



The Executive HypnoCoach

HYPNOSIS RESEACH SUMMARIES

Below you'll find a sampling of hypnosis research summaries. If you're interested in purchasing the e-book or printed Compilation of Hypnosis Research Summaries please call the office or go to the Shop on the web-site.

GENERAL HYPNOSIS

In 1955 the British Medical Association finally approved the use of hypnotherapy and American Medical Association followed suit three years later. Approximately fifteen thousand doctors utilize hypnotherapy in the U.S. today and studies show that 94% of patients experience positive benefit from it.

2005 Mayo Clinic reported the acceptance of hypnosis as a mode of treatment in medicine is increasing as a result of "careful methodical, empirical work of many research pioneers. Many important trials reviewed have helped to establish the role of hypnosis in complementary medicine. These trail have established the utility and efficacy of hypnosis for several conditions, either alone or as a part of the treatment regimen.

As of December, 2004 there are more than 5,000 clinical research studies having to do with hypnosis and its benefits currently being conducted worldwide.

(According to: <http://www.ncbi.nlm.nih.gov/>)

HYPNOSIS & THE BRAIN

Research using positron emission tomography (PET) scans, shows that hypnosis might alleviate pain by decreasing the activity of brain areas involved in the experience of suffering. Scientists have found that hypnosis reduced the activity of the anterior cingulate cortex, an area known to be involved in pain, but did not affect the activity of the somatosensory cortex, where the sensations of pain are processed.

According to studies done at the Institute of Cognitive Neuroscience, University College London, suggestions given in a hypnotic state, even once, can produce actions in human beings that are the same type of actions that would have resulted from more long-term conditioning and practice.

CHILDREN

"Children make excellent subjects for hypnosis because they spend more time using their imaginations," says Florida counseling psychologist Paul Schauble.

A study by Olness (1985) showed that children trained in self-Hypnosis could significantly alter their tissue levels of oxygen as measured by transcutaneous PO₂ measures.

PHYSICAL CONDITIONS:

ASTHMA & RESPIRATORY CONDITIONS:

Ewer and Stewart (1986) reported a randomized control trial of Hypnosis in patients with moderate asthma. Patients with a high Hypnotic susceptibility showed a 74.9% improvement in bronchial hyper-responsiveness (to methacholine challenge), a 5.5% increase in peak expiratory flow rate, a 26.2% decrease in the use of bronchodilator and a 41% improvement in daily ratings outside of the clinic. Twelve patients with a high Hypnotic susceptibility score showed a 75% improvement. However, a control group of 17 patients and a second group of 10 patients with a low level of Hypnotic susceptibility showed no change in either objective or subjective measures.

CANCER:

Rev. Dr. C. Scot Giles' ten-year outcomes study of participants at his hospital program. Participants with cancer who received hypnotism in addition to conventional medical care had, at years ten and beyond, a survival that was significantly greater than the estimated five year survival for cancer patients according to the national outcomes database.

Mount Sinai School of Medicine in New York stated women who underwent hypnosis before breast cancer surgery needed less anesthesia and had fewer side effects than women who got counseling instead, "this is a randomized clinical trial of 200 patients that really showed beneficial effects for patients," said Guy Montgomery "It really works well."

The use of hypnosis prior to breast cancer surgery reduced the amount of anesthesia administered during the operation, the level of pain reported afterwards, and the time and cost of the procedure, according to a study published online August 28 in the Journal of the National Cancer Institute. A Randomized Clinical Trial of a Brief Hypnosis Intervention to Control Side Effects in Breast Surgery Patients Guy H. Montgomery, Dana H. Bovbjerg, Julie B. Schnur, Daniel David, Alisan Goldfarb, Christina R. Weltz, Clyde Schechter, Joshua Graff-Zivin, Kristin Tatrow, Donald D. Price, and Jeffrey H. Silverstein

J Natl Cancer Inst 2007 99: 1304-1312.

CARDIOVASCULAR CONDITIONS

In research by Bernardi (1982), hypertensive patients showed themselves to be significantly more effective at controlling cardiovascular responses to stressors in Hypnosis than they were in the normal waking state. This was particularly true for subjects with more marked Hypnotic ability.

