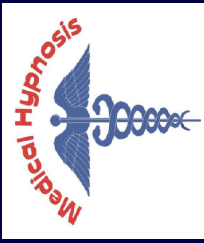


# Medical Hypnosis Workshop



Thank you for attending this training

# MANAGING MEDICAL CONDITIONS

UTILIZING FOR SKILLS AND TALENT TO ASSIST IN HELPING PEOPLE WITH VARIOUS MEDICAL ILLNESSES

**WINSTON TASTES GOOD**

**GOOD TO MEET YOU**

**YOU CAN'T LIVE A  
PERFECT DAY  
UNTIL YOU DO SOMETHING  
FOR SOMEONE**

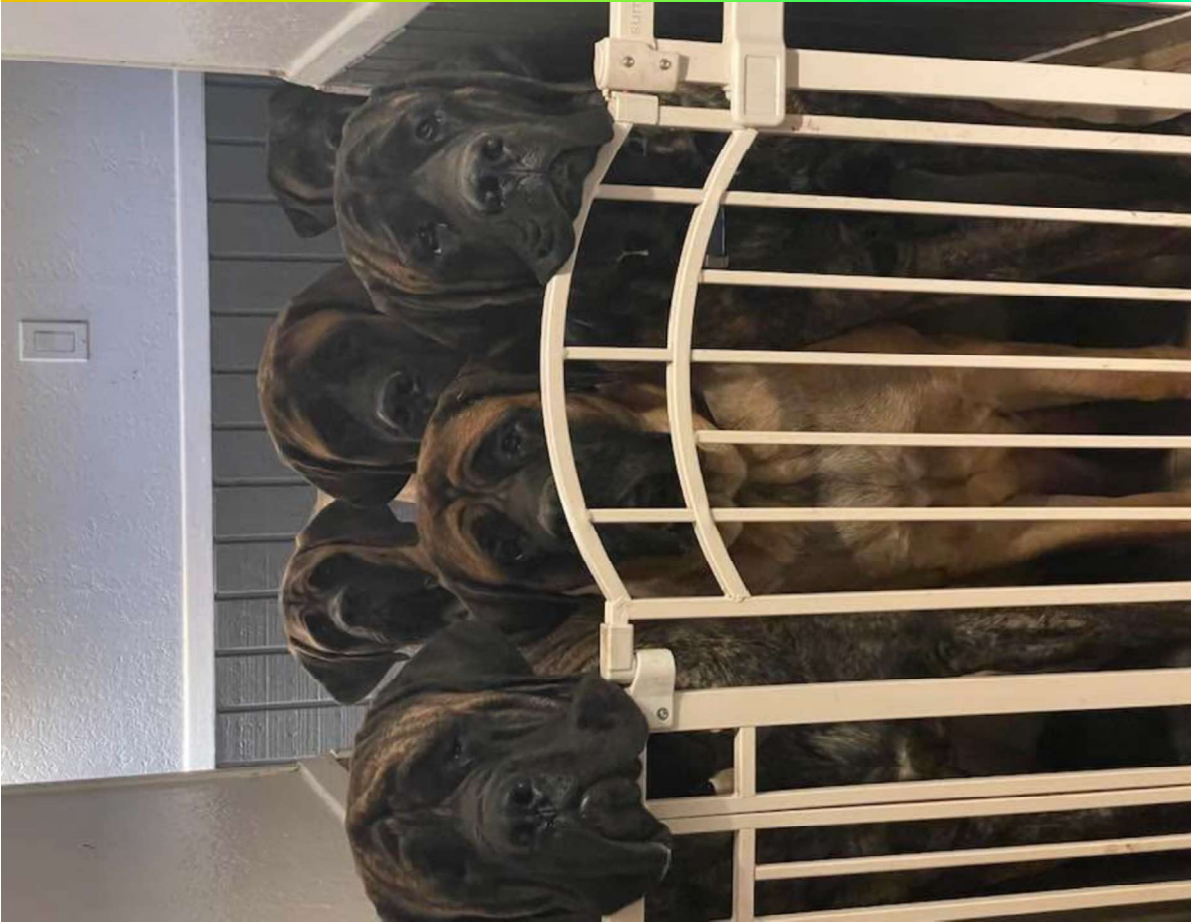
**WHO WILL NEVER BE ABLE TO REPAY YOU**

**-JOHN WOODEN**











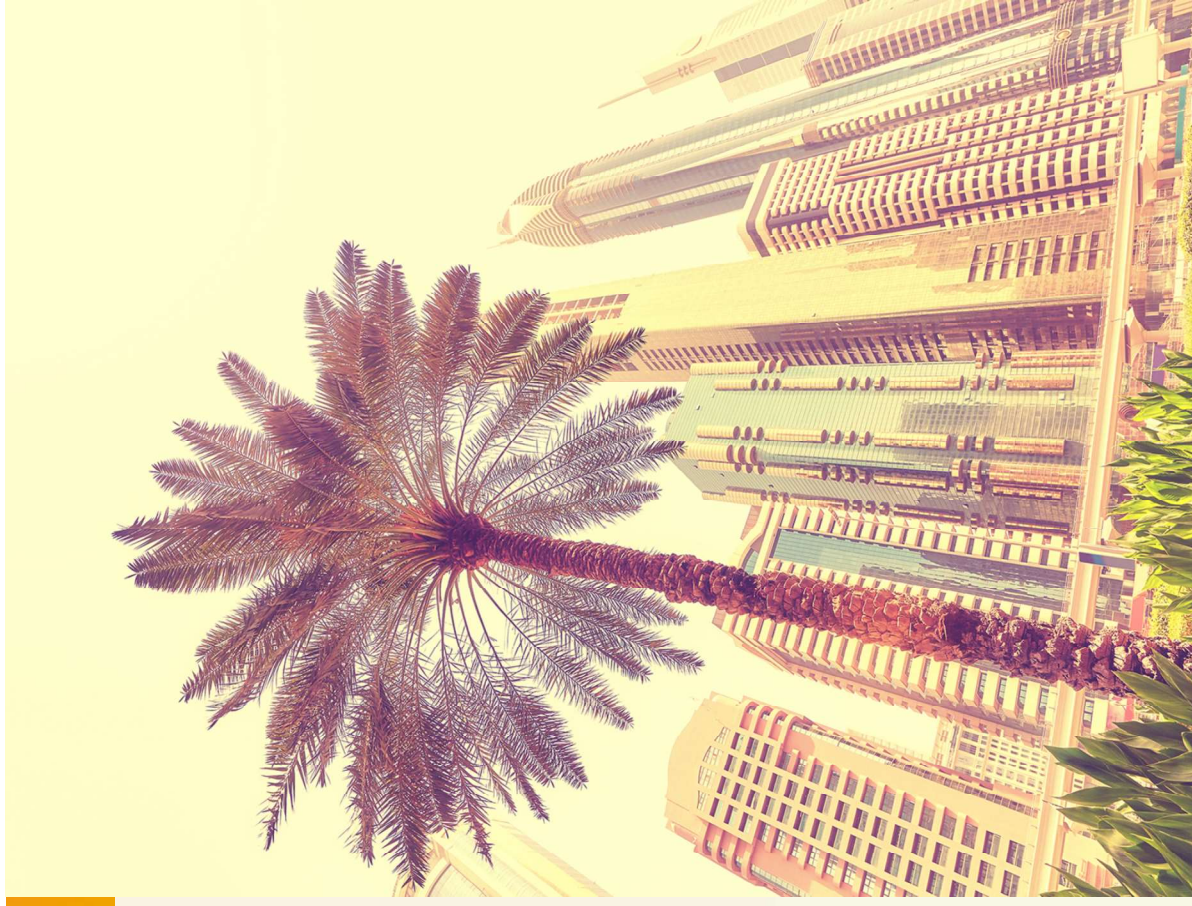
**TAKE A MOMENT AND GET TO YOUR RELAXING PLACE**





