

Reducing Surgical Anxiety and Enhancing Recovery with Hypnosis

SEMINAR GOAL AND OBJECTIVES

Goal

To reduce the subjects fear and anxiety prior to surgery and anesthesia and help the healing process.

Objectives

After the completion of the seminar the participants will:

1. Know some of the research which indicates that hypnosis is a useful tool to reduce fear and anxiety prior to the surgical event and some of the positive effect hypnosis has during the recovery period.
2. Know that there are two approaches to using hypnosis for anesthesia and surgery.
3. Have analyzed the script used for first hypnotic visit.
4. Have analyzed the script used for the second hypnotic visit.
5. Have analyzed the script used with the subjects who have strong religious beliefs.
6. Know and understand what CDs will be used to prepare the subject before, during, and after surgery and have the opportunity to review these scripts.
7. Be familiar with the CD script to be used to enhance healing during the recovery period.
8. Know how to organize all phases of the hypnotic procedure to prepare the subject for anesthesia and surgery.

INTRODUCTION

The pre-operative anesthetic visit is unquestionably the most important occasion to use relaxation techniques. This may range from formal trance induction to simple, calm, reassuring words in a confident manner.

A.E. St. Armand, MD, Anesthesiologist

In hypnosis, people eliciting the relaxation response open a kind of door, clearing and rejuvenating their minds and bodies, readying themselves for new ideas and suggestions.

Herbert Benson, MD

First Visit Hypnotic Procedure: Preparing the Patient for Anesthesia and Surgery

INDUCTION

Now close your eyes...holding your hands in front of you with your palms facing

(MAGNET TEST) each other...O.K...Now just concentrate on your right hand... now keep concentrating on your right hand...when your mind pulls you away... just come back to the right hand...always come back to the right hand...now as you concentrate on the right hand I want you to use your imagination...I want you to imagine that your right hand is getting larger... and larger...and larger ...and now I want you to use your imagination further... imagine that your right hand has become a big strong magnet and that your left hand is a piece of metal which is being attracted to the magnet.. .and it pulls...and pulls... and pulls...the harder the piece of metal tries to escape the magnet the more it pulls and when your hands touch you will just sleep... **(Continue coaxing as needed with your own words)**

RELAXATION/DEEPENING

(after the hands have touched) now just lower your hands, palms down on the couch...

ANCHORING

good...you're now in a very light trance...notice, as I told you you're quite aware... not asleep or unconscious... you're very much in control...in the process of us working together...you will become very deeply relaxed...however...you will not fall asleep...or become unconscious...further, as we work together...you will hear me using the following words...calm, peaceful, tranquil, and relaxed... each time I say these words...please repeat them to yourself after me... however, when you repeat them don't just parrot each word...but actually feel the meaning of each word...feel the calmness...the inner peace...the mental tranquility...and the complete physical and mental relaxation. **(Turn on the Hypnomusique)**...If you really want to relax then just follow my direction... just relax all the muscles in your feet...and now feel the relaxation moving to your ankles, calves and thighs...feeling **calm...peaceful...tranquil...relaxed**...and now just feel the same relaxation beginning in

the muscles of your buttocks and lower back...as these muscles unwind...loosen ...become soft...and comfortable...and every breath you take you feel so calm...so peaceful...so tranquil... so relaxed...just letting yourself go deeper and deeper relaxed...now feel the relaxation beginning in the muscles of your pelvic area...feel how relaxed and comfortable you are...your inner organs relax with a soothing warmth...and every breath makes you more **and more calm...more and more peaceful...more and more tranquil...and more and more relaxed**...and now just take a big breath...and as you exhale just feel the muscles in your back and chest relax...and loosen...**calm...peaceful... tranquil...relaxed** ...your lungs relax and your breathing is so effortless now...it's so easy to breathe ...now feel the relaxation beginning in your fingers and then moving to your hands...wrists...your forearm...your upper arms and then across your shoulders ...**calm...peaceful ...tranquil...relaxed**...and now the relaxation begins in the back of your neck at the base of your skull...just feel these muscles become loose... soft and comfortable...and now just feel the relaxation moving to the muscles of your jaw...your cheeks...your temples...your forehead...your nasal passages relax and your breathing becomes even more and more effortless...and now I want you to scan your body and if you find any places of tension...just take a big breath and as you exhale...you'll find the tension just evaporate... feeling **calm...peaceful...tranquil...relaxed...**

IDEOMOTOR ANSWERS Now as we continue to work together...I ask a lot of yes or no questions ...if the answer is, yes, just lift the index finger of your right/left hand (**touch the finger**)...if the answer is, no, then raise the index and middle fingers of your right/left hand (**touch both fingers**)...now here's the first question...are you more relaxed now than when we first began the session...(wait for yes answer)...good...

TRANCE DEEPENING WITH IMAGERY Now I would like to teach you how to deepen the trance...this means to become even more relaxed...the first method is very, very simple...as you continue to breathe naturally and normally, every time you exhale...just say the word deeper (**watch the subject and as he/she exhales say the word deeper as they exhale. Do this two or three time and then let the subject continue without any assistance**)...remember as you go deeper relaxed, you are in control and you can become as relaxed as you want... (**Pause**)...good you're doing very well...

IMAGERY DEEPENING Now I want you to use your imagination to make yourself more relaxed... in a moment I'm going to count from 1 to 3...and when I say three...I want you to imagine yourself on a beach...it will be the most glorious beach you have ever imagined...since this is your own private beach, you'll be the only one there ...and I want you to go down and just walk along the water's edge... you'll be dressed for the beach...and as you walk along, each step you take will make you deeper and deeper relaxed...I'm going to begin counting...1...2 ...3...as soon as you're on the beach just raise the index finger of your right/left hand... (**wait**)...good...as you walk along the water's edge you can hear the constant roar of the surf...smell the clean salt air...hear the cry of an occasional gull...or the tolling of a bell on some distant shoal...and every step you take you become so **calm...peaceful...tranquil...relaxed**... the sky is cloudless...the sand, is beautiful ...you can feel the warmth of the sun on your face and body...as a warm off shore breeze gently blows through your hair...you also feel so **calm...peaceful... tranquil... relaxed**...within yourself...that's right...now enjoy the beach physically... mentally ...and emotionally...and I shall be quiet for a few moments (**wait**)...

