

PAIN MANAGEMENT AND HYPNOSIS

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Effects of pain: Pain is a multifaceted phenomenon that can affect many areas of patients' lives, including:

- Self (-esteem, -confidence, -image)
- Cognitive (memory, concentration)
- Emotional
- Behavioral
- Familial/Parental
- Relational
- Sexual
- Spiritual
- Occupational/Vocational
- Avocational/Leisure
- Financial
- Medical
- Legal/Disability
- Mobility (Driving, Traveling)
- Educational/Training
- Social

Essential hypnotic approaches

- Alteration of sensation - Dissociation - Distraction
- Separate (1) Physical pain and (2) Psychological aspects of pain experience
- Scaling of both pain and psychosocial experiences
- Utilization of hypnotic phenomena (e.g., analgesia, hallucination, age regression, catalepsy)
- Hypnosis in psychotherapy of pain patients

Objectives in hypnotic treatment of pain

- Reduce subjective experience of pain
- Teach relaxation
- Increase physical activity
- Expand sense of time
- Disrupt cycles of pain
- Improve sense of future
- Increase tolerance of pain
- Enhance ability to cope
- Address emotional aspects
- Bolster self-esteem
- Lower medication (if appropriate)
- Augment other treatments