

HYPNOSIS FOR HOT FLASHES

HYPNOTHERAPIST TREATMENT MANUAL

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I. INTRODUCTION:

This therapist manual provides guidance and the basis for training in the delivery of hypnosis for the treatment of hot flashes developed by Dr. Gary Elkins. It includes guidelines for hypnotherapy for hot flashes, including 7 key components for providing encouragement and support, and for monitoring the patient's progress. Each patient should be scheduled to meet with a hypnotherapist for five individual approximately weekly visits. The 7 key components for attention, support, and monitoring are:

- 1) Information (e.g., causes of hot flashes, triggers for hot flashes);
- 2) Monitoring of hot flashes (e.g., "How many hot flashes did you have yesterday?"; "How severe were your hot flashes yesterday?");
- 3) Attentive listening; 4) Interpersonal exchange;
- 5) Discussion of symptoms (e.g., "How have you been feeling during the past week?"; "How have you been sleeping?"); 6) Encouragement (e.g., "You are doing well."); and 7) Avoidance of negative suggestions.

In addition, the patient should receive a hypnotic induction at each session and the hypnotherapist should make a recording of hypnotic inductions to be listened to at home. Further, instructions for the practice of self-hypnosis should be provided. The hypnotic induction follows a well-defined standard transcript but includes individualized mental imagery for relaxation and coolness based on preferences of the patient and encouragement to practice hypnosis on a daily basis.

This manual provides the specific guidelines for session one and sessions two through five. Each session should last approximately 45 minutes. The organization of this manual is a step-by-step guidance in the provision of the hypnosis intervention for hot flashes. It is important to note that these components are not necessarily mutually exclusive. Additionally, any examples of dialogue provided are meant to only serve as models for the hypnotherapist. Accordingly, a verbatim presentation of these examples are not expected, rather the hypnotherapist should bring use of his or her own natural style and experienced clinical skills to carry out the aims of the hypnosis intervention for hot flashes.

Information. Individuals who are experiencing hot flashes are generally interested in information about the prevalence and causes of hot flashes. Information will be provided at each session either through handouts (at session one) and/or through discussion.

Monitoring of hot flashes. The hypnotherapist should facilitate a discussion about the patient's experiences with hot flashes through inquiry. This is introduced in a straightforward manner by simply asking "About how many hot flashes did you have last week?"; "How severe were your hot flashes?"

Interpersonal exchange. Building rapport and the expression of empathy within the interpersonal exchange is a natural part of each individual session with a hypnotherapist...

Discussion of symptoms. Throughout the sessions, the hypnotherapist should check in with the patient about other symptoms, such as sleep patterns, depression and anxiety symptoms, and other quality of life factors. The nature of the intervention will determine how this information is utilized.

Attentive listening. Attentive listening refers to looking at the patient while she is speaking, using appropriate non-verbal responses (e.g., nodding head while patient is speaking), and matching the vocabulary. For example, if the patient refers to hot flushes instead of hot flashes, then the hypnotherapist uses similar language. Attentive listening strives to express interest and attention.

Encouragement. The hypnotherapist should provide encouragement to the patient.

Avoidance of negative suggestion. Negative statements and suggestions should be avoided during all sessions. Suggestions and responses should be neutral or positively worded throughout all sessions. For example, if the patient states that she doubts that her hot flashes will decrease, the hypnotherapist should respond with a reflective statement such as "You're not sure that your hot flashes will decrease, let's see what we can do to help" instead of "I doubt it too."

It is important to note that this manual is designed for use only by qualified health care professionals with specialized training in hypnotherapy. Qualified health care professionals are persons licensed for independent practice such as physicians, psychologists, nurses, licensed professional counselors, marriage and family therapists, and other licensed health care providers with specialized training in clinical hypnosis.

The hypnosis intervention includes the above 7 components plus the hypnotic induction and recordings of sessions for self-hypnosis practice.

For the first session, the hypnotherapist should collect a measurement of the patient's hot flashes. This can be done by asking the patient to keep track of their hot flashes for a week prior to the session. Patients should record their hot flashes throughout treatment.

II. ELKINS HYPNOSIS INTERVENTION FOR HOT FLASHES

A. General Considerations for Hypnosis Intervention

Hypnosis is a mind-body therapy that involves completion of individualized hypnotic inductions and instruction in the practice of self-hypnosis directed toward therapeutic goals (reduction of hot flashes). The hypnotherapist should have an appropriate background in a medical or mental health profession and specialized training in clinical hypnosis. This includes 20 hours of basic level training in clinical hypnosis covering defined learning objectives as defined in the publication, "Standards of Training in Clinical Hypnosis" (Elkins & Hammond, 1998).

The hypnosis treatment for hot flashes includes the above 7 components plus the hypnotic induction and recordings of self-hypnosis practice. The patient should be given a hypnotic induction during each session. Additionally, in session 3, the patient should receive instruction in the practice of self-hypnosis. For sessions 2-5 the specific mental imagery for relaxation, safe place imagery, and coolness should be individualized based on the patient's preferences. And, they should receive an audio recording, developed by the hypnotherapist, of a hypnotic induction for hot flashes. Every effort should be made to foster rapport and to encourage the patient's use of self-hypnosis. The basic philosophy that underlies this hypnotic treatment is to empower the patient and to foster the patient's sense of mastery and control.

Environment:

The physical setting should be a private office or consultation room. The room should be furnished with a chair and a recliner. Seat the patient and yourself in a comfortable position. The patient should be seated in a recliner or similar comfortable chair. For the hypnotic induction, a spot (such as a tack) should be placed on the wall above eye level in front of the patient. Also the patient should be invited to recline and put her feet up and become comfortable. The hypnotherapist should document if there was a disruption to the session or anything unusual that is noteworthy (e.g., noise in the hallway).

Therapy Notes:

The hypnotherapist should write brief progress notes indicating that the patient was seen, how long the session lasted, and any important clinical findings, and plans for follow-up. These notes are useful for individualization of the hypnosis intervention.

B. Hypnosis Intervention: Session One

Beginning the Session:

Introduction:

The objectives of the first session are to establish rapport and to provide information about hot flashes and hypnosis. The hypnotherapist should introduce him or herself and ask the patient why she is seeking treatment using hypnosis.

Although the hypnotherapist should use his/her own natural dialogue, an example of the introductory remarks might be: *"Hello, my name is ----- and I will be your hypnotherapist for your sessions. Today I will go over some information with you about hot flashes to help us get started. However would you first tell me a little about yourself and what got you interested in hypnosis for hot flashes?"*

Setting the agenda:

The hypnotherapist should review what will be covered during this session and preview future sessions. For instance, during the first session, the hypnotherapist do the following: provide the patient with information about hot flashes and hypnosis; ask questions about her experiences with hot flashes and other symptoms in order to individualize the hypnotic induction; provide the hypnotic induction; and give the patient a recording of hypnotic inductions at the end of the session to be taken home. The recording should be recorded by the hypnotherapist at an earlier date following the transcript.

