

PAIN MANAGEMENT AND HYPNOSIS

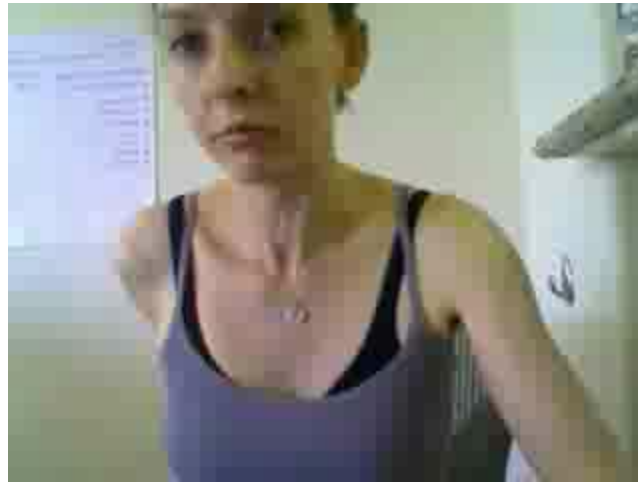
Ken Dubner and Don Goodman Ph.D.

INTRODUCTION

- Welcome

SECTION 1

◉ Video 1



WHAT IS THE GOAL OF TODAY'S WORKSHOP?

- To raise the legitimacy of Hypnosis and Hypnotherapy not only in the eyes of MD's and DD's but in the eyes of you as well.
- To provide different techniques that both you and the patient can utilize to manage pain.

BRIEF HISTORY OF HYPNO-ANESTHESIA

- ◉ Egyptians and Indians use hypno-anesthesia over 5000 years ago
- ◉ Ancient Hindus use hypno-anesthesia
- ◉ Recamier-1821--painless dental operations with Hypnosis
- ◉ Oudet-1837-France-hypno-anesthesia for tooth extraction
- ◉ Braid mid 1843- numerous surgeries and extractions with only hypnosis
- ◉ Morton and Wells 1844-dental anesthesia
- ◉ Ribaud and Kiario-1847-France-excision of tumor in jaw
- ◉ Dr. Gleason-1883-Treating coal miners taught himself dentistry and hypnosis

MORE HISTORY

- ◉ Dr. WX Sudduth-1894-4 patients were put into hypnosis and surgery was performed where the dead bone under the gums was excised.
- ◉ Dr. Erickson-born 1901- Always advocating the use of hypnosis in Psychotherapy, Medicine and Dentistry
- ◉ Dr. Weinstein-1924-Lectured into the 1950's on the efficacy of hypnosis in Dentistry
- ◉ 1952 - The 50's saw a great step forward for hypnosis. In 1952, The Hypnotism Act was passed in Britain, which curtailed the use of hypnosis in stage demonstrations. At about the same time dentists in Britain formed the British Association of Dental Hypnosis.

AND EVEN MORE

- ◉ May 4, 1955 - WILLIAM J. BRYAN JR. MD, who became its first president, founded the American Institute of Hypnosis on May 4, 1955. It was founded for the reason that until that time there had been no educational body devoted exclusively to promoting all the phases of hypnosis in medicine and dentistry, and the Institute was founded to fill that gap. It has grown since that time to become the world's most respected educational institution devoted solely to teaching hypnosis in medicine and ...
- ◉ 1972 - Instructor: Philip Holder, PhD. - Certified Hypnotherapist, began studying hypnosis in 1972. Certified by the National Guild of Hypnotists, The National Association of Transpersonal Hypnotherapists, The International Association of Counselors and Therapists, and the International Medical and Dental Hypnotherapy Association and others

STATUS OF MEDICAL AND DENTAL HYPNOTHERAPY TODAY

- ◉ Few schools outside of UCLA and USC offer training to dentists in hypnosis
- ◉ Now however more, and more dentists are receiving extra training on their own in hypno-dentistry
- ◉
- ◉ Sep 9, 1997 - By far the most popular form of alternative therapy in dentistry is hypnosis. Practitioners interested in learning techniques can now take certificate courses run by the British Society of Medical and Dental Hypnosis, or diploma and masters degree courses
- ◉ *Today...While hypnosis is gaining credibility it is still in a close tie with biofeedback with bio-feed being employed in many universities and clinics throughout the world.*

