

# Case Study: Interstitial Cystitis Patient (C.C.) Treated with STSH over Skype

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**ABSTRACT:** *Bad g . . . d: Interstitial cystitis (IC) is a disease of the urinary bladder involving in ammation and ulceration and resulting in pain and discomfort, urinary frequency and urgency. It is a disease originating from both physical and psychological causes and had been temporarily treated by traditional hypnotherapy as well as medically that was somewhat e ective. Ca e: A 22-year old woman presented with a 4-year medical history of IC without resolution despite multiple treatments by neurologists. Six sessions with Short-Term Sidman Hypnotherapy (STSH) conducted by Skype has resulted in her resolving most pain and discomfort issues and to resume her normal life. Anecdotal comments are corroborated by substantial changes in Beck questionnaire data. She remains in contact with her therapist and continues to improve. C . c . . . : Resolution of IC symptoms was obtained in a client who had been refractory to medical treatment by STSH therapy conducted entirely by Skype.*

**Key words:** Beck questionnaires, hypnosis, interstitial cystitis, abdominal pain, Skype

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## CASE REPORT

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Y j g p" L t u w" k p v g t x k y g f" k p" O c { " 4 2 3 5 . " v j g" e n k p g v" e q o r n c k p g f" q h" w t k p c v k p i" \$ n k m g" c" h c w e g v \$ " c p f" g z r g t k g p e k p i" u g x g t g" h t g s w g p e { . " c d f q o k p c n" r t g u u w t g . " c p f" f k u e q o h q t v" q x g t" v j g" r c u v" h q w t" { g c t u 0" U j g" j c f" n a q v" v j g" c d k n k v { " v q" g p l q { " c n e q j q n k e" d g x g t c i g u . " e q h h g g" c p f" o c p { " h q q f u . " t g u w w k p i" k p" x g t { " h g y" u e k e c n" q w w k p i u" c p f" g x g p w c m { " n a k u k p i" j g t" h t k g p f u 0" U g n h / c f o k p k u y g t g f" D g e m" C p z k g v { " k p x g p v q t { " \* D C k + " \* D g e m" ( " U v g g t . " 3 ; ; 7 + " s w g u k q p p c t g u" k p f k c e v g f" u g x g t g" c p z k g v { " k p" g k i j v" q h" 4 3 " v g u v" e c v g i q t k u 0" V j g" D g e m" C p z k g v { " k p x g p v q t { " \* D C k + " k u" c" 4 3 / s w g u k q p" o w n v k r n g" e j q k e g" u g n h / t g r q t v" \* c f o k p k u y g t g f" d { " v j g t c r k u v" q t" v c m g p" k p f g r g p f g p v n { " d { " r c v k g p v + " v j c v" o g c u w t g u" v j g" u g x g t k v { " q h" r c v k g p v u" c p z k g v { 0" C p z k g v { " k u" u v t q p i n { " c u u q e k c v g f" y k v j" K E 0" G e j" s w g u k q p" j c u" v j g" u c o g" u g v" q h" h q w t" r q u k d n g" c p u y g t" e j q k e g u c" p a v" c v" c m" \* 2 " r q k p v u + . " o k n f n { " \* 3 " r q k p v + . " o q f g t c v g n { " \* 4 " r q k p v u + . " c p f" u g x g t g n { " \* 5 " r q k p v u + 0" V j w u

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