

Yes, Hypnosis Works.

Inner Center LLC.
www.innercenter.org

“The acceptance of hypnosis as a mode of treatment is increasing as a result of careful, methodological, empirical work of many research pioneers... These trials have established the utility and efficacy of hypnosis for several medical conditions either alone or as part of the treatment regimen.”

Stewart J (2005) Hypnosis in contemporary medicine, Mayo Clinical Proceedings 80 (4) 511-524



Neurology

Hypnosis resulted in a significant reduction in **number, duration, and intensity** of headaches

Melis PM, Roomans W, Spierings EL, Hoogduin CA (1991) Treatment of chronic tension-type headache with hypnotherapy: a single-blind time controlled study. *Headache*. 1991; 31: 686-689



Pain Relief

Considerable pain relief using hypnosis has been achieved in **numerous** clinical studies

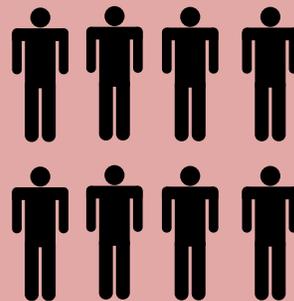
Stewart J (2005) Hypnosis in contemporary medicine, Mayo Clinical Proceedings 80 (4) 511-524

Smoking Cessation

3x more effective than the **patch**

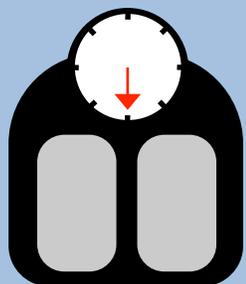
15x more effective than **willpower**

A meta-analytic comparison of the effectiveness of smoking cessation methods. Viswesvaran C, Schmidt FL, *Journal of Applied Psychology* (1992) 77(4) 554-61



Group hypnosis sessions **more effective** for cessation than drug interventions

Ahijevych K, Yerardi R, Nedilsky N., (2000) Descriptive outcomes of the American Lung Association of Ohio hypnotherapy smoking cessation program, *Int. J Clin Exp Hypn*,48(4): 374-87



Getting Slimmer

An average of **17 lbs.** was lost by the **hypnosis group** vs. an average of **0.5 lbs.** was lost by the control group

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

Irritable Bowel Syndrome

Hypnosis for IBS has been extensively studied and has shown **significant** benefits and **lasting** remission

Whorwell PJ, Prior A, Faragher EB. (1984) Controlled trial of hypnotherapy in the treatment of severe refractory irritable-bowel syndrome. *Lancet*. 1984; 2: 1232-1234

Surgical Recovery



The use of targeted hypnotic intervention **significantly accelerates** postoperative wound healing

Ginandes C, Brooks P, Sando W, Jones C (2003) Can medical hypnosis accelerate post-surgical wound healing? Results of a clinical trial. *Am J Clin Hypn* 45(4): 333-51

Healing Bone Fractures



Hypnosis resulted in significantly **faster** healing, **diminished** pain, and **increased** mobility and functionality

Ginandes CS, Rosenthal DI, (1999) Using hypnosis to accelerate the healing of bone fractures: a randomized controlled pilot study. *Altern Ther Health Med* 5(2) 67-75