

Femtec Congress
Castel San Pietro 5 november 2022



THE CHALLENGE OF PAIN: CAN HYPNOSIS CONTROL YOUR

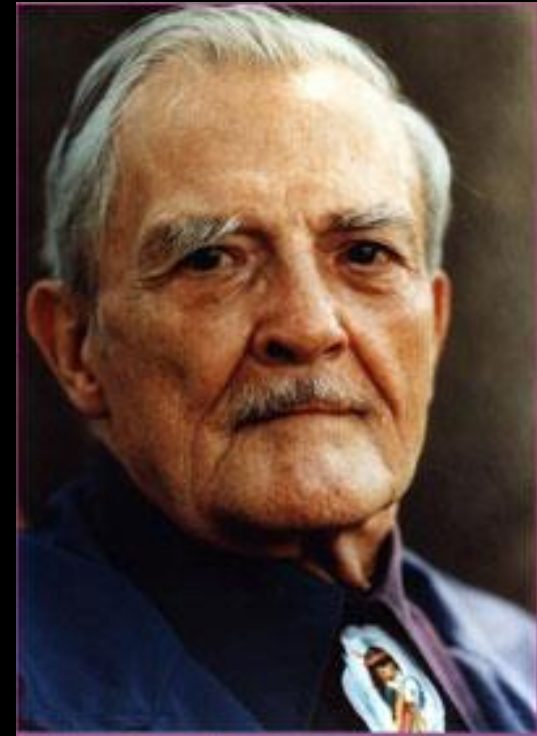
G. De Benedittis
*Interdepartmental Pain Center
University of Milano
Italian Society of Hypnosis(SII)*



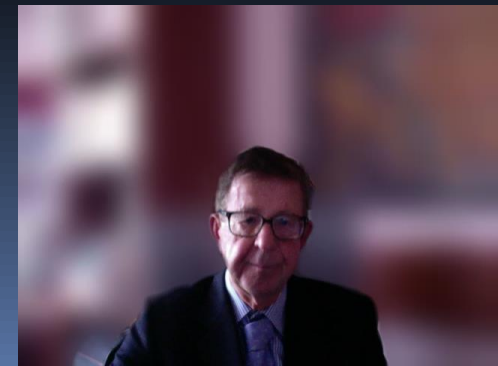
HYPNOSIS : THE LONGEST OF PSYCHOTHERAPIES



Franz Anton Mesmer (1734-1815)



Milton Erickson (1900-1980)





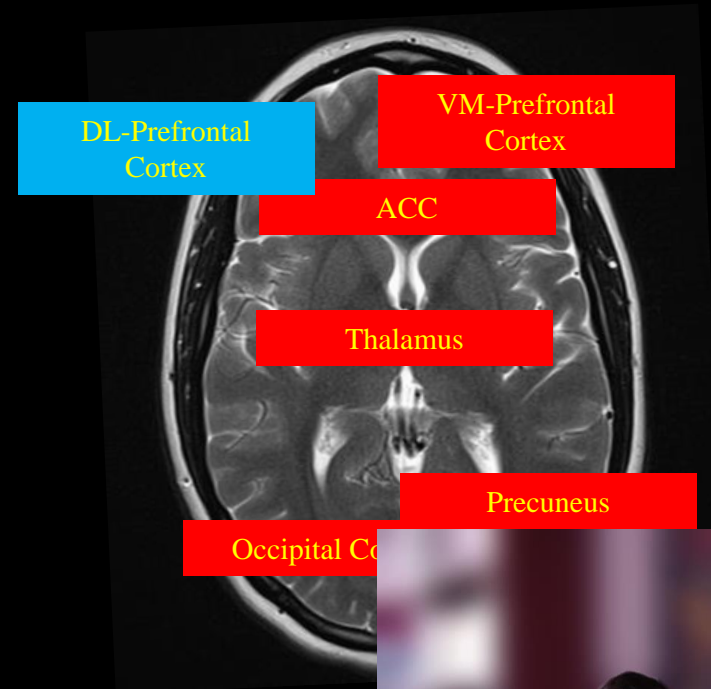
Hypnosis is a special state of consciousness characterized by focused attention and an increased responsiveness to suggestion

