

Hypnosis: Fibromyalgia New Treatment

Hypnosis

A very challenging medical condition for physicians to treat is Fibromyalgia, and hypnosis is emerging as a Fibromyalgia New Treatment. Sufferers of fibromyalgia use hypnosis to conquer their mind, and their challenging medical condition. Hypnosis is becoming a FIBROMYALGIA New Treatment, something more and more doctors are turning their patients on to.

Fibromyalgia symptoms can be debilitating to the point where most sufferers may sometimes "lose their minds". Patients may want to look into hypnosis to reduce fibromyalgia pain. Hypnosis, according to research on Hypnotherapy for FMS, has been proven to be successful as a fibromyalgia new treatment for pain management.

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What Is Hypnosis?

It is important to understand that hypnosis is a separate, altered state of consciousness. You are not asleep. You are not awake. You are in a "trance" for lack of a better word. A trance is a state of mind in which a hypnotized patient is able to free his or her mind from the constraints of their five senses and preconceptions. The patient experiences his or her simple, core consciousness. Typically the sensation is described as relaxing, blissful, dreamy or "I just felt different". Hypnotism is the process of inducing a hypnotic trance.

A defining aspect of hypnosis is an increase in the client's suggestibility, ability to concentrate and an often astounding memory improvement. Hypnotherapy makes use of these qualities to help a client literally change his or her mind removing limiting or unproductive beliefs and behavioral patterns. These new ways of thinking then become the client's foundation for thought and behavior. This allows for virtually limitless change.

Does The Patient Remain In Control?

Yes, you will gain control by easily making the changes that you want with the aide of hypnotherapy. It is a well documented fact that people cannot be made to perform acts under the influence of hypnosis that are contrary to their personal values. This means that a hypnotherapist cannot make you violate your moral or ethical code.

Who Can Be Hypnotized?

Just about anyone can be hypnotized. The requirements to achieve the hypnotic state are a comfortable, quiet room and chair and a person of average intelligence who is not impaired from drugs or alcohol and is willing to become hypnotized. The only question is the ease with which you will achieve an effective state of hypnosis. Hypnotherapy is not a contest of wills, rather it is a cooperative endeavor in which the hypnotherapist is a knowledgeable guide.

Does Hypnosis Work for Fibromyalgia?

Yes, successes achieved through hypnosis can be startling. The most recent studies are indicating that many patients are successfully using hypnosis to reduced their Fibromyalgia pain. It may very well help you make the change you want from your condition on the very first session. Multiple sessions for most issues help to assure that you enter a deep, fully effective state of hypnosis, to reinforce the suggestions, and to modify treatment according to what your day-to-day experience is between sessions.

Can I Handle More Than One Issue In A Hypnosis Session?

As a general rule, it is wise to deal with one issue at a time. However, many behavior changes also require support for secondary issues that must be addressed for the primary treatment to be successful. Self-esteem is often a big part of Hypnosis for Fibromyalgia patients.

In the next section we will explore Massage Therapy for Fibromyalgia.