FOCUS

JUNE 2026

SCEH Society for Clinical & Experimental Hypnosis

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FOCUS is published quarterly and features news and information for members of the Society for Clinical and Experimental Hypnosis (SCEH).

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Message from the President

Dear Fellow Member,

As I write this, we have just concluded our 2026 Midyear Clinical Hypnosis Workshops, a four-day event featuring workshops across three levels, Introductory, Intermediate, and Advanced. I want to thank all our talented presenters, the session hosts and all our attendees for their engaged participation. I also want to thank our Education Committee and Executive Director for helping to plan and manage this event. It was our largest to date, and an important part of our goal of delivering high-quality hypnosis training to as many health care professionals as we can. It was also gratifying to see that we have expanded the health care disciplines represented among our attendees, an important part of the Society's goal.

The 2026 Annual Conference

I hope you will join me at this year's Annual Conference, scheduled for October 14 to 18, 2026. The event will be virtual, so you are able to attend with no travel and minimal expense! The 2026 meeting theme will be a timely one, **Circuits of Consciousness: Hypnosis, AI, and Psychedelic-Assisted Change.**

Bring your friends and Colleagues

I encourage you to communicate with colleagues about the programs available at the Annual Conference. The program includes Introductory and Intermediate Training in Clinical Hypnosis, Advanced Workshops, as well as a Scientific Program. Any qualified health care professional who is eligible for SCEH membership who wants to begin the process of learning hypnosis can obtain top-quality training at the Annual Conference. For those wishing to expand their skills or knowledge, I can think of no better place.

International Journal of Clinical and Experimental Hypnosis (IJCEH)

The IJCEH journal editor and hypnosis researcher, Dr. Gary Elkins, was recently named to the Stanford/Elsevier Top 2% Scientists List, recognizing him as one of the most cited scientists in the world in 2025. We congratulate SCEH Past President Elkins for this honor.

Message from the President

I want to remind each member that your SCEH membership includes online access to the IJCEH, which continues to publish timely research on hypnosis. Log in to the SCEH website, then go to the Online Journals page.
SCEH website log in page

I want to draw your attention to the most recent issue of the IJCEH, a special issue dedicated to articles on"Ericksonian Hypnotherapy and Psychotherapy." This special issue included articles by Dan Short and Roxanna Erickson-Klein, Michael Yapko, Robert Staffin, and Metin Çınaroğlu. Learn more about this special Issue.

I encourage SCEH members to follow the IJCEH on social media (see links below). Recent posts include links to articles of special interest, such as one by **Sheryl Attig and Stanley Krippner** on "Hypnosis, Psychedelics, and Creativity." IJCEH is also now conducting and posting video interviews with interesting figures in the field. **Michael Vinson** (a Baylor University student) conducted an interview with **Etzel Cardena** about his recent article on "Mind-Manifesting Hypnosis: Phenomenological Similarities and Differences in Hypnotic and Psychedelic Contexts." Dr. Cardena is a past president of SCEH, a noted researcher, and will be presenting a keynote presentation at the 2026 SCEH Annual Conference. There is also an interview with **Guy Montgomery**, another leading researcher in hypnosis, about his recent article, "Hypnosis at the Crossroads."

Support SCEH and IJCEH Online
You can follow the SCEH and IJCEH on social media to get regular updates and access to research and clinical resources. Here is a list of our social media accounts for you to follow, like or comment upon. We value your support.

SCEH
Visit SCEH social media pages for updates on Society activities. Our website and YouTube page include resources for clinicians.
SCEH LinkedIn
SCEH Facebook
SCEH YouTube

IJCEH

Visit the IJCEH pages for regular updates on cutting-edge studies, reviews, interviews, and theories about clinical and experimental hypnosis from around the world. By following the IJCEH, you'll also be the first to know about limited-time open access to standout articles. The YouTube account features Author Spotlight interviews with researchers and clinicians who have authored especially impactful work.
·IJCEH Facebook
·IJCEH Instagram
·IJCEH YouTube

We value your support and look forward to seeing you at an upcoming event or on our social media pages.

