

Yes, you can manage that pain much better with the help of hypnosis.

Hypnosis is the original mind body medicine dating back to before 5000BC. It was Aristotle who said "Before you heal the body and its symptoms, you must first heal the mind".

Modern Scientific Clinical hypnosis is extremely effective in changing habit patterns and this is underpinned by the documented research and acceptance by the major medical associations and religions of the world. Clinical Hypnosis is widely used in education, psychology, medicine, dentistry, counselling, sports, etc. Hypnosis pioneers in the 19th century were successfully using hypnosis as general anaesthetics, but it was superseded by chemical anaesthesia.

How does Clinical Hypnosis work?

Hypnosis is a state of relaxation and concentration at one with a state of heightened awareness induced by suggestion. It's a non-addictive power for good and it's a natural manifestation of the mind at work.

Hypnosis works, but will Hypnosis help me to control that pain? Yes!

Hypnosis works and it will work for you to help you manage that pain and discomfort. In essence, hypnosis is a means of Communication between the conscious mind and the sub-conscious mind. Pain has a lot of emotion and memory of past discomfort associated with it, and anticipation of future discomfort. Through the use of hypnosis you can use post hypnotic suggestions with appropriate cues to generate hypnotic anaesthetics (no feeling at all) and hypnotic analgesias (sensation with much higher pain threshold). Hypnotherapy can be used to tackle emotional issues around pain and discomfort.

During a Clinical session, how will I know I am hypnotised?

There is no such thing as a hypnotised feeling and most clients on completion would say "they felt deeply relaxed and aware". Others may feel a lightness or tingling feeling, others feel a heaviness while others report they didn't feel anything. However one positive side effect that people notice is the positive change in their behaviour.

Is Hypnosis safe and is there any cause for concern?

Clinical Hypnosis is completely safe. Conscious hypnosis is not sleep, therefore you are aware and can respond to the positive suggestions administered during the session. A person who does not want to be hypnotised, cannot be hypnotised or be induced to do or say anything which violates personal standards of behaviour or integrity. Yes, hypnosis is safe and hypnosis is a proven ethical therapeutic clinical procedure.

How does Hypnosis help me control pain?

With long term pain and discomfort, there tends to be a lot of muscle guarding, inflammation, vascular stasis. If a person holds their arm up for a period of time, it quickly becomes uncomfortable, and that discomfort is quickly eased by moving the arm, and appropriate relaxing and contracting of muscles. Hypnosis can give you access to the deeper part of your mind that controls automatic muscle movements and blood flow, and using different guided imagery techniques your mind can convert your imagined healing techniques to actual beneficial changes. A proof of this is the easily repeatable scratch test, where a hypnotically anaesthetised arm is scratched at the same time as the other arm with normal sensation. The scratch on the hypnotically anaesthetised arm consistently heals much faster. Hypnosis can also be used to investigate sub-conscious motivations around pain, which can be very surprising when brought to conscious awareness!



DANIEL MADDEN

DANIEL MADDEN HAS FIVE YEARS EXPERIENCE WORKING VOLUNTARILY OFFERING EMOTIONAL SUPPORT TO PEOPLE USING RAPPORT BUILDING ACTIVE LISTENING TECHNIQUES.

HE RECEIVED HIS ASSOCIATE DEGREE IN CLINICAL HYPNOTHERAPY FROM THE ICHP, WHICH

IS A ORGANIZATION WHICH PROMOTES THE ETHICAL USE OF HYPNOSIS TO HELP PEOPLE FIND AND USE THEIR OWN INTERNAL RESOURCES FOR POSITIVE AND PERMANENT CHANGE. HE IS ALSO QUALIFIED TO PRACTICE THE EMOTIONAL FREEDOM TECHNIQUE (EFT), EMDR (EYE MOVEMENT DESENSITISATION AND REPROCESSING), AS WELL AS NLP (NEURO LINGUISTIC PROGRAMMING). HE IS A MEMBER IN GOOD STANDING WITH THE ICHP, AND ESTABLISHED EXPERIENCE THE WORLD DIFFERENT IN MARCH 2010.

Hypnosis works for good and it lasts

Hypnosis works and most people just need one or a few sessions for results

Use your deeper mind to help manage discomfort

Hypnosis: make it a lot easier to get a better quality of life.

**Take action now, just telephone
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Minors under 18 must be accompanied by an adult

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Why use hypnotherapy to tackle discomfort?

Doctors will tell you that long term pain can be one of the most intractable and frustrating things to deal with. Treatment will work for a while, and that discomfort sometimes finds a way to come back. How on earth can hypnotherapy help then?

