

# Research: hypnosis and recovery from surgery

Patients trained with Hypnosis before surgery had significantly shorter stays in hospital. Research shows that Hypnosis methods have been used successfully for anxiety associated with medical procedures.

## References:

*(1) Rapkin, D.A., Straubing, M., Singh, A. & Holroyd, J.C. (1988). "Guided Imagery and Hypnosis: Effect on Acute Recovery from Head and Neck Cancer Surgery" Paper presented at the Annual Meeting of the Society for Clinical and Experimental Hypnosis, Asheville, N.C. Spiegel, D, (1998). Report in the Harvard Mental Health Letter, September 1998, vol. 15, p. 5-6.*