

March 25-26, 2019  
Rome, ItalyInt J Anesth Pain Med 2019, Volume 5  
DOI: 10.21767/2471-982X-C1-006

## Workshop on hypnotherapy and pain management

### Muhammad Rafiq

University of Management and Technology,  
Pakistan

**T**his workshop will be focused on to give the concept of recent and modern hypnotherapy especially in the use of pain management (either psychological or biological). Participants will be able to learn what is hypnosis, its induction, suggestibility and its use in pain management? Participants will also be demonstrated a novel hypnotic technique called circle therapy in pain management. Following abstract shows the effect of circle therapy on pain management. Recent findings have indicated that hypnotic interventions produce significant decreases in pain. The current case studies are focused to highlight the effect of a novel hypnotic technique for headache management. Unpublished data from the authors on this novel therapy has shown significant impact on pain management including headache. All the clients were gone through a complete observation and clinical interview and only clients with psychological pain were included in this group of case studies. For the management of headache, a novel hypnotic intervention, circle therapy (CT), was applied on a group of ten clients.

Before the induction of CT, the intensity of the headache was measured through a subjective rating scale i.e., from 0 to 10. All the clients indicated the intensity in the range of 8-10 on subjective rating scale for pain. According to rating scale, headache above 8 is considered as severe, above 5 moderate and above 3 mild. CT is a brief hypnotic technique limiting around ten minutes. Post hypnosis ratings were also measured. The pre and post hypnosis data was managed and analyzed by paired samples t test. Use of CT shows a significant results between pre and post rating ( $M=9$ ,  $SD=0.25$ ) and ( $M=1$ ,  $SD=0.21$ ;  $p<0.001$ ). This brief CT, a hypnotic intervention provided an immediate relief from headache, however, this is limited to few case studies focusing on just headache. So, there is need to see the effect of CT on more cases and/or with different types of pain.

muhammad.rafiq@umt.edu.pk  
rafiqdar@hotmail.com