



## Hypnosis in the media

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Ed also has specialty certifications in Hypnotic Pain Management and Cellular Release Therapy™, and has received an advanced certificate in Emotional Freedom Techniques (EFT).

**Manage Chronic Pain, Ease Your  
Suffering**

**Enjoy Life More!**

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## What is chronic pain?

While acute pain is a normal sensation triggered in the nervous system to alert you to possible injury and the need to take care of yourself, chronic pain is different. Chronic pain persists. Pain signals keep firing in the nervous system for weeks, months, even years. There may have been an initial mishap -- sprained back, serious infection, or there may be an ongoing cause of pain -- arthritis, cancer, ear infection, but some people suffer chronic pain in the absence of any past injury or evidence of body damage.



The crucial difference between acute pain and chronic pain is that there is no apparent link between the experience of pain and an obvious injury or cancer, etc. It has been difficult to understand chronic pain at a physiological level as most people, including many physicians, have viewed the nervous system as being "hard wired" – that is stimulation of a nerve ending (say a needle prick) always produces the same response by traveling along the nerves to the brain to produce the pain sensation of skin being pierced.

## How can hypnosis help me?

Because the emotional component of pain includes a variety of psychological components, including beliefs and fears, thoughts can influence the sensory reaction to the pain sensation. What our programming to pain has been over our lifetimes affects how we experience pain now.

As thoughts can both dampen or amplify pain, the role of the mind in influencing the total response to pain is important in the reduction of pain and the resulting suffering. The mind can be programmed to experience pain differently.

Through hypnosis, together, we change how you view pain. Learning to modify your thoughts, beliefs and behaviors can help minimize your pain and thus, the suffering involved in having a persistent, incurable pain state.

Through as few as 3 90-minute to 2 hour sessions, you can learn to change what the experience of chronic pain is for you, reduce your suffering, and enjoy life once again.

*Don't let yesterday use up  
too much of today.  
...Cherokee saying*

## Pain is sensory and emotional

Chronic pain can occur in the absence of ongoing tissue damage – this is the sensory component of pain.

The emotional component of pain includes past experiences, genetic factors, general state of health, the presence of depression and other psychological diagnoses, coping mechanisms, and beliefs and fears surrounding the pain diagnosis. Importantly, thoughts can influence the sensory pain input to consciousness as well as the emotional coloring of the pain sensation.

As thoughts can both dampen or amplify pain, the role of the mind in influencing the total response to pain is important. In many chronic pain conditions, the reduction of pain and the resulting suffering can only be effected by modulating the psychological aspects of pain.

Altering the consequences of having chronic pain will eventually help minimize the suffering involved in having a persistent, incurable pain state. Learning to modify your thoughts, beliefs and behaviors can help minimize chronic pain.