



Critical Review

“Treatment of severe anxiety and social phobia by hypnosis and neurolinguistic Programming - A case report”

Presentation

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POST GRADUATE DIPLOMA
NEURO COACH



Introduction

- Malik S., Mirza M., Ahmad F. & Malik A.
- “Treatment of severe anxiety and social phobia by hypnosis and neurolinguistic
- Programming - A case report”
- Annals of Psychophysiology journal in 2021



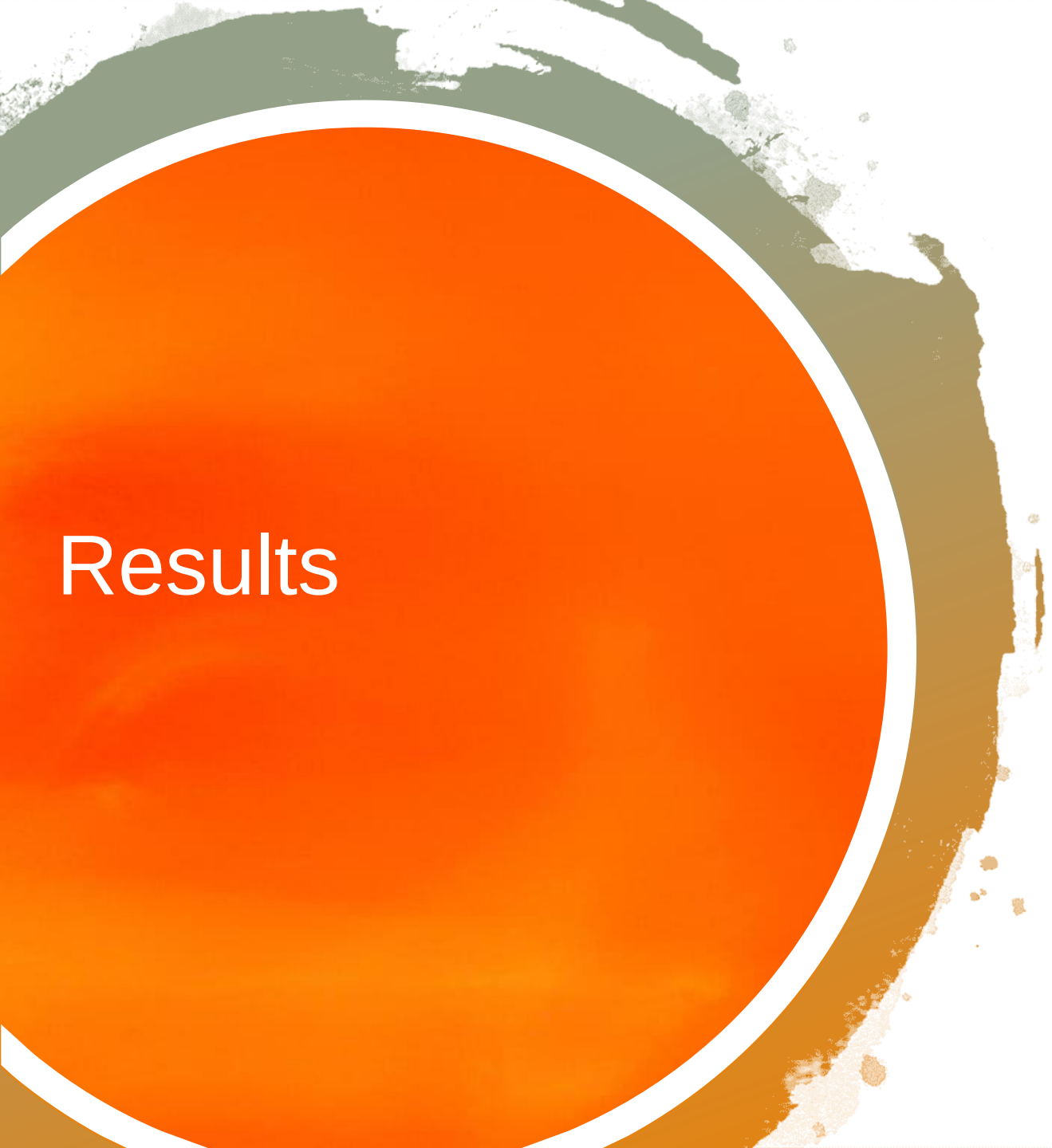
Definitions

- Hypnosis
- Anxiety disorders & phobias
- NLP
- Recovery



Methodology

- Methodology used:
Case report
- Study consisted of 2 sessions
- Assessment scales utilized:
DASS-21 scale and
Rosenberg Self-Esteem
Scale



Results

- Hypnosis and NLP effective for severe anxiety and social phobia.
- Patient showed 70% improvement.
- Medication was reduced.



