

Handout for Integrating Acupressure & Traditional Chinese Medicine Meridians with Clinical Hypnosis: A Practical Workshop

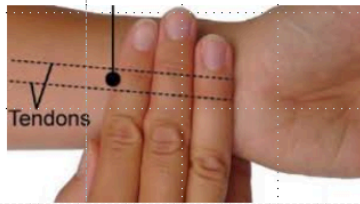
Created by Michael Spertus, MD & Prachi Garodia, MD for ASCH Annual Scientific Meetings & Workshops 2026

General Acupressure Technique:

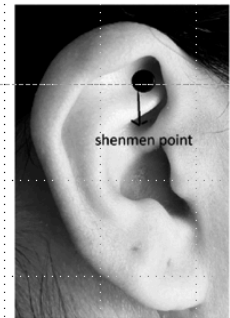
- Sit or lie down comfortably
- Using a thumb, finger, or knuckle, apply gentle but firm pressure to the acupoint
- Slowly increase pressure until the desired firmness is achieved, sustain pressure for 30 seconds to 2 minutes, and then slowly decrease pressure

Acupressure Points for Stress and Anxiety

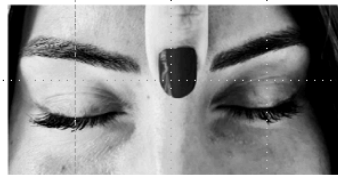
- Pericardium 6 (PC6: Neiguan, “Inner Gate”)



- Auricular Shenmen (“Spirit Gate,” “Door of the Spirit”)



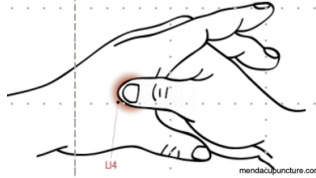
- Yintang (Ex-HN-3: “Hall of Impression”)



İşlek İ, Fırat Kılıç H, Cevheroğlu S. The effect of acupressure therapy on test anxiety and vital signs in nursing students: a randomized controlled study. BMC Psychol. 2025;13(1):1265.

Acupressure Points for Headache

- Large Intestine 4 (LI4: Hegu)

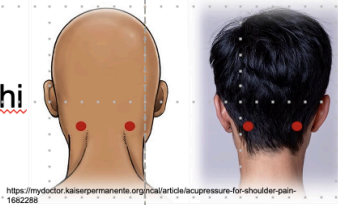


- Bladder 2 (BL2: Zanzhu:
“Gathered Bamboo”)

- Taiyang (Ex-HN-9: “Sun,”
“Supreme Yang”)



- Gallbladder 20 (GB20: Fengchi
“Wind Pool”)



General Outline for Integrating Acupressure with Hypnosis

1. Review acupressure points to be used (or cue them during trance)
2. Hypnotic facilitation/induction with or without acupoints
3. Suggestions related to the desired outcome
4. Intensification/deepening
5. Cue acupoints and apply acupressure
6. Hypnotic suggestions
7. Continue this process as a guide through acupressure
8. Re-alerting
9. Post-hypnotic suggestions and debrief