

Mind - Body Approaches to Pain Relief

Daniel F. Cleary and Michael Ellner



**Presented at the
2009 - PainWeek - Conference**



Mind Body Pain Relief Programs

Daniel Cleary and Michael Ellner are available world wide, in your venue and select locations, providing comprehensive programs for professionals addressing pain related issues. To arrange training for your group contact:

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*Tell me and I will forget
Show me and I will remember
Involve me and I will understand.*

Confucius

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Published in the United States by:

www.transformationallstars.com

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I have taken your notes for you-- Here in your hands are the key points that I am going to be covering during this training that I will be co-teaching with Dan. note taking is covered-- Sit back, relax and enjoy yourself..

Michael Ellner

We will be exploring several effective mindbody approaches to helping your clients

Medical Hypnosis

Medical NLP

Guided self-help

Pain versus Suffering: Pain is the signal, the sensation. The nerve activity is called Nociception Suffering is the “opinion of the signal”, the perception, the actual experience (which we can change). Activity in the nerves: *nociception*. Our painful experiences are mediated by our brains Our Clients actually want relief from *suffering*, not the pain itself.

“All pain is real and all pain is imaginary”

Chronic Pain vs. Acute Pain

Acute pain is giving a meaningful signal – **Chronic pain** is a neurological condition.

Current medical opinion is that chronic pain is unrelated to the original cause or injury. Clients are at risk for learned helplessness/hopelessness with chronic pain. We must give our clients a reason to believe that we can help them. Hypnosis is a persuasive healing art - Expecting success is vital

Breakout Pain: Can indicate an injury or disease that has not been recognized and often refers to pain that pain medications can no longer suppress.

Pain Modifiers:

- Stress
- Anticipation
- Arousal
- Deeply Held Beliefs
- Expectations

Modalities:

(All hypnotic modalities are *persuasive healing tools*)

- Self-hypnosis
- Guided meditation
- Imagery (using *all* the senses, not just visual)
 - Quantum Focusing
 - Clearway Pain Relief (Dan Cleary)
- NLP or “NLH” (“H” is for “Healing”).

Making lemonade for pain relief: The “Lemon convincer” – is a simple demonstration that can convince clients that they are able to produce physiological changes using their imaginations. If your imagination can produce digestive juices your imagination can produce natural painkillers (*endorphins* - short for *endogenous morphines*)

Stress

Chronic stress becomes transparent -- when it's chronic, you don't notice it. Fight-or-flight is designed to be used on rare occasions, when it becomes frequent, the body does not metabolize the adrenaline, etc.—they become toxic.

The word “positive” can have negative effects:

Takes on a negative connotation for people to whom “positive” has come to mean “positive on a pathology test”.

Entrainment: Synchronization: people, even physical systems, in close quarters will synchronize. Common examples: Menstruation, heartbeats, pendulums, breathing.

QUANTUM FOCUSING: Teaching your clients how to relax and creatively manage stress Helps their “Inner Doctor” be more effective because our Inner Doctors are only able to help us in rest-and-digest states. Hypnosis as a ritual neutralizing emotional triggers and teaching clients creative ways to manage stress Helps clients develop their coping and imagery skills.

***“My heart is happy
My mind is peaceful and quiet and
My spirit is playful”***

Seriousness killed the cat: Keep it playful, and take a light-hearted approach to serious issues. Let the client know: “I am purposefully making light of this, in order to help you create a *shift*.”

Focus your attention on a client’s abilities (rather than their disabilities).

Tools:

Dissociation: Asking the client to describe “that pain there”, as an object, disassociates the feelings, as he/she begins thinking about how to describe it. Then you can manipulate it. Have your patient describe his or her experience, using all the senses In order to describe pain, have to put it aside (cognitive mode) “What if it were a different size?”

Perspective: Events are experienced from our *point of view*. Any shift of perspective provides opportunity for a different outlook.

Motivation: What floats your client's boat?

