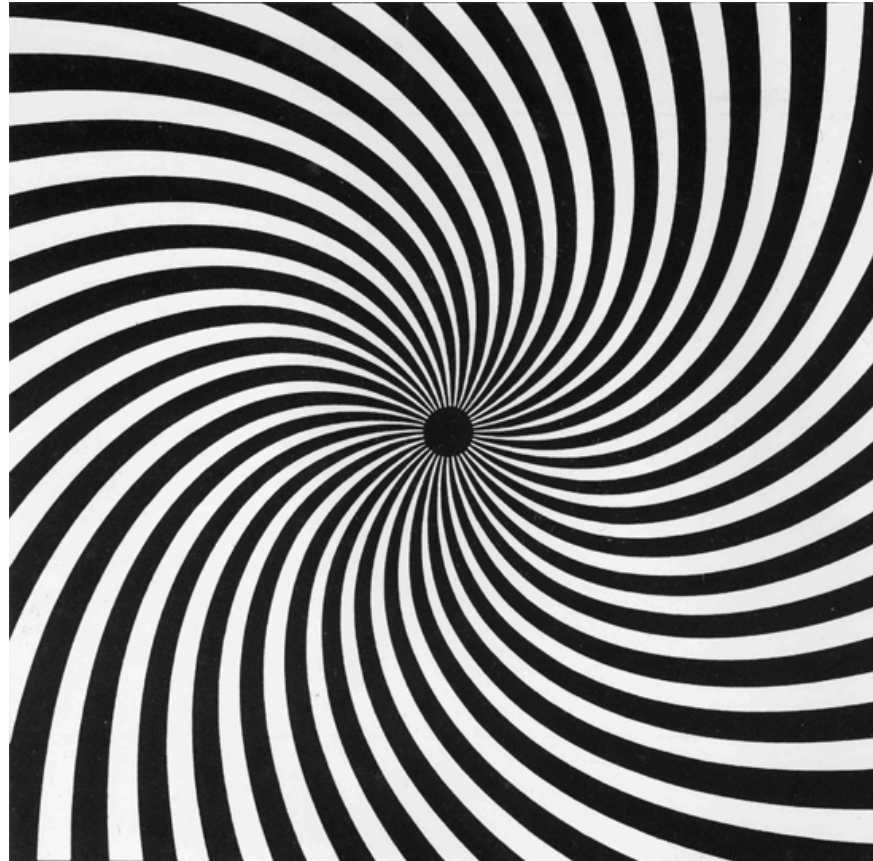


Hypnose : Regardons la dans les yeux !



Plan

- Historique
- Physiologie
- Preuves scientifiques - Bibliographie

Historique

ANDRÉ REVOL



L'HYPNOTISEUR

«INCROYABLE MAIS VRAI...!!!»

INTERVENTION
SOUS

HYPNOSE

SILENCE !

Hypnose?

- Définition (Petit Larousse) : État de conscience particulier, entre la veille et le sommeil, provoqué par la suggestion.
- Mesh : A state of increased receptivity to suggestion and direction, initially induced by the influence of another person

Historique

- Chamanisme : Transe
- **Dr Franz Anton MESMER** 1734 – 1815, Autriche
 - Magnétisme
 - Exclu par l'Académie de Médecine
- **Marquis Chastenet de Puysegur** 1800
 - « Somnambulisme » interdite en France



1841 - Dr Braid
Manchester



Hypnos : Dieu Grec qui répare
les blessures pendant le
sommeil

1845 - Dr Esdaille

- Chirurgie sous hypnose dans les colonies Indiennes
- Vite remplacée par le protoxyde d'azote

MESMERISM IN INDIA,

AND ITS

PRACTICAL APPLICATION IN SURGERY
AND MEDICINE.

BY

JAMES ESDAILE, M. D.,

CIVIL ASSISTANT SURGEON, H. C. S., BENGAL.

"I rather choose to endure the wounds of those darts which envy casteth at novelty, than to go on safely and sleepily in the easy ways of ancient mistakings."—RALEIGH.

HARTFORD:

SILAS ANDRUS AND SON.

1847.

