Hypnosis and Clinical Hypnotherapy in the Treatment of Psychological and Psychosomatic Ailments

Wael Mustafa Abu Hassan

Medical Journal of Babylon مجلة بابل الطبية
ISSN: 1812156X 23126760 Year: 2014 Volume: 11 Issue: 2 Pages: i-XV
Publisher: Babylon University جامعة بابل

Abstract

This review on hypnosis and clinical hypnotherapy in the treatment of psychological and psychosomatic ailments comes to shed the light on a topic since its inception is neglected in our Arab world, though historically and scientifically it had been evolved as it is the case of other clinical procedures. Tracing of the most significant efforts in the history of hypnotism, the nature of the phenomenon, its scope and process was of great importance to be addressed. Also, earlier, late and current evaluations of the subject from a scientific outlook were highlighted, where it was shown that hypnosis and hypnotherapy is a valid and reliable clinical tool in the treatment of many health problems. From here, it leads us to conclude that hypnosis and hypnotherapy is a significant clinical tool in medical practice; in past and at present. With hope that one day hypnosis and hypnotherapy will become a therapeutic choice for all who may need it; individuals, families and groups; for a healthy living, happiness and much better promising quality of life.

Keywords

hypnosis --- clinical hypnotherapy --- treatment --- psychological and psychosomatic ailments

---

Clinical Hypnosis and Self-Regulation. Washington D.C.: American Psychological Association, 1999. Knight, Bryan. “You Can Conquer Your Phobia.” This procedure is a psychosomatic therapy, combining either clinical hypnosis or cognitive behavioral therapy. The use of (CBT) in conjunction with hypnotherapy can result in a greater. What is Hypnosis? The word "hypnosis" originated from the Greek. 2370 words - 9 pages