



Welcome to the
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School

Brief psychological interventions for the paediatric patient in acute pain

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Outline of today's presentation

Hypnotherapy, pain and children: the evidence

- What is hypnotherapy?


- What is solution-focused hypnotherapy?

- Why does it work for pain?

- Why does it work with children?

Hypnotherapy, pain and children: the practice

- What can the clinical hypnotherapist do for children experiencing pain?

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What is hypnotherapy?

A typical hypnotherapy session:

1. Identify your goals, what do you want to achieve
2. Explain how learned patterns of thinking and acting affect how you feel
3. Create a mental template of change
4. Lead client into a relaxed state
5. Use language patterns to encourage confidence in acting on delivering that change
6. Use metaphors to help the client
 1. To see their problem from a different perspective
 2. To help them develop inner strength
 3. To help them learn how to float away stress
7. Gently bring the client out of trance

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What is solution-focused hypnotherapy?

The purpose of problem-focused thinking is to diagnose.

- By attending to what is currently 'wrong' you are able to work out what the problem is and therefore the treatment.

Solution-focused hypnotherapy directs the attention of the person towards the present and the future.


Specific techniques of discourse and questioning in the session are used to create a template of change in the brain.

The person is encouraged to create new ways of thinking about old problems.

Progress is evidenced through the measurement and observation of change via:

- Scaling questions
- Person's mood and self-reported positivity
- Change in the person's discourse and behaviour.

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Authors of solution-focused hypnotherapy

Milton Erickson

The wisdom and intelligence of the unconscious mind

Steve de Shazer

Founder of solution-focused brief therapy

Social context affects our perception of reality, our emotions and relationships

Insoo Kim Berg

The miracle question

Asks a person to address what the future will look like after positive changes are made


Humanistic approach

Therapeutic relationship is central to resolving concerns

Focus on the individual's strengths and abilities to find their own answers

CBT approach

Change can be brought about by
changing the way we think and the way we act.



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Science of solution-focused hypnotherapy

Understanding how the brain works

We know the latest neuroscience on brain structures e.g. amygdala, hippocampus and hypothalamus, anterior cingulate

Mirror neurons, pain and emotion processing

The value of inner rehearsal

Neuroplasticity and creating change

The role of neurotransmitters in everyday functioning

Use EEG recordings to illustrate the effect of trance

In training, not in session

Use biofeedback monitors to illustrate change

In session, person sees reduction in anxiety

SF Hypnotherapy and pain

Hypnosis for anaesthesia used since the 1840s by surgeon James Braid.

University of Liège in Belgium

- 4800 surgical interventions using this technique, mainly in ENT and thyroid treatments, over the past 10 years

Centre Hospitalier Universitaire de Tours in France

- successfully operated on 37 patients with low grade brain tumours between the years of 2011-2015.
- 43 operations were carried out on the 37 patients
- of these, the technique was reported to 'not work' in 6.
- benefits of this technique were faster recovery and
- minimal psychological impact on the patient.

How does it work? Boselli et al., 2017

Participants scored on average 60/100

Analgesia/Nociception Index (slight preference of the PNS over the ANS).

This baseline score was matched (62) at the start of the hypnotherapy session.

During trance, the average score on the Index rose to 84 and then fell to 59 on completion of the session.

Heart rate reduced a little (averages of 78 to 73)

Breathing rate fell significantly (from 18 breaths per minute to 14 breaths per minute) during the trance section.

This demonstrates that the process of trance increases the activity of the PNS, calming the breathing and heart rate resulting in a feeling and physical state of wellbeing.

SF Hypnotherapy and paediatric pain

Chronic unexplained pain


Systematic review by Bonvanie et al., 2017

significantly reduced symptom load, the experience of disability and school absence whatever the physical symptoms reported in the child.

very effective for abdominal symptoms, tension-type headaches, fibromyalgia and other pain conditions

Pain responds very well to mind-body work,

- simply breathing out stimulates the vagus nerve
- promotes the relaxation of the stress response

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SF Hypnotherapy in practice with paediatric pain

- H** How has the pain affected you and impacted your quality of life?
How have they addressed pain in the past and what therapies have been used? (We cover this in the Initial Consultation)
- O** Observations about previous management approaches, what have they observed, what worked and what did not? What makes pain perception better? (standard session, Socratic questioning)
- P** Plan for the future, set goals and determine the treatment plan (standard session MQ)
- E** Evaluate the efficacy of the plan and manage expectations (standard session, what's been good about your week? Scaling, MQ)

Working with the child

Want to know more?

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Dorothea's practice

<https://www.hypnotherapy-wales.com/>

Rachel's practice

www.seaviewhypnotherapy.com

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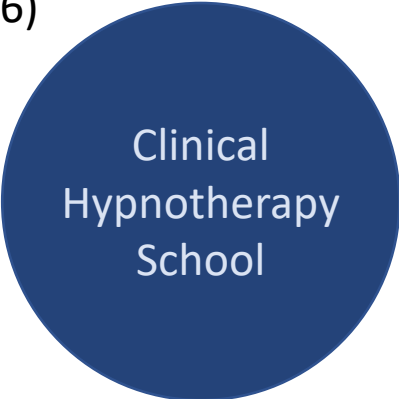
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