

Review of the efficacy of clinical hypnosis with headaches and migraines

PubMed.gov US National Library of Medicine, National Institute of Health

[Hammond DC.](#)

Source

University of Utah School of Medicine, Salt Lake City, Utah 84132-2119, USA. D.C.Hammond@utah.edu

Abstract

The 12-member National Institute of Health Technology Assessment Panel on Integration of Behavioral and Relaxation Approaches into the Treatment of Chronic Pain and Insomnia (1996) reviewed outcome studies on hypnosis with cancer pain and concluded that research evidence was strong and that other evidence suggested hypnosis may be effective with some chronic pain, including tension headaches. This paper provides an updated review of the literature on the effectiveness of hypnosis in the treatment of headaches and migraines, concluding that it meets the clinical psychology research criteria for being a well-established and efficacious treatment and is virtually free of the side effects, risks of adverse reactions, and ongoing expense associated with medication treatments.

PMID:

17365074

[PubMed - indexed for MEDLINE]