

# 21<sup>st</sup> Global Nursing Education Conference

4<sup>th</sup> International Conference on

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## Holistic Medicine and Nursing Care

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KEYNOTE FORUM | DAY 1

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### Effectively treating complex regional pain syndrome (CRPS) with hypnosis combined therapy (HCT)

**Abstract:** Complex regional pain syndrome (CRPS) is a chronic pain disorder that is characterized by severe, continuous pain which is accompanied by sensory, vasomotor, sudo-motor/oedema, and motor/trophic changes. Utilizing specific non-invasive and drug-free protocols as seen in Hypnosis Combined Therapy (HCT) allows us to significantly decrease pain levels, many CRPS patients are gaining long-term remission, regain function, increase restorative sleep, and decrease / control stress and anxiety.

**Objective:** Discuss the effectiveness of Hypnosis Combined Therapy (HCT) on the treatment of CRPS.

**Case Studies:** A) 14 year old female diagnosed with CRPS type 2. When she arrived her average pain level was 9-10/10 (10 being worst pain imaginable), sleep quality 9/10

(10 being worst) and quality of life 8/10 (10 being worst). She completed a week long intensive with HCT. At the conclusion of the week her pain levels were 0/10, sleep quality was 1/10 (10 being worst) and quality of life 1/10 (10 being worst).

B) 27 year old female diagnosed with CRPS type 1. When she arrived her average pain level was 9/10 (10 being worst), sleep quality 7/10 (10 being worst) and quality of life 7/10 (10 being worst). At the conclusion of the week her pain levels were 0/10 (10 being worst), sleep quality 0/10 (10 being worst) and quality of life 1/10 (10 being worst).

C) 15 year old female diagnosed with CRPS type 2. She was in a wheelchair, unable to stand or walk, unable to transfer herself, etc. Her pain level was rated at 9/10 (10 being worst), sleep quality 8/10 (10 being worst) and quality of life 9/10 (10 being worst). At the conclusion of the week her pain levels were 0/10 (10 being worst), sleep quality 1/10 (10 being worst) and quality of life 2/10 (10 being worst).



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**Conclusion:** HCT has proven to significantly decrease pain levels and many patients are gaining long-term remission without the need for invasive procedures or medications

### Biography

Traci Patterson, Founder of Advanced Pathways and Executive Director of Integrative Health and Discovery Institute, holds credentials and certifications in hypnotherapy, pain management, cancer patient care, and post-traumatic stress disorder (PTSD). In addition, Traci is a Certified Instructor and holds a doctorate from University California Irvine. Traci is the only person currently utilizing Hypnosis Combined Therapy in the world. This is an evidence-based, non-invasive, drug-free protocol that is helping CRPS and chronic pain patients regain their lives worldwide

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