Hypnosis Therapy at Women’s Wellness Center

What is hypnosis?
Hypnosis is a technique that allows patients to take advantage of the mind-body connection to foster healing. Essentially, a hypnotic trance is an altered state of consciousness marked by relaxation and increased intensity of awareness. It involves a deliberate choice to enter this state of consciousness for a goal beyond relaxation: to focus concentration and use suggestion to promote health and healing. Individuals can experience hypnosis from a certified practitioner, and they can also become comfortable practicing and eventually mastering the techniques themselves. While the practitioner serves as a teacher or guide, the hypnotic state is a latent potential of one’s own mind. Therefore, all hypnosis is really self-hypnosis. Hypnosis uses your own strong imagination as opposed to a weak will power to create the change of your “choice.”

Will someone be controlling me?
For some people who have never tried it, the idea of going into a hypnotic trance may seem odd or frightening, especially in light of the misinformation of hypnosis through movies and television. But the fact is, we all experience trance states in everyday life, such as daydreaming, watching a movie, driving home "on autopilot," or mindful relaxation techniques. Contrary to popular notion, a hypnotist cannot make their subject do anything they do not want to do. The person in a hypnotic trance is always in control, just as someone who is daydreaming can decide to go on or stop at any time. As stated before, all hypnosis is self-hypnosis. You will be aware during a session and remember everything, you will be able to talk, respond and move if you need to.

What conditions can be treated with hypnosis?
Hypnosis can be used effectively to treat a remarkable range of health conditions and behaviors. Below is a partial list of health and lifestyle conditions that can be treated with hypnosis at Women’s Wellness Center. If you have a condition not mentioned here, please ask about it.

The following are some disorders and circumstances in which hypnosis may be helpful:
- Gastrointestinal Disorders (Ulcers, Irritable Bowel Syndrome, Colitis, Crohn’s Disease)
- Dermatologic Disorders (Eczema, Herpes, Neurodermatitis, Itching, Psoriasis, Warts)
- Acute and Chronic Pain (Back pain, Cancer pain, Headaches, Arthritis)
- Nausea and Vomiting associated with chemotherapy or pregnancy
- Allergies, Asthma
- High blood pressure
- Raynaud’s disease
- TMJ problems, Bruxism and Associated Headaches
- Anxiety and stress management
- Depression
- Bed-wetting
- Smoking cessation
- Weight management
- Sleep disorders
- Concentration difficulties, Test anxiety
- Phobias (Fear of flying, Stage fright, Public speaking, etc.)
- Preparing for Childbirth
- Thumb sucking, nail biting
- Enhanced athletic performance
- Post-traumatic stress disorder
- Pre and post surgery for healing and optimal recovery

What should one expect during a hypnosis session?
Typically, your first session will begin with a great deal of talking. Your hypnotist will ask you questions to get some insight into what motivates you and what your beliefs and expectations might be. After that, you’ll be taught an “induction technique.” This is the use of a focal point, either internal or external, to concentrate your attention.

There are three things that need to be in place for hypnosis to work for you:
1. Allow and agree to be hypnotized
2. Have a feeling of trust and safety with the hypnotist
3. Acknowledge and believe that you can make the change you want! (not make the change for someone else)
Once you are in a state of hypnosis, the hypnotist will offer suggestions specifically geared to the goal of the therapy. For example, she may suggest that a pregnant woman who has anxiety or fears of the birth process to learn how she can be relaxed during labor by fully concentrating on her breathing, bringing oxygen to her body and the baby, and allowing her body to expand and contract for an easier birth, fully aware, attentive and in control.

A CD recording of your session will be given to you to further “cement” and expedite your dream goal at will. Once you've learned how, you can start using self-hypnosis on a regular basis to maximize your healing potential.

A typical course of hypnosis therapy may require from one to five visits (lasting 45 minutes to an hour each), depending on your individual response to hypnosis, the medical condition involved, and your response to treatment. The length of treatment will vary depending on the nature and severity of the problem.

Individual response to hypnosis varies. Everyone is unique. Some may find changes come rapidly with major benefits, while others find it less helpful.

Are there any instances when hypnosis therapy should be avoided?
Hypnosis therapy will not be effective if a client is opposed to being hypnotized or if hypnosis is contrary to spiritual beliefs. Hypnosis at WWC is not suitable for cases of severe mental illness, such as schizophrenia, nor for suicidal patients, sexual dysfunction, or patients with a seizure disorder. Mind-body techniques, including hypnosis, should often not be used alone, but as adjuncts to other therapies. Depending on your circumstances, you may be referred to one of our physicians or psychologists when clinically indicated, in order that you may receive optimal all-around care.

