



## Research on Hypnosis

### Stop Smoking

#### **University of Washington School of Medicine**

90.6% Success Rate Using Hypnosis

Of 43 consecutive patients undergoing this treatment protocol, 39 reported remaining abstinent at follow-up (6 months to 3 years post-treatment). This represents a 90.6% success rate using hypnosis.

Reference: 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.

Freedom from smoking: integrating hypnotic methods and rapid smoking to facilitate smoking cessation

#### **Texas A & M University College of Medicine**

Using Hypnosis, 81% Reported They Had Stopped Smoking

Thirty smokers enrolled in an HMO were referred by their primary physician for treatment. Twenty-one patients returned after an initial consultation and received hypnosis for hypnosis cessation. At the end of the treatment, 81% of those patients reported they had stopped smoking, and 48% reported abstinence at 12 months post-treatment.

Reference: Texas A & M University. System Health Science Center College of Medicine, USA. Int J Clin Exp Hypn. 2004 Jan;52(1):73-78. Elkins GR, Rajab MH.

Clinical hypnosis for smoking cessation; preliminary results of a three-session intervention

#### **Journal of Nursing Scholarship**

Hypnosis Patients Twice as Likely to Quit

Study of 71 smokers showed that after a two-year follow-up, patients that quit with hypnosis were twice as likely to still be smoke-free than those who quit on their own.

Journal of Nursing Scholarship, 2005; 37:3, pages 245-250. Wynd CA.

Guided health imagery for smoking cessation and long-term abstinence.

### Weight Loss

#### **University of Connecticut**

researchers found hypnosis subjects lost more weight than 90% of those using other methods and kept the weight off! And, that hypnosis can more than double the effects for traditional weight loss approaches.

### Surgical Healing Time

#### **Harvard Medical School**

Two studies from Harvard Medical School show hypnosis significantly reduces the time it takes to heal following surgery.