CHILDBIRTH:

"Hypnosis used during labor and delivery enables the use of less pain medication, and a lower rate of complications and C-sections - 5% compared to 15%." *Source: Larry Goldman, MD, Health*

Omer (1986a, 1986b, 1987a) found that frequency of physical complaints and the general level of anxiety were correlated with premature labor and premature contractions. A brief technique emphasizing the use of self-Hypnosis was employed as an adjunct to pharmacological treatment. The prolongation of pregnancy was significantly higher for this group than for the medication-along control group, and infant weight was also significantly greater.

CONCEPTION & GENES

Dr. Ernest L. Rossi specializes in psychobiology, or the relationship between the mind and physical body states. He has done extensive research to suggest that human genes must be in a state of physical readiness for conception to take place, and that hypnotic-type suggestions can activate specific genes, including the IL-1, c-fos, and the CYP17 in a specific order. See [a list of his research papers](#) here. Read about his book, [The Psychobiology of Gene Expressions](#).

HYPERTENSION:

Hypertensive subjects were found to have characteristic patterns of increased cerebral blood flow that were most marked in the left hemisphere. During Hypnosis, they could reduce cerebral blood flow more dramatically than could normotensive controls. The changes noted in this research by Galeazzi (1982) were associated with decreases in vascular resistance and diastolic blood pressure in the rest of the body.

In an ongoing pilot study being done by University of Florida counseling psychologist Paul Schauble, preliminary results show hypnotized patients with hypertension are more easily able to make lifestyle improvements that can lower blood pressure.

IMMUNE SYSTEM STRENGTHENING:

Hypnosis strengthens the disease-fighting capacity of two types of immune cells, reports Patricia Ruzyla-Smith and her co-workers at Washington State University in Pullman. Thirty-three college students who achieved a Hypnotic trance easily and 32 students who had great difficulty doing so were recruited for the study. Students who underwent Hypnosis displayed larger jumps in two important classes of white blood cells than participants who received relaxation or no method. The greatest immune enhancement occurred among highly Hypnotizable students in the Hypnosis group.

IMPOTENCE:

"In a controlled study of 79 men with impotence from no known organic cause, only hypnosis proved more effective than a placebo, boosting sexual function by 80 percent."
Source: British Journal of Urology

INFERTILITY

A recent Israeli study showed that the success rate of IVF treatments doubled in his test group from 14% to 28%, when the subjects underwent hypnosis during implantation. Professor Eliahu Levitas conducted this study with 185 women. Read [some of his findings on hypnosis for fertility](#).

Dr. Gayle Peterson has developed a technique called Body-Centered Hypnosis. Dr. Peterson has found that high anxiety states in the mother must be reduced in order to normalize pregnancy and birth. She cites several research studies that suggest a positive link between fertility and treatments based on hypnosis. She is a pioneer in the field of mind/body states and their effects on fertility, pregnancy and birthing. Click here to Read [Dr. Peterson's article on fertility and depression](#). To read more about Dr. Peterson and her work, [Click here](#).

INTESTINAL CONDITIONS:

Studies also show that hypnosis is 85% effective in treating Irritable Bowel Syndrome. Harvard, Yale, Columbia , Stanford and Blue Shield of California have published many studies on the efficacy of hypnosis in medicine.

"A study of 250 IBS patients that measured improvement in gastrointestinal symptoms, quality of life, anxiety and depression showed strong statistical differences due to the use of hypnosis. The study concluded that not only is hypnosis an effective treatment for IBS, it is more cost-effective and empowering for patients." *Source: American Journal of*

MENOPAUSE:

2008-Baylor Study Finds Hypnotic Relaxation Therapy Minimizes Hot Flashes-According to *The Journal of Clinical Oncology*. The study validates that this type of treatment is effective in decreasing hot flashes said Dr. Gary Elkins professor of psychology and neuroscience at Baylor, "There is a real need to study emerging mind-body interactions to treat these ailments because many times medications are not an option."

SURGERY:

"A controlled study of 32 coronary bypass patients showed that those taught self-hypnosis pre-operatively were more relaxed after surgery and had less need for pain medication."

