

Scientific Studies

- **Natural Conception** : *The Journal of the American Medical Women's Association and Fertility and Sterility* have indicated that "infertile" women utilizing mind/body techniques such as hypnosis have a 42 - 55% conception rate as compared to 20% with in vitro fertilization (IVF).
- **IVF** : The success rate of IVF treatment doubled when subjects underwent hypnosis during implantation. (*Israeli study conducted by Professor Eliahu Levitas.*)
- **IVF**: As mind/body programs are effective for reducing negative emotions that may impair IVF success, patients should be offered such a program in conjunction with IVF. (*Fertility and Sterility Journal*).
- **Hypnotherapy v Psychoanalysis** : After 600 sessions of psychoanalysis, 38 per cent of the patients reported recovery from their conditions; those receiving behaviour therapy improved in 72 percent of all cases after twenty-two sessions; while hypnotherapy produced a 93% success rate after only six sessions. (*The Psychotherapy Journal of the American Psychiatric Association - Dr. Alfred A. Barrios.*)
- **Immune System** : A study by *John Gruzelier, Professor of Psychology at Imperial College, School of Medicine in London*, revealed that self-hypnosis could strengthen the immune system by 48% in six weeks.
- **Blood Pressure**: With the use of hypnosis 80% of hypertensive patients lowered blood pressure and decreased medications. 16% were able to discontinue all of their medication. (*The Journal of Cardiopulmonary Rehabilitation 1989.*)



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Almost everyone you talk to knows of a couple or two that have tried for years to get pregnant without success. Finally out of desperation, great patience, and great expense, they successfully adopt a child. Then, lo and behold, they unexpectedly become pregnant.

With “unexplained infertility” stress and a lack of confidence tend to be the top culprits that must be addressed with hypnosis. However, stress is a key player no matter what the diagnosis. Stress is literally a nervous reaction that occurs within the Autonomic Nervous System (ANS). A vast network of nerves branching out from the spinal cord, the ANS directly affects every organ in the body. Divided into two distinct systems—the 'Sympathetic' and 'Parasympathetic' Nervous Systems—the ANS is responsible for maintaining the equilibrium of our internal environment. Put simply, one system is concerned with the mobilization of forces to meet an emergency (the famous 'fight or flight' response), the other with the relaxed, regenerative states.

The neurochemical barrage that is associated with the activation of the sympathetic nervous system (“fight or flight”) can be as easily triggered by a threat to self-esteem or dignity, such as a woman’s perception of herself as “failing” to conceive, as an actual physical threat. A highly stressful job, unresolved guilt over a previous abortion or other traumatic incident or even experience with numerous invasive infertility-related procedures can have the same result. With the release of “emergency” hormones throughout the body, the body is on alarm, and energy is directed toward the areas needed for actual “fight” or “flight” such as the arms and legs, and away from areas the brain considers less important. Unfortunately, the reproductive system is the most expendable. Once a chronic imbalance of

the autonomic nervous system is created, only the regular and consistent practice of relaxation will facilitate the restoration of the parasympathetic nervous system. Hypnotherapy provides an effective means of establishing that restoration and enables women to create the level of safety essential for reproduction to occur.

Typical Therapeutic Strategy

1.Outcome

The first stage is to determine the desired outcome for the hypnotherapy treatment. This includes setting the goal, gathering information, and determining the best possible course for treatment.

2.Balance

The second stage of treatment addresses your current mental, emotional and physical state by restoring balance to internal and external factors that may be affecting overall wellbeing. This may include addressing negative self-talk, stress levels, diet, lifestyle and other environmental factors. The main aims of this stage are to stabilise, build ego strength, develop your inner resources and increase feelings of wellbeing.

3.Resolve

Once greater psychological and emotional wellbeing has been established, the third treatment stage addresses any unresolved issues that may be preventing you and your partner from becoming parents. Important issues may include addressing fears, resolving past traumas, or dealing with sexual or relationship issues. During this stage of treatment you may work with issues such as previous terminations, miscarriages and stillbirths that have not yet been fully processed and integrated.

4.Enhance

The fourth stage of treatment works specifically with the conscious and unconscious mind to enhance fertility. This is predominantly achieved through visualisation, guided imagery and Mental Rehearsal.

5.Prepare

The fifth stage is focused on preparation. This preparation could be for pregnancy, birth or parenthood. It also includes mental, emotional and physical preparation for any medical treatments such as IVF.

6.Support

The sixth stage of the treatment aims to support you and help maintain the changes that you have made. Irrespective of the outcome of treatment, this final stage offers support and guidance for the transition. During this stage you may be supported to make difficult decisions about your path to parenthood or to support you in coming to terms with not having children.

