

## Hypnotherapy for Pain Management

### Using Hypnotherapy for the Control and Pain Management

Pain is unique to the individual, therefore the aim of this 'intensive' is to teach a range of practical and psychological approaches which can be utilised as appropriate to the individual and their pain experience. These approaches can be incorporated within their overall pain control / management to help a patient feel more comfortable and to address associated emotional and psychological issues.

This 2-day 'Intensive' will be facilitated by Christine Blessing (Course Director, Northern College of Therapeutic Hypnosis Ltd) and Jackie Swift (Specialist Hypnotherapist working with children and families and using hypnosis within cancer care at the Marie Curie Hospice, Bradford, on a sessional basis). Christine and Jackie are currently involved with developing and running courses in using hypnosis within palliative care at both Newcastle and Bradford Marie Curie Hospices.

#### **Manage Pain:**

Medical and technological advances have made pain more manageable today than ever before but although pain is biological it is also influenced by psychological and cultural factors and therefore for many sufferers a combination of medicine and psychological techniques is most beneficial. When pain is managed effectively, the patients quality of life is greater and they are less physically and emotionally stressed and anxious.

#### **This 'intensive' will explore:**

- Pain - facts and figures
- The expectations of pain and how you feel pain
- The diagnosis of and conventional treatments of pain
- Resources to empower clients to live with and manage their pain effectively and appropriately

Cost: £160 (2-days inc.vat) includes notes,tea/coffee & biscuits

#### **Book your place now**

#### **Other Courses include:-**

**Using Hypnotherapy within the palliative care of cancer patients**

**Using Hypnotherapy for stress management**

**Using Hypnotherapy within the treatment of eating disorders**

**Using Hypnotherapy for smoking cessation**



**Using Hypnotherapy for pain management**