

## ***Medical Science and Hypnosis – By Dan Jones***

By Dan Jones

In 1999, *The British Medical Journal*, in a clinical review of current medical research on hypnotherapy, concluded there is good evidence from randomised controlled trials that Hypnotherapy can reduce anxiety and help with managing stress. It was also found to be effective in the treatment of panic disorders and insomnia, especially when combined with Cognitive Behavioural Therapy (CBT) whose effectiveness hypnosis enhances.

Randomised trials also showed hypnosis to be of value in the treatment of asthma and irritable bowel syndrome, and there is strong evidence of hypnosis being effective for cancer related anxiety, pain, nausea and vomiting, particularly in children.

In 2001 *The British Psychological Society* published a report (The Nature of Hypnosis) that summarised current scientific research on hypnosis. The authors concluded that: “Enough studies have now accumulated to suggest that the inclusion of hypnotic procedures may be beneficial in the management and treatment of a wide range of conditions and problems encountered in the practice of medicine, psychiatry and psychotherapy.”

The report covers research about the effectiveness of the use of hypnosis in the management of acute and chronic pain, the alleviation of pain, discomfort and distress due to medical procedures, dental procedures and childbirth, the effectiveness of self-hypnosis to significantly reduce general anxiety, tension and stress, assisting in helping overcome insomnia, helping with the treatment of psychosomatic conditions like tension headaches, migraines, asthma, irritable bowel syndrome, warts and other skin complaints like psoriasis and hives, and significantly enhancing lasting outcomes in weight reduction and management.