CUE ANCHORING: As you relax here I want you to make your subconscious receptive to my
SELF HYPNOSIS suggestions...because the positive suggestions I'm going to make will have
ACTIVE RELAXATION a deep and lasting influence on the way you feel ...the way you think...the way you act toward the pressure of your surgery...any time you find yourself getting stressful or "uptight"...all you have to do now is to take a breath and as you exhale say the words **calm, peaceful, tranquil, relaxed**...and you will immediately feel your mind and body assuming

these characteristic...however, your mind will remain sharp and alert...you will be able to think logically and clearly...and you will be able to perform the tasks at hand... (**Touch shoulder**)...this cue is implanted deeply and firmly in the deepest reaches of your subconscious to be used by you whether you are alone or with others whenever you want to relax yourself ...(**remove hand**)...before we end this session I also want to teach you how to hypnotize yourself...it's a very simple procedure...all you have to do is count to yourself from 1 to 3...when you say 1, you look up at your eyebrows...when you say 2...you take a deep breath and close your eyes...and when you say 3...you exhale your breath...and at that moment you will find yourself floating or sinking down into this deep state of relaxation you're now in...your cue to go into this state is when you say 3...and exhale your breath...at that moment you will feel your mood change as you relax... when you want to come out of the trance all you need do is to count slowly from 1 to 3 letting your body systems balance and you will feel awake alert, refreshed and rested...(**touch shoulder**)...this cue is implanted deeply and firmly in the deepest reaches of your subconscious to be used by you whether you are alone or with others whenever you want to hypnotize yourself...(**remove hand**)

RE-FRAMING FEELING OF ANXIETY WITH IMAGERY AND CUE ANCHORING

Now that you're so relaxed and at peace...just let go of all your and listen to what I say...I now want you to feel, remember, think, and imagine how you presently feel about under-going surgery...and when you can feel the anxiety then just move any finger in your right/left hand...(**wait**)...now I'd like to show you how you can change your anxious feelings...all you have to do is take a breath and when you exhale say to yourself **calm, peaceful, tranquil, relaxed**...and experience the change in your feelings...please do that now and when you have changed your feelings move the index finger of your right/left hand (**Wait**)...Great...Now remember any time you feel anxious about your forthcoming surgery you can use the **calm, peace, tranquil, relaxed** cue to change the anxious feelings...now enjoy those feelings for a few moments...(**pause**)...

Now anytime you feel anxious about your forthcoming surgery...all you have to do is to take a breath and when you exhale say to yourself **calm, peaceful, tranquil, relaxed** and you will be able to change how you feel about the surgery...(**touch shoulder or hand**)...this cue is anchored deeply and firmly into the deepest reaches of your subconscious to be used by you whether you are alone or with others...anytime you want to change your feeling toward your forthcoming surgery...(**remove hand**)...

AROUSAL OF CHOICE

Post Trance Procedure

SELF HYPNOSIS REINFORCEMENT

Now let's practice the self-hypnosis procedure...make yourself comfortable...I'm now going to count from one to three...1 look up at your eyebrows...2 take in a deep breath and close your eyes...3 exhale your breath and just let yourself sink deeper and deeper relaxed...(**watch subject**)... fine... now as you breath naturally and normally every time you exhale just say deeper...(**say the word as the subject exhales**)...deeper...and this will deepen your trance... good...now at 2 and 3 hour intervals during the day after you have hypnotized yourself you will say your affirmation 5 times counting on the fingers of your right/left hand like this (**press on each of the subject's fingers as you say each affirmation until all 5 repetitions have been completed**)...”Every day in every way I'm more and more relaxed”... (**repeat, repeat, repeat, repeat**)... now count slowly from 1 to 3 and when your body systems have balanced open your eyes, stretch and smile...

PROGRESSIVE RELAXATION
WITH BEACH AFFIRMATION
PRACTICE

Now...please hypnotize yourself...saying your affirmation 5 times and your affirmation 5 times and when you're finished just nod your head **(wait)**... good...now I'm going to count from 1 to 3 when I say three I want you to relax your body from the tips of your toes to the top of your head...one, two, three... when you're completely relaxed please nod your head...(wait)...great!...that took only seconds...now you can relax yourself this way anytime you wish... further if you want to go out on the beach you can go there any time that you wish...please do that now and when you are there just nod your head...**(wait)** ...great!...now...when you're ready just count from 1 to 3 and come out of your trance...

ANXIETY CUE RE-INFORCEMENT

Now when you find your self getting anxious thinking about your surgery all you have to do is take a breath and when you exhale say to yourself, **calm, peaceful, tranquil, and relaxed** and that will help you to displace the anxious toward your surgery ...try that now... **(Wait)** do you still have that calm feeling even though you're thinking about your forthcoming surgery? You can answer me with your fingers...**(Wait)** great!... remember when you do this, your mind will remain sharp and alert and you will be able to think logically and clearly and carry out all the tasks at hand...you will just be able to displace your anxious feelings...

Directions after the First Hypno-anesthesia and Surgery Conditioning Session

1. Listen to your hypnotic tape/CD at least once a day - more if you'd like. Use the above script for the tape excluding the magnet test
2. You can also use the **calm, peaceful, tranquil and relaxed** active relaxation cue when you find yourself becoming uptight or stressful about your surgery.
3. Hypnotize yourself at 2- or 3-hour intervals and say your positive affirmation, "Everyday in every way I'm more and more relaxed."
4. Use the blue dot technique.
5. For this program to help with your forthcoming surgery, you must give it your *time, effort, and commitment*.

Second Visit Hypnotic Procedure: Preparing the Patient for Anesthesia and Surgery

SELF HYPNOSIS Get yourself into a comfortable position...when you're ready please hypnotize yourself **(Wait)**...good INDUCTION ...you're doing very well... **(Turn on the Hypnomusique)** At first when you begin to go into your trance you're quite aware...you're aware of the sound of my voice... the sound of the music...the sounds in the room...the sounds outside the room... there maybe thoughts and images that pass through your mind... possibly feelings in your body...and isn't it nice to know that your conscious mind can wonder and drift from one place to another...or to no place in particular...and you can rest comfortably...and breathe comfortably...that's right.

Isn't it nice to know...that as you relax here...yes here ...not there...you can temporarily set aside what's going on in the world...and simply get involved with your own thoughts and images...as your conscious mind continues to drift...and one of the most soothing and comforting realizations may be that you really don't have to pay any attention...that's right...you don't have to pay attention to anything other than what pleases you in this moment...and when this moment is gone...then you may choose something else for that moment...or you may bring the thought or the image from the past moment to the present moment...and if you choose not to that's all right too...while your conscious mind processes anything that it notices...there is a part of you that is

infinitely more interesting and powerful...that is your unconscious...it is always there listening and protecting your interests... even when your conscious mind drifts off elsewhere... your conscious mind is not conscious of the abilities that your unconscious has...we are aware of what the conscious mind can perceive consciously...it's easy to be aware, to know, and understand...however, the unconscious is always ready to help us in its unconscious way...in this case how to relax more effortlessly, more completely and more comfortably.

At this time you may not have been aware of when or where the physical relaxation began...in your arms, your legs, your torso...it's so comforting to know that the conscious mind has the freedom to drift...to imagine...to float through time and space to any wonderful place...your mind can float way out there ...and the fact that it has...your body can relax and rest here ...that's right...over here not there...so let your mind just drift...as you continue to relax...in your own time and in your own way.