# **HOPE YOU DID BETTER THAN THIS**

**MAKE SURE YOUR CLIENTS DID!**

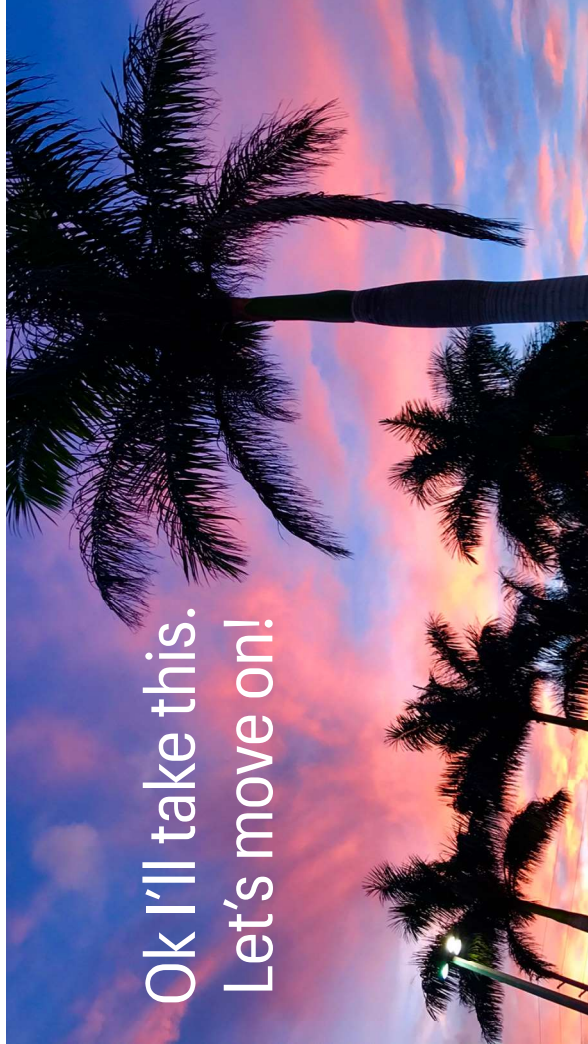




