



STUDY 1: HYPNOSIS AND WEIGHT LOSS – HYPNOTIZED SUBJECTS LOST AVERAGE OF 17 POUNDS COMPARED TO 0.5 POUNDS IN THE CONTROL GROUP

Hypnotherapy in Weight Loss Treatment.

<http://psycnet.apa.org/journals/ccp/54/4/489/>

RESULTS: This study found that those who received hypnosis lost an average of 17 (seventeen) lbs compared to an average of 0.5 lbs in the control group (there was no difference between the hypnosis only and the hypnosis and audiotapes group).

NOTES: This study examined how effective hypnosis was in helping women to lose weight. It recruited 60 women who were not dieting or involved in any other program and who were at least 20% overweight. It randomly assigned the women to a control group, to a group that only received hypnosis and to a group that received hypnosis along with audiotapes.

Journal of Consulting and Clinical Psychology. Vol 54(4), Aug 1986, 489-492
By: G. Cochrane, J. Friesen, University of British Columbia

STUDY 2: HYPNOSIS AND WEIGHT LOSS – TECHNIQUES AND SUCCESSFUL CASE STUDIES

The Possibilities of Hypnotherapy in the Treatment of Obesity.

<http://www.ncbi.nlm.nih.gov/pubmed/8203352>

RESULTS: This paper notes that the results of using of hypnosis to lose weight can vary. In order to maximize the effectiveness certain therapeutic techniques should be used. Among them are: "teaching relaxation, increasing self-control, encouraging physical exercise, altering self-esteem and body image, strengthening motivation, and exploring ambivalence for change." It then reports various cases where these techniques were successfully used to help clients lose weight.

Am J Clin Hypn. 1994 Apr;36(4):248-57

By: J. Vanderlinden, W. Vandereycken, University Center St. Jozef, Kortenberg, Belgium

STUDY 3: HYPNOSIS AS AN ADJUNCT TO BEHAVIORAL WEIGHT MANAGEMENT

Effectiveness of Hypnosis as an Adjunct to Behavioral Weight Management.

[http://onlinelibrary.wiley.com/doi/10.1002/1097-4679\(198501\)41:1%3C35::AID-JCLP2270410107%3E3.0.CO;2-Z/abstract](http://onlinelibrary.wiley.com/doi/10.1002/1097-4679(198501)41:1%3C35::AID-JCLP2270410107%3E3.0.CO;2-Z/abstract)

RESULTS: When followed-up at 8 months and 2 years, the group that also received hypnosis had lost even more weight, while the group that had not, remained unchanged.

NOTES: This study examined the effectiveness of adding hypnosis to a behavioral management program to help people lose weight. It recruited 109 subjects and randomly split them into two groups, one which received only behavioral management and the other which received behavioral management plus hypnosis. Both groups had lost a significant amount of weight at the end of the 9-week program.

J Clin Psychol. 1985 Jan;41(1):35-41

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STUDY 4: HYPNOSIS COMBINED WITH COGNITIVE BEHAVIORAL THERAPY FOR WEIGHT LOSS

Hypnotic Enhancement of Cognitive-Behavioral Weight Loss Treatments: Another Meta-Reanalysis.

<http://www.ncbi.nlm.nih.gov/pubmed/8698945>

RESULTS: This study analyzed the data for a number of studies that examined the effectiveness of combining hypnosis with cognitive behavioral therapy for weight loss. It found that those who received CBT only had a mean weight loss of 6 lbs, while those who received both hypnosis and CBT had a mean weight loss of 11.83 lbs. It

further found that the difference between these two groups increased over time (to 6.33 lbs versus 14.88 lbs).