SCEH Webinars
Our monthly Webinar Series continues to explore varied topics, and I encourage you to check out the list of upcoming topics and speakers. If you cannot attend live, these are also available on demand as Homestudy Courses. The content is the same; the method to view and obtain your continuing education credits is a bit different. To learn more, see our SCEH Webinars page.
SCEH Webinars

SCEH Academy and Certification
It was gratifying during the Midyear Workshops to have a number of individuals ask about hypnosis certification. The Society recently introduced the SCEH Academy: On Demand Training for Certification, Re-Certification, and Credentialing to help professionals gather the continuing education they need for these purposes. Please be sure to take a look at the SCEH Academy web page and I also ask that you let colleagues know about this program. Learn more.
SCEH Academy

In closing, I want to remind you that the Society is here to support your needs. Please reach out to me or the SCEH office (info@sceh.us) if we can assist you. And remember to mark your calendar for October!

Sincerely yours.
Donald Moss, SCEH President
Email: dmoss@saybrook.edu

Membership Benefits

✔️ **Exclusive Training & Continuing Education**
Access world-class workshops, webinars, and conferences taught by leading experts in clinical hypnosis, psychotherapy, medicine, and behavioral health.

✔️ **Professional Community & Mentorship**
Connect with a supportive network of practitioners and researchers who are passionate about advancing ethical, effective hypnosis practice.

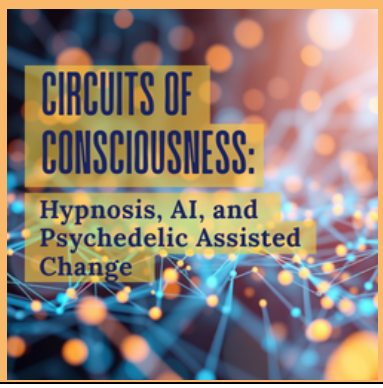
✔️ **Research & Academic Resources**
Stay current with the latest findings through member-only publications, research opportunities, and collaborations.

✔️ **Discounts on Events & Certification Pathways**
Enjoy reduced rates for SCEH's flagship events — including the Annual Conference and Midyear Workshops — plus support for SCEH certification

✔️ **Leadership & Service Opportunities**
Serve on committees, contribute to the field, and help shape the direction of clinical hypnosis education and practice.

✔️ **Visibility & Professional Recognition**
Boost your professional profile through membership listings, presentation opportunities, and involvement in SCEH initiatives.

Join SCEH now: https://www.sceh.us/membership-benefits



SCEH 2026 Annual Conference

OCTOBER 14-18, 2026	WEDNESDAY TO SUNDAY	ONLINE VIA ZOOM

CIRCUITS OF CONSCIOUSNESS: HYPNOSIS, AI, AND PSYCHEDELIC-ASSISTED CHANGE

Includes Introductory, Intermediate and Advanced Workshops plus a Scientific Program - Application for CE/CME will be made.

Event planning now underway.

77th Annual Workshops and Scientific Program

CALL FOR PAPERS

Posters only. Submissions will be accepted until August 1 or until all slots are filled.

View our call for papers video

Conference information

Member News

Donald Moss, PhD, SCEH President

I am excited to announce my latest publication, an article in the journal Brain Sciences, on The Relevance of Heart Rate Variability for Hypnotherapy and Psychotherapy. This article is part of the Special Issue Hypnotherapy: From Basic Research to Clinical Practice, edited by my friend and colleague, Dr. Giuseppe De Benedittis of Milan, Italy.The article is available with OpenAccess **here**.

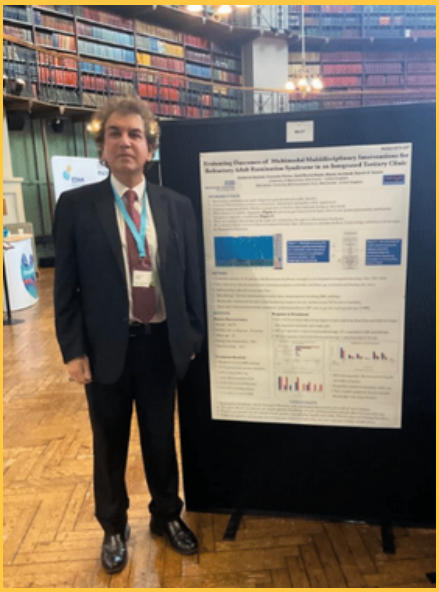
Syed Shariq Hasan,MBBS, MPH, MCPS, PhD

Dr Syed Shariq Hasan collaborated and tutored in the British Society of Gastroenterology (BSG) endorsed Manchester Gut-directed hypnotherapy training course for health care professionals organised by the British Society of Clinical and Academic Hypnosis(BSCAH). Group photo at the BSCAH Gut-directed hypnotherapy training course.