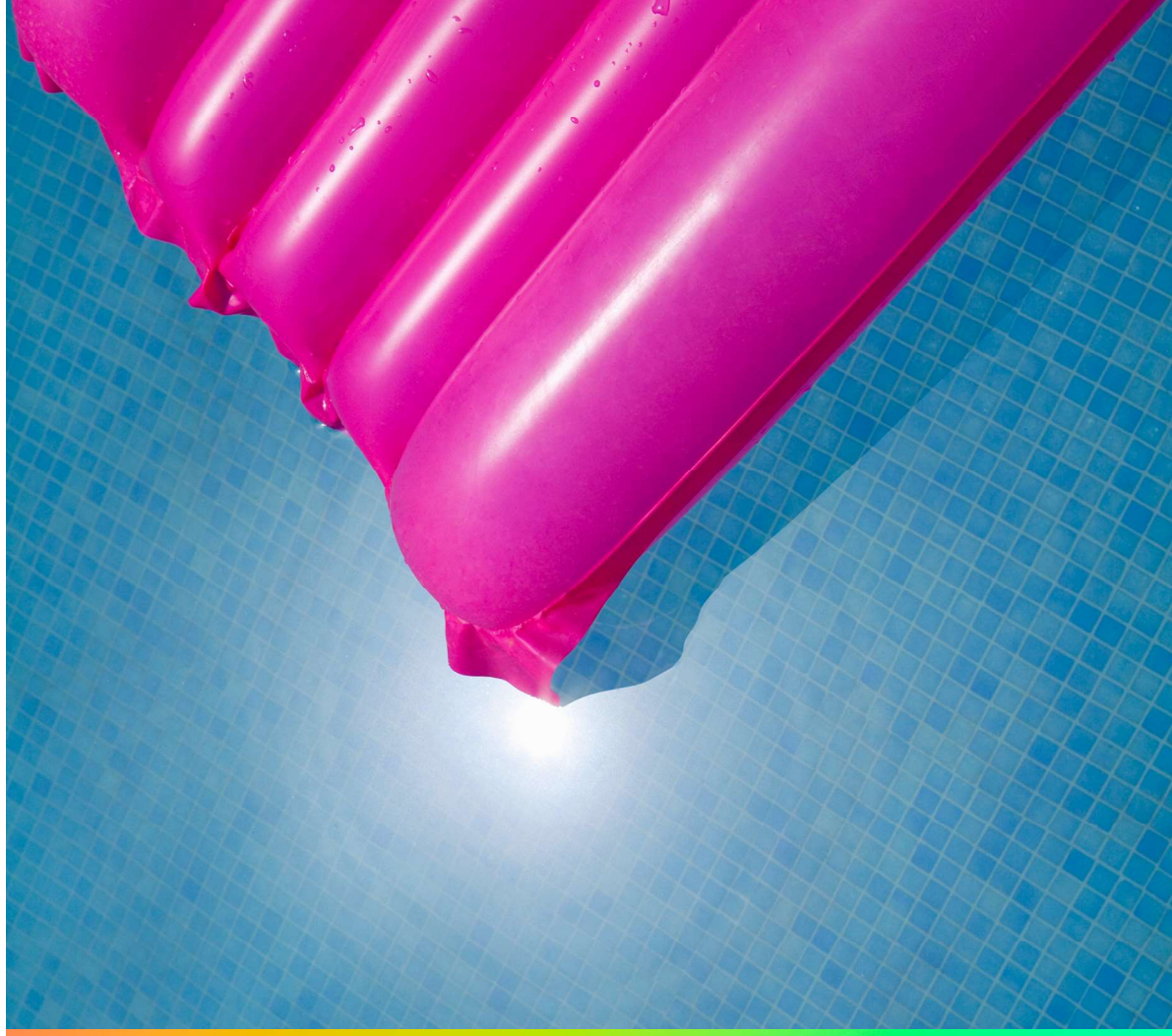
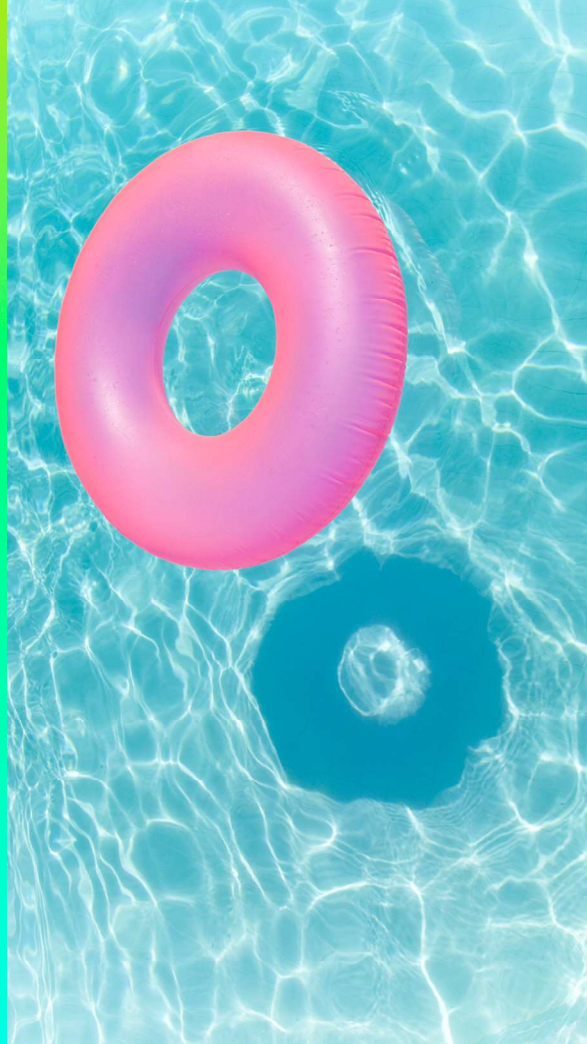
A little better







Ok I'll take this.  
Let's move on!







