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How to Support Patients with Complex Regional Pain Syndrome (CRPS) Effectively with Hypnotherapy

In order to understand the complex regional pain syndrome CRPS, I will explain classic symptoms and the resulting problems for the patient. Since standard medical treatment cannot reliably prevent chronic pain and restricted mobility, hypnotherapy is particularly suitable here. It is often used as "last hope", but it is much more important to start right at the beginning of the illness. With the help of case studies I will introduce different hypnotherapeutic interventions and trances. The aim of the presentation is that each participant can effectively support patients with CRPS using the strategies presented.