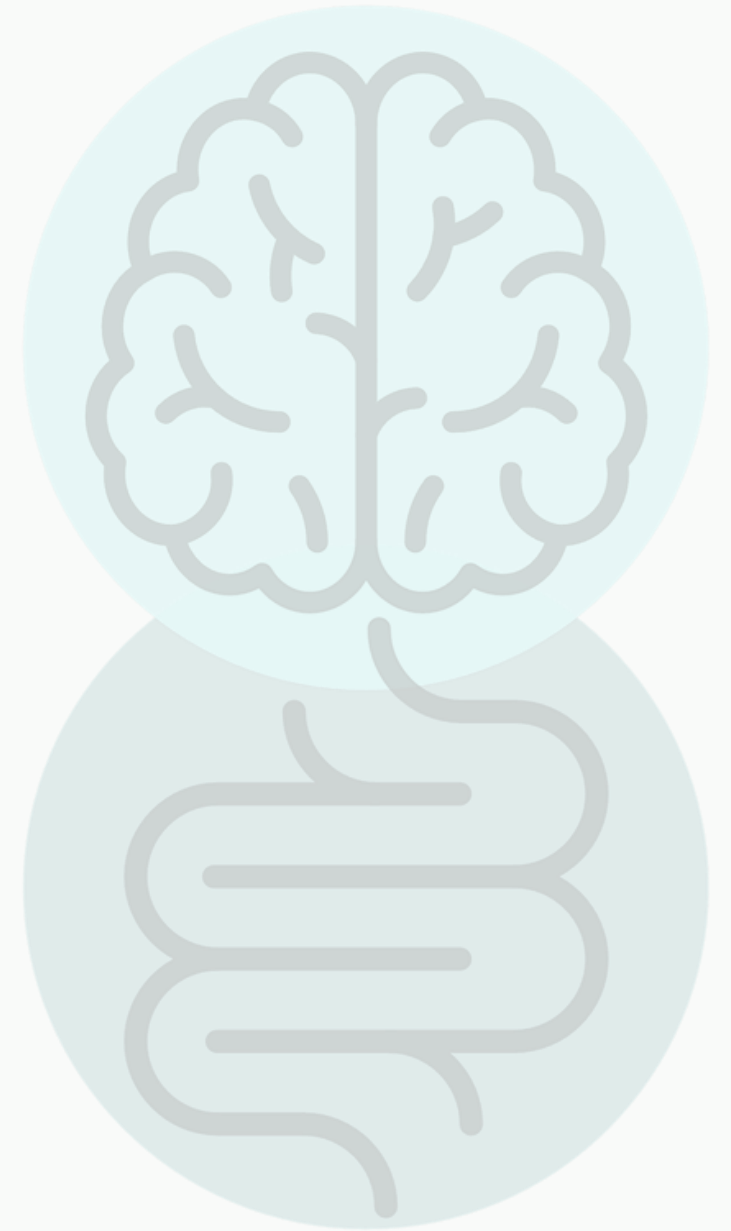


Clinical Hypnosis for Chronic Pain

*What is Clinical Hypnosis and
How does it Help?*

Dr. Ali Navidi | GI Psychology



Overview

- Introduction
- Chronic Pain
- Clinical Hypnosis – Relevant Research
 - Clinical Hypnosis – What is it?



Therapists Specializing in GI Disorders

Ali Navidi, Psy.D.

Co-Founder

10+ Years working with GI

THE PRACTICE:

- www.GIpsychology.com
- Telehealth only
- Ages: 6 to Adult
- 28 States including DC, MD and VA
- Advanced training and supervision

