

## Patient Resources

### Hypnosis

Hypnosis, also known as hypnotherapy, is considered to be a state of focused concentration with diminished peripheral awareness.

#### Who is it for?

Hypnotherapy can be used for many conditions, including anxiety, smoking cessation, fibromyalgia pain control, and more. *It is important that individuals discuss their interest in hypnotherapy with their rheumatologist to ensure that it is a safe option.*



#### Does it work?

The National Center for Complementary and Integrative Health (NCCIH) has conducted research on hypnosis, and has found little evidence to support the use of hypnosis as an effective method of treatment. The studies that have been conducted demonstrate that hypnosis alters how much pain bothers you, rather than reducing the amount of pain experienced.

#### Before you make your appointment...

- Discuss your thoughts of hypnosis with your rheumatologist to ensure that it is a safe option for you.
- In most states, there are laws that regulate the practice of hypnotherapy, however in some states, non-licensed professional may practice.