How to Get Relief From Pain Using Hypnosis

Written by Allison Woods
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Psychological therapies, such as hypnosis, can be a helpful way to break the cycle of pain and get long-term relief. Because pain and stress are often linked, many people have found that the benefits of hypnosis also help to relieve their pain. Hypnosis puts the mind and body in a state of complete relaxation that aids in reducing stress, taking the burden off of the body, and retraining the brain to deal with pain. Hypnosis tunes into positive thoughts and creates a calm mind to provide a sense of comfort and relaxation that is often hard to reach when dealing with pain.

Hypnosis is one of the best ways to reach a state of total relaxation where the mind is free from worry and the body is free from tension. Many people use hypnosis to relax, and many use hypnosis as a means to control pain. When hypnotized, a person goes through some physiological changes, such as slower breathing and a decreased heart rate. The body and mind are only focusing on positive, calm thoughts and not any of the pain or tensions in the body.

Using hypnosis to get relief from pain also provides a means to build confidence in themselves, and also their ability to battle chronic pain. Hypnosis uses positive affirmations that recondition the brain to believe in self-worth and self-power. Aligning your mental state to your ultimate goal of being a healthy and thriving person will assist in the journey towards pain relief. Positive affirmations such as "I do not feel pain" and "I can be in control of my pain" reinforce the idea that treatments will work and pain will be relieved.

Hypnosis has been known to be effective for people with acute and chronic pain. Examples of the type of pain that hypnosis can help relieve are cancer pain, burns, arthritis pain and emotional pain dealing with anxiety over illness or surgery. The National Institute of Health has backed up the claims that hypnosis can have a significant affect on the level of pain that people feel when dealing with illness, stress and anxiety.

To use hypnosis to get relief from pain, find a professional and licensed hypnotherapist that deals with pain management. The hypnotherapist will most likely want to see you several times, or at least guide you on how to do self-hypnosis at home using the methods and techniques that they use. Hypnosis sessions for pain relief generally last 30-60 minutes, depending on the issue and the techniques that the hypnotherapist uses.

During a hypnosis session to get relief from pain, the hypnotherapist will guide you into a hypnotic trance using a hypnotic induction, such as fixed eye induction or counting to 10. Once the body and mind are completely relaxed, the hypnotherapist will guide you through a series of mental exercises to deal with pain. These may include visualizations of you as a healthy person, reciting positive affirmations and more. Once you have completed the mental exercises, the hypnotherapist will gently bring you back to a wide-awake state.

The actual hypnosis sessions can help alleviate pain because the body and mind are relaxing and concentrating on being calm and open to positive thoughts. Even as little as one or two sessions a week can reduce pain and create a lasting sense of calm. When used more often,

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hypnosis can change outlooks, behaviors, and thoughts about pain on a more long-term scale. After seeing a professional hypnotherapist, you can regularly do self-hypnosis in the comfort of your own home to continue to reap the benefits of hypnosis and get lasting relief from pain.