

Hypnotherapy & Hypnosis For Pain Relief & Physical Symptoms



Disclaimer!

Nothing in this webinar or notes constitutes medical advice or diagnosis.

For the treatment of any major physical ailment the patient must have previously seen a GP for diagnosis.

It is also preferable to have them sign a medical disclaimer stating as such.

Stats

There are an estimated 4.5 million adults in the UK suffering with chronic pain.

Many feel helpless and hopeless, reluctant to take constant medication but are reliant on it in order to function.

It is a great niche area to specialise in.

History Of Pain Control



One of the most famous users of hypnosis for pain relief comes from one of the pioneers associated with the naming of "Hypnosis", James Braid (a Scottish Surgeon)
1795-1860

History Of Pain Control



James Braid is said to have taken the mystical out of mesmerism and used it scientifically, but many say that *he* was actually inspired by the work of another also around that time ...

History Of Pain Control



John Elliottson (1791-1868)

Tried to introduce “mesmeric principles” into mainstream medicine
but was treated with hostility and ridicule.

History Of Pain Control



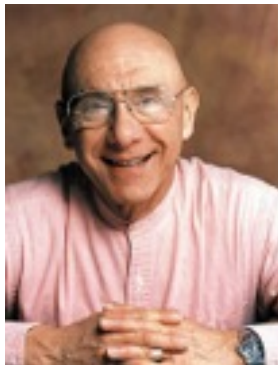
John Elliottson (1791-1868)

In 1849 he formed The London Mesmeric Infirmary but with the advancement of anaesthetics, his reputation faded and he died penniless.

The “New” Doctors



Dr Tein Sheng Hsu - Director The Seth
Holistic Clinic for cancer patients in
Taiwan



Dr Bernie Siegel - Cancer Surgeon and
Author



Dr Carl Simonton (1942-2009) Pioneered
the Mind-Body connection for fighting
cancer.

The “New” Doctors



Dr Ernest Rossi - close friend and colleague of Milton Erickson, and pioneer of Mind-Body Biology and Epigenetics



Dr Bruce Lipton - Pioneer of Epigenetics, the relation of quantum physics to physical healing and the Biology Of Belief

Read and study these people - they will help you build your own belief which is vitally important when treating others!

Aim For This Presentation

1. Whet your appetite for what is possible.
2. To introduce an unusual but extremely effective technique to you.

Mind-Body Examples

Knee Surgery

In 2002 Knee surgeon Dr Bruce Mosely “knew” that his knee surgery helped his patients because...

“every good surgeon knows there is no placebo in surgery”.

Mind-Body Examples

But he wanted to find out which element of the operation was actually the most effective.

A group of patients was divided into 3 separate groups ...

Mind-Body Examples

Group 1: He shaved the damaged cartilage.

Group 2: He flushed out damaging material.

(These are both standard procedures)

Group 3: He performed fake surgery.

Mind-Body Examples

In the fake surgery, he administered the anaesthetic, he made 3 incisions, he chatted and made the sounds as if he were performing the real operation ... and then sewed up the incisions.

The results were rather shocking ...

Mind-Body Examples

The groups who received true real surgery improved as expected ...

... but the fake surgery group **improved just as much!**

In the US there are 650,000 such procedures every year, costing \$5000 each ...

Mind-Body Examples

Yet, said Dr Mosely,

“My skill as a surgeon had no benefits on these patients. The entire benefit of surgery for osteoarthritis is down to the placebo effect.”

There are many, many, more examples of this.

What is a Placebo?

Placebo

“A substance or procedure that has positive effects as a result of a patient's perception that it is beneficial rather than as a result of a causative ingredient or process.”

What is the Placebo Effect?

Is it the “imagination/belief” that something has changed, but it hasn’t really?

Or does something actually change in the body?

Research suggests BOTH!

Look up the Horizon Documentary “The Placebo Effect”

Placebo Effect = The Belief Effect

When working with a client/patient for pain relief or physical symptoms, we are often aiming to create or simulate the Placebo Effect/Belief Effect.

Hypnoeisitherapy

There are many ways for working with pain relief and physical symptoms, but this is my preferred one because it is very interactive with the client, and can be done either in a waking state (as a form of waking hypnosis), or in a more formal hypnosis session.

Hypnoeisisotherapy

Basic Principles:

Ask the patient to describe the symptom or area of concern.

Get a description of what it feels like, (sharp, rough, itchy, dull, achey, annoying, hot, etc).

Then convert that to the exact opposite:

e.g. rounded, smooth, soothing, bright, easy, relaxing, cool

etc.

Hypnoeisisotherapy

Then take the patient through a ritual to self-administer these as auto-suggestions ...BUT ...

ask the patient to get some saliva in the mouth as he/she does so!

Hypnoeisitherapy

Hypnoeisitherapy is derived from the work of Spanish surgeon Dr Angel Escudero ... who has been pioneering operations without anaesthetics.

When you maintain saliva in the mouth, it helps the body stay calm and reduces the biological cascade from the para-sympathetic nervous system (calm) to the sympathetic nervous system (anxious).

Hypnoeisis therapy

It also acts as a traditional conditioning process (anchor in NLP terms) for the desired state ...

Calm, soft, comfortable, smooth etc ...

or for achieving Psychological Anaesthesia.

Hypnoeisisotherapy

Either in hypnosis or not, depending on how you choose to do this, the patient is, for example, asked ...

“What do you want?” or “Tell me what you want” or more directly,

“Do you wish to achieve psychological anaesthesia”, for example.

Hypnoeisitherapy

With saliva in their mouth they are then encouraged to speak aloud, replying,

“I wish to achieve psychological anaesthesia”

Or

“I want my [knee] to feel [strong, comfortable and supportive]”

This is repeated 2 or 3 times and then switched to a more “as if” type mantra ...

Hypnoeisisotherapy

With saliva in their mouth ...

“I have psychological anaesthesia”

Or

“My [knee] IS [strong, comfortable and supportive]”.

Again, this is repeated 2 or 3 times and the patient is encouraged to repeat this process as a self-hypnosis exercise.

Hypnoeisisotherapy

Then, asked to go away and just see what happens.

Results are usually very, very surprising AS LONG AS THE CLIENT has been able to focus and YOU have an element if determined, will full belief!

More details in the members area ...

Lets do an example!

Hypnoeisisotherapy

Itchy Eczema

Hot, corrosive, irritating

Cool, Supple, smooth, clear and peaceful

Sore Shoulder

sore, weak and useless

Neutral, strong and effective

Hypnoeisis therapy

I want my skin to feel

Cool, Supple, smooth, clear and peaceful

I want my shoulder to feel at ease, strong and effective

Hypnoeisisotherapy

My skin is

Cool, Supple, smooth, clear and peaceful

My shoulder feels at ease, strong and effective