

## SO JUST WHAT IS HYPNOSIS ANYWAY? HYPNOTHERAPY 101 PLAIN AND SIMPLE!

**CREDITS:** 1.25

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### **FACULTY**

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### **FACULTY DISCLOSURES**

Sherwin Yaffe has no contracts with any drug companies nor with any psychiatric or medical groups.

This activity has been independently reviewed for balance.

### **LEARNING OBJECTIVES**

After completing this activity, participants should be able to:

- Discuss the common misconceptions about Hypnosis with patients and clients and to present the use of Hypnosis in such a way that will set the stage for a more successful outcome with this modality.
- Use an understanding of the hypnotic phenomena and suggestibility tests to decide if Hypnosis may be a useful intervention for a given patient or client.
- List the clinical uses of Hypnosis and to be able to apply this therapy to a wide range of medical, psychiatric, and psychotherapeutic settings.

### **TARGET AUDIENCE**

This continuing medical education activity is intended for psychiatrists, primary care physicians, psychiatric nurses, psychologists, and other healthcare professionals who seek to improve their care for patients with mental health disorders.

### **ESTIMATED TIME TO COMPLETE**

The activity in its entirety should take approximately 75 minutes to complete.

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**So Just What is  
Hypnosis Anyway?  
Hypnotherapy 101 Plain and Simple!**

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**Faculty Disclosure**

- Sherwin Yaffe, has no relevant disclosures to make regarding the presented material.

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**Learning Objectives**

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## History of Hypnosis

- Hypnosis has been used throughout history, but certainly was never known by the current title of hypnosis.
- Early on it was used by Shamans and Medicine Men.
- There are many references to sleep-like states in ancient medicinal literature.
- The Ebers Papyrus, one of the earliest compilations of various Egyptian medicinal cures, clearly talks about a sleep like state which was therapeutically helpful.

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## History of Hypnosis

- Biblically speaking there are numerous references to trance like states in both the Old and New testaments
- Many prophets appear to enter trance like states in which they receive their prophecy.
- In almost all religions there are rituals that are conducive to entering Hypnosis

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## History of Hypnosis

- Various forms of meditation have been practiced for thousands of years and most of these meditations have significant overlap with hypnotic phenomena
- These include among others, Yoga, Transcendental Meditation, Kabbalistic Meditation and other forms of introspective experience

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### History of Hypnosis

- About 1000 BCE it is recorded that people had been miraculously cured by Priests who induced a sleep-like state by ceremonial rites in what was known as Aesculapian Temples
- These rites were often followed by prayers and advice was given in the form of prophetic dreams

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### History of Hypnosis

- 1530 CE - Paracelsus of Greece presents his theory that the heavenly bodies influence mankind through the magnet
- Astrology was certainly not new, but the idea that this was accomplished through magnetic power was, thus laying the foundation for Anton Mesmer's Animal Magnetism

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### History of Hypnosis

- 1765 - The modern era of Hypnosis begins with Anton Mesmer in France
- Mesmer was a physician who developed the theory of Animal Magnetism in which he believed that some sort of magnetic power was passed to the patient with magnets with "Mesmeric Passes" over the patient's bodies thus effecting remarkable cures

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### History of Hypnosis

- Mesmer had a clinic Paris in which he decorated it like a king's palace and placed vats of magnets, iron filings and other things he thought conveyed magnetic influence and had patients touch an iron bar thus causing magnetic energy to flow into the patient
- He called the energy "Animal Magnetism" and this presumably was the source of the cures

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### History of Hypnosis

- Mesmer would then walk in the room dressed in a flowing robe and would have a scepter with which he would touch each person giving them additional animal magnetism
- Sometimes people would go into seizures (presumably hysterical seizures) and, when they would wake up they would be cured

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### History of Hypnosis

- Mesmer was obviously quite a showman and this was one of the several reasons that brought about his downfall.
- In 1784 a commission under the direction of Louis XVI was formed to study Mesmer's methods to see if they were credible.

