

CONSULTANTS CORNER-*Published in - Hospital Newspaper NY  
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Certified Hypnotists in Hospital Settings  
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Introduction:

Although there is considerable scientific evidence that the medical application of hypnosis enhances the practice of medicine in hospitals, few of these institutions offer patients the benefits of this evidence-based modality.

One reason that hypnosis is not being used more widely is that there are myths, misconceptions, and confusion about what hypnosis really is. Many well-educated people still believe that hypnosis is hokey-pokey – more for the stage than a hospital.

Let's state the facts.

According to William Ray, a professor of psychology and Penn State hypnosis-researcher, more than 6,000 articles on the benefits of hypnosis have been published in medical and psychological journals since the 1950s.

Hypnosis *is* an enhanced state of focused attention in which people demonstrate significantly greater control over both mental and physical functions.

Hypnosis significantly reduces the stress of being sick or injured, as well as the frustration of being confined to a hospital room.

### The Hypnosis Professional

The modern day hypnosis professional is not a licensed health care professional or therapist, though there are doctors, nurses, dentists, and therapists who use hypnosis as an adjunctive therapy to help their patients.

Today, Certified Hypnotists (CHTs) are trained to educate and motivate their clients to learn how to unwind, relax, recharge, and develop attitudes that are conducive to changing unproductive behaviors, healing, and being more effective. Certified hypnosis practitioners use a wide variety of hypnotic approaches that can help people while they are fully alert, in control, and aware of everything going on. The formal inductions and the deep trances long associated with the practice of hypnosis are not necessary.

The practice of Hypnosis is a self-regulated, rather than a state-licensed, profession. Certified Hypnotists must meet the high educational standards set forth by professional boards of hypnosis certification organizations such as the International Medical and Dental Hypnotherapy Association and the National Guild of Hypnotists. These groups have been training and certifying hypnotists for decades.

## Applied Hypnosis

Research has documented the relationship between stress, emotion, and healing expectations and outcomes. Yet American hospitals rarely take advantage of this knowledge.

I recommend that your hospital add Certified Hypnosis practitioners to your staff.

Documented benefits of hypnosis include:

- \* Can help patients allay the fear and anxiety associated with hospital life.
- \* Reducing or eliminating chronic pain.
- \* Relieving pre-operative fear, thus reducing post-surgical pain and promoting healing.
- \* Relief of gastrointestinal disorders such as ulcers, irritable bowel syndrome, colitis, and Crohn's disease.
- \* Reducing or eliminating nausea and vomiting associated with chemotherapy and pregnancy.
- \* Hypnosis is also effective in helping to ease fears, tension, and pain during labor and delivery.
- \* Asthma, allergies, and many skin disorders are often responsive to hypnotic suggestion.
- \* Hypnosis has helped patients with Diabetes and Tinnitus.

## The Strategic Use of Hypnosis in Hospital Settings:

Doctors, nurses, and administrative staff working in US hospitals are generally tired and stressed. Their patients, also in pain and stressed, make it even more difficult to cope. These dynamics are a recipe for disaster - rather than for healing and recovery.

## A Solution

One does not have to be ill or injured to benefit from hypnosis.

I believe that the creative utilization of certified hypnosis practitioners in the hospital setting can help hospitals create a safer and healthier environment for their patients – by helping doctors, nurses, general staff, and administrators to unwind, recharge, and become more effective.

Certified hypnosis practitioners can organize and run in-house “creative stress management” programs and workshops that benefit doctors, nurses, and other employees and the patients they work with.

In closing, hospitals offering hypnotic services to patients and staff have the potential to improve every aspect of living or working in a hospital.

Note this article had a SIDE BAR which can be found Below my Bio:

Michael Ellner has distinguished himself as a Medical Hypnotist, hypnosis educator and social activist. His honors include Member of The National Institutes of Health (NIH) Complementary Therapies Working Group 1989-1992, Educator of the Year from the National Guild of Hypnotists (1995). In 1998, the European Commission (Project 97-2031) named Ellner one of the world’s leading experts in mind body healing, recommending him as University level instructor of healing with hypnosis for physicians and allied health care professionals. His new Practitioners Handbook for hypnosis professionals co-written with Alan Barsky, CHT, MH received the International Medical and Dental Hypnotherapy Associations' Pen and Quill Award for 2004. He is a Fellow of the International Medical & Dental Hypnotherapy Association and a member of its Advisory Board. For more information: [www.ellner.info](http://www.ellner.info)

SIDE BAR BELOW – PLEASE SCROLL DOWN...