Member News

Syed Shariq Hasan,MBBS, MPH, MCPS, PhD

Dr Syed Shariq Hasan presented a poster at the 'Neurogastro2025', meeting of the European Society of Neurogastroenterology and Motility (ESNM) titled: 'Evaluating outcomes of multimodal multidisciplinary interventions for Refractory Adult Rumination Syndrome in an integrated Tertiary Clinic'. In this study he used gut-directed hypnotherapy as one of the modalities for the treatment of Rumination syndrome.



Dr Hasan received award from BMJ Gut for beingthe top social media supporter on X in 2025.

Member News

Etzel Cardena, PhD

Here are my recent publications:

Della Bella. G., Velez Picatto, A., Galván Rial, S., Cukier, S., Foa Torres, G., Catanzariti, M., Mateos, D., Lamberti, P., Cardeña, E., & Barttfeld, P. (2026). The neurophenomenology of self-induced transcendental visionary states: A case study. Neuroimage, 328:(21784). doi: 10.1016/j.neuroimage.2026.121784.

Cardeña, E. (January/February, 2026). "I contain multitudes." The Psychologist, 24-26.

Cardeña, E. (2026). Unblinding psychology (Editorial). Psychology of Consciousness. Theory, Research, and Practice, 13(1), 1-3.

Cardeña, E. (2026). Stanley Krippner: The liminal psychologist. Revision, 34(3-4), 1-2.

Cardeña, E., Berkovich-Ohana, A., Valli, K., Bartfeld, P., Gómez-Marín, A., Greyson, B., Kumar, V. K., Laureys, S., Luhrman, T. M., Newberg, A., Preller, K. H., Putnam, F. W., Tagliazucchi, E., Walsh, R., Carter, O., & Yaden, D. (2025). Bringing order to multiplicity: A consensus taxonomy of non-ordinary states of consciousness. Psychology of Consciousness: Theory, Research, and Practice. Advance online publication. https://doi.org/10.1037/cns0000431

Mässing, A., & Cardeña, E. (2025). The relation between post-migration stressors and trauma treatment outcomes: A scoping review. European Journal of Psychotraumatology16(1). https://doi.org/10.1080/20008066.2025.2570929

Cardeña, E. (2025). Mind-manifesting hypnosis. Phenomenological similarities and differences between hypnotic and psychedelic contexts. International Journal of Clinical & Experimental Hypnosis, 73(4), 398-413. https://doi.org/10.1080/00207144.2025.2554069

Cardeña, E., Sonne, C., Vindberg, E., Carlsson, J., Cervin, M., Silove, D., Hall, J., Coello, M., Momartin, S., Gušić, S., & Aroche, J., (2025). Development and validation of a new comprehensive screening measure of forced migrants/refugees: The Screening of Refugees Self-Report (ScoRE-SR). Nordic Journal of Psychiatry. Doi: 10.1080/08039488.2025.2475940

Bicego, A., Alnagger, N., Cardeña, E. Sombrun, C., Martial, C., Annen, J., Gosseries, O., & Vanhaudenhuyse, A. (2025). Exploring mystical-type experiences through auto-induced cognitive trance. International Journal of Clinical and Experimental Hypnosis.

Cardeña, E. (2025). What psi research can -and cannot- say about "mind beyond the brain." International Review of Psychiatry. 1–5. https://doi.org/10.1080/09540261.2025.2466485

Education Committee Report

Donald Moss, Education Chair

The SCEH Education Committee is working to bring our members a continuous stream of educational opportunities. The committee now includes: Donald Moss, Chair, and members Elizabeth Walsh, Betsy Gaines, Rebecca Cherry, and Samuel Lurie. SCEH Executive Director Anne Doherty Johnson regularly participates in the committee's planning process.

