

HYPNOSIS

THE EPITOME OF INTEGRATIVE MEDICINE

Presented at the

IACT-IMDHA 2019 Hypno Expo

Daytona Beach, Florida

With Certified Master Trainers:

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INTRODUCTION

This lecture is an introduction to why hypnosis is quickly becoming the go-to modality in integrative medicine and is a preview of the Medical Hypnotherapy Specialty Training taught by Scott & Rosen as a 2-day post-conference workshop at IACT-IMDHA Hypno-Expo in Daytona Beach, FL, May 20-21, 2019.

Unique Role of a Medical Hypnotherapist



Today's well-trained & experienced Medical Hypnotherapist is perfectly positioned to play a pivotal role in collaborating with Licensed Practitioners because:

- *Integrative Medicine is the new norm for healthcare in the 21st Century*
- *Hypnotherapists have the unique advantage of being the experts in this valuable specialty that integrates mind, body & spirit*
- *Hypnosis, by design, addresses underlying issues related to the symptoms and, therefore, is able to achieve longer lasting results*
- *Hypnosis enhances and amplifies the positive effects of other treatments*
- *The only side-effects of hypnosis are positive ones*



Changing Healing Paradigms

OLD

- Treat external cause
- Practitioner puts something into the body
- What is broken & how can we fix it?

NEW

- Discover real cause beyond the physical
- Look within client for deeper, lasting healing
- What is being called for to attain balance?



Goal of Medical Hypnotherapy

“Physical, Emotional & Spiritual Wellness”

According to the WHO (World Health Org.):

“HEALTH is complete physical, mental & social well-being”

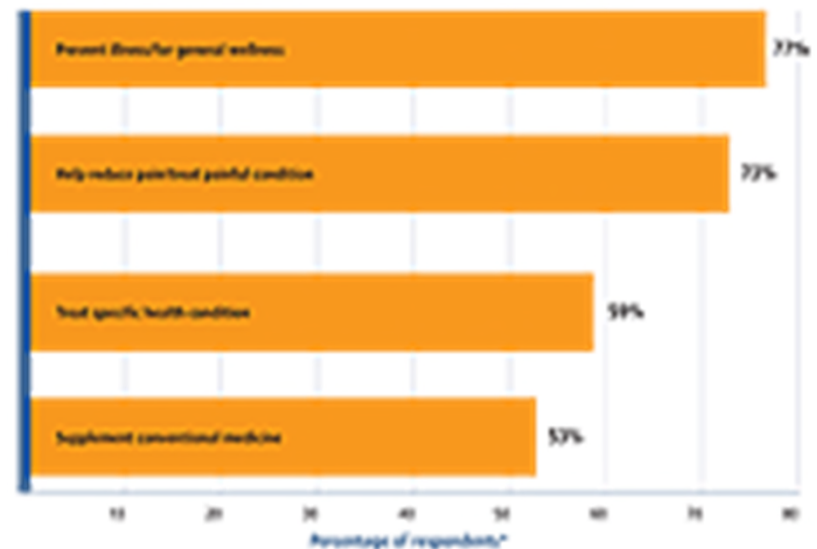
Physical	Mental	Social
Nutrition Movement/Exercise Sleep	Self-care/love Optimistic Attitude Relaxation/Stress release	Healthy interactions Setting Boundaries (ability to say “No”)

Medical Hypnotherapists can assist with all of these areas, making them an indispensable member of the healthcare team.

National Institutes of Health - National Health Interview Survey (2010) on complementary and alternative medicine use statistics among U.S. adults in the past 12 months

- 36.3 percent among those aged 18 to 29 years
- 39.6 percent among those aged 30 to 39 years
- 40.1 percent among those aged 40 to 49 years
- 44.1 percent among those aged 50 to 59 years
- 41 percent among those aged 60 to 69 years
- 32.1 percent among those aged 70 to 84 years
- 24.2 percent among those aged 85 years and older.

Reasons for CAM Use



*Based on respondents who used CAM in past 12 months or were in CAM. Sampling error is 4.2 percentage points. Respondents could choose more than one reason.

