

# Medical Hypnotherapy- Reducing Stress and Anxiety among Cancer Survivors

Presented by

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# Medical Hypnotherapy-

## Reducing Stress and Anxiety among Cancer Survivors

### **Definition of terms:**

**Medical hypnosis-**A collaborative process used by a hypnotherapist in conjunction with a physician employing relaxation and imagery to reduce or eliminate the symptoms of a disease and/ or manage the side effects of medications or other conventional treatments. It addresses physical conditions such as burns, cancer and diabetes.

**Guided Imagery-** A process used to guide another person or oneself to imagine certain sensations and scenarios in order to bring about a desired physical response such as a reduction in pain or stress.

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## **What is hypnosis?**

Hypnosis is a safe, naturally occurring state. It is a state of focused attention. While in this state, one is more connected to inner resources and receptive to positive suggestions.

People experience hypnosis daily:

- driving long distances
- reading a good book
- watching a fascinating movie or tv show
- deeply lost in thought

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## **Does a hypnotized person surrender control of his or her mind to the hypnotherapist?**

- The client is guided by the therapist's suggestions while remaining fully in control.
- One may refuse any suggestion
- One may emerge from trance at any time
- One cannot divulge secrets
- One cannot do or say anything against his or her morals

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## **What kind of person can be hypnotized?**

There is no such thing as an “unhypnotizable” person. Anyone can experience hypnosis and enjoy its benefits. Much depends on the level of trust between the client and therapist and the flexibility of the therapist in finding the right approach for each client.

## **Good candidates are:**

- intelligent
- creative
- motivated
- focused

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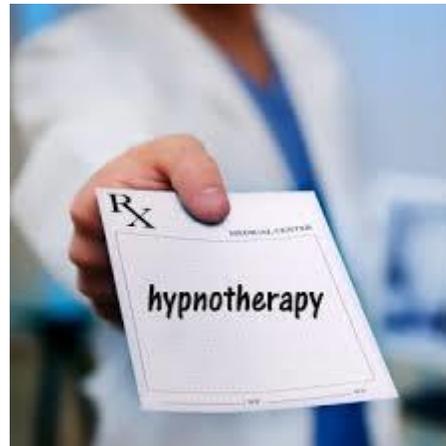
## **Does hypnosis have the recognition of the medical community?**

- In 1958 the American Medical Association recommended that all medical schools include hypnosis in its course of instruction. Many doctors and dentists use it to soothe patients concerns and lessen post-operative discomfort. Psychologists, psychiatrists and other health professionals use it to assist people to liberate themselves from phobias and unwanted habits.

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## How does hypnosis work?

- Relaxation (mental and physical)
- Suggestions
- Imagery
- Post-Hypnotic Suggestions
- Emerge



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## **Childbirth Preparation**



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## **Pediatrics**



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## **Psycho-Oncology**



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## **The Five Tiers of Vitamin V-Visualization for Cancer Support™**

Tier I. Address the initial shock, fear and stress

Tier II. Learn and adopt the attitudes of survivors

Tier III. Manage the side effects of conventional treatment

Tier IV. Create cancer elimination imagery

Tier V. Address grief among family members



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## **Metaphorical Imagery**



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## **Two techniques for reducing stress:**

- Mental Rehearsal
- Safe Place Imagery

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## **Mental Rehearsal**



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## **Safe Place Imagery**



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## **Demonstration**



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## **Questions and Answers/Reflection**



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## **Conclusion:**

Hypnosis is a useful tool in a cancer treatment regimen.

There are many hypnosis myths that keep it from being more widely used.

Hypnosis and guided imagery are closely related.

It has been closely studied by US physicians for over 60 years.

It creates feelings of peace that can be recreated quickly and easily.

It can counter the side effects of conventional treatment such as pain, nausea, and insomnia.

Hypnosis helps patients be more empowered and optimistic.

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## **Suggested Reading:**

- Barabasz, A.F. et al. Medical Hypnosis Primer-Clinical and Research Evidence, 2010
- Davis, Martha, Ph.D. et al. The Relaxation and Stress Reduction Workbook, Sixth Edition, 2008
- Elkins, Gary, Ph.D. Handbook of Medical and Psychological Hypnosis, 2017
- Epstein, Gerald, M.D. Healing Visualizations, 1989
- Gurgevich, Steven, Ph.D. Hypnosis House Call, 2011
- Hornyak, Lynne, Ph.D. Healing from Within-The Use of Hypnosis in Women's Healthcare, 2000
- Mazansky, Hillel, MD. Empower Yourself with Medical Hypnosis, 2013
- Moen, Larry. Meditations for Transformation, 1999
- Murray, Steve. Cancer Guided Imagery Program, 2003
- Naparstek, Belleruth, Ph.D. Staying Well with Guided Imagery, 1995
- Valenzuela, Francisco, Ph.D. Psycho-Oncology, Hypnosis and Psychosomatic Healing in Cancer, 2015

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**Ajamu James Ayinde**, M.A., A.C.H. is a Certified Medical Hypnotherapist, NLP Master Practitioner and Transpersonal Hypnosis Trainer. He is a graduate of Trinity College in Hartford and received his M.A. in Motivational Psychology from Huntington Pacific University where he studied the mindsets of Olympic level athletes. He has advanced training in pain management and specializes in childbirth preparation, pediatric issues, and cancer support. Ajamu was the staff hypnotherapist at Millennium Healthcare/Avatar Cancer Center in Atlanta, GA and formerly wrote for Benedictine Hospital's Oncology Support Program newsletter. He has facilitated guided imagery for cancer survivors in Ulster, Dutchess, Orange, and Columbia Counties.

He created the **Vitamin V-Visualization for Cancer Support™** program in 2001 and has spoken on medical hypnosis across the US, in Calgary and at the London Healing Arts Festival. Ajamu has presented to doctors, nurses and medical students at Morehouse School of Medicine, SUNY New Paltz, Bard College, Vassar College, St. Luke's Cornwall Hospital, Health Alliance of the Hudson Valley, Orange Regional Hospital, and was the only non-dentist to speak before the Dutchess County Dental Society. Ajamu was the IACT Therapist of the Year in 2004 and in 2012 received the Outstanding Transpersonal Contribution award from the National Association of Transpersonal Hypnotherapists (NATH). Ajamu works with clients globally via Skype.

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