

Oregon Society of Clinical Hypnosis (OSCH) Presents:
Hypnosis for Enhancing Comfort in Individuals with Chronic Pain

Dr. Mark Jensen, October 30, 2021

Agenda and Specific Learning Objectives:

8:30am OSCH Meeting & Social Time

9:00 Introductions (Name, workshop goals, and types of clients work with)

9:10 Overview and goals of workshop – permission and additions

Learning objective:

- List three function domains that hypnosis can address

9:20 Review current hypnotic interventions and suggestions that participants use now.

9:30 Goal 1: Understand the physiology of pain perception

Learning objectives:

- List nine neurophysiological sites and processes involved in the experience of pain

- List specific hypnotic suggestions that will address each site and process

10:30 Break – 15 minutes

10:45 What else does pain impact?

→ Flip chart: Sleep, activity, relationships, anxiety, depression....

→ Include suggestions to address these, as appropriate, other treatments

Learning objectives:

- List five or more quality of life domains that pain impacts

- Briefly discuss ideas for hypnotic procedures that will address these domains.

11:00 Relaxation induction model (10 min)

11:10 Pair up: Each person practices

Learning objectives:

- Participate in at least 1 experience with a relaxation induction as a subject.

- Participate in at least 1 experience with a relaxation induction as the facilitator or operator.

11:30 Discussion

→ Discussion/questions/comments

11:45 Favorite place induction model (10min)

12:00 Pair up: Each person practices/Discussion and questions

Learning objectives:

- Participate in at least 1 experience with a favorite place induction as a subject.

- Participate in at least 1 experience with a favorite place induction as the facilitator or operator.

12:30 Lunch – one-hour lunchbreak on your own, please plan as needed.

1:30 Evaluation of Chronic Pain

o Factors to assess, and questions that measure those factors

o Model interview/discussion (of participant role playing)

Learning objectives:

- List the key factors to assess when evaluating individuals with chronic pain
- List the specific questions that can address those factors
- Observe and participate in a chronic pain interview and development of a treatment plan based on that interview

2:15 Development of a Treatment Plan

o Discuss treatments that address the factors identified, including the roles of hypnosis, MI, CBT, and hypnotic CT

Learning objective:

- List the interventions that can address the treatment goals identified in the treatment plan.

2:30 Hypnosis for comfort (i.e., a decrease in pain): model, practice, discussion

Learning objectives:

- List five or more suggestions targeting reductions in pain, such as changes in pain intensity, pain quality, pain affect, pain-related goals, body integrity, and attentional processes.
- Participate in at least 1 hypnotic experience focusing on increased comfort as a subject.
- Participate in at least 1 hypnotic experience focusing on increased comfort as the facilitator or operator.

3:30 Break – 15 minutes

3:45 Hypnosis for sleep management

Learning objectives:

- Describe the role of brain oscillations (including alpha) as indicators of sleep onset.
- Describe the impact of hypnosis on brain oscillations.
- Describe research findings with respect to the impact of hypnosis on sleep quality.
- Describe two hypnotic strategies for improving sleep quality.

4:15 Hypnosis for positive thoughts and activity/goal achievement (age progression)

Learning objective:

- Describe the steps involved in an age progression technique for helping clients shift from maladaptive to adaptive thoughts and behaviors.

5:00 Final discussion and end

Overall Learning Objectives

(Note: Specific learning objectives for each workshop section are listed in the agenda):

1. Understand the physiological, cognitive and behavioral factors that underlie and influence pain and the implications of this for designing hypnotic suggestions that help clients shift from maladaptive to adaptive cognitive processes and pain coping behaviors.
2. Be able to perform a thorough psychosocial evaluation of the psychosocial factors influencing pain and functioning, and design a treatment protocol that addresses each factor.
3. Be able to use hypnosis to help individuals more effectively manage chronic pain and its impact on their lives.