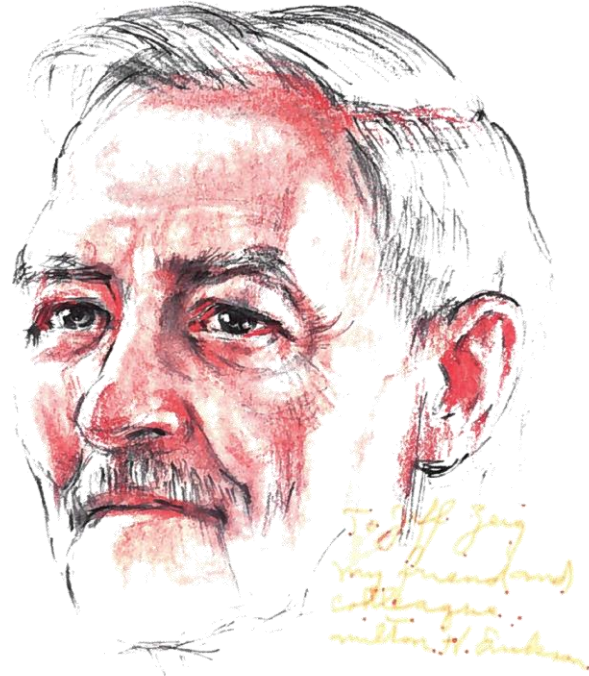


Dedicated to:



IDA LIBBY
DENGREVE
1976

...with great appreciation

Changing The Language of Pain to Sensation



Please Note:

Limitations of The Research and Potential Risks

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professional standards.

Pre-Induction Disclaimer

- If you have acute or chronic pain it is recommended that you get checked by a medical professional before doing hypnosis.
- Obtain a history about what has been done thus far to manage their physical pain. For example; physical therapy, x-rays, medication, etc.
- We are exploring how to manage physical pain. Please note that there may be an emotional connection that would be addressed in other sessions.

Educational Objectives

1. Participants will create a list of words that describe comfort
2. Participants will define subjective units of disturbance and subjective units of comfort
3. Participants will demonstrate how to do sensation shifting with a client

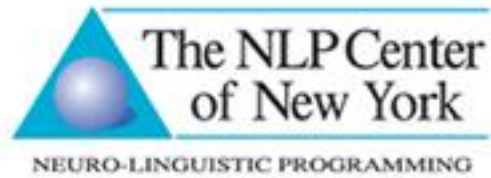
Research on Pain Management

- Brody, Jane, Virtual Reality as Therapy for Pain, The New York Times, April, 29, 2019
- Jensen, Mark P. The Associations Between Pain-Related Beliefs, Pain Intensity and Patient Functioning: Hypnotizability as a Moderator, Clin. J. Pain, 2016, June :32 (6) : 506-512
- Jensen, Mark P, and Jamieson, Graham A. et al., New Directions in Hypnosis Research: Strategies for Advancing the Cognitive and Clinical Neuroscience of Hypnosis, Neurosci Conscious, 2017: 2017 (1), April 12, 2017.
- Spiegel, Brenan, Virtual Reality for Management of Pain in Hospitalized Patients: Results of a Controlled Trial, JMIR Ment.Health 2017; 4(1):e9

Breathe



My Story



- I am leading students, teaching hypnosis at the NLP Center of New York (www.nlptraining.com)
- A student, Ray Allen, tells me about studying pain science and they want to change the language from pain to sensation.
- I begin thinking that there is more descriptive language about pain. This leads me to creating the idea of sensation shifting.

Pain?

- What are your Subjective Units of Discomfort (SUDS)?
- 1-10?
- How many of you have had pain other times in your lives?



Descriptions of Pain Sensations

**Tight, burning, piercing,
stinging, aching, sharp,
nagging, shooting, sore,
throbbing, etc.**



Descriptions of Comfort Sensations

- For those of you who are not experiencing pain, what are you experiencing?
- What are your Subjective Units of Comfort from 1-10?



Descriptions of Comfort Sensations

**Soft, flowing, open,
loose, juicy, cushiony,
silky, cloud like, velour,
flexible, etc.**



Which One is More Familiar?

- We are more familiar with the language of pain sensation because it is in our awareness.
- The language of comfort sensation is unconscious, it just is, and yet what would happen if we brought this “comfort sensation,” to our awareness.
- Where do you feel comfort now, in this moment?

