

EMPOWERING YOUR LIFE

Treating paediatric patients



HYPNOSIS has been shown as being an increasingly beneficial treatment for medical illnesses, with studies showing that children in particular are very suggestible and have a good chance of benefiting from hypnosis.

During a 30-month study at a paediatric pulmonary centre from 1998 to 2000, 303 patients received hypnotherapy for a variety of symptoms and illnesses, including persistent cough, cold, asthma, shortness of breath, and chest pain.

Patients received hypnotherapy to help their pulmonary symptoms due to psychological issues, side effects of medication, and fear of treatment.

All participants received at least eight hypnosis sessions lasting about 45 minutes each. Both participants and their parents were introduced to the concept of hypnosis and all questions and concerns were addressed. The induction and deepening was then given based on the child's preferences, usually a favourite place. During the script portion of the hypnosis session, the participants were told to use imagery to feel as though they had control over their symptoms. After the hypnosis, the sessions were reviewed and self-hypnosis and practice was encouraged for several weeks.

Out of the 303 participants, 53 needed one additional session, and out of those 53, 22 needed three more sessions to work on hypnosis.

Evaluations were performed by the pulmonologist and a self-evaluation was performed by the participants. Results showed that 81% of the participants showed improvement in their pulmonary symptoms. In some cases, patients reported no symptoms after the first hypnotherapy session. Many others saw improvements after the first few weeks, or reported seeing a decrease in the frequency and intensity of their pulmonary symptoms. None reported a decline in health or new symptoms after the hypnotherapy sessions.

The study concluded that hypnotherapy is a successful complementary treatment to use on children and adults with pulmonary problems. It also encourages paediatricians to use a positive approach in treating patients using hypnotherapy.

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