Fin XIXème

- Pr Charcot : Salpêtrière
 - Le grand hypnotisme
 - Patientes hystériques



- Dr Liébeault et Dr Bernheim
 - Ecole de petit hypnotisme de Nancy, Suggestion

Temps modernes - XXe

- Dr Erickson : Autohypnose
- Dr André Weitzenhoffer et Dr Ernest Hilgard :

Echelle de suggestibilité

Dans la population générale

- 80 % sont faciles à hypnotiser
- 10 % très faciles à hypnotiser
- 10 % peu sensibles à l'hypnose

Actuellement

- 2000, Pr Coriat, Salpêtrière:
 - Premier diplôme d'hypnose médicale.
- Aujourd'hui : **8 diplômes universitaires** d'hypnose en France pour les médecins et les psychologues cliniciens
- **250 nouveaux médecins formés** chaque année à cette technique.

Physiologie & Mécanismes

Mécanismes

- Transe hypnotique
 - 1 : Induction :
 - Prise de conscience de la position du corps
 - Souvenir **agréable**
 - 2 : Phase thérapeutique : **Suggestion**
 - 3 : Sortie de transe

Effets

- Catalepsie
- Hypoalgésie
- Amnésie post hypnotique

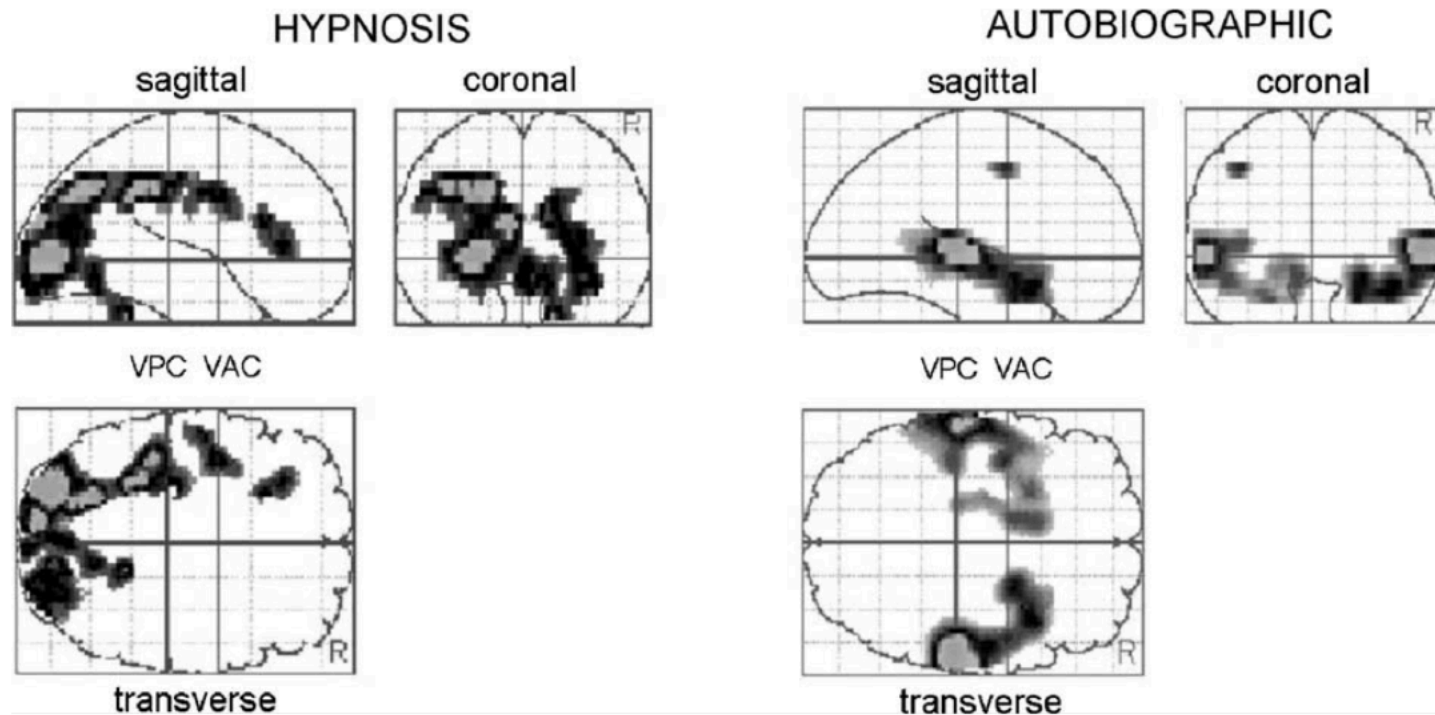
Functional neuroanatomy of the hypnotic state

