



THE MEDICAL BENEFITS
of
Hypnotherapy

ATLANTIC COMPLEMENTARY MEDICAL SOLUTIONS LLC



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Education – University of New Hampshire, New Hampshire Technical College, Banyon Hypnosis Center, The Hypnosis Center of Boston, Ethics in Medical Practice at Harvard

Certification – Registered Nurse, Certified Hypnotherapist

Experience – Clinical hypnotherapist, ER Nurse, hypnotherapy teacher and facilitator

Specialty – Using hypnotherapy to manage stress, enhance fertility, prepare for surgery, and allow for optimal health

The Medical Benefits of Hypnotherapy



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Fellow Health Care Providers:

We who live in the United States have access to some of the finest health care services in the world. Yet, the system faces challenges. Health care providers are caring people who strive to give their patients the best care possible. The financial paradigm sometimes does not allow this to be communicated to the patient.

Would you consider a Complementary Medical Intervention that would

- Maximize the effects of your healing interventions?
- Enhance comfort, healing and overall well-being of your patients?
- Encourage their relaxation?
- Let them know you care?
- Decrease the cost of providing health care?

If you can answer “Yes” to any of these questions, please consider the following information.

The Medical Benefits of Hypnotherapy



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Hypnosis and Hypnotherapy

- Harnesses the vast power of the mind
- Safe, cost effective, naturally occurring state of mind
- Used for centuries without side effects
- Can be used by any person of normal intelligence



Hypnosis and Hypnotherapy

- Approved by the AMA in 1958 as a valuable healing modality for anesthesia and pain control
- “Spontaneous hypnosis” can occur when watching a movie, reading a book, or driving (highway hypnosis)
- Years of research have proven the overwhelming success of hypnosis



Medical Uses for Hypnosis

- Stress management
- Pain management
- Childbirth and fertility
- Preparation for surgery



Stress and Health

- Stress is a total body response to a perceived internal or external threat
- Stress can save lives in emergencies, but is also responsible for 60 to 90% of all illnesses
- Studies indicate wounds in unstressed patients heal more quickly
 - Janice Kiecolt-Glaser of Ohio State University College of Medicine conducted a study comparing wound healing in stressed vs. unstressed patients. Those who were stressed took 9 days longer to heal. (1)



Pain and Anesthesia

- Two components of pain
 - the affected site
 - the perception by the brain (example: phantom limb pain)
- Stress exacerbates pain
- Pain management is expensive
- Hypnotherapy remains a powerful, simple, safe method for managing pain.



Obstetrics and Fertility

- Hypnotically prepared births allow for:
 - Less pain medication
 - Shorter labors
 - Higher Apgar scores
 - Lower postpartum depression
 - Fewer NICU admissions
 - Enhanced success of converting breech babies



Obstetrics and Fertility

- Women using hypnosis during IVF became pregnant at a rate of 58% per cycle vs. 30% in the control group
- For women undergoing fertility evaluation and treatment:
 - Manages anxiety
 - Reduces discomfort
 - Remove emotional barriers to pregnancy
- 88% of infertility is related to stress



Surgery

- Benefits of pre-surgery hypnosis:
 - less anxiety
 - less pain
 - fewer complications
 - shorter hospital stays
 - quicker recovery



Pre-Surgery Hypnosis Examples

- Blue Cross of California used guided imagery tapes to prepare 900 hysterectomy patients for surgery. The average total billings for these members was \$2,000 less per patient, as compared with those not prepared by guided visualization.
- Stanford University Physician David Spiegel found that hypnotized subjects “used less medication, experienced less pain, felt far less anxiety than control groups. Operations on these patients averaged 17 minutes shorter and the cost of a standard radiological procedure fell from \$638 to \$300.”



Other Proven Applications

- Irritable Bowel Syndrome
- Asthma
- Smoking Cessation
- Weight Management
- Drug and Alcohol Addictions
- Enhancing the Effects of Chemotherapy
- Oral Surgery



Services Available

- Private sessions for high risk situations (\$100/session)
- Consultation services (\$100/hour)
- Group hypnotherapy services tailored for your needs
- CDs available (\$17 each)
 - Preparing for Surgery: A Creative Visualization
 - Fertility Enhancement for Couples
 - Cancer Be Gone
 - Paradise in the Dental Office

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References

1. Wound Healing Ronald Blumer and Muffie Meyer *The New Medicine*, companion book to the Public Television Series
2. Turning Breech Baby, Lewis E. Mehl, MD, PhD, University of Vermont College of Medicine, *Archives of Family Medicine* 1994, 3:881-887
3. IVF *Reuters Health* quoting *Fertility and Health*, May 2006
4. Guided Imagery and Surgery Ronald Blumer and Muffie Meyer *The New Medicine*, companion book to the Public Television Series
5. Surgery, David Spiegel, *Hypnosis Works*, *Discover Magazine* Vol. 25, November 2004



