

Research: hypnosis and IBS

Hypnotherapy is one of the most successful treatment methods, giving 80+% success rate for abdominal pain and distension. It often results in assisting with other problems such as migraine and tension headaches. With patients who have severe chronic IBS, it was Hypnotherapy patients that showed dramatic improvement in all measures, and they maintained that improvement at a two year follow-up. (1)

Cognitive Behavioral Hypnotherapy in the Treatment of Irritable Bowel Syndrome–Induced Agoraphobia

There are a number of clinical studies and a body of research on the effectiveness of hypnotherapy in the treatment of irritable bowel syndrome (IBS). Likewise, there exists research demonstrating the efficacy of cognitive-behavioral therapy (CBT) in the treatment of IBS. However, there is little written about the integration of CBT and hypnotherapy in the treatment of IBS and a lack of clinical information about IBS-induced agoraphobia. This paper describes the etiology and treatment of IBS-induced agoraphobia. Cognitive, behavioral, and hypnotherapeutic techniques are integrated to provide an effective cognitive-behavioral hypnotherapy (CBH) treatment for IBS-induced agoraphobia. This CBH approach for treating IBS-induced agoraphobia is described and clinical data are reported. (2)

References:

(1) Whorwell P.J.; Prior A; Faragher E.B. (1988 & 1987). Whorwell, P.J., Prior, A. & Faragher, E.B. (1984). "Controlled Trial of Hypnotherapy in the Treatment of Severe Refractory Irritable-Bowel Syndrome." *Lancet*, pp. 1232-1234. Whorwell, P.J., Prior, A. & Colgan, S.M. (1987). "Hypnotherapy in Severe Irritable Bowel Syndrome: Further Experience." *Gut*, 28, 423-425.

(2) Golden W.L. (2000) *The International Journal of Clinical and Experimental Hypnosis*; Volume 55, Number 2 – April 2000