



## Applications of Hypnosis

Hypnosis is a very useful tool to enhance the effectiveness and positive outcomes of a variety of medical, surgical, dental or psychological treatments. It is said that over 85% of all medical illnesses have an emotional component, and it is well known that emotional issues can create or contribute to physical problems which may not be completely addressed with conventional treatments. While medication or psychotherapy alone certainly is beneficial, the additional use of hypnosis is synergistic as it addresses the mind-body related hidden blockages to wellness, improves clinical outcomes and speeds the healing process.

Most initial hypnosis sessions are about an hour long to be able to teach the patient the methods of relaxation, and truly self-hypnosis that can be learned and used later at any desired time. The benefits of simple relaxation therapy alone lowers blood pressure, reduces tension headaches, calms the thoughts, and restores balance in the body and mind.

Hypnosis can also be used for brief symptom focused therapy for pain relief, medical procedures, habit disorders, relief of anxiety, fears, phobias, insomnia and more. Additionally, it can be used for hypnoanalytic procedures for issues that are not responsive to brief symptom focused therapy (please see the list below).

Professional hypnosis clinicians work with the patient to find the underlying psychological blockage to healing the patient's condition and this allows the body to speed up the healing process. The problem is then reframed by the therapist and a positive solution or understanding is achieved, with a positive outcome suggested. Many people gain incredible insights about the patterns of their lives and how to change them both mentally and physically after a session. Deeply imbedded issues with great emotional pain may take several sessions, just as chronic medical issues take time to heal or improve. None the less over a short course of time many issues, both physical and emotional can be improved by the concomitant use of hypnotherapy.

The following is a list of some psychological, medical, dental issues that may benefit from hypnosis:

### **Psychological:**

- Academic and Athletic Performance
- Acute and Chronic Anxiety
- Ego Strengthening, Self Confidence
- Habits such as Smoking, Drinking, the Use of Recreational Drugs, Nail biting, Hair pulling
- Phobias
- Post-Traumatic Stress Disorder

- Sexual Trauma and Dysfunction Issues
- Family and Generational Issues
- Relationship Issues

### **Medical, Surgical, and Dental**

- Asthma and Allergies
- Autoimmune Diseases
- Burns and Emergencies
- Cancer: Chemo or Radiation Therapy Side Effects
- Child Birth and Other Obstetrical/Gynecological Issues
- Dermatologic Disorders: Rashes, Warts, Itching
- Dental: Gagging, Bruxism, Phobias
- Diabetic Blood Sugar Control
- Eating Disorders
- Headaches: Tension and Migraine
- Healing
- Heart Disease and Vascular Control
- Hiccoughs
- Hypertension
- Healing
- Insomnia and Sleep Disorders
- Irritable Bowel Problems
- Incontinence and Bed Wetting, Post-Operative Urinary Retention
- Neurologic: Bell's Palsy, Strokes, Control of GI Hemorrhage, Neuropathic Pain
- Pain Control (and Reduction of Acute and Chronic Pain)
- Pediatric problems
- Phobias: Dental, Stage Fright, Fear of Flying and More
- Preparing for Surgery, Insertion of IV needles, Using Less Anesthesia
- Swallowing Pills
- Tinnitus
- Temporomandibular Joint Pain

There are certainly more issues that can be treated than are on this short list. Check the website for the American Society of Clinical Hypnosis ([www.asch.net](http://www.asch.net)) for a list of certified practitioners in your area to discuss your problems and see how you can be helped with the application of skilled hypnotherapy.

### References:

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