

Hypnosis for Managing Symptoms

“During hypnosis, the conscious part of the brain is temporarily tuned out as the person focuses on relaxation and lets go of distracting thoughts.”¹

Self hypnosis skills can help you be less aware of pain messages, slow racing or obsessive thoughts, lower anxiety and help you relax your entire body. Many psychologists teach individuals and groups how to fine tune self hypnosis for their specific conditions. There are also several self help books on hypnosis. As with other skills, the more you practice hypnosis, the greater relief you will get.

Inductions are things you do to start a hypnosis session. They often use a focal point which can be inside your mind if your eyes are closed or a physical point such a particular spot on a wall, ceiling or floor if your eyes are open. An object, photo or artwork can also be a focal point for induction.

Self hypnosis is a great tool that you can use anywhere for a minute or two, or for longer when you have the time.

In Ontario you can sometimes find a doctor who is a member of the GPPA the General Practitioners Psychotherapy Association under OHIP who have special training in hypnosis. Some extended health insurance benefit packages also cover hypnosis. Check it out.

¹ WebMed “Hypnosis, Meditation, and Relaxation For Pain Treatment” Available: <http://www.webmd.com/pain-management/hypnosis-meditation-and-relaxation-for-pain-treatment>