Marie-Elisabeth Faymonville ^a, Mélanie Boly ^b, Steven Laureys ^{b,*}

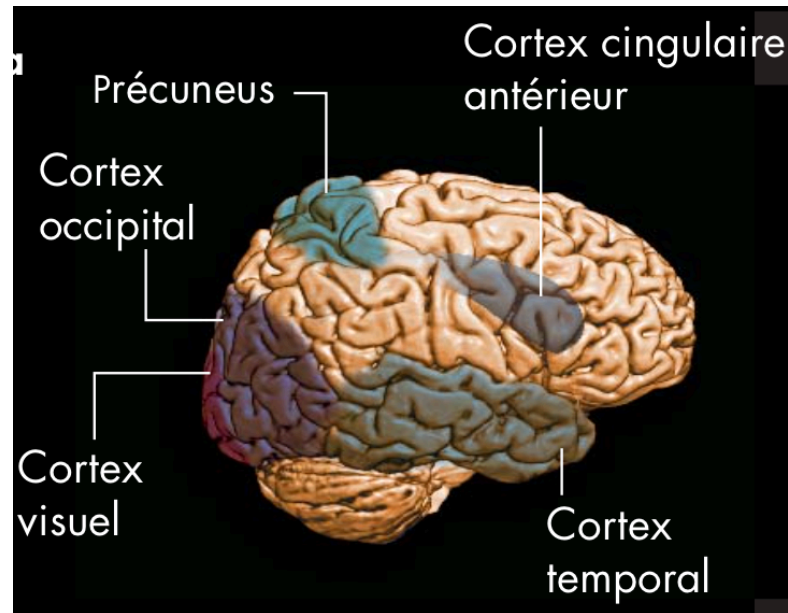
^a *Department of Anesthesiology and Pain Clinic, University of Liège, Sart Tilman, Belgium*

^b *Cyclotron Research Center and Department of Neurology, University of Liège, Sart Tilman B30, 4000 Liege, Belgium*

Journal of
Physiology
Paris



- Zones cérébrales modulées:
 - Cortex cingulaire antérieur, Précuneus
 - Processus attentionnels, contrôle cognitif
 - Aspect émotionnel de la douleur
 - Cortex occipital : images mentales



- EEG : Hypnose \neq Sommeil \neq Méditation

Pain. 1991 May;45(2):135-40.

Mechanism of analgesia induced by hypnosis and acupuncture: is there a difference?

Moret V¹, Forster A, Laverrière MC, Lambert H, Gaillard RC, Bourgeois P, Haynal A, Gemperle M, Buchser E.


« Hypnotic analgesia was not altered by the administration of naloxone »

Preuves?


Littérature

PubMed – Medline

- Nombre d'entrées

 PubMed
US National Library of Medicine
National Institutes of Health

PubMed

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Article types
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Full text

Results: 1 to 20 of 10685 << |

[Hypnosis for induction of labour.](#)

1. Nishi D, Shirakawa MN, Ota E, Hanada N, Mori R.
Cochrane Database Syst Rev. 2014 Aug 14;8:CD010852. doi: 10.10
PMID: 25118632 [PubMed - indexed for MEDLINE]
[Related citations](#)

Hypnose en médecine contemporaine

Revue de James H. Stewart. Mayo Clin Proc

Hypnosis in Contemporary Medicine

JAMES H. STEWART, MD

Hypnosis became popular as a treatment for medical conditions in the late 1700s when effective pharmaceutical and surgical treatment options were limited. To determine whether hypnosis has a role in contemporary medicine, relevant trials and a few case reports are reviewed. Despite substantial variation in techniques among the numerous reports, patients treated with hypnosis experienced substantial benefits for many different medical conditions. An expanded role for hypnosis and a larger study of techniques appear to be indicated.

Mayo Clin Proc. 2005;80(4):511-524

AMA = American Medical Association; IBS = irritable bowel syndrome;
PET = positron emission tomography

tion of a state of mind in which a person's normal critical or skeptical nature is bypassed, allowing for acceptance of suggestions (Table 1). This state of heightened receptivity for suggestions (induction) is developed with the cooperation of the patient and is followed by the delivery of positive suggestions.^{1,2} Hypnosis is also described as an "attentive, receptive focal concentration," with the trance state being a "normal activity of a normal mind," which occurs regularly, as when reading an absorbing book, watching an engrossing movie, daydreaming, or performing monotonous activity.³ A common assumption is that, during hypnosis, the subconscious mind is in a suggestible state while the conscious mind is distracted or guided

Hypnose en médecine contemporaine

Revue de James H. Stewart. Mayo Clin Proc

- Allergie
- Analgesie
- Phobie
- Dermatologie
- Gastro-entérologie
- Neurologie
- Obésité
- Accouchement
- ...