What's so wonderful about being in the trance state...is that your mind is very capable of being over there...and your body is resting here...as it continues to take care of itself... unconsciously it takes care of itself... you don't have to be aware of whether your respiration has changed...or that your pulse rate may have changed...or what's the position of your hands...or your legs...isn't it nice to know that the conscious mind has the freedom to drift freely...and feel comfortable over there ...while your body is over here...but it's interesting to discover that if you wish to be aware of your body on the couch ...your left foot...your right arm...that the mind and body are still closely related...but for now just allow the mind to continue to drift down into that wonderful place of complete detachment and deep comfort over there...while your body remains relaxed over here...(pause).

Now while your body relaxes comfortably over here...your conscious mind may not understand what's happening... being over there...but your unconscious is much smarter and is quite aware that you can drift freely into deep relaxation...your conscious mind is just learning that you are capable of experiencing deep feelings of comfort and relaxation...each time you enter the trance you may discover that you are really capable of deeper levels of relaxation...where your mind just feels detached from the body...it will be your unconscious that will continue to add new dimensions to your trance experiences in its unconscious way...what a relief to know that your unconscious mind is capable of taking care of things...

Now if you like you can just relax in a peaceful, quiet place...a place of deep comfort...where your mind seems to drift almost automatically...it could be a place with mountains, trees, or water...a pond, a lake, a meadow, the ocean...or some where indoors...perhaps you can even see the minute details of this place ...the colors...the textures...possibly you can hear and smell the aromas that you associate with this place ...maybe you can feel the warmth or the cold...and perhaps you can feel how relaxed you are...here as well as there...that's right...now I'm going to be quiet for a few moments while you enjoy your quiet place...(pause).

DEEPENING OF CHOICE

PREPARATION FOR

HYPNOTIC SUGGESTIONS

Now that you are so relaxed and comfortable...I'd like to suggest that you continue to let your conscious mind become involved with that quiet place that gives you great feeling of peace and comfort...and allow your unconscious mind to become receptive to the suggestions I'm going to make...just allow your unconscious to help you in its unconscious way.

OPTION 1 (AUTHORITATIVE)

HYPNOTIC SUGGESTIONS

I want you to know that while you at the hospital the only concern of all the people in the O.R. is your safety and your safety only...what that means to you is that while you are under their care they will monitor all your vital functions to make sure that they remain normal the way they are supposed to be...they will be taking your blood pressure every 2 minutes whether you need it or not...the blood pressure cuffs are computerized and they work automatically...the first time it takes your blood pressure it will squeeze you kind of tight until it finds your blood pressure range and then it won't squeeze you quite as tight the next time...they will also be monitoring your

heart beat because in this Operating Room nothing is left to chance...they want to make sure that they can see your heart beat constantly so that they can keep it at a normal pace all the time you are in surgery...they will also be monitoring your oxygen while you are in surgery...this is done by a small plastic device that is placed on your finger which translates the oxygen content of your pulse into numbers that can be read so that the anesthetist can increase it or decrease the oxygen as the need may be...in addition to all that, the anesthetist will monitor all anesthetic agents that will be given to you so that you will only get what is needed to keep you comfortable during surgery and able to wake up soon after the surgeon is done with your operation.

Now, that means that when you go into the Operating Room you will see a lot of electronic equipment but you know that all those instruments are there to insure your *safety* at all times...in fact most patients find it comforting to draw an imaginary line between their hearing and the sound of the anesthetist's voice because s/he can talk to you and tell you only what is important for you to do and think about for your safety and comfort...the nurses in the operating room as well as your surgeon are also concerned with your safety and comfort...at times they talk shop with each other and this is their way of communicating to each other that everything is in order and ready...you need not listen to that shop talk because you know that everything is being done with your *safety* in mind...you just concentrate on your anesthetist's voice and you will feel secure knowing that his/her only concern is your safety...in fact you will find yourself co-operating with everyone that comes to help you because you no longer have to worry because you know that the only concern of every person in the operating room is to see you safely through your operation and to keep you comfortable after the operation is safely completed.

Before surgery begins, an intravenous will be started so that you can receive the medications that will make you sleepy and keep you free of discomfort during and after your surgery...you can help the anesthetist by making your arm soft and flaccid...think of your entire arm as a limp rag...make it totally flaccid...from your shoulder to the finger tips...from this moment on you simply leave your arm totally flaccid and imagine that you can send all your blood down your arm...imagine the blood traveling toward your arm with every beat of your heart...making the fingers tingly, warm and numb...your veins begin to enlarge...they become more prominent...easier to see and feel...the arm can be thought of as someone else's arm...think of it as though it doesn't even belong to you...almost as though you can stop all sensations to that arm at the shoulder...your mind becomes very much aware of your shoulder...and at the same time you seem to pay less and less attention to the arm...in fact you may even find it unnecessary to think about your arm...because all your attention is being focused on the idea that all sensations can be stopped at the shoulder...your arm continues to get softer and softer as your arm gets softer and softer your mind continues to stop all sensations at the shoulder level...as the anesthetist injects your arm you maintain the tissues soft...soft and comfortable ...stopping all sensations at the shoulder.

Once the intravenous is started...the anesthetist will place some monitoring equipment on you to keep a check on all your vital functions during the operation ...you will be given small amounts of all the medications that will be used during your surgery...the reason small amounts are used at first is to give you an opportunity to experience what the medications feel like in your body and allow the body systems to gradually adjust to the medications...this also gives the anesthetist an opportunity to observe how you react to these medications and make sure that they all agree with your body...once the anesthetist is sure that you have reacted properly s/he will give you larger amounts and at that point you will get progressively more sleepy and his/her voice will start to fade away...the next time you hear his/her voice you will know that the operation has ended and that you are very safe.

As you feel yourself becoming anesthetized you tell yourself that you are going to do well...you think about keeping your wound dry by directing all your blood away from the wound and toward your internal organs and your brain...to keep them warm...and in good working order...working harmoniously to keep you well...you lose very little blood during this surgery... you think how your blood is going to move away from the wound and directed to all the internal organs to keep them warm...you direct all your blood as it comes from the heart to your internal organs for warmth and nourishment...your heart pumps in perfect rhythm and you send all your blood away from the wound...your heart will beat only as strong and as fast as it needs to just to

keep your internal organs functioning well...in peaceful harmony.

You concentrate on keeping your wound dry and your muscles will remain soft...pliable...it isn't necessary for you to move a muscle...you remain flaccid...motionless...no need to move...no need to help in any way...the muscles are soft and flaccid and they can remain that way throughout the operation...your mind is relaxed ...calm...peaceful...you are tranquil...realizing that everyone will be looking after your well being all the time you are in surgery...there is no need to move until you are asked to do so at the end of surgery.