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### History of Hypnosis

- Benjamin Franklin was a member of this committee
- Their findings stated that Mesmer did get good results but this was accomplished not by animal magnetism but rather by imagination
- This was actually accurate, but the committee did not follow up on how imagination accomplished the results

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### History of Hypnosis

As a result of this Animal Magnetism was banned in France, Mesmer was discredited, hypnosis went underground for many years and Mesmer was forced to leave Paris and die in obscurity.

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### History of Hypnosis

- In 1841 a British physician, James Braid, discovered that one did not need the theatrics of Mesmer, but rather suggestion alone could produce profound trance
- He coined the term "Hypnosis" from the Greek word Hypnos which means to sleep though as we shall see hypnosis is clearly not sleep

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### History of Hypnosis

- In 1847 James Esdaile, a British surgeon operating in India, performed over 300 major surgeries with hypnosis as the only anesthesia
- He used Mesmeric passes to induce the state
- He found that with this technique his mortality rate from surgery went down from 50% to 5%

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### History of Hypnosis

About 1889 Bernheim, a neurologist, endorsed Hypnosis after seeing a demonstration by the French physician, Liebault.

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### History of Hypnosis

- In 1890 Sigmund Freud began using hypnosis after studying with Bernheim, Breuer, and Charcot, but became disillusioned with his results and abandoned it as a therapeutic modality
- He was not a very good hypnotist and he felt that one needed a very deep trance to achieve major change

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## History of Hypnosis

Freud was also uncomfortable with the intensity of the relationship with his female patients after an hypnotic session. He went on to develop Psychoanalysis which had to deal with the erotic transference anyway. Freud's rejection of hypnosis sent it back underground for close to 50 years in Western Psychology.

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## History of Hypnosis

- Hypnosis was reportedly used during both World Wars for shell shock and there were reports of its use in medical and psychiatric disorders, but these were few and far between
- Milton Erickson began his long career of using hypnosis in the 1920's and 30's after studying with Clark Hull

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## History of Hypnosis

- The British Medical Association endorsed Hypnosis as a viable therapeutic modality in 1955 and the American Medical Association followed suite in 1958
- Largely due to the efforts of Milton Erickson, the American Society of Clinical Hypnosis was founded in 1959 and remains the largest clinical organization for the teaching and proliferation of clinical Hypnosis

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### History of Hypnosis

- Milton Erickson who died in 1980 was a brilliant innovator and an acute observer of human behavior and was generally considered to be the foremost authority on clinical hypnosis in the world
- He pioneered in many techniques and now has an entire school of psychotherapy named after him, Ericksonian Psychotherapy

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### History of Hypnosis

- Hypnosis is now taught in many medical schools and psychology programs around the world
- The American Society of Clinical Hypnosis and The Society for Clinical and Experimental Hypnosis have excellent training programs with past and current experts in the field

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### History of Hypnosis

Hypnosis has had an interesting history and has experienced a strong and healthy renaissance in the last 40 years as an accepted and useful therapeutic modality

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### Misconceptions About Hypnosis

- One passes out, goes to sleep, or becomes unconscious when hypnotized.
- One becomes totally dominated by the operator and is at the operator's mercy

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### Misconceptions About Hypnosis

- One must be of a weak mind in order to be hypnotized.
- One will reveal secrets in trance.
- Some people are afraid they may not awake from the trance.

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### Trance Phenomena

- When one is in an hypnotic state there are a number of experiences that occur that are generally not part of the normal waking state
- These experiences are known as the hypnotic phenomena and it is through these phenomena that one is able to use hypnosis beneficially and successfully
- Most of the trance phenomena were known to the ancients with the exception of time distortion

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### Trance Phenomena

- Rapport - This refers to the phenomena in which the hypnotized subject will respond only to the hypnotist or operator and to no one else. This phenomena is generally not that useful clinically.

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### Trance Phenomena

- Increased Suggestibility - This refers to the fact that one will have a much higher likelihood of responding to a suggestion while given to him in a state of trance. It must be noted, however, that one will respond and act out a suggestion only if it acceptable to him.

