

Research: hypnosis and pain management

Hypnosis was found to be effective in reducing pain and discomfort associated with repeated unpleasant medical interventions in a study of children with cancer. (1)

A significant reduction of pain and dysphoria was found following Hypnosis in a study of 19 patients with a variety of musculoskeletal disorders. (2)

References:

- (1) Hilgard, E.R. (1977). *Divided Consciousness: Multiple Controls in Human Thought and Action*. NY: John Wiley. 1977
- (2) Domangue, B.B., Margolis, C.G., Lieberman, D. & Kaji, H. (1985). *Biochemical Correlates of Hypnoanalgesia in Arthritic Pain Patients.* *Journal of Clinical Psychiatry*, 46, 235-238