

Genesis Hypnosis Pain Survey

Assessment of Pain for Hypnosis Session Planning

Your pain is located

[Click here to enter text.](#)

How long have you had pain

[Click here to enter text.](#)

How did your symptoms begin?

[Click here to enter text.](#)

How have your symptoms progressed?

[Click here to enter text.](#)

Is your pain

☐ Constant ☐ Comes and goes ☐ Both

On your most comfortable day your pain is

	0	1	2	3	4	5	
completely gone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Excruciating

On your most uncomfortable day your pain is

	1	2	3	4	5	
Mild	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Excruciating

Check the words that describe your pain

- | | | | |
|-----------------------------------|------------------------------------|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Aching | <input type="checkbox"/> Dull | <input type="checkbox"/> Miserable | <input type="checkbox"/> Nagging |
| <input type="checkbox"/> Stabbing | <input type="checkbox"/> Crampy | <input type="checkbox"/> Radiating | <input type="checkbox"/> Unbearable |
| <input type="checkbox"/> Tender | <input type="checkbox"/> Throbbing | <input type="checkbox"/> Deep | <input type="checkbox"/> Squeezing |
| <input type="checkbox"/> Tiring | <input type="checkbox"/> Gnawing | <input type="checkbox"/> Shooting | <input type="checkbox"/> Pressure |
| <input type="checkbox"/> Numb | <input type="checkbox"/> Burning | <input type="checkbox"/> Exhausting | <input type="checkbox"/> Sharp |

What have you done in the past to alleviate your discomfort?

[Click here to enter text.](#)

How many days of the month do you experience discomfort?

☐ Less than 7 ☐ 7-14 ☐ 15-21 ☐ Almost every day

Average percentage of an uncomfortable day spent in discomfort?

☐ Less than 50% ☐ 50-75% ☐ 75-100%

"sometimes I think to myself..."

	Never	Occasionally	Most of the time	Always
I can't stand it anymore	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It hurts so bad I have to rest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Things must be getting worse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It makes me angry the doctors can find out why	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Why can't I just find a medicine that makes me better	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My family doesn't help me with what I need to get done	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
it is important to me to follow through with my physical therapy and exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
no matter how bad I hurt I will not let it interfere with my life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I believe I am meant to grow through this experience	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I won't let the pain stop me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How does discomfort affect your

	None	Occasionally	Sometimes	Always
Sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Appetite	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Relationships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you could give your pain, a color it would be

[Click here to enter text.](#)

If you could give comfort a color, it would be

[Click here to enter text.](#)

A day 30% more comfortable would look like

[Click here to enter text.](#)

A day 50% more comfortable would look like

[Click here to enter text.](#)

A day 75% more comfortable would look like

[Click here to enter text.](#)

A day in complete comfort looks like

[Click here to enter text.](#)

How committed are you to finding comfort

	1	2	3	4	5	
I'm gonna try it and see what happens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I will do whatever it takes to feel better

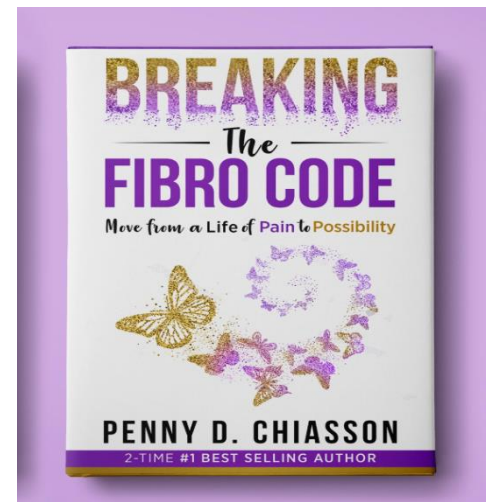
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The Relaxing Breath: More than a 'Feeling'

Penny Chiasson, RN, CRNA, APRN, CH

The relaxing breath (TRB) is a technique I teach all of my clients. Each client I have worked with has reported positive change in mood and 'feeling better' after implementing its use. The breath's importance truly cannot be emphasized enough. So before you blow-off teaching that breath to the fellow who comes in for hypnosis to improve his golf game, read on.

Deep Breathing has been around for centuries, and for decades the relationship between TRB, long-practiced by Yogis and Tibet Monks, and longevity has been investigated. As research involving the role of the nervous system in immune function and gene expression (epigenetics) has advanced, it has become clear that each cell is a member of our subconscious mind and is subject (pun intended) to our thoughts and perceptions. TRB has direct physiological input to the central nervous system which then sends out information that directs the functioning of the rest of the body.

The NGH Training Course Book 1 explains the technique of the proper breath on page 116. I teach my clients TRB with the following modifications as taught to me by M. Ron Eslinger, RN, CRNA, BCH, CMI:

The client is instructed to place their left hand on the abdomen, and push their hand out as they inhale. I do not have them place their right hand on the chest, instead I use that hand to establish an anchor—more on that in a minute.