Successful Midyear Clinical Hypnosis Workshops

On April 24-27, we enjoyed four days of lively and informative Midyear Clinical Hypnosis Workshops. A total of 90 persons attended the Midyear Workshops this year. This included the largest Introductory Workshop cohort ever, of 37 attendees.

I want to thank the many presenters who conducted the Introductory, Intermediate, and Advanced workshops for the SCEH Midyear. Barbara McCann and Eric Willmarth led the very successful Intro workshop this year! They were assisted by Louis Damis, Scott Hoye, Cassondra Jackson, Donald Moss, Nicholas Olendzki, David Paul Smith, and Linda Thomson. Louis Damis and Akira Otani conducted the Intermediate workshop. Advanced workshops were led by Carolyn Daitch, David Reid, Jane Alexandra Kessler, Michael Yapko, Ronald Pekala, Joseph Tramontana, and David Patterson.

My thanks also to Anne Doherty Johnson, the SCEH Executive Director, who pushed through a daily flood of logistical tasks to create the successful Midyear Workshops.

The 2027 Midyear Clinical Hypnosis Workshops will take place April 9 to 12, 2027, following the same format as this year. Friday and Saturday April 9 and 10 will provide Introductory and Intermediate Training in Clinical Hypnosis and Sunday and Monday April 11 and 12 will provide Advanced Workshops. Upcoming Webinars Our SCEH webinar schedule includes several outstanding programs in the next few weeks.

Education Committee Report

Upcoming Webinars

Our SCEH webinar schedule includes several outstanding programs in the next few weeks.

June 12, 2026, at noon EDT
Presenter: Cecilia Fabre, PhD
Title: Lightening the Soul, Lightening the Body(Weight Management)

July 10, 2026, at noon EDT
Presenter: Shawn R. Criswell, PhD, LPC
Title: Addressing Loneliness with Process Oriented Hypnosis

July 31, 2026, at noon EDT
Presenters: Gary Elkins, PhD, and Vanessa Muñiz, MA
Title: Hypnosis Research Workshop: Designing Case Studies and Randomized Clinical Trials & Preparing Papers for Publication

August 14.2026, at noon EDT
Presenter: Arine Vlieger, MD, PhD
Title: Hypnosis for Pediatric GI Disorders

September 11.2026, at noon EDT
Presenter: Brice LeMaire, Docteuren Chirurgie Dentaire
Title: Hypno - Anesthesia: Myth and Reality

For more information on the Webinars and for registration, please visit www.sceh.us/webinars. We welcome suggestions from SCEH members about desired topics and speakers for the 2027 Midyear Clinical Hypnosis Workshops and for the SCEH Webinar series.

SCEH Academy

If you are currently pursuing certification, if it is time to renew your certification, or if you need continuing education credits for licensure renewals or hospital credentialing, visit the SCEH Academy at https://www.sceh.us/sceh-academy. The Academy organizes relevant past and future webinars that could be useful in your certification, re-certification, and credentialing. There are links to available recordings and future programs in ethics, research methodology, hypnosis practice, hypnosis fundamentals, and cultural sensitivity, each with available CE credit.

PLEASE JOIN US FOR THESE UPCOMING SCEH WEBINARS:

July 10, 2026
Addressing Loneliness and Social Isolation Through Process-Oriented Hypnosis
Presenter: Shawn R. Criswell, PhD, LPC
Details and registration: **https://tcsppofficeofce.com/july_10_2026/**
Category/Specific Disorders: Loneliness/Isolation

July 31. 2026 (Originally scheduled for May 22, 2026)
Hypnosis Research Workshop:
Designing Case Studies and Randomized Clinical Trials & Preparing Papers for Publication
Presenters: Gary Elkins, PhD and Vanessa Muñiz, MA
Updated details and registration: **https://tcsppofficeofce.com/july_31_2026/**
Category: Hypnosis Research

September 11, 2026
Hypno-Anesthesia: Myth and Reality
Presenter: Brice LeMaire, PhD
Details and registration: **https://tcsppofficeofce.com/sept_11_2026**
Category/Specific Disorders: Anesthesia/Dental Procedures

October 9, 2026
From Mind to Medicine: Modified States of Consciousness in Patient Care
Presenter: Audrey Vanhaudenhuyse, PhD
Details and registration: **https://tcsppofficeofce.com/oct_9_2026/**

SCEH is a co-sponsor and wishes to draw your attention to this upcoming event:

Placebo, Hypnosis, and Functional Disorders (PHFD 2026)
Bridging Basic Research and Clinical Innovation
Nancy, France
October 14-16, 2026
This event seeks to bring into dialogue three domains that have historically developed along largely separate trajectories: placebo and nocebo research, hypnosis and suggestion, and functional disorders. These fields are increasingly converging toward common theoretical frameworks, while also offering complementary methods and empirical findings drawn from their distinct disciplinary histories that can inform and enrich one another.

