

Hypnosis: exploring the benefits for the role of the hospital social worker

Posted At : April 1, 2010 12:53 PM | Posted By : [Tim Brunson, PhD](#)

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This article will provide an examination of Erickson's model of hypnosis and the impact hypnosis has made on the psychosocial well being of the medically ill patient. The intrinsic three stage process of a hypnotic intervention, as well as its value, practice assumptions, and its relevance to alleviating pain, distress, and anxiety with oncology patients will be discussed. We have found this approach to be particularly effective with adult oncology patients at alleviating the side effects of the arduous treatment that is often endured. Case vignettes will demonstrate the benefits of utilizing this intervention with adult patients in the hospital setting as well as provide specific insight into the creative methods in which we have woven hypnosis into our clinical work. Finally, we will explore the use and rationale of hypnosis in medical settings and the impact of using this intervention on the role of the hospital social worker.

Soc Work Health Care. 2010 Mar;49(3):245-62. Snow A, Warbet R. The Mount Sinai Medical Center, One Gustave L. Levy Place, New York, NY 10029, USA. Alison.Snow@mountsinai.org

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