Measures

- As measured by the DASS-21 scale, the symptoms decreased steadily.
- However, self-esteem initially fluctuated, showing a significant increase and then slightly declining.



Ethical consideration

- Ethical expertise
- Informed consent
- Consent details



Strengths

- Researcher's expertise in hypnosis and medicine for informed treatment decisions.
- Comprehensive patient background, treatment details, and outcomes.
- Inclusion of references to prior research for credibility.
- Economically viable



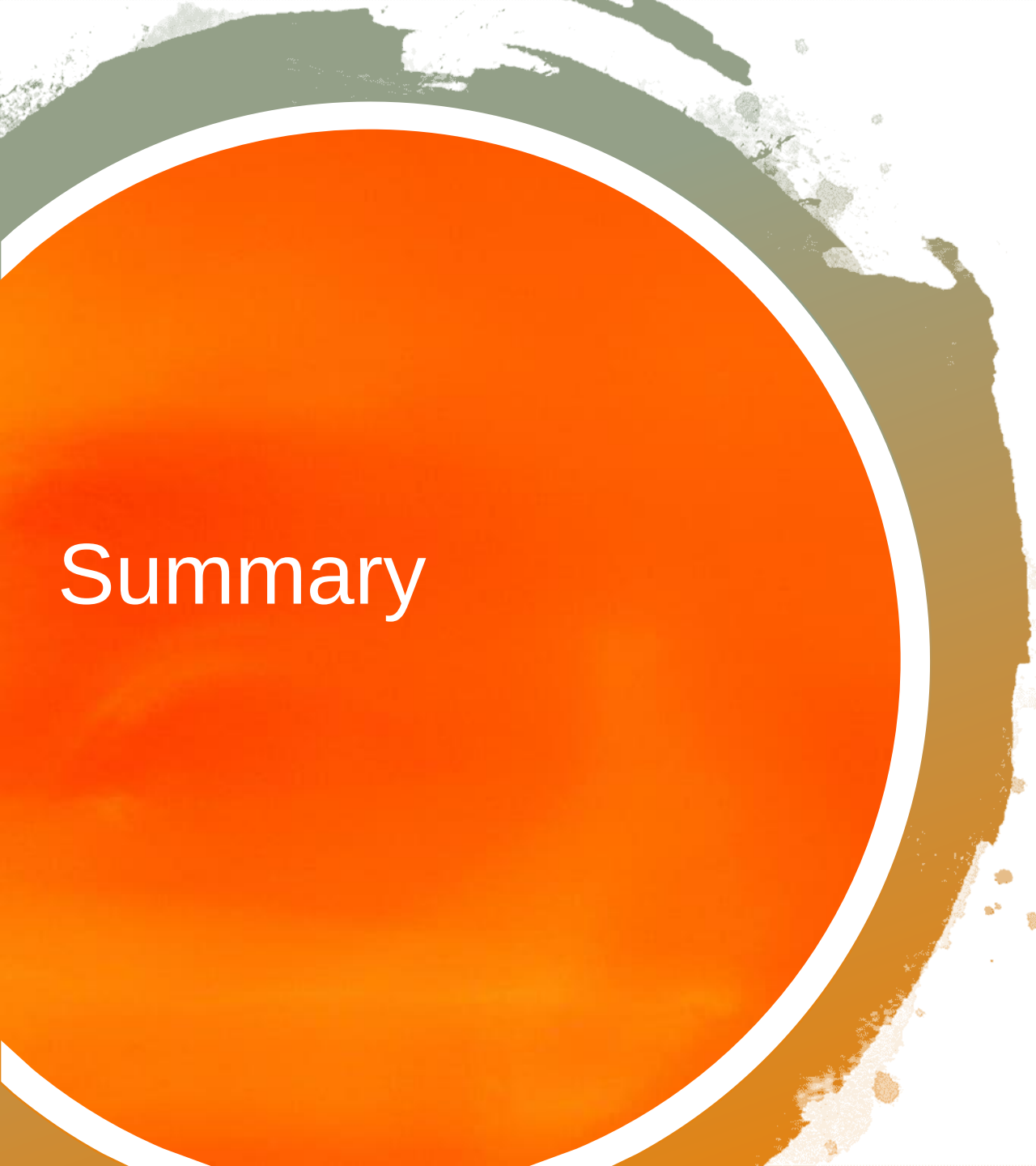
Weaknesses

- Medication's impact on outcomes unclear.
- Limited generalizability due to small sample size.
- Inadequate NLP definitions limit understanding.



