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forumAdmin  Posted: Tue May 01, 2007 10:39 am

How can physical therapists use hypnotherapy or self-hypnosis to help patients with therapy sessions or encourage patients to look into self-hypnosis to help with motivation and mood?

Joined: 06 Apr 2005
Posts: 92

- K. Brown

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forumAdmin  Posted: Tue May 01, 2007 10:40 am

PT's can use hypnosis for visualizing the body healing itself. For instance, let's say you're rehabbing a knee. You would have the patient visualize their red blood cells repairing the damage. This can be done through metaphor if they want. For instance, the Foreman is barking order to the construction crew as they rebuild and repair the damage. Or it could be an interior decorator making some "changes" to the knee. The metaphor depends on what works best for the client. The unconscious mind doesn't know the difference between fantasy and reality so whatever you visualize will be taken as if it were real. Your body will respond to the visualization. The client should engage in daily (even two or three times daily) visualization until the knee is better. Hypnosis is a mood enhancer. It also relaxes and calms the body. Studies have shown those who meditate or use hypnosis daily look younger, visit the doctor less frequently, and are generally happier than those who do not.

- Scott Kudia, Ph.D.

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