

Hypnotherapy to Support Medicine

*The Essential Component in Integrative
Care*

is Mind-Body Medicine

{ Type in Fellow's name here } CMS-CHt, FIBH

{Type in contact info here}



Medical Hypnotherapy

is an adjunct to medical treatment

- Non-pharmaceutical Means of Pain Management
- Accelerates the Natural Healing Process
- Patients Experience Feelings of Being Cared For
- Increases Patient Satisfaction

Fellows of the International Board of Hypnotherapy

(Certified Medical Support Clinical Hypnotherapist)

- Specialize in the clinical application of hypnotherapy
- Have advanced training in the adjunctive use of medical hypnotherapy
(double or triple the average training of other hypnotherapists in the U.S.)
- Carry personal professional liability insurance

Hypnosis & Guided Imagery Relieves Chronic Neck Pain

Client Provided Written Permission to Discuss His Outcome (on file)

- One session resulted in this case report six weeks later.

“Twenty-three years ago, my neck was injured in a helicopter crash, and required surgery. I have had some pain every day since, and if I moved my neck the wrong way it really hurt. In the second week of the course, Angela guided the class in a healing technique, and all the pain disappeared. I have felt great ever since.”

Jim Busby, CCHt
Retired Deputy Sheriff
Searcy, AR

Asthma

Chronic asthma and improvement with relaxation induced by hypnotherapy

J of Royal Society Medicine 81(Dec 1988):701-704.
Morrison, JB

Study Design:

- 16 patients with severe, chronic asthma
- Weekly hypnosis with hypnotherapist
- Daily self-hypnosis for 5-15 minute duration

Results for Hypnosis Patients with Irritable Bowel Syndrome

■ *Patient* Benefits

- Marked improvement in symptoms
- Significant improvement in Quality of Life assessments
- Decrease in anxiety and depression assessments

■ *Provider* Benefits

- Patient satisfaction
- Improvement in patient symptoms
- Decrease demand on the medical system

Hypnosis & Guided Imagery Relieve High Frequency Migraines

Student Provided Written Permission to Discuss Her Outcome (on file)

“At the age of three I was diagnosed with chronic migraines. I had seen many leading neurologists on the East Coast of the United States to no avail. I was convinced that I would live the rest of my life with pain, I was averaging 17 migraines a month, even while taking pain killers on a weekly basis! One day in hypnotherapy class, I was suffering from a painful migraine, Angela did an emergency session showing me how to communicate with my body and stop the headache. I continued having sessions with Mayi, a staff coach, and with all their guidance I learned to heal myself. This is the first time in 40 years that I have gone more than three days in a row without chronic migraine pain. To date I have been pain free for 12 weeks!”

Lisa Ludovici, CMS-CHt

New York, NY

Hypnosis & Guided Imagery

For Head Injury, Skull Fractures & Blindness

Client Provided Written Permission to Discuss Her Outcome (on file)

- 1998, Motor Vehicle Accident (car vs. 18 wheel tractor trailer) in South America.
- She had to be resuscitated on scene.
- ED neurology consult “sent patient home to die.” Patient skull crushed and blinded in right eye.
- Month later patient sees Dr J. Dulcey (Neurosurgeon/Hypnotherapist)
- Patient regains will to live.
- Within months, eye sight returns to 20/20 vision, facial control regained.
- With hypnotherapy she made a full recovery without surgery or medications.

In a Recent Clinical Trial IBH Fellows' Hypnotherapy Methodology Was Scientifically Studied

Advanced Methodology:

- **Flexible medical support hypnotherapy style that considers the unique needs of each patient**
- **Utilize methods to improve patient involvement in prescribed treatment**
- **Attention to the underlying psycho-emotional needs of the patient**
- **Reliable pain management and accelerated healing**

Overactive Bladder Syndrome

“Hypnotherapy for Treatment of Overactive Bladder: Randomized Controlled Trial Pilot Study”

Female Pelvic Medicine and Reconstructive Surgery,
2011Nov;17(6):308-13.

Komesu, YM, Sapien, RE, Rogers, RG, Ketai, LH

Overactive bladder is common and affects approximately 17% of women in the United States. Frequency of urination, urinary urgency and incontinence, nocturia, and emotional distress were measured in the study.

Results of Overactive Bladder Study

■ IBH Hypnotherapy Methods

- 67% improvement in voiding diary symptoms, quality of life assessments

■ Behavior Therapy

- 42 % improvement

Medical Hypnotherapy

General Summary of Benefits

■ *Patient* Benefits

- Cost reduction
- Procedural pain reduction
- Shortened recovery time
- Reduction in complications
- All around outcomes improved
- Improved Quality of Life

■ *Provider* Benefits

- Cost reduction
- Shortened recovery time
- Reduction in complications
- Greater compliance with prescribed treatment plan
- All around outcomes improved
- Patient empowerment

Emotional Support & Personal Growth

Source: *Alternative Medicine: The definitive guide*

By Larry Trivieri, John W. Anderson, Burton Goldberg (1998- 2002 editions)

600 sessions of psychoanalysis

38% reached their therapy goal

22 sessions of behavioral therapy

72% reached their therapy goal

6 sessions of hypnotherapy

93% reached their therapy goal

(Must take into consideration scope of practice)

Personal Growth

“In my counseling practice I work primarily with women who have suffered domestic abuse. The clinic I work in requires us to keep statistics on all of our clients. Before integrating the hypnotherapy techniques I learned at the Academy, the sad truth was that over 80% of these women returned to the abusive relationship. Now, using the Academy methods to elevate self-esteem and build self-confidence, I have lowered that number to nearly 30%. This is really phenomenal!

“I could have gone anywhere in Canada or the US for hypnotherapy training. I am really thankful that I chose the Hypnotherapy Academy of America.”

Cindy Albert Doyle, RSW, CCHt

Alberta, Canada

Hypnosis is...

- HYPNOSIS or the HYPNOTIC STATE is a natural state of mind in which the critical factor of the mind is relaxed and selective thinking is maintained. The relaxed critical factor facilitates communication between the conscious and subconscious mind. Selective thinking is commonly experienced as focused concentration. Achieving the hypnotic state is a skill and therefore requires facilitation by a trained hypnotherapist and/ or practice on the part of the co-therapist (client).

Hypnotherapy is...

HYPNOTHERAPY is an educational and self-improvement process that alters our perceptual filters to facilitate access to internal resources, assisting people in problem-solving, increasing motivation, accelerating healing and altering behavioral patterns to create positive change.

Examples of Hypnotherapy Session Venues

- Medical Office/Clinic
- Counseling Center
- At the Hospital Bedside
- In Surgical Units (*pre, intra, and post-operative*)
- In Radiology
- During Physical and Occupational Therapy
- In Birthing Centers
- Hypnotherapist's office