

# **2** Hypnosystemische Tagung in Zürich 15.-17.06.2012

## **Abstract – Vortrag / Workshop**

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## **Vortrag**

### **Managing Migraine and Other Headaches**

The disabling pain of migraine headache remains a significant health challenge. For migraine sufferers, both work and family life is rendered unpredictable—waking with a migraine episode may mean that the patient remains bedridden, seeking unconsciousness, for a day or two at a time, only to emerge for a brief reprieve of a few days or weeks, then to be once again plunged into the next wave of pain and debility.

Although a majority of migraine patients are able to manage with improved pharmacologic means, a significant number have no effective medical remedy. Hypnotic methods, integrated with psychotherapeutic support for appropriate life change, can be a boon to such patients.

While chronic pain patients have features in common with migraine patients, there are features unique to the latter—including the tendency toward over-committing the migraine patient's time and energy, that require the effective clinician's attention.

This presentation reviews clinical vignettes to identify features common to patients who benefit from this psychological treatment, as well as to identify unique qualities of the migraineur that challenge clinical effectiveness.

## **Workshop**

### **Integrating hypnotic methods in the management of migraine headache**

We will discuss the principles for effective management of migraine headache. We will demonstrate these principles. We will also explore the commonalities and differences for treatment of headache and other chronic pain syndromes.