

Hypnotherapy for Natural, Safe, Non-Pharmacologic Pain Management

HOW HYPNOTHERAPY WORKS

Sixty to eighty percent of primary care visits may have a stress-related component.* Stress or anger triggers the sympathetic nervous system, which can cause suppression of the immune, digestive and reproductive systems. Hypnosis interrupts stress signals to the autonomic nervous system and activates the parasympathetic nervous system. When the body's natural self-healing capabilities are activated, people can change their perception of pain, lower stress, alter self-defeating behavior patterns and increase their resilience to future stressors. Results are fairly quick, with 6 to 10 sessions typical.

EVIDENCE-BASED PROTOCOLS

Only the Hypnotherapy Academy of America's protocols have been used by the National Institutes of Health (NIH). Research, including the Overactive Bladder Research Protocol funded by the NIH and the National Center for Complementary and Integrative Health, has proven hypnotherapy is an effective, non-pharmacologic option.

RESEARCH

Research shows hypnotherapy helps to accelerate healing, reduce cancer pain and the side effects from cancer treatments, and relieve symptoms of IBS. Hypnotherapy is helpful in addressing poor sleep, and the pain/discomfort from fibromyalgia, headaches, temporomandibular joint problems, dental procedures and more.



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- * Fellow International Board of Hypnotherapy, FIBH# F11018-572
- * Certified Narrative Consultant
- * Master Practitioner, NLP
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Wasatch Hypnotherapy

Your Referrals are Welcome!

435.315.2259

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PROVEN BENEFITS

According to the International Board of Hypnotherapy, research and field work corroborate the following benefits to integrating complementary or adjunctive hypnotherapy: Non-pharmacologic pain control, reduced hospital stays, faster recovery, procedural pain reduction, post-procedural accelerated recovery time, reduction in complications and greater compliance.

MEDICAL PROVIDER APPROVAL REQUIRED

Hypnotherapy is a complement or adjunct to (but not part of) a medical provider-prescribed treatment plan. If you feel your patient may benefit from the use of hypnotherapy to help with pain management and accelerated healing, then he or she must have your approval prior to their first hypnotherapy session.

QUESTIONS ABOUT HYPNOTHERAPY?

Please call or email me today to request an introductory meeting for you and your staff, or for more information about hypnotherapy.

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Wasatch Hypnotherapy

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