

American Medical Association

Hypnosis was endorsed by the AMA in 1958, noting that it is a mind-body therapy that can change the stress response, improve healing and facilitate rapid recovery from surgery. It gives the patient control through an altered state of consciousness, which is realistic for 80% of the population.

Stanford university

The Healing Power of Hypnotherapy

Wednesday, June 11, 2008

Is it really possible to reduce anxiety, sleep better and stop overeating just by relaxing and letting a therapist lull you off to “sleep”? (read full article)

<http://www.everydayhealth.com/healthy-living/webcasts/the-healing-power-of-hypnotherapy.aspx>

Joint Commission on Accreditation of Healthcare Organizations (JCAHO)

RI.1.2 Section of the JCAHO Standards calls for patients to be involved in all aspects of their care and requires that they be provided with a statement of their rights. They are given information about pain and pain relief measures that are available to include a special emphasis on non-pharmacological methods of pain management. Because of these standards many hospitals, such as Columbia, Harvard, and Yale, along with freestanding pain management centers provide complementary care as a part of their pain management programs. Hypnosis, Acupuncture, Massage, and Biofeedback are the standards for these clinics. However, hypnosis, as evidenced by its multi-century history, is one of the first and most enduring modalities in the management of organic pain problems. In proper perspective, hypnosis may not only relieve pain, but may also help to maintain the dignity and the well being of the patient without dependence on large quantities of medication.

Stanford Hypnotherapy (See Stanford Hospital and Clinic)

“The medical hypnosis program offered by the [Stanford Center for Integrative Medicine](#) (SCIM) is designed to be an integrated component of a patient's overall medical care.

Hypnosis allows patients to focus intently on a specific problem and its resolution while maintaining a comfortable state of physical relaxation. It also helps patients to enhance control over their body responses.

Hypnosis is a normal state of aroused, attentive and highly focused concentration -- comparable to being so absorbed in a movie or novel that one loses awareness of his or her surroundings.

This program teaches patients self-hypnosis to help them deal with:

- Pain and physical symptom control
- Smoking control
- Procedural anxiety management
- Medical treatment side effects such as nausea and vomiting
- Stress management
- Phobias
- Stress-related neurological problems”

Mayo Clinic Hypnosis

“Why it's done”

[By Mayo Clinic staff](#)

Hypnotherapy can be an effective method for coping with stress and anxiety. In particular, hypnosis can reduce stress and anxiety before a medical procedure, such as a breast biopsy.

Hypnosis has been studied for other conditions, including:

- **Pain control.** Hypnosis may be beneficial for pain associated with cancer, irritable bowel syndrome, fibromyalgia, temporomandibular joint problems, dental procedures and headaches.
- **Hot flashes.** Hypnosis may relieve symptoms of hot flashes associated with menopause.
- **Behavior change.** Hypnosis has been used with some success in the treatment of insomnia, bed-wetting, smoking, obesity and phobias