Information:

It is important to start the discussion by asking the patient if she has had any previous experience with hypnosis. Also, it is important to specifically discuss the use of hypnosis for treatment of hot flashes.

After the discussion, the hypnotherapist should provide an explanation about the underlying basis of hypnosis and its application to the treatment of hot flashes.

An example of how this information can be conveyed might be: *"Hypnosis is a mind-body therapy that involves the use of deep relaxation and mental imagery. During each session we will go through a hypnotic induction that will involve suggestions to become deeply relaxed. At each session you will be learning more about self-hypnosis and how to make hypnosis work best for you."*

It is very important that you practice self-hypnosis on a daily basis. At the end of our session today I will provide you with an audio recording to help you with your practice at home. The goal is to empower you to have more control over your hot flashes. At each session I will give you hypnotic suggestions for mental imagery involving coolness. This can involve such things as mental imagery of being in the mountains and feeling the cool or cold air or being near a lake and

feeling coolness there. We can also make some of the suggestions more individualized, so I will be asking you to describe any times or places where you could imagine feeling relaxed and coolness."

Discuss myths and misconceptions about hypnosis:

Next, the hypnotherapist should discuss myths and misconceptions and explain hypnosis in his or her own language and based on the patient's level of understanding.

An example could be: "There are myths and misconceptions that people sometimes have about hypnosis. For example, hypnosis does not involve any type of loss of consciousness; rather you will be aware throughout our session. Hypnosis does not involve any weakening of the will, or spontaneous talking, and the hypnotherapist can't make you do anything that you don't want to do."

Also, inform the patient that you will be providing her with a recording of a hypnotic induction for the reduction of hot flashes that she can use throughout the study.

An example introduction could be "At the end of today's session I will be providing you with a recording (tape, CD, etc.) of a hypnosis session for your home practice and to learn self-hypnosis. You should practice with the recording at least once per day.

Monitoring of hot flashes:

The monitoring of hot flashes should be acquired through inquiry for the purpose of integrating this information to guide the hypnotic induction. The patient should be asked to monitor her hot flashes throughout the week.

For this first session, the hypnotherapist should explain: "During each session I will be asking you about your experience and your hot flashes each week."

Interpersonal exchange:

It is important to express empathy within the interpersonal exchange. The hypnotherapist should use reflection and show genuine interest in what the patient says.

Discussion of symptoms:

Obtaining information about other symptoms (e.g., sleep, depression, and anxiety) can be used to individualize the hypnotic induction and also be discussed in the context of the effect of hot flashes on other symptoms.

Attentive listening, Encouragement, Avoidance of Negative Suggestion:

As noted, important clinical skills include: attentive listening, encouragement, and avoidance of negative suggestions. These skills include the expression of interest and attention to the patient. Furthermore, these components can be tied into the hypnotic induction.

Other examples include making positive statements (e.g., "You are doing well."), and providing encouragement to discuss feelings and symptoms (e.g., "I think we are beginning to understand your experience of hot flashes more.").

Introduce and Complete Hypnotic Induction:

Introduction:

As highlighted in other parts of this manual and in the training on hypnosis, the hypnotherapist should follow the hypnotic induction protocol closely, but it is important to monitor the patient's understanding and response and adjust the induction accordingly.

An example of an introduction to the hypnotic induction: *"In a few moments we will begin your first hypnotic induction. I will ask you to focus your attention by looking at the spot on the wall. I will then give you suggestions to become relaxed and to drift into a hypnotic state where you can respond to suggestions. There is nothing you have to do and nothing you have to try to do...Just allow yourself to respond in whatever way you respond. I will give you suggestions to go to a safe and peaceful place and I will give you suggestions for comfort and coolness. The suggestions for coolness will involve seeing yourself in a place where you experience coolness such as in the mountains, near a lake, or where there is a cool breeze or snow. I will also give you suggestions for reducing your hot flashes so that they become less frequent and less severe, that you will be able to sleep better, reduce anxiety, and that your mood will improve. There will also be suggestions for you to practice self-hypnosis. Our first session will include mental imagery for being in the mountains. However, at each session after today I will ask you if you have identified any other mental imagery for relaxation and coolness. Is that ok with you?...ok, let's begin."*



EYE-FOCUS INDUCTION:

"BEGIN BY FOCUSING YOUR ATTENTION ON A SPOT ON THE WALL. AS YOU CONCENTRATE, BEGIN TO FEEL MORE RELAXED. CONCENTRATE INTENSELY SO THAT OTHER THINGS BEGIN TO FADE INTO THE BACKGROUND. NOW JUST TAKE A DEEP BREATH OF AIR, HOLD IT...HOLD...AND NOW AS YOU BREATHE OUT LET ALL OF THE TENSION GO..GOOD. AS THIS OCCURS ALLOWING YOUR EYE-LIDS TO CLOSE, AND NOTICING, MORE AND MORE A RELAXED AND HEAVY FEELING. NOW TAKE ANOTHER DEEP BREATH OF AIR, HOLD IT AND AS YOU RELEASE THE AIR AND BREATHE OUT...GOING INTO A VERY DEEP STATE OF HYPNOSIS. EACH TIME YOU BREATHE OUT...THINKING THE WORD "RELAX" SILENTLY TO YOURSELF... THE MIND AND THE BODY WORKING TOGETHER TO ACHIEVE A DEEP STATE OF COMFORT AND RELAXATION AND COOLNESS..."

RELAXATION:

"AND WITH EACH BREATH, LET GO OF ALL OF THE TENSION AND DRIFT SO DEEPLY RELAXED...EVERY MUSCLE AND EVERY FIBER OF YOUR BODY BECOMING SO DEEPLY RELAXED. MORE AND MORE NOTICING A FEELING OF 'LETTING GO' AND BECOMING SO DEEPLY RELAXED. YOUR THOUGHTS AND FEELINGS CAN BECOME DEEPER AND DEEPER RELAXED WITH EACH SUGGESTION THAT I GIVE YOU. AND FINDING MORE AND MORE COMFORT AND CALM FEELINGS. GOING SO DEEPLY RELAXED THAT IT WOULD TAKE TOO MUCH EFFORT TO EVEN TRY TO OPEN YOUR EYELIDS.. AND THIS IS A GOOD FEELING THAT ALLOWS YOU TO RELAX EVEN DEEPER...AND AS YOU GO DEEPER RELAXED YOU'RE DRIFTING INTO AN EVEN DEEPER LEVEL OF HYPNOSIS."

