

Pain Management:

“The mind is powerful, and you have more control than you think.”

— [Scott D. Lewis, *The Hypnosis Treatment Option: Proven Solutions for Pain, Insomnia, Stress, Obesity, and Other Common Health Problems*](#)

Hypnosis is a mind/body method to focus one's attention and imagination to help alleviate emotional and physical issues. Brain imaging has shown that hypnotic suggestions can reduce

- activity in the areas of the brain associated with emotional response to pain.
- reduce the brain's activity more directly involved with pain's physical sensations.

Your hypnotherapist will listen to your description of the pain sensations in your body, ask you to rate pain level from 1 to 10 and then collaborate with you to create a set of suggestions tailored to your particular set of issues. Pain, especially chronic pain, creates both physical and emotional responses in the body/mind.

Hypnosis for chronic pain management is a process of four or more sessions with the ultimate goal of teaching self-hypnosis to the client to continue therapy at home.

Hypnosis is being used by major hospitals and clinics across the country to accelerate healing and improve overall health and wellness, by using positive hypnotic suggestion.