

Here is a brief review of some of the research evidence on the effectiveness of hypnosis:

90.6% Success Rate for Smoking Cessation Using Hypnosis

University of Washington School of Medicine, Depts. of Anesthesiology and Rehabilitation Medicine, Int J Clin Exp Hypn. 2001 Jul;49(3):257-66. Barber J.

87% Reported Abstinence From Tobacco Use With Hypnosis

Performance by gender in a stop-smoking program combining hypnosis and-aversion. Johnson DL, Karkut RT. Adkar Associates, Inc., Bloomington, Indiana. Psychol Rep. 1994 Oct;75(2):851-7. PMID: 7862796 [PubMed - indexed for MEDLINE]

81% Reported They Had Stopped Smoking After Hypnosis

Texas A&M University, System Health Science Center, College of Medicine, College Station, TX USA. Int J Clin Exp Hypn. 2004 Jan;52(1):73-81. Clinical hypnosis for smoking cessation: preliminary results of a three-session intervention. Elkins GR, Rajab MH.

Hypnosis Patients Twice As Likely To Remain Smoke-Free After Two Years

Guided health imagery for smoking cessation and long-term abstinence. Wynd, CA. Journal of Nursing Scholarship, 2005; 37:3, pages 245-250.

Hypnosis More Effective Than Drug Interventions For Smoking Cessation

Ohio State University, College of Nursing, Columbus, OH 43210, USA Descriptive outcomes of the American Lung Association of Ohio hypnotherapy smoking cessation program. Ahijevych K, Yerardi R, Nedilsky N.

Hypnosis Most Effective Says Largest Study Ever: 3 Times as Effective as Patch and 15 Times as Effective as Willpower.

University of Iowa, Journal of Applied Psychology, How One in Five Give Up Smoking. October 1992.

Hypnosis Over 30 Times as Effective for Weight Loss

Cochrane, Gordon; Friesen, J. (1986). Hypnotherapy in weight loss treatment. Journal of Consulting and Clinical Psychology, 54, 489-492.

Two Years Later: Hypnosis Subjects Continued To Lose Significant Weight

Journal of Consulting and Clinical Psychology (1985)

Hypnosis Subjects Lost More Weight Than 90% of Others and Kept it Off

University of Connecticut, Storrs Allison DB, Faith MS. Hypnosis as an adjunct to cognitive-behavioral psychotherapy for obesity: a meta-analytic reappraisal. J Consult Clin Psychol. 1996;64(3):513-516.

Hypnosis More Than Doubled Average Weight Loss

Kirsch, Irving (1996). Hypnotic enhancement of cognitive-behavioral weight loss treatments- Another meta-reanalysis. Journal of Consulting and Clinical Psychology; 64 (3), 517-519.

Hypnosis Showed Significantly Lower Post-Treatment Weights

Weight loss for women: studies of smokers and nonsmokers using hypnosis and multi-component treatments with and without overt aversion. Johnson DL, Psychology Reprints. 1997 Jun;80(3 Pt 1):931-3.

Hypnotherapy group with stress reduction achieved significantly more weight loss than the other two treatments.

J Stradling, D Roberts, A Wilson and F Lovelock, Chest Unit, Churchill Hospital, Oxford, OX3 7LJ, **Hypnosis can more than double the effects of traditional weight loss approaches** University of Connecticut, Journal of Consulting and Clinical Psychology in 1996 (Vol. 64, No. 3, pgs 517-519).

Weight loss is greater where hypnosis is utilized

Journal of Consulting and Clinical Psychology (1996)

Hypnosis Reduces Frequency and Intensity of Migraines

Anderson JA, Basker MA, Dalton R, Migraine and hypnotherapy, International Journal of Clinical & Experimental Hypnosis 1975; 23(1): 48-58.

Hypnosis Reduces Pain and Speeds up Recovery from Surgery

[Hypnosis and its application in surgery] Faymonville ME, Defechereux T, Joris J, Adant JP, Hamoir E, Meurisse M, Service d'Anesthesie-Reanimation, Universite de Liege, Rev Med Liege. 1998 Jul;53(7):414-8.

Hypnosis Reduces Pain Intensity

Dahlgren LA, Kurtz RM, Strube MJ, Malone MD, Differential effects of hypnotic suggestion on multiple dimensions of pain. Journal of Pain & Symptom Management. 1995; 10(6): 464-70.

Hypnosis Reduces Pain of Headaches and Anxiety

Melis PM, Rooimans W, Spierings EL, Hoogduin CA, Treatment of chronic tension-type headache with hypnotherapy: a single-blind time controlled study. Headache 1991; 31(10): 686-9.

Hypnosis Lowered Post-treatment Pain in Burn Injuries

Patterson DR, Ptacek JT, Baseline pain as a moderator of hypnotic analgesia for burn injury treatment. Journal of Consulting & Clinical Psychology 1997; 65(1): 60-7.

Hypnosis Lowered Phantom Limb Pain

Treatment of phantom limb pain using hypnotic imagery. Oakley DA, Whitman LG, Halligan PW, Department of Psychology, University College, London, UK.

Hypnosis Has a Reliable and Significant Impact on Acute and Chronic Pain

University of Washington School of Medicine, Seattle, WA USA 98104 Psychol Bull. 2003 Jul;129(4):495-521.

Significantly More Methadone Addicts Quit with Hypnosis. 94% Remained Narcotic Free

A comparative study of hypnotherapy and psychotherapy in the treatment of methadone addicts. Manganiello AJ, American Journal of Clinical Hypnosis, 1984; 26(4): 273-9.

Hypnosis Shows 77 Percent Success Rate for Drug Addiction

Intensive Therapy: Utilizing Hypnosis in the Treatment of Substance Abuse Disorders. Potter, Greg, American Journal of Clinical Hypnosis, Jul 2004.

Raised Self-esteem & Serenity. Lowered Impulsivity and Anger

American Journal of Clinical Hypnotherapy (*a publication of the American Psychological Association*) 2004 Apr;46(4):281-97)