

Pain Management through Hypnosis and Guided Imagery

By Rhona Jordan, TOSS Director

Today extraordinary changes are taking place in medicine. There is new scientific evidence that strongly supports guided imagery and hypnosis.

Doctors are rethinking what science is now proving, that treating the body alone is not enough. The mind does play a critical role in your healing.

Using imagery or hypnosis, connects us deeply to our senses and emotions. Imagery activates our autonomic nervous system: the central command post deep in the brain that regulates basic body functions. Mental images, formed long before we learn to understand and use words, lie at the core of who we think we are, what we believe the world is like, what we feel and what we feel we deserve, how motivated we are to take care of ourselves.

We may not be aware that Pain Specialist utilizes imagery in nearly every interaction they have with you, and typically your body responds to mental imagery as it would to a genuine external experience.

Example: When maneuvering the upper extremity to measure shoulder joint pain. A doctor may typically say, "Let me know when it hurts" or "Is this tender?" or "Does this cause you pain?" The expectation that these words evoke is, that even more pain is on the way.

So if the doctor were to ask the same questions, however changing the words, you may have a different reaction

Example: "Does this feel OK?" "Is this comfortable?" or "Can you do this easily?" These words evoke positive images, expectations, and intentions during the examination which encourage patients to relax rather than brace and tighten their muscles.

There are a wide variety of guided imagery techniques used to help patients achieve symptomatic pain relief.

One is called glove anesthesia, a two-step imagery exercise. Patients first are taught to imagine developing feelings of numbness in the hand, as if it were placed in an imaginary anesthetic glove. Next they learn to transfer these feelings of numbness to any part of the body that hurts. Glove anesthesia helps to take the edge off the pain sensation and it provides a dramatic illustration of the power of self-control, for when you realize that you can produce feelings of numbness in your hands at will, you recognize that you may be able to control your pain symptoms too.

Guided Imagery and Hypnosis promotes rehabilitation, accelerated healing responses in the body and is particularly useful in the current era of managed care. Where cost effective mind/body medicine, improved medical self-care and empowering approaches to health care are much welcomed and greatly valued by patients, providers, and insurers.

Guided Imagery and Hypnosis are very effective for: Pain Management, Relieve Stress, Maintain Blood Pressure, Chemo and Radiation Relief, ease in all medical and dental procedures, Phobias for Fear of Shots/Needles, Peaceful Sleep, and Manage Life Choices. These healing modalities reduce the emotional toll of Chronic Pain and in short... alleviate Suffering.

Rhona Jordan, C.GIt., C.Cht
Certified Guided Imagery and Hypnosis Therapist
(714) 974-4094

www.Rhonaimagery.com

Rhonaimagery@aol.com

Office locations in Anaheim Hills and Mission Viejo