COMFORT:

"...AND AS YOU BECOME AND REMAIN MORE RELAXED, FINDING A FEELING OF COMFORT. FEELING SAFE AND SECURE. A PEACEFUL FEELING, CALM AND SECURE. FEELING SO CALM THAT NOTHING BOTHERS OR INTERFERES WITH THIS FEELING OF COMFORT....AND FROM TIME TO TIME YOU MAY NOTICE A FLOATING FEELING, DRIFTING AND FLOATING AS IF YOU WERE FLOATING ON A CLOUD, MORE AND MORE RELAXED AND AS YOU HEAR MY VOICE COUNT FROM 1 TO 10, WITH EACH NUMBER FINDING YOURSELF DRIFTING INTO AN EVEN DEEPER LEVEL OF HYPNOSIS...AT TIMES MY VOICE MAY SEEM FAR AWAY OR YOU MAY DRIFT TO OTHER TIMES AND PLACES WHERE YOU HAVE FELT COOLNESS AND RELAXATION"

MENTAL IMAGERY FOR RELAXATION AND DEEPENING:

A WAVE OF RELAXATION SPREADING FROM THE TOP OF YOUR HEAD TO YOUR FEET. SPREADING OVER YOU LIKE A COOL WIND ON A WARM SUMMER DAY.

1...DEEPER AND DEEPER RELAXED...LETTING ALL THE TENSION GO FROM YOUR FOREHEAD, FACE, NECK AND SHOULDERS...LETTING GO OF ALL OF THE TENSION...FOR THIS TIME...NOTHING BOTHERS AND NOTHING DISTURBS THIS CALM RELAXED FEELING.

2...DEEPER RELAXED...YOUR NECK CAN GO LIMP, YOUR JAW CAN GO SLACK AS ALL THE TENSION DRIFTS AWAY.

3...DEEPLY CALM PERHAPS NOTICING SPECIAL COLORS ASSOCIATED WITH COOLNESS AND CALMNESS...PERHAPS SPECIAL SOUNDS OF RELAXATION...SOUNDS LIKE THE RUSTLE OF COOL WIND OR A FOUNTAIN...OR YOUR FAVORITE RELAXING MUSIC...AND LETTING THAT WAVE OF RELAXATION SPREAD ACROSS YOUR ARMS AND SHOULDERS...ARMS BECOME SO DEEPLY RELAXED THAT THEY BECOME LIMP AND HEAVY...ALL OF THE TENSION DRIFTS AWAY...AS IF THE HOT FLASHES WERE DRAINING OUT THROUGH YOUR ARMS, DOWN INTO THE HANDS AND OUT THE FINGER TIPS...

4...YOUR UPPER BACK AND YOUR LOWER BACK, RELAXED AND CALM AND FILLED WITH COMFORT...PERHAPS SO COMFORTABLE AND RELAXED THAT YOU JUST DON'T NOTICE YOUR FINGERS AND ARMS...JUST THE COMFORT...COOL RELAXED COMFORT. ALL THAT MATTERS NOW IS THE COMFORT THAT BECOMES MORE COMPLETE WITH EVERY BREATH OF AIR...CALM AND COMFORTABLE.

5...DEEPER AND DEEPER RELAXED, HALFWAY THERE, TWICE AS RELAXED...ALL OF THE TENSION DRIFTS AWAY AND FINDING A FEELING OF PEACE...MORE AT PEACE WITHIN YOURSELF...MORE AND MORE EVERYDAY, NO MATTER WHAT IS GOING ON AROUND YOU...NOTICING THE COOLNESS AND THE COMFORT.

6...DEEPER AND EVEN MORE CALM...BACK, CHEST AND STOMACH RELAX...LETTING ALL THE TENSION GO NOW....AND GOING DEEPER AND DEEPER WITHIN YOURSELF TO FIND COMFORT....

7...ARMS, LEGS AND FEET...BECOME SO DEEPLY RELAXED AS THAT WAVE OF RELAXATION SPREADS DOWN YOUR LEGS AND INTO YOUR FEET...A HEAVY, COOL RELAXED FEELING...AND GOING INTO AN EVEN DEEPER LEVEL OF HYPNOSIS...AND PERHAPS YOU CAN NOTICE HOW RELAXED AND HEAVY YOUR ARMS AND LEGS HAVE BECOME...SO PLEASANT THAT YOU JUST ALLOW THE RELAXATION TO BECOME MORE COMPLETE AND WITH THIS COMES A FEELING OF CONTROL AND COMFORT...DRIFT AND FLOATING...DEEPER AND DEEPER RELAXED...

8...DEEPER AND MORE CALM AND AT EASE...

9...ALMOST THERE... DEEPLY RELAXED, NOTHING BOTHERS AND NOTHING CONCERNS...

10...ALL THE WAY THERE DEEPLY, COMFORTABLY RELAXED."

MENTAL IMAGERY FOR COOLNESS:

"NOW IN A MOMENT I AM GOING TO ASK YOU TO NOTICE SOME IMAGES IN YOUR MIND...YOU CAN HEAR MY VOICE WITH ONE PART OF YOUR MIND AND WITH ANOTHER PART OF YOUR MIND GOING TO A PLEASANT, PEACEFUL PLACE WHERE YOU NOTICE AND EXPERIENCE EVERYTHING THAT IS THERE, EVERY SOUND, EVERY SIGHT, EVERY SENSATION OF COOLNESS...IMAGES AND SCENES THAT ALLOW YOU TO EXPERIENCE EVEN MORE COMFORT AND CONTROL... GOING TO A PLACE WHERE YOU FIND THE

COMFORT THAT YOU NEED...LEARNING TO USE HYPNOSIS TO REMAIN MORE COMFORTABLE AND RELAXED. EVERYDAY...AND HERE FINDING A COOLNESS AND COMFORT. NOW GOING TO A PLACE WHERE IT IS COOL AND SO COMFORTABLE... FINDING THAT YOU ARE IN THE MOUNTAINS (*NOTE: INDIVIDUALIZED MENTAL IMAGERY FOR RELAXATION AND COOLNESS MAY BE INSERTED HERE AND USED INSTEAD OF MOUNTAIN IMAGERY DEPENDING ON THE PATIENT PREFERENCE. THE SAME PHRASES FOR COOLNESS SHOULD BE USED HOWEVER*)...IT IS COOL HERE, IN FACT THERE IS SNOW ALL AROUND...THE AIR IS VERY COOL AND IT IS PLEASANT TO NOTICE THE WHITE SNOW ON THE TREES AND ON THE GROUND...YOU MIGHT WANT TO TAKE A DEEP BREATH OF THE CRISP, COOL AIR... AND FEELING COOL WAVES OF COMFORT FLOWING OVER YOU AND THROUGH YOU...AND FEEL MORE REFRESHED...IT IS THE KIND OF DAY WHEN THE COOL AND THE COLD SNOW FEELS VERY GOOD...THIS IS A VERY BEAUTIFUL PLACE AND PERHAPS YOU CAN SEE A LAKE IN THE DISTANCE...THERE IS A PATH BEFORE YOU AND YOU MIGHT ENJOY WALKING DOWN THAT MOUNTAIN PATH. WITH EVERY STEP YOU TAKE FEELING THE COOL AIR, THE FRESH COOL FEELING OF FEELING THE AIR ON YOUR FACE, YOUR FOREHEAD, AND A GENTLE BREEZE ACROSS YOUR EARS.