Hypnotherapy can work with emotional issues around pain, and deep subconscious motivations. Bear in mind that these are not conscious motivations, they are motivations you will not be aware of. Let me give you some examples:

- Inadvertent Hypnotic suggestions—can sink deep into our minds at times of high emotion like fear combined with high levels of discomfort, e.g. “You’ll just have to live with this pain”, can be interpreted by the subconscious as meaning death follows if the discomfort goes away, so of course your subconscious will want to hold onto the pain because it means life to your subconscious.
- Financial reasons: Your subconscious can hold onto the discomfort because it fears losing disability benefit for instance.
- Self Punishment: If there is a part of you that carries guilt about something, another part may decide to use a physical symptom as punishment.
- A part of you may be using the symptom as a method of communication, telling you of some change needed, e.g. forcing you to slow down or some other change.
- More attention from others: We all have basic needs for security and intimacy, and our subconscious may hold onto discomfort as a way of getting this.
- Identification with someone else: E.g. “This runs in the family, so you are doomed to it also” can be literally manifested by your subconscious.
- The intensity of emotion that goes with discomfort, having to deal with the emotions associated with past pain, current pain, and the fear of more of the same. It has been said that removing the emotional trauma from past pain and removing the fearful anticipation of future pain sorts out two thirds of the emotional burden.

You have nothing to lose and everything to gain. Learning self hypnosis is a fantastic lifetime skill that you can use to manage stress and discomfort and access the resources of your deeper mind.

Hypnosis Makes it Easier to Manage Discomfort

- Hypnosis helps take away the anxiety of anticipation of future pain.
- Hypnosis helps to separate you from the emotions associated with past pain.
- You can access analgesia and anesthesia in hypnosis, and then use post hypnotic suggestions to access them when you want them during full conscious awareness. Like everything, this needs practice.
- If there is one or more subconscious motivation(s) contributing to the discomfort, hypnotherapy can be used to deal with that.
- Various Guided Imagery Techniques can be used to alter how the mind perceives the discomfort to heighten pain thresholds, and even to increase the speed of healing.
- Hypnosis helps you to relax muscle guarding which can lower inflammation and allow better blood flow to carry nutrients and medicine to the affected area, and carry away waste.

If any member of the general public has a genuine cause for concern, the client at all times has the right of recourse to the Institute of Clinical Hypnotherapy & Psychotherapy Complaints, Disciplinary and Ethical Committee at ICHP Headquarters, Therapy House, 6 Tuckey Street, Cork City.

Experience The World Different
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Hypnosis Works for Good

ICHP Pain Management works because it tackles emotional issues around pain, and gives your mind different ways to represent pain, increasing your threshold so that discomfort does not bother you as much. Once your deeper mind accepts and holds onto those suggestions, it seems to happen automatically. All you have to do for hypnosis to work for you is to relax comfortably with your eyes closed.

With our professional system the majority of clients get benefits from hypnotherapy that they find hugely beneficial.

Free Back-up Support and Reinforcement

During your hypnotic session we will administer powerful hypnotic suggestions to activate your sub-conscious mind to respond and cooperate with reinforcement of the clinical session. You will also get a pre-recorded comfort increasing CD/MP3 which will reinforce the programme. Once you have achieved success in increasing your level of comfort it is essential to reinforce the programme that led to the increase in comfort level.

Reinforcing your increased comfort

Maintaining your increased comfort is a skill that you will learn in the clinic and, like any skill, needs to be practiced to gain mastery.

**HYPNOTHERAPY IS A
COMPLEMENTARY
TREATMENT AND NOT AN
ALTERNATIVE TREATMENT.
ALWAYS SEEK MEDICAL
ASSISTANCE FOR PAIN OR
DISCOMFORT. A WRITTEN
REFERRAL FROM A MEDICAL
DOCTOR IS REQUIRED
BEFORE WORKING WITH
PAIN AND DISCOMFORT.**

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Most People Have Increased Levels of Comfort after two sessions

Hypnosis works for good, and most people have new methods of feeling more comfortable after two sessions of hypnosis.

Who are the I.C.H.P

Since the approval of Clinical Hypnosis in the 1950's by the American Medical Association, hundreds of ethical associations have been training their members in hypnosis. Millions of people have found hypnosis to be an effective way to manage and change perception of pain, stop smoking, control weight and to change their lives.

The Institute of Clinical Hypnotherapy and Psychotherapy was established in 1979. Over the past thirty one years it has dedicated itself to the research and development of Hypnotherapy. All our members are examination qualified and have obtained Diploma's and Advanced Diploma's in Clinical Hypnotherapy and Psychotherapy. So, you can be assured you are getting the best that Hypnosis has to offer.

Our Approach

We in the ICHP have combined the very best of traditional hypnosis and Neuro-Linguistic Programming (N.L.P) which gives our comfort increasing programme an extremely high level of effectiveness.

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