Weaknesses continued

- Unclear explanation of how NLP interventions affects study reproducibility.
- Researchers' expertise in NLP is unspecified.
- Unclear relevance of the rat study to NLP and phobia triggers.



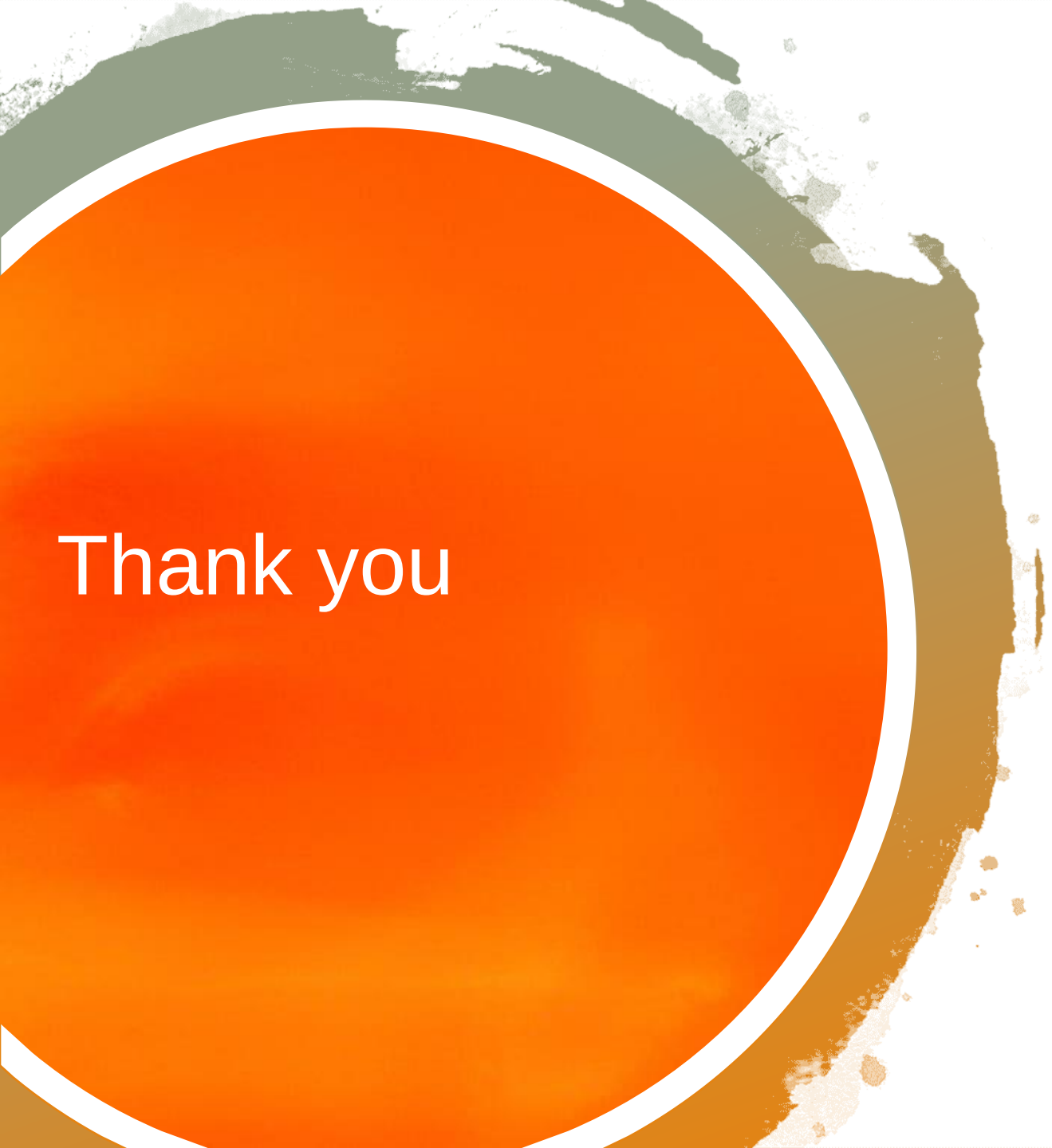
Summary

- Promising results for hypnotherapy and NLP combination in treating anxiety and social phobia.
- Consider research field limitations when interpreting results.
- Further high-quality research needed



References

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Thank you

- Questions and comments