Resources & Links

- 🌳 “Hypnosis in Contemporary Medicine.” James H. Stewart; from the Department of Internal Medicine and Cardiovascular Diseases, Mayo Clinic College of Medicine, Jacksonville, Florida, abstract from Mayo Clinic Proceedings: Hypnosis became popular as a treatment for medical conditions in the late 1700’s when effective pharmaceutical and surgical treatments were limited. To determine whether hypnosis has a role in contemporary medicine, relevant trials and a few case reports were reviewed. Despite substantial variation in techniques among the numerous reports, patients treated with hypnosis experienced substantial benefits for many medical conditions. An expanded role for hypnosis and a larger study of techniques appear to be indicated.
- 🌳 “Hypnosis Works.” “The Power of trance can no longer be disputed, a psychiatrist at Stanford University says. Now we just have to use it.” *Discover*, Vol 25, no 11, November 2004, Mind and Brain, an article about Elvira Lang, a radiologist, and David Spiegel, a professor of psychiatry at Stanford University School of Medicine who have done extensive studies of hypnosis in the operating room.
- 🌳 “You will now feel Better.” Letters, *Discover*, December 2004: “As a surgeon who has used hypnotic techniques with patients, I heartily support psychiatrist David Spiegel’s findings (“Hypnosis Works,” November). I think that studies of the brain both under anesthesia and under hypnosis would show many similarities. I have been able to correct cardiac arrhythmias, bleeding, rapid pulse rates and other physiological problems by talking to anesthetized patients in a therapeutic way during surgical procedures and by using similar techniques preoperatively. Surgeons have also done major abdominal surgery on patients under hypnosis alone. Hypnotic and communication techniques can create positive results. The placebo effect is, in essence, a positive result of communication. I have had children go to sleep as they entered the operating room because I told them they would, and some have resisted hair loss from chemotherapy because we relabeled their vitamins ‘hair growing pills.’ Just as we can heal with a scalpel, we can heal with words.”—Bernie Siegel, Woodbridge, Connecticut



Resources & Links, continued

- 🌳 “Altered States.” *Newsweek Health*: Hypnosis can help with problems from anxiety to pain. How and what it does to the brain. [msnbc.msn.com/id/6037903/site/newsweek](https://www.msnbc.msn.com/id/6037903/site/newsweek)
- 🌳 “The Healing Power of Hypnosis” by Alexis Jetter, *Prevention Magazine*, March 2006 www.prevention.com
- 🌳 “Health For Life MD: Mind Over Matter.” *Newsweek Health*. Alice D. Domar, Ph. D., Director of the Mind/Body Center for Women’s Health at Boston IVF answers questions about the body mind connection; [msnbc.msn.com/id/6037809/site/newsweek](https://www.msnbc.msn.com/id/6037809/site/newsweek)
- 🌳 *The New Medicine*. DVD and companion book to the public television series; Ronald H. Blumer and Muffie Meyer; reports of studies and case reports of the importance of the human touch in conjunction with high tech medical interventions.
- 🌳 “Stress and Health in Dementia Caregivers.” Jan Kiecolt-Glaser, Ohio State School of Medicine, conducted a study to evaluate the impact of stress on healing. A small, eraser sized wound healed nine days faster in the control group; pni.psychiatry.ohio-state.edu/jkg/ad.html
- 🌳 “Stress Weakens the Immune System.” Synopsis of pertinent research about the effects of stress; psychologymatters.org/stressimmune.html
- 🌳 “Hypnosis and Orthopedic Hand Surgery.” M. H. Mauer, et al. (1999) Medical hypnosis and orthopedic hand surgery, pain perception, postoperative recovery, and therapeutic comfort; *International Journal of Clinical Hypnosis*; 47, 144-61: Sixty hand surgery patients had either routine care or routine care plus hypnosis. Subjectively, the hypnosis group experienced less pain intensity and less anxiety. Surgeons reported that the hypnosis patients progressed more rapidly and had fewer complications than the group without hypnosis. Hypnosis was strongly recommended as an adjunct therapy for hand surgery patients.



Resources & Links, continued

- 🌳 “Adjunctive non-pharmacological analgesia (including hypnosis) for invasive medical procedures: a randomized trial.” R. V. Lang et al; *Lancet*, April, 1486–90 (2000): Several doctors from Beth Israel and Deaconess Medical Center/Harvard Medical School studied a group of 241 patients having invasive percutaneous vascular and kidney procedures. The patients were divided into 3 groups. One group received standard care. The second group received structured attention. The third group received self-hypnotic relaxation. During the procedure, it is anticipated that the pain and anxiety would increase. This did happen with the two control groups but pain did not increase in the group using hypnotic relaxation. In all three groups, anxiety then decreased over time, but decreased most in the group using hypnosis. Another remarkable result was that in the standard group, 12 patients experienced instability versus 10 in the attention group versus one in the group using hypnosis.
- 🌳 “Presurgery Anxiety? Hypnosis May Help.” *WebMD* October 25, 2005; Doctors at Yale University’s medical school reported to the American Society of Anesthesiologists’ annual meeting: Halej Saadat, MD, researcher and assistant professor of anesthesiology at Yale, states that anxiety increases the chances of postoperative pain, postoperative analgesic consumption, hospital stay and recovery. “We were hoping that by using behavioral modification like hypnosis programs, preoperatively, we can get rid of the postoperative complications.” 76 outpatient surgical patients were divided into 3 groups. One, received routine preoperative care; the second got caring and attention for 30 minutes. The third got 25 to 30 minutes of hypnosis. Patients were less anxious after hypnosis. Right after hypnosis, anxiety levels were 68% lower than in the waiting room. In the operating room, the hypnosis group’s anxiety was still less than half of what it had originally been. Caring attention helped a little at first, cutting anxiety by 10%. But, anxiety increased in the operating room. The control group fared worst. Their anxiety levels increased 17% on the second evaluation and increased 47% in the operating room. American Society of Anesthesiologists’ Annual Meeting, Atlanta, October 22–26, 2005

