it can reduce pain, anxiety, and fatigue and improve wound healing.

Post-surgical pain relief decreases need for opiates: The results of this retrospective study suggest that self-hypnosis provides an opioid-sparing effect for managing moderate-to-severe pediatric postoperative pain after Nuss procedure.


Pre-surgical preparation: Hypnosis session prior to surgery was an effective complementary method in decreasing presurgical anxiety, and it resulted in better pain control as well as reduced ventilator assistance following CABG surgery.


Nocturnal enuresis in children: The use of hypnosis was safe and moderately helpful, particularly for anxiety disorder or nocturnal enuresis.


Tonsillectomy in children: TS may help lower pain in children post tonsillectomy and decrease demand for IV opioid pain management in the 4- to 8-year-old tonsillectomy population.

Pediatric surgery: Significantly lower postoperative pain ratings and shorter hospital stays occurred for children in the experimental group. State anxiety was decreased for the guided imagery group and increased postoperatively for the control group. This study demonstrates the positive effects of hypnosis/guided imagery for the pediatric surgical patient.


Conclusion: Pleasant imagery (PI) was an effective intervention in reducing fibromyalgic pain during the 28-day study period. Amitriptyline had no significant advantage over placebo during the study period.


Knee surgery: Significantly greater knee strength and significantly less reinjury anxiety and pain for treatment group participants at 24 weeks postsurgery than for placebo and control group participants. Conclusions: Relaxation and imagery may be beneficial to ACL rehabilitation, thus warranting further research on mechanisms of obtained effects.

Osteoarthritis pain and mobility: The treatment group reported a significant reduction in pain and mobility difficulties at week 12 compared to the control group.


Audio recordings for abdominal pain in children: Guided imagery treatment plus medical care was superior to standard medical care only for the treatment of abdominal pain, and treatment effects were sustained over a long period.


Results: The authors found that the group receiving hypnosis had a significant drop in pain compared with the control group when measured by the McGill Pain Questionnaire but not when measured by other pain rating scales. Conclusion: The McGill Pain Questionnaire total score reflects multiple pain components, such as its affective component and various qualitative components, and is not merely a measure of pain intensity. Thus, the findings suggest that hypnosis affects multiple pain domains and that measures that assess these multiple domains may be more sensitive to the effects of hypnotic analgesia treatments.

Meta-analysis of 18 studies revealed a moderate to large hypnoanalgesic effect, supporting the efficacy of hypnotic techniques for pain management. The results also indicated that hypnotic suggestion was equally effective in reducing both clinical and experimental pain.


Sports performance: The results indicated that all five participants increased both their mean basketball three-point shooting performance and their mean flow scores from baseline to intervention.


Headaches reduced in frequency and intensity through self-hypnosis: Data were available for 144 patients in this patient self-selected and uncontrolled observation. Compared with self-reports before learning self-hypnosis, children and youths who learned self-hypnosis for recurrent headaches reported reduction in frequency of headache from an average of 4.5 per week to 1.4 per week (P < .01), reduction in intensity (on a self-rating scale of 0 to 12) from an average of 10.3 to 4.7, P < .01, and reduction in average duration from 23.6 hours to 3.0 hours, (P < .01). There were no adverse side effects of self-hypnosis.
Stop habit coughing: Habit cough is triggered by various physiologic conditions, related frequently to other diagnoses, and it is associated with significant school absence. Self-hypnosis offers a safe efficient treatment.

More effective than biofeedback in spinal cord injury: Participants in the HYP condition, but not the BIO condition, reported statistically significant decreases in daily average pain pre- to posttreatment. These pre- to posttreatment decreases in pain reported by the HYP participants were maintained at 3-month follow-up. Participants in the HYP condition, but not the BIO condition, also reported significant pre- to posttreatment increases in perceived control over pain.

Hypnosis more effective in treating headache pain: The objective of the current study was to conduct a meta-analysis to assess the efficacy of hypnosis for managing chronic pain. When compared with standard care, hypnosis provided moderate treatment.
benefit. Hypnosis also showed a moderate superior effect as compared to other psychological interventions for a nonheadache group. The results suggest that hypnosis is efficacious for managing chronic pain.

