



Hypnotherapy in Female Sexual Dysfunctions/ Vaginismus

Mesut Çetin, M.D.

Professor of Clinical Psychiatry,
Head, Department of Psychiatry,
Editor in Chief Bulletin of Clinical Psychopharmacology
Gulhane Medical Academy,
Haydarpaşa Training Hospital, Kadıköy 81327 Istanbul-TURKEY

mesutcetin@yahoo.com www.hipnoz.net
www.psikofarmakoloji.org

Just Arrived!



from ECNP Congress, Stockholm => Thus, I
have a *jet lag syndrome* 😊





"Sleep Temple" The Asceplion- Pergamon/ TURKEY

Pergamon: Hellenistic city was the center of culture, commerce and medical. The Asclepion was a sanctuary dedicated to the god of health, Asclepios.

The Asclepion, the first place that psychotherapy took place in the world, B.C. 4th century.

Sexuality



- Sexuality is a complex process involving biological and psychological factors:
- Beliefs,
- customs,
- and regulations.





**Sex interests
everyone!!**

Vaginismus:

- Vaginismus can be defined as persistent and repetitive unintentional contractions of perivaginal muscles (outer third of the vaginal muscles), which makes penetration of penis, fingers etc. to vagina impossible.
- Vaginismus is the most frequent sexual dysfunction in Turkish society.
- About 70% of women applied to psychiatry clinics due to sexual problems have been diagnosed as vaginismus (Tugrul et al ,1995) .

Vaginismus:

- These patients do not have sexual desire problems; they can have sexual relations when coitus do not occur.
- If there is no past history of coitus, the condition is called **primary vaginismus**. **Secondary vaginismus** occurs after a period of normal sexual relations.

Vaginismus Etiology:

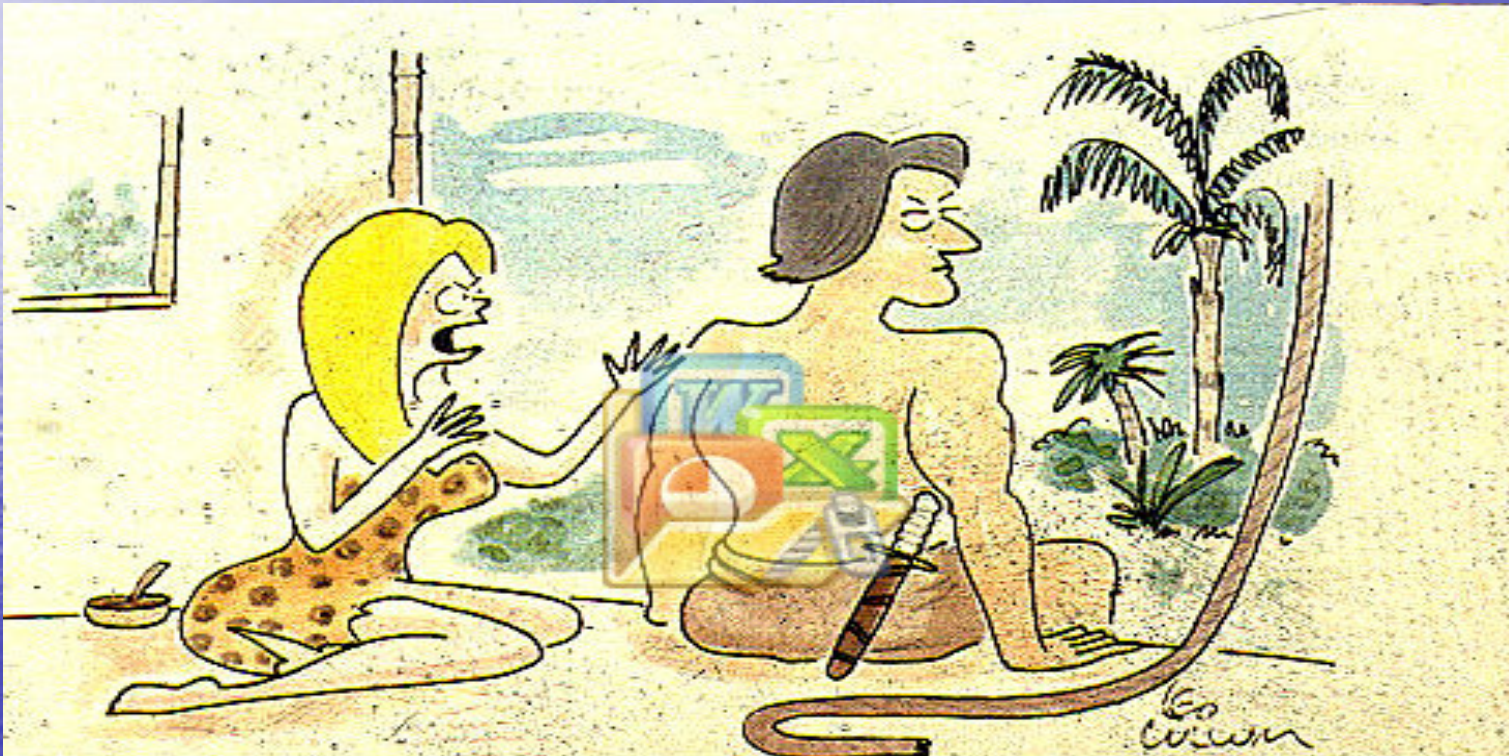
- The causes of primary vaginismus include: wrong and exaggerated knowledge about sexuality:
 - feelings of guilt,
 - sin,
 - shame,
 - psychological traumas during childhood and adolescence,
 - fears of extreme pain and abundant bleeding etc.