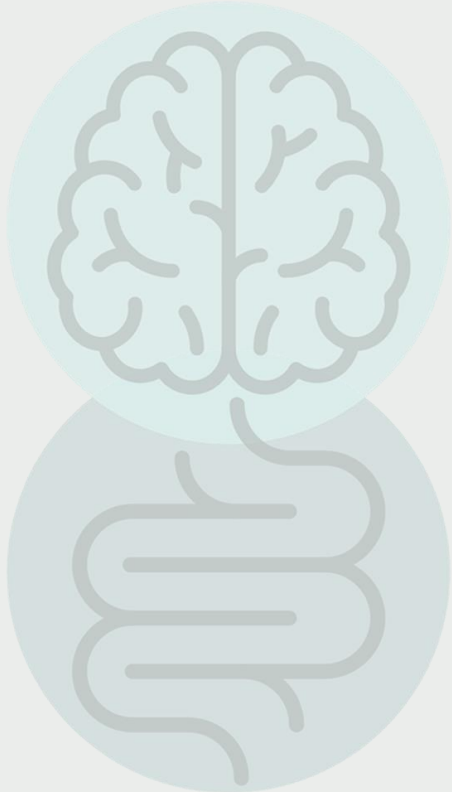
WE SPECIALIZE IN:

- **Functional GI Disorders**
- **IBD (Crohn's and Ulcerative Colitis)**
- **Chronic Pain and Complex Medical Problems (i.e., POTS)**



GI Psychology

Our Mission



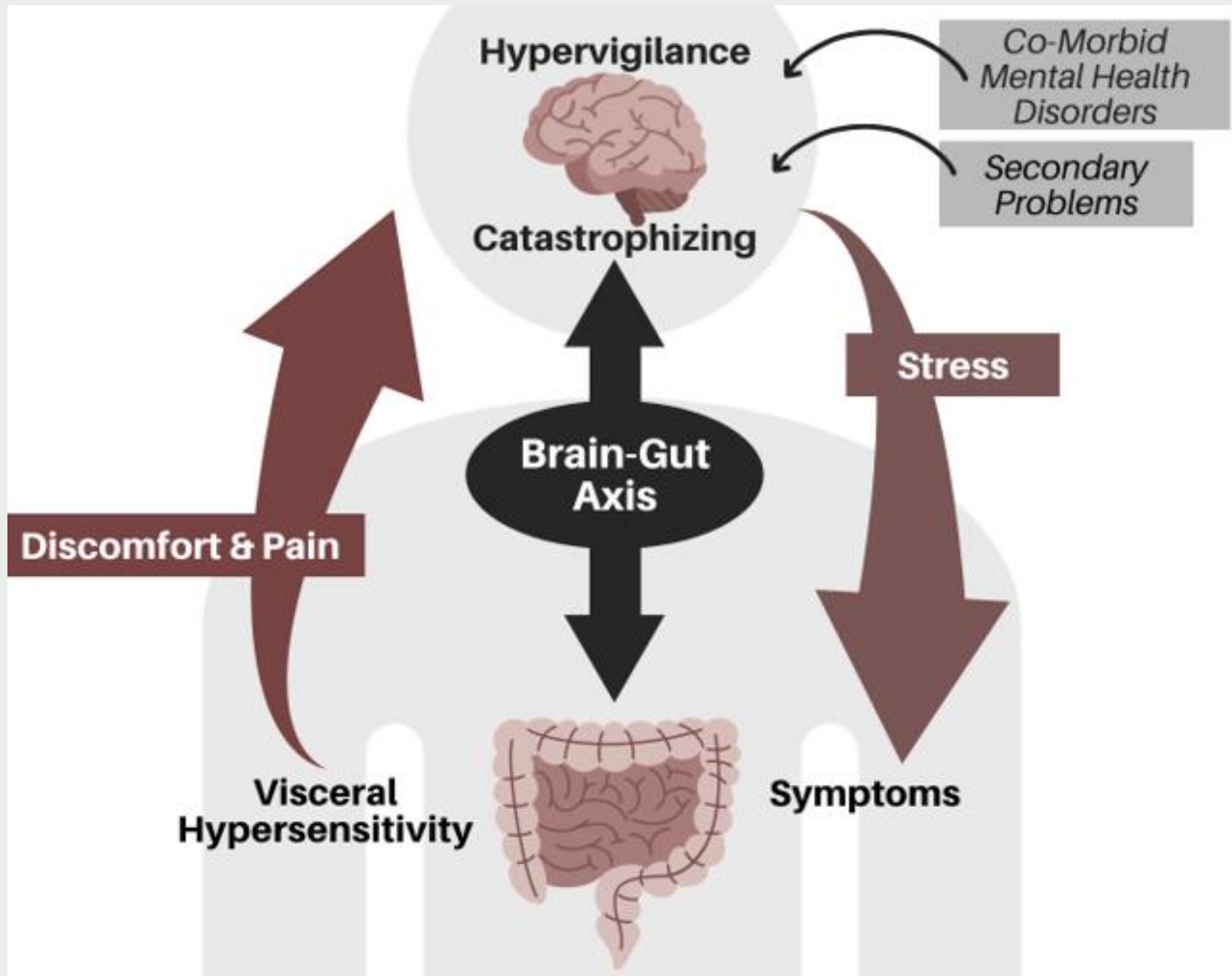
Improve access to psychological therapies for patients with functional GI disorders.