A Meta-Analysis of Hypnosis for Chronic Pain Problems: A Comparison Between Hypnosis, Standard Care, and Other Psychological Interventions Tomonori Adachi, Haruo Fujino, Aya Nakae, Takashi Mashimo, and Jun Sasaki
International Journal Of Clinical And Experimental Hypnosis Vol. 62 , Iss. 1,2014

Management of diabetes, including regulation of blood sugar, increased compliance, and improvement of peripheral blood circulation.

Hypnosis as an Adjunct Therapy in the Management of Diabetes Yuan Xu and Etzel Cardeña
International Journal Of Clinical And Experimental Hypnosis Vol. 56 , Iss. 1,2007

Stroke rehabilitation: We observed qualitative improvements in motor function related to increased range of motion, increased grip strength, and reduced spasticity of the paretic upper limb. Subjects consistently reported an improved outlook, increased motivation, as well as greater awareness of and decreased effort to perform motor tasks with the paretic limb.


Post-stroke: Even some serious medical cases such as cancer and heart attacks, hypnotherapy accelerate recovery of a patient. It is very possible because directed hypnotherapy to boost the immune system and reprogram individual attitude towards her illness.
In hypnotherapy there is a progressive relaxation technique, relaxation technique that is done by focusing on the contraction and relaxation of the muscles of the body. So the therapy for post-stroke patients using hypnotherapy, especially with the use of progressive relaxation techniques, can help reduce muscle tension in patients with post-stroke.


Fatigue in cancer patients: Results: Multilevel modeling indicated that for weekly FACIT fatigue data, there was a significant effect of the CBTH intervention on the rate of change in fatigue (p < .05), such that on average, CBTH participants’ fatigue did not increase over the course of treatment, whereas control group participants’ fatigue increased linearly.


Breast cancer: Hypnosis was superior to attention control regarding propofol and lidocaine use; pain, nausea, fatigue, discomfort, and emotional upset at discharge; and institutional cost. Overall, the present data support the use of hypnosis with breast cancer surgery patients.

A Randomized Clinical Trial of a Brief Hypnosis Intervention to Control Side Effects in Breast Surgery Patients Guy H. Montgomery, Dana H. Bovbjerg, Julie B. Schnur, Daniel David, Alisan Goldfarb, Christina R. Weltz, Clyde Schechter, Joshua Graff-Zivin, Kristin Tatrow, Donald D.
Cancer related anxiety: The authors conclude that brief hypnosis concurrently administered reduces patient anxiety during bone marrow aspirates and biopsies but may not adequately control pain. The authors explain this latter finding as indicating that the sensory component of a patient's pain experience may be of lesser importance than the affective component.

Dental hypnosis: Of the subjects who underwent hypnosis, only two subjects (8.3%) reported pain after induction of hypnosis. In the local anaesthetic group, 8 subjects (33.3%) reported pain. There was a significant difference between the two groups. The results of the study showed that patients in the hypnosis group had less pain during the first few hours post-operatively. Anxiety scores in the two groups were very close to each other and no statistically significant differences were observed in general and when each person was compared with himself or herself. Pain intensity in the two groups at 5- and 12-h post-operatively exhibited significant differences. In the hypnosis group, 10 patients (41.7%) took analgesic medication; in the local anaesthesia group, 22 patients (91.7%) took the analgesic medication ($P = 0.0001$). In other words, patients reported less pain when they were under hypnosis.
Decrease need for blood transfusion: Our study showed that using positive suggestions in the perioperative period significantly decreases the necessity for transfusion.


Emergency medicine: Although it is safe, fast, and cost-effective, emergency clinicians rarely use hypnosis. This is due, in part, to the myths surrounding hypnosis and its association with alternative-complementary medicine. Genuine barriers to its increased clinical use include a lack of assured effectiveness and a lack of training and training requirements. Based on the results of further research, hypnosis could become a powerful and safe nonpharmacologic addition to the emergency clinician’s armamentarium, with the potential to enhance patient care in emergency medicine, prehospital care, and remote medical settings.

