

# Vitamin V- Visualization for Cancer Support

Presented by  
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# Introduction

## **Summary for presentation**

We will touch on the myths surrounding the use of hypnosis in medical context and examine some of the current medical applications.

We will look at 4 tiers of the Vitamin V program:

1. Addressing the fear that can accompany a diagnosis
2. Understanding and adopting the beliefs and attitudes that aid in recovery
3. Using guided imagery to boost the immune system and shrink the cancer cells
4. Using guided imagery to relieve the side effects of conventional treatment

Next we will talk about how you use marketing to build this kind of work into your practice. We will end with a Question and Answer period.

## **Definition of terms:**

**Behavioral medicine-** A medical discipline that concerns itself with understanding the role behavior in the genesis of disease and with helping people to control the state of their health. It provides therapeutic programs that seek to influence and change the behavior and responses of people.

**Medical hypnosis-**A collaborative process used by a hypnotherapist in conjunction with a physician using 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 that concerns itself with addressing physical conditions such as burns, cancer and diabetes, as opposed to conditions of a more psychological nature such as depression.

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

## **Scope of practice:**

Hypnotherapy is an unlicensed profession. Conditions like arthritis, fibromyalgia and lupus require a medical release. If a client does not have a physician, recommend a doctor who is amenable to hypnosis. If the client refuses to work with a doctor, have the client sign a form indicating that you have advised him to have his symptoms checked by a doctor. You can choose to dismiss the client or work with him in a limited capacity helping him manage stress and learn self-hypnosis.

# FAQ on Hypnotherapy

## 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.

## What are its health benefits?

Hypnotherapy allows one to:

- mend bone fractures faster,
- reduce the need for pain medication,
- lessen anxiety about having surgery,
- recover quicker from post-operative procedures and
- change unwanted habits feelings and beliefs.

## Does a hypnotized person surrender control of his or her mind to the hypnotherapist?

The client is guided by the therapist's suggestions while remaining fully in control.

- One may refuse any suggestion
- One may emerge from trance at any time
- One cannot divulge secrets
- One cannot do or say anything against his or her morals

## Can a hypnotized person be made to act against his or her will?

Perhaps in the movies but in real life hypnosis is achieved with the consent of the client and therapy involves having the client fully consider the beliefs and behaviors that have brought him or her to this point. Hypnotherapy helps us to recognize the "trance" that we were already in and choose if we wish to continue it.

## What kind of person can be hypnotized?

There is no such thing as an un hypnotizable person. Anyone can experience hypnosis and enjoy its benefits. Much depends on the level of trust between the client and therapist and the flexibility of the therapist in finding the right approach for each client.

Good candidates are:

- intelligent
- creative,
- motivated, and
- focused

## Will I be "knocked out" and unable to remember what has happened during hypnosis?

This is extremely rare and most therapists rely on a client remembering the session in order to have the conscious mind aligned with the subconscious. Sessions can also be taped for the client.

## Does hypnosis have the recognition of the medical community?

In 1958 the American Medical Association recommended that all medical schools include hypnosis in its course of instruction. Many doctors and dentists use it to soothe patients concerns and lessen post-operative discomfort. Psychologists, psychiatrists and other health professionals use it to assist people to liberate themselves from phobias and unwanted habits.

## The Four Tiers of Vitamin V

### Tier I. Eliminate fears and create hope and optimism

1. Address pessimism and fear by:
  - Sharing inspirational stories of past clients
  - Reading inspirational literature
  - Listening to survivor stories on MP3 and CD
  - Attending support groups
  - Maintaining connections with family and friends
2. Create a health team
  - Define hypnotherapist's role on the team
  - Define client role
  - Include oncologist, nutritionist, clergy and other helping professionals
3. Explain hypnosis and what will happen 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
  - Focus on the solution (healing)
  - Share info on health recovery theories
  - Ensure motivation, mood and self-esteem are maintained