Relaxation: Most people have limited experience with physical relaxation. Tension can be an anchor for referred pain. PMR exaggerating the tensing and relaxing can be very helpful.

Sleep issues: A crucial factor with 80% of clients. Patients with chronic conditions often experience sleep-related problems. Hypnosis can help them move out of fight-or-flight status and into rest-and-digest states.

Magic Bullet: There are no freaking magic bullets!

Changing our mind changes our brain: just thinking that a medicine will relieve pain releases natural painkillers, Benedetti found that morphine was 50% more effective when patients knew it was coming.

Paraphrasing what the client says: Helps in understanding what they're saying and opens the door for making suggestions and reframing.

How much [relief] is enough?

Anxiety: An emotion connected with an uncertain situation.

Chronic pain ebbs and flows: We want to help clients recreate the times when it ebbs.

Intractable/Persistent pain is continuous: We want to help clients focus their attention away from the discomfort.

Migraines and other headaches: Hand warming is an effective biofeedback-like approach to relieving the pain.

Hypnosis is a symbolic healing art: Mind and brain use symbols, acting out stuff in our minds produces hypnotic effects: "I wonder how quickly you'll discover that you can tune it out or ignore it?"

Glove Anesthesia: Is still widely used and highly effective. Dan Cleary's "pinky pump" – pumps anesthesia to any part of the body.

Number one requirement for being a successful hypnotic subject: Ability to activate belief and suspend disbelief.

Fibromyalgia: The Term simply means “muscle pain” formerly called “Fibrocytitis” and changed to myalgia in the absence of inflammation.

Resources: Use **Google Scholar** to find scholarly articles and studies on hypnosis

Michael’s recommended books:

The Phone Book: Breakthrough Neurolinguistic Phone Skills for Profit and Enlightenment, by Richard Zarro and Peter Blum.

NLP for you and me- Highly recommended

A Critical History of Hypnosis, by Saul Marc Rosenfeld.

PAIN RELIEF
PRACTITIONER'S GUIDE

Daniel F. Cleary

CORE CONCEPTS

Before we begin to consider the HOW of assisting clients to enjoy levels of relief, let us first consider our role in the process and a perspective which allows a greater potential for success.

DOCTOR'S ORDERS

Keep in mind that unless you have specific medical training, the diagnosis and prognosis as medical issues, are irrelevant. Having said this, it is the effect of these events in the perception of the client that is important. Consider the *impact* of the diagnosis in the life of the client, whether or not the diagnosis itself is 'True.'

The impact of the diagnosis may extend far beyond the actual implications: *'Is this a death sentence?'* *'What about my family?'* *'...My finances...'* *'...My profession...'* *'What's next ...?'*

By law, doctors are required to tell patients the possible side effects of treatments, which are often rare occurrences and yet can be terrifying. The list of fears and expectations is boundless and we can best assist when we listen to what a client has to say. Keep in mind also what is not said: while they may come to us for relief of physical symptoms, the emotional response to those symptoms is at least as important.

Many people adopt the attitude of 'keeping a stiff upper lip:' *Grinding Away* at the situation while intentionally ignoring aspects that may interfere with the task at hand. This is a resource state (*Just Do It!*) that has worked to some degree in the past and we can use the *ability* behind the state in new ways during our time together.

At the same time, we can allow ourselves to remain nonjudgmental in our observations and assistance: Deciding that the client 'SHOULD' have X, Y, or Z as a reaction to the situation, is just as limiting for us as for them.

SKILLS AND ABILITIES

Our clients have within them all the skills and abilities they require for success. Consider that we are assisting with the experience of whatever events they have encountered in their life. When we focus upon the experience rather than the event, we are able to remember that the experience includes all the perceptions and mis-perceptions that they have used in transforming the event to the experience on a personal level.