Elkin



Neurobiology of Hypnosis

fMRI FUNCTIONAL NEUROANATOMY OF NEUTRAL HYPNOSIS



*Maquet, 1996;
Faymonville et al.,
2009; De B...*



CLINICAL APPLICATIONS OF HYPNOSIS

- Pain
- Psychiatric & Psychosomatic Disorders
- Obstetrics & Gynecology
- Neurology & Neurorehabilitation
- Dermatology
- Dentistry
- Cancer

Crasilneck & Hall,





Chronic Pain is the most common cause for medical consultation in the general clinical population (11-24% of all cases)

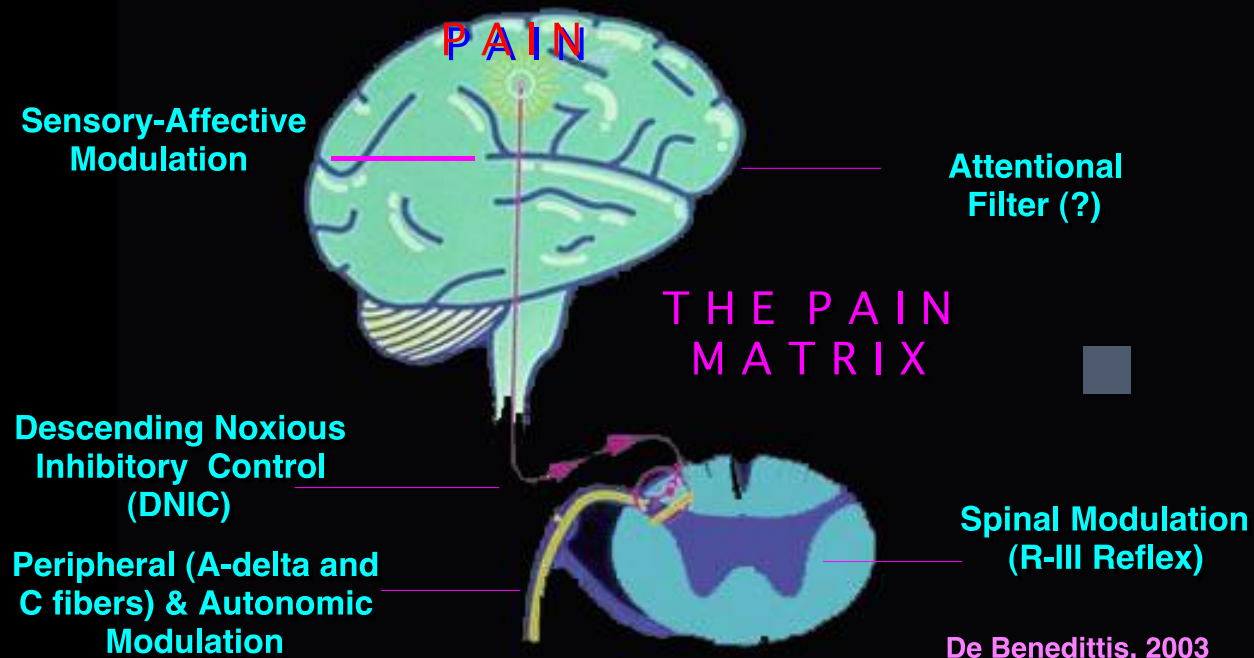
(Gureje et al)