Vaginismus Etiology-2:

- A strict religious upbringing that associates sex with sin is frequently noted in such cases.
- Others have problems in the **dyadic relationship**; a woman who feels emotionally abused by her partner may protest in this nonverbal fashion.

Hypnotherapists must not ignore to work with both partners. Individual psychotherapy alone have the potential to increase marital problems and pathological reactions in the untreated spouse.



Me Tarzan, What about me Jane?

Hypnotherapy has many advantages

- Different from other sexual therapies, hypnotherapy used relatively in the treatment of individual patient without a cooperative partner.
- Hypnotherapy also helps to rapidly investigate the underlying conflicts, wishes, unresolved feelings about past events.
- Learning self-hypnosis increase the patients' feelings of self control.
- Hypnosis may be used to increase hope.
- Symbolic imagery techniques in hypnosis may help ventilation of hostile feelings.
- Hypnotic age regression may help to recapture past positive feelings and experiences.

Behavioral Hypnotherapy Strategies in Vaginismus

- Treatment essentially consists of extinction of the conditioned vaginal response. This is accomplished by the introduction under relaxed conditions of objects of gradually increasing size into the vaginal entrance. When the patient can tolerate a phallus size object, she is cured.

Behavioral Hypnotherapy Strategies in Vaginismus-2:

- We use the patient's and the husband's finger only for deconditioning. Because we have found this to be most emotionally acceptable to patients and therefore less likely to mobilize therapeutic resistances than artificial objects.
- For some women desensitization is a relatively easy procedure, while others become extremely anxious. The anxiety is mostly anticipatory, it is usually most marked just prior to and leading up to penile penetration. After penetration has occurred there is usually a dramatic decrease of anxiety.



Is theoretical knowledge boring you?

A Clinical Study in Private Practice Setting

- Aim of this study was to investigate the effectiveness of hypnotherapy in vaginismus.
Sample included patients diagnosed with vaginismus (n=25) per DSM-IV criteria.

Sociodemographic Features of the Cases of Vaginismus.

	Vaginismus (n=25)
Age (years)	36.2 (\pm 8.4)
Marital duration(years)	4.3 (\pm 7.2)
<i>Education</i>	
Primary	%20
High school	%40
University	%40

Factors Related with Vaginismus

Extreme pain in first coitus	5%
Childhood sexual abuse	30%
Witnessing sexual intercourse of parents	5%
Witnessing birth	5%
Physical genital trauma	5%
Conceiving sexuality as filthy	10%
Wrong and exaggerated knowledge about sexuality	40%



Fears of the patients

Fear of pain	30%
Fear of excessive bleeding	10%
Fear of genital destruction	10%
Fear of dying	5%
Fear that the penis will stuck	10%
Feelings of disgust	10%
Unspecified	25%

Results:

- Hypnotic trance levels of subjects were
 - mild in 6 (24 %),
 - moderate in 13 (52%),
 - and deep in 6 (24 %) of the patients with vaginismus.
- 15 (60 %) of the patients with vaginismus had Dissociative Events Scale (DES) scores higher than 25 points.
- DES scores were higher in moderate trance level and deep trance level cases when compared with mild trance level cases.
- 10 (40 %) of the patients with vaginismus had a history of childhood sexual abuse. Most of these cases had DES scores higher than 30 points.

