

Research: hypnosis and the treatment of warts

Prepubertal children respond to Hypnotherapy almost without exception, although adults sometimes do not. Clinically, many adults who fail to respond to hypnotherapy will heal with individual hypnoanalytic (combination of hypnotherapy and psychotherapy) techniques. By using hypnoanalysis on those who failed to respond to hypnotherapy, 33 of 41 (80%) consecutive patients were completely cured. Self-hypnosis was not used. (1)

There was a particularly interesting report of hypnosis used to treat a 7-year-old girl who had 82 common warts. The warts had been present for 12-18 months and were not amenable to any of the routine medical treatments. Hypnotic suggestions were given for the facial warts to disappear before warts from the rest of the body. After 2 weeks, eight of 16 facial warts were gone, with no other changes. After three additional biweekly sessions, all 82 warts were gone. This was, to our knowledge, the first reported case of systematic wart removal in children and the researchers concluded that there is an intimate relationship between psychological mechanisms and the immune system. (2)

References:

(1) Ewin DM *Hypnotherapy for warts (verruca vulgaris): 41 consecutive cases with 33 cures.* Tulane Medical School, New Orleans, LA. *Am J Clin Hypn (UNITED STATES)* Jul 1992, 35(1) p1-10