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### Trance Phenomena

- Limb Catalepsy - This refers to the experience of having an entire group of muscles to become quite rigid as a whole and remain in a particular position or at other times can become quite flaccid and generally have no muscle tone at all
- This phenomena has a significant usefulness in a variety of medical conditions and is also a very accurate indicator of trance

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### Trance Phenomena

- Muscular Inhibition - This refers to the ability that one has under trance to completely inhibit either one muscle or an entire group of muscles such that they do not function in any major capacity.

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### Trance Phenomena

- Analgesia and Anesthesia - People who are in an hypnotic trance have the ability to significantly reduce pain or, in some cases, to abolish it. There are many techniques for inducing anesthesia or analgesia and this is one of the most useful phenomena of hypnosis in pain control.

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### Trance Phenomena

- Amnesia - This refers to the fact that people when given suggestions under hypnosis may in fact forget various parts of the hypnotic session or can be induced to forget other aspects of a particular problem or idea
- Many times people in a deep trance will develop spontaneous amnesia and have gaps in their memory of the trance session without suggestion

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### Trance Phenomena

- Post Hypnotic Suggestion - This refers to the ability of a participant to be given a suggestion under trance and to carry out that suggestion after he/she has awoken from the trance
- This has application to many different problems ranging from people who want to stop smoking to pain control to panic problems

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### Trance Phenomena

- Age Regression-Revivification - This is one form of age regression that refers to a participant's ability to completely relive an earlier experience with complete intensity as he/she experienced it the first time in all 5 senses
- It is not particularly helpful except possibly in dissociative disorders

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### Trance Phenomena

- Much more helpful is the second type of age regression called partial age regression
- In this form of age regression one is able to remember and re-experience an earlier event, but not to actually relive it as intensely as he/she did the first time
- The participant is able to have critical awareness of what he/she is experiencing and thus can make use of the age regression

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## Trance Phenomena

Hallucinations - A participant in an hypnotic trance can experience hallucinations in all 5 senses. There are 2 types of hypnotic hallucinations known: One form is positive hallucinations whereby one is able to hallucinate a stimulus that is in reality not present. Thus one is able to hallucinate individuals and sounds and/or music that is not present.

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## Trance Phenomena

- The other form of hallucination is known as negative hallucination in which people can hallucinate a stimulus which is actually present to be not present
- This can be helpful in pain situations and other problems

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## Trance Phenomena

Time Distortion - This refers to the ability of a hypnotic participant to distort time to either the short end of the spectrum or the long one, which ever is necessary. Thus, 5 minutes can be experienced as one hour or longer if necessary and one hour may be experienced as no longer than 2 minutes.

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### Trance Phenomena

Control of Autonomic Functions - This refers to the ability of one while in trance to control virtually all autonomic functions, including bleeding control, heart rate, secretion of hormones, blood pressure, and many other functions generally thought to be involuntary functions.

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### Trance Phenomena

- Hypnotic Dream Control - This is a form of hypnotic suggestion whereby one can be asked to dream a dream in hypnosis
- One can also use this as a post hypnotic suggestion where the patient can be told that he/she can have a dream at night while in natural sleep that will pertain to the problem at hand

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### Trance Phenomena

Ideomotor Activity - This refers to unconscious motor or sensory activity which appears to bypass the conscious mind and can be extremely useful in obtaining information from the unconscious mind, implementing and receiving feedback concerning suggestions, and signaling other unconscious concerns or issues.

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## Trance Phenomena

- Automatic Writing - This refers to the ability of hypnotized participants to allow their hands to move automatically thereby writing out words and sentences that are not under voluntary control
- This is an ideomotor phenomena and can be useful in various applications

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## What is Hypnosis?

- 1) Atavistic Theory
- 2) Hypnosis as a state of Hysteria
- 3) Psychophysiological Theory - Shift of neural functions to another set
- 4) Hypnosis as a conditioned process to sleep
- 5) Hypnosis as dissociation
- 6) Hypnosis as an altered state of consciousness

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## What is Hypnosis? (Cont)

- 7) Hypnosis as role playing
- 8) Regression Theory

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### What is Hypnosis?

