

Your Say- It's up to YOU!

This is a new column in the newsletter, giving you the opportunity to say what's on your mind. It could be that you want to tell us about a recent experience you had (funny or serious), whether it be in your practice or while you were on holidays- *It's up to you!*

This will also be a great opportunity for GPs and Practice Staff to provide feedback to the Division about what you want from us.

If you have any feedback or recent experiences that you would like others to know about, contact **Sherryn Streeter at the Division on 9477 8710 or sherryn@hkrdgp.org.au.**

Immunisation Update for GPs & Practice Staff

**Wednesday 2 March
The Epping Club**



- **Travel Immunisation for Children:**
Dr Nicholas Wood
(The Children's Hospital at Westmead)
- **Immunisation Schedule Update:**
Kath Cannings (Public Health Unit)
- **ACIR Reporting:**
Julia Strudwick (ACIR)

For further information, see p.15

***"Time gets away faster each day so
enjoy it, it won't come back"***



Hypnotherapy and Cognitive Behavioural Therapy

Clinical hypnosis and cognitive behavioural therapy (CBT) is used conjunctively in a myriad of therapeutic interventions ranging from smoking cessation to stress and anxiety linked conditions to drug and alcohol issues to obesity to irritable bowel syndrome.

The concept of 'faulty learning' which underpins CBT can be addressed directly through hypnotic suggestion. Once the hypnotic state is induced, suggestions (using the patients specific language) are directed towards the required behavioural changes.

An example of the integration of cognitive behavioural therapy and hypnotherapy can be most easily seen with a smoking cessation program where the change of behaviour is established using cognitive behavioural principles and then reinforced through hypnotic suggestion. The methodology is

1. establishing the behaviours the patient want's to change
2. establishing the new desired behaviours
3. using hypnotic suggestion to reinforce the patient's desired behaviours

This process can be extrapolated to encompass various interventions and specified to exact patient requirements. Obesity issues can be addressed in similar fashion. If the patient wants to change eating patterns, hypnotic reinforcement can be used to institute the new patterns. More advanced hypnotherapeutic techniques (eg Ideomotor Questioning) can be implemented to further enhance the therapeutic process.

As illustrated hypnotic interventions can enhance existing CBT interventions. Should you require additional information the Hypnosis Advisory Line can assist on (02) 9415 6500. An article 'What is Hypnosis?' is available (amongst other articles) at www.aah.edu.au/publications.htm for further information.

References:

- Commonwealth of Australia. 1998, *Acute Pain Management: Scientific Evidence*, November 1998, Retrieved: December 12, 2004 from www.nhmrc.gov.au/publications/synopses/cp57syn.htm
- Gudritz, L. 'Hypnosis and Weight Loss' Retrieved: December 19 2004 from www.vanderbilt.edu/AnS/psychology/health_psychology/wthyypnosis.htm

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