

HYPNOTHERAPY FOR PAIN MANAGEMENT

The American Psychological Association and American Medical Association have recognized hypnotherapy as a valid procedure since 1958, and the National Institutes of Health (NIH) has recommended it as a treatment for chronic pain since 1995. See:

<https://www.psychologytoday.com/us/therapy-types/hypnotherapy>

Complementing Traditional Medicine

Pain is not just physical. It is a complex experience that involves the body, mind, and emotions—although many physicians only treat the physical aspect of the pain experience.

Incorporating hypnotherapy into traditional medical treatment can significantly enhance patient care. For instance, in pain management, hypnotherapy complements medical treatment by addressing the psychological aspects of pain, often leading to a reduced need for medication. For example:

A meta-analysis of hypnotically induced analgesia: How effective is hypnosis? (2000)

This meta-analysis of 18 studies published in 2000 revealed a moderate to large hypnoanalgesic effect, supporting the efficacy of hypnotic techniques for pain management. The overall results suggest broader application of hypnoanalgesic techniques with pain patients. See:

- [A meta-analysis of hypnotically induced analgesia: How effective is hypnosis? | Scholars Portal Journals](#)

Hypnosis and the Alleviation of Clinical Pain: A Comprehensive Meta-Analysis (2021)

The findings of this meta-analysis indicate that hypnosis is a very effective intervention for relieving clinical pain, with conservative estimates showing significant effect sizes. See:

- [Hypnosis and the Alleviation of Clinical Pain: A Comprehensive Meta-Analysis: International Journal of Clinical and Experimental Hypnosis: Vol 69 , No 3 - Get Access](#)

Hypnotherapy in Cancer Care Applications of Hypnosis as an Adjuvant in Oncological Settings: A Systematic Review (2023)

Previous research has shown promising results in using hypnosis to treat various symptoms and side effects of medical treatments. Twenty-one out of 22 studies of patients with cancer showed that hypnosis has positive effects on reducing anxiety, pain, nausea, fatigue, drug use, and length of hospital stays. Hypnosis also improves depressive symptoms, insomnia, hot flashes, well-being, and quality of life, and helps increase adherence to cancer treatments. When used by qualified professionals as an addition to well-established treatments, hypnosis improves symptoms caused by oncological interventions and the disease itself. See:

<https://doi.org/10.1080/00207144.2022.2160255>