SIDE BAR- Hypnotic modalities and services:

HypnoBirthing® - Marie F. Mongan

Marie ("Mickey") Mongan wrote the book on hypno-assisted birthing: "HypnoBirthing® - The Mongan Method". She trains and certifies hypnotherapists and obstetrical personnel from leading hospitals across the nation. HypnoBirthing is taught at Harvard Vanguard, Dartmouth and Yale Medical Center to name a few. [www.hypnobirthing.com](http://www.hypnobirthing.com)

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CHANGING PAIN- Daniel Cleary, C.Ht.

Dan Cleary developed this program based on his personal use of self-hypnosis in overcoming the intense chronic pain he was living with as the result of a catastrophic motorcycle accident. Deeply impressed by his own success Dan went on to study, practice and teach hypnosis. Dan has trained hundreds of hypnosis practitioners and medical professionals to use his approach to help their clients and patients reduce and eliminate pain. [www.danclearyhypnosis.com](http://www.danclearyhypnosis.com)

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Diabetes - Devin Hastings

As a hypnosis practitioner and Type II diabetic, Devin has used his hypnotic training and experience to pioneer new techniques of management for diabetes. His unique approach was published in Diabetes Interview, a leading diabetes journal. [www.MBH4U.com](http://www.MBH4U.com)

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IBS – Alan Barsky and Michael Ellner

Alan Barsky and I have developed an adjunctive, self-help protocol for reducing and relieving the symptoms of IBS. Many doctors endorse this program. [www.quantumfocusing.com](http://www.quantumfocusing.com) Special note:

Physicians interested in this protocol are welcome to email [alan@quantumfocusing.com](mailto:alan@quantumfocusing.com) for a free PDF of our protocol.

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Tinnitus - Kevin Hogan, PsyD

Dr Hogan is a hypnosis educator and former tinnitus sufferer. He has developed an adjunctive approach to helping people reduce and relieve the stress of Tinnitus. [www.kevinhogan.com](http://www.kevinhogan.com)

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Smoking Cessation and Weight Loss - Robert Otto

Robert Otto has helped thousands of people stop smoking and/or lose weight in his seminars. He is an ideal candidate for helping your hospital develop these types of programs.

[www.robertottohypnosis.com](http://www.robertottohypnosis.com)

Creative Stress Management / Weight Management / Smoking Cessation— Michael Ellner

I have developed a wide range of programs designed to help people learn how to relax, develop healthier behaviors and function at higher levels. I also teach certification programs in Medical Hypnosis and NLP. [www.Ellner.info](http://www.Ellner.info)

Recommended reading:

How To Get Unstuck! (By Ellner/Barsky). Offers readers an easy to learn Mental Martial Arts system filled with self-hypnosis, meditation and self-empowerment techniques for taking charge of their lives, health and careers.

[www.quantumfocusing.com](http://www.quantumfocusing.com)

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Hypnosis trainings:

Peter Blum ([www.soundsforhealing.com](http://www.soundsforhealing.com)), Carol Denicker ([www.northshorehypnosis.com](http://www.northshorehypnosis.com)), Melissa Teirs ([www.melissatiers.com](http://www.melissatiers.com)) and Dan Cleary ([www.danclearyhypnosis.com](http://www.danclearyhypnosis.com)) have extensive experience in training health care professionals in the use of hypnosis.

Certification Organizations:

The International Medical and Dental Hypnotherapy Association (IMDHA) [www.imdha.com](http://www.imdha.com)

The National Guild of Hypnotists (NGH) [www.ngh.net](http://www.ngh.net)

American Board of Hypnotherapy [abh@hypnosis.com](mailto:abh@hypnosis.com)

International Hypnosis Federation [IHF@cox.net](mailto:IHF@cox.net)