Hypnotherapy for Children With Functional Abdominal Pain or Irritable Bowel Syndrome: A Randomized Controlled Trial

ARINE M. VLIENER,* CARLA MENKO-FRANKENHUIS,[‡] SIMONE C. S. WOLFKAMP,[‡] ELLEN TROMP,[§] and MARC A. BENNINGA[‡]

GASTROENTEROLOGY 2007;133:1430-1436

- Prouvé chez l'adulte, Whorwell and al. Lancet 1984
- Comparaison Hypnose VS thérapie standard
- 6 sessions, 50min, 3 mois
- Diminution significative de la douleur $p > 0,001$
- Rémission 85% (vs 25%)

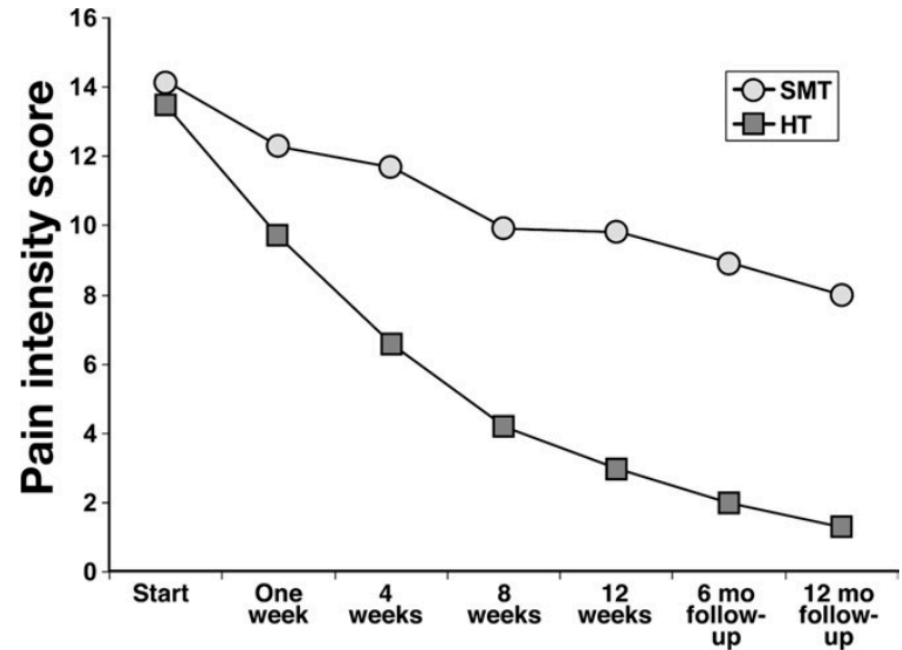


Figure 2. Changes in pain intensity scores during and after treatment.

Hypnosis for Cancer Care: Over 200 Years Young

Guy H. Montgomery, PhD¹; Julie B. Schnur, PhD²; Kate Kravits, MA, RN, HNB-BC, LPC, NCC, ATR-BC³

2012

Prévention :

- Perte de poids
- Arrêt du tabac : études contradictoire (Tahiri et al. Am J Med 2012/ Marques-vidal et al. Prev Med 2011)

Démarche diagnostique

- Ponction-biopsie du sein : Lang et al. Pain 2006
- Ponction lombaire, ponction médullaire chez l'enfant Lioffi and al. Int J Clin Exp Hypn 2003

Traitement

- Diminution des effets secondaires de chimiothérapie/radiothérapie : Rebb and al. J Consult Clin Psychol 1982

A Randomized Clinical Trial of a Brief Hypnosis Intervention to Control Side Effects in Breast Surgery Patients

Guy H. Montgomery, Dana H. Bovbjerg, Julie B. Schnur, Daniel David, Alisan Goldfarb, Christina R. Weltz, Clyde Schechter, Joshua Graff-Zivin, Kristin Tatrow, Donald D. Price, Jeffrey H. Silverstein

J Natl Cancer Inst 2007;99:1304-12

Prévention des effets secondaires après chirurgie pour cancer du sein. Montgomery et al.