HYPNOSIS WITH REGARD TO PAIN

- ◉ Limitations and Caveats
- ◉ Advantages of hypnosis for the doctor and the client with regard to pain.
- ◉ Good vs Bad
- ◉ Chronic and Acute Pain
- ◉ CBT and Pain

CBT DEFINED

- ◉ Definition: A therapy that pays particular attention to a patient's behavior and thinking processes rather than underlying psychological causes of an activity.
- ◉ A highly structured psychotherapeutic method used to alter distorted attitudes and problem behavior by identifying and replacing negative inaccurate thoughts and changing the rewards for behaviors.
- ◉ Includes a collection of techniques designed to alter distorted thought processes and dysfunctional habits and behaviors.

DISTORTED THINKING STYLES

- ◉ Filtering
- ◉ Polarized Thinking
- ◉ Overgeneralization
- ◉ Mind Reading
- ◉ Catastrophizing
- ◉ Personalization
- ◉ Control Fallacies
- ◉ Fallacy of Fairness
- ◉ Blaming
- ◉ Shoulds
- ◉ Emotional Reasoning
- ◉ Fallacy of Change
- ◉ Global Labeling
- ◉ Being Right
- ◉ Heaven's Reward Fallacy

THE BOTTOM LINE

- HOW TO CHANGE ONES BELIEF SYSTEM
 - suggestions

COGNITIVE THERAPY TECHNIQUES

- ◉ Cognitive Rehearsal
- ◉ Validity Testing
- ◉ Writing in a Journal
- ◉ Guided Discovery
- ◉ Modeling
- ◉ Homework
- ◉ Aversive Conditioning
- ◉ Systematic Positive Reinforcement
- ◉ Relaxation/visualization/positive reinforcement

SECTION 2 TRICKS OF THE TRADE: CONCEPTS

- You are a scientist and you need to know why and how this hypnosis works
- Hypnotic depth
- The effects of anti-depressants and drugs on hypnotic depth
- Understanding types of patients
- Relaxation= pain reduction
- We are all adult children
- Step-by-step process little by little
- Patients should take responsibility=empowerment
- Give them tools so they can help themselves
- Resistance will always occur- the place of change is resistance
- Stressed to doctors it is not a cure.
- Use the Internet to look at the research
- They don't know what you know
- Always have patient quantify pain numerically
- “never” use negative words
- Anxiety and Pain

OUCH!

◉ Video 2



LUNCH

SECT. 3: THEORIES AND SCIENTIFIC EVIDENCE

◉ Video 3



BIOFEEDBACK DEMO

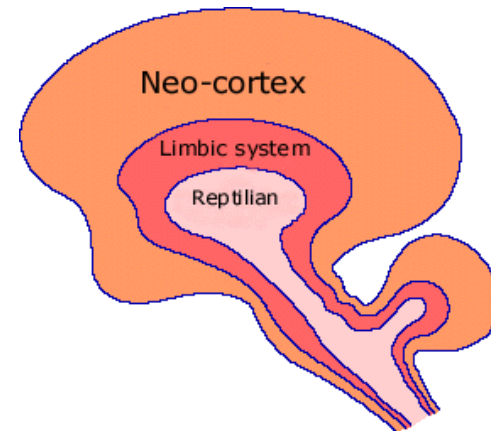
HOW IT WORKS

- Placebo effect now reported to be at 65%
- sympathetic /parasympathetic
- Activate Parasympathetic



