

Some Applications of Hypnotherapy

In addition to its value in treating performance issues in academics, sales, and sports, stress relief, substance misuse, fears and phobias, eating disorders and smoking cessation, hypnotherapy has been found to offer positive support in many areas such as:

Gastrointestinal Disorders (Ulcers, Irritable Bowel Syndrome, Colitis, Crohn's Disease);

Dermatologic Disorders (Eczema, Herpes, Neurodermatitis, Pruritus [itching], Psoriasis, Warts);

Fears, Phobias, Anxiety, and Stress Management

Acute and Chronic Pain (back pain, cancer pain, headaches and migraines, arthritis or rheumatism);

Childbirth: Eliminating the risks that medications can pose to both the mother and child;

Allergies, asthma

High blood pressure (hypertension)

PNI or Psychoneuroimmunology, cf. page one.

In addition to the above spectrum of uses of hypnotherapy, it is important to remember the following: The therapist makes the physical and mental well-being of each client a prime consideration. Therapists neither diagnose nor prescribe medications. Likewise, they will withhold non-referred hypnotic services if a client's behavior, appearance or statements would lead a reasonable person to believe that the client should be evaluated by a health care professional. Lastly, they maintain records of treatment and client information as confidential documents not to be released in any form to third parties without the client's signed approval.