This includes their past experience, beliefs, filters, resources and many other aspects they possess in the form of ability. There may not be conscious awareness of HOW they are doing the things they do and even if seems difficult to recognize the benefit or opportunity that resides in adversity, the doors are there and we can help them to access and utilize skills and abilities that lay beyond.

BELIEFS

Belief systems are learned behaviors and as such can and do change. When we first consider working with clients and how beliefs may influence the communication we establish, are we including our own beliefs?

When we rely upon our own beliefs as ‘True’ which is kind of the point of a belief, let us remember that we too, could be mistaken. In fact, that is the belief that I consider my most valuable asset: Whatever I believe, I could be mistaken. In the context of this program, this refers to beliefs that limit our ability to assist our clients. If I were to believe that disease must be cured, then anything short of cure is failure and that doesn’t even open the question of what ‘Cure’ means. If I believe that my clients have the ability to feel better, then I develop greater flexibility to discover how to assist them.

Remember that beliefs are also filters, if we notice conflict arising in communication, consider whether it is related to our beliefs.

Reality is not the event, rather it is the perception of the event.

OUTCOMES

When a client comes to us to address an issue it is natural to imagine an outcome. When creating an image of success or how to make changes in our life, the details are important to clarify the desired goal and recognize the process involved in toward fulfillment of the desire. Yet when the outcome is too detailed we may not recognize opportunity along the way. It is possible to overlook entirely levels of success when we limit our view of what constitutes that success.

If our view of relief is 100% we may be disappointed and consider 50% as a failure, when it is a HUGE improvement. So let us begin to view outcomes with greater flexibility.

CONTROL

In many cases, clients have been given a diagnosis or suffered a trauma followed by multiple treatments and testing, hours spent in waiting rooms, countless forms to fill out (all asking for the same information) job loss, sleep loss and the list goes on... The sum total of which is a perceived loss of control: the pain/condition/insurance company, controls their life.

Even if life before the onset was tough, most would say, "*I want my life back!*" As we begin to assist these people we can help them to recognize the aspects of their life that they do control. Being able to access a recognizable level of relief, even if on a short-term basis can have an amazing effect in all aspects of life.

A Ten Percent Relief of Pain

Can Be a Hundred Percent Improvement In Life!

PASS/FAIL - EITHER/OR

A common trap that we can encounter is the pass/fail - either/or situation: It works or it doesn't, there is pain or there isn't and if there is, this doesn't work.

When assisting any client we can be aware of how to open the process by degrees, to include more options. The Ten Percent Solution is a prime example of this in action. Often a patient will be prescribed an analgesic or treatment and after using the prescription asked if they are still in pain. The answer is often "YES" the implication is that the treatment or medication failed and 'What's Next' is explored. However, there may have been a level of benefit that got lost in the process: with fifty percent relief, the question 'are you still in pain' leads to overlooking benefits they have experienced. This is a simplification of the process and yet offers an insight to the idea.

Remember to keep options open and look for the benefits that may be hidden in seeming challenges. Listen to the language of the client for self-imposed limitations. When you notice limitations in the language or expectations of a client, explore options rather than 'correcting' them.

Templates for Transformation

GLOVE ANALGESIA

DANCE OF THE DOUBLE HELIX

FINDING THE ZONE

Daniel F. Cleary & Michael Ellner

GLOVE ANALGESIA

Daniel F. Cleary

I was recently speaking with a fine hypnotist who is also a dear friend about the use of glove anesthesia when assisting clients in preparation for ChildBirth. My friend was saying that she had pinched the client “kind of hard,” which to me sounded like “not really hard at all.” In our discussion we considered that while she is an excellent hypnotist and has the intellectual knowledge of the power of glove anesthesia, she may have had doubts about her success using this technique.

We all receive training in the use of glove anesthesia during our certification course. Each instructor will emphasize the points that they feel are most important and each student will develop their own sense of confidence in using this and other techniques.