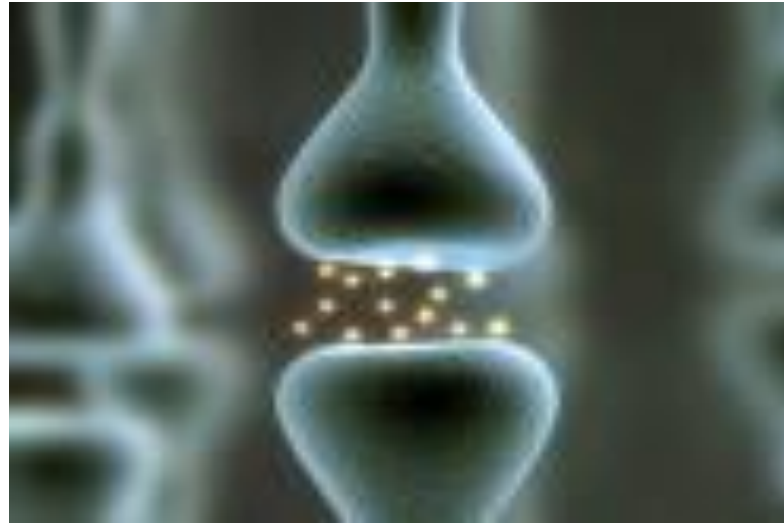
HOW IT WORKS CONTINUED.

- Triune brain



AND MORE

- Neuro-transmitters



AND MORE

- ◉ Dissociated Control Theory
- ◉ Social-cognitive theory/Response Set
- ◉ Neodissociation Theory(Hilgard)
- ◉ Neurophysiological theory
- ◉ Integrative cognitive theory
- ◉ Cold control theory
- ◉ Dissociated-experience theory
- ◉ Ego-psychological theory

SECTION 4: INDUCTIONS

- ◉ Visualization, Imagination, Suggestibility
- ◉ Progressive: pros and cons how/when
- ◉ Rapid: pros and cons how/when
- ◉ Other: Pros and cons

SEC. 5: LEARNING AND PRACTICE

- ◉ Breathing (refer to handout)
- ◉ Sub-modality-nlp, colors, music, sound, touch, senses
- ◉ Help the client let go of questions “you're clearing your mind questions
- ◉ More techniques
- ◉ Barber's bothersome music technique (use of soothing music as an analogy to opposite of pain
- ◉ Dial tech
- ◉ Distraction
- ◉ Glove anesthesia
- ◉ Systematic desensitization
- ◉ PRACTICE DISSOCIATION WITH SAFE PLACE SCRIPT and Desensitization

SCRIPT

(increase pain and let finger on left hand rise and feel your heart rate increasing and your respiration increasing... And now go to your safe place and feel it with all your senses. Now lets do this again... until on the 3rd time the harder they try to bring up the pain the quicker they go to their safe place. Go ahead and try...the harder you try to bring up the discomfort the faster you go to your safe place and the more comfortable you feel.

SEC. 6 SPECIFIC APPLICATIONS

- ◉ Choice of 2 or 3 to practice from list
- ◉ (Migraine, Bruxism, TMD, Fybromyalgia, neuropathic pain, Acute Pain, Anxiety Surgical anesthesia, Labor pains - Hypnobirthing)
- ◉ Goal-understand the concepts and techniques

SECT:7 HOW TO WORK W/ MEDICAL PROFESSIONALS AND HOW TO MARKET TO THEM.

- ◉ Understanding how we can help
- ◉ Prescription and treatment compliance
- ◉ Relaxation training
- ◉ Anxiety reduction
- ◉ Proscription of good habits
- ◉ Don't teach the doctor
- ◉ Example for contacting professionals in a letter telling them how we help

MORE SUGGESTIONS

- ◉ MD's ask the same stupid question you get from anyone else
- ◉ Three specific questions Doctors will ask
- ◉ Have you done this before?
- ◉ What is your success rate?
- ◉ Are you able to effect a decrease in pain?
 - ◉ OTHER STUFF
- ◉ I am not a doctor **but** research says
- ◉ Does their insurance coverage?
- ◉ Do you take insurance?
- ◉ "Call your insurance company and ask what they will require"
- ◉ Get the paperwork for treatment

CASE STUDY

- Steve

CONCLUSION