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Hypnosis as an adjunct therapy in Respiratory Medicine If your child is feeling stressed or anxious due to a medical condition or procedure, hypnotherapy might offer some relief. Paediatric hypnosis is a proven and effective tool that can help children reduce stress and anxiety, achieve their goals, boost their confidence, alleviate chronic pain, enhance focus and attention, overcome fears, develop resilience, and gain a sense of control [1]. It's important to understand that paediatric hypnosis is not about mind control. It is an evidence-based technique that allows your child to alleviate a symptom, learn something new, confront their fears, or manage their emotions. During hypnosis, your child remains fully aware and cannot be compelled to do anything against their will [2]. To exit hypnosis, they simply need to open their eyes. Paediatric hypnosis harnesses the power of a child's imagination to create new pathways in their mind. Studies have shown that this practice can significantly reduce or eliminate pain and discomfort during medical procedures, and accelerate the healing process [3]. It's akin to daydreaming but with a specific purpose, which comes naturally as children have vivid imaginations. For example, let's consider Elaine Millar's experience at Stanford University in 2005. Her young daughter had been through several painful examinations involving the insertion of a catheter and dye injection. The tests were traumatizing for her daughter, so the researchers at Stanford University School of Medicine suggested hypnosis [4]. Elaine seized the opportunity, knowing that her daughter needed a way to make the procedure less painful and distressing. The results were remarkable.

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