- **Increase the number of therapists**
- **Educate medical professionals**

- **Irritable Bowel Syndrome (IBS)**
 - Abdominal pain with either diarrhea and/or constipation
 - Affects 35 million Americans
 - Costs the country about \$20 billion per year
Decreased quality of life
- **Dyspepsia**
- **Functional Abdominal Pain (FAP)**
- **Functional Nausea and Vomiting**
- **Functional Diarrhea**

What are Functional GI Disorders?





What are Functional GI Disorders?

Underlying Psychological Issues

- Brain Gut Axis (CNS <> ENS)
- Hypervigilance / Catastrophizing
- Visceral Hypersensitivity

Pain-Fear Cycle of Chronic Pain

Pain Fear

A diagram illustrating the Pain-Fear Cycle. The words "Pain" and "Fear" are positioned horizontally. A blue curved arrow above them points from "Pain" to "Fear". A second blue curved arrow below them points from "Fear" back to "Pain", forming a continuous loop.

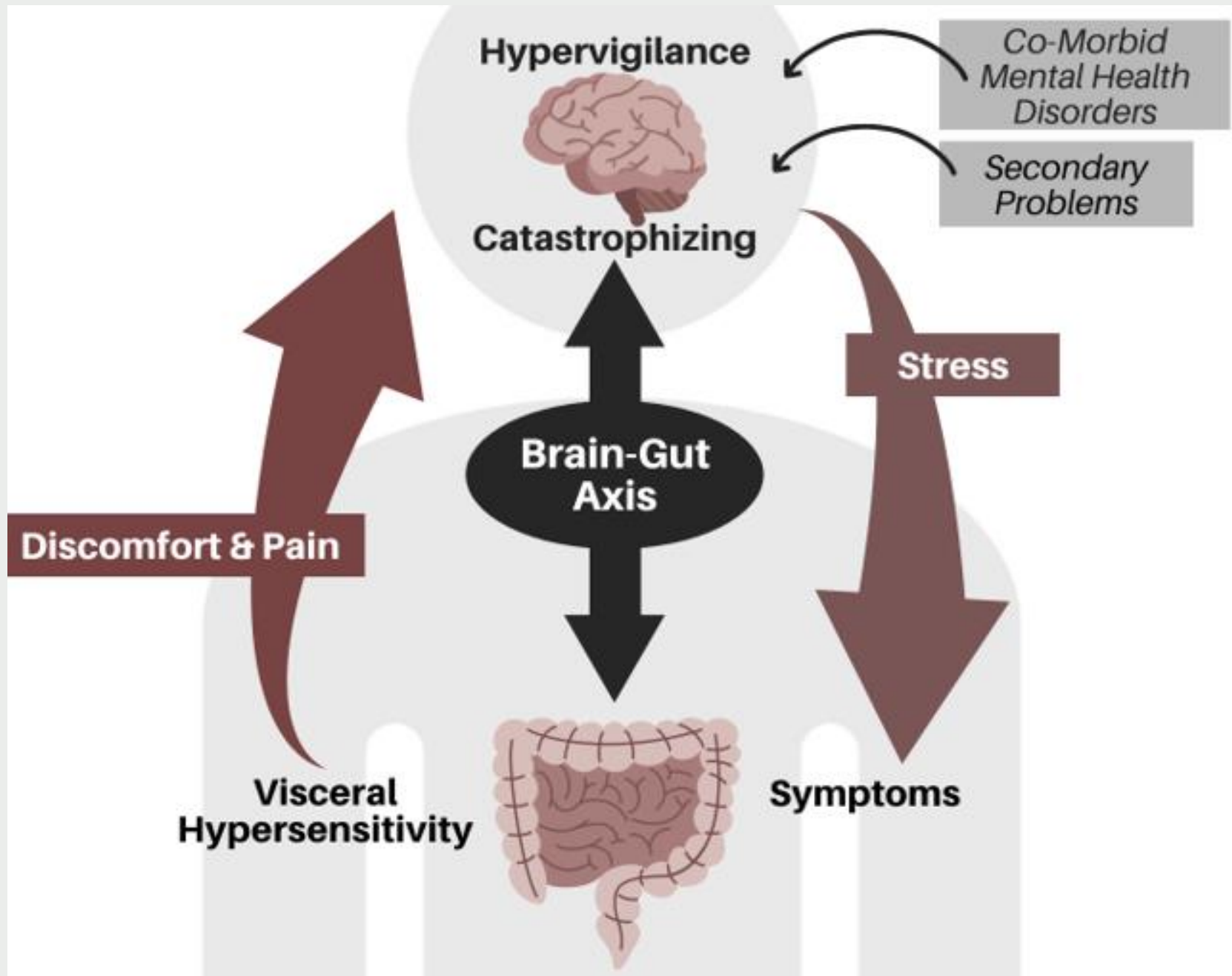
~~Pain~~ = Sensation + Fear

Fear = Danger

Pain = Danger

Therefore

Fear = Pain



What are Functional GI Disorders?

Underlying Psychological Issues

- Brain Gut Axis (CNS <> ENS)
- Hypervigilance / Catastrophizing
- Visceral Hypersensitivity

Sensation Processing



A Brief and Incomplete Literature Review Regarding Clinical Hypnosis

Functional GI Disorders (FGIDs)

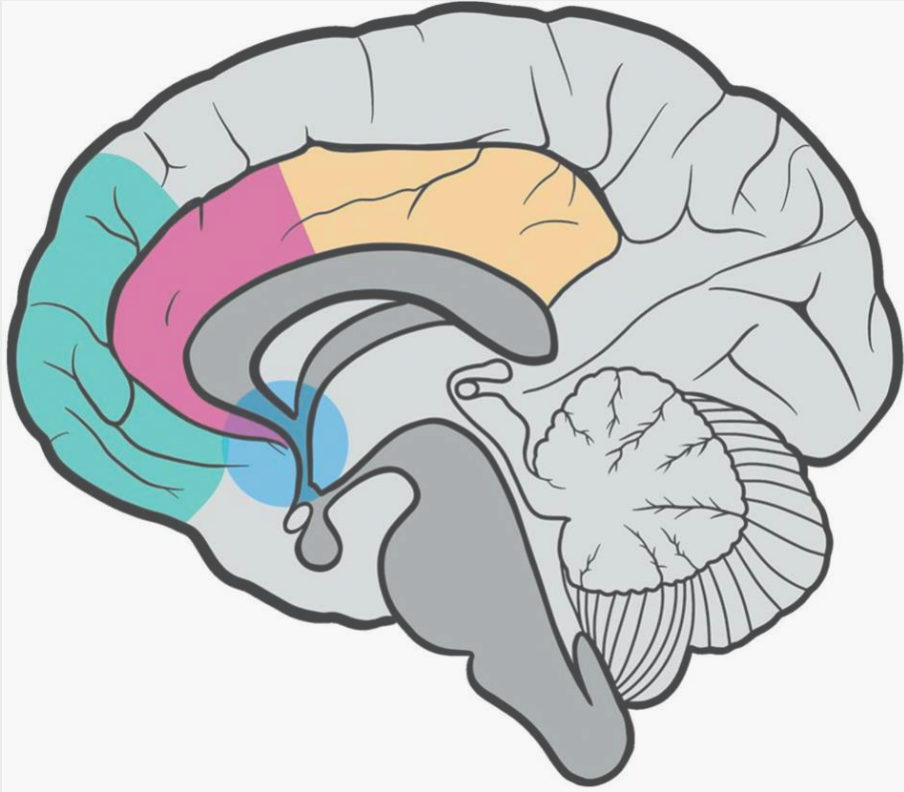
- Clinical hypnosis improves colonic and non-colonic symptoms of IBS (Tan et al., 2005).
- A comprehensive review covering over 30 years of research of hypnosis for IBS shows that it is highly efficacious (Palsson, 2015).
- Another literature review show that CBT and Hypnosis produce significant improvement in GI symptoms and quality of life (Palsson et al., 2020).