Source: *Journal of Cardiovascular Surgery*

PAIN:

"A meta-analysis of 18 studies demonstrated that hypnosis relieved pain in 75% of the people studied." Source: *International Journal of Clinical and Experimental Hypnosis*

"Hypnosis is proven to be an effective intervention for alleviating chronic pain." Source: *National Institute of Health*

Since 1992, we have used hypnosis routinely in more than 1400 patients undergoing surgery. We found that hypnosis used with patients as an adjunct to conscious sedation and local anesthesia was associated with improved intraoperative patient comfort, and with reduced anxiety, pain, intraoperative requirements for anxiolytic and analgesic drugs, optimal surgical conditions and a faster recovery of the patient. We reported our clinical experience and our fundamental research.

[Hypnosis and its application in surgery] Faymonville ME, Defechereux T, Joris J, Adant JP, Hamoir E, Meurisse M, Service d'Anesthesie-Reanimation, Universite de Liege, *Rev Med Liege*. 1998 Jul;53(7):414-8.

In a neurochemical study of Hypnotic control of pain conducted by Domangue (1985), patients suffering arthritic pain showed a correlation among levels of pain, anxiety and depression. Anxiety and depression were inversely related to plasma norepinephrine levels. Depression was correlated with dopamine levels and negatively correlated with levels of serotonin and beta endorphin. Following Hypnotherapy, there were clinically and statistically significant decreases in depression, anxiety and pain, and increases in beta endorphin-like substances.

MIGRAINE& HEADACHE PAIN:

Evidence accumulated to date suggests that a number of Hypnotherapeutic approaches are highly effective in the treatment of patients with chronic migraine headaches. Although no one Hypnotherapeutic technique has been demonstrated to be most effective, all the methods appear to be superior to a standard treatment relying on pharmacological approaches alone.

Hypnosis Reduces Pain of Headaches and Anxiety

The improvement was confirmed by the subjective evaluation data gathered with the use of a questionnaire and by a significant reduction in anxiety scores.

Melis PM, Rooimans W, Spierings EL, Hoogduin CA, Treatment of chronic tension-type headache with hypnotherapy: a single-blind time controlled study. *Headache* 1991; 31(10): 686-9.

SKIN CONDITIONS:

"Hypnosis helps treat a wide range of skin conditions including dermatitis, eczema, psoriasis, rosacea and warts." *Source: Self-Healing 2004*

SPORTS

In a 1979 research study by Jackson, subjects with Hypnotic ability were shown to improve their aerobic performance significantly in response to post Hypnotic suggestion. In addition, subjects with high Hypnotic susceptibility significantly improved their performance in physical exercise using post Hypnotic suggestion.

SURGERY:

"20 controlled studies found that patients who received hypnosis before or during surgery fared better than 89% of patients in control groups."

Source: Anesthesia & Analgesia

Blue Cross/Blue Shield of California researched the use of hypnosis and guided imagery prior to surgery and show a \$2000 savings because of less medication, less nausea and vomiting, less pain and out of the hospital sooner.

Adjunctive Non-Pharmacological Analgesia (including hypnosis) for invasive medical procedures. 241 patients having invasive percutaneous vascular and kidney procedures. The study concluded that hypnosis was definitely the superior method to assist patients with pain and anxiety control during invasive medical procedures. Dr. Lang believes using non-pharmacological analgesia should benefit at least 8 million patients annually in the US. Dr. Lang is currently conducting a study resulting from a grant from NCCAM. *Lancet*, April

WEIGHT RELEASE AND MANAGEMENT:

Dateline NBC reported the amazing results of Hypnosis for weight loss during their 10 month Ultimate Weight Loss Challenge in 2003-2004 and Harvard Medical School said, "the program changed many minds."

Hypnosis Over 30 Times as Effective for Weight Loss

Investigated the effects of hypnosis in weight loss for 60 females, at least 20% overweight. Treatment included group hypnosis with metaphors for ego-strengthening, decision making and motivation, ideomotor exploration in individual hypnosis, and group hypnosis with maintenance suggestions. Hypnosis was more effective than a control group: an average of 17 lbs lost by the hypnosis group vs. an average of 0.5 lbs lost by the control group, on follow-up.