JNCI 2007

- Etude randomisée.
- 200 patientes.
- 1 séance brève d'hypnose pré-op. : 15 mn.
- Moindre utilisation d'antalgiques.
- Diminution de la douleur, des nausées, de la fatigue, de l'anxiété post-opératoire.
- Coût diminué de **772 dollars**/ groupe témoin.

Alternative Smoking Cessation Aids: A Meta-analysis of Randomized Controlled Trials

Mehdi Tahiri, MD,^{a,b,c} Salvatore Mottillo, MD,^{a,b,c} Lawrence Joseph, PhD,^{d,e} Louise Pilote, MD, MPH, PhD,^{d,e,f} Mark J. Eisenberg, MD, MPH^{a,c,d}

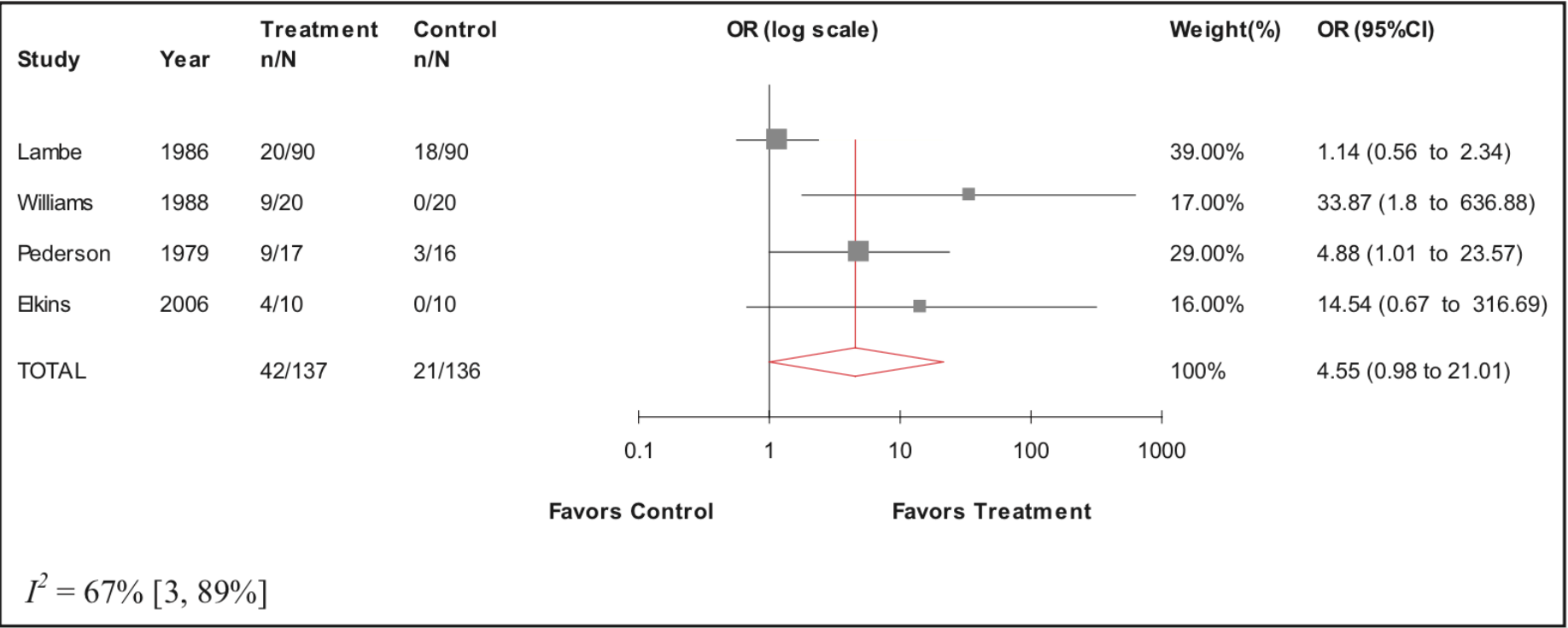


Figure 3 Forest plot comparing hypnotherapy to control. CI = confidence interval; OR = odds ratio.



Pain 114 (2005) 303–309

PAIN

www.elsevier.com/locate/pain

Clinical note

Can words hurt? Patient–provider interactions during invasive procedures

Elvira V. Lang*, Olga Hasiopoulou, Timo Koch, Kevin Berbaum, Susan Lutgendorf,
Eva Kettenmann, Henrietta Logan, Ted J. Kaptchuk

De l'importance des mots...