Are there other alternative therapies that might work well in conjunction with hypnosis?
Like most mind-body therapies, hypnosis can work as an excellent adjunct to most conventional or alternative therapies. Hypnosis therapy can often be used with manual therapies like manipulation and massage as well as various systems of medicine like Chinese medicine and acupuncture.

What is the cost and will insurance pay for hypnosis therapy?
For hypnosis therapy at Women’s Wellness Center, we accept cash payment on the date of service, or in advance for packages (as indicated below), as insurance will not cover this treatment. Below is the fee schedule.

- **Smoking Cessation Hypnosis Package:** $245.00.
  This package consists of 4 visits. The first visit is the Initial Consult, 45 minutes at $50.00, to discuss the patient’s history, discuss hypnosis, and introduce the patient to a “mini” hypnosis session, to determine if the patient might benefit from hypnosis. This is followed by three one-hour hypnosis visits at $65.00 each. The initial consult fee is due upon arrival to the first visit, then the remainder of the package fee ($195.00) is due at the end of the Initial Consultation if it is determined the patient is a suitable candidate for hypnosis to assist in smoking cessation.

- **Lighten-Up Package for Hypnosis Assistance in Weight Management:** $245.00.
  This package consists of 4 visits. The first visit is the Initial Consult, 45 minutes at $50.00, to discuss the patient’s history, discuss hypnosis, and introduce the patient to a “mini” hypnosis session, to determine if the patient might benefit from hypnosis. This is followed by three one-hour hypnosis visits at $65.00 each. The initial consult fee is due upon arrival to the first visit, then the remainder of the package fee ($195.00) is due at the end of the Initial Consultation if it is determined the patient is a suitable candidate for hypnosis to assist in weight management.

- **Hypnosis For Other Conditions:** $115.00
  Hypnosis therapy is available for many concerns other than smoking cessation or weight management (refer to the list above). A 45 minute initial consult ($50.00) is scheduled to discuss the concern and patient’s history, discuss hypnosis, and introduce the patient to a “mini” hypnosis session, to determine if the patient and their condition might benefit from hypnosis. Later, a full hypnosis session is performed, and often only one session is required ($65.00 per one hour session).

Meet Claire DuCharme, LPN, LMT, C.Ht – Certified Hypnotist

Claire DuCharme provides hypnosis therapy at Women’s Wellness Center. She received certification as a hypnotist at the Missouri Institute of Hypnotherapy (MIH), and Hypnosis Motivation Institute (HMI), and has practiced hypnosis since 2006, successfully treating a wide range of conditions. In addition to being a certified hypnotist, Claire has over 30 years of experience in nursing, having worked in various medical settings, ranging from pediatrics to geriatrics, from acute care to hospice care. Claire’s greater than 25 years of experience in body work as a licensed massage therapist adds a valuable dimension with regard to the mind-body connection that is harnessed in the technique of hypnosis. Claire is passionate about helping patients overcome their internal barriers to health and wellness through hypnosis. Claire expresses her enthusiasm in this sentiment: “I love to see the smile of relief and confidence on the faces of people who realize that they are now in charge.”
I understand that hypnosis is a way of inducing a pleasant, voluntary state of relaxed attentive concentration, an altered state of consciousness, during which the conscious critical mind is relaxed and relatively inactive, and the subconscious, inner mind is opened with a person’s permission. In this comfortable state, the inner mind is more receptive to acceptable, beneficial suggestions.

I understand that no one can be hypnotized against his or her will. A person must be a willing and cooperative subject for hypnosis to work. The hypnotist must have full cooperation of their subject. A hypnotized subject cannot be made to do anything he or she is not willing to do.

I understand the hypnotized subject is not asleep. When a person is in hypnosis, he or she is relaxed and aware of surroundings. He or she hears the sound of the hypnotist’s voice and will remember more or less of what the hypnotist says. The hypnotized subject or patient is relaxed, comfortable, and in a state much like daydreaming. During successful hypnosis, the subject’s analyzing, thinking mind (conscious mind) is “turned off” or inactive, while the feeling, intuitive, creative mind (subconscious mind) is aware of everything that is going on.

I understand that the requirements for being a good hypnotic subject are mainly the desire to be hypnotized and to experience hypnosis, the ability to concentrate, the willingness to cooperate and follow instructions, and the relative absence of mistrust and fear.

I understand that during the hypnosis session, the practitioner may touch me as an anchoring technique. The practitioner has demonstrated to me such touch, and I hereby give my permission for such touch to take place during the session.

I understand that hypnosis is not a medical treatment, but a process whereby an individual is taught to use his or her own abilities for his or her own benefit.

CONSENT:
I have read and understand the information above. With this understanding, I hereby grant permission to Claire DuCharme, LPN, LMT, C.Ht to hypnotize me during this and future sessions.

Patient Signature: ______________________________ Date: ______________