

MEDICAL HYPNOSIS:

UNIVERSITY OF MINNESOTA CHILDREN'S HOSPITAL, FAIRVIEW

Children and adolescents with chronic medical or emotional conditions often benefit from medical self-hypnosis, which is taught at University of Minnesota Children's Hospital, Fairview. This therapeutic approach, based upon the intimate relationship between mind and body, has been recognized in the medical community since the 1950s.

Medical self-hypnosis teaches patients how to focus and concentrate, leading to a state of inner relaxation and increased self-control. It is a useful tool for managing mental and physical functions in a variety of situations, from tolerating pain to regulating behavior. Most children and adolescents can learn self-hypnosis – even the very young. For example, if a toddler or preschool aged child can follow nursery rhymes, bedtime stories, or videos, they can learn self-hypnosis techniques with the help of their parent and a trained clinician.

Our patients are taught by developmental/behavioral pediatricians who have additional specialized training in medical self-hypnosis, and the director of our program is board-certified by both the American Board of Pediatrics and the American Board of Medical Hypnosis. We work closely with each patient's primary care physician to develop a treatment plan based on the individual child's needs.

Conditions We Treat (Conditions marked with often respond well to medical self-hypnosis when combined with other medical treatment.)

Recurrent Pain

- Headaches
- Stomach Ache/Abdominal Pain
- Discomfort Associated with Medical Procedures
- Cancer-Related
- Arthritis
- Back Pain

Behavioral/Emotional/Psychological Conditions

- Stress/Anxiety
- Habit Disorders
- Sleep Disorders
- Bedwetting
- Tic Disorders, including Tourette's Syndrome
- Problems with Concentration
- Depression
- Weight Control
- Learning Disorders

Side Effects of Other Treatments

- Nausea and Vomiting Associated with Chemotherapy
- Post-Surgical Recovery
- Sleep Disturbances related to Medication
- Gastrointestinal Disorders
- Inflammatory Bowel Disease
- Crohn's Disease
- Ulcerative Colitis
- Irritable Bowel Syndrome

Other Chronic Illnesses, such as:

- Asthma
- Diabetes
- Cystic Fibrosis
- Hemophilia
- Dermatological Disorders
- Itch-Scratch Cycle
- Urticaria (Hives)
- Eczema
- Neurodermatitis
- Warts

Services and Treatment We Offer Medical Self-Hypnosis for Conditions Listed Above

- Pain Management
- Coping with Illness and with Side Effects of Medication
- Stress Management
- Self-Regulation of Body Functions
- Current Research

Current Research Cyberphysiology (Self-Regulation) in Children and Adolescents with Headaches Ability of Children to Alter and Regulate Physiologic Functions with Self-Hypnosis Use of Self-Hypnosis Training for Anxiety Management in Children Department Highlights Early Leadership in the Study and Use of Pediatric Medical Hypnosis Education of Child Care Professionals around the World in Pediatric Medical Hypnosis