

Course Title

Level 3A - Clinical Hypnosis & Meditation for Pain Management and Psycho-Social-Emotional Barriers to Recovery Part 1

Description

In this course, participants will apply their knowledge from Levels 1A, 1B & 2 for complex pain management (including CRPS, persistent pain conditions, etc.) and start addressing psycho-social-emotional barriers to recovery because pain has both physical and emotional components (i.e. pain is affected by our thoughts, feelings, emotions, context, environments and more). In this course, you learn to help your clients manage their pain better, reduce their anxiety and help improve the client experience. Greater client satisfaction and comfort may improve treatment outcome, boost client motivation, improve attendance and reduce drop out rates.

You will learn how to obtain pain ratings while patients are awake and in trance to offer insight into subconscious and psycho-social-emotional influences to their pain. You will practice thorough pain intake and motivational interviewing techniques to help clients address their pain holistically (in multiple or specific body areas and determine what types of scripts or combination of techniques to use for pain management, etc.) You will learn how to communicate with clients in trance (which is an important first step to using pain management scripts, helping clients build resilience and take control of their pain).

Manual therapy, medical treatments and pain management scripts/techniques may increase your client's awareness and attention to their pain. Safe place scripts can greatly help ground patients immediately and help them in overwhelming situations or during pain flare-ups. You will learn how to create safe place scripts for clients that may be used in combination with manual therapy techniques, hypnosis/meditation pain management scripts, fear/apprehensions management, general relaxation/personalized scripts and more.

Included in the cost of the course are hypnosis scripts, handouts & resources for the techniques learned. All sessions are recorded so you can re-watch on a different day or if you missed any classes.

Audience

This continuing education course is for all healthcare professionals working with persistent pain conditions, pre and post-surgical pain, pre-surgical anxiety, fear or apprehension with movement/manual therapy/medical procedures and paediatric pain and anxiety management. Practitioners will also learn how to combine hypnosis with various medical procedures and manual treatments including TMJ manual treatments and dental procedures, acupuncture & acupressure therapy, soft tissue release, joint mobilizations, etc.

This course is appropriate for physiotherapists/physical therapists, physiotherapy assistants, occupational therapists, occupational therapy assistants, chiropractors, naturopathic doctors, osteopaths, athletic therapists, exercise therapists, kinesiologists, movement specialists among others. This course is also relevant to dentists, dental assistants, medical doctors, physician assistants, nurses, midwives, psychotherapists, social workers, health coaches and those interested in learning more about using hypnosis for pain management.

Anyone with questions is encouraged to contact Queenie to discuss individual backgrounds and circumstances.

Prerequisites

1. Level 1A - Clinical Hypnosis & Meditation For Health Professionals: Learning the Technique Basics Part 1
2. Level 1B - Clinical Hypnosis & Meditation For Health Professionals: Learning the Technique Basics Part 2
3. Level 2 - Putting Clinical Hypnosis & Meditation Fully Into Your Practice

Objectives

1. Practice pain intensity rating (while patients are awake and in trance) to help uncover subconscious and psycho-social-emotional influences to their pain experience.
2. Practice thorough pain intake.
3. Learn how to use motivational interviewing techniques to help clients develop hypnosis scripts and strategies that target their pain holistically (target specific or multiple body areas in pain, address psycho-social-emotional components and determine the best combination of treatments for clients).
4. Learn how to communicate with clients in trance.
5. Practice writing and creating safe place scripts for clients that may be used with manual therapy, pain management scripts, fear/apprehensions management, general relaxation/ personalized goal scripts and more.