After awakening from your anesthetic you will be taken into the recovery room where you will awaken fully and be on your way to getting well...there are other patients in the room also recovering from surgery and anesthesia but you only need to pay attention to your body and to the nurses that are trying to help you get well"...you concentrate on your body...you become aware of the process of healing taking place as the anesthesia wears off...you feel healing taking place at your incision site...at times, this feeling may be very strong...but you think of it as mother nature setting things to right again...all the tissues healing and coming together...the stronger this feeling gets the faster you will recover...your doctor has ordered medication to keep you comfortable should the process of healing feel uncomfortable...you welcome the medication and ask for it whenever you need it...as you concentrate on getting well...your body functions will come back rapidly...you keep the operative area soft...as you did through surgery...and you look forward to passing your water smoothly and with ease...you breathe effortlessly and deeply...bringing fresh oxygen into your lungs and opening up all the air passages...you cough when it is necessary to clear your lungs of any impurities... you clear your throat by swallowing...and go right on breathing more and more easily with each passing moment...you concentrate on bringing the blood back into the operative area to supply it with the needed materials to make it heal faster...your breathing stays calm...deep...and easy...your heart beats regularly...stays calm...and strong...as your body functions return to normal...you notice how quickly you regain control of your bowels...you keep your abdomen soft and soon you begin to pass gas...effortlessly... you will be surprised how much better you feel...much better than you anticipated...you eagerly await the opportunity to eat and drink liquids...you think of the food served to you as a source of nourishment to your body...you drink enough fluids to replace the normal body reserves that may have been depleted during surgery...you will do well...believe this to be so and so it will be.

OPTION 2 (INDIRECT) Now allow any image you have in your mind to fade...(wait) ... now in a moment I'm going to snap my fingers and take you into the future...your surgery is over...your incision is healed and you're completely well... you'll be with your friends and family (**this line can be designed to relate to the patient's surgery**)...remember to feel, think and imagine how relieved you are that the surgery was successfully completed and you are well again...I'm going to snap my fingers now...(snap)...take a few moments now to experience the pleasure of this moment...and you don't have to pay attention to anything until you hear me mention your name directly...(pause).

When you look back after your surgery you may find that the most difficult part wasn't the surgery...it was all of the things you've done to this point...being examined by your doctor...deciding that surgery was necessary with all the information you had at hand...establishing the surgery date and arriving at the hospital on the day of the , that's right...now you're completely recovered and you think about the surgery...in a week...two weeks...a month...or two months...or possibly somewhere in between...as you look back you may discover that it was much easier than you thought it would be...you'll remember how calm, peaceful, tranquil, and relaxed you feel...you still have those wonderful feelings even out of trance...isn't it nice to know as you look back on your surgery in a week...or a month...a year...or maybe somewhere in between or maybe even sooner...and you think about the surgical experience...you may discover that it was much easier than you thought it would be.

I know and you know...how nice it is to know...that you can **feel calm, peaceful, tranquil, and relaxed**... by just exhaling your breath and saying those four words to yourself...that's right...I wonder if you'll be aware when you are no longer in (in my office or listening to this tape)...**how calm, peaceful, tranquil, and relaxed**...you feel...even though you're no longer

in a trance and are awake, aware, and energetic... you are pleased that you have acquired these new skill...and I know and you know that you knew that you needed some new skills...and isn't it nice to know that these new skill will help you to feel comfortable and confident about your forthcoming surgery...It's possible that you may be looking forward to having the surgery...having it behind you and off your mind...how well you find yourself sleeping all of those nights before the surgery... you feel very rested when you awake in the morning... particularly the morning of the surgery...it may even be interesting to notice how quickly the time has elapsed between getting up and finding yourself changing into hospital clothes...and the other procedures that are to follow.

Isn't it nice to know that as the day of your surgery came closer and closer...you became aware that you seemed to become more and more relaxed...as you are at this moment...or when you were getting into your hospital bed...and took a breath and exhaled and said to yourself **calm, peaceful, tranquil, and relaxed**... you felt the same wonderful relaxed feeling you are experiencing now...that's right.

Although you were relaxed you were quite alert to ask any questions you wished to ask and to answer any questions the surgical staff may have had to ask...wasn't it nice to know that you understood all of the communication exactly the same way you always did...on the day of your surgery...you are surprised as you look back and remember that the waiting time went quickly and how comfortable you felt during that time...when your rolling bed was taken to the surgical suite...you found yourself using your **calm, peaceful, tranquil, and relaxed** technique to remain calm...as you were becoming more calm as you felt your bed being pushed as it wiggled and seemed to hit every bump in the hall.

After you entered the surgical suite and were lifted on to the table that was another signal that you should be **calm, peaceful, tranquil, and relaxed**...just hearing new sounds in the surgical suite were different and they also offered you a feeling of comfort and relaxation...the surgical team was ready and that all the monitors were being attached...the pulse oxymeter, the blood pressure cuff, and the heart monitor...they were all beeping as they normally do and the surgical team was making sure that they were ready...all of these sounds were very comforting ... you were aware that the entire surgical team had one objective - your safety...you also felt comfortable knowing that all you had to do was to remain **calm, peaceful, tranquil, and relaxed**... you didn't have to do anything...the surgical team was in charge.

It was interesting to discover as you recall the day of surgery...you are amazed at how relaxed you were on the operating table ...you were also relieved that you had an opportunity to meet with your surgeon and discuss all aspects of your surgery...your anesthetist was very clear in explaining the effects of the anesthesia...and you were so pleased when you felt the effects of the anesthesia...you were so happy to have it because you knew that it would add to the comfort you had already created with the skill you learned in my office.

Remember how safe and comfortable you felt under anesthesia throughout the entire surgery... you awakened from your anesthesia feeling refreshed and **calm, peaceful, tranquil, and relaxed**...you also became aware of the noises and sounds which were your signal that the operation was over...and can be another signal to be relaxed and comfortable...you paid no attention to these sounds and responded only when you were addressed by name...you imagined that all of the other sounds could have been the rustle of the wind blowing through the trees, the sound of the ocean, the patter of gentle rain or music...that's right.

I know and you know that the area to be operated was washed with special liquid...and remember how comfortable it felt for you...did it feel like it was being soaked up by your body and making it numb, or did it just make you relax more? ...or was it some pleasant feeling that was uniquely yours?...and that's all right too...remember how surprised you were when you were informed that your operation was over...and that everything had gone more quicker than expected...you were even surprised that you awoke from your anesthesia so quickly... and being so comfortable, was still a greater surprise...being more comfortable than you thought was possible.

It was comforting to discover that you found that you were able to urinate and move your bowels naturally and normally...as you look back on your surgery you are surprised that it was much easier than expected...you were pleased at the

performance of the surgical staff...the recovery room nurses and all of the other hospital staff who cared for you...and during your recovery period you found that everyday in every way you were getting better and better...that's right... (**Turn off the Hypnomusique**)

This procedure was patterned after one developed by Bejenke (1996 pp. 256-259)

AROUSAL OF CHOICE

CDs/Cassette tapes after Session 2

The procedures option 1 and 2 can be put on CD or tape for the patient to reinforce daily the positive nature of the suggestions and the imagery. It is also recommended that a **non-hypnotic tape or CD** be made of the hypnotic suggestions found in option 1.