### Tier II. Create a new attitude

1. Identify the attitudes of "exceptional patients"
  - Friends
  - Empowered to do the most they can-research, lifestyle changes, second opinions and showing up
  - Positive attitude
  - "Why me?" attitude toward God or the universe vs. "try me" attitude
  - Live in the moment
  - Forgiveness
  - Unconditional love is the most powerful force-according to Siegel
2. Introduce techniques for adopting the attitudes of "exceptional patients"
  - Friends
  - Empowered to do the most they can-research, lifestyle changes, second opinions and showing up
3. Client will choose to use conventional medicine (ex. surgery), holistic medicine (ex. macrobiotic diet) or a complementary approach that includes the best of both worlds
  - Client is able to imagine taking on new attitudes and beliefs
  - Client is able to imagine herself having moved beyond the current health crisis (cancer)

- Restore optimism
- Increase belief in medical team
- Promote sense of peace and tranquility

### Tier III. Cancer Elimination Imagery

#### Guidelines:

- Images are positive, personal and meaningful
- Incorporate all sensory channels (VKA)
- Repeated
- Words must form pictures
- Pictures must trigger emotions

#### Sample imagery:

- The healing metaphor must be faster, stronger, smarter than the disease imagery
- Imagine the cancer cells as a dragon and the immune system as a knight
- Cancer cells as weeds in garden and healing work as gardening
- Cancer cells as globs and immune system as Pac Man
- The immune system is like hungry wolves or voracious sharks eating up the tumors
- Immune system has a wizard like Harry Potter who touches a T cell causing it to multiply 100-1000xs

### Tier IV. Dealing with the side effects of conventional treatment

#### Side effects may include:

- pain
- anemia
- nausea
- vomiting
- lack of appetite
- negative body image
- insomnia
- depression

## **Marketing Yourself as a Medical Hypnotherapist**

- Receive specialized training
- Business card
- Start a blog
- Free seminars
- Paid Seminars
- Press releases
- Radio interviews
- Internet radio interviews
- Write articles
- Write chapter for a book
- Write a book
- Review books
- Interview a doctor
- Interview a patient
- Start a support group
- Fundraise for a cancer organization
- Volunteer at cancer ward at hospital
- Volunteer with Hospice
- Join social networking sites (post and comment)

### **Safe Place Script (Disorientation)**

Lie back and make yourself comfortable. Make sure that your arms and legs are uncrossed. Disconnect from any electronic devices. Allow yourself the time and space to do this healing work undisturbed. Close your eyes and let yourself imagine a safe place. It is your safe place. It can be a place outdoors in nature. It can be a place indoors. It can be somewhere you have visited often, someplace travelled to recently or as a child. Maybe it is a place you've read about and plan to visit. It can even be a place that is completely imaginary. Be there Right now.

Take in the colors around you. All the beautiful colors of the sky, the flowers or maybe the leaves on the trees. I wonder if you can notice how crisp and clear the air is. It feels so good to be here. Maybe there are birds singing somewhere above you. Notice if your safe place has any animals like a trusted pet. Things are so peaceful here. No cares, worries or concerns and your body feels good, comfortable and peaceful. Things seem to move so slowly here...so peacefully. No matter how you feel mentally or physically when you come to this place, your mood instantly shifts. You feel wonderful. You're in such a good mood. If you are singer, perhaps this place makes you feel like singing. If not you may simply hum or hear a lovely song in your head. Take notice of any sounds in your immediate environment. Like the sounds of crackling logs burning in a fireplace or the sound of children laughing in the distance. These sounds can grow louder. From where you are in your safe place it might be possible to see the most spectacular sunset. The sky is just lit up with color as the sun dips below the horizon.

The sun is going down, its light is fading...This light can represent any feelings of discomfort in your body. As the sun slowly disappears from view, all the negative sensations in your body also fade away. That's right simply fade away and all that is left is peace, comfort and tranquility.

