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Complementary Therapies

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HYPNOSIS



[\(https://www.elpradopsicologos.es/terapia/hipnosis/\)](https://www.elpradopsicologos.es/terapia/hipnosis/)

INTRODUCTION

At this academic report today, I will introduce you to the world of complementary therapies. The report will be based on one CAM which I found as the most interesting for my research. How you see from my first page I will be talk and analyse Hypnosis. At the fist part you will face an overview of CAMs. Next lines will be focused on everything from history to recommendation specially for Hypnosis, and how this complementary therapy help and still helping till present day.

Complementary and alternative medicines or shortly CAMs. That support the prevalent healthcare. The US National Center for Complementary and Integrative Health use this for definition: short

- “When a non-mainstream practice is used instead of conventional medicine, it's considered “alternative”.”
- “When a non-mainstream practice is used together with conventional medicine, it's considered “complementary”.”

Short example to make you more clear what you will face reading this academic report:

Acupuncture

Herbal medicine

Homeopathy

Chiropractic

Osteopathy and n.t. (NHS, 2021)

We all know the conventional medicine are regulated by law, and all professionals are highly educated. What my research has led me to is that only two of the CAMs are regulated in the same way as the conventional, and they are osteopathy and chiropractic.

“There's no statutory professional regulation of any other CAM practitioners.” (NHS, 2021)

This means that everyone can practice these treatments even without any qualifications. Which in my view of things makes it a bit risky.

HISTORY of Hypnosis

The history of hypnosis start back in 18th century when the German physician Franz Mesmer introduced mesmerism. His belief where the balance between the magnetic of human body and animal magnetism.

The idea was rejected after only a decade as it dose not have scientific base. However, many clinicians were impress by many relevant researches showed that Mesmer cured many of his patient symptoms.

In the mid 19th century physician from Austria, Josef Breuer's got all the eyes on his clinical project which include patient called Anna. Which suffered from hysteria. With the hypnosis to initiate Anna's childhood emotions. To reduce the symptoms that she have.

In the late 20th century the American Psychological Association set up 30 Society of Psychological Hypnosis. Since this days hypnosis was been accepted and rigorously overviewed. (Dr. Kotera, 2018)

USES of Hypnosis

At this academic report I will focus on the very interesting facts of how the hypnosis can be used. The most interesting to me during my research was that the hypnosis can be very helpful in criminal investigation specially when the person is saying that have lost memory during accident.

The author believes that the hypnosis can be very useful at criminal investigation and memory loss.

On another hand the author disagrees with his belief as during the time he realised that some individual can lie that they are under hypnosis. Also some individuals cannot go under hypnosis, specially if the person does not want to go in deep Hypnosis. For this I can call it treatment needs 100% collaboration. For the final result to see successes. (Orne, 2008, 311-341)

“A number of minimal safeguards are proposed to reduce the likelihood of such an eventuality and other serious potential abuses of hypnosis.” (Orne, 2008, 311-341)

Next but not less interesting is how the hypnosis can help cancer patients.

Diane Zemberoff posted an article about how the hypnotherapy have been successfully reflected on cancer patients. The therapy by itself can not cure them, but the relaxation and the pain relief that the patients are saying that they are having after the sessions with

their therapist. Clinical hypnosis in cancer cases provides symptom reduction as well, such as pain and anxiety.

The technique that have been used is to add positive mental pictures of a strong army of white blood cells (the killer of the cancer).

“One 10-year follow-up study involving 86 women with cancer showed that a year of weekly “supportive/ expressive” group therapy significantly increased survival duration and time from recurrence to death. Postoperative complications and hospitalisations for the hypnotic intervention group are significantly shorter than the norm.” (Zimberoff, 2014)

The hypnosis is showing effectiveness with the vomiting after chemotherapy at humans under age of 18 years, who suffers from cancer. (Zimberoff, 2014)



<https://web.wellness-institute.org/blog/bid/399323/the-use-of-hypnosis-in-treating-cancer>

EFFICACY & CONTRAINDICATIONS

of Hypnosis

So far in my research I faced only positive review in hypnosis therapy, but my eyes stopped on very interesting article about the contraindications and the dangers of the hypnosis.

Here is now what few sciences of Iran where discovered with their research.

What they are saying is that 1% of the patients suffering from psychological disorder used the hypnosis can bring complications for the person. The most common side effect is that the anxiety can change it very fast in a bad way. Most common for this anxiety is that some people are is cared of losing control of their own bodies. (Tahmasbyan, Roshani, Saeidipour, Hosseini, 2014, pp. 18-20)

“Harvard Group Scale of 5% and 29% of the scale, followed by Stanford bunny - Cute about hypnosis, hypnosis have reported experiences after a brief transient. The most commonly reported experience is: Dirt nap and sleep - cognitive distortions and confusion - nausea.” (Tahmasbyan, Roshani, Saeidipour, Hosseini, 2014, pp. 18-20)

However, the statistics dose not show that big precent of how dangerous is the treatment by it self, but long time ago I watched

documentary movie do not remember the name as it was long time ago. You will ask why I mention this right now.