IT IS JUST SO PLEASANT THERE AND JUST NOTICE THE COOLNESS WHILE STANDING AT THE TOP OF THIS SNOW COVERED MOUNTAIN...COOL WAVES OF COMFORT FLOWING OVER YOU AND THROUGH YOU...AND WHILE YOU ARE THERE IT IS POSSIBLE THAT YOUR MIND COULD DRIFT TO OTHER TIMES WHEN YOU HAVE FELT SUCH A COOLNESS AND COMFORT. PERHAPS THE COOLNESS OF STANDING IN FRONT OF AN AIR CONDITIONER...FEELING THE COLD AIR...OR THE COOLNESS ONE COULD EXPERIENCE WHEN OPENING A REFRIGERATOR OR HAVING A COOL DRINK OF ICE WATER WHEN ONE IS REALLY THIRSTY AND FEELING THE COOL FEELING OF THE WATER THAT IS CLEAR AND CLEAN AND SO REFRESHING...

DEEPENING AND DISSOCIATION FROM HOT FLASHES:

"NOW IT IS POSSIBLE TO ENTER AN EVEN DEEPER STATE OF HYPNOSIS...DEEPER AND DEEPER RELAXED...NOW LETTING ALL THE TENSION GO AND AS YOU DO BEGINNING TO ENTER AN EVEN DEEPER LEVEL OF HYPNOSIS...NOW AS THIS OCCURS YOU MAY NOTICE A CHANGE IN SENSATIONS...THIS MAY BE A FLOATING SENSATION...A DRIFTING SENSATION AND PERHAPS JUST LESS AWARE OF YOUR BODY...JUST FLOATING IN SPACE. YOUR BODY FLOATING IN A FEELING OF COMFORT... AND JUST SO AWARE OF BEING IN THAT PLEASANT PLACE WHERE YOU FIND COOLNESS AND A SENSE OF WELL-BEING...JUST NOTICING A DETACHED FEELING...FLOATING WITHIN FEELINGS OF COOLNESS AND COMFORT...DRIFTING AND FLOATING...MORE AND MORE...AS YOUR BODY FLOATS, FIND EVEN MORE COMFORT. NOW AS THIS OCCURS, FINDING THAT IT IS SO NATURAL THAT YOUR MIND BLOCKS FROM CONSCIOUS AWARENESS ANY EXCESSIVE DISCOMFORT AND IT IS POSSIBLE THAT YOU CAN FEEL MORE DETACHED FROM YOUR BODY...FEELING THE COOLNESS...AS YOU BECOME MORE RELAXED"

POST-HYPNOTIC SUGGESTIONS:

"...AND AS YOU BECOME MORE COMFORTABLE ... YOU WILL FIND A SENSE OF BEING MORE IN CONTROL...AND AS THIS OCCURS YOU WILL FIND THAT MORE AND

MORE, YOU ARE ABLE TO SLEEP VERY WELL, YOUR FEELINGS OF WELL-BEING WILL IMPROVE, AND YOUR QUALITY OF LIFE WILL IMPROVE. YOU WILL NOT BE BOTHERED BY ANY EXCESSIVE ANXIETY AND ANY HOT FLASHES WILL BECOME LESS AND LESS....LESS FREQUENT AND LESS SEVERE. AS TIME PASSES YOU SIMPLY WILL BE LESS BOTHERED BY HOT FLASHES...MORE CALM AND RELAXED AND COMFORTABLE...EVERYDAY"

SELF-HYPNOSIS:

"EACH TIME YOU PRACTICE SELF-HYPNOSIS YOU WILL BE ABLE TO ENTER A VERY DEEP STATE OF RELAXATION, JUST AS DEEP AS YOU ARE TODAY... AND WITHIN THIS RELAXED STATE, YOU WILL FIND A FEELING OF CONTROL. YOU WILL BE ABLE TO BECOME SO DEEPLY RELAXED THAT YOU WILL BECOME VERY COMFORTABLE AND WITHIN THIS RELAXED STATE YOU WILL BE ABLE TO EXPERIENCE COOLNESS. COOLNESS AND COMFORT FLOWING OVER YOU AND THROUGH YOU... YOU WILL FIND A KIND OF STRENGTH FROM YOUR PRACTICE OF SELF-HYPNOSIS."

POSITIVE IMAGERY FOR THE FUTURE:

"...NOW, SEEING YOURSELF IN THE FUTURE IN A WAY AND A PLACE WHERE YOU EXPERIENCE THAT COOLNESS AND CALM FEELINGS SO THAT YOU CAN JUST IMAGINE A TIME IN THE FUTURE WHEN YOU ARE NO LONGER BOTHERED BY HOT FLASHES...NO MATTER IF TIMES BECOME STRESSFUL OR DIFFICULT. YOU WILL BE ABLE TO REMAIN CALM AND RELAXED, BOTH NOW AND IN THE FUTURE."

ALERTING:

"IN A FEW MOMENTS RETURNING TO CONSCIOUS ALERTNESS. RETURNING TO CONSCIOUS ALERTNESS IN YOUR OWN TIME AND YOUR OWN PACE, IN A WAY THAT JUST FEELS ABOUT RIGHT FOR YOU TODAY. FEELING VERY GOOD, NORMAL, WITH GOOD AND NORMAL SENSATIONS IN EVERY WAY AS YOU RETURN TO FULL CONSCIOUS ALERTNESS."...RETURNING TO CONSCIOUS ALERTNESS AS I COUNT FROM THE NUMBERS 4 TO 1, NOW "4...3...2...1"

Post-hypnotic inquiry:

After the induction, ask the patient about her experience with hypnosis to determine any type of preferences for mental imagery.

For example the hypnotherapist can ask: *"Please tell me about your experience with hypnosis today...Did you experience being in the mountains...Did you notice any other images or memories that helped you to become relaxed and to find coolness?"*

The hypnotherapist should make notes of the patient's responses to these questions and list any specific imagery or statements about preferences for imagery.

For example, a statement that should be documented might be: *"While you were saying I was in the mountains, I was actually standing under a waterfall...the water was cool and I could feel the water on my head and face."*

Sufficient details should be elicited and recorded to use individual imagery in future sessions of hypnotic inductions.

