

1st
WORLD
CONGRESS



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ON HEALTHY AGEING

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Organised by:



Malaysian Healthy Ageing Society

Co-Sponsored:



World Health
Organization



London College of
Clinical Hypnosis
(Asia)

Hypnosis and Depression

Sheila Menon
Peter Mabbutt



What is hypnosis?

- **Waking Hypnosis**

You experience waking hypnosis several times every day

It is a state that occurs naturally when your attention is fixed on one thing to the exclusion of all else



What is hypnosis?

- **The hypnogogic and hypnopompic states**

Experienced in the transition between wakefulness and sleep:

Hypnogogic

The state you experience as you go to sleep

Hypnopompic

The state you experience as you wake up



The Problem

- Patients
- Family Members
- Doctors





Research

- Depression is 4th leading cause of burden on healthcare systems globally
- Up to 8% of population in Malaysia depressed



Research

- In elderly:
 - 48.8% depressed in community
 - 67% depressed in elderly care institutions



Research

- Hypnosis and depression:

Positive expectancy

Depressive symptoms

Self-organisation



Research

- Meta analysis studies show hypnosis significantly improves symptoms
- Self-hypnosis shown to significantly improve symptoms



What is trance?

- **Altered state of awareness**
- **Conscious vs unconscious**





Power of the Mind





Medical Approval

British Medical Association 1955

American Medical Association 1958

Indian Ministry of Health and Family Welfare 2003

**Academy of Family Physicians of Malaysia accredits
hypnotherapy training 2006 and formed a hypnotherapy
chapter in 2011**





Religious Approval

All major religions support the therapeutic use of hypnosis

The majority of religions are against its use for entertainment purposes



Research and hypnosis

- **Research proves the efficacy of hypnotherapy**

Psychological

Medical

Mind-body connection



Depression

- Aim is to improve:
Coping Skills

Problem solving skills

Social skills

Behavioural skills

Relaxation skills





Depression

- Hypnotherapy aids:

Resource acquisition

Self-esteem





Six Stages of a Hypnosis Session

1. Introduction
2. Induction
3. Deepening
4. Therapy
5. Awakening
6. Homework



Self-hypnosis





London College of
Clinical Hypnosis
(Asia)

Telephone: +603 2092 3950

Email: info@hypnosis-malaysia.com

www.hypnosis-malaysia.com