

عنوان مقاله:

Psychological Approach Regarding The Effect of Hypnotherapy in Depression Management

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خلاصه مقاله:

One of the most widely acknowledged facts in palliative care is the prevalence of psychological illnesses. However, these conditions often remain unnoticed and unaddressed, adding to the already profound suffering of those dealing with serious medical and psychological struggles. Specifically, this piece will delve into the topic of depression, as it is one of the most common mental illnesses faced by palliative care psychiatrists and psychotherapists. Despite various psychotherapies and antidepressant medications being available, many individuals with depression in palliative care do not respond to treatment, highlighting the need for more effective interventions. Since depression is a complex illness, it stands to reason that the presence of other medical conditions would only exacerbate its manifestation in palliative care. As such, it is of utmost importance that healthcare professionals continually develop more effective depression therapies within this setting. This article discusses the evidence-based multimodal treatment of cognitive hypnosis, which has demonstrated promise in treating depression among various palliative care patients. However, it should be noted that this treatment is an ongoing effort that will be further tested and refined with advancements in clinical depression research, and cannot be considered a finalized solution at this stage. Keywords

کلمات کلیدی:

Depression, Hypnotherapy, Cognitive Hypnotherapy, Hypnosis, Psychotherapy

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