**FEEL FREE TO STEAL ANYTHING  
FROM THIS PRESENTATION**

**ASU STORY**



Tell me,  
what is stopping you?





As a family doctor, referring patients to a hypnotherapist can be considered for specific medical conditions where hypnosis has shown potential benefits, often as a complementary therapy. Hypnotherapy is not a replacement for conventional medical treatment but can be useful in managing symptoms or supporting behavioral changes. Following is a list of conditions where referral to a qualified hypnotherapist may be reasonable, based on evidence and clinical guidelines:

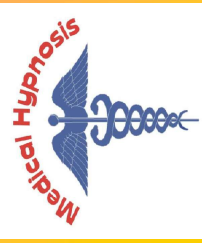


## **Chronic Pain Management:**

- Conditions like fibromyalgia, migraines, tension headaches, or chronic lower back pain.
- Hypnotherapy can help reduce pain perception and improve coping mechanisms, as supported by studies (e.g., American Psychological Association recognizes hypnosis for pain relief).

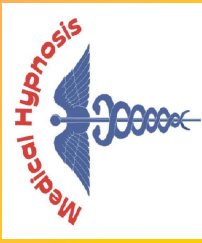






## **Anxiety and Stress-Related Disorders:**

- Generalized anxiety disorder, social anxiety, or stress-related symptoms.
- Hypnosis can promote relaxation and help patients develop strategies to manage anxiety triggers.



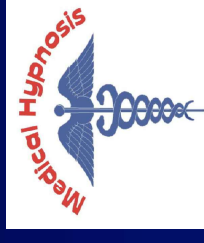
## **Sleep Disorders:**

- Insomnia or difficulty maintaining sleep.
- Hypnotherapy may improve sleep quality by addressing underlying stress or behavioral patterns.



**WHAT DO YOU WANT?  
WHAT DO YOU EXPECT FROM  
THIS WORKSHOP?**

# ***CAPTURE THE 6 MODALITIES***

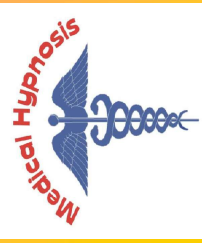






## **Irritable Bowel Syndrome (IBS):**

- Gut-directed hypnotherapy has evidence supporting its use for IBS symptom relief (e.g., reducing abdominal pain, bloating, and irregular bowel habits).



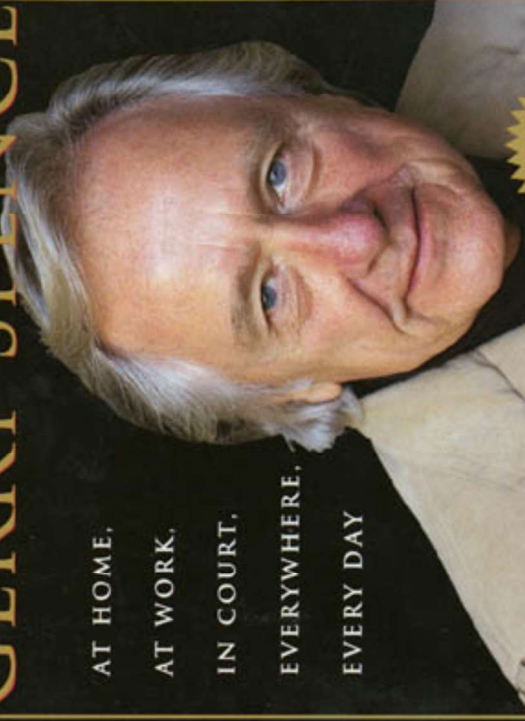
## **Smoking Cessation and Habit Control:**

- Nicotine dependence or other habitual behaviors (e.g., nail-biting, overeating).
- Hypnotherapy can support motivation and reinforce behavioral changes, though results vary.

