



Hypnosis Goes Mainstream

Adding hypnotherapy to
your practice

By Barbara DeVico, C.Ht

Introduction

- Tools for diminishing pain, anxiety, fear
- What and why of hypnosis
- Demonstration
- Questions

*Healthy
Body*

*Healthy
Mind*

Total Integration of Mind, Body and Spirit

Long Beach Press Telegram

“Body scans are preventative
medicine at its best”

~Loretta Siani, Ph.D

(LBPT, 6/2003)



*Altered States: Hypnosis Goes Mainstream

- Fractures
- Cancer
- Burns
- Recovery from surgery
- Pain relief
- G.I. Disorders
- Nausea
- Childbirth



* Courtesy of WSJ 2003

Hypnosis/Altered State Defined

Hypnosis is:

- Focused relaxation
- Heightened state of mental awareness and a state of suggestibility
- Accesses the subconscious through the imagination and produces alpha brain waves

Everyday Altered States

- Driving on automatic pilot
- Engrossed in book or movie
- Playing or observing sports
- The mind doesn't know the difference between imagination and reality
- Lemon practicum

Effects of Altered States/Hypnosis on the Body

- Brain waves slow down; autonomic nervous system takes over
- Metabolism, heart rate, and blood pressure decrease
- Breathing rate slows down
- Muscle tension decreases
- Adrenal glands decrease and promote....

Altered States Promote

- Digestion of food
- Reproduction
- Growth
- Tissue repair
- Immune system response
- Long term memory
- Production of endorphins



Three Functions of the Mind

Quantum Field, Field of Infinite
Possibilities, Spirit, Higher Mind
(Guide)

Unconscious Mind
(Expediter)

Conscious Mind
(Director)

Physiological Changes Caused by Fear

- Heart Rate Increases
- Blood Pressure Increases
- Breathing Rate Increases
- Muscle Tension Increases
- Hands and Feet Get Cold



Physiological Changes Caused by Fear

- Butterflies in stomach
- Digestion stops
- Diaphragm and anus lock
- Pupils dilate
- Hearing becomes acute
- Adrenal glands secrete and inhibit

Fear and Adrenalin Inhibit....

- Digestion
- Reproduction
- Growth
- Tissue Repair
- Immune System Responses
- Long Term Memory



Love, Medicine and Miracles

- Dr. Bernie Segal...pioneer in holistic medicine
- Power of the unconscious
- Music in the operating room
- Bedscapes
- When the Body Says No



Hypnosis in Action

Close your eyes...

Relax...



Summary

- Defined hypnosis
- Hypnosis gone mainstream
- Effects of an altered state on the body
- Everyday examples of hypnosis
- The different functions of the mind
- Examples of modern day applications

Contact Information

Thank you!

If you wish to contact me please take down the following information:

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