Sensations of Comfort

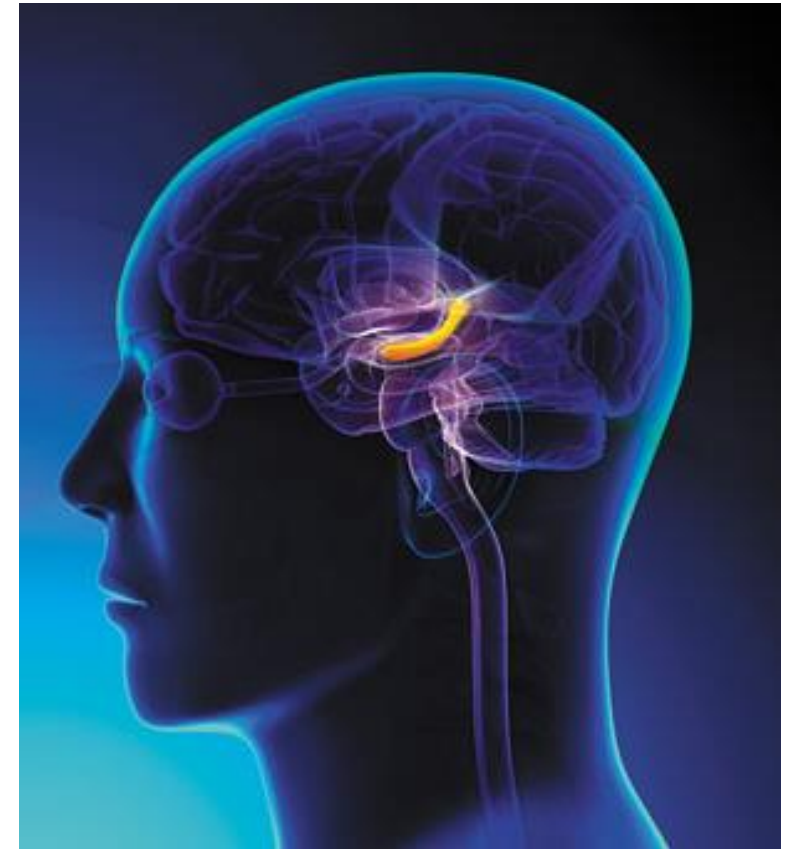


Introducing Sensation Shifting

- In Cognitive Behavioral Therapy a client is taught to become aware of a “thinking error,” and to challenge and possibly switch to another thought. Some people may think of this as thought stopping and/or positive thinking.
- In Neuro-Linguistic Programming (NLP) there are suggestions about shifting the negative inner dialogue from content to form.
- In NLP there is a technique called chaining.

The Gate Keeper

- Daniel Siegle, M.D. has presented at many Ericksonian conferences and shows the brain stem and brain.
- What happens when the brain receives a signal from the body?
- A perception occurs, and what if we could interrupt that perception? We would be the gate keepers.



Sensation Shifting Demonstration

- Our goal is to to develop the ability to shift the sensation from discomfort to comfort so that we can be the gate keepers of perception.
- Demonstration: Pre-Induction: Brief History, Gather description of pain, include the SUDs level, Gather description of comfort.

Sensation Shifting (Demo and Ex).

- Induction- Utilize any hypnosis induction process (remember to thread suggestions of healing).
- Utilization- Remind the person that even while they have had this “discomfort,” they also have other areas in their body or memories in their body of comfort. Lead the person to an awareness of their description for pain and then add in the their description of comfort. Continue finding ways to help them shift by using tone and sounds that match the comfort descriptions. (about 5 times)
- Integrate-Help them to create future situations where they will continue to feel this comfort.
- Reorientation

Exercise with a partner

Pre-Induction: Brief History, Gather description of pain, include the SUDs level, Gather description of comfort

Induction: Utilize any hypnosis induction process

Utilization: Remind the person that even while they have had this “discomfort,” they also have other areas in their body or memories in their body of comfort. Lead the person to an awareness of their description for pain and then add in the description of comfort. Continue finding ways to help them shift by using tone and sounds that match the comfort descriptions

Integrate: Help them to create future situations where they will continue to feel this comfort

Reorientation

Sensations of Comfort



Educational Objectives

1. Participants will create a list of words that describe comfort
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Daily Practice

- Notice what feels good. Memorize this feeling.
- IF you have “pain sensations,” immediately begin the sensation shifting process. (You can repeat this as often as you want).
- Plan time to practice your version of Virtual Reality, by taking yourself somewhere pleasurable with sensations of comfort.
- Practice ‘sensation shifting’ with others.

Enjoy your comfort, nowwww