THE RUNAWAY NATIONAL BESTSELLER

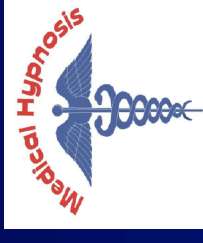
GERRY SPENCE

AT HOME,  
AT WORK,  
IN COURT,  
EVERYWHERE,  
EVERY DAY



18 WEEKS ON  
THE NEW YORK  
TIMES  
BESTSELLER  
LIST

HOW  
TO ARGUE  
AND WIN  
EVERY TIME

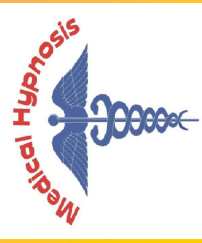




## **Phobias:**

- Specific phobias (e.g., fear of flying, needles, or dental procedures).
- Hypnosis can help desensitize patients to triggers and reduce fear responses.

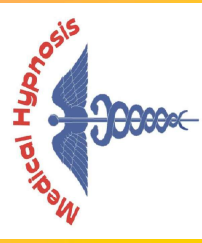




## **Weight Management:**

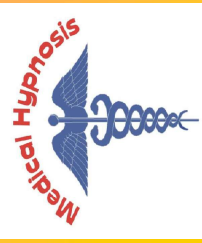
- Obesity or difficulty adhering to weight loss programs.
- Hypnotherapy may support lifestyle changes by addressing emotional eating or motivation.





## **Preparation for Medical Procedures:**

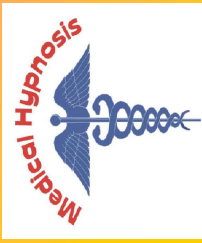
- Anxiety related to surgeries, dental work, or childbirth.
- Hypnosis can reduce pre-procedure anxiety and, in some cases, decrease pain or anesthesia needs.



## **Psychosomatic Conditions:**

- Conditions where psychological factors exacerbate physical symptoms (e.g., tension headaches, certain dermatological conditions like eczema).
- Hypnotherapy can address the mind-body connection.



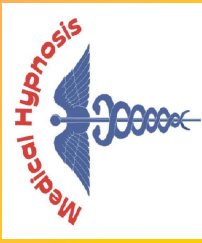


## **Support for Chronic Illness Management:**

- Conditions like cancer (for symptom management, not cure) or autoimmune disorders.
- Hypnosis may help with stress, pain, or side effects of treatments like chemotherapy.



- **Traditional Medicine Has Several Caveats**
- Hypnotherapy is most effective when used as part of a multidisciplinary approach.
- Ensure the hypnotherapist is licensed, certified, or accredited by a reputable organization
- Patients should be open to hypnosis, as suggestibility and willingness impact outcomes.
- It's less effective for those with severe mental health conditions like psychosis or severe depression unless managed by a specialist.



## Contraindications:

Avoid referral for patients with severe psychiatric disorders (e.g., schizophrenia) or those unable to engage in focused attention.





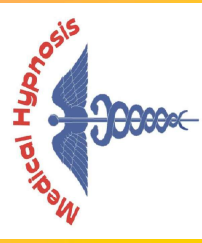
Collaboration:

Communication between the hypnotherapist and treating physician to align goals with the patient's overall treatment plan.



## **Blood Pressure (Hypertension):**

- **Potential Benefits:**
- Hypnotherapy can promote relaxation and reduce stress, which is a known contributor to elevated blood pressure. Stress reduction techniques, including hypnosis, may lower sympathetic nervous system activity, potentially leading to modest reductions in blood pressure.
- Studies suggest that hypnosis, combined with cognitive-behavioral techniques, can help patients manage lifestyle factors (e.g., stress, poor diet, or sedentary behavior) that contribute to hypertension. For example, a 2018 meta-analysis in *Complementary Therapies in Medicine* found that mind-body interventions, including hypnosis, showed small but statistically significant reductions in systolic and diastolic blood pressure.
- Hypnotherapy may enhance adherence to lifestyle changes (e.g., exercise, dietary modifications) by reinforcing motivation and addressing emotional triggers.