Ending the Session:

Provide a recording of hypnotic induction:

The use of a recording to reinforce the use of self-hypnosis should then be discussed. It should be discussed that the practice of this recording would help the patient feel more comfortable and to control hot flashes. The patient will be asked to practice with the recording at least four or more times per week. For example:

Today I will also be providing to you a recording of a hypnosis session for your home practice and to learn self-hypnosis. You should practice with the recording at least once per day. It does not matter if you practice with it in the morning, middle of the day, or before you go to sleep. It is important that you practice with it and learn self-hypnosis and how hypnosis can work best for you. Your practice of self-hypnosis is very important, the more you practice the more successful you will likely be in reducing and controlling hot flashes. When you listen to the recording you should be either lying down or sitting in a recliner or similar chair as you have been doing today. It is important that you be able to practice for about 30-40 minutes without interruptions. You can find the time to practice that works best for you.

During the time you listen to the recording, there is nothing that you have to do or to try to do. All hypnosis is really self-hypnosis and it is a process of letting go and becoming absorbed in the suggestions for relaxation and mental imagery. Also, you may find that during your practice that you have other images or memories of times that you have felt cool and relaxed come to you. I will ask you about any specific personal imagery at each session. Ok, now do you have any questions about how to begin your self-hypnosis practice?

C. Hypnosis intervention for hot flashes: Sessions Two-Five

The subsequent sessions (two-five) will include individualized hypnotic induction and discussion of self-hypnosis practice. These include:

Review of perceived hot flashes, self-hypnosis, and personal imagery for relaxation and coolness:

Begin by asking the patient to reflect on the average number and severity of hot flashes she has had in approximately the past week.

For example: I want to ask you about how many hot flashes you have been having per day during the past week. About how many hot flashes did you have yesterday? What about the day before that? When did they occur? How severe was each one? Do your hot flashes seem to be getting better, worse or staying the same?

Ask the patient if she have used self-hypnosis specifically before or to reduce a hot flash.

For example: Did you use self-hypnosis to avoid or reduce any hot flashes? If yes, what kind of imagery did you use? How did you do it? Do you use self-hypnosis to help you sleep better, reduce anxiety or stress, or feel more in control?

Ask the patient about any personal imagery for relaxation and coolness she may have determined or for which she may have a preference.

For example: During the past week or so, have you found any imagery that helps you to enter a deeply relaxed state and find coolness? Is there a place or time you recall when you felt especially relaxed and cool? Where were you? What were you doing? Can you imagine your hot flashes becoming smaller, less, or lighter? Do you have a preference for any imagery we have used so far or other imagery for relaxation and coolness?

Refer to Problem #6 under Trouble Shooting for additional inquiry to develop individualized mental imagery for relaxation, coolness, and reduction of hot flashes.

Record the patient's responses to the review and determine any personal imagery or suggestions that may be integrated into the hypnosis transcript for individualization within the standard hypnotic induction. Before beginning the hypnotic induction, review your notes and summarize the individualized imagery for relaxation and coolness that will be used in the hypnotic induction that follows.

For example, "Let me summarize my notes. You have found that when you go into hypnosis you find yourself back in the mountains where you and your husband went on vacation last year. While you are there suggestions to see

snow, to feel the cool air, and the sound of the wind blowing through the trees is especially helpful. You mentioned a cool glass of water...sitting outside on a patio where you could look far in the distance and see a lake with blue water...I also made notes that you noticed the blue sky and that there were just a few white clouds in the sky...Does that sound right? Anything you would add or take away from that description? Alright, then that is what we will use today to provide individual imagery for relaxation and coolness during the hypnosis session.

The details that the patient provides for the mental imagery should be included as a part of the hypnotic induction.

Hypnotic induction for hot flashes with individualization:

Complete the hypnotic induction following the transcript below. Note any individualization based upon the patient preference for mental imagery for relaxation and coolness. The hypnotic induction lasts approximately 20-25 minutes.



EYE-FOCUS INDUCTION:

"BEGIN BY FOCUSING YOUR ATTENTION ON A SPOT ON THE WALL. AS YOU CONCENTRATE, BEGIN TO FEEL MORE RELAXED. CONCENTRATE INTENSELY SO THAT OTHER THINGS BEGIN TO FADE INTO THE BACKGROUND. NOW JUST TAKE A DEEP BREATH OF AIR, HOLD IT... AND NOW AS YOU BREATH OUT LET ALL OF THE TENSION GO..GOOD. NOW JUST TAKE ANOTHER BREATH OF AIR, AND NOW AS YOU BREATH OUT LET YOUR EYE-LIDS CLOSE, NORMALLY, NATURALLY, COMFORTABLY. AND NOTICING, MORE AND MORE A RELAXED AND HEAVY FEELING...AND WITH EVERY BREATH OF AIR ...GOING INTO A VERY DEEP STATE OF RELAXATION. AS YOU GO DEEPER RELAXED...DRIFTING INTO A DEEPER LEVEL OF HYPNOSIS...NOTHING BOTHERS OR CONCERNS... THE MIND AND THE BODY WORK TOGETHER TO ACHIEVE A DEEP STATE OF COMFORT AND RELAXATION... EACH TIME YOU BREATH OUT...THINKING THE WORD RELAX SILENTLY TO YOURSELF...AND FINDING THAT THE MIND AND THE BODY RESPOND TO THIS WORD RELAX...FOR THIS TIME, LETTING GO OF ALL OF THE TENSION AND DRIFT... SO DEEPLY RELAXED...DRIFTING INTO A VERY DEEP STATE OF HYPNOSIS AS EVERY MUSCLE AND EVERY FIBER OF YOUR BODY BECOMES SO DEEPLY RELAXED...AND YET THERE IS NOTHING YOU HAVE TO DO AND NOTHING YOU HAVE TO TRY TO DO...JUST ALLOWING AND NOTICING AS YOU DRIFT INTO A DEEP HYPNOTIC STATE...ABLE TO RESPOND TO EACH SUGGESTION JUST AS YOU WOULD LIKE TO...AND FINDING COMFORT...FINDING COOLNESS...FINDING CONTROL...SO THAT THE HOT FLASHES JUST BECOME LESS AND LESS AS YOU GO INTO A DEEPER AND DEEPER LEVEL OF HYPNOSIS"

RELAXATION:

"NOTICING NOW A 'WAVE OF RELAXATION' THAT BEGINS AT THE TOP OF YOUR HEAD AND SPREADS ACROSS YOUR FOREHEAD, FACE, NECK AND SHOULDERS....IT SPREADS OVER YOU LIKE A COOL BREEZE ON A WARM SUMMER DAY...BRINGING RELAXATION AND COMFORT....EVERY MUSCLE AND EVERY FIBER OF YOUR BODY BECOMING MORE AND MORE COMPLETELY RELAXED. MORE AND MORE NOTICING A FEELING OF 'LETTING GO' AND BECOMING SO DEEPLY RELAXED. AND WHILE YOU CAN HEAR MY VOICE YOUR MIND CAN GO DEEPER AND DEEPER RELAXED WITH COMFORTABLE AND CALM FEELINGS. AT TIMES MY VOICE MAY SEEM FAR AWAY...OR YOU MAY NOTICE A CHANGE IN SENSATION AS IF YOU WERE FLOATING IN SPACE, OR YOUR BODY BECOMES VERY HEAVY...JUST WHATEVER YOU NOTICE ALLOWS YOU TO GO INTO A DEEPER RELAXATION AND REALLY GOING SO DEEPLY RELAXED THAT IT WOULD TAKE TOO MUCH EFFORT TO EVEN TRY TO OPEN YOUR EYELIDS...TOO HEAVY TO HAVE TO EVEN TRY AND THIS IS A GOOD FEELING THAT ALLOWS YOU TO RELAX EVEN DEEPER"

COMFORT:

"...AND AS YOU BECOME AND REMAIN MORE RELAXED, FINDING A FEELING OF COMFORT. REAL COMFORT...BECAUSE A PART OF YOUR MIND REMEMBERS COMFORT...FEELING SAFE AND SECURE. A PEACEFUL FEELING, CALM AND SECURE. AS YOU DRIFT INTO A DEEPER LEVEL OF HYPNOSIS...FEELING SO CALM THAT NOTHING BOTHERS OR INTERFERES WITH THIS FEELING OF COMFORT....AND FROM TIME TO TIME YOU MAY NOTICE A FLOATING FEELING, DRIFTING AND FLOATING AS IF YOU

WERE FLOATING ON A CLOUD, MORE AND MORE RELAXED AND AS YOU HEAR MY VOICE COUNT FROM 1 TO 10, WITH EACH NUMBER FINDING YOURSELF DRIFTING INTO AN EVEN DEEPER LEVEL OF HYPNOSIS"

MENTAL IMAGERY FOR RELAXATION AND DEEPENING:

"AS YOU CAN HEAR MY VOICE WITH A PART OF YOUR MIND, WITH ANOTHER PART GOING TO A PLACE WHERE YOU FEEL SAFE AND SECURE. A PLACE WHERE YOU BECOME SO DEEPLY RELAXED THAT YOU ARE ABLE TO RESPOND TO EACH SUGGESTION JUST AS YOU WOULD LIKE TO, FEELING EVERYTHING YOU NEED TO FEEL AND TO EXPERIENCE. AND AS YOU ARE THERE A WAVE OF RELAXATION SPREADING FROM THE TOP OF YOUR HEAD TO YOUR FEET, LIKE A COOL BREEZE ON A WARM SUMMER DAY.

1...DEEPER AND DEEPER RELAXED...LETTING ALL THE TENSION GO FROM YOUR FOREHEAD, FACE, NECK AND SHOULDERS...LETTING GO OF ALL OF THE TENSION...FOR THIS TIME...NOTHING BOTHERS AND NOTHING DISTURBS THIS CALM RELAXED FEELING.

2. DEEPER RELAXED...YOUR NECK CAN GO LIMP, YOUR JAW CAN GO SLACK AS ALL THE TENSION DRIFTS AWAY.

3. **(HERE INTEGRATE INDIVIDUALIZED IMAGERY FOR RELAXATION AND COMFORT)** DEEPLY CALM PERHAPS NOTICING SPECIAL COLORS ASSOCIATED WITH COOLNESS AND CALMNESS...PERHAPS SPECIAL SOUNDS OF RELAXATION...SOUNDS LIKE THE RUSTLE OF COOL WIND OR A FOUNTAIN...OR YOUR FAVORITE RELAXING MUSIC...AND LETTING THAT WAVE OF RELAXATION SPREAD ACROSS YOUR ARMS AND SHOULDERS...ARMS BECOME SO DEEPLY RELAXED THAT THEY BECOME LIMP AND HEAVY...ALL OF THE TENSION DRIFTS AWAY...DRAINING OUT THROUGH YOUR ARMS, DOWN INTO THE HANDS AND OUT THE FINGER TIPS...

4. YOUR UPPER BACK AND YOUR LOWER BACK, RELAXED AND CALM AND FILLED WITH COMFORT...PERHAPS SO COMFORTABLE AND RELAXED THAT YOU JUST DON'T NOTICE YOUR FINGERS AND ARMS...JUST THE COMFORT...COOL RELAXED COMFORT. ALL THAT MATTERS NOW IS THE COMFORT THAT BECOMES MORE COMPLETE WITH EVERY BREATH OF AIR...CALM AND COMFORTABLE..

5...DEEPER AND DEEPER RELAXED, HALFWAY THERE, TWICE AS RELAXED...ALL OF THE TENSION DRIFTS AWAY AND FINDING A FEELING OF PEACE...MORE AT PEACE WITHIN YOURSELF...MORE AND MORE EVERYDAY, NO MATTER WHAT IS GOING ON AROUND YOU...NOTICING THE COOLNESS AND THE COMFORT.

6...DEEPER AND EVEN MORE CALM...BACK, CHEST AND STOMACH RELAX...LETTING ALL THE TENSION GO NOW....AND GOING DEEPER AND DEEPER WITHIN YOURSELF TO FIND COMFORT....

7...ARMS, LEGS AND FEET...BECOME SO DEEPLY RELAXED AS THAT WAVE OF RELAXATION SPREADS DOWN YOUR LEGS AND INTO YOUR FEET...A HEAVY, COOL

RELAXED FEELING...AND GOING INTO AN EVEN DEEPER LEVEL OF HYPNOSIS...AND PERHAPS YOU CAN NOTICE HOW RELAXED AND HEAVY YOUR ARMS AND LEGS HAVE BECOME...SO PLEASANT THAT YOU JUST ALLOW THE RELAXATION TO BECOME MORE COMPLETE AND WITH THIS COMES A FEELING OF CONTROL AND COMFORT...DRIFT AND FLOATING...DEEPER AND DEEPER RELAXED...

8...DEEPER AND MORE CALM AND AT EASE...THE DEEPEST LEVELS OF HYPNOSIS

9. ALMOST THERE... DEEPLY RELAXED, NOTHING BOTHERS AND NOTHING CONCERNS...

10...ALL THE WAY THERE DEEPLY, COMFORTABLY RELAXED."

