



**Title:**

**Tranceformation: Harnessing Hypnotherapy to Combat Substance Use.**

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Presentation type: Workshop

**Abstract:**

*In our modern society, substance use and addiction have become prevalent issues, affecting individuals from all walks of life. Traditional approaches to combating substance use often fall short in addressing the underlying psychological and emotional factors that contribute to addictive behaviours. This workshop aims to introduce participants to the transformative potential of hypnotherapy in breaking the cycle of substance use and empowering individuals to reclaim control over their lives.*

*Through a combination of theoretical knowledge and practical exercises, participants will gain insight into the principles of hypnotherapy and its application in the context of substance use rehabilitation. The workshop will delve into the subconscious mind and explore how hypnotherapy can be utilized to reframe thought patterns, manage cravings, and cultivate resilience in the face of addiction. Participants will also learn techniques for relaxation, visualization, and self-hypnosis, providing them with valuable tools for managing stress and triggers associated with substance use.*

*By the end of the workshop, participants will be equipped with the following skills and knowledge:*

- 1. A foundational grasp of hypnotherapy and its relevance in recovery.*
- 2. Skills to identify and modify subconscious addictive thought patterns.*
- 3. Strategies to manage cravings and reduce relapse risk.*
- 4. Tools like relaxation, visualization, and self-hypnosis for ongoing support.*
- 5. An understanding of hypnotherapy's potential for long-term empowerment.*

*This workshop offers a unique opportunity for individuals to explore an integrative approach to overcoming substance use, tapping into the innate power of the mind to facilitate lasting change. Join us on this transformative journey as we unlock the potential for healing and growth through the art of hypnotherapy.*

**Biography:**

Dr. Dhawal Patel completed his M.B.B.S (bachelors in medicine and surgery) from LLRM Medical College, Meerut, India in 2009, and MD in Psychiatry from SBKS Medical Institute and Research Center, Vadodara, India in 2017. He also attained Post Graduate Diploma in Clinical & Applied Hypnosis (PGDCAH) from MS University, Vadodara, India in 2017.

At present he is working as Associate Professor and Head at Department of Psychiatry, NAMO Medical Education & Research Institute and Shri Vinoba Bhave Civil Hospital, Silvassa, UT of DNH&DD, India.

He is a Life Fellow of Indian Psychiatric Society (FIPS), Life Fellow of Addiction Psychiatry Society of India (FAPSI), Life Professional Member of Academy of Hypnosis India (LPMAOH), International Member of American Psychiatric Association (IMAPA, US) and International Member of the Royal College of Psychiatrists (IMRCPsych, UK).

His areas of interest for academic and research are Neurostimulation, hypnotherapy, child and adolescent issues, dissociation, sexual health, mood and substance use disorders; with focus on understanding psychological correlates, coping styles and developing new treatment protocols using a holistic approach.

His pioneering work in Neurostimulation consists of starting the first centre for Transcranial direct current stimulation (t-DCS) in the Union Territory of DNH&DD and the whole South Gujarat belt with amazing results in ADHD, anxiety, depression and recovery in post stroke patients.