

HYPNOSIS: An Introduction for Nurse Practitioners

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PURPOSE
To introduce NPs to the benefits of hypnosis.
REVIEW OF LITERATURE
<p>Hypnosis, approved by the AMA in 1956, is a heightened state of suggestibility which bypasses the critical factor of the mind and allows new information to be accepted into the subconscious and unconscious mind.</p> <p>Review of the literature demonstrates that hypnosis is effectively used in:</p> <ul style="list-style-type: none"> _ Stress Management _ Smoking Cessation _ Fears & Phobias _ Motivation _ Pain Management _ Health & Wellness _ Weight Management _ Eating Disorders _ Ego Strengthening _ Self Esteem _ Sports Enhancement _ Study Improvement _ Insomnia _ Sports Enhancement _ Medical Compliance _ Habits & more
REFERENCES
<p>Larkin, Dorothy (1999) <i>Nursing, Medical Hypnosis: An Introduction & Clinical Guide</i>. (Temes, Roberta et al.) Churchill Livingstone: Philadelphia, PA., p. 141-149.</p> <p>Milliken, T; Clements, P; Tillman, C. (2007) The Impact of Stress Management on Nurse Productivity & Retention, <i>Nursing Economics</i>, 25(4):203-210.</p>

HOW THE MIND WORKS
<p>Conscious Mind – Our point of focus. Can easily be refocused on the past and in the imagined future. Person agrees to be hypnotized. they sit in the hypnosis chair and closes their eyes. The client focuses on the hypnotist’s voice and follows their direction.</p> <p>Unconscious Mind – Our body’s consciousness. While in hypnosis, the unconscious mind responds to the hypnotist’s suggestions through the Autonomic Nervous System . What the mind wants, the body will do. The client enters a heightened state of suggestibility.</p> <p>Critical Factor – Operates as a filtering mechanism which compares new information in the conscious mind to old perceptions held in the unconscious and subconscious. Hypnosis disables the critical factor.</p> <p>Subconscious Mind – Our personality. It is our own never-ending personal library where our permanent memory is kept. Once the new information is accepted into the subconscious and unconscious mind, the new information replaces the old misperceptions and there is a behavioral change.</p>

WHAT IS HYPNOSIS?
<ul style="list-style-type: none"> _ Purposeful focused attention _ Attainment of a heightened state of suggestibility _ Ability to bypass the critical factor _ Establishment of new acceptable selective thinking _ Resulting in a desired behavioral change

WHO CAN BE HYPNOTIZED
Anyone of normal intelligence, without significant mental illness, who can follow directions and who wants to be hypnotized, can be hypnotized.

IMPLICATIONS FOR THE NP
<p>NPs interact with patients, families & co-workers daily</p> <p>Patients may have fear or anxieties about their office visit or planned procedure</p> <p>Fear can effect the length & complexity of an office visit or procedure</p> <p>Hypnosis and nursing research show that decreased stress, fear & anxiety have positive effects on;</p> <ul style="list-style-type: none"> _ Discomfort & pain _ Worry & fear of the unknown _ Potential Length of Stay _ Potential cost savings _ Potential nursing satisfaction & retention <p>Offers a safe patient option for decreased fear & anxiety,</p> <p>Better medical compliance to medical regimen and smoking cessation</p> <p>Enhances health & wellness promotion for both adults and children.</p>