- I tell my patients that my definition of hypnosis is that hypnosis is the ability that we all have to do things we did not know we could do
- This involves getting in touch with our unconscious mind and to use the unconscious mind to help solve the problem

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### What Is It Like To Be In a Trance?

- We have all been in hypnotic trances but rarely do we label them as such. Highway hypnosis or listening to an interesting lecture like this are frequent states all of us have experienced .
- In formal trance most people experience relaxation, sometimes profound, listlessness, or lethargy.

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### What Is It Like To Be In a Trance?

- Some experience a floating or sinking like sensation.
- Many feel very relaxed, much more so than simply resting in a chair or lying in a bed.
- Some participants may feel no different than in the normal waking state, yet they have clear evidence of being in a trance.

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### What Is It Like To Be In a Trance?

- People can be in full trances with their eyes completely open and when this is so they frequently experience tunnel vision

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### Hypnotizability

- The studies show that about 70% of people are hypnotizable with only about 10% being somnambulists
- There are several tests known as suggestibility tests which may predict who may a good hypnotic patient
- Many clinicians use these test to see if hypnosis is likely to be helpful in a given patient. If the patient fails the test then hypnosis is not attempted

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### Hypnotizability

Several suggestibility test include:

- Arm Levitation Test
- Postural Sway Test
- Handclasp Test
- Hip Induction Profile

Hilgard ER (1965) Hypnotic Susceptibility. Harcourt, Brace & World, New York; Spiegel & Spiegel (1978) Trance and Treatment; Stern, Spiegel, & Nee (1979) The Hypnotic Induction Profile, Normative observations, Reliability, and Validity, Am J Clin Hypn, 21, 109-132; Sutchter Howard (2008) Hypnosis, Hypnotizability and Treatment, Am J Clin Hypn 51,1 pp. 57-67; (2008) Commentaries to Hypnosis, Hypnotizability, and Treatment, Am J Clin Hypn, 51, 2, pp. 149-183

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### Hypnotizability

- In my clinical work I rarely use suggestibility tests. I take what the patient brings with him/her and try to use an hypnotic technique which will benefit him/her
- This was one of the many great things that Milton Erickson taught us
- Depending on the experience and comfort of the therapist 90% of patients will attain trance

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### Hypnotizability

Perhaps one of the most important factors in working with patients with hypnosis is:

**MOTIVATION!**

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### Hypnotizability

- Patients come to us because they are in some kind of pain and often feel out of control
- Hypnosis is one way to teach them how to regain control of their problem
- If one is not really motivated even if they are "highly hypnotizable" it is not likely the hypnotherapy will be successful

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**Estimation of Trance Depth**  
Light Trance

- 1) Eyelid Catalepsy
- 2) Vertical Limb Catalepsy
- 3) Slower Breathing and Pulse
- 4) Disinclination to Move

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**Estimation of Trance Depth**  
Medium Trance

- 1) Limb Catalepsy
- 2) Glove Anesthesia
- 3) Partial Amnesia
- 4) Muscular Inhibition

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**Estimation of Trance Depth**  
Deep Trance

- 1) Complete Post Hypnotic Amnesia
- 2) Control of Autonomic Functions
- 3) Positive and Negative Hallucinations
- 4) Complete Vivid Age Regression

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Estimation of Trance Depth

SOMNAMBULISM

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Hypnotic Induction Methods

- There are many ways of inducing an hypnotic trance
- The early workers with hypnosis used primarily authoritarian methods
- These included such techniques as eye fixation with sleep suggestion, the coin technique and progressive relaxation
- Permissive inductions such as, arm levitation visual imagery, postural sway have been used more recently

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Hypnotic Induction Methods

Milton Erickson introduced many remarkable "Indirect Inductions" in which hypnotic suggestion were given completely indirectly such that these suggestions were partially or completely bypassed by the conscious mind.

