

Living with Uncertainty-Coping Skills

Presented by

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Medical hypnosis-A collaborative process used by a hypnotherapist in conjunction with a physician employing relaxation, suggestion and imagery to reduce or eliminate the symptoms of a disease and/ or manage the side effects of medications or other conventional treatments. This branch of hypnosis concerns itself with addressing physical conditions such as burns, cancer and diabetes, as opposed to conditions of a more psychological nature such as depression.

Neuro-Linguistic Programming (NLP)- A form of short-term therapy created by Richard Bandler and John Grinder that has been described as the study of subjective experience. It seeks to model and duplicate human excellence by identifying the way that words (linguistic) influence the nervous system (neuro) for a positive or negative outcome and understand how those patterns (programming) can be changed.

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Psychoneuroimmunology (PNI)- The branch of medicine that studies the interrelationship among the mind (psycho), the nervous system (neuro), and the immune system (immunology).

Psychosocial oncology-A specialty area in cancer care concerned with understanding and treating the social, psychological, emotional, spiritual, quality-of-life and functional aspects of cancer, from prevention through bereavement.

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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, one is more connected to inner resources and receptive to positive suggestions. People experience hypnosis daily:

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

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

Tier I. Address the fear and shock of the initial diagnosis

Tier II. Learn and adopt the attitudes of survivors

Tier III. Cancer elimination imagery

Tier IV. Dealing with the side effects of conventional treatment

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Vitamin V TM

Tier 2. Learn and adopt the attitudes of survivors

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What are your greatest fears related to cancer?

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- Disfigurement
- Recurrence
- Financial ruin
- Being a burden to family
- Children getting diagnosed with cancer
- Death

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How do we learn the attitudes of survivors?

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1. Learn the beliefs, attitudes and strategies of survivors by:
 - Sharing inspirational stories of other survivors
 - Reading inspirational literature
 - Listening to survivor stories on MP3 and CD
 - Attending support groups
 - Maintaining connections with family and friends
 - Spending time in prayer and meditation

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2. Create a health team

- Define hypnotherapist's role
- Define client role
- Include family, oncologist, nutritionist, clergy and other helping professionals

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3. Begin hypnotherapy program

- Explain hypnosis what will happen in each session
- Explain unfamiliar concepts like NLP and PNI in a simple, clear manner
- Assist client to create a “safe place” that they can visit each session and when the need arises (pain management)
- Focus on the solution (healing)
- Share info on health recovery theories
- Ensure motivation, mood and self-esteem are maintained

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4. Use specific techniques to shift a negative belief system to a more positive one
 - Affirmations
 - Circle of Excellence
 - New Behavior Generator
 - Walking Belief Change
 - Swish Pattern

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- What are some of the key attitudes of survivors?

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Key beliefs, attitudes and strategies of survivors

- Stays connected with friends
- Empowered to do the most they can
- Maintains a positive attitude
- Humor
- Lives in the moment
- Practices forgiveness toward self and others
- Unconditional love

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Guidelines for using affirmations:

- Words are positive, personal and meaningful
- Simple sentences
- Repeated
- Words must form pictures
- Pictures must trigger emotions

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Sample affirmations

- I am conquering my illness.
- I am steadily getting stronger each day.
- I am naturally optimistic.
- I expect things to work out well.
- I take responsibility for my health.
- I am a solution-oriented person.
- I release my past and live peacefully.
- I wake up today with strong body and clear mind.
- I have an endless storehouse of creativity/optimism
- Positive thoughts flow constantly into my mind
- I always find solutions to my challenges.
- I am relaxed and assured in all that I do.
- My treatment is highly effective.
- I feel good about myself and my health team
- I have amazing, supportive friends
- I allow myself to be supported by my friends and family.

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Guidelines for using imagery:

- 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
- Repeat several times a day
- Words must form pictures
- Pictures must trigger emotions

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Conclusion:

Hypnosis is a powerful complement to conventional cancer treatment

We must first deal with the fear associated with diagnosis before the healing resources can be accessed

Discover optimistic attitudes from books, audio programs, support groups, physicians, clergy and therapists

Use guided imagery and affirmations to other techniques to “install” new beliefs

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Resources for further study:

Baron, Vida, M.D. Metamedicine -Power and Medicine the 21st Century Way, 1990

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Delinsky, Barbara. Uplift-Secrets from the Sisterhood..., 2003

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Holland, Jimmie, MD. The Human Side of Cancer: Living with Hope, Coping with Uncertainty, 2001

Jaffe, Dennis, Ph.D. Healing from Within, 1980

McDermott, Ian and Joseph O'Connor. NLP and Health, 1996

Sieber, Al, Ph.D. Survivor Personality, 2010

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Siegel, Bernie, M.D. Peace, Love and Healing, 1989

Siegel, Bernie, M.D. Love, Medicine and Miracles, 1986

Simonton, Carl, M.D. et al. Getting Well Again, 1992

Thompson, Pujá. AFTER SHOCK: From Cancer Diagnosis to Healing, 2006

Weiss, Marissa, M.D. Living Well Beyond Breast Cancer: A Survivor's Guide..., 2009

About the Presenter

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 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 facilitates monthly guided imagery workshops for cancer survivors at the Herbert and Sofia Reuner Cancer Support House in Kingston, NY.

He created the Vitamin V-Visualization for Cancer Support program™ in 2001 and has presented 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, Health Alliance of the Hudson Valley and was the only non-dentist to speak before the Dutchess County Dental Society. He was the International Association of Counselors and Therapists (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 around the country via Skype.

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