Fibromyalgia: The analyses indicated that: 1) patients with FM who received multicomponent CBT alone or multicomponent CBT with hypnosis showed greater improvements than patients who received only standard care; and 2) adding hypnosis enhanced the effectiveness of multicomponent CBT. This study presents new evidence about the efficacy of multicomponent CBT for FM and about the additional effects of hypnosis as a complement to CBT.


PTSD: New uses of hypnosis in the psychotherapy of PTSD victims involve coupling access to the dissociated traumatic memories with positive restructuring of those memories. Hypnosis can be used to help patients face and bear a traumatic experience by embedding it in a new context, acknowledging helplessness during the event, and yet linking that experience with remoralizing memories such as efforts at self-protection, shared affection with friends who were killed, or the ability to control the environment at other times. In this way, hypnosis can be used to provide controlled access to memories that are then placed into a broader perspective.


PTSD Obstetrics: These cases illustrate the potential value of hypnosis and alternative psychological approaches in managing women with severe antenatal anxiety.
Fear of Flying: The patient’s self-assessed readiness to fly increased significantly over the course of treatment, and she successfully engaged in a “practice flight” toward the end of her treatment.


Tobacco dependency: Of 43 consecutive patients undergoing this treatment protocol, 39 reported remaining abstinent at follow-up (6 months to 3 years posttreatment).


Aversion and hypnosis combined. Smoking cessation: After the 2-wk. program, 92% or 86 of the men and 90% or 84 of the women reported abstinence, and at 3-mo. follow-up, 86% or 80 of the men and 87% or 81 of the women reported continued abstinence.


This meta-analysis evaluates the effect of hypnosis in reducing emotional distress associated with medical...
procedures.. Effects from the 26 trials were based on 2342 participants. Results indicated an overall large effect size (ES) of 0.88 (95% CI = 0.57–1.19) in favour of hypnosis.


ADHD: Better long-term outcome for hypnotherapy. Independent evaluators’ ratings qualitatively supported the results. Hypnotherapy seems to be a usable method for treating ADHD in adults.


ADHD: This study indicates that hypnotic suggestions have an effect on reaction times in the sustained attention task both in adult ADHD patients and control subjects.


PTSD Insomnia: There was a significant main effect of the hypnotherapy treatment with PTSD symptoms as measured by the Posttraumatic Disorder Scale. This effect was preserved at follow-up 1 month later. Additional benefits for the hypnotherapy group were
decreases in intrusion and avoidance reactions and improvement in all sleep variables assessed.


Increase happiness: Hypnosis is presented as an efficient companion intervention to work on these variables in a creative way and to pave the way to a happy and full life. The following results are presented: (1) hypnosis allows for increased executive attention with control of emotions, (2) focusing on positive imagery contributes to strengthening “happy pathways,” and (3) emotions about the past, present, and future are subject to change.

The Use of Hypnosis in Therapy to Increase Happiness. Nicole Ruysschaert American Journal Of Clinical Hypnosis Vol. 56 , Iss. 3,2014

Level of hypnotic suggestibility not so important: Although the four patients differed obviously and vastly in hypnotizability, they all benefited from the use of hypnosis.

Hypnosis, Hypnotizability and Treatment. Howard Sutcher DDS, MA American Journal Of Clinical Hypnosis Vol. 51 , Iss. 1,2008

Forensic hypnosis: These cases illustrate how forensic hypnosis can result in obtaining important additional investigative leads which lead to the solving of crimes.

