

Hypnosis as a supplement to treatment of IBS patients (shortened)

- Current research
- Hypnosis: Procedure or state of consciousness?
- Hypnosis for pain relief

Current research

- Kaptchuk, Friedlander, Kelley, Sanchez, Kokkotou, et al. (2010):
placebos administered without deception may be an effective treatment for IBS
- Grundmann og Yoon (2014):
integrative use of pharmacotherapy and alternative approaches provide the best outcome and quality of life to IBS patients
- Peters, Muir and Gibson (2015):
gut-directed hypnotherapy has durable efficacy in patients with IBS and possibly ulcerative colitis
- Miller, Carruthers, Morris, Hasan, Archbold and Whorwell (2015):
gut-focused hypnotherapy is an effective intervention for refractory IBS
- Jensen and Patterson (2015):
hypnosis is an undeveloped but highly promising intervention that can help to address chronic pain

Hypnosis

- Induction
- Deepening
- Utilisation (therapeutic work)
- Termination

References

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- Grundmann O, Yoon SL (2014). Complementary and alternative medicines in irritable bowel syndrome: An integrative view. World J Gastroenterol January 14; 20(2): 346-362
- Jensen MP and Patterson DR (2015). Hypnotic Approaches for Chronic Pain Management: Clinical Implications of Recent Research Findings. Am Psychol. 2014 ; 69(2): 167ñ177. doi:10.1037/a0035644.
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- Kaptchuk TJ, Friedlander E, Kelley JM, Sanchez MN, Kokkotou E, et al. (2010). Placebos without Deception: A Randomized Controlled Trial in Irritable Bowel Syndrome. PLoS ONE 5(12): e15591. doi:10.1371/journal.pone.0015591.
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- Palsson, OS (2006). Standardised Hypnosis Treatment for Irritable Bowel Syndrome: The North Carolina Protocol. International Journal of Clinical and Experimental Hypnosis, 54:1, 51-64. See also: <http://ibshypnosis.com>.
- Peters SL, Muir JG & Gibson PR (2015). Review article: gut-directed hypnotherapy in the management of irritable bowel syndrome and inflammatory bowel disease. Aliment Pharmacol Ther 2015; 41: 1104–1115
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- U.S. Department of Health and Human Services. Integration of Behavioral and Relaxation Approaches into the Treatment of Chronic Pain and Insomnia. NIH Technol Assess Statement 1995 Oct 16-18:1-34.