

# PP065. Health coaching and hypnosis rehabilitation. descriptive preliminary study applied to rehabilitation in back-school patients.

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## Introduction:

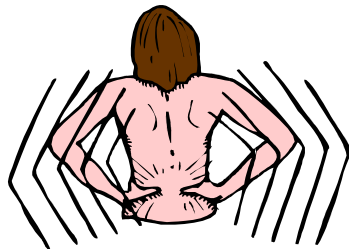
Coaching is a process of change to get aims which can also be applied to health. Applied to rehabilitation, it promotes the achievement of several treatments. (1,2,3). Hypnosis and relaxation reduces pain (4), but there are problems while monitoring the treatment, as in any exercises program. With coaching we can grip the patients to the treatment (5). With this purpose we have applied coaching with hypnosis to patients with back pain as a preliminary study to value it's possible current use in rehabilitation.

## Material and method:

**Descriptive** Descriptive study of 14 cases of patients with low back pain:  
All of them participated on *groupal coaching* as a *complement of back-school*: one meeting was based on hypnosis therapy to reduce the pain and relax the patient and the other meeting was a follow-up.

## Methodology coaching:

- 1- Application of the change's enabling conversation steps: priorities, objectives, options, obstacles, commitments and monitoring (see these steps in detail in the bibliography (5).
- 2- Communication skills: empathy, active listening, questions and feed-back (5)
- 3- VAS pain scale before-after hipnose (in the meeting and at home)
- 4- Hypnosis session in group focused on the reduction of the pain (focused in the respiration and in the principal point of pain. See the complete technique in the bibliography (4,5)
- 5- Patient's home hypnose exercices (minimum once a day and each time the pain increases)
- 6- Follow-up one groupal-meeting (with the aim to share and specially to praise the success. All of this with the purpose of getting continuity of treatment.)



Patient's home hypnosis exercises



## Results:

The immediate reduction of pain VAS before-after hipnose has a mean of 32%.

The follow-up coaching session showed a grip to the treatment in the patient's home (hypnosis exercices) of a 67%

## Conclusion:

The studies show that treatments fulfillment are about 50% with medication and 30% with another treatments which needs active attitude, like practice exercices (1,3). Giving advices is not enough to obtain the changes. Coaching is a complementary methodology witch demonstrate efficacy in other treatments (1) and we must keep in mind for the patients with back pain. In our sample fulfillment has been 67%. .Although with this kind of study we can't draw any conclusions, it's useful to propose, in the future, a random study that proves the efficacy of coaching and hypnosis therapy applied to rehabilitation.

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