

How to be referred

The Royal London Hospital for Integrated Medicine (RLHIM) is part of University College London Hospitals NHS foundation trust and accepts all NHS referrals.

GP referrals are by letter or via choose and book.

Patients can also be referred by their NHS hospital consultant.

Please send your referral letter to

Medical and Clinical Hypnosis
and Cognitive Therapy Unit
Royal London Hospital
for Integrated Medicine
UCLH NHS Foundation Trust
60 Great Ormond Street
London
WC1N 3HR

Professional education and training

The Royal London Hospital for Integrated Medicine is part of the University College London Hospitals NHS Foundation Trust and is a teaching hospital.

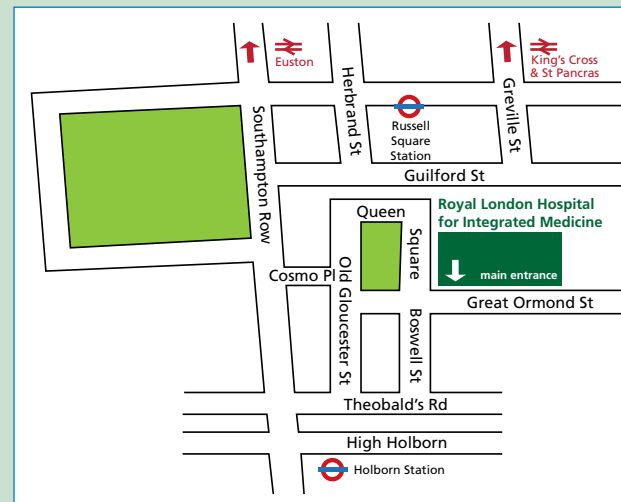
With the patients consent, other healthcare professionals may sit in during outpatient clinics.

How to find us

By Train – Euston, King's Cross and St Pancras are all only about 15 minutes walk from the hospital.

By underground – Russell Square (Piccadilly Line) and Holborn (Central and Piccadilly Lines) are both within walking distance.

By Bus – Various buses come within 15 minutes walk of the hospital including route numbers: 8, 17, 19, 25, 38, 45, 46, 55, 59, 68, 91, 168, 188, 242 and 243.



**Royal London Hospital
for Integrated Medicine**
60 Great Ormond Street
London
WC1N 3HR

www.uclh.nhs.uk/rlhim

Patient services
Tel: 0203 44 82000
Fax: 0203 44 82004

The Royal London Hospital for Integrated Medicine

Medical and Clinical Hypnosis



• Design: UCL Medical Illustration 2010

University College London Hospitals **NHS**
NHS Foundation Trust

The Royal London Hospital for Integrated Medicine



What is Medical and Clinical Hypnosis?

Hypnosis is a psychological technique used in medicine and psychology as a tool to bring about positive changes to both the mind and the body. Medical hypnosis is the use of hypnosis to treat medical conditions and clinical hypnosis is the use of hypnosis to help in the treatment of psychological conditions.

The hypnotic state is produced either by oneself (self-hypnosis) or by responding to a therapist. It is often accompanied by deep physical relaxation, increased inner-focus and a corresponding reduction in the awareness of your surroundings.

How can Hypnosis help?

Hypnosis can benefit almost anyone to improve their physical, emotional and mental health.

Research has shown that hypnosis can help regulate various systems of the body, such as the Immune System, Nervous System and Gastro-intestinal System.

The following medical problems have been shown to benefit from the use of medical hypnosis:

- Gastrointestinal Disorders
 - Irritable Bowel Syndrome
 - Chronic Functional Abdominal Pain
 - Gastro-oesophageal Reflux Disease
 - Functional Dyspepsia
- Chronic Pain
 - Headache
 - Oral and facial pain
 - Neuropathic pain
 - Neuralgia
 - Fibromyalgia
 - Rheumatic pain
- Cancer Pain
- Skin Conditions
 - Eczema
 - Psoriasis
 - Urticaria
 - Itching
- Chronic Fatigue Syndrome (referral through the CFS Service)

The following psychological problems have been shown to benefit from the use of clinical hypnosis:

- Stress & Anxiety related disorders
- Depression (mild to moderate)
- Post-traumatic Stress Disorder
- Phobias e.g. needle or social

In the first session, a hypnosis practitioner carries out an assessment. Following sessions may be conducted on an individual or group basis.

