

Hypnosis for Pain

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Hypnothoughts Live Pre-conference Workshop**

Instructors:

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Course Overview

This course is intended for the experienced professional hypnotherapist, mental health clinician, and health care provider who may or may not be familiar with hypnosis and the application of this treatment method to chronic pain. Whether you have experience with hypnosis or you are looking to add it to your practice, this course will provide you with a thorough introduction so that you can begin to use it in your practice for chronic pain management.

This course will provide you with a tool box of techniques for helping your clients get realistic relief from chronic pain. You will learn how to gather maximum information from a brief intake interview, to assess client suitability for hypnosis for pain control, and to develop client centered hypnotic strategies for taming pain. This course covers direct suggestion in hypnosis pain transformation strategies, as well as hypnoanalysis techniques for discovering and releasing emotional factors blocking lasting pain relief. You will learn effective ways to use hypnosis to help your clients reduce pain intensity when appropriate, and to reduce unnecessary emotional suffering.

Dr. Bruce Eimer, the course author, is a board certified licensed clinical psychologist, a Fellow and Approved Consultant with the American Society of Clinical Hypnosis, and a Certified Hypnotherapist and Master Hypnotherapy Instructor with the International Medical and Dental Hypnotherapy Association. Bruce has been helping chronic pain clients and patients since 1985. He has written several well received published books on hypnosis for pain control. He is the Director of Pain Psychology at a large hospital pain center in Philadelphia and has his own hypnotherapy practice. He teaches Hypnosis and Hypnotherapy around the country.

The Behavior Therapy Center, P.C. & Bruce Eimer, Ph.D., ABPP, are approved by the American Psychological Association to sponsor continuing education for psychologists. The Behavior Therapy Center, P.C. & Bruce Eimer, Ph.D., ABPP, maintain responsibility for this program and its content. **Completion of this course will provide psychologists with 14 CE hours.**

Learning Objectives

1. Explain two popular models of pain mechanisms and three principles of hypnotic analgesia.
2. Explain two evidenced based theories of how chronic pain develops.
3. Explain four reasons to use hypnosis for pain management.
4. Explain the concept of "Mindfulness Based Pain Reduction", or MBPR.
5. Explain the "6 A's" and the "12 D's" of pain coping strategies.
6. Explain to a patient how hypnosis can help him gain greater control over his pain.
7. Describe the components of the initial evaluation of a pain patient for hypnotherapy.
8. Explain how to help a pain patient create personalized "pain relief images".
9. Select an appropriate hypnotic induction for patients with moderate to severe pain.
10. Explain how to utilize trance state suggestions once a patient is in hypnosis to help the patient experience pain relief.
11. Formulate at least one direct hypnotic suggestion for analgesia/pain relief with each of the "12 D's".
12. Explain the rationale for teaching pain patient's self-hypnosis.
13. Explain how to help a patient transform pain perceptions so they are less uncomfortable.
14. Describe how to teach a chronic pain patient at least two methods of self-hypnosis for pain management.
15. Explain how hypnoanalysis is used to facilitate the uncovering and release of the unconscious emotional factors that maintain the patient's excessive persistent pain and block the patient from getting better.
16. Explain the rationale for using ideomotor finger signals in hypnoanalysis.
17. List the five most important ethical issues and risk management concerns when using hypnosis for pain management.

Registration Details will be posted at:

www.htlive.net