## **Blood Pressure (Hypertension):**

### **Limitations:**

- Hypnotherapy is not a primary treatment for hypertension. Medications, dietary changes (e.g., DASH diet), and exercise remain first-line interventions.
- Effects are often modest and vary based on patient suggestibility and engagement.
- Evidence is limited compared to pharmacological treatments, and long-term benefits are unclear.



# ISE

REGRESSION AND RHEUMATOID ARTHRITIS

HAPPY

Thanksgiving!



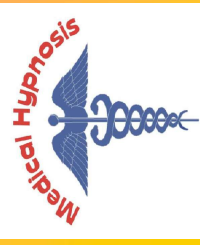
## Asthma:

### ●Potential Benefits:

- Hypnotherapy may help manage asthma symptoms by reducing stress and anxiety, which can trigger or exacerbate asthma attacks. Relaxation techniques can improve breathing patterns and reduce airway hyperresponsiveness.
- Some studies, such as a 1993 trial in *Thorax*, showed that hypnosis improved self-reported asthma symptoms, peak flow rates, and reduced bronchodilator use in some patients, particularly those with stress-related triggers.
- Hypnotherapy can teach patients techniques to calm themselves during early signs of an asthma attack, potentially reducing severity or frequency of episodes.



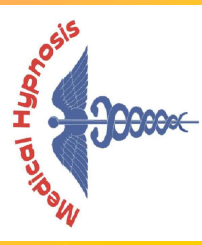




## **Asthma:**

### **Limitations:**

- Hypnotherapy does not address the underlying inflammatory or allergic components of asthma. Inhaled corticosteroids, bronchodilators, and allergen avoidance remain essential.
- Evidence is mixed, with small sample sizes in studies and variable outcomes. It's not effective for all patients, particularly those with severe or poorly controlled asthma.
- Not a substitute for emergency asthma management or rescue inhalers.



## **Asthma:**

### **Limitations:**

- Suitable for patients with mild to moderate asthma where stress or anxiety is a clear trigger, or for those seeking complementary approaches to improve symptom control.
- Ensure the hypnotherapist is experienced in asthma-specific protocols and coordinates with the patient's asthma action plan.

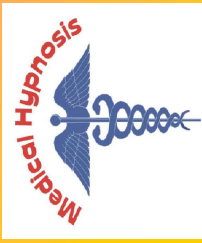




## **Depression (Mild to Moderate):**

- **Potential Benefits:** Hypnotherapy can support mood improvement by addressing negative thought patterns, enhancing relaxation, and reinforcing coping strategies. Some studies, like those reviewed in the *Journal of Clinical Psychology* (2009), suggest hypnosis as an adjunct to cognitive-behavioral therapy (CBT) can improve outcomes for mild to moderate depression.
- **Limitations:** Not suitable as a standalone treatment for severe depression or in cases with suicidal ideation. It should complement psychotherapy or medication.





## **Post-Traumatic Stress Disorder (PTSD):**

- **Potential Benefits:** Hypnotherapy, particularly trauma-focused techniques, can help process traumatic memories, reduce hyperarousal, and improve emotional regulation. Evidence from small studies (e.g., *American Journal of Clinical Hypnosis*, 2014) supports its use as part of a broader trauma therapy plan.
- **Limitations:** Requires a hypnotherapist with specialized training in trauma. Not suitable for acute or severe PTSD without concurrent psychiatric care.



## **Tinnitus:**

- Potential Benefits:** Hypnotherapy may reduce the perceived intensity of tinnitus and associated distress by promoting relaxation and shifting focus away from the sound. A 2015 study in *International Tinnitus Journal* found hypnosis improved quality of life in some tinnitus patients.
- Limitations:** Does not eliminate tinnitus but may help with coping. Effectiveness depends on patient suggestibility.



