

## Reducing or Eliminating Pain Self Hypnosis Program

### What is Pain?

Pain is your awareness of signals reaching your brain from locations in the body which have suffered injury. It is important to realize that pain is your *awareness* of the signal because you can begin to *alter your awareness* sensitivity and response to any nerve signal. While you can't stop the nerve signals to the brain, you can and do continually change the way you notice the signals — this is what happens in pain reduction.

### What is Self Hypnosis?

Self hypnosis is one of the mind's natural problem solving tools. You may not have realized it before but each time you have directed concentration, block out interfering sights and sounds to recall a song, deeply concentrated to remember a phone number, or something you had been intending to say or do — you were making use of the problem solving methods of hypnosis. You probably use self hypnosis or some of the mechanisms of self hypnosis without calling it that.

It might look to others that you have simply sat quietly, relaxed, and turned your attention inward, or that you are doing nothing. However, self hypnosis is the very active and deliberate use of some specific mental problem solving tools. It can be characterized by the use of memory, association, dissociation, your sense of time, etc.

While you don't need to understand the complicated terms, you can easily learn to direct the use of these tools in a one to four week period in most cases.

### How does Self Hypnosis Work?

Self hypnosis allows you to decide when

and how often you will use your mind's own natural processes to alter your brain's interpretation of nerve signals from your body. In other words, while the body may send a nerve signal from an injury in your back, your brain may choose to ignore it with the aid of dissociation, memory, association, changes in time sense, etc.

### How the Program Works

Self hypnosis can be taught quickly and safely to most anyone since it is a natural process which, to varying degrees, we already use daily. You will actually use the sessions to do self-hypnosis as you learn it in the course of four sessions. Usually, you will begin to experience reduced pain during the first session. The remaining sessions provide ample time to fine tune the use of self-hypnosis for your individual situation. Stephen strongly encourages homework practice of the techniques at any time convenient to you or when you wish to reduce or eliminate pain.

### What you do in a 4 session program:

In the first and second sessions the goal is to learn to go into hypnosis and how to use your memory, senses, and attention to reduce the learned awareness of pain signals. Most people succeed at this in one to two sessions. But, after learning these skills the next two sessions rehearse what you have learned, improve upon your skill and teach two more methods you can use to easily and safely practice self-hypnosis several times each day or week. With repeated practice at home you will strengthen your new learnings.

### What you do in a 12 or 16 session program:

Some individuals will be referred for an additional 8 or 12 sessions. These additional sessions may come before the 4 sessions described above. In this way the therapist will have time to better understand your unique and special situation. The extra sessions

provide an opportunity to better learn how to go into a state of hypnosis and use it. As result, there is a increased likelihood that the self hypnosis training can be shaped and molded to your complex individual and unique family needs.

### Biofeedback Instrumentation:

In some cases, it will be desirable to work with the aid of computerized biofeedback. Biofeedback involves the use of sensitive computer equipment to measure minute and yet important changes in your body. These include skin temperature, breathing volume and rate, pulse rate, perspiration or EDG, tension release or EMG and other signals. Your therapist or referring doctor can provide you with more information about the possible benefit of this in your case. Stephen uses the most sophisticated biofeedback equipment available in outpatient settings. It is entirely safe and, actually, an enjoyable addition to self-hypnosis training.

### Contacts for further information:

Further information about this and other pain control programs in this area is available by contacting Stephen Lankton at: 602-532-080 or 602-999-8107.

## About Stephen Lankton

Stephen R. Lankton, M.S.W., D.A.H.B., is Editor of the *American Journal of Clinical Hypnosis*. He received his graduate degree from the University of Michigan in 1974. He was awarded the "Lifetime Achievement Award for Outstanding Contributions to the Field of Psychotherapy" in 1994. He is a *Diplomate in Clinical Hypnosis* and *past president* of the American Hypnosis Board for Clinical Social Work (AHBCSW), an *Approved Consultant* for the American Society for Clinical Hypnosis (ASCH), and an *Approved Supervisor* and *Fellow* of the American Association for Marriage and Family Therapy (AAMFT). He is also a *Board Certified Diplomate* in Social Work (ABECSW & NASW) and a *Fellow* of The American Society of Clinical Hypnosis (ASCH).

He was founding editor of The Ericksonian Monographs and author of six professional books including *Assembling Ericksonian Therapy*, *Practical Magic: The Translation of Basic Neuro Linguistic Programming into Clinical Psychotherapy*, *The Answer Within: A Clinical Framework of Ericksonian Hypnotherapy*, *Enchantment and Intervention: Training in Ericksonian Approaches*, and *Tales of Enchantment: An Anthology of Goal Directed Metaphors for Adults and Children in Therapy*, as well as the editor and coeditor of 12 others.

He is recognized for his role in the development and growth of approaches to brief therapy and clinical hypnosis and has taught hundreds of postgraduate training workshops worldwide since 1976. He has also been a organizational consultant since 1979 and is a frequent corporate partner with with firms such as Xerox, where he developed Interface Management Science. He is a Arizona Licensed Clincial Social Worker in private practice in north-central, Phoenix, AZ.

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*Available by appointment.*

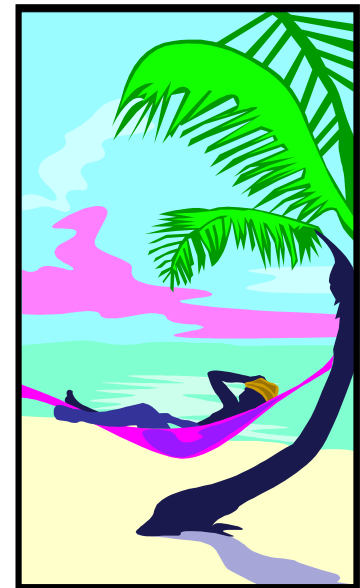
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