Hypnotically assisted preparation of the anxious patient for medical and dental treatment.

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Abstract
Hypnotic preparation of patients for medical or dental procedures has various aspects. It is important to encourage the patient's cooperation in assessing problem areas and determining the order of dealing with those problems. The therapist can adapt treatment strategies to new areas of concern as the patient verbalizes them. The severity and number of patient concerns and fears, along with motivation factors, will determine the direction and number of therapy sessions. The case history presented illustrates one approach for an apprehensive patient who felt a dental experience had triggered her fear of surgery. Self-hypnosis, ego strengthening, and mental rehearsal during the 11 sessions made it possible for the patient to proceed with needed surgery.

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