Sign up or find more information at this link: https://www.sceh.us/webinars

NEWS FROM

IJCEH Updates

The IJCEH is the #1 most cited hypnosis journal. In addition, the IJCEH now posts regular updates on social media. Following the IJCEH on social media (Instagram, Facebook, YouTube) can help keep you in the loop on recent articles, event information, and exclusive content from some of our expert authors, through our Author Spotlight Interview Series. Below are the links to IJCEH Instagram and Facebook.

- Instagram: @_IJCEH_ (Link: https://www.instagram.com/_ijceh_/)
- Facebook: International Journal of Clinical and Experimental Hypnosis (Link: https://www.facebook.com/IJCEHyp/)

IJCEH Social Media–Author Spotlight Series

The IJCEH also includes posts on YouTube. As part of our Author Spotlight series, you can find exclusive content from expert authors of selected articles published in the IJCEH. The link to the IJCEH YouTube is:

- YouTube: @IJCEH (Link: https://www.youtube.com/@IJCEH)

The latest IJCEH post on YouTube is an interview with Chris Corlett regarding the recent publication, "Feasibility of a Hypnosis Intervention for a Mystical Experience." You can watch the interview by clicking on the link below to learn more about how a hypnosis intervention can facilitate powerful mystical experiences without psychedelics.

Interview: https://www.youtube.com/watch?v=HtY2GyHtkMg

IJCEH Social Media - Author Spotlight Series: Continued

Looking to the future, the next upcoming Author Spotlight Interview will be with Dr. Kwartarini Wahyu Yuniarti from Malaysia. Dr. Yuniarti will be interviewed about the recent IJCEH publication "Clinical Hypnosis for Chronic Illnesses: A Scoping Review of Randomized Controlled Trials." Dr. Kwartarini Wahyu Yuniarti is a Professor of Clinical Psychology at Gadjah Mada University.

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Know when new articles or issues are published by signing up for new content alerts at the IJCEH publisher's website: https://tandfonline.com/ijceh. Click "New Content Alerts," enter your email, and select your preferred frequency!

Publishing in IJCEH

The International Journal of Clinical and Experimental Hypnosis receives all manuscript submissions electronically via the Taylor & Francis submission portal located at https://rp.tandfonline.com/submission/create?journalCode=NHYP Accepted articles are published on a rolling bases on-line ahead of print, allowing for timely author citations. Instructions to authors can be found at: https://www.tandfonline.com/action/authorSubmission?show=instructions&journalCode=nhyp20 Contact us at: IJCEH@baylor.edu

As a reminder, the IJCEH accepts many types of papers, including

Empirical research (e.g., clinical trials, neurophysiological studies, mechanistic studies, feasibility studies, replications); Clinical papers (e.g., well-designed multiple or single case studies); systematic reviews, meta-analyses, research-informed theoretical papers, & significant historical or cultural material. Topics can include: Hypnosis, hypnotizability, and hypnotherapy in psychology, psychotherapy, psychiatry, medicine, dentistry, wellness, nursing, and related areas; and studies relating hypnosis to other phenomena (e.g., mindfulness, contemplative practices, & consciousness).

EDITOR-IN-CHIEF: GARY R. ELKINS, PHD

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Have you considered what Open Access Publishing can do for your research?

Open Access publications are a great way to extend the reach of your work. Publishing your accepted article in the IJCEH is free, but some authors elect to cover the costs of publishing, making their paper freely available to anyone online. The number of authors electing to publish their articles with Open Access in the IJCEH has been increasing. Open Access papers have many more views, more readers, and usually more citations. This is beneficial to the authors and to the journal! If your manuscript is accepted, consider Open Access publishing, and email us with any questions.