So the movie was exactly of how people who are suffering from depression are using the time of therapy to relax and go just for sometime is very nice place. The person who was practising hypnosis where very popular with his job and how is making the people feels after the sessions with him, but what he was doing to this people when they where under his control where more than brutal (sexual abuse) that how he was using his patient. This movie changed my might of trying to use this specific complementary therapy as I am also suffering from anxiety and panic attacks.

Not all researches are end with negative conclusion. Most of the results are showing that the hypnosis are technique that can help patients even with irritable bowel problems. The number of the people at this analyses 464 people. The meta analyses are showing that the people involved during their intervention where showing less pain. So the effectiveness of hypnosis at this specific problem , can be told as successful. (Hauser, Hagl, Schmierer, Hansen, 2016 pp. 289-296)

“The efficacy and safety of hypnotic techniques in somatic medicine, known as medical hypnosis, have not been supported to date by adequate scientific evidence.” (Hauser, Hagl, Schmierer, Hansen, 2016 pp. 289-296)

SELF-REGULATORY SYSTEM

of Hypnosis

Next is to see how the regulations and the system are working. I will also evaluate the statutory of hypnosis.

Hypnosis applies and open in children ability to focus. Him or her to be help beeping understand the imaginations that he children are having It can be incorporated into all clinical encounters, increasing therapeutic rapport, the young person's self-esteem, and efficiency. (Sugarman, 1996)

The UK voluntary regulator for hypnotherapy is the Complementary and Natural Healthcare Council (CNHC).

However , CNHC are also regulating many other complementary therapies such as:reflexology, aromatherapy and indeed, hypnotherapy. To work as a volunteer specially at this area of complementary therapies you should definitely be a member of this associations GHR, BIH, FHT, NCH, BHSC, etc.

CNHC as it self do not have specialists dealing with this type of therapies , that is why they are working and being supported by Profession Specific Boards (PSBs).

This institution (PSBs) are having the role to control the regulations and the membership of every each one.(Hipnotc, 2022)

ETHICAL CONSIDERATION

of Hypnosis

Start since 18th century and still being one of the most fast growing therapeutic (hypnosis). Faced many challenges and criticism during the past, but at the present days become very popular around the children. All the ethical and principals lead hypnosis to increase the interesting of knowing more about this therapy more and more often specially when our children are involved.

‘The Ethics Code of the American Psychological Association ([APA, 2002](#)) and the Code of Conduct of the American Society of Clinical Hypnosis ([ASCH, 2000](#)) serve as guides to ethical considerations when treating children.’

From developmental and practical view, the children have less mental decision capacity that is why at this specific stage of our life span hypnosis are most effective.

One of the most important ethical consideration involved children using hypnosis have few very strict rules , such as: competence, supervision, informed consent, confidentiality, and boundaries. (Etzrodt, 2013)

The wellbeing of the people using hypnotherapy, is protected by hypnotherapy services. Is governed by regulations which are underpinned by important ethical understandings. The standards

are made like a code of ethical conduct and performance. All members of NCH should complete all criteria that it need it to be able to practice hypnotherapy. (NCH, 2020)

RECOMMENDATIONS of Hypnosis

During everything I studied and heard from the members at my class during our presentations. Is that the complementary and alternative medicine are very popular. The advertising is high level special on some of them such as: massage, aroma therapy and n.t. and some very important which are do not know that much from some of the biggest % of the population. I am coming from very small East Europe country called Bulgaria and if you ask some one there about hypnosis they will tell you I have seen it at the movies. And this lead me to my final recommendation that I can give as a costumers of the complementary therapy and alternative medicine market.

To be present to more crops of people, different age and race. Some of the treatment to be payed from the governments for example the people who can not afford to pay for therapy such as: hypnosis, massages and acupuncture. For which are prove that can help relieve a lot of pain.

CONCLUSION

To summarise all the information that you read so far. I would say that the complementary and alternative therapies included the conventional medicine can made miracles and smile of the face of very ill people.

However, why I am saying this thats because is proven that the people at the past stage of their cancer life are using complementary therapy such as hypnotherapy and reduce the pain and see nice pictures of the world that is around all of them. Also children can the most easier patient at hypnosis and thanks to this the therapist can change a lot of the children life specially when the child is abused.

And for the final I will say that all the medicine, therapy are regulated by many organisations so people ask your GP for some different like physio therapy instead of surgery.

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