



**Treating
TMD (*Bruxism*) with
Hypnosis and
Biofeedback**



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How can Biofeedback/hypnotherapy be helpful for TMJ sufferers?

Clinical hypnosis is not limited to just those things you consciously do and control, but also works subconsciously as well. As you have come to learn from your dentist, TMJ could be a magnification of stress or a misalignment of the jaws. Under clinical hypnosis with biofeedback, the body learns to recognize how the jaw muscles feel when they are tight, or the teeth are grinding. Upon the recognition of these behaviors, you will simply replace that muscle contraction with a relaxation response. Upon learning the relaxation technique the person will release the tension, discomfort, or pain and perhaps no longer suffer from TMJ symptoms.

Can biofeedback with hypnosis help me control the pain I feel from my TMJ ?

Yes. Hypnotherapy with biofeedback utilizes two types of pain control techniques for dental procedures, surgical operations, and birthing. Many people have gained control over chronic pain that did not respond to any other traditional methods.



What if TMJ is not my only issue, can I work on more than one issue at a time?

Generally, it is best to work with one issue at a time.

Can I learn to do self hypnosis by myself or do I need to see a professional? Is self hypnosis as effective as being hypnotized by a professional ?

All Hypnosis is Self hypnosis!

Hypnosis with a professional – for Therapeutic purposes, not a stage show – is very beneficial to self hypnosis. By experiencing your first hypnosis session with a professional you will learn the proper technique to then do it alone. Upon completion of your professional session you may feel the relief from your discomfort and know that when you perform your own hypnosis, you can feel equally successful. It is with this coordinated effort that the individual learns independence, and control, for self hypnosis. It is the objective of the clinical hypnotherapist to guide the individual to self awareness of the skills necessary to perform self hypnosis.

Is clinical hypnosis and self hypnosis safe?

You will not do anything in self hypnosis that you would not otherwise do. Yes, it is safe when you learn and understand the principles of performing self hypnosis. Of course what some people would otherwise do can surprise you. If you have seen a stage hypnotist's show you may have seen people doing things you would not want to do. The only reason people do strange things in a stage presentation is because being on stage in front of a lot of people exerts a tremendous pressure to do as one is told. It is best not to use hypnosis just for entertainment. A person practicing self hypnosis has the same safeguards available as in a normal, waking state. It is imperative that you realize that engaging in self hypnosis or hetero-hypnosis is for therapeutic purposes, and is to be appreciated for its healing values.

Will I lose consciousness when I practice self hypnosis to control my TMJ?

You may have certain areas of memory lapse later which makes it seem like you were unconscious, but you were not. You may fall asleep. It is a little like the experience we have all had of doing something – like driving a familiar route – only to realize later that we don't remember doing it.

Do I have to believe in hypnosis for it to work?

Some amazing results from hypnotic suggestion have been demonstrated by people who adamantly claimed they were not hypnotized and who were convinced that nothing had happened. If you don't want to be hypnotized, then you won't be. Remember you are in complete control of the whole process.

How long does it take?

The skill part of self hypnosis requires time to develop, and some people take longer than others to get proficient at it. It is not related to intelligence. Some people will realize their goal immediately while others may take considerably longer. Daily practice is important. At first this may take 45 minutes. Later, with skills, the daily self hypnosis may take only a minute or two.



Can everyone learn self hypnosis, and how easy is it?

Yes, seemingly everyone can use self hypnosis. Some people are better or faster at it than others. You will see progress if you use self hypnosis correctly and regularly as learned in your clinical hypnotherapy sessions. Self hypnosis is *relatively* easy because, as with any skill, it requires know-how and practice to develop. From the very first time you learn self hypnosis you will be able to see some results,

What if I can't wake up?

Getting out of hypnosis is never a problem. The worst that can happen is that you drift off into normal sleep.

Are meditation and hypnosis different?

Meditative states may be similar, but the practice of hypnosis is significantly different in that it is driven by *suggestion*. The brain state also seems to be somewhat different between hypnosis and meditation according to measures with EEGs, scans, and other forms of biofeedback.

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