



# Clinical Hypnotherapy and Psychotherapy Association Ltd

## Information Sheet No. 2: Medical Issues

### **Hypnotherapy for Medical Issues**

The traditional approach to curing most medical conditions – a visit to your GP who prescribes pills or an antibiotic – is widely accepted by the majority of patients as the only method for successful recovery. What is less known is the crucial role hypnotherapy plays in helping people overcome illnesses.

While we place huge emphasis on our GP's ability to make us better the truth is almost one third of every doctor's patients are in need only of psychotherapy and another third can be helped with a combination of psychotherapy and medical intervention. (1)

At the heart of many physical ailments is an emotional disturbance. When a person is afraid or angry, for instance, adrenaline flows into the blood increasing pressure on the heart. Or, as Karl Albrecht says, "... The human body is capable of literally destroying itself when it is forced to maintain a high stress alarm state for long periods without relief". (2)

Bodily disorders, such as asthma, ulcers and hypertension can be affected by emotional problems. While traditional medical treatments can help, hypnotherapy has the ability to dramatically improve the patient's condition.

### **How Hypnotherapy can help**

Hypnotherapy techniques can help patients use the power of their subconscious mind to identify stress sources, reveal the underlying problem and eventually relieve the symptom.

It is increasingly accepted by the medical community that hypnosis as a clinical science has undergone extensive evolution and technical sophistication in recent years. Indeed, hypnosis is increasingly understood as a treatment for a wide range of problems encountered in hospitals.(3)

At a basic level hypnotherapy works when the patient, with the help of the hypnotherapist, allows the mind and body to connect to heal the physical self. Hypnosis encourages the subconscious to concentrate extra healing effort in the affected area. A course of hypnosis will remove the negative emotions associated with the physical problem while increasing feelings of calm and inner belief required to get well.

Clinical studies also confirm the benefits of hypnotherapy. A 2007 trial of patients who had undergone breast cancer surgery found that a brief pre-surgery hypnotherapy session reduced the requirement for pain management and also helped with associated side effects, including postsurgical pain, nausea, and fatigue.

The report summarised that, overall, the data supported the use of hypnosis with breast cancer surgery patients. (4)

Hypnosis treatment also improves irritable bowel syndrome (IBS). A three-month trial using 19 IBS patients found that compared to sufferers using standard care the hypnosis patients improved more in quality of life scores. Hypnosis responders remained improved at the six-month follow-up. (5)

## Clinical Hypnotherapy and Psychotherapy Association Information sheet no. 1 Anxiety

While hypnosis can't cure a broken limb it has been found to accelerate recovery times. (6) A Harvard University trial took 12 patients with broken limbs and divided them into two groups. All received standard care but one group also received a series of hypnotherapy sessions, which included suggestions meant to target and accelerate their particular stage of healing, and audiotapes to take home that reinforced the sessions. When the study's radiologist—who did not know which patients had received hypnosis—reviewed the X-rays, the hypnotised patients showed more rapid healing. Six weeks after fracture, the hypnosis group had healed to an extent that would normally take eight weeks.

While hypnosis might not be for everyone there is a good chance it will help with your particular ailment. Feel free to contact *The CHPA* or visit our website for more information.

### **Hypnotherapy helping with...**

Hypnotherapy either on its own or as an adjunct to mainstream medical treatment can be extremely efficient in the management of the following conditions:

Allergies; arthritis; asthma; blood pressure; eating disorders; cancer; chronic fatigue syndrome (CFS); skin disorders (such as Eczema, Psoriasis); Dystonia (tics & twitches); Enuresis (bedwetting); Headaches; hyperhidrosis; Infertility; Irritable Bowel Syndrome; Menstrual tension/Pain, Migraines; Nail biting; Obesity; Pain Control, Preparation for surgery and invasive procedures, Psychosexual dysfunction (impotence, premature ejaculation, frigidity); restless Leg Syndrome; Sleep Walking; stuttering; tinnitus; Weight control; Ulcers

### **References**

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*A randomized clinical trial of a brief hypnosis intervention to control side effects in breast surgery patients*. Montgomery GH, et al
- (5) Palsson OS, Turner MJ, Whitehead WE. *Hypnosis home treatment for irritable bowel syndrome: a pilot study*. Int J Clin Exp Hypn. 2006 Jan;54(1):85-99.
- (6) Ginandes, Dr Carol, Ph.D., clinical instructor in psychology at the Harvard Department of Psychiatry, Interview with *Harvard Magazine*, 2003

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<http://harvardmagazine.com/2003/11/hypnosis-heals.html>

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