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Here are some X (Twitter) accounts to follow! You can keep up to date on recent articles, event information, the latest news from hypnosis societies, and discussion on hypnosis research.
YouTube: @IJCEH
The IJCEH's Official X (Twitter) Account: @IJCEH
Follow the Editor of the IJCEH: @ElkinsGary
Taylor & Francis Research Insights' Official Twitter Account: @tandfonline
Find us online at: www.tandfonline.com/nhyp

We are pleased to share abstracts from the articles published in the most recent issue of

The latest issue of the International Journal of Clinical and Experimental Hypnosis (Volume 74, Issue 2) offers articles exploring the use of clinical hypnosis across diverse medical and psychological applications. This issue brings together clinical trials, systematic reviews, and a case study exploring how hypnosis may support patient care. An article featured in this journal includes a clinical trial on hypnosis for post-operative pain following shoulder replacement. Complementing this article, several reviews synthesize current evidence on hypnosis for chronic illness and perioperative care, pointing to meaningful reductions in anxiety, medication use, and improvements in quality of life. Overall, this issue spotlights innovative applications of hypnosis, such as a pilot study demonstrating the effectiveness of medical hypnosis in reducing procedural anxiety in pediatric radiology. We encourage readers to read the abstracts of included articles.

Effects of Hypnosis Therapy on Pain and Opioid Use Following Shoulder Replacement Surgery: A Clinical Trial

Georges Haidamous, Mark P. Jensen, Lynne A. Couchara, Kaitlyn N. Christmas, Peter Simon, & Mark Frankle

This study aimed to evaluate the effectiveness of therapeutic hypnosis as an alternative to or adjunct treatment with opioid medications for post-operative pain management following shoulder replacement surgery. A prior pilot study assessed the feasibility of a clinical trial by comparing standard care and hypnosis therapy groups, finding moderate reductions in pain and opioid consumption in the therapeutic hypnosis group. The design of the current trial was informed by findings from the pilot study. Participants in the therapeutic hypnosis group were given access to a video with therapeutic hypnosis narration, while the control group viewed the video without narration. Pain intensity (primary outcome) was assessed at baseline, at the preoperative visit, as well as 10 and 49 days post-surgery. Secondary outcomes included anxiety, pain medication use, and sleep disruption. Despite initial positive results from the pilot, the current trial revealed no significant differences between the treatment groups across all measures. Further research should consider alternative control conditions and examine outcomes in the immediate post-surgical period to better capture potential effects.

Clinical Hypnosis in the Management of Type 2 Diabetes Mellitus: A Critical Review of Psychological and Physiological Outcomes

Martaria Rizky Rinaldi, Gilles van Luijtelaar, Nida Ul Hasanat, & Kwartarini Wahyu Yuniarti

Type 2 diabetes mellitus (T2DM) is a chronic condition with significant psychological and physiological challenges. Clinical hypnosis has emerged as a complementary intervention to support emotional regulation and self-management in T2DM care. This critical narrative review evaluates empirical studies on the use of clinical hypnosis for managing psychological and physiological outcomes in individuals with T2DM. Systematic search procedures were applied in Scopus, PubMed, and Google Scholar, yielding six eligible studies published between 2011 and 2025 for inclusion in this critical narrative review. The findings suggest potential benefits in reducing stress and anxiety, enhancing self-care, and improving glycemic control. However, methodological limitations – such as non-randomized designs, small samples, and heterogeneous protocols – limit causal conclusions and replicability. Clinical hypnosis shows promise as an adjunctive approach in T2DM management, but further research using rigorous designs and objective measures is needed to establish its effectiveness and mechanisms.

