

# HYPNOTHERAPY BASICS

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# Hypnosis

- APA: a state of consciousness involving focused attention and reduced peripheral awareness characterized by an enhanced capacity for response to suggestion.
  - State of relaxed focus – body relaxed, but mind in state of focused attention and more open to suggestions
  - Like when daydream, zoned out when on highway for eg
- Phenomenon not fully explained
- fMRI – detects when brain enters hypnosis



# Your Brain in Hypnosis

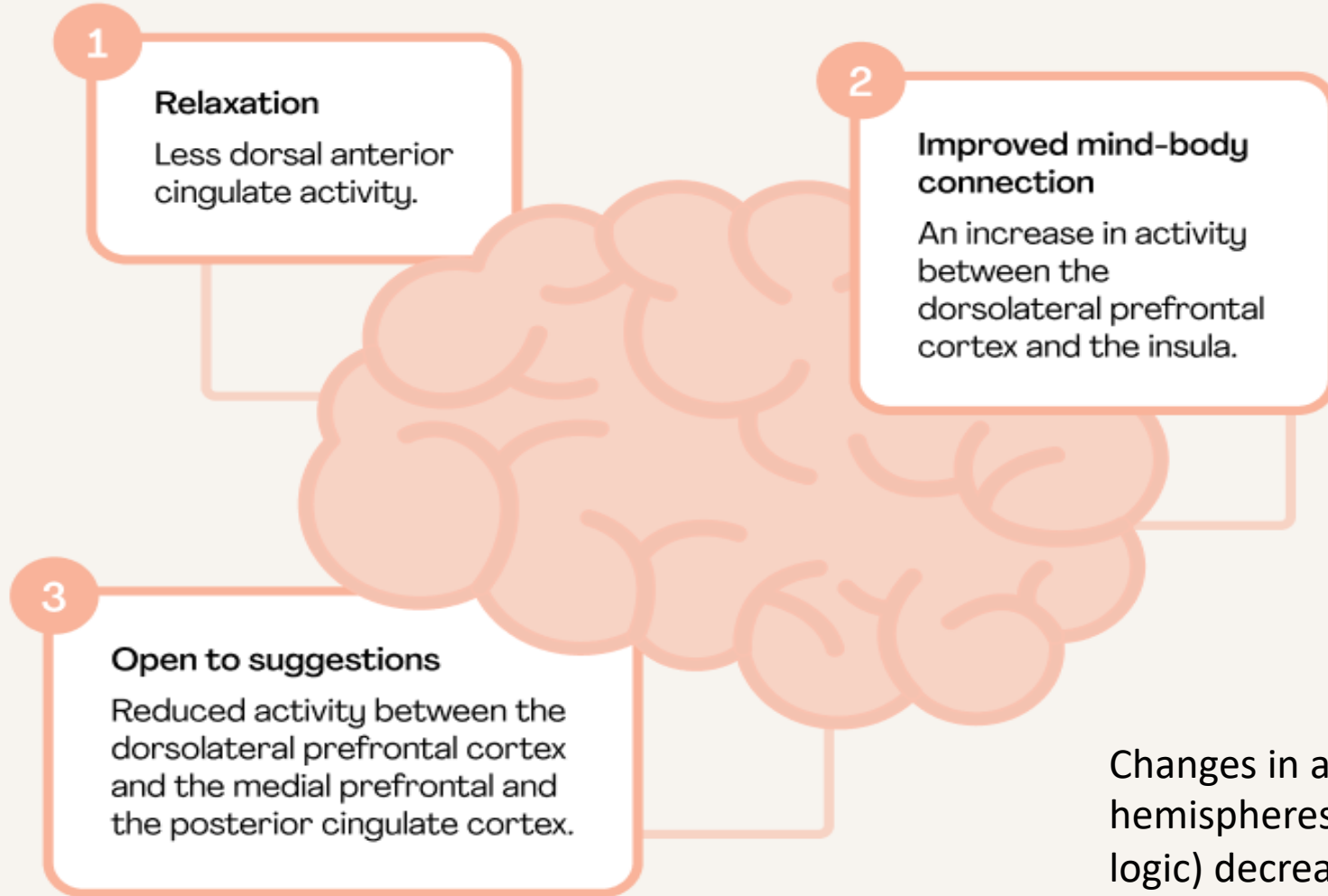
The science behind hypnosis.

DAC: cognition & movement; feel more relaxed and not worry about outside concerns

Greater activity in 2 parts of brain involved in processing actions; ?how suggestions change behaviour are m readily accepted



**MedResRx**  
Healing Medicine From Within



Useful in hypnotx to manage health conditions; eg brain-gut connection in those with IBS

Changes in activity in 2 hemispheres: L (reasoning & logic) decreased; R (creativity & imagination) increased

# Hypnotherapy

- When hypnosis is applied in clinical practice to treat medical concerns
- Hypnosis can be used as a psychological treatment for changing sensations, perceptions, thoughts, and behaviours
- While in hypnotic state of relaxation: m open to proposals/advice that can benefit health/well-being or change behaviours



- **Hypnotherapy can be used to manage:**
- **Sleeping difficulties:** insomnia; can help relax & fall asleep more easily; improve quality of sleep by helping spend m time in deep sleep
- **Anxiety:** Hypnosis tends to be more effective for anxiety that stems from a chronic health condition (eg cancer or heart disease) than from GAD; no recommended with psychosis hx
- **Irritable bowel syndrome (IBS):** numerous clinical studies have shown effectiveness; relieves physical sx
- **Chronic pain:** pain-related conditions (arthritis, cancer, and sickle-cell anemia), pain mgt post-surgery; tension H/A.
- **Quitting smoking:** can help with cravings, and overcome smoking addiction, managing the effects of nicotine withdrawal.
  - 2008 RCT: 20% of those who received hypnotherapy quit smoking compared to 14% who received standard behavioral therapy.
- **Hot flashes:** Hypnotherapy can reduce hot flashes by up to 80%.