Directions after the Second Hypno-anesthesia and Surgery Conditioning Session

1. Listen to the hypno-conditioning CD/tape at least once a day.
2. Listen to the non-hypnotic conditioning CD/tape at least once a day. (**Awake conditioning**)
3. Use the calm, peaceful, tranquil, and relaxed cue when you find yourself becoming anxious about your surgery.
4. Use the blue dot technique.
5. Continue to hypnotize yourself at 2 to 3 hour intervals and say your positive affirmation, "Every day in every way I'm more and more relaxed."
6. This conditioning, for your forthcoming surgery, takes time, effort and commitment on your part in order to be effective. Follow these directions.

Using Spirituality to Reduce Surgical Anxiety

Whether we know it or not, God is our healer and God's spirit is the energy for our healing.

G.L. Hogben, M.D.

When I asked God what to do when confronted with a patient with a serious illness whom I could help or God could heal, He said, "Render unto the doctor what is the doctor's and unto God what is God's."

B.S. Siegel, M.D.

Introduction

For Healing to occur after surgery the mind, body and the spirit must be considered. As Siegel and Siegel (1985) wrote "...True healing occurs only when the psyche, soma, and spirit are integrated." (p.48). Dr Hogben (1985) also believed in the spirituality of healing and stated, "...the healing journey leads to an intimate union with God through the experience of the flow of God's Spirit within." (p.87)

All the healing procedures that are used merely become the channel through which the spirit of God sends energy that heals the patient. This healing spirit also provides the patient with the necessary support to give up the negative emotions that hamper healing, i.e., resentment, anger, fear, guilt, etc. The healing God force from within provides the patient with a greater meaning for life at a time of great need and ..."can transform suffering and pain to love and compassion." (Hogben, P.88) the patient must find it within himself or herself to introduce love into their lives. It is this love that acts to stimulate the spiritual healing force. As Telehard de Chardin wrote:

Someday, after we have mastered the wind, the waves, the tides, and gravity, we shall harness

for God the energies of love. Then for the second time in the history of the world we will have discovered fire. (Siegel & Siegel, p. 58)

Unfortunately the medical profession doesn't turn to God until the patient has little or no hope of living. It is better to involve the patient's spiritual belief early in their illness. The belief in a power higher than man and provides the patient with hope and hope has a positive psychological effect. Religious beliefs that are centered on a God who is vengeful and punishing are of little use in preparing the patient for surgery and praying with the subject after surgery. .

Dr. Bernard Siegel a surgeon (1986) wrote:

I think of God as...a potential healing force - an intelligent, loving energy or light - in each person's life. (p. 119)

As researchers examine the positive impact of a person's religious beliefs or his spiritual beliefs a small but growing number of doctors are taking the patient's *spiritual history*. In an article in *Natural Health* (2004) magazine, Dr. H. D. Koenig, a psychiatrist at Duke University Medical Center, explained that bringing spirituality into health care can have positive results for the following reasons:

- Research shows that when people turn to their spiritual beliefs during illness they are protected from stress and depression.
- There is evidence that praying for others improves the mental health of the person praying.
- Since religious belief and spirituality are at the central core of a person's belief system from which he derives his/her purpose of life; it is helpful when the patient can talk to a non-judgmental health profession about those beliefs.
- It is important to discover if the person's spiritual or religious belief is a source of hope or stress. This knowledge is important to the doctor to determine whether the belief will hamper or assist in the recovery of the patient. (p. 20)

An article in the December 16, 1997 issue of the Boston Globe reported "... that an overwhelming number of HMO executives believe that prayer, meditation and other spiritual practices can enhance healing and medical treatment according to a new survey." In the same article Dr. John Templeton Jr. of the Templeton Foundation reported on the following studies that suggested a potentially powerful role for spirituality in healing. A six month clinical study of 232 people, who had undergone open heart surgery, researchers found both social support and spirituality influenced death rate.

What seemed to be a most controversial study was conducted in 1988. In a coronary care unit 393 patients were randomly assigned to have others pray for them or not. The patients did not know if they were being prayed for and those praying did not know the patients for whom they prayed. Those that were prayed for had "...less congestive heart failure and needed fewer diuretic medication and antibiotics." (Forman, 1997, p. B18) Mary Wise, a social worker at the Massachusetts General Hospital said, "We need to go to the patient and see what they see as spirituality. Very often that takes away the conflict between spirituality and medicine; they don't have to be in opposition." She further said, "What's wrong with miracles as long as they don't get in the way." (Tye, 1997, p. A1)

An editorial in the *Boston Globe* "*Spiritual healing at MGH*" discussed the Kenneth B. Schwartz Center at the Massachusetts General Hospital. Schwartz was a health care lawyer who died of lung cancer at the age of 40. The center was established in the final days of his life. "Its mission is to preserve the curative power of the gentle touch, the sympathetic ear, and the open discussion of spirituality in the patient-caregiver – basic easily lost as medicine gets more technical, cost-conscious, and competitive." (Boston Globe, 1997 p. A14)

Ritter (2006) reported in the Boston Globe on a study where people who had heart bypass surgery were prayed for post operatively. Eighteen people in 10 medical centers participated in the study. The prayer groups doing the praying were given their first names and last initial of the person they were praying for. After 30 days the researchers discovered that in the experimental group they had 59% complications compared to 52% in the control group.

Critics of the study said that God's reaction to prayer cannot be explored by scientific study. Dr. Koenig was not surprised at the results of the study. He said,

There is no god in either the Christian, Jewish, or Muslim scriptures that can be constrained to the point that they can be predicted.

Within the Christian tradition God is concerned with man's eternal salvation. Therefore, Koenig said, "Why would

God change his plans just because they're in a research study?" Science is not designed to study the supernatural. (p. A3)

Script for Using Spirituality to Reduce Surgical Anxiety

INDUCTION When you are ready please hypnotize yourself (**watch**)... I'm now going to play some
DEEPENING music...however, I would like to suggest that you listen in that special way...not only with
WITH MUSIC your ears...but with your entire body... feel the music around you...feel it inside of you...
creating an inner harmony within your body where there is now disharmony ...feel the music cascading over you as you
become more deeply relaxed and at peace with yourself...

This will be a very calm, peaceful, tranquil, relaxing experience... and as you get involved with the
music...just let it happen...you don't have to do anything...your heart beats and your lungs breathe...and you don't make
that happen...so just let the calmness...peacefulness... tranquility...and relaxation...just happen as you listen to the music
and begin to feel more and more of your inner harmony and balance... you will have approximately 2 minutes for this
process beginning right now (**Turn on the Hypnomusique- wait 2 minutes**)

PROGRESSIVE Now that your mind and body are calmer, more peaceful, more tranquil, more relaxed...
RELAXATIONS please takes a moment now and deepen your trance by relaxing all of your muscles
DEEPENING from the tips of your toes...to the top of your head... please begin whenever you are ready
and when you have finished just raise the index finger of your right/left hand... (**Wait**)

(NOTE: at times it may be necessary to help the patient with the progressive relaxation if they have difficulty.)

