

Foundations for Integrating Hypnosis into Your Therapies for Treating Anxiety, Depression, and Pain

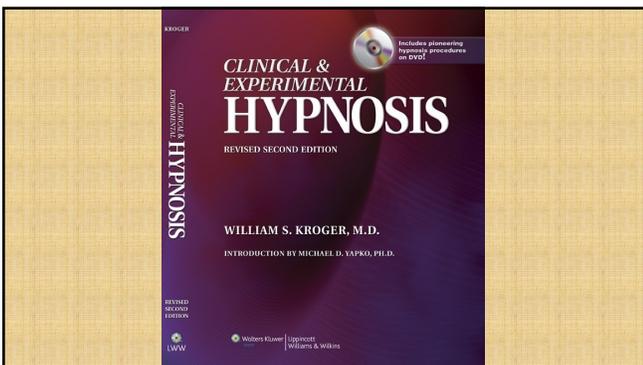
with
Michael D. Yapko, Ph.D.
 Webinar Section 12 of 12



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Pain Relief is an Extraordinary and Invaluable Application of Hypnosis

One of the earliest, best known and most highly respected pioneers in the use of hypnosis for pain relief and treatment of psychosomatic conditions was Dr. William S. Kroger



CLINICAL & EXPERIMENTAL
HYPNOSIS
 REVISED SECOND EDITION

WILLIAM S. KROGER, M.D.
 INTRODUCTION BY MICHAEL D. YAPKO, PH.D.

Walters Kluwer | Lippincott Williams & Wilkins

A Sample Pain Transcript:
Dr. Joseph Barber with a Trigeminal Neuralgia Patient

• “as you continue to feel more and more absorbed by the sensations of your breathing, I’m going to talk to that part of you that controls the sensations in your nerves. You can listen to me, or you can just float so comfortably...It is so curious, and so very interesting....that you have the capacity to increase or decrease the sensations throughout your body. And I imagine you will feel very interested in the way that you decrease the sensations in just that one part of your face...

A Sample Pain Transcript:
Dr. Joseph Barber with a Trigeminal Neuralgia Patient

You won’t really know how you do it... at least at first. You can be curious, you can be surprised... And you can simply notice that, whenever those electrical feelings begin to shoot down your face... For some reason, they will just stop. Almost like a sneeze that never quite happens...somehow the sensation just seems to stop, almost before it can quite get started. Almost as if your nervous system is beginning, already, to retrain those nerves to no longer send those awful, painful messages across your face.

A Sample Pain Transcript:
Dr. Joseph Barber with a Trigeminal Neuralgia Patient

And, sometime later today... I don’t really know when that will be...you will suddenly notice...how really well you are feeling... And you won’t know how... You won’t know why, really. You’ll just know how you feel. *Better...just better.*” (pp. 31-2)

Barber, J. (1996). A brief introduction to hypnotic analgesia. In J. Barber (ed.), *Hypnosis and suggestion in the treatment of pain* (pp. 3-32). New York: Norton.

The Case of Vicki:
Essential Components/ Induction

- You can allow yourself...that's right...the exquisite luxury of letting your mind travel or relax...It can do a lot or it can do nothing...It can listen and it can not listen...But you can certainly allow yourself the experience of being very comfortable within yourself...

The Case of Vicki: Essential Components/
Response Set

- ...it's really convenient, really a *comfort* to know that while the conscious mind tends to notice whatever captures its attention for the moment...that there's a *deeper* part of you that can really *experience a surprising level of relaxation and comfort*

The Case of Vicki: Essential Components/ Theme:
Pain Relief -Sensory Shifts

- ... Some people really enjoy the sensation of looking at an unusual cloud that can seem so out of place against a blue sky...Some really enjoy the sensation of a very well- written piece of music that has just the right rhythm, just the right blend of instruments... And it's interesting how some lyrics remain unforgettable...and I bet you know what the eighth word in the national anthem is...

The Case of Vicki: Essential Components/
Theme: Pain Relief- Dissociation

- ... it becomes hard to know which side is more relaxed...Is it your left side or is it your right side?...and if your left side drifts off comfortably...then which side is left? And if it's your front, then do we really know if it's the front of your back that's comfortable or the back of your front?...And it's very difficult to know whether it's your top half of the bottom half, or the middle half of the back or the front half that's the most comfortable...

The Case of Vicki: Essential Components/
Theme: Pain Relief- Dissociation

- ...that when you take in a breath...and when your mind is curious...and you're really not sure which part's *here* and which part's *there*...and which part's left or right, and you have the right to know what's left... but how much more enjoyable to experience the luxury of a very relaxed body...a very comfortable experience of being *here*, being fully *here* mentally, of being over *there* physically...

The Case of Vicki: Essential Components/ Post-
Hypnotic Suggestions

- ...And it's interesting, very interesting... how the most everyday experiences can be the most profound reminders of what it's like to have a mind here and a body there... because sometimes it's looking at your watch that reminds you that *it's time to be comfortable*...

The Case of Vicki: Essential Components/
Theme: Time Distortion

- And you know that a week passes quickly...and you know that a week passes slowly...depending on point of view...and since it's you and your point of view...you might as well know that it's fully up to you...to have a fast day and a slow day depending on *your* choice...because twenty-four hours, seven days in a row, or sixteen hours, ten days in a row, or thirteen hours, thirteen days in a row, really don't matter, but when it's two weeks of...*feeling so strongly*...about how time has been well used,...you really can look back when you're looking ahead at yourself looking back...feeling good...and safe...and comfortable...

Six Strategies For Managing Pain

- Direct suggestion
- Indirect suggestion
- Distraction
- Gradual diminution
- Transformation
- Imagery

DIRECT SUGGESTION

“That part of your body is becoming number and number.”

INDIRECT SUGGESTION

Metaphor of comfort (e.g., "I was invited to a friend's cottage on the lake...")

DISTRACTION

"You ever wonder why people in other cultures have such a different view of what they regard as good food?" What are some of your favorite foods?

GRADUAL DIMINUTION/INCREASE

"You can notice how gradually the comfort becomes greater and greater with each passing hour."

TRANSFORMATION

“The experience of discomfort begins to feel more like a merely annoying itch than anything else.”

Imagery

- “Puddle of pain”
- “Visualize a pain dial... turn it down”
- Novocain injection

Here at the End...

Hypnosis certification by the two major hypnosis societies for health care professionals:

- American Society of Clinical Hypnosis (www.asch.net) Journal: AJCH
- Society for Clinical and Experimental Hypnosis (www.sceh.us) Journal: IJCEH

Meetings sponsored by The Milton H. Erickson Foundation (www.erickson-foundation.org)

Further in-depth training with me; see www.vapko.com for possibilities, and while there be sure to sign up to receive the free newsletter we offer once or twice a month.

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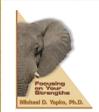
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Thanks for your participation in
this 12 part webinar!

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