

Summary Highlights
Mayo Clinic Review, April 2005
“Hypnosis in Contemporary Medicine”

- Despite substantial variation in techniques among the numerous reports, patients treated with hypnosis experienced substantial benefits for many different medical conditions.
- Hypnosis has been associated with significant reduction in both pain and flare reactions... superior to placebo for acute pain and at times superior to pain relief achieved by other means... also a viable option for chronic pain.
- Hypnosis prevents pharmacological unconsciousness, allows patient participation, and may allow a faster recovery and a shorter hospital stay. The report supports the multiple benefits of hypnosis as an adjunct to conscious sedation for many types of surgery.
- The use of Hypnosis in Dermatology supports its value for many skins conditions not believed to be under conscious control.
- Positive results in Gastroenterology Hypnosis reveals significant improvements in well being, short- and long-term symptoms, reduction in absenteeism from work, fewer physician visits compared with treatment with medication.
- Patients in the Preoperative State and in the Emergency Department are alleged to be in a highly receptive hypnotic-like state highly receptive to positive assertions. Along with deleterious effects of this awareness, positive suggestion emphasizing comfort, safety, and success should be “an integral part” of Surgical and Obstetrical care. Awareness under anesthesia can affect postoperative course.
- Hypnosis used alone or in combination for anesthesia has reported patients with no complications, and ability for them to leave immediately after some procedures.
- Significant improved healing from Surgery and Injury, specifically but not limited to swelling, less blood loss and directed flow, decreased anxiety and blood pressure, shorter hospital duration and recovery, fewer complaints and less need for specialized attention, regular sleep cycles, reduced postoperative nausea and vomiting, reduced need for analgesics.
- Hypnosis significantly decreased need for transfusions in Hematology cases.
- Chronic tension headaches experienced a significant reduction in the number, duration, and intensity of headaches.
- In Oncology, hypnosis reduced common adverse effects of chemotherapy, less pain in bone marrow transplantation, increased duration of survival.
- Chronic Tinnitus improved significantly in the majority of disturbing symptoms.
- Pulmonary Medicine reflected studies of asthmatic patients reporting “excellent” results including less use of bronchodilators, symptom free and discontinued medication, decreased rates of hospital admissions and length of stay, ventilator reduction when other techniques had failed.
- In Rheumatology, patients with refractory fibromyalgia obtained significant improvements including morning fatigue, sleep, muscle pain, overall assessment, use of pain medications, all with persisting results.