

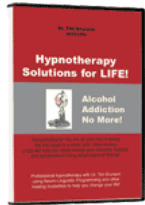
# Hypnotherapy of a pain disorder: a clinical case study.

Posted At : March 16, 2015 12:12 PM | Posted By : [Tim Brunson, PhD](#)

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Hypnotherapy's effectiveness in improving and controlling chronic pain of various etiologies has been demonstrated by studies; the mechanism by which hypnosis does this is more complex than a simple induction of muscle relaxation. This study reveals, in addition to this mechanism, a deeper dimension of hypnotherapy from the vantage of a patient with a medical-surgical background, diagnosed with a pain disorder and major severe depressive disorder in addition to incurable painful symptoms, through treatment associated with hypnoanalysis. Following psychotherapy, which included some elements of cognitive-behavioral therapy, a complete remission of the anxious-depressive mood and the painful symptoms was achieved.

Int J Clin Exp Hypn. 2015;63(2):236-46. doi: 10.1080/00207144.2015.1002704. Artimon HM1.



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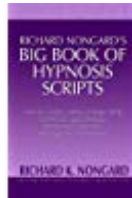
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