FINDING A QUIET PLACE Now that you are deeply relaxed...I would like to suggest that you imagine yourself in a
place that gives you feelings of being calm, peaceful, tranquil, relaxed ...it may be a place that you have been to
before...or it may just be a place that you make up...now just let the image come...it may be a place with trees...water...
mountains...it may be the spring, the summer, the fall...but what this place does have are feelings of being calm,
peaceful, tranquil, relaxed...when you are in your imaginary place then take a moment to look around to see what there
is to be seen...then listen to the sounds of this place...what do you hear?...or possibly you may even be able to smell the
aromas that are unique to this place...but most of all take time to feel and experience the deep feeling of calmness,
peace, tranquility and relaxation that this place gives you...take your time (**wait 1 to 2 minutes**)...

OPTION 1: ELEVATOR DEEPENING Now that you are so relaxed...let me suggest that you let the image of this
quiet place fade from your mind...in a moment when I snap my fingers imagine yourself on the elevator...(**snap**)
when you're on the elevator please nod your head (**wait**)...great, I'm now going to take you down to your inner healing
workshop on floor Z...we will begin the descent now and with each floor we descend let yourself go into a deeper into
trance...let's begin now...B C D E F G H I J K L M N O P Q R S T U V W X Y Z...when I snap my fingers the
elevator door will open and on the other side of the door will be a well decorated room with a very comfortable chair in
the center of the room...go in and relax in the chair...when your in the chair just nod your head...(**watch**) good.

OPTION 2: STAIRS DEEPENING Now that you are so relaxed...let me suggest that you let the image of the quiet
place fade from your mind...in a moment when I snap my fingers imagine yourself standing at the top of a stairway
with 10 steps (**Snap**) as soon as you can imagine yourself there just nod you head (**Wait**)... Now take a look at this
stair way...is steep or is it shallow?...does it have a banister or a railing?...are the stairs carpeted or bare?... do the stairs
go straight down or are they curved?...I shall now begin counting backwards from 10 to 1 and with each number please
descend one step...the most important number will be 1...because at that point you will be at the basement of your
relaxation so relaxed and comfortable...further at the bottom of the stairs there will be a door...I'm going to begin to
count now 10...9...8...7...6...5...4...3...2...1...now as soon as you can see the door please nod (**Wait**) great...on
other side of the door will be a well decorated room with a very comfortable chair in the center of the room...go in and
relax in the chair...when your in the chair just nod (**watch**) good.

CONTACTING THE
GOD WITHIN

Just continue to relax in the chair...feeling more and more calm, peaceful, tranquil, relaxed...and now just become aware of the place in your body right behind your heart...as you concentrate on that area say to yourself, "The spirit of God is within me...I feel his love...I am love"...as we continue you may feel his presence...as a warmth...a vibration...or just a knowing ...His presence will also move you closer to feelings of deep love...which is the nature of the God within...as you become more and more aware of His presence within you...you hear a voice within you saying:

*There is a God and a power within me now...this power provides me all the patience...kindness...understanding...
forgiveness and honesty...I need to love myself...and to love other...and this love is unconditional...I know I am one with
God...He is within me...it is who I am...*

Be aware now that within the presence that you feel is an energy that can help you to feel **calm, peaceful, tranquil and relaxed** before the surgery...and to help heal you after your surgery along with the traditional medical treatment you will be receiving... let the feelings of success and wellness now fill your mind...body...and soul...and then feel the joy and love within you that God provides...(wait)...as you enjoy these feelings of joy and love...

Option 1. (Christian) In a moment I'm going to say the Lord's prayer out loud...and I'd like you to say it to yourself along with me...the purpose of this prayer is to open the healing channel between God and you...I'm going to begin now...

*Our Father, who art in heaven, Hallowed be thy name
Thy kingdom come. Thy will be done on earth,
As it is in heaven. Give us this day our daily bread.
And forgive us our trespasses as we forgive those who trespass against us.
And lead us not into temptation; **but deliver us from evil**
(For thine is the Kingdom, and the power, and the glory, forever and ever.)
Amen - so be it.*

Option 2. (Hebrew) In a moment I'm going to say a Hebrew prayer and I want you to repeat the line to yourself after me... this prayer is used during the high holy days and comes from *The New Union Prayer Book for the Days of Awe* (1996)...I'm going to begin now...please repeat each line after me...

*O source of peace, lead us to peace,
A peace profound and true;
Lead us to a healing,
To mastery of all that drives us to war within ourselves and others
May our deeds inscribe us in the book of life and blessing,
Righteousness and peace,
Bless us with peace.
Amen*

Healing Light

In a moment when I snap my fingers the room will be filled with a healing light energy that is generated by God... (**Snap**) when you feel this light around you just nod... (**wait**) great...let it radiate through your body and it will provide you the calmness, peace, and protection that will stay with you until you have recovered from your surgery...feel the light around you...over you...inside of you...you may feel a warmth, a coolness, a vibration, or some

feeling that's uniquely yours...once again the voice within you speaks...

I committed my mind, body and soul, with God's, help to guide me through the forth coming surgery...I now know that the God within me will help...I can feel the power and the strength of his love as it flows through my body...I can feel its calming power and strength...and I thank the God within for helping me...along with my doctors to make me well again...totally well...yes, totally well... (Wait)

Now with God's help you are shedding those negative beliefs...of doubt...failure and you believe in the success of your surgery and convalescence...you can feel these positive vibrations in your mind body...and soul...feel the light from within and without filling your conscious and unconscious as it begins to express itself in your successful surgery...

Positive Affirmations

Now I want you to repeat to yourself after me the following...I surround myself with the protection of almighty God (**wait**)...and nothing shall get through to hurt me...(wait)...I am grateful what God has done and will do for me...let me avoid every possible cause for anxiety...and with God's help, let me silence the voice of doubt, negativity and fear about my surgery...(wait)...and I thank God for the power that I feel from within...(wait)...

Take a moment now and in your imagination and create a picture of you completely well after your surgery...enjoying yourself with your family...friends...business associates...or relaxing with one of your favorite activities... take your time and create this picture as if you were creating a master piece...fill the picture with love...and then let this love fill your mind, body, and soul...sense the feeling of inner peace that you now experience as you view your masterpiece of wellness...just devote a few moments to viewing and experiencing the picture you have created and as you do this, that voice within says:

My picture is fulfilled right at this moment...and I know that the God within knows what is best for me...and will assist in making whatever adjustments are necessary for his love within me to make my surgery and recovery successful...His love and wisdom provides the healing energy which flows through my positive oriented conscious and subconscious ... and He fills my mind, body, and soul with a joy for living and a feeling of Thoughtfulness ... (wait)

Each day, as you continue, with God's help to prepare yourself for surgery...remember that the healing energy from the light must flow through a channel in your mind...if you have any negative thoughts come into your mind then just recite this positive affirmation to yourself... With God's help and the surgical team my surgery will be successful... With God's help and the surgical team my surgery will be successful ...and eventually you will feel those negative thoughts leaving you and you will feel peaceful again.