Source: NIMH/CAM Study of the U.S. Adult, 2010

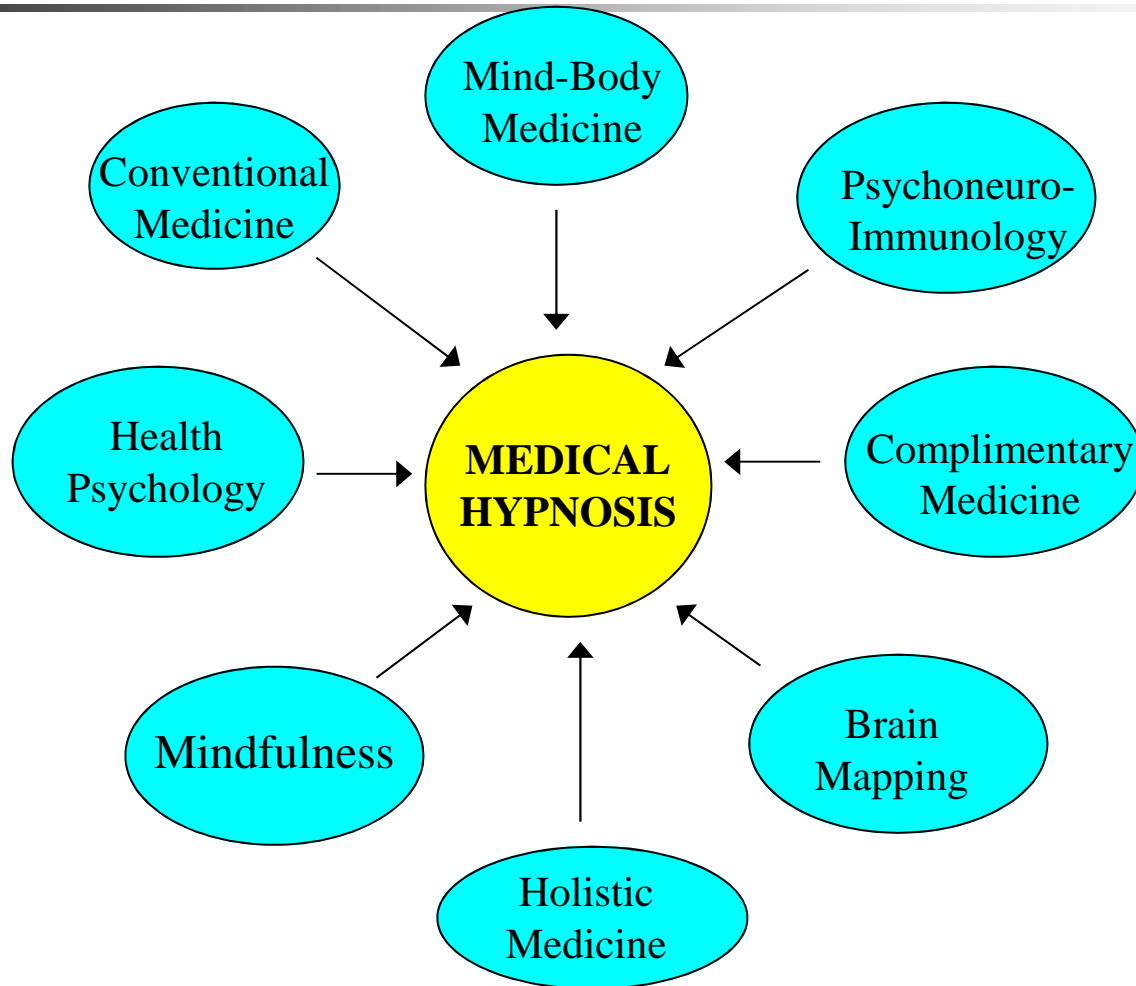
Effectiveness of Hypnosis verses other Modalities

- ***Psychoanalysis: - 38% after 600 sessions***
- ***Behavior Therapy – 72% after 22 sessions***
- ***Hypnotherapy – 93% after 6 sessions***

Source: *Psychotherapy Magazine*
(Vol. 7, No. 1, Alfred A. Barrios, PhD)
Reported 1970 in "**Psychotherapy: Theory,
Research and Practice**" and also published in
"**American Health magazine**".



Hypnosis: The Nexus of Integrative Medicine



Working with Medical Diagnoses and the New DSM-5



Why do non-diagnosing clinicians need to know about DSM?

Reason #1.

Enhances credibility , professionalism,

Understanding of client needs, challenges,

Treatment directions./hypnotherapy interventions & creating outcomes

Reason #2.

Promotes clinical conversations with referring physicians, psychologists, psychiatrics, and other medical professionals.

Reason #3.

Provides point of departure for appraisal of client needs, hypnotherapy treatment goals/creating hypnotherapy outcomes

About Your Trainers



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