



Jan Rysdon

Mindfulness & Hypnosis

727.741.8513

Hypnosis for Surgical * Medical * Dental Procedures

Learn self-hypnosis to

Relax

before the procedure

Prepare

your mind for the journey

Recover

more quickly after



Results and Benefits

Hypnosis – self-hypnosis – used as a **Complementary technique** in conjunction with conventional treatments has been proven to be highly effective for people of all ages. Self-hypnosis helps you achieve the appropriate physical response and psychological frame of mind, which will lead to minimal pain or anxiety and a speedy recovery.

Hypnosis works!!

- Reduces stress
- Minimizes anxiety
- Promotes relaxation
- Relieves discomfort
- Accelerates recovery
- Promotes better outcomes
- Assists with a variety of conditions
- Provides coping tools for future use

Call **Jan Rysdon** at 727.741.8513 to discuss how hypnosis will support you.

Hypnosis for Surgical, Medical, and Dental procedures and concerns is supported by RESEARCH.

Clinical trials are measuring how the use of hypnosis **before surgery** leads to **less trauma to the body, less blood loss, and faster recovery times**. Some studies look at how hypnosis may even shorten the length of the procedure and lower the cost.

At teaching hospitals such as those at Mount Sinai School of Medicine in New York and Harvard Medical School, hypnotists work with some surgical patients to help **speed recovery**.

"Hypnosis for acute **distress management during medical procedures**: In recent years, several **randomized-controlled trials with sufficient participant numbers have demonstrated the efficacy of hypnosis in the perioperative domain.**"

--Beth Israel Deaconess Medical Center - Harvard Medical School

Studies of patients undergoing surgery who were taught self-hypnosis by the team of **Dr. Mehmet Oz, cardiothoracic surgeon** and frequent **Oprah Winfrey guest**, revealed the patients were **significantly less tense as well as less depressed, less fatigued, and required less medication. They felt empowered and left the hospital sooner than those who did not receive the training.**

--Chip Brown, "The Experiments of Dr. Oz"

"Contemporary clinical investigators claim that the **combination of analgesia and hypnosis is superior to conventional pharmacologic anesthesia for minor surgical cases**, with patients and surgeons responding favorably."

--University of Florida College of Medicine

"A new study from Beth Israel Deaconess Medical Center and Harvard Medical School in Boston found that **women who were guided into a state of hypnotic relaxation during biopsy experienced less pain and anxiety during the procedure.**"

--Artemis/Hopkins Breast Center

"Hypnosis Reduces **Preoperative Anxiety** in Adult Patients: **patients in the hypnosis group were significantly less anxious postintervention** as compared with patients in the attention-control group and the control group. Moreover, on entrance to the operating rooms, the hypnosis group reported a significant decrease of 56% in their anxiety level whereas the attention-control group reported an increase of 10% in anxiety and the control group reported an increase of 47% in their anxiety."

--Anesthesia & Analgesia

"Doctors at Yale University's medical school reported the news at the American Society of Anesthesiologists' annual meeting. They tested hypnosis on a small group of adults right before **outpatient surgery**. Their finding: Hypnosis worked. **After one hypnosis session, patients were less anxious about their operation than they had been just half an hour before.**"

--WebMD Medical News

"Studies have shown **clinical hypnosis and self-hypnosis to be effective as adjunct treatments for children in pain**. Examples include painful medical procedures, such as bone marrow aspiration and lumbar puncture in pediatric cancer patients, postoperative pain and anxiety in children undergoing surgery, and chronic headache."

--Canadian Family Physician

"The faculty of Health and Social Work at the University of Plymouth in the UK systematically reviewed the research evidence on the effectiveness of hypnosis for chemotherapy-induced nausea and vomiting (CINV) in cancer patients... Meta-analysis revealed a large effect size of hypnotic treatment when compared with treatment as usual, and the effect was at least as large as that of cognitive-behavioral therapy, thus demonstrating that **hypnosis could be a clinically valuable intervention for anticipatory and CINV in children with cancer.**"

--*European Journal of Cancer Care*

"Patients ages 8–18 years with either FAP (n=31) or IBS (n=22) were randomized to either hypnotherapy or standard medical care. Hypnotherapy was conducted at a site distant from the academic center by a registered nurse with years of training and experience in hypnotherapy. The hypnotherapy intervention consisted of six age-appropriate 50-minute sessions over a three-month period.

"The goal of the hypnotherapy was to provide suggestions for general relaxation, sleep improvement, and "ego-strengthening." Standard medical care consisted of physician-directed education, dietary advice, extra dietary fiber, and pain medication in addition to six half-hour sessions of "supportive therapy" conducted over a three-month period.

"Patients in both groups maintained a pain diary card on which they recorded the daily frequency and intensity of abdominal pain and other somatic symptoms such as headache. Outcomes were assessed at baseline, one, four, eight, and 12 weeks after randomization and again six and 12 months post-therapy. **Gastrointestinal pain scores decreased significantly.**"

--*American Academy of Pediatrics*

"During a 1-year-trial period, 209 [dental] operations under combined local anaesthesia/medical hypnosis were carried out on 174 non-preselected patients between the ages of 13 and 87 years. The surgical range covered **oral, plastic and reconstructive, oncological, septic and trauma operations.** RESULTS: Medical hypnosis turned out to be a reliable and standardizable method with high patient compliance. **Remarkable improvements in treatment conditions for both patient and surgeons were achieved in 93% of cases.**"

--*Journal of Cranio-maxillo-facial Surgery*

Call to schedule your complimentary consultation with **Jan Rysdon**,
Certified Hypnotist, who will explain how you will learn to easily

- Relax
- Prepare
- Recover

727-741-8513

Jan Rysdon offers Virtual Sessions Worldwide and consultations in New Port Richey, Trinity, Holiday, Tarpon Springs, Clearwater, Oldsmar, Palm Harbor, and many other communities in Tampa Bay, Florida