

## POST-TRAUMATIC STRESS DISORDER Factsheet

August 2021

### What is hypnotherapy?

Hypnosis may be experienced as an altered state of consciousness or as a state of relaxation. There is no agreed framework for administering hypnosis, but the procedure often involves induction (such as eye fixation), muscular and/or breathing relaxation, guided imagery, and orientation to the surroundings.

### What is the evidence for hypnotherapy for PTSD?

Moderate to low quality evidence found a large effect of improved PTSD symptoms following treatment with hypnotherapy compared to control conditions. These effects were maintained for up to 4 weeks.



*NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.*

*Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.*

*Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.*

*While we hope you find this information useful, it is always important to discuss any questions about PTSD and its treatment with your doctor or other health care provider.*

For more information see the technical table

### HOW YOUR SUPPORT HELPS

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