

IS HYPNOSIS MEDICALLY RECOGNIZED AND APPROVED?

By Tom Nicoli, BCH, CI

- Hypnosis became recognized as a viable therapeutic tool by the British Government through The Hypnotism Act, in 1952 and sanctioned by the **British Medical Association (BMA)** in 1955.
- In 1958 the **American Medical Association (AMA)** and the British Medical Association (BMA) sanctioned the official use of hypnosis by physicians.
- In 1958, the **American Psychiatric Association (APA)** approved hypnotherapy for use by professionally responsible individuals.
- The study of hypnosis is now properly held within the domain of normal cognitive science.
- America's top-ranked and most prestigious hospitals, universities and medical schools utilize and teach hypnosis. Examples include Stanford University of Medicine, Beth Israel Medical Center, Harvard University School of Medicine, Duke University, Cornell University, and countless others.
- Since the **American Medical Association** endorsement and approval of hypnosis as viable, many leading US insurance companies such as Aetna and Blue Cross list hypnosis for emotional, medical and/or dental care in some of their coverage plans.
- The *American Journal of Psychiatry* cites numerous conclusive correlations on the efficacy of hypnosis, including "findings that support the claim that hypnosis is a psychological state with distinct neural correlates and is not just the result of adopting a role" (Stephen M. Kosslyn, Phd. et. al. "Hypnotic Visual Illusion Alters Color Processing in the Brain", Sackler Institute for Developmental Psychobiology, Weill Medical College of Cornell University, New York, NY 10021)
- Proceedings of **The National Academy of Sciences of the United States of America department of Psychology**, together with **Cornell University**, reported conclusive findings in 2005 that "Hypnotic Suggestion Reduces Conflict in the Human Brain", (Amir Raz, Jin Fan, Michael Posner et. al., Sackler Institute for Developmental Psychobiology, Weill Medical College), citing "... specific hypnotic suggestion reduces involuntary conflict and alters information processing", concluding "Our findings illuminate how suggestion affects cognitive control by modulating activity in specific brain areas"
- Ongoing clinical research findings reveal that hypnosis and hypnotic suggestion, when used properly, can powerfully alter cognitive processes as diverse as memory and pain perception.

Disclaimer:

Hypnosis cannot and should not stand alone as the sole medical or psychological intervention for any disorder. Hypnosis should not be used instead of appropriate medical, dental, or psychological treatment. Any individual with a medical or psychological problem should first consult a qualified and licensed health care provider for professional diagnosis and professional advice. Hypnosis should only be practiced by those who have been appropriately trained, who practice appropriately and within the scope of their training.

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