

8<sup>th</sup> Global Experts Meeting on

## ADVANCES IN NEUROLOGY AND NEUROPSYCHIATRY

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**The efficacy of hypnotherapy in conversion disorders: A systematic review****Obiajulu C Okoye**

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Conversion Disorders (CD) are the psychogenic based deficits in motor and sensory function, classified as a somatoform disorder in DSM-IV and a dissociative disorder in ICD 10. Treatment of CD with hypnosis extends as far back as the 19th century and used by eminent psychiatric/psychology luminaries like Charcot and Freud, yet not as well-known as newer/other psychotherapies like CBT, psychodynamic therapy, DBT, etc. Hypnotherapy was endorsed by British Medical Society, American Medical Association and NIH Technology Assessment Panel in 1955, 1958 and 1996, respectively. Recent neuroimaging studies show the similarities of neurophysiological processes in CD and during hypnosis which may point to potential efficaciousness of hypnosis in CD. No previous systematic review of efficacy of hypnotherapy for CD, so this review might be the first one, though several case studies show hypnosis to be efficacious for CDs.

**Biography**

Obiajulu C Okoye is a Consultant Neuropsychiatrist to a secure and locked rehab unit in the United Kingdom, for people with brain injury and autism, who have significant challenging behaviors. Before his current post in which he has worked for almost 2 years, he had extensive experience of over 8 years, of working as a Consultant Psychiatrist in the NHS, in the United Kingdom, in different adult psychiatry services, such as Locked Personality Disorder Unit, Prison In-reach Mental Health team, Crisis team, etc. He has also been involved in teaching and as an Examiner of medical students, General Practitioner and Psychiatric Trainee Doctors in the UK. He has been involved in research and has published in peer review journal. He is passionate about creating hope where there appears to have been none for people with neuropsychiatric problems and other general psychiatric conditions.

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