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Clinical Hypnosis Day Highlights a Little-Known Answer for People Suffering from Pain or Opioid Addiction

Chicago, IL, May 14, 2018 – As the opioid crisis looms large over our region and nation, Clinical Hypnosis Day in Chicago reminds us that there are safe ways to address addictions and pain management, and that drug-free clinical hypnosis is one of them. Chicago Mayor Rahm Emanuel has proclaimed May 23, 2018 as Clinical Hypnosis Day in Chicago to raise awareness about this form of treatment and encourage Chicagoland residents to educate themselves on its benefits for a variety of serious health issues, including pain management and opioid dependency.

“Chronic and procedural pain, being overweight, smoking, fear and anxiety, depression, insomnia, anger, PTSD and conditions such as Irritable Bowel Syndrome are just a few of the challenges that people have resolved with the assistance of clinical hypnosis, said Lisa Lombard, Ph.D., President of the Chicago Society of Clinical Hypnosis. “We are thrilled that Mayor Emanuel has proclaimed a Chicago-area awareness day to highlight this resource,” Dr. Lombard added.

The mission of the Chicago Society of Clinical Hypnosis is to provide education and increase awareness of clinical hypnosis, which is a state of focused attention, often accompanied by relaxation of body and mind that facilitates acceptance of suggestions for positive change. Hypnosis is a natural state of awareness—predicated on becoming deeply absorbed in an imaginative experience—that is used by licensed and trained healthcare professionals to treat psychological and physical maladies of both children and adults.

The Chicago Society of Clinical Hypnosis (CSCH) is an affiliate of the American Society of Clinical Hypnosis (ASCH), which offers educational workshops for licensed healthcare professionals and students across the broad spectrum of clinical hypnosis applications. Like the national membership, the local, Chicago-based organization is comprised of medical, dental and psychotherapy professionals.

Chicago-area residents who would like to find licensed healthcare professionals who practice hypnosis locally can access a list of them at the American Society of Clinical Hypnosis website (www.asch.net). The Chicago Society of Clinical Hypnosis website (www.hypsociety.com) also provides resources for healthcare professionals and anyone interested in learning more about the little-known applications of hypnosis.

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The Chicago Society of Clinical Hypnosis (CSCH) is a non-profit collegial society of licensed healthcare professionals. CSCH is a regional component of the American Society of Clinical Hypnosis (ASCH), the largest national interdisciplinary society of healthcare professionals who use clinical hypnosis.