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# Clinical Hypnosis on Pain Management Programme

## Pain Management



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## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [patient.advice@asph.nhs.uk](mailto:patient.advice@asph.nhs.uk). If you remain concerned, the team can also advise upon how to make a formal complaint.

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Lynn S, Kirsch I, Essentials Clinical Hypnosis, Evidence based approach, 2011, American Psychological Association, Washington.

Raz A, Hypnosis and Neuroscience, Archive of General Psychiatry, 2002, 59;85-90

Erikson M, Hypnotherapy, 1967, Chapter 2, Indirect forms of suggestion, Irvington, New York.

## Links to NHS Choice and NICE

[www.nhs.uk/conditions/hypnotherapy/Pages/Introduction.aspx](http://www.nhs.uk/conditions/hypnotherapy/Pages/Introduction.aspx)

<https://www.evidence.nhs.uk/Search?q=Hypnosis>

# Clinical Hypnosis on Pain Management Programme

**Clinical Hypnosis is a therapeutic technique that can be used by a trained health care professional to enhance the care given to patients and achieve agreed goals as part of a multi-modal biopsychosocial approach.**

## Clinical hypnosis

Clinical Hypnosis is not the same as hypnotherapy or hypnosis seen on stage. Clinical Hypnosis is carried out by a health care professional; a registered nurse, doctor, psychotherapist, psychologist or dentist.

Chronic Pain is a condition that affects patients physically, psychologically and socially. Clinical Hypnosis may be offered to patients during or on completion of Pain Management Programme, as individually appropriate, as an adjunctive procedure.

It may be used to:

- Improve motivation self-confidence and self-esteem (Ego strengthening)
- Enhance relaxation
- Help with fear of movement

- Help with anxiety about treatment procedures
- Change the experience of musculoskeletal, visceral, pelvic and IBS pain
- Relieve muscle tension
- Promote improvement in Bruxism

For the use of clinical hypnosis with chronic pain patients during or on completion of Pain Management Programme, a definition based on Kirsch 1994 and adopted by the American Psychological Association is used:

**Clinical hypnosis is a procedure during which a healthcare professional suggests that a patient experience changes in sensation, perception, thoughts or behaviour. The decision to use hypnosis as an adjunct to treatment will be made in consultation with a qualified health care professional who has been trained in the use and limitations of clinical hypnosis.**

With regard to issues of control, or manipulation of an individual:

A person who has Clinical Hypnosis typically remains aware of who they are, where they are and what has transpired. It makes it easier to experience and act on suggestions but does not force people to have experiences (Kirsch Essentials of Clinical Hypnosis, p4).

Erikson (1967) explains that hypnosis is not about telling the patient what to do: Indirect suggestions evoke a series of internal responses facilitating what the patient is already capable of doing.

### **Key commitments:**

The health care professional will not treat any condition with hypnosis that they are not qualified to treat without hypnosis.

The procedure will be fully explained in discussion with the patient in order for informed verbal consent to be given in line with Trust guidelines.

Informed verbal consent will be required and 'Ideomotor signalling' will be used to ensure that consent is continuing during hypnosis. 'Ideomotor signalling' is an agreed signal to be used by the subject under hypnosis, usually to indicate a yes or no response.

The health care professional using clinical hypnosis will be a member of British Society of Clinical and Academic Hypnosis.