NEURAL MECHANISMS OF HYPNOTIC ANALGESIA



PUTATIVE MECHANISMS OF HYPNOTIC ANALGESIA



CLINICAL APPLICATIONS IN PAIN THERAPY

- **Acute Pain**
- **Chronic Pain**



HYPNOTIC APPROACHES TO CHRONIC PAIN

- **Symptomatic Treatment**
- **Causal Treatment (Hypnoanalysis)**

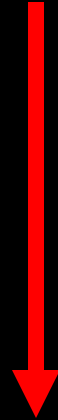


HYPNOTIC TECHNIQUES FOR PAIN CONTROL

- **Direct Techniques**
- **Indirect Techniques (Ericksonian)**



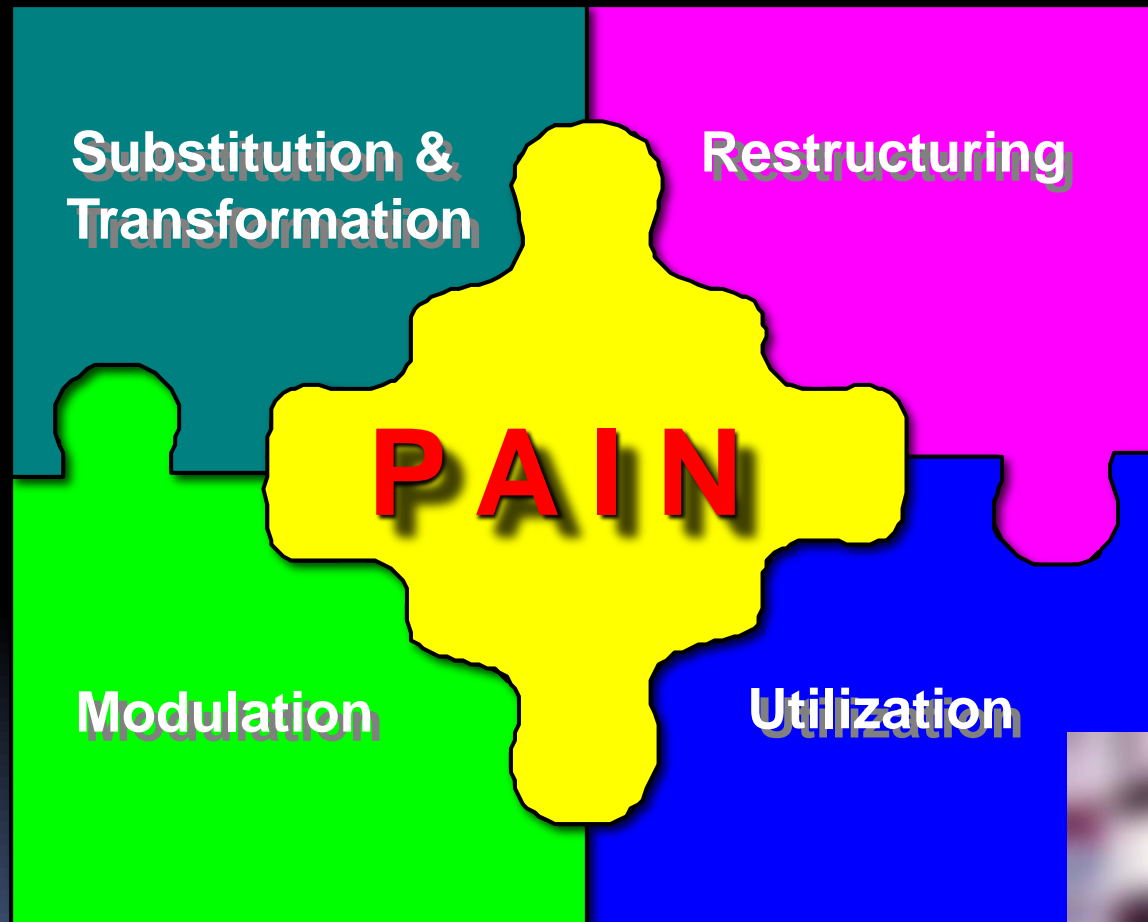
ERICKSONIAN TACTICS FOR PAIN CONTROL



SYMPTOM MANIPULATION



HYPNOTIC ALCHEMIES





HEB

Hypnotherapy Evidence Based



HYPNOSIS



PAIN

Perception



PAIN

- Meta-analysis of 85 RCT (n= 3632)
- Pain relief in high and low hypnotizables 42% - 29% respectively

