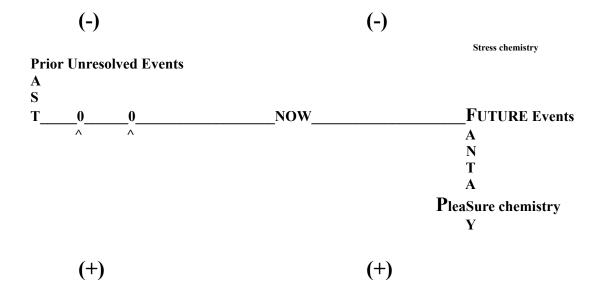
An Ericksonian Look at the Fifth Vital Sign

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95% of what occurs with us is subconscious (Habit). We are constantly in a 'trance' 5% is not. We can exit the 'trance' and enter another level of conscious awareness. Consciousness is dynamic; we can alter it!

We get the tendency to be negative honestly....



Our moods, feelings and emotions, and actions are influenced by our thoughts which include memories and fantasies as well as events. Our past memories that influence us are often unresolved memories that are perceived as negative. Our Future/Anticipated memories that are negative also influence our 'NOW' experience. We generally exist *Physically* in the NOW, but not *Mentally or Emotionally. The supporting cast of thoughts, emotions, and behaviors support that paradigm.*

The above conceptualization/model explains a variety of problems that bring people to a therapist's practice. "Depression", "anxiety", **Chronic Pain(s)**, Patterns of behavior, Confusion and other personal obstacles can be more easily understood and treated!

Phenylalanine>Tyrosine >>> DOPAMINE-->>>NORADRENALINE->>>ADRENALINE

R/D

F/F/F

ACCURATE CONCEPTUALIZATION => EMPATHY!!

>>Is necessary for :

- 1.>>>The clinician and the client need to have an understanding of how the the condition is created and manifests.
- 2.>>>Accurate conceptualization >>> the accurate 'diagnosis' is necessary for proper treatment
- 3.>>> Prevents seduction or distraction of peripheral issues/other symptoms being mistaken for the problem
- 4.>>>**Rapport** with clients is **improved** when they have the idea, "That you are competent, and know what you are doing!"
- 5.>>>Accurate conceptualization >>>>Accurate diagnosis >>>>Best treatment

What is necessary for the best treatment of chronic pain?

TAPPING INTO THE 5% to relieve chronic pain; habit pain (95%) can be altered!

- 1. The motivation to have less pain; clinician and client
- 2. Calming the Central Nervous System Leaving F/F/F---->R/D Slotha
- 3. Acknowledging the pain vs ignoring it!

Give the sensation physical traits

This deepens the altered state

Separate the past pain and future pain from the present pain

- 4. Use the tools you have, and they have!!!
- 5. Knowledge is power and empowerment!!!

Connect emotions and physical sensations

6. Prepare them for procedures ???