A Brief and Incomplete Literature Review Regarding Clinical Hypnosis

Chronic Pain

- In a review of the literature, clinical hypnosis relieves chronic neuropathic and musculoskeletal pain. It yielded moderate effect on pain intensity and pain interference. Eight hypnosis sessions seemed to be the ideal minimum to provide significant pain relief (Langlois et al., 2022).
- In another review of the literature, researchers found that clinical hypnosis reduces short and long-term headache activity in migraine sufferers (Flynn, 2018).
- In another review, clinical hypnosis either results in substantial reductions in average pain intensity or the hypnosis is used for self-management and temporary pain relief (Jensen & Patterson, 2014).

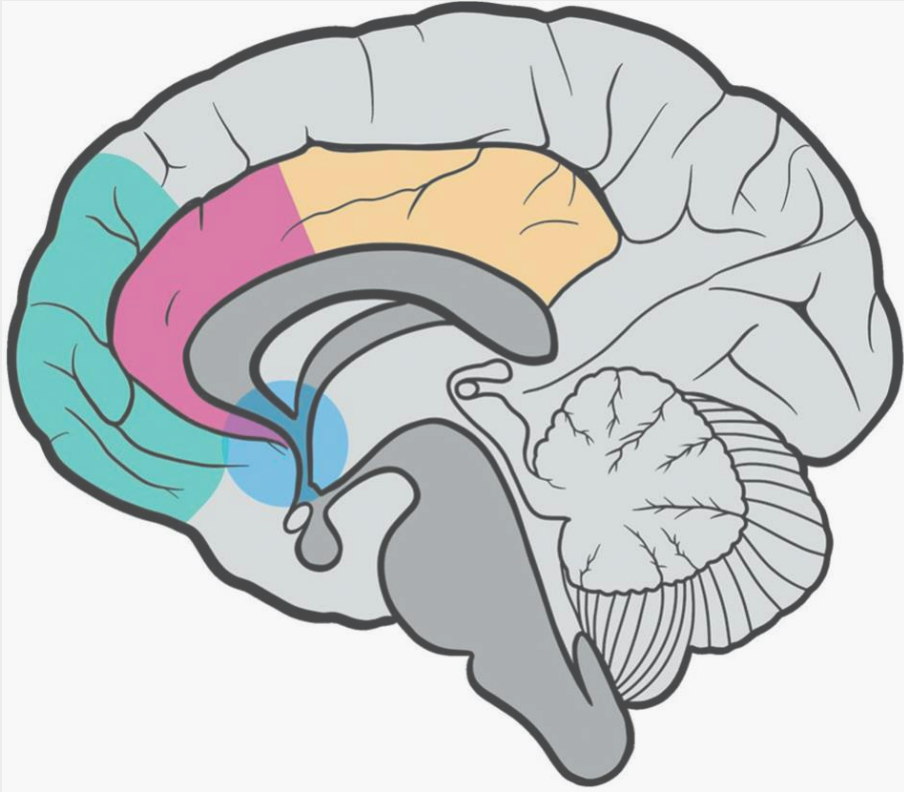


Adapted from Bicego et al., 2021

Some brain areas involved in hypnosis pain modulation in chronic pain patients.