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## Hypnotic Induction Methods

Clinically I try to choose an induction method based on the patient's problem and the information about them that I obtain on the initial evaluation

For example, I may use an induction involving somatic movement or touch (with the patient's permission) for a pain problem, or I may focus heavily on the breathing (which I do anyway) for someone with Panic Disorder

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## Is Hypnosis Dangerous?

- Generally speaking, in the hands of a well trained therapist, the answer is no
- One must be aware of the many aspects of trance and how to handle unexpected phenomena such as spontaneous abreactions and the use of unintended suggestions
- Hypnosis has been used with psychotic individuals but there are additional issues to be aware of in this population

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## Is Hypnosis Dangerous?

- In recent years there has been considerable controversy about hypnosis and the False Memory Syndrome. That debate continues to this day
- The American Society of Clinical Hypnosis has composed a specific guideline concerning hypnosis and memory
- Again, in the hands of an experienced therapist, the possibility of confabulation, while always present, is diminished

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## Uses of Hypnosis

- Before working with any patient with hypnosis I require that the patient have a full psychiatric exam if the problem is a psychiatric one, and a full medical workup of the problem if the problem is of a medical one
- One does not want to miss a medical problem that needs to be treated in a conventional way

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## Uses of Hypnosis

### Psychiatric Problems

- 1) Anxiety and Panic Disorder
- 2) Phobias
- 3) Post Traumatic Stress Disorder

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## Psychiatric Applications

- 4) Dissociative Disorders
- 5) Sleep Disorders
- 6) Depression (?)

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## General Medical Applications

1) Acute or Chronic Pain - This includes a wide variety of conditions ranging from migraine headaches, all forms of arthritis, pain and inflammation from trauma, chronic pain syndromes and many other conditions.

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## Uses of Hypnosis

There are many hypnotic approaches to pain control and again the goal is to find the right approach for any given patient. There are numerous techniques to use, both direct and indirect, and the use of hypnosis to find the unconscious origins of the pain the patient brings with them to treatment

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## General Medicine-Gastroenterology

- 1) Irritable Bowel Disease
- 2) Crohn's Disease
- 3) Ulcerative Colitis
- 4) Hemorrhoids
- 5) Peptic Ulcer Disease

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## Uses of Hypnosis

### General Medicine

- 1) Asthma
- 2) Burns
- 3) Migraine and other forms of Headache

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## General Medicine-Dermatology

- 1) Psoriasis
- 2) Warts
- 3) Hyperhidrosis
- 4) Other Skin Rashes

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## General Medicine

- 1) Medical Procedures
- 2) Preparation for Surgery
- 3) Surgery Under Hypnosis
- 4) Complications of Surgery
- 5) Relief of Chemotherapy Side Effects

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### General Medicine-Sexual Disorders

- 1) Impotence
- 2) Anorgasmia
- 3) Delayed Ejaculation
- 4) Infertility
- 5) Various Gynecological Conditions

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### General Dentistry

- 1) Pain Control
  
- 2) Use in Various Procedures such as Root Canals and Others

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### General Use-Habit Disorders

- 1) Obesity
- 2) Smoking Cessation
- 3) Nail Biting
- 4) Trichotillomania

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## General Use

- 1) Improving Concentration
- 2) Improving Study Habits
- 3) Improving Memory
- 4) Sports Hypnosis

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## Hypnosis with Children

- Hypnosis can be used quite successfully with children for many of the problems already discussed
- Children are extremely hypnotizable and can enter trance much easier than adults
- The various inductions and interventions, though, may be very different than what one uses for adults

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## General Use-Forensic

Hypnosis has been successfully used in forensic cases; However, there are firm guidelines as to how to proceed and a good understanding of the law is imperative in working with Law Enforcement

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## Uses of Hypnosis

### Breast Development

With the appropriate technique and suggestion coupled with self hypnosis in a highly motivated participant, a woman can increase the size of her breasts considerably over a 2-3 month period.

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## Clinical Vignettes

- 1) Psoriasis
- 2) Severe Arthritis
- 3) Diabetic Retinopathy
- 4) Phobia
- 5) Trigeminal Neuralgia

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