

ACADEMY VISIONS

The Journal of TranceFormation
SPRING 2001

Medical Hypnosis in the Hospital Setting

Case History

Late one Sunday night in January I received a call at home from Jeff Hood our ropes course instructor. His seventeen-year-old son, Jesse, had a skiing accident that day and had broken his legs in five places. Jesse broad-sided a tree and fractured both tibias and fibulas just below the knees, as well as the femur of his right leg. He was in surgery to repair the femur and would need surgery in a few days for both the lower legs. We agreed on my seeing Jesse at the hospital early Monday morning.

When I arrived at the hospital room Jesse was grimacing and

gray with pain. His legs were splinted and he had an on-demand morphine pump. During a brief pre-hypnosis interview we discussed the visual analog scale to assess his pain experience. "zero" being no pain and "ten" representing the worst pain imaginable. Jesse reported that he was at a "six to seven" even with morphine. Then we discussed what kind of an inner environment would be relaxing to him. He thought a garden would be nice. Then perhaps the most important question of all. How did he want me to help him? He asked if I could help with the pain. My reply was a confident "YES!"

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I wanted to communicate confidence with my tone and a head nod indicating the "yes" signal.

It was now time for hypnosis. Jeff, Jesse's father let the hospital staff know that we needed fifteen minutes uninterrupted to do hypnosis for healing. I explained to Jesse if he followed my instructions that he would achieve medical relaxation and then he could erase the pain. I used a combination of the Boyne "clearing" technique, the Elman induction believed to induce hypnotic coma and a parasympathetic nervous system (PNS) activation technique from Dr. Esquibar of Spain.

The session went like this: "I want you to take three deep breathes. On the first breath feel your eyes getting heavy. On the second breath close your eyes, and on the third breath relax all the muscles on your eye lids. Relax them so much that they just won't work." (Jesse took the three breathes then tested his eyelids) "When they won't work just say "satisfied" to indicate they won't work ...That's right, try hard to open them and find them locking down tighter." (Jesse said "satisfied.") "Now send that relaxation down through your body, all the way down to your toes... Now I am going to lift your arm just let it drop to your side. When I lift your arm make it loose and limp like a dishrag. When your

hand falls to your side send another wave of relaxation from the top of your head all the way down to your toes....That's right.... Now you have all the physical relaxation you need. Now I want to teach you how to relax your mind. In a moment, when I tell you to, I want you to start counting backwards from one hundred. Each time you count a number, double your relaxation. By the time you get down to the number ninety seven you will be so mentally relaxed that there will be no more numbers. Say each number as you relax them out of your mind." Jesse reached the number ninety-seven and became silent. I then said, "Let your mind be filled with nothingness" and I gently tapped him on the forehead. "I'm sure you can sense that there is a deeper level of relaxation below this feeling, when you can sense this, nod your head." After a few seconds Jesse nodded his head. "That deeper level is called the basement of relaxation. In order to get to the completely comfortable relaxation, I want you to imagine a special kind of elevator that will, when I tell you to, take you to the basement of relaxation. There are three levels, the A, the B, and the C level. "C" is for clear. You must double your relaxation before entering the elevator. Once you have done that, step into the elevator and push the A floor button. Say "A" when this is done. "Jesse

whispered "A." "Push B and double your relaxation to go down to the B level. Good, when you are there, Say "B." Good, now push C and double your relaxation once again to go down to the C level. When you are there say "C ." " When Jesse reached the C level he formed his lips to say C, however, no sound came out.

This is a sign of reaching an ultra deep level of hypnosis. I then asked him how he felt. He whispered the word "euphoria." Without directly suggesting pain erasure during hypnosis he achieved spontaneous anesthesia. I then had Jesse fill his mouth with saliva while he repeated to himself "My body responds to my thoughts of complete comfort." This stimulates the PNS and increases anesthesia.

Guided imagery around the garden was used for the indirect suggestion for a speedy recovery and conditioned him for accelerated healing and pain control. In closing the session I used direct suggestions for the same.

When Jesse opened his eyes, he smiled. His face had pinked up and looked relaxed, he reported, "The pain is ALL GONE." For hours Jesse did not need the morphine.

Look for Part II of this article in our next issue.

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Roberta Revis BA, CHT
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