Thompson

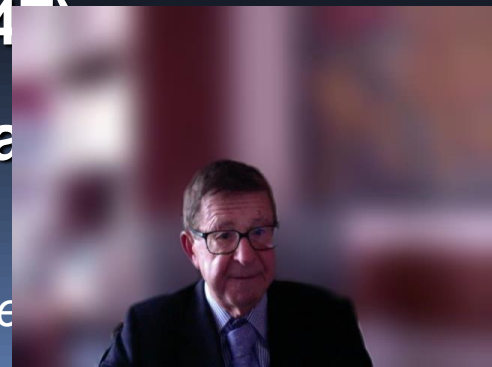


Post-Operative Pain



- Meta-analysis of 20 RCT (n= 1647)
- Better outcome than 89% of treated patients

Montgome



Procedural Pain



- **Several RCT**
- **Superiority compared with standard treatments**
- **Favourable cost/benefit**



Labour Pain



- Meta-analysis of 5 RCT (n= 224)
- Pain relief better than in controls
- Higher Apgar index in the newborn



Headaches & Facial Pain



- Several RCT
- Hypnosis superior to controls and drug treatment.



Fibromyalgia

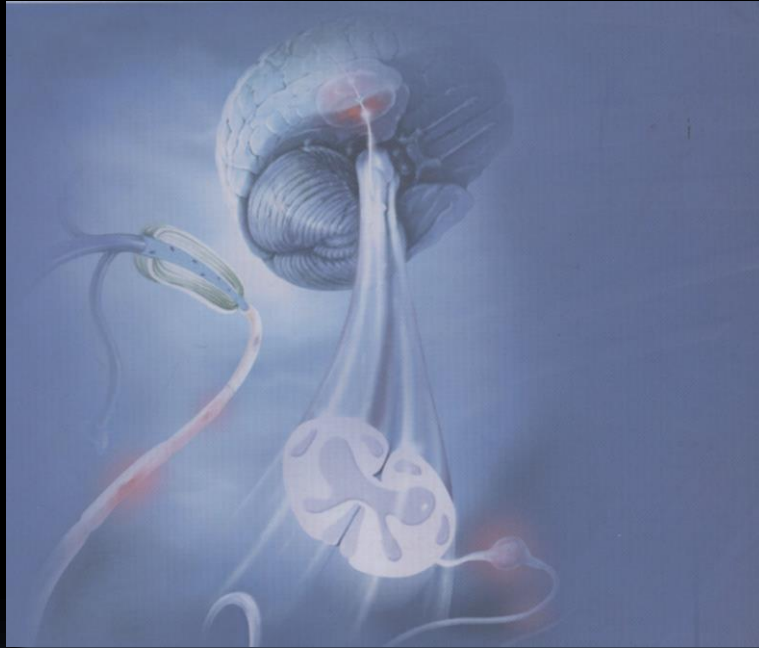


- RCT (n= 24)
- Hypnosis + drugs superior to drugs only in the long term.

De Bened



Neuropathic Pain



- A few RCT with positive results
- Multiple Sclerosis
- Spinal pain
- Phantom Pain