Cochrane, Gordon; Friesen, J. (1986). Hypnotherapy in weight loss treatment. Journal of Consulting and Clinical Psychology, 54, 489-492.

Hypnosis Subjects Lost More Weight Than 90% of Others and Kept it Off. Researchers analyzed 18 studies comparing a cognitive behavioral therapy such as relaxation training, guided imagery, self monitoring, or goal setting with the same therapy supplemented by hypnosis.

Those who received the hypnosis lost more weight than 90 percent of those not receiving hypnosis and maintained the weight loss two years after treatment ended.

University of Connecticut, Storrs Allison DB, Faith MS. Hypnosis as an adjunct to cognitive-behavioral psychotherapy for obesity: a meta-analytic reappraisal. J Consult Clin Psychol. 1996;64(3):513-516.

MENTAL/EMOTIONAL ISSUES:

ANXIETY:

In a report by David Spiegel in the Harvard Mental Health Letter, the research was cited that Hypnosis methods have been used successfully for anxiety associated with medical procedures.

Two hundred forty-one patients who were undergoing percutaneous vascular and renal procedures were randomly tested on three testing regimens, one of which was Hypnosis. Patients rated their pain and anxiety on 1-10 scales before, every 15 minutes during, and after the procedures. Pain remained flat over the duration of procedure time in the Hypnosis group; pain increased linearly with procedure time in both other groups. Anxiety decreased over time in all three groups; the sharpest decrease was in the group that was hypnotized. Procedure times were significantly shorter in the Hypnosis group. In addition, Hypnosis showed itself to be superior in improving hemodynamic stability.

18 separate studies found that patients who received cognitive behavioral therapy plus hypnosis for disorders such as obesity, insomnia, anxiety and hypertension showed greater improvement than 70 percent of the patients who received psychotherapy alone.

London , U.K (PRWEB) November 25, 2004 -- Aspiring managers from a wide range of disciplines; business coaches, change managers, sales managers and account directors to accountants and actuaries attend hypnotic influence master-classes each year. It's a way of adding to their communications 'tool kit' and building on their intuitive and creative skills.

"We find that for psychoanalysis we can expect a recovery rate of 38% after approximately 600 sessions. For Wolpian therapy, we can expect a recovery rate of 72% after an average of 22 sessions, and for hypnotherapy we can expect a recovery rate of 93% after an average of 6 sessions." Review of Prior studies by Alfred Barrios – 1960's

DEPRESSION:

In a neurochemical study of Hypnotic control of pain conducted by Domangue (1985), patients suffering arthritic pain showed a correlation among levels of pain, anxiety and depression. Anxiety and depression were inversely related to plasma norepinephrine levels. Depression was correlated with dopamine levels and negatively correlated with levels of serotonin and beta endorphin. Following Hypnotherapy, there were clinically and statistically significant decreases in depression, anxiety and pain, and increases in beta endorphin-like substances.

DRUG & ALCOHOL ADDICTION:

Hypnosis For Cocaine Addiction Documented Case Study

Hypnosis was successfully used to overcome a \$500 (five grams) per day cocaine addiction. The subject was a female in her twenties. After approximately 8 months of addiction, she decided to use hypnosis in an attempt to overcome the addiction itself. Over the next 4 months, she used hypnosis three times a day and at the end of this period, her addiction was broken, and she has been drug free for the past 9 years. Hypnosis was the only intervention, and no support network of any kind was available. The use of hypnosis in cocaine addiction. Page RA, Handley GW, Ohio State University, Lima, OH USA 45804. American Journal of Clinical Hypnosis, 1993 Oct;36(2):120-3.

In a research study on Self-hypnosis for relapse prevention training with chronic drug/alcohol users, (Am J Clin Hypn. 2004 Apr;46(4):281-97), individuals who played self-hypnosis audiotapes "at least 3 to 5 times a week," at 7-week follow-up, reported the highest levels of self-esteem and serenity, and the least anger/impulsivity, in comparison to the minimal-practice and control groups.

Significantly More Methadone Addicts Quit with Hypnosis. 94% Remained Narcotic Free. Significant differences were found on all measures. The experimental group had significantly less discomfort and illicit drug use, and a significantly greater amount of cessation. At six month follow up, 94% of the subjects in the experimental group who had achieved cessation remained narcotic free.

