

Visualization for Stress Relief

**Presented by
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Visualization for Stress Relief

The Four Tiers of Vitamin V-Visualization for Cancer Support TM

Tier I. Address the initial shock, fear and stress

Tier II. Learn and adopt the attitudes of survivors

Tier III. Manage the side effects of conventional treatment

Tier IV. Create cancer elimination imagery



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Frankie say, “Relax.”



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Definitions:

Visualization-1: formation of mental visual images.

2: the act or process of interpreting in visual terms or of putting into visible form. Merriam-Webster

Guided Imagery- Any of various techniques used to guide another person or oneself in imagining sensations and especially in visualizing an image in the mind to bring about a desired physical response (as a reduction in stress, anxiety or pain). Merriam-Webster

Synonyms include; guided imagery, meditation, positive thinking, and self-hypnosis.

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What is hypnosis?

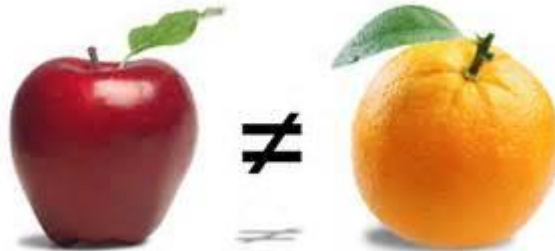


Hypnosis is a safe, naturally occurring state. It is a state of focused attention. While in this state, you are more connected to inner resources and receptive to positive suggestions. You experience it:

- driving long distances
- reading a good book
- watching a fascinating movie
- deeply lost in thought.

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**What is the difference between
Visualization and Hypnosis?**



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Similarities

- may be guided or unguided
- recordings can be very effective
- works through repetition
- employs affirmations
- may use realistic or metaphorical images
- can produce relaxation or another desired state



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Differences

- doesn't require any special training or certification
- doesn't use a formal trance induction
- doesn't employ deepening techniques
- doesn't produce deep trance
- doesn't use PHS or triggers to generate specific changes



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The Mind's Eye



Guidelines for using visualization:

- Images are positive, personal and meaningful
- Incorporate all sensory channels (VKA)
- Begin in the present and incorporate activities of daily living
- Envision yourself living in the future with the desired change
- Repeat several times a day
- Words must form pictures
- Pictures must trigger emotions

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The Sensual World



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Thanks for the Memories



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Created Images



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Location,

Location,

Location!



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Body Language



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Reel to Real



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Linkages



Positive

Negative

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Positive

- Good church



Negative

- Bad church



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Types of imagery used in Visualization:

I. Rehearsal Imagery

II. End Result Imagery

III. Metaphorical Imagery

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Rehearsal Imagery



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End Result Imagery



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Metaphorical Imagery



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Push button Relaxation



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Two techniques for reducing stress:

- Mental Rehearsal
- Safe Place Imagery

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Mental Rehearsal



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Safe Place Imagery



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Conclusion:

Visualization is a broad term used to describe the process of using your imagination to relax and to improve your health. It is:

- often described as self-hypnosis and guided imagery
- ability can improve with practice
- memory and creativity play a role
- the body/mind cannot distinguish between reality & vivid imaginings
- there are three particular types of imagery
- imagery can be triggered externally or internally to produce a strong effect on the body/mind
- mentally rehearsing successful outcomes relieves stress
- imagining yourself in an idealized “safe place” can be very calming

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Suggested Reading:

- Barabasz, A.F. et al. Medical Hypnosis Primer-Clinical and Research Evidence, 2010
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- Murray, Steve. Cancer Guided Imagery Program, 2003
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- Valenzuela, Francisco, Ph.D. Psycho-Oncology, Hypnosis and Psychosomatic Healing in Cancer, 2015

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Ajamu James Ayinde, M.A., A.C.H. is a Certified Medical Hypnotherapist, NLP Master Practitioner and Transpersonal Hypnosis Trainer. He is a graduate of Trinity College in Hartford and received his M.A. in Motivational Psychology from Huntington Pacific University where he studied the mindsets of Olympic level athletes. He has advanced training in pain management and specializes in childbirth preparation, pediatric issues, and cancer support. Ajamu was the staff hypnotherapist at Millennium Healthcare/Avatar Cancer Center in Atlanta, GA and formerly wrote for Benedictine Hospital's Oncology Support Program newsletter. He has facilitated guided imagery for cancer survivors in Ulster, Dutchess, Orange, and Columbia Counties.

He created the **Vitamin V-Visualization for Cancer Support™** program in 2001 and has spoken on medical hypnosis across the US, in Calgary and at the London Healing Arts Festival. Ajamu has presented to doctors, nurses and medical students at Morehouse School of Medicine, SUNY New Paltz, Bard College, Vassar College, St. Luke's Cornwall Hospital, Health Alliance of the Hudson Valley, Orange Regional Hospital, and was the only non-dentist to speak before the Dutchess County Dental Society. Ajamu was the IACT Therapist of the Year in 2004 and in 2012 received the Outstanding Transpersonal Contribution award from the National Association of Transpersonal Hypnotherapists (NATH). Ajamu works with clients globally via Skype.

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