And as sun continue to drift down, you're letting yourself drift deeper and deeper into comfort and ease. Moving into calm comfort....true relaxation...You are in a different world. A peaceful tranquil, safer world. Your safe pace. While you are here nothing can disturb you. You check all your mental and physical baggage and permit your self the privilege of deep comfort. Accept the gift...Give yourself permission to be fully in this place. Surrendering to the bliss of the moment. Letting go of the challenging physical sensations in your body. Letting go of the memories of any physical discomfort. It is so easy to do. Notice how well your mind protects you while you are here from any stress and strife, any uncomfortable bodily sensations. You are able to relax more and more and discover novel and interesting ways to let go. You are discovering yourself and the wonders of the mind body effect. Floating and drifting to the deepest part of your safe place. Tuning your awareness to the sounds around you or the sounds of silence. The peaceful quiet that you have here.

Knowing that any parts of you that are in distress can experience great comfort and ease when you travel to this place. This is a real place and the more you travel back to it and explore its wonders and partake of its bounty, the more real it is for you. Here you are comforted, safe and happy.

## About the Instructor:

Ajamu James Ayinde, M.A., A.C.H. is a second-generation altered states healer. His mother, a Silva graduate began teaching him the Silva Method at age six. At age twelve he began to study self-hypnosis through the books and tapes of Dick Sutphen, human potential pioneer. Ajamu is a certified Medical Hypnotherapist with advanced study in pain management and childbirth preparation. He is also a Transpersonal Hypnotherapy Trainer, Neuro-Linguistic Healing Trainer and a Master Practitioner of NLP.

He has been a professional dancer since 1990 and toured the East Coast and in Europe performing hip-hop, West African and modern dance. He has studied the martial arts of China, Japan and Brazil. He has performed the dances of various cultures including; samba, capoeira, Afro-Cuban, contact improvisation, kabuki and Noh. He earned a master's degree from Huntington Pacific University in Motivational Psychology, which examined the mindset of high-level athletes and received his bachelor's degree in Asian Studies emphasizing multicultural education and performing arts from Trinity College in Hartford, CT. A long-time student of Zen Buddhism and Taoism, his undergraduate thesis was An Examination of the Role of Spirituality in Japanese Performing Arts.

As a Master Mental Coach, Ajamu is considered an expert in the fields of applied sports psychology and subconscious reprogramming. He is an Assistant Fencing Coach at Vassar College, teaching fencers the inner game. He is certified in Sports Hypnosis by NESTA, NFNLP, Success Trak, and the National Guild of Hypnotists. He created the M.E.N.T.A.L Games™ sports enhancement program based on his sport psychology research, clinical experience and background as a professional dancer and martial artist. He has He has taught workshops and certification classes on sports hypnosis in California, Connecticut, Georgia, Michigan, New Jersey, New York, Tennessee, Virginia, Calgary, Canada and London, England.

Ajamu's school, **Advantage Enterprises** is a registered training center of the International Medical and Dental Hypnotherapy Association and the National Association of Transpersonal Hypnotherapists and offers hypnosis certification classes. He currently assists clients across the US via Skype.

Ajamu taught Medical Hypnosis at Morehouse School of Medicine, Benedictine Hospital, Kingston Hospital and the Orange County Department of Health. From 2001-2003, he wrote a monthly column for Celebrate Life, the Wellness newsletter for Benedictine Hospital's (NY) breast cancer support program. In 2012 Ajamu was the first non-dentist to speak before the Dutchess County Dental Society. He was the subject of a documentary for History on Video, a company that profiles African American achievers. He has been published in Atlanta Sport and Fitness, The Bridge, Healthy Outlook, Natural Awakenings, and Unlimited Human. In 2012 he received the Outstanding Transpersonal Achievement award from the National Association of Transpersonal Hypnotherapists. In 2004 he was selected Therapist of the Year by the International Association of Counselors and Therapists.

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