- Green: prefrontal cortex
- Pink: anterior cingulate cortex
- Yellow: posterior cingulate cortex
- Blue: insula

(Bicego et al., 2021)



Adapted from Bicego et al., 2021

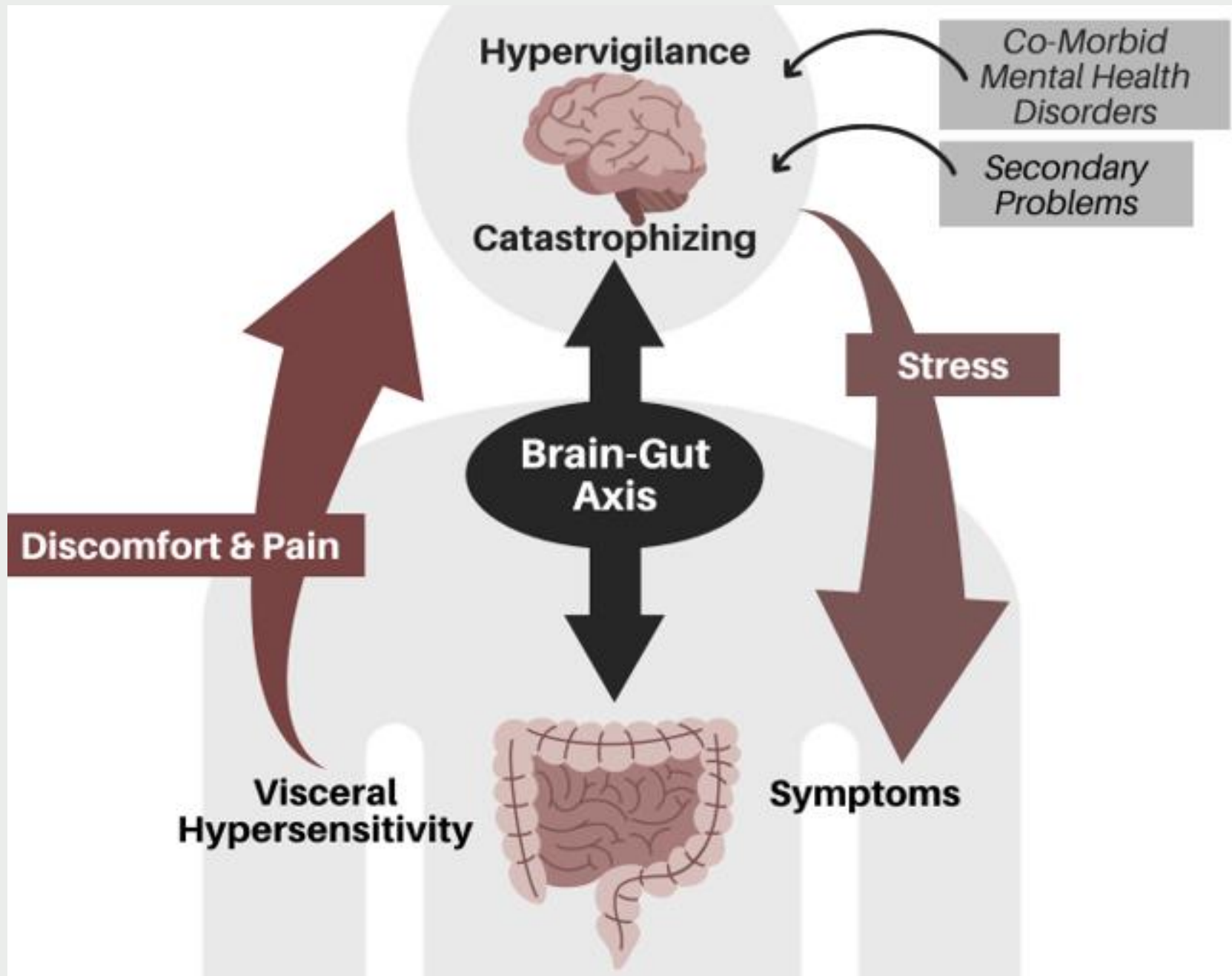
Hypnotic Suggestions Differentiate Brain Areas

- Reduced threat value and negative implications of the pain (prefrontal cortex)
- Intensity and quality (sensory cortices)
- Bothersomeness or unpleasantness (ACC)
- Comfort and physical integrity (insula)
- Screen out discomfort and let in comfortable sensations (spinothalamic tract)

(Jensen, 2011; Patterson, 2010)

Pain-Fear Cycle + Sensation Processing





What are Functional GI Disorders?