A comparative study of hypnotherapy and psychotherapy in the treatment of methadone addicts. Manganiello AJ, American Journal of Clinical Hypnosis, 1984; 26(4): 273-9.

Hypnosis Shows 77 Percent Success Rate for Drug Addiction. Treatment has been used with 18 clients over the last 7 years and has shown a 77 percent success rate for at least a 1-year follow-up. 15 were being seen for alcoholism or alcohol abuse, 2 clients were being seen for cocaine addiction, and 1 client had a marijuana addiction
Intensive Therapy: Utilizing Hypnosis in the Treatment of Substance Abuse Disorders. Potter, Greg, American Journal of Clinical Hypnosis, Jul 2004.

TOBACCO ADDICTION:

90.6% Success Rate for Smoking Cessation Using Hypnosis

Of 43 consecutive patients undergoing this treatment protocol, 39 reported remaining abstinent from tobacco use at follow-up (6 months to 3 years post-treatment). This represents a 90.6% success rate using hypnosis.

University of Washington School of Medicine, Depts. of Anesthesiology and Rehabilitation Medicine, Int J Clin Exp Hypn. 2001 Jul;49(3):257-66. Barber J.

87% Reported Abstinence From Tobacco Use With Hypnosis. A field study of 93 male and 93 female CMHC outpatients examined the facilitation of smoking cessation by using hypnosis. At 3-month follow-up, 86% of the men and 87% of the women reported continued abstinence from the use of tobacco using hypnosis.

Performance by gender in a stop-smoking program combining hypnosis and aversion. Johnson DL, Karkut RT. Adkar Associates, Inc., Bloomington, Indiana. Psychol Rep. 1994 Oct;75(2):851-7.

PMID: 7862796 [PubMed - indexed for MEDLINE]

PHOBIC REACTIONS:

In a report by David Spiegel in the Harvard Mental Health Letter, the following research was cited: One seven-year study showed that 50% of patients afraid of flying were improved or cured after Hypnosis treatment for a fear of flying.

SELF-ESTEEM & SELF-CONFIDENCE:

In a research study done with 60 college student volunteers (Spring of 2004 at Northern Arizona University, Flagstaff, Arizona), using hypnosis with ego-enhancement suggestions showed "significantly dramatic effects" in brain-wave patterns, subjective sense of self-confidence, and test scores.

Raised Self-esteem & Serenity. Lowered Impulsivity and Anger In a research study on self-hypnosis for relapse prevention training with chronic drug/alcohol users.

Participants were 261 veterans admitted to Substance Abuse Residential Rehabilitation Treatment Programs (SARRTPs). individuals who used repeated self-hypnosis "at least 3 to 5 times a week," at 7-week follow-up, reported the highest levels of self-esteem and

serenity, and the least anger/impulsivity, in comparison to the minimal-practice and control groups.

American Journal of Clinical Hypnotherapy (a publication of the American Psychological Association)

2004 Apr;46(4):281-97)

STRESS:

A study being done by a team of University of Florida researchers is finding that learning self-hypnosis gives a patient greater control over the stress, anxiety and pain of medical operations and childbirth, overall. "Training patients in hypnosis prior to undergoing surgery is a way of helping them develop a sense of control over their stress, discomfort and anxiety," says Dr. Paul Schauble, psychologist. "It also helps them better understand what they can do to bring about a more satisfying and rapid recovery." He also said, "We've found, in working with individual patients, that they often feel literally stripped of control when they go into the hospital. The surgeon may do a good job of explaining the surgery, but patients' anxiety may make it difficult for them to absorb or comprehend. This can result in undue apprehension that can create complications or prolonged recovery."

Andrew Weil, MD an internationally recognized physician and expert on mind body interactions and integrative medicine said; "A person with a digestive problem or a skin problem can be assisted through hypnotherapy, because around 85% of this type of problem is stress related."

Hypnosis is one of the best stress management techniques available according to the National Institutes of Health (NIH).

Kuttner (1988) found that a Hypnotic approach emphasizing storytelling and imagery was significantly more effective than behavioral techniques or standard medical practice in alleviating distress during bone marrow aspirations in young children with leukemia.