## **Skin Conditions (e.g., Psoriasis, Eczema):**

- **Potential Benefits:** Stress exacerbates many dermatological conditions, and hypnotherapy can reduce stress and improve symptom management. Case studies (e.g., *Acta Dermatovenereologica*, 1995) suggest hypnosis may reduce itching and improve skin appearance in stress-related flare-ups.
- **Limitations:** Not a cure; must be paired with dermatological treatments (e.g., topical steroids).



## Addiction (Beyond Smoking):

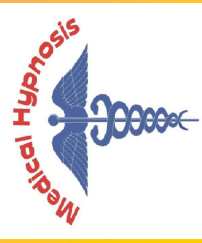
- **Potential Benefits:** Hypnotherapy may support recovery from substance use disorders (e.g., alcohol, opioids) by reinforcing motivation, addressing triggers, and promoting coping strategies.

Limited studies, like those in *American Journal of Clinical*

*Hypnosis* (2011), suggest benefits in relapse prevention.

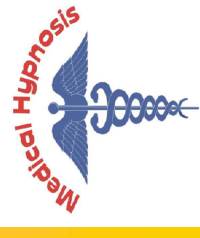
- **Limitations:** Not a primary treatment; most effective within a comprehensive addiction program (e.g., counseling, support groups).





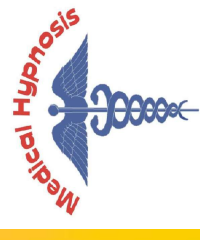
## **Eating Disorders (e.g., Binge Eating, Bulimia):**

- **Potential Benefits:** Hypnotherapy can address emotional triggers, body image issues, and impulse control. Small studies (e.g., *International Journal of Eating Disorders*, 2007) indicate hypnosis may reduce binge episodes when combined with therapy.
- **Limitations:** Not suitable as a standalone treatment; requires coordination with specialized eating disorder treatment.



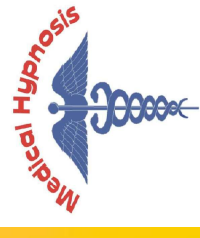
## **Sexual Dysfunction:**

- **Potential Benefits:** Hypnotherapy can address psychological factors like performance anxiety, low libido, or vaginismus by promoting relaxation and confidence. Case reports in *Journal of Sex & Marital Therapy* (2006) suggest benefits for psychogenic sexual dysfunction.
- **Limitations:** Ineffective for purely physiological causes (e.g., hormonal imbalances). Requires coordination with medical evaluation



## **Menopause Symptoms:**

- **Potential Benefits:** Hypnotherapy may reduce hot flashes, night sweats, and sleep disturbances by addressing stress and promoting relaxation. A 2013 study in *Menopause* found hypnosis reduced hot flash frequency and severity.
- **Limitations:** Not a replacement for hormone therapy or medical management when indicated.



## **Enuresis (Bedwetting):**

- **Potential Benefits:** Hypnotherapy can help children and adults with nocturnal enuresis by addressing anxiety, improving bladder control awareness, and reinforcing positive behaviors. Studies (e.g., *Pediatrics*, 1998) show modest success in children.
- **Limitations:** Less effective for physiological causes; medical evaluation (e.g., urological issues) is essential.



8-20-25

90 y/o man s/p aortic valve  
replacement had stroke causing  
some musculoskeletal issues and  
difficulty with voiding





## **Chemotherapy-Induced Nausea and Vomiting:**

- **Potential Benefits:** Hypnotherapy can reduce anticipatory nausea and improve coping with chemotherapy side effects. A 2007 study in *Oncology* demonstrated reduced nausea in cancer patients using hypnosis.
- **Limitations:** Does not address all chemotherapy side effects; requires integration with antiemetic medications

**BEWARE!**  
**THE WORD LIMITATION**  
**IMPACTS THE BELIEF SYSTEM**



# Capture and shift the Belief System Including your own!



