



## Hypnotherapy Frequently Asked Questions

### 1. What is hypnotherapy, and how does it help my situation?

Hypnotherapy addresses unconscious thoughts which are blocking an awareness of pain. The idea behind hypnotherapy is that by achieving a state of awareness through guided relaxation and intense concentration (sometimes called a trance), a person may focus his or her attention on specific thoughts or tasks. It is usually considered an aid to other psychotherapy because this hypnotic state allows people to explore painful thoughts, feelings, and memories they might have hidden from their conscious minds.

Often, hypnotherapy is recommended for one of several reasons (but there are others):

- post-traumatic stress
- phobias, fears, and anxiety
- depression
- grief and loss
- sleep disorders
- unwanted habits (smoking or overeating)
- pain control

### 2. What does the hypnotherapy process involve?

The provider who referred you will complete a hypnotherapy referral form. You will then be contacted to schedule an appointment. During a hypnotherapy session, a presenting problem or behavior and feelings about that problem are identified. Relaxation exercises are used to induce a trance. During the trance, these feelings are explored more deeply and healing is able to begin by implanting new ideas and conclusions to replace the old beliefs and conclusions that are tied to these emotions. Connections between the past and the present are made while in the trance, which is often more effective than in traditional therapy because the conscious mind can't block the painful emotions. Emotional release often occurs during the trance state, which also aids in healing. Once the session comes to an end and the trance state concludes, an affirmation is used to practice daily positive reinforcement. These trance sessions are followed by one or two traditional therapy sessions to process the emotions and events that occurred during the trance. This makes hypnotherapy different than hypnosis.

### 3. Does insurance cover hypnotherapy, and how much will I have to pay for it?

Hypnotherapy is generally covered under either your medical plan or mental health plan, depending on your insurance coverage. We bill hypnotherapy like all other therapy/counseling visits, most commonly using 99215 (medical), 90834, and 90837 therapy codes. **Note that we do not bill these sessions using hypnotherapy codes to insurance as we incorporate traditional therapy skills into the hypnotherapy sessions as well, and our visits with you are much longer than traditional hypnotherapy sessions in a medical office (for pain, headaches, etc.) might be. You will be responsible for any copays, coinsurance amounts, or deductibles normally required for therapy/counseling services for each hypnotherapy visit.**

Our goal is for your hypnotherapy experience to be a positive one, so we want you to be as informed and prepared in advance as possible.