Remember...how *you* perceive yourself and your relationship with God become part of your reality...if you believe that God withholds good from you...then that's the way it is...if you believe that God is ever aware of your needs and is helping you...then that's the way it is...now continue to rise above any feelings of doubt or depression that may sneak into your life as you prepare yourself for surgery...now the healing light that has surrounded you is beginning to fade and completely disappear...thank God for the light he has sent you...and thank him for being with you throughout your surgery and recovery...(Turn off the Hypnomusique)

ELEVATOR AROUSAL Now when you are ready ask God to turn off the healing light, get on the elevator, close the door, and press the button for floor A...with each floor you ascend you will become more and more awake and aware as your body begins to feel natural and normal...and when you're ready, and your body systems are balanced, and you're awake and aware...just open your eyes and stretch and smile...now take your time...you have been very

deeply relaxed... if and when you go open your eyes and they feel stuck together, that is an indication that it's not yet time to come out of your trance...now just take your time...(NOTE: *If the patient has difficulty coming out of the trance it may be necessary to offer assistance*)

STAIR AROUSAL Now when you are ready ask God to turn off the healing light...then go out through the door where you will find the stairs...as you ascend the stairs you will be bringing yourself out of the trance...take you time ascending...with each stair you ascend you will become more and more awake and aware as your body begins to feel natural and normal...and when you're ready, and your body systems are balanced, and you're awake and aware...just open your eyes and stretch and smile...now take your time...you have been very deeply relaxed... if and when you go open your eyes and they feel stuck together, that is an indication that it's not yet time to come out of your trance...now just take your time...(NOTE: *If the patient has difficulty coming out of the trance it may be necessary to offer assistance*)

Note: It is quite helpful for your client that you adapt this script and put it on a CD or cassette tape.

Intra Operative Suggestions

- You will find yourself so concentrated on keeping your wound dry that it will be totally unnecessary to move.
- Your muscles will remain soft pliable.
- It isn't necessary for you to move a muscle because if we need to move any part of your body we will move it for you as the need arises.
- You remain flaccid...motionless...no need to move...no need to help in any way.
- Just keep the muscles soft and flaccid and they can remain that way until such a time as I instruct you otherwise.
- Your mind is calm, peaceful and you are tranquil and relaxed.
- The surgical staff and I are looking after your well being all the time you are in the operating room
- There is no need to move until we ask you to do so at the end of surgery.
- You listen only to my voice all other sounds will remain in the background and won't be of any interest to you.
- You are calm, peaceful, tranquil, and relaxed
- Your breathing tube is comfortable and your throat remains relaxed.
- The surgical staff is highly skilled and has done this type of surgery many times.
- Your breathing is natural and normal.
- Imagine yourself in a place that gives you feelings of safety and comfort.
- Direct your blood flow away from the area of the operation.
- You know that this operation will help you.
- Your neck and facial muscles remain relaxed at all times.
- You are relaxed and comfortable so that you will need a minimal amount of anesthesia.
- The surgery is going very well.
- When the surgery is over you will begin the healing process immediately.
- When you awaken from the surgery you will have a minimal amount of discomfort and no nausea.
- You have a great feeling of relief because the surgery is over.
- You will have regular bowel movements and urination.
- Your incision heals quickly and without any complications.
- Your experience in the hospital will be pleasant.

(Hernandez Jr., A. and Tatarunis, A.M. 2000, p.171)

Post-operative Suggestions	Purpose
Your operation is finished and everything went very smoothly for you...I am now going to take you to the recovery room where you will stay until your body systems are functioning normally...in that room, there are other patients who are also recovering from their surgery...they are awakening from anesthesia...but you need not pay attention to them, because the nurses will take care of them as they will take care of you	Orientation to environment
You will be concentrating on your body...you will be aware of the process of healing as the anesthesia wears off... you will feel healing taking place at the incision site...at times this feeling may be very strong...but just think of the healing process as mother nature's way of making you well again... all the tissues are healing... the stronger you believe the healing is taking place the faster you will recover	Reframing pain awareness
Your doctor has ordered some medication to keep you comfortable should feel uncomfortable... you will welcome this medication and ask for more of this medication only when you feel uncomfortable	Medication for pain and discomfort is available
You breathe effortlessly...your body functions will return rapidly...you keep the operative area soft...as you did during surgery...and you look forward to passing your water smoothly and freely	Prompt urination
You breathe effortlessly and deeply...bringing fresh air into your lungs and opening up all air passages...you cough when it is necessary to clear your lungs of any impurities...you find it easy to clear your throat by swallowing...and you continue to breathe more and more easily with each passing moment	Post operative ventilation
You concentrate on bringing the blood back into the operative area as needed...to supply the area with the needed material to make you heal more quickly	Revascularization suggestion
Your breathing stays calm...deep...and easy...your heart beats regularly... stays calm...and strong	Regular cardiac rhythm suggestion
As your body functions return to normal...you will notice how quickly you regain function of your bowels...you keep your abdomen soft and you will soon begin to pass gas effortlessly... you will be surprised how much better you will feel when this occurs	Prompt bowel control suggestion
You eagerly await the opportunity to eat solid food and drink liquids...you think of the food served you as nourishment for your body...and you drink enough fluids to replenish your normal body reserves that may have been depleted during surgery	Suggestion for hospital food tolerance

Hypnosis to Enhance Healing

Giandes, et. al. (2003) wrote although hypnosis had been used by the medical profession for years in areas of pain management, reduction of anxiety prior to surgery, etc. it had not been tested on site-specific effects on physical healing per se. The researchers selected 18 healthy women who had been medically recommended for reduction mammoplasty at an ambulatory surgery practice. The study focused on early post-surgical wound healing. The subjects were chosen randomly and divided into 3 groups:

- The usual care.
- 8 adjunctive supportive attention sessions.

8 adjunctive hypnosis sessions to accelerate wound healing.

The data indicated that the hypnosis group healing was significantly greater than the other 2 groups. (pp. 333-351)

It was reported by Cromie (2003) that Harvard researcher Carol Ginandes had conducted a small study using hypnosis to help the healing process: In the article Ginandes spoke of the traditional uses of hypnosis, *i.e.* smoking, phobias, self esteem, headaches, etc. However, she further said:

"All these functional uses may help a person feel better," Ginandes continues. "I am also interested in using hypnosis to help people get better physically. That means using the mind to make structural changes in the body, to accelerate healing at the tissue level."

Ginandes and Daniel Rosenthal, professor of radiology at the Harvard Medical School, published a report on their study of hypnosis to speed up the mending of broken bones. They recruited 12 people with broken ankles who did not require surgery and who received the usual treatment at Massachusetts General Hospital in Boston. In addition, Ginandes hypnotized half of them once a week for 12 weeks, while the other half received only normal treatment. The same doctor applied the casts and other care, and the same radiologists took regular X-rays to monitor how well they healed. A radiologist who evaluated the X-rays did not know which patients underwent hypnosis.

