**Supplementary Figure 1**: Study Flowchart

55 outpatients, 1 inpatient approached

3 pt self-referred

19 outpatients declined (16 time constraints, 3 doing well)

Week 8: Compiled survey 20 pt, 14 par

Week 16: Compiled survey 18 pt, 14 par

WC pts offered CH

Week 16: Compiled survey 16 pt, 17 par

Feedback

Week 8: Compiled survey 17 pt, 17 par

Weeks 1-7: Pt brief surveys weekly

Weeks 1-7: Pt brief surveys + self-hypnosis practice frequency, feedback weekly

Weeks 0-8: Pt daily text message practice reminders

WC, n=20

Baseline compiled surveys

Pt interview

HI, n=20

Baseline compiled surveys

Pt interview

CH session, self-hypnosis education, audio recordings provided

40 pt enrolled

Consent/Assent

Randomized 1:1 to HI or WC (stratified by sex and PGA)

**Supplementary Figure 1**: Study Flowchart. CH: clinical hypnosis. HI: hypnosis intervention. Pt: patient(s). Par: parent. PGA: Physician’s Global Assessment. WC: waitlist control. Compiled surveys: all measures. Brief surveys: Modified Cantril Scale, Abdominal Pain Index