Underlying Psychological Issues

- Brain Gut Axis (CNS <> ENS)
- Hypervigilance / Catastrophizing
- Visceral Hypersensitivity

Misperceptions

- **Control**
- **Privacy**
- **Amnesia**
- **Loss of consciousness / Sleep**
- **Awareness of surroundings**
- **Weak-mindedness**

What is Clinical Hypnosis?

- **Entertainment Hypnosis versus Clinical Hypnosis**
- **Deliberate Trance**
- **Formal Definition: A state of consciousness involving focused attention and reduced peripheral awareness characterized by an enhanced capacity for response to suggestion. (APA Div. 30)**
- **“All hypnosis is self hypnosis that can be used for one’s own benefit” - Milton Erickson**
- **Components: Focused attention & Imagination**

What is Clinical Hypnosis?

Hypnotic Phenomena

- Anesthesia / Analgesia
- Rapport
- Dissociation
- Time Distortion
- Induced Dreams
- Hallucination
- Catalepsy
- Ideomotor Activity

What is Clinical Hypnosis?

Hypnotic Talent / Susceptibility

- Itch
- Fingers
- Arms
- Glove

What is Clinical Hypnosis?

Bibliography

- APA: Div. 30 Executive Committee. (2014). Definition and Description of Hypnosis. <https://www.apadivisions.org>. Retrieved March 12, 2022, from <https://www.apadivisions.org/division-30/about>
- Bicego, A., Rousseaux, F., Faymonville, M.-E., Nyssen, A.-S., & Vanhaudenhuyse, A. (2021). Neurophysiology of hypnosis in Chronic pain: A review of recent literature. *American Journal of Clinical Hypnosis*, 64(1), 62–80.
- Flynn, N. (2018). Systematic review of the effectiveness of hypnosis for the management of Headache. *International Journal of Clinical and Experimental Hypnosis*, 66(4), 343–352.
- Hernandez, D.M., Tellez, A, Sanchez-Jauregui, T., Garcia, C.H., Garcia-Sollis, M., & Valez, A. (2021). Clinical hypnosis for pain reduction in breast cancer mastectomy: A randomized clinical trial. *International Journal of Clinical and Experimental Hypnosis*, 70(1), 4-15.
- Jensen, M. P., & Patterson, D. R. (2014). Hypnotic approaches for chronic pain management: Clinical implications of recent research findings. *American Psychologist*, 69(2), 167–177
- Langlois, P., Perrochon, A., David, R., Rainville, P., Wood, C., Vanhaudenhuyse, A., Pageaux, B., Ounajim, A., Lavallière, M., Debarnot, U., Luque-Moreno, C., Roulaud, M., Simoneau, M., Goudman, L., Moens, M., Rigoard, P., & Billot, M. (2022). Hypnosis to manage musculoskeletal and neuropathic chronic pain: A systematic review and meta-analysis. *Neuroscience & Biobehavioral Reviews*, 135, 104591.
- Palsson, O. S. (2015). Hypnosis treatment of gastrointestinal disorders: A comprehensive review of the empirical evidence. *American Journal of Clinical Hypnosis*, 58(2), 134–158. <https://doi.org/10.1080/00029157.2015.1039114>
- Palsson, O. S., & Ballou, S. (2020). Hypnosis and cognitive behavioral therapies for the management of gastrointestinal disorders. *Current Gastroenterology Reports*, 22(7). <https://doi.org/10.1007/s11894-020-00769-z>
- Patterson, D. R., & Jensen, M. P. (2003). Hypnosis and clinical pain. *Psychological Bulletin*, 129(4), 495–521.
- Tan, G., Hammond, D. C., & Gurralla, J. (2005). Hypnosis and irritable bowel syndrome: A review of efficacy and mechanism of action. *American Journal of Clinical Hypnosis*, 47(3), 161–178. <https://doi.org/10.1080/00029157.2005.10401481>



www.Gipsychology.com



703.910.2577



Anavidi@Gipsychology.com

Contact Us