The result stood out like a sore ankle. Those who were hypnotized healed faster than those who were not. Six weeks after the fracture, those in the hypnosis group showed the equivalent of eight and a half weeks of healing. (Harvard University Gazette 2003/ 05.08/01)

Healing Enhancement Script

(Induction and Deepening of Choice)

POST- HYPNOTIC SUGGESTIONS You are now recovering from your surgery...you know and I know that all living things plants, animals, and humans...have a common trait within themselves to heal...the plant heals itself and continues to grow... wounded animals are able to recover, and men and women have the power within to recover after a surgical procedure as you just had...and why not just allow that to occur...that's right.

I would like you to allow your trance to go deeper and deeper and deeper...and go to the center of yourself...where this healing energy is located...I wonder if you'd be interested, in learning how, we all have a different way of imagining this healing energy...some people imagine this healing as golden healing light energy...that covers the part of the body of the body that has experienced the surgery...others prefer other colors...at times like this, some people prefer to choose their own healing method and color...and isn't it nice to know that you are free to choose...that's right.(pause) Once you have found the center of your healing energy...and have decided on the color of your light...then think...imagine...and feel...the healing energy and direct it to where the healing is taking place...Now as you think, imagine, and feel the energy where the surgery was performed...and imagine where the healing is taking place...this image can be real as if you were seeing it in an anatomy book...if you prefer you can imagine it as three dimensional like a sculpture...it could be symbolic...or a way that you find uniquely yours...use your imagination...that's right.

It is interesting to note that images are most effective when you create them using your senses...make the image as detailed as possible...see the color...and the texture...feel the healing taking place in the surgical area...feel, think, and imagine the strength of the healing...and I wonder if it will be surprised when it happens to you.

I'd like you to continue to use your imagination and see that the healing light energy healing the surgical area...imagine how your body is recovering...the image is now changing and you see the body completely healed...that right...you can see and feel the area is healed as your body is restored to wellness again...and you have all the energy y

always had. Now that you are healed enjoy this feeling...and imagine yourself interacting with your loved ones...you a recovered and happy to be with them. **(Wait)**

Many times during the day hypnotize yourself and bring this positive image to your mind...reinforcing this image many times a day can enhance the healing process...visualizing the image many times during the day sends a strong message to the subconscious and the body: I'm getting well...I'm on the road to recovery.

(Arousal of Choice)

Patterned after a technique developed by: Hunter. M. E. (1994)

:References

Boston Globe Editorial (11/29/97) Spiritual healing at MGH (p. A14)

Bejenke, C.J., (1996) Painful medical procedures. In *Hypnosis Suggestions in the Treatment of Pain*. Barber, J. (ed) New York. W.W. Norton.

Cromie, W. J. (2003/05.08/01) Hypnosis helps healing: Surgical wounds heal faster. Cambridge MA: *Harvard University Gazette*.

Forman, J. (1997) Most HMO executives polled see prayer as healing aid. *Boston Globe* (p. B18)

Giandes, C, Brooks, P., Sando, W., Jones, C., and Akers, J. (2003) Can medical hypnosis accelerate post-surgical healing? *American Journal of Clinical Hypnosis*. 43:4 (pp. 333-35)

Hernandez Jr., A. and Tatarunis, A.M. (2000) The use of pre-, intra-, and posthypnotic suggestions in anesthesia and sedation. *CRNA: The Clinical Forum for Nurse Anesthetists*. (pp. 167-172)

Hogben, G.N. (1985) Spiritual awareness as a healing process. In Kunz, D. (ed) *Spiritual aspects of the healing arts*. W. IL: Theosophical Publishing house. (pp. 82-91)

Hunter. M. E. (1994) *Creative scripts for hypnotherapy*. New York: Brunner/Mazel, Publisher (pp. 99-102)

Ritter, M. (03/31/2006) No effect on prayer found on recovery. Boston MA: *The Boston Globe*. (p.A3)

Siegel, B.S. and Siegel, B. (1985) Spiritual aspects in the healing arts. In Kunz, D. (ed) *Spiritual aspects of the healing arts*. Wheaton, IL: Theosophical Publishing house. (pp.47-60).

Siegel, B.S. (1986) *Love medicine and miracles*. New York: Harper Row.

Tye, L. (1997) Spirituality makes the rounds. Boston Globe (p. A1).

Brief Biography

Dr. Tatarunis is the president of the Greater New England Academy of Hypnosis, Inc. The Academy is now in its 29th seminar year and is approved for CE credits by the American Association of Nurse Anesthetists. The purpose of the seminars is to teach Anesthetist how to use hypnosis in their practice. In the past the Academy of General Dentistry, the American Psychological Association, and the Florida and Massachusetts Nurses Associations also approved the Academy for CE credits. He has conducted these seminars through out the United States, Canada, England, and on Cruise Ships.

In 1984 he established the New England Stress Management Center. While the major focus of NESMC is stress management, nevertheless, weight loss, smoking cessation, chronic pain management, sports hypnosis, and working with cancer patients is also offered at NESMC. His book that he co-authored: *Teaching Music in Today's Secondary Schools*, two editions 1975 and 1980, were published by Holt, Rinehart & Winston and in 2002 his book: *Nobody Drives You Crazy, You Do!!* A Stress Management Primer was published.

Dr. Tatarunis holds a bachelors degree in Music from the University of Massachusetts at Lowell, a master's degree in Education from Harvard University, and a doctorate in Education from Boston University. He received his

Hypnotic education from the Greater New England Academy of Hypnosis, Advanced Hypnotic Techniques with Theodore X. Barber, Ph. D., and Sidney Rosen, M.D., Imagery Techniques with David Bressler, Ph. D. and Marty Rossman, M.D., and Transformational Techniques with John Shafer.

For 31 years he was a teacher and school administrator in the Massachusetts Public Schools. The last 26 years in Danvers where he was Director of Music, Media Services, Drama, and wrote the public relations for the school department. He was also an adjunct instructor at Emmanuel College, Berklee College of Music, Boston Conservatory of Music, and the University of Massachusetts at Lowell. He retired from education in 1984 and went into the stress management and hypnosis business.

27th Seminar Year

Seminar Schedule for 2006

April 22 & 23, Introduction to Clinical Hypnosis in Pain Management

May 27 & 28, Introduction to Clinical Hypnosis in Anesthesia and Surgery

*June 24 & 25, Introduction to Clinical Hypnosis and Advanced Hypnotic Techniques

July 22 & 23, Introduction to Clinical Hypnosis in Pain Management

August 26 & 27, Introduction to Clinical Hypnosis in Anesthesia and Surgery

September 23 & 24, Introduction to Clinical Hypnosis in Pain Management

*October 28 & 29, Introduction to Clinical Hypnosis and Advanced Hypnotic Techniques

November 25 & 26, Introduction to Clinical Hypnosis in Pain Management

December 16 & 17, Introduction to Clinical Hypnosis in Anesthesia and Surgery

* New for 2006

The seminars are limited to 6 participants

AANA Approved for 20 CE credits