Results:

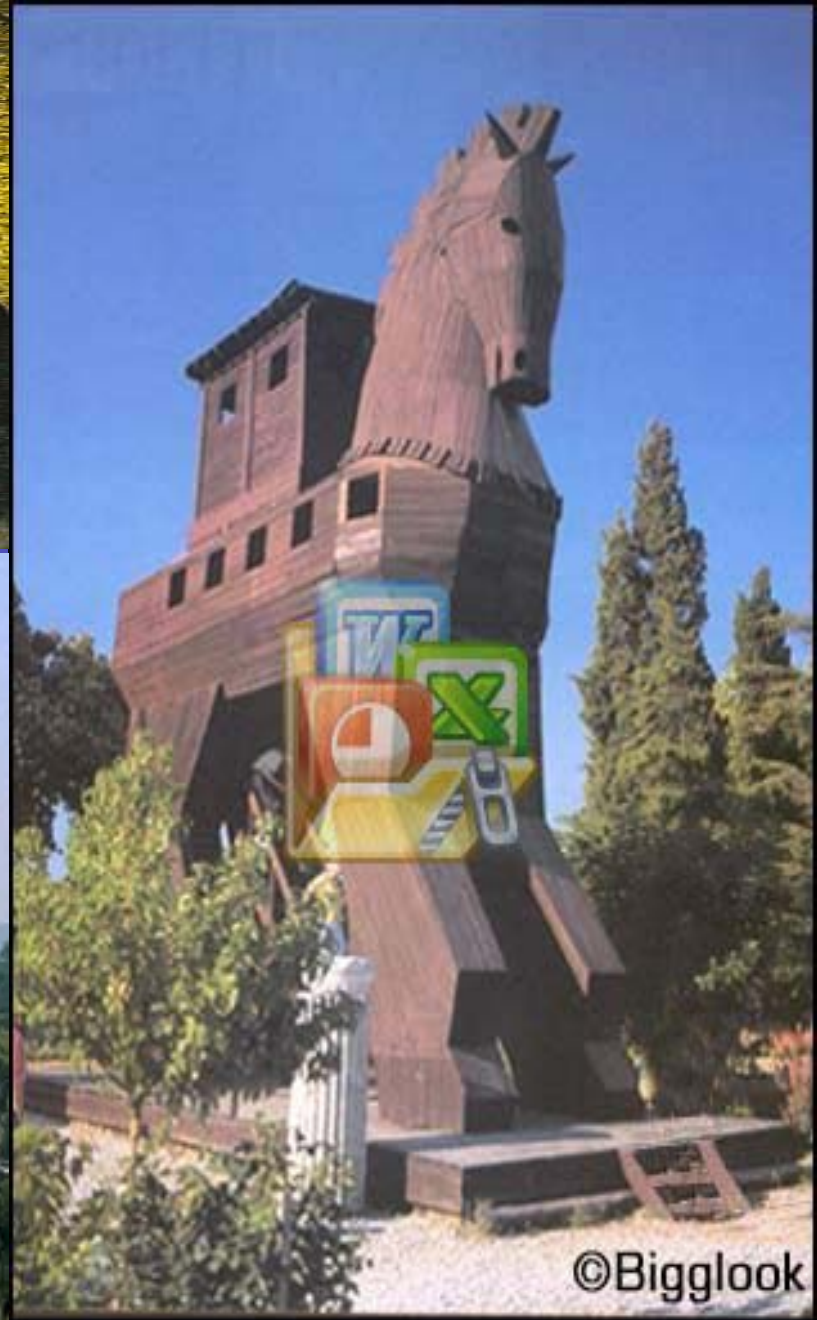
- After mean 14 sessions:
 - 8 (32 %) of the cases with vaginismus responded very good to hypnotherapy
 - 8 (32 %) cases responded good,
 - 5 (20 %) patients responded moderate,
 - 4 (16 %) were resistant.
- During therapy, symptomatic improvement goes along with reduction of anxiety and depression, and these disappear completely at the end of the treatment.

Conclusions:

- Our results were consistent with previous studies that found, the cognitive and behavioral approachments in hypnothrerapy is usually effective in the treatment of vaginismus.
- However, some cases have underlying conflicts, wishes, unresolved feelings about past events. In our sample, a significant proportion of cases had **abuse history**. Hypnosis is an effective way to evaluate unconcious material which may cause resistance to treatment.
- Hypnosis also increase sexual interest and performance by decreasing anxiety

Hypnotherapy is an important device

- The cognitive and behavioral approachments in hypnotherapy can be very challenging and anxiety provoking particularly for patients having a traditional background. The idea of inserting some objects to vagina is unbearable for these cases who have problems even with talking about their genitalia or sexual life.
- In those cases, hypnosis rapidly decrease anxiety and increase the compliance of both the patient and the partner.



ÇANAKKALE - TURKEY