IBS

Irritable Bowel

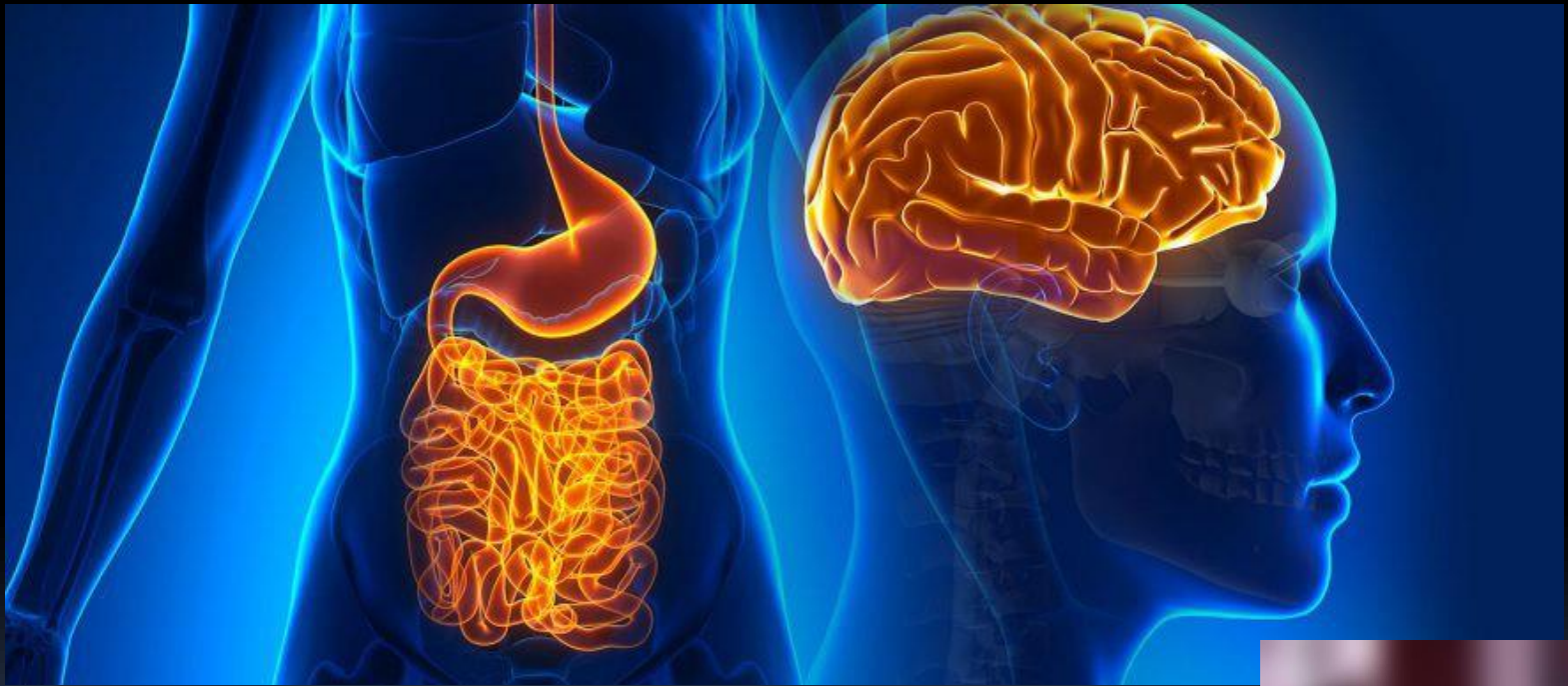


- Meta-analysis of 4 RCT (n= 147)
- Reduction of symptoms/signs superior to controls and standard treatment.

