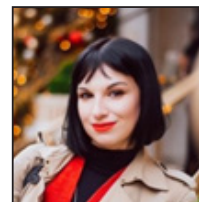


The necessity of strategic self hypnosis training in the treatment of chronic pain

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Abstract

I faced a lot of challenges in my life, but my most fierce battle has been against chronic pain. I am affected by a condition called Ehlers Danlos syndrome. A few years back, I was in constant excruciating pain. I had to use a wheelchair or medical equipment, and I was losing mobility every day. I was in what doctors called Chronic pain which refers to pain that persists for longer than six months. But what that term doesn't transmit so well are the consequences of living with it. Chronic pain causes considerable suffering, not only on the physical level. It also leads to emotional distress. I then put enormous efforts and gone through strenuous struggle to find out an effective way to deal with pain. I ventured to explore different ways to cope with pain and discomfort. One of them was Hypnosis. My life completely changed. Hypnosis not only helped me tackle my chronic pain but also made me reclaim power on my mobility, my social life and helped me find and reach new goals. As a consequence, I studied and became a cognitive-behavioural hypnotherapist. I no more rely on painkillers. I can walk without any support or wheelchair. In addition to that, I am teaching self-hypnosis, yoga and breathing techniques. Living life to the fullest despite the limitations has always been my mantra. Therefore I felt like a duty to provide people with tools to make them more proactive in their health. Self-hypnosis is one of my favourites. With the growth of chronic pain victims, the interest in Hypnosis for pain management has also increased. In recent years, Hypno-analgesia, a particular type of hypnotic intervention, has been proven effective and has become a predilected choice for treating pain. But chronic pain is not just about physical pain, and the question is: can we be efficient in treating chronic pain by using only Hypno-analgesia. Hypno-analgesia has been proven to be a safe and efficient alternative to drug analgesia in a clinical environment. It treats well acute, "short term" type of pain like dentistry, childbirth, surgery. It alleviates pain by inducing relaxation, comfort, calmness and total mental-physical relaxation. Hypnosis, in this particular case, involves an induction with suggestions for absolute passive relaxation. Does this kind of script make sense in the treatment of chronic pain? Hypno-analgesia is for me a Foot-in-the-door technique. It helps in building up trust, responsiveness and positive expectations in treatment. But, as a patient and at the same time a hypnotherapist, I believe that we can't stop here.

Biography

Pauline Moldoun is a CB Hypnotherapist also owning a diploma Diploma in Stress. Management and Anxiety Resilience (The UK College of Hypnosis and Hypnotherapy). She is also a yoga teacher. Accredited by multiple professional institutions, she became a blogger and motivational speaker to share her inspiring story with others.

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