

5<sup>th</sup> International Conference  
**PHYSICAL MEDICINE AND REHABILITATION**

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### The use of Hypnosis within Rehabilitation healthcare

**Synopsis of the workshop:** Relaxed clinicians make for more effective clinicians and relaxed patients do better than those who are not. Hypnotherapy can sometimes be considered as guided imagery or deep relaxation. For this experiential workshop you will be the subjects. You will be taken through the steps of hypnotherapy and experience the hypnotic condition. Instead of hearing a classical presentation with a speaker talking to his slides, you will be part of the demonstration and hear the presentation on the topic above while under hypnosis. The material to be covered will be what is hypnosis, the process and steps of hypnosis, dispelling the myths about hypnosis, easing of anxiety and tension, muscle relaxation and pain relief. There will be an opportunity for you to consider for yourself how within your own working role you will be able to use hypnotherapeutic techniques for the benefit to your patients. You will hear about more advance forms of therapeutic hypnosis. Hopefully by the end of the workshop you will be in a position to consider how hypnotherapy may benefit your patients.

#### Recent Publications

1. Capek M.E.Y., Thinking differently in rheumatological psychosomatic conditions (changing the doctor's style of thinking). Modern Rheumatology Journal. 2021;15(2):7-16
2. Capek M.E.Y., Medically Unexplained Symptoms in The Handbook of Contemporary Clinical Hypnosis Eds Brann L Owens J Williamson A; 229-245 Wiley, Chichester. 2012

#### Biography

Michael Capek was a General Medical Practitioner in South Manchester for 34 years; A GP with a Special Interest in Mental Health to Greater Manchester Mental Health supporting the IAPT teams assessing complex cases for 16 years; and Clinical Lead in Mental Health to Manchester Health and Care Commissioning for 9 years. Now semi-retired he continues to work as a freelance medical hypnotherapist and strives to promote a better understanding of mind-body interactions in both the healthy and the unwell.

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