I instruct the client to inhale slowly for a count of 3, hold it for a count of 3 and exhale for a count of 6. It is very important that the exhalation is longer than the inhalation.

After they are able to demonstrate proper technique for 2 or 3 breaths, I provide a very simple explanation of the physiology of TRB, specifically the activation of the Vagus nerve and its role in relaxation and interruption of the stress response.

My clients then receive their first 'homework' assignment. Every day I want them to take one breath an hour using the anchor, and each night before going to bed, they are to take 10-12 of these relaxing breaths, once again using the anchor we have established. We also start every hypnotic session with the breath, regardless of the induction used.

So, what exactly *is* the physiological role of the breath? The autonomic nervous system is made up of two 'opposing' systems that work in tandem to maintain balance in our bodies, right down to the cellular level. These systems are called the sympathetic nervous system and the parasympathetic nervous system.

The sympathetic nervous system is responsible for our stress response and the symptoms our clients are experiencing when they come through the door. The sympathetic nervous system response is also referred to as the 'fight or flight' response.

The parasympathetic nervous system is responsible for 'rest and repose'. The Vagus nerve is the single most important nerve in the body. The Vagus nerve originates in the brainstem and has nerve endings quite literally, all over the place. By stimulating these nerve endings you can obtain a desired physiologic change.

By taking an abdominal breath, the Vagus nerve endings in the abdominal wall and diaphragm are stimulated. Signals are relayed back to the brain and activate changes in nervous system output resulting in decreases in heart rate and blood pressure. This represents a decrease in activation of the sympathetic or 'fight or flight' response. These results were documented in the 1970s by Herbert Benson and Keith Wallace. But this breath does much, much more than just reduce heart rate and blood pressure.

Activation of the Vagus nerve also results in regulation of the immune response. It sends signals to decrease inflammation within the body and was termed the 'inflammation reflex' by Dr. Kevin Tracey. Since 2002 Dr. Tracey has published many reports on the role of the Vagus nerve in immunity. In a 2007 Review article, Dr. Tracey cites reports that hypnosis and other mind-body techniques that have been recommended to treat inflammation *can* stimulate Vagus nerve activity.

The Vagus nerve is also connected to the production melatonin (sleep), serotonin (mood hormones) and activation of stem cells. Vagal stimulation has also been shown to effectively decrease depression and seizure frequency. Evidence from animal studies suggests that Vagus nerve stimulation may facilitate 'neural plasticity'. If you've ever watched "What the Bleep do We Know?!" you understand the unlimited potential here! Combining TRB with hypnosis with every client is an obvious positive.

TRB also facilitates oxygen flow into the lower lobes of the lungs. This is where the greatest percentage of blood flows in the lungs and leads to increased oxygen levels in the blood. Increased oxygen in the cells relieves physical muscle tension and results in the release of endorphins (natural morphine). That 'runners high' is a result of abdominal breathing resulting in Vagus stimulation of serotonin and oxygen-induced endorphin release.

Now, to get back to the right hand. An anchor is described as a stimulus-response mechanism that is used to reproduce a desired response. James Braid may have offered the earliest description of what we know as anchors. He states that "...most patients, from having contact established with almost any part of the body, whilst the mind is actively engaged by any idea or emotion, may have it prolonged, almost indefinitely, by maintaining the contact with which it has been thus associated."

In TRB, the anchor used is the pinching of the thumb and index finger of the right hand. Ivan Pavlov's work demonstrated that a physiological response, not just a feeling, or memory can be produced through conditioning. Take TRB for example—have the client use the TRB (unconditioned stimulus) and introduce a neutral stimulus (kinesthetic anchor—pinching of finger and thumb) to the unconditioned response (relaxation response). After a period of conditioning (or practice) the neutral stimulus will produce the same effect as the unconditioned stimulus (TRB). Or more simply put, the anchor triggers the relaxation response. While the research I reviewed has not clearly demonstrated that humans can develop physiological conditioned response to a neutral stimulus (anchor), personal reports of my clients confirm that they experience a definite change in stress levels when using the breath.

I introduce the anchor when teaching TRB. (again, this process is as taught by M. Ron Eslinger) I have the client pinch the thumb and index finger of the right hand during the inhalation and holding, and slowly separate the thumb and index finger during the exhale. The sound of their exhalation provides a secondary, auditory anchor. Each time they take this breath, either in my office or at home they are to use the anchor. Within a couple of weeks, most find they can feel the relaxation response come over them by simply using the anchor.

To demonstrate to my clients the control they have over the way they feel and their ability for self-hypnosis, I give the post-hypnotic suggestion that “anytime you are ready to enter hypnosis, pinch your thumb and finger together, take three of the relaxing breaths, and quickly go into a deep, relaxed state of hypnosis.” I then have my client practice this before emergence to anchor this pattern of TRB to a deep state of hypnosis. It is very effective for self-inductions and if you have not tried it, I highly recommend it.

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