

LETTER TO EDITOR

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Hypnotherapy Applications as a Traditional and Complimentary Medicine Method

ABSTRACT

Hypnosis is defined as an act or procedure which is designed to change a person's consciousness and awareness level and her/his feelings, emotions, memory or behaviors through suggestion or which leads to this change by the Ministry of Health.

It is one of the treatment techniques of Traditional and Complimentary Medicine (TCM), and is used as a reliable option in treatment of many acute and chronic diseases as a primary of complimentary method. Hypnosis has been proven to be a scientific and effective method by many studies. With publication of regulations, we hope that it will come to its proper place.

Keywords: Hypnosis, Treatment, Application

Geleneksel ve Tamamlayıcı Tıp Yöntemi Olarak Hipnoterapi Uygulamaları

ÖZET

T. C. Sağlık Bakanlığı tanımına göre hipnoz; telkin yoluyla, diğer bir kişinin bilinç ve farkındalık düzeyinde, hisler, duyular, düşünceler, hafıza veya davranışlarında değişiklik elde etmek üzere tasarlanmış veya bu sonucu ortaya çıkaran eylem veya prosedürdür. Geleneksel ve tamamlayıcı tedavi yöntemlerinden (GETAT) biri olan hipnoz akut ve kronik birçok hastalığın tedavisinde primer olarak veya tamamlayıcı bir yöntem olarak güvenli bir şekilde kullanılmaktadır. Bilimselliği ve etkinliği birçok çalışma ile kanıtlanmış olan hipnozun, yönetmeliğin çıkması ile ülkemizdeki hak ettiği yere geleceğini umuyoruz.

Anahtar Kelimeler: Hipnoz, Tedavi, Uygulama

Dear Editor

The regulation about the TCM applications had been come into force in 2014 in Turkey (1). Since this date, educational activities had been performed by the specialists on the TCM applications.

Erzurum Ataturk University is one of the first universities that began to give hypnotherapy education (approval date 22/11/2016, number 77979112-799-1174). Educations include theoretic and practical applications for 200 h. Since the regulation, three educations in our own university and one in Antalya are organized. A total of 86 medical doctors, dentists and clinical physiologists attended to these educations.

Our outpatient clinic is working since 2013, and it is the first hypnotherapy outpatient clinic that

is approved by Ministry of Health. Patient visits in our clinic is being performed by an appointment system. All our patients come to us after visits of related departments with unsuccessful treatment interventions.

Although hypnosis is used in treatment of many problems like hyperemesis gravidarum, eating disorders, depression, anxiety disorders, obesity, smoking cessation treatment and pain control (2-4), nevertheless it is not known enough by the health professionals in Turkey (5). We think that if the professionals from universities interest in this field, the biases against the hypnosis will be changed and it will widespread as an alternative treatment option.

Sincerely.

KAYNAKLAR

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