Solving Crimes with Hypnosis. William C. Wester II Ed.D., ABPH, ABPP and D. Corydon Hammond Ph.D., ABPH Am
Fear of heights: The author, an experienced alpine mountaineer, sustained several traumatic climbing injuries over a two-year period. This article describes her multiple uses of self-hypnosis to deal with several challenges related to her returning to successful mountain climbing. She used self-hypnosis for physical healing and to enhance her motivation to resume climbing. While training for her next expedition, she successfully utilized self-hypnotic techniques to deal with acute stress and later post-traumatic symptoms that had emerged related to her climbing injuries. She describes her use of hypnotic ego-strengthening, mental rehearsal, age progression, and “Inner Strength” as well as active-alert trance states. Her successful summitting of Ecuador’s Cotopaxi at 19,380 feet was facilitated by “The Hypnotic Belay” which permitted her to secure herself by self-hypnosis in addition to the rope used to secure climbers. In 1994, the author returned to the Cascade Mountains where she had been injured three years earlier and reached the summit of Mount Shuksan. This time she was secured by “The Hypnotic Belay”.


Medical procedure: Hypnosis facilitated an adequate endoscopy intervention without any discomfort in 85% of the cases examined. Avoidance of anaesthesia reduces risk to the patient. Hence, hypnosis for gastrointestinal endoscopy appears to provide a promising strategy.

Improved learning: Our results indicate that hypnosis is beneficial for second language vocabulary learning and retrieval.


Autism: It suggests that self-regulation therapy using hypnosis and biofeedback should be highly effective, especially for young people. Hypnotic strategies can utilize restrictive repetitive behaviors in trance as resources for comfort and control. Biofeedback training can be tailored to focus on autonomic regulation. The authors develop this theory and describe methods of integrating hypnosis and biofeedback that have been therapeutic for people with autism.


Tele-hypnosis and behavioral issues: This study illustrates the benefits of self-hypnosis in the treatment of school refusal, while also enabling the patient to maintain the connection with the therapist so that the anxiety may be confronted when it arises.

Tele-hypnosis in the Treatment of Adolescent School Refusal. Alex Aviv MD. American Journal Of Clinical Hypnosis Vol. 49 , Iss. 1,2006

Pregnancy nausea: Persistent nausea of pregnancy is often caused by some unresolved emotional or psychological issue that can be rapidly resolved through hypnosis. Four cases of women who were nauseated throughout their pregnancy were treated
with a brief form of hypnosis that used a psychodynamic investigation of the cause of the problem. David Cheek's ideomotor questioning was used to discover the reason for the disturbance; once uncovered, the solution was obvious and quick.


Accelerated healing of surgical incisions: Analysis of variance showed the hypnosis group's objectively observed wound healing to be significantly greater than the other two groups', p < .001, through 7 postoperative weeks; standard care controls showed the smallest degree of healing. In addition, at both the 1 and 7 week post-surgical observation intervals, one-way analyses showed the hypnosis group to be significantly more healed than the usual care controls, p <0. 02. The mean scores of the subjective assessments of postoperative pain, incision healing and functional recovery trended similarly.


Academic performance: The two hypnotic training programs had a significant effect on the academic achievement of the participants, which was not found in the control groups.


77% success rate in treating Substance Abuse. Combining the more intense treatment of 20 daily
sessions with hypnosis is a successful method to treat addictions. The treatment has been used with 18 clients over the last 7 years and has shown a 77 percent success rate for at least a 1-year follow-up.


Vocal issues: Hypnosis has previously proven efficacious for treating vocal cord dysfunction, and in this case, hypnotic techniques were major factors in successful symptom control.


Golf performance: These results support the hypothesis that an hypnotic intervention can improve golf-chipping performance and increase feelings and cognitions associated with flow.

doi:10.2466/pms.91.7.1057-1075

Athletes: The 14 athletes participating imaged each situation in and out of hypnosis—half of the time the imagery in hypnosis came first and half after. The participants reported that the imagery under hypnosis was more intense for each dimension and more intense for each situation. Whether the imagery was done under hypnosis first or after was not significant. The findings suggest that hypnosis substantially enhances imagery intensity and effectiveness.
Painful procedures, treatments, or diseases remain a major nursing challenge, and nurses need complementary ways to relieve pain from surgery, tumors, injuries, and chemotherapy. This article examines the evidence based related to hypnosis for pain management, as well as how to assess and educate patients about hypnosis.


Autogenic training and students: here was a statistically significantly greater reduction of State (P < 0.001) and Trait (P < 0.001) Anxiety in the autogenic training group than in both other groups immediately after treatment.