We project our belief and our confidence. Our clients become aware, on at least an unconscious level, of the conviction we hold in the techniques we employ. When we project the certainty of success in our manner, we establish the powerful working rapport that enables our clients to trust in their own abilities and the process of change.

Glove anesthesia CANNOT work if you don't use it, and will ALWAYS work when you do. What follows is a reference for the concept. Read it and use it until you develop your own approach. Each client is different; speak WITH them and LISTEN.

After establishing trance and perhaps reminding them of the comfortable safety and ease that always awaits them within:

Now. In a moment . . . I'll touch your hand.

*When I do, just let your **FOCUS ON THE SOUND OF MY VOICE** allow that all the beneficial suggestions become a comfortable part of you.*

Very good . . .

(begin light-touch stroking or tapping on the back of the hand)

*Just **notice** as I touch your hand that **all sensation begins to change** . . .*

*Many people **notice a slight tingling sensation here on the back of your hand** . . . or elsewhere, perhaps on your arm or across your face or forehead.*

*Others begin to **feel a comfortable distance** perhaps as though all the things and sensations you are aware of were happening to someone else . . . like in a movie.*

You may realize this in your own way.

*But however you experience this , , , **All the things I do here simply allow you to be more and more comfortable.***

*You **MAY** be aware of my touch . . .*

but all that I do just happens as though you were watching it, aware of it . . . if at all . . . from a distance.

(The light-touch and slight tapping is partly to create a physical confusion. Avoid a particular pattern by changing intensity, and pacing their breathing and the sound of your voice.)

Imagine, if you will, that this area . . . from your wrist all the way to your fingertips is in a comfortable glove.

*This glove is perfect for you . . . custom made just for you and all the area within begins to feel **relaxed** and so very **comfortable**.*

You may think of it as a glove of relaxation or . . . a glove of anesthesia.

*Every part of **your hand within this glove** . . .*

Your wrist, the back of your hand and the palm of your hand, even your comfortable fingers, all the way to your fingertips feel this sensation.

***This comfortable tingling** . . .*

And all that I do makes you feel better and better . . .

more and more relaxed.

*You **MAY** be aware of my touch. . . . but all that I do just lets you, allows you, to **go further and deeper into this pleasant feeling.***

(At this point begin to pinch the hand above and in the area of the web between thumb and forefinger. Begin slowly and increase pressure while watching clients' face. A soothing tone is usually beneficial and a continuous patten distracts.)

More and more comfortable. . .

*you may be aware of my touch while **wondering** what it is that I'm doing.*

Excellent!

*Or you may just **GO DEEPER NOW** into this very pleasant state of relaxation.*

Noticing the comfortable tingling . . .

Aware perhaps of my touch . . .

*And the **wonderful** sensations throughout your entire body.*

*And especially **here within your special glove . . .***

Your glove of relaxation . . .

Your glove of anesthesia . .

(You may continue or you may suggest that as they emerge from hypnosis that all sensations begin to return to normal, suggesting that:)

You may bring forth all the wonderful sensations and comfortable impressions into full waking alertness, for as long as you choose to enjoy them. Whenever you are ready . . . now.

NOTE: When you pinch, create a mark which will remain visible for ten to fifteen minutes. When the client emerges from the formal trance attract their attention away from the hand until they mention the pinch. Then ask how hard they think the pinch was. The usual answer is "not very." Agree with them saying, "You're probably right. May I pinch you now that you are fully alert?" Then quickly pinch them hard! When they yelp and pull their hand away, ask them to notice that the spot you just pinched is at most a blush, while the mark from ten minutes ago is clearly more evident. This works.

Notice that I use the terms analgesia and anesthesia interchangeably. By definition, however, these are different conditions. Analgesia allows that the client may be aware of touch or pressure while remaining free of pain. Anesthesia is a condition of being insensible to sensation. The difference may be lost with the client and cause unnecessary confusion. Also note that I avoid the words "numb and paralyzed," as these and similar terms may trigger associations of an unpleasant nature.

