

Research on Hypnosis for Alcohol & Drug Addiction

Summary	Reference
<p>Significantly More Methadone Addicts Quit with Hypnosis. 94% Remained Narcotic Free</p> <p>Significant differences were found on all measures. The experimental group had significantly less discomfort and illicit drug use, and a significantly greater amount of cessation. At six month follow up, 94% of the subjects in the experimental group who had achieved cessation remained narcotic free.</p>	<p><u>A comparative study of hypnotherapy and psychotherapy in the treatment of methadone addicts.</u> Manganiello AJ. American Journal of Clinical Hypnosis 1984; 26(4): 273-9.</p>
<p>Hypnosis Shows 77 Percent Success Rate for Drug Addiction</p> <p>Treatment has been used with 18 clients over the last 7 years and has shown a 77 percent success rate for at least a 1-year follow-up. 15 were being seen for alcoholism or alcohol abuse, 2 clients were being seen for cocaine addiction, and 1 client had a marijuana addiction</p>	<p><u>Intensive Therapy: Utilizing Hypnosis in the Treatment of Substance Abuse Disorders</u> American Journal of Clinical Hypnosis, Jul 2004 by Potter, Greg</p>
<p>Raised Self-esteem & Serenity. Lowered Impulsivity and Anger</p> <p>In a research study on Self-hypnosis for relapse prevention training with chronic drug/alcohol users. Participants were 261 veterans admitted to Substance Abuse Residential Rehabilitation Treatment Programs (SARRTPs). individuals who used repeated self-hypnosis "at least 3 to 5 times a week," at 7-week follow-up, reported the highest levels of self-esteem and serenity, and the least anger/impulsivity, in comparison to the minimal-practice and control groups.</p>	<p>American Journal of Clinical Hypnotherapy <i>(a publication of the American Psychological Association)</i> 2004 Apr;46(4):281-97)</p>
<p>Hypnosis For Cocaine Addiction Documented Case Study</p> <p>Hypnosis was successfully used to overcome a \$500 (five grams) per day cocaine addiction. The subject was a female in her twenties. After approximately 8 months of addiction, she decided to use hypnosis in an attempt to overcome the addiction itself. Over the next 4 months, she used hypnosis three times a day and at the end of this period, her addiction was broken, and she has been drug free for the past 9 years. Hypnosis was the only intervention, and no support network of any kind was available.</p>	<p><u>The use of hypnosis in cocaine addiction.</u> Page RA, Handley GW. Ohio State University, Lima 45804. American Journal of Clinical Hypnosis 1993 Oct;36(2):120-3.</p>