MENTAL IMAGERY FOR COOLNESS:

"AND NOW FINDING COOLNESS...AS YOU CAN HEAR MY VOICE WITH A PART OF YOUR MIND...WITH ANOTHER PART OF YOUR MIND GOING TO A PLEASANT, PEACEFUL PLACE WHERE YOU FIND EVEN MORE RELAXATION AND FIND COOLNESS...AS IF YOU WERE WALKING THROUGH A DOOR, FINDING THAT YOU ARE SOON THERE...A SPECIAL DOOR THAT WILL LEAD YOU TO EXPERIENCE MORE COMFORT...GOING TO A PLACE WHERE YOU FIND THE COMFORT THAT YOU NEED...LEARNING TO USE HYPNOSIS TO REMAIN MORE COMFORTABLE AND RELAXED...EVERYDAY...AND HERE FINDING A COOLNESS AND COMFORT. **(HERE PROVIDE INDIVIDUALIZED MENTAL IMAGERY AND SUGGESTIONS FOR RELAXATION AND FOR COOLNESS THAT IS BASED ON THE PATIENT'S PERSONAL PREFERENCE, INCLUDING IMAGERY OF BEING AT A PARTICULAR PLACE, HEARING PARTICULAR SOUNDS, EXPERIENCING CERTAIN FEELINGS OR COOLNESS.)**

DEEPENING AND DISSOCIATION FROM HOT FLASHES:

"AS YOU ENTER AN EVEN DEEPER LEVEL OF HYPNOSIS, YOU MAY NOTICE A FLOATING SENSATION, LESS AWARE OF YOUR BODY, JUST FLOATING IN SPACE. YOUR BODY FLOATING IN A FEELING OF COMFORT AND YOUR MIND, JUST SO AWARE OF BEING IN THAT PLEASANT PLACE **(INDIVIDUALIZED IMAGERY FOR A PLEASANT PLACE)**. AS YOUR BODY FLOATS, FIND EVEN MORE COMFORT. YOUR MIND BLOCKS FROM CONSCIOUS AWARENESS ANY EXCESSIVE HOT FLASHES AND IT IS POSSIBLE THAT YOU CAN FEEL MORE DETACHED FROM YOUR BODY AS YOU BECOME MORE RELAXED. ANY HOT FLASHES JUST WON'T BOTHER YOU...THEY BECOME SO LESS, SO MILD THAT YOU CAN PUSH THEM TO THE BACK OF YOUR MIND...SO MILD AND FEW THAT YOU NOTICE THEM LESS AND LESS"

POST-HYPNOTIC SUGGESTIONS:

"...AND AS YOU BECOME MORE COMFORTABLE AND MORE IN CONTROL YOU WILL FIND THAT, MORE AND MORE, YOU ARE ABLE TO SLEEP VERY WELL, YOUR FEELING OF WELL-BEING WILL IMPROVE. YOU WILL NOT BE BOTHERED BY ANY EXCESSIVE ANXIETY AND HOT FLASHES WILL BECOME LESS FREQUENT AND LESS SEVERE. AS TIME PASSES YOU SIMPLY WILL BE LESS BOTHERED BY HOT FLASHES"

SELF-HYPNOSIS:

"EACH TIME YOU PRACTICE SELF-HYPNOSIS YOU WILL BE ABLE TO ENTER A VERY DEEP STATE OF RELAXATION, JUST AS DEEP AS YOU ARE TODAY... AND WITHIN THIS RELAXED STATE, YOU WILL FIND A FEELING OF CONTROL. YOU WILL BE ABLE TO BECOME SO DEEPLY RELAXED THAT YOU WILL BECOME VERY COMFORTABLE AND YOU WILL BE ABLE TO HAVE A FEELING OF COOLNESS THAT BLOCKS FROM AWARENESS EXCESSIVE HOT FLASHES...THEY BECOME SO MILD SO LESS. WITHIN THIS RELAXED STATE YOU WILL BE ABLE TO EXPERIENCE COOLNESS. FEELING SO COOL AND COMFORTABLE EACH TIME YOUR PRACTICE SELF-HYPNOSIS AND YOU WILL FIND A KIND OF STRENGTH FROM YOUR PRACTICE OF SELF-HYPNOSIS"

POSITIVE IMAGERY FOR THE FUTURE:

"...NOW, SEEING YOURSELF IN THE FUTURE IN A PLACE WHERE YOU ARE EXPERIENCING COOLNESS AND CALM FEELINGS SEEING HOW WELL YOU ARE ABLE TO FEEL AND YOU WILL FEEL CALM AND COMFORTABLE AND VERY RELAXED, NO MATTER IF TIMES BECOME STRESSFUL OR DIFFICULT. YOU WILL BE ABLE TO REMAIN CALM AND RELAXED, BOTH NOW AND IN THE FUTURE...AND PERHAPS YOU CAN ALREADY IMAGINE A TIME IN THE FUTURE WHERE YOU ARE NO LONGER BOTHERED BY HOT FLASHES...THEY HAVE BECOME LESS AND LESS...LESS FREQUENT...LESS SEVERE...AS YOU HAVE FOUND GREATER RELAXATION AND CONTROL"

ALERTING:

"NOW JUST GOING A LITTLE DEEPER INTO THIS HYPNOTIC STATE...AND ALLOW EACH SUGGESTION TO OCCUR AND NOTICE WHATEVER YOU NEED TO NOTICE TO ACHIEVE CONTROL OVER THE HOT FLASHES...GOOD...DEEP RELAXED...NOW, IN A FEW MOMENTS RETURNING TO CONSCIOUS ALERTNESS. RETURNING TO CONSCIOUS ALERTNESS IN YOUR OWN TIME AND YOUR OWN PACE, IN A WAY THAT JUST FEELS ABOUT RIGHT FOR YOU TODAY. FEELING VERY GOOD, NORMAL, WITH GOOD AND NORMAL SENSATIONS IN EVERY WAY AS YOU RETURN TO FULL CONSCIOUS ALERTNESS."

Post-hypnotic inquiry:

After the induction, ask the patient about her experience with hypnosis to determine any type of preferences for mental imagery.

For example the hypnotherapist can ask: *"Please tell me about your experience with hypnosis today...Did you experience being in the mountains...Did you notice any other images or memories that helped you to become relaxed and to find coolness?"*

The hypnotherapist should make notes of the patient's responses to these questions and list any specific imagery or statements about preferences for imagery.

For example, a statement that should be documented might be: *"While you were saying I was in the mountains, I was actually standing under a waterfall...the water was cool and I could feel the water on my head and face."*

Sufficient details should be elicited and recorded to use individual imagery in future sessions of hypnotic inductions.

Session 3 self-hypnosis practice handout:

The hypnotherapist should provide the patient with instructions in self-hypnosis in session 3. During session 3, the hypnotherapist should ask the patient to close her eyes as the hypnotherapist reads the 10 steps to self-hypnosis aloud (integrating the individualized mental imagery identified for the session). At sessions 4-5, the hypnotherapist should confirm that the patient still has a copy of the handout containing the instructions on self-hypnosis, and briefly review the ten steps. The handout is included in section V.

