Medical Hypnotherapy-
Reducing Stress and Anxiety among Cancer Survivors

Presented by
Ajamu James Ayinde, M.A., A.C.H.
Certified Medical Hypnotherapist
17th Annual Integrative Medicine Conference
SUNY New Paltz Lecture Center
New Paltz, NY
April 28, 2018
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.
Medical Hypnotherapy-
Reducing Stress and Anxiety among Cancer Survivors

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
Medical Hypnotherapy - Reducing Stress and Anxiety among Cancer Survivors

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
Medical Hypnotherapy-
Reducing Stress and Anxiety among Cancer Survivors

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
Medical Hypnotherapy-
Reducing Stress and Anxiety among Cancer Survivors

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.
Medical Hypnotherapy - Reducing Stress and Anxiety among Cancer Survivors

How does hypnosis work?

• Relaxation (mental and physical)
• Suggestions
• Imagery
• Post-Hypnotic Suggestions
• Emerge
Medical Hypnotherapy-
Reducing Stress and Anxiety among Cancer Survivors

Childbirth Preparation
Medical Hypnotherapy-
Reducing Stress and Anxiety among Cancer Survivors

Pediatrics
Medical Hypnotherapy - Reducing Stress and Anxiety among Cancer Survivors

Psycho-Oncology
Medical Hypnotherapy-
Reducing Stress and Anxiety among Cancer Survivors

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
Medical Hypnotherapy-
Reducing Stress and Anxiety among Cancer Survivors

Metaphorical Imagery
Medical Hypnotherapy - Reducing Stress and Anxiety among Cancer Survivors

Two techniques for reducing stress:

- Mental Rehearsal
- Safe Place Imagery
Medical Hypnotherapy-
Reducing Stress and Anxiety among Cancer Survivors

Mental Rehearsal
Medical Hypnotherapy-
Reducing Stress and Anxiety among Cancer Survivors

Safe Place Imagery
Medical Hypnotherapy-
Reducing Stress and Anxiety among Cancer Survivors

Demonstration
Medical Hypnotherapy-
Reducing Stress and Anxiety among Cancer Survivors

Questions and Answers/Reflection
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.
Medical Hypnotherapy-
Reducing Stress and Anxiety among Cancer Survivors

Suggested Reading:

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
Naparstek, Belleruth, Ph.D. Staying Well with Guided Imagery, 1995
Valenzuela, Francisco, Ph.D. Psycho-Oncology, Hypnosis and Psychosomatic Healing in Cancer, 2015
Medical Hypnotherapy-
Reducing Stress and Anxiety among Cancer Survivors

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.

Contact him at 845 240-6470 and Skype@sambamindman
https://www.facebook.com/awakenedbirth/ ajamuayinde@gmail.com