

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

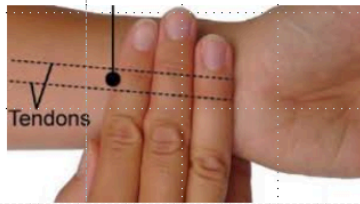
Created by Michael Spertus, MD & Prachi Garodia, MD for ASCH Annual Scientific Meetings & Workshops 2026

General Acupressure Technique:

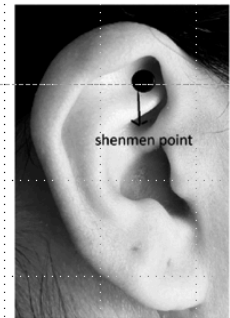
- Sit or lie down comfortably
- Using a thumb, finger or knuckle apply gentle but firm pressure to the acupoint
- Slowly increase pressure until desired firmness is achieved, sustain pressure for 30 seconds to 2 minutes, and then slowly decrease pressure

Acupressure Points for Stress and Anxiety

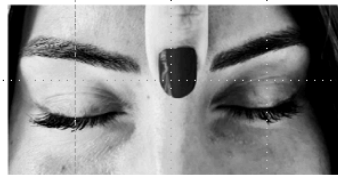
- Pericardium 6 (PC6: Neiguan, “Inner Gate”)



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



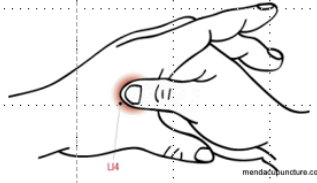
- Yintang (Ex-HN-3: “Hall of Impression”)



Işlek 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

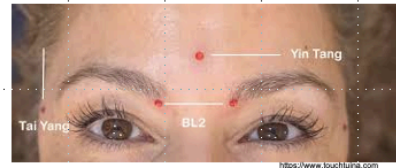
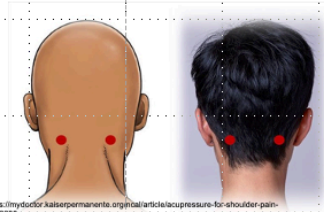
- Large Intestine 4 (LI4: Hegu)



- Bladder 2 (BL2: Zanzhu: "Gathered Bamboo")

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

- GB20 (Ex-HN-3: "Hall of Impression")



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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 desired outcome
4. Intensification/deepening
5. Cue acupoints and apply acupressure
6. Hypnotic suggestions
7. Continue this process as guide through acupressure
8. Re-alerting
9. Post-hypnotic suggestions and debrief