

# Hypnotherapy Being Used By Chronic Pain Patients



#NERVEember

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## Speaker Information



### Barbara Black, CCHt

- International Pain Foundation Board of Directors.
- Certified Clinical Hypnotherapist.
- After working 30 plus years in the medical field she has found her passion of helping others through hypnotherapy/guided imagery.
- She has made it her mission to guide you to the discovery of your inner true self, explore new awareness and open your mind, body and spirit to endless possibilities.
- Barbara continues to share her gift of empowering the inner-self to discover, recognize and motivate the real you.

### Vera Stewart-Lutz, CCHt

- Certified Clinical Hypnotherapist practicing in Gilbert, AZ, and the founder of Solutions Hypnotherapy.
- She is a member of two professional organizations, one of which is the International Medical and Dental Association (IMDHA).
- She became a hypnotist is because in 2015 she spent a year in and out of hospitals and skilled nursing facilities.
- She helps clients find solutions to unwanted negative thoughts or behavior.
- Self-empowerment is the goal. She has worked with clients across the United States and Canada.



## Session Goals

1. Presenting on areas including anxiety/stress relief, confidence, self-esteem, fears and phobias, pain management, and habit release
2. Adapting patients' performance in daily tasks through habit control
3. Identifying pain management strategies



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## Bi-Lateral Stimulation

This technique involves stimulating both sides of the brain to stop anxious feelings. It is absurdly simple yet amazingly effective.

1. Grab a ball (or keys, or water bottle, or anything you can pass back and forth) and think of something that is causing you some anxiety.
2. When you can feel that anxiety somewhere in your body, rate the level of it on a scale of one to ten.
3. Imagine a dividing line going down the middle of your body, from head to toe.
4. Now pass the item back and forth, from one hand to the other, crossing the midline so you are stimulating both hemispheres of the brain.
  - a. It will have a more rapid effect if you keep one hand in front of you as the other swings out to the side each time you pass the item.
  - b. Do this for a minute.
    - The reason this works is because by activating both hemispheres, you are spreading blood and electrical impulses throughout the brain and this floods that anxiety cluster, that area of association, and diffuses it. That anxiety cluster just can't stay together when you do this.
  - c. Stop, take a deep breath, and check in.
    - You might notice that the anxious feelings have dissipated.
5. Now, think of the same situation again
  - a. See how much anxiety you can manage to conjure up
  - b. Rate it once again on the scale from one to ten. See where it is. If it is still higher than you like, then do it again.
  - c. Pass the object back and forth again for a minute, and check in.
  - d. Repeat until the anxious feelings have completely diffused.

**This is something you can do anywhere. Whenever you start to feel anxious, just grab an object and start passing it back and forth, moving both arms and crossing the mid-line of your body.**



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## Emotional Detox Technique

Use this 3- to 5-minute technique and discover how easy it is to release toxic emotions and feelings:

1. Close and open your eyes....Inhale and exhale deeply....
  - a. Now close your eyes and create a safe space in your mind, wherever you like, and allow yourself to feel whatever is disturbing or upsetting.
  - b. Get in touch with the negative feelings and as you do, make a fist with your left hand
  - c. Release the fist.
  - d. Inhale and exhale deeply and open and close your eyes.
2. Now picture yourself in your mind as follows:
  - a. You are calm; you are comfortable in your body; your skin is glowing with health; your eyes are sparkling with confidence, and there is a big smile on your face – ***because your heart is happy, your mind is peaceful, and your spirit is playful.***
  - b. Excellent – now enjoy those feelings as you make a fist with your right hand, and release it.
3. Now, inhale and exhale deeply, and open and close your eyes
  - a. Not now, but in a moment I'm going to count to ten
  - b. When I reach ten, make a fist with both hands at the same time  
1..2..3..4..5..6..7..8..9..10..and make fists with both hands. Good.
  - a. Now just relax and mentally count to five before opening your fists...

**Feeling better? Now, try to get in touch with the unwanted emotions and feelings.....Amazing, isn't it?**



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## Self-Hypnosis Instructions

1. Count from 10 down to 1, imagining a wave of relaxation flowing from the top of your head to the tips of your toes, going deeper and deeper within with each number.
2. When you reach the number 1, imagine yourself on a movie screen, achieving whatever it is you want to achieve, it may be happiness, it may be physical comfort, it may be confidence. Just see yourself feeling how you want to feel, being how you want to be.
3. When it looks good, imagine floating into that movie, floating into your body and feeling how good it feels to have already learned what you want to learn, to have already achieved what you want to achieve.... FEEL how good it feels and let your brain try that on.....
4. Now imagine floating back out of the movie into your body
5. Count from 1 back up go 10, stretch your limbs and open your eyes, feeling refreshed and alert.



# Questions?

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## Contact Information

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