- **THE CONSCIOUS MIND:** It is made up of our ideas, memory, emotion, and desire that are in our awareness at any particular time. This is the significant part of brain functioning about which we may reasonably think and discuss. It also involves out-of-awareness memories, which we can quickly recover via thinking processes.
- **THE PRECONSCIOUS/SUBCONSCIOUS MIND:** Every ACCESSIBLE psychological element, which can eventually be retrieved in the conscious mind by deliberate effort, is included in the preconscious state of mind.
- **THE UNCONSCIOUS MIND:** It is a repository of INACCESSIBLE emotions, ideas, desires, and memories which are unaware to us. The unconsciousness includes improper or unfavourable elements, such as pain sensation, stress, or strife (e.g. an embarrassing event in childhood, a painful memory etc.).



# To arrange for or join any Group/Individual therapy sessions:

1. go to the MedResRx Hypnotherapy App at <https://MedResRx.passion.io>
2. Sign up for the Free Account.
3. Scroll to the bottom of the Welcome and Offers/Services page and click on “Other Services.”
4. Fill out the Therapy Intake Form and submit.
  1. [https://docs.google.com/forms/d/e/1FAIpQLSejmQhDZVLX3GWSuzu\\_OAQ9ajrk-MiHTbceAXJsYiEIZ\\_dniQ/viewform?vc=0&c=0&w=1](https://docs.google.com/forms/d/e/1FAIpQLSejmQhDZVLX3GWSuzu_OAQ9ajrk-MiHTbceAXJsYiEIZ_dniQ/viewform?vc=0&c=0&w=1)
5. Print, fill out, and forward to [drdenise@medresrx.com](mailto:drdenise@medresrx.com) the following 2 forms:
  1. Updated Hypnosis Disclosure Form
  2. MedResRx Consent to use E-Communications Form
  3. **\* For subsidized rates, include valid PHIN (personal health information number), date of birth, sex, and health issue (eg anxiety, weight management, burnout, etc) with email**
6. I will review your forms and get back to you with more info and availability/send the zoom link!
7. You can check out the recordings available to you and get more of a sense of my work.
8. On the Welcome and Offers page, check out the various offers to see which would best meet your needs. I’m always open to ideas to better serve you, so don’t hesitate to drop me a line.

**Canadians with a valid health card get subsidized therapy/coaching, but non-Canadians do not, unfortunately.**



- See the App for recordings and programs on:
  - Burnout
  - Exam/Interview Prep/High Performance
  - Trauma
  - Addictive Behaviours
  - Wealth & Financial Freedom
  - Parenting
  - Anxiety/Stress
  - Weight Management
  - Pain Management
  - Soulmate Manifestation
- Upcoming content on:
  - Body Healing Library
  - Parenting of Neurodivergent Kids
  - Sleep
  - Addressing Power Blocks – Women
  - Anti-Racism



# Group Sessions

We cannot allow entry to anyone who has:

- not filled out the 2 forms and sent to [drdenise@medresrx.com](mailto:drdenise@medresrx.com)
- not listened to the **Hypnotherapy Prep** Intro on my app (2.5 min)
- arrived late
- not put their phones on silent
  - **for virtual sessions, please put your microphone on mute.**
- under the influence of alcohol/substances
- Subsidized sessions for Dr. Denise's patients get a cheaper rate: must join App, be a patient of Dr. Denise, email valid health information number, date of birth, sex with 2 completed and signed forms:
  - 1) Hypnosis Disclosure Form **\*ensure you review the section on Group sessions**
  - 2) Consent to E-Communications Form





- Require referral by doctor if:
  - Pregnant
  - undiagnosed/unstable psychiatric diagnosis
  - Epilepsy
- Prefer you discuss with your doctor and other therapist(s) prior to hypnotherapy

- Prep:
- Wear loose comfy clothing
- Water
- Ensure you are laying on a stable surface like a bed, couch, floor. If you are sitting, ensure your head and neck are supported.
- Come prepared to relax and feel good!



# More Questions?

- [Drdenise@medresrx.com](mailto:Drdenise@medresrx.com)
- If you are a Canadian physician or medical trainee, please consider joining the support network for medical trainees on Facebook: Med Res Rx!

- **LinkedIn**
- <http://ca.linkedin.com/in/drdenisekoh/>
- [linkedin.com/in/drdenisekoh](http://linkedin.com/in/drdenisekoh)
- **Instagram**
- [https://www.instagram.com/dra\\_denise/](https://www.instagram.com/dra_denise/)
- **Facebook**
- <https://www.facebook.com/denise.koh.75/>
- **Twitter**
- <https://twitter.com/DeniseKoh3>
- **Website**
- <https://www.drdenisekoh.com> – join list for upcoming sessions and specials!
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