A Novel Hypnotic Intervention for the Treatment of Ornithophobia. A Case Study

Deborah R. Vivo

This case study explores the successful treatment of severe ornithophobia in a 25-year-old woman, referred to as Emma, through a novel hypnotic intervention that integrates mindfulness and autogenic training. Emma's chronic fear of pigeons had significantly impacted her professional life. The Severity Measure for Specific Phobia-Adult (SMSP-A) was used to assess her level of phobia pre- and post-intervention, as well as at a 6-month follow-up. Emma's hypnotizability was measured using the Stanford Hypnotic Susceptibility Scale – Form C (SHSS:C). Following a single hypnotic session, Emma experienced accidental physical contact with a pigeon. This incident activated the resourcefulness response elicited during hypnosis, leading to an instant healing of her phobia. This positive outcome not only persisted but showed further improvement at follow-up. Additionally, Emma resumed her university studies and overcame her driving phobia. These findings suggest that the intervention was efficacious in treating Emma's ornithophobia and promoting her overall personal growth. The study provides a comprehensive account of the intervention and discusses its implications for treatment.

Clinical Hypnosis for Chronic Illnesses: A Scoping Review of Randomized Controlled Trials

Martaria Rizky Rinaldi, Gilles van Luijtelaar, Nida Ul Hasanat, & Kwartarini Wahyu Yuniarti

Chronic illnesses require a multifaceted treatment approach, and clinical hypnosis has shown promise as a complementary intervention. This scoping review maps the evidence on clinical hypnosis for chronic illness management, focusing on randomized controlled trials (RCTs). Following PRISMA-ScR guidelines and scoping review framework by Arksey and O'Malley's (2005), a systematic search in PubMed and Scopus identified 16 RCTs involving adults with conditions such as fibromyalgia, cancer, obesity, and heart disease. Studies were conducted primarily in Europe and the USA, with sample sizes ranging from 20 to 169, predominantly among middle-aged adults. Hypnosis interventions varied, including relaxation induction, positive imagery, and self-hypnosis, often combined with therapies such as cognitive-behavioral therapy (CBT). Positive outcomes were found in pain reduction, emotional distress, quality of life, sleep, and fatigue, particularly among patients with fibromyalgia and cancer. This review underscores the potential of clinical hypnosis to reducing pain and enhancing well-being. However, the methodological heterogeneity across studies highlights the need for more rigorous research to optimize hypnosis-based interventions for chronic conditions.

The Role of Medical Hypnosis in Alleviating Procedural Anxiety in Pediatric Interventional Radiology: A Pilot Study

Naomie Condé,Vicky Fortin, & Tatiana Cabrera

Pediatric interventional radiology procedures often use general anesthesia to manage pain and anxiety, but general anesthesia carries risks. Medical hypnosis, a noninvasive technique, has shown potential, though its application in pediatric interventional radiology is underexplored. This pilot study compared medical hypnosis and general anesthesia in pediatric interventional radiology, focusing on pre- and post-procedural anxiety and overall patient experience. The mean age of the medical hypnosis group was higher than the general anesthesia group. Post-procedural anxiety was significantly lower in the medical hypnosis group compared to the general anesthesia group ($p = .003$). Additionally, the overall patient experience was rated higher for medical hypnosis ($p = .037$). Medical hypnosis offers a viable, noninvasive approach to reducing procedural anxiety and enhancing the patient experience in pediatric interventional radiology. Larger-scale studies are needed to validate these findings and optimize medical hypnosis implementation.

Effect Hypnosis on Perioperative Outcomes Among Patients Undergoing Non-cardiovascular Surgeries: A Systematic Review of Randomized Trials

Youssef El-Allam, Yassine Hafyani, Mohamed Khalyfa, Jawad Bouzid, Mohamed Mouhajir, & Naoufal Himmouche

Surgery is a disturbing factor of perioperative outcomes in surgical patients. This study aims to explore the effects of clinical hypnosis in diverse perioperative disturbances among non-cardiovascular surgical patients. This is a systematic review according to PRISMA guidelines, using following databases: Cochrane trials, Scopus, Web of Science, Medline and Google Scholar with various keywords in English and French. Study quality was assessed using Cochrane Rob 2 tool. Thirty randomized controlled trials published between 2012 and January 2025 were included in this review. Results showed that clinical hypnosis revealed a significant effect on decreasing pre- and intra-operative anxiety, medication consumption (especially opioids and hypnotics intra- and post-operatively), and risk of post-operative nausea and vomiting. A higher level of prolactin was also observed in women on post cesarean section. Hypnosis is an interesting perioperative strategy, particularly in decreasing pre-operative anxiety and medication consumption. Its impact on pain is uncertain and it can be related to techniques, patient hypnotic profile, or type of surgery.