

# Visualization to Relieve Stress

Presented by

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## **Definition of terms:**

**Medical hypnosis**-A collaborative process used by a hypnotherapist in conjunction with a physician employing relaxation 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.

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**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.

**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

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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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Beyond words.



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## **The Four Tiers of Vitamin V-Visualization for Cancer Support <sup>TM</sup>**

Tier I. Address the initial shock, fear and stress

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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- Tier I. Address the initial shock, fear and stress

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**F.E.A.R.**

Forgetting Every Available Resource

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How do we relax when we are worried and stressed out?

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Frankie say, “Relax.”



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What are your greatest fears related to your health?

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

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## **Steps to visualization:**

- Find a comfortable place
- Relax the body
- Use affirmations
- Imagine a relaxing scene

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## Progressive Relaxation

- Start at the feet
- Tense the muscle group for a few seconds then release
- Continue up to the head
- Soothing music can help
- Keep arms and legs uncrossed



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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.

There are different terms used to describe the process of using your mind to improve your health.

“Visualization” involves physical/mental relaxation, specific words and images of the reality that you are seeking to attain.

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## Resources for further study:

- Alman, Brian M. Ph.D. and Peter Lambrou, Ph.D. Self-Hypnosis-The Complete Manual for Health and Self-Change, 1992, 1983
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- Davis, Martha, Ph.D. et al. The Relaxation and Stress Reduction Workbook Sixth Edition, 2008
- Dilts, Robert, et al. Beliefs-Pathways to Health, 1990
- Jaffe, Dennis, Ph.D. Healing from Within, 1980
- McDermott, Ian and Joseph O'Connor. NLP and Health, 1996
- Siegel, Bernie, M.D. Love, Medicine and Miracles, 1986
- Simonton, Carl, M.D. et al. Getting Well Again, 1992
- Valenzuela, Francisco O., Ph.D. Psycho-Oncology, Hypnosis and Psychosomatic Healing in Cancer, 2015

# 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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