Journal of Consulting and Clinical Psychology, 64 (3), 517-519, 1996

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STUDY 5: METHOD FOR USING HYPNOSIS FOR WEIGHT LOSS

Weight Loss through Hypnosis

<http://www.tandfonline.com/doi/abs/10.1080/00029157.1975.10403768?journalCode=ujhy20#preview>

Results: A method of effecting weight loss through the use of hypnosis is described embracing: (a) direct suggestions relating to amount and type of food eaten, (b) ego-enhancing suggestions to help patients live their lives more pleasantly, (c) mental imagery to establish a desired goal, (d) auto-hypnosis to reinforce the therapists suggestions, and (e) use of audio-tape to provide additional support after the completion of formal treatment. Although the approach has proven successful with many patients, two year follow-up data was available for 10 only, and it is upon these that the article concentrates. Emphasis is placed upon the importance of the therapist-patient relationship and, in particular, the fostering of positive expectation that the treatment will be successful.

American Journal of Clinical Hypnosis, pages 94-97, Volume 18, Issue 2, 1975

By: H. E. Stanton Ph.D.a, Tasmania

STUDY 6: SUCCESSFUL WEIGHT LOSS HYPNOSIS – HYPNOSIS ACTIVITIES, STRATEGIES AND CHARACTERISTICS OF SUBJECTS

Hypnotherapy in Weight-Loss Treatment: Case Illustrations

<http://www.tandfonline.com/doi/abs/10.1080/00029157.1987.10402718#preview>

RESULTS: For the last 35 years, many North Americans have sought to attain lasting, significant weight loss. A variety of programs have been utilized, most of which show short-term weight loss with rapid return to, or beyond, initial weight following the treatment period. Hypnosis has been employed, with some success, to aid in the identification of related psychological issues, to develop healthy alternatives, and to reinforce the alternatives chosen. Appropriately designed case studies can provide

valuable information for the development and refinement of therapeutic techniques. In this paper, the five cases discussed have been selected to demonstrate more specifically the types of hypnosis activities employed, some characteristics of the successful subjects, and some specific strategies they utilized for lasting success.

American Journal of Clinical Hypnosis, Volume 30, Issue 1, 1987, pages 20-27
By: Gordon J. Cochrane Ed.D.a, Univ. of British Columbia

STUDY 7: HYPNOSIS IN ADDITION TO DIETARY MANAGEMENT

Hypnotherapy as an adjunct to the dietetic management of obese patients.

<http://www.emeraldinsight.com/journals.htm?articleid=866440>

RESULTS: They studied hypnotherapy as an addition to dietary management to see if it had any real effect. This was a relatively small study with only 8 participants. All were female and ages 24-60; they were clinically obese. Each woman was put on a diet before treatment began. Hypnotherapy lasted a maximum of 20 sessions and mainly used the typical trance technique. The following is a piece of the hypnotherapy stated to participants: "Your desire to lose weight is far stronger than any desire you had in the past, so that should you be faced with high calorie foods, you will decide without hesitation that you have no heed or desire to eat those high-calorie foods. These new eating habits will make weight loss possible." The results immediately after treatment were that there was a 3-17% reduction in body mass index (BMI). The follow up was conducted 2yrs after the study ended, and 6 of the 8 participants had maintained their reduced weight.

"Hypnotherapy as an adjunct to the dietetic management of obese patients",
Nutrition & Food Science, Vol. 95 Iss: 6, pp.15 – 18. (1995)

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STUDY 8: HYPNOSIS FOR OBESITY

Successful hypnosis for obesity.

http://onlinelibrary.wiley.com/doi/10.1111/imj.3_13463/full

RESULTS: Eight obese adults and three children have been treated successfully with hypnosis. Techniques include approaching underlying anxiety, reframing, reinforcement for healthy diet, discomfort with unhealthy diet and positive visualization. Two cases of women in their mid-forties are discussed in detail. Both were apparently related to sexual abuse in childhood. They achieved reframing into their present selves from the child before the abuse, enjoying all aspects of eating and drinking appropriately and rejecting inappropriate diet, in a reasonable period and visualizing removal of a 'fat suit', to achieve their desired weight loss. One was able to avoid surgery and the other achieved her goal, despite failed 'lap band surgery'. Hypnosis is a viable, non-invasive method for treating obesity. All the above subjects have achieved or are achieving their desired weight loss.

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