

Hypnosis and Pain Management

Living with Chronic Persistent Pain can be a terrible energy drain and distraction. In addition to the "physical hurt" of the pain, there usually is a component of "emotional suffering". This emotional component, or "emotional overlay" to the physical pain can make the pain hurt more, and it can also interfere with pain treatment. Emotional suffering makes physical pain worse.

Hypnosis administered by the right licensed health professional may help you obtain relief from the "Sensory" component" of your persistent pain, as well as from the "Emotional Overlay".

Relief from the pain's "Sensory" component" can be obtained through the induction of Hypnosis and the utilization of appropriate, individualized Hypnotic Analgesia, Relaxation, and Imagery techniques. In addition, you may benefit by learning SELF-HYPNOSIS so that you can self-induce the Hypnotic State and benefit regularly from the Escape from Pain that it can provide.

Relief from the pain's "Emotional Overlay" component" can be obtained by changing your self-defeating, negative thinking patterns through the use of both "Waking State Reframing" and Hypnosis. This can enable you to cope better.

Pain is a total experience that is at once a "Physical Sensation", an "Emotion" (e.g., depression, fear, anxiety, anger), an accompanying thought (e.g., Ouch!! This really hurts! When is this going to end?") and a "Behavior" (e.g., laying down, ceasing activities that hurt, etc.). Pure pain" WITHOUT the "Emotional" and "Thinking" components does not hurt as much and is more tolerable.

Fear, Anger, Anxiety, and Depression all make pain worse. Negative ideas should be removed from one's Conscious and especially one's Unconscious (i.e., "Subconscious") Minds. This is best accomplished through the appropriate use of Cognitive Psychotherapy, Reframing, and Hypnosis.

No one need suffer continuously or endlessly. PAIN MAY BE MANDATORY BUT SUFFERING IS OPTIONAL. Most people can be helped to better cope with their pain.

To learn more, consult my books, the References below, or contact me:

E-mail: info@hypnosishelpcenter.net or Call 215-947-7867 (947-STOP).

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