6. Would it be alright with you to go back in time, within your mind, to another day and time, when you felt cool and comfortable? When would that time be?
7. What type of suggestions help you feel most cool and relaxed?
8. Does comfort help you sleep better; do more things, exercise, or improve your quality of life? In what ways?

As this information is gathered, the therapist may use this information in giving more individualized suggestions. Each time the induction begins with an eye focus, this is then followed by suggestions for relaxation, then suggestions for dissociation and deepening, then safe-place imagery and suggestions for comfort, and this is then followed by the suggestions for reduction in the frequency and intensity of hot flashes, sleep, activities, and practice of self-hypnosis.

The individualized suggestions may also be integrated with the instructions for self-hypnosis.

At each session the patients receives hypnosis, and the specific suggestions for mental imagery can be more individualized, based upon the preferences of the patient.

At times it may be helpful to give more indirect suggestions to gather this information. For example, during the hypnotic induction, suggesting "Now going to a very safe and secure place. A place where you find comfort and coolness. When you are at that place, let me know by nodding your head yes...Where are you?"

not. Unimportant things can be ignored. Even without her conscious awareness, the mind maintains awareness of the external world and can focus on the relevant and ignore the irrelevant. For example, mothers awakening when baby cries, listening to an interesting program on television and not hearing a conversation.

- b. Also, it may be helpful to suggest that the sounds can be integrated into the hypnotic response. For example, suggest *"During hypnosis any unimportant sounds you hear from outside this room will serve to help you go deeper and deeper into hypnosis. The more the sound, the louder the unimportant sound the deeper you can go into hypnosis...letting go more and more."* remain aware of the present time and place throughout a hypnosis session.

5. Problem:

Internal distractions. Internal distractions also can occur. These can take the form of intrusive thoughts that "get in the way." For example, internal distractions might be the patient thinking about some task to do later in the day or remembering something that happened earlier in the day.

Possible Solutions:

- a. Explain the "law of reversed effect" that states that in regard to hypnotic response "the harder one tries, the more one fails." For example, *"trying not to think about pink elephants causes one to think about them even more."* Encourage an attitude of noticing the distracting thought and allowing *"it to be there"* while you go on to other things with *"another part of your mind."*
- b. Also, it may be helpful to suggest that the patient see a *"brick wall"* between them and the thing that is distracting or visualizing the intrusive thought as being tied to a balloon and floating away.

6. Problem:

Individualizing imagery. During sessions 2-5, the specific suggestions for a pleasant and cool place and positive mental imagery for coolness may be based upon the patient's own preferences. This information is gathered from pre- and post hypnotic interview with the patient. Some patients may have difficulty in identifying specific mental imagery for safe place relaxation and coolness.

Possible Solutions:

- a. Information about the types of suggestions for *"going to a safe and pleasant place"* may be gathered from the patient by asking what she liked or disliked about the initial hypnotic relaxation induction. Additionally, the following questions/prompts may be used: *"Tell me about a time in your life that was very pleasant."*; *"If you could go to a very safe and pleasant place, where would it be?"*; *"What did you like or*

V. SELF HYPNOSIS INSTRUCTIONS:

The following are suggestions for learning and using self-hypnosis. Your first experiences with hypnosis will be with your Hypnotherapist and home practice of hypnosis using the audiocassette tape that is provided to you. *It is best to use the recording at least once or more per day.* You may use it in the mornings, middle of the day or evenings. With practice, you may also begin to use the following instructions to further help you in your use of this method.

1. ROLL EYES UPWARD AND FOCUS ON A SPOT.
2. TAKE A DEEP BREATH OF AIR AND AS YOU EXHALE ALLOW YOUR EYE LIDS TO CLOSE
3. NOW, FOCUS ON YOUR BREATHING AND WITH EACH BREATH OF AIR YOU BREATHE OUT, THINK THE WORD "RELAX" AND ALLOW YOUR BODY TO BECOME MORE RELAXED. "THE MIND AND THE BODY WORKING TOGETHER FOR A COMMON PURPOSE...TO CREATE FEELINGS OF RELAXATION AND COMFORT.
4. NOW, NOTICE A WAVE OF RELAXATION THAT SPREADS FROM THE TOP OF YOUR HEAD DOWN TO YOUR FEET. ACROSS YOUR FOREHEAD, NECK, SHOULDERS, ARMS, BACK, CHEST AND STOMACH, LEGS AND FEET. EVERY MUSCLE AND EVERY FIBER OF YOUR BODY MORE AND MORE COMPLETELY RELAXED.
5. AND, NOW, WITH ONE PART OF YOUR MIND, GOING TO ANOTHER PLACE. A PLACE WHERE YOU ARE SAFE AND FEEL SECURE, CALM AND AT EASE. GOING TO THAT PLACE NOW, WHERE YOU FIND COOLNESS AND COMFORT. THAT PLACE MAY BE IN THE MOUNTAINS WITH SNOW ALL AROUND, IN FRONT OF AN AIR CONDITIONER OR STANDING IN A COOL SHOWER OR ANOTHER PLACE WHERE YOU FIND FEELINGS OF SAFETY AND DEEP RELAXATION, COOLNESS AND COMFORT.
6. NOW, AS YOU ARE THERE... DEEPEN THIS HYPNOTIC RELAXATION... GOING EVEN DEEPER RELAXED. NOT ONLY DEEPLY RELAXED PHYSICALLY BUT ALSO EMOTIONALLY RELAXED. CALM, MORE AT PEACE AND MORE AT EASE. AND MENTALLY CALM AND RELAXED, RELAXED WITHIN YOUR THOUGHTS AND FEELINGS AND PHYSICALLY DEEPLY RELAXED AND COMFORTABLE.
7. AND AS YOU ARE THERE, IN THAT PLEASANT PLACE, SO RELAXED THAT YOU MAY NOTICE A FLOATING FEELING, A TINGLY SENSATION, OR A NUMBNESS... LESS AWARE OF YOUR BODY...NOTHING BOTHERS AND NOTHING DISTURBS.
8. AND ALLOWING THIS COMFORT AND COOLNESS TO CONTINUE, IN SOME WAY REMAINING MORE RELAXED AND AT EASE, FEELING MORE IN CONTROL OF YOUR FEELINGS AND ALLOWING A FEELING OF WELL BEING TO CONTINUE.

9. NOW, GO EVEN A LITTLE DEEPER RELAXED...DEEPEN THE HYPNOTIC RELAXATION EVEN MORE NOW. HEAD, NECK, ARMS, BACK, CHEST, STOMACH, LEGS AND FEET, COMPLETELY RELAXED AND SO COOL AND COMFORTABLE. RELEASING EVERY WORRY AND EVERY TENSION NOW.

10. AND NOW GENTLY AND EASILY RETURNING TO CONSCIOUS ALERTNESS, IN YOUR OWN TIME AND YOUR OWN PACE, IN A WAY THAT PLEASES YOU.