

An Integrative Approach to the Psychotherapeutic Treatment of Vaginismus Incorporating Hypnosuggestion and Hypnoanalysis

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Abstract

The case of Joan demonstrates how the effective use of hypnosis can bind multiple systems of therapy and form the core of the process of integration in the entire psychotherapeutic experience. Furthermore, utilisation of hypnotic phenomena embraces the essence of the whole psychotherapeutic experience and deepens the process of healing, by rapidly establishing a positive psychotherapeutic relationship. The initial phase of therapy assisted the patient with addressing her performance anxiety, breaking the muscular spasm causing vaginismus, as well as achieving a general level of insight relating to self-awareness. Further therapy sessions revealed underlying sexual aversion and anxiety related to family of origin, current marital relationships, interpersonal, social, cultural, and religious beliefs. Such an integrative approach embraces multiple domains including addressing the cognitive, emotional, behavioural, physiological, familial, social, occupational, developmental, and existential areas of functioning.