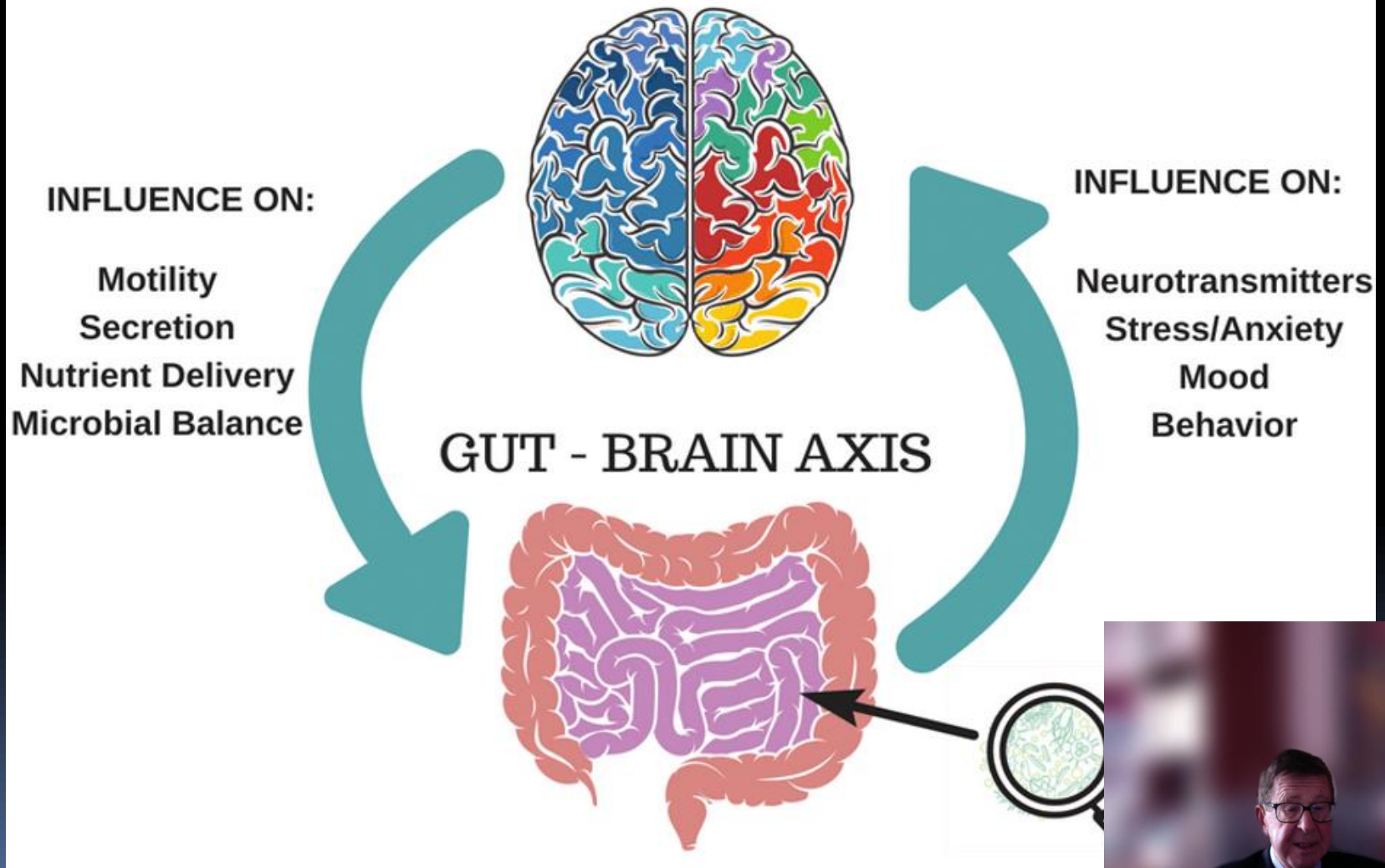
Webb et al



Microbiome & IBS



Gut-Brain Axis Interaction





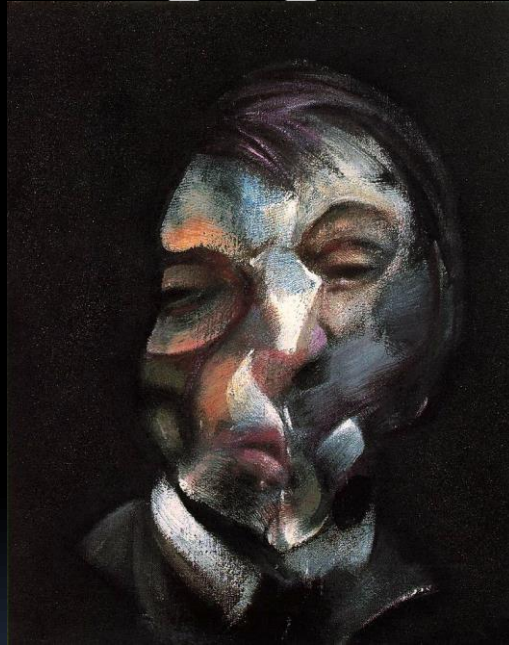
ONCOLOGY



- Cancer Pain
- Psycho-Oncology



Cancer Pain



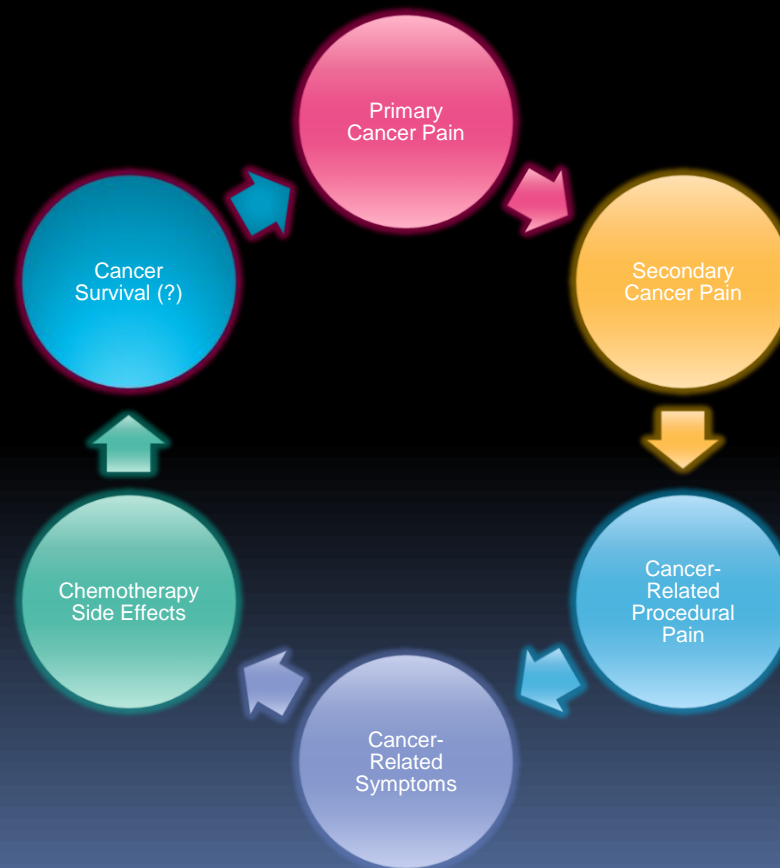
- Meta-analysis of 5 RCT (n= 654)
- Reduction of pain and anxiety superior to controls.

De Bene





Hypnotic Interventions in Cancer Patients



HYPNOSIS ONLINE



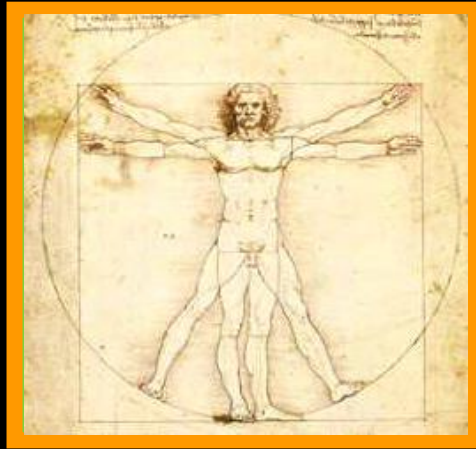
- During pandemics, 53% of Hypnotherapists utilize hypnosis online, founding it useful as in presence.

Palsson



FIVE VALID REASONS FOR PRACTICING HYPNOSIS





**We carry within us
The wonders we seek
without us.**

Sir Thomas Brown, *Religio M*