Naturally, there are infinite variations. You may ask the client to open their eyes while you are pinching them, to see for themselves how effectively they can change perception. When working with my Hypno-Moms, I will often suggest, after the anesthesia is established, that the glove begins to grow, becoming an EVENING GLOVE OF COMFORT.

Whether you use this in order to establish reduction of pain through transference to another area of their body, or as a convincer that they are in trance . . . use this at least once TODAY. Then use it more often, certain of your ability and theirs.

THE DANCE OF THE DOUBLE HELIX

Daniel F. Cleary

Imagine, as you relax more and more deeply, an image or awareness of the spiral, double helix that is called DNA. Most of us have seen pictures and heard descriptions of this elegant, twisting image, holding within itself all of the information of the physical reality and structure of our life.

Now, as this becomes easier and clearer in your mind, notice there are sixty-four gleaming points spread throughout this rotating image. Some of these points radiate in a manner that allows you know that they are currently active and others simply glow with the potential of activity.

As they rotate there, your intuition... your inner guidance ... lets you know... that a natural aspect of these points is that at different times they switch off and on in various combinations to provide the necessary information to all the cells of your body, most effectively dealing with the constantly changing universe of your experience.

Now, there are times that these different combinations may be activated in ways that are mistaken or in reaction to mistaken understandings and now, you can trust you inner guidance to reset these beautiful, changing, radiating points to the most effective setting; enhancing health, vitality and the graceful, natural balance of life.

Just let yourself, allow yourself, at the count of three, two, one. Breathing in deeply with each number and letting go completely between each count, to see, feel or experience the shifting of these many points until you are at the best setting for the present moment in your life. As you experience this, just let yourself drift, in your awareness and accept the natural state of balance and harmony you so richly deserve. Knowing now that these changes continue to enhance all aspects of your life.

Finding the Zone

The Quantum Focusing Basic Triple-Play

Michael Ellner

To get the most out of this exercise, use it first thing when you wake up and last thing before going to sleep. During the day, we highly recommend that you practice this short exercise whenever you are changing from one activity to another. When you do, you will automatically feel better and become more effective in whatever you are doing.

1. Become comfortable with your surroundings and not focusing on anything in particular, as you allow your attention to glide into doing this exercise.
2. Without thinking about it –gently bring your attention to being inside of your body.
3. Fill your mind with a sense of occupying all of the space from the bottom of your feet to the top of your head. Become aware of every atom in your body dancing in total harmony.

Say to yourself-

I live with a happy heart, a playful spirit
and a peaceful mind!

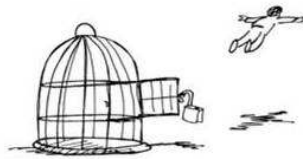
Stay with it for about 2 minutes...

4. Just before ending the session, inhale deeply, and in the privacy of your own mind quietly shout, "I deserve health and happiness".
5. As you breathe, take a moment to feel complete and good about what you just did.
6. Bring yourself into the moment, focusing your attention on what is happening now.

Throughout your day and night, whenever changing activities—repeat the exercise to give yourself the Quantum Focusing edge of bringing yourself into the moment with a happy heart; a playful spirit; and a peaceful mind.

We wonder how quickly you will notice that your life is more exciting, pleasurable, satisfying and rewarding when you do this simple exercise several times a day—every day.

IBS RELIEF:
Relieve Symptoms of
Irritable Bowel Syndrome



Workbook
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By Michael Ellner, D.D., MSH, CHT, and Alan Barasky, CHT, MH
Workbook, Pre-publication issue, Series IBS-05106 ©2005 \$59.95

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The ONLY resource of its kind!

Changing Pain is a giant leap forward for your patients. Written by a person who lives with chronic pain, readers recognize themselves in these few pages and respond. The techniques and simple examples described, foster an immediate perception of relief. Returning a sense of control in life allows patients to feel better faster and return to a sense of normalcy in their daily life.

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