



GAVIN CONFERENCES

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### Self-hypnosis and pain

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The possibilities of self-suction can be particularly useful in the management of pain. It is possible to modify the experience of pain. The only obstacle is the limits of imagination, but as you surely know the imagination knows little boundaries.

Sometimes deep relaxation can help, before giving to yourself the suggestions you need.

Other times, just let yourself travel and become one with these submissions and so you can be led into a trance state without deep relaxation.

#### What is trance?

Trance is not a mystical experience that only trained hypnotists can induce. It's part of our everyday life. If you ever drive a car, you suddenly discovered that you were driving for miles without realizing it, you will understand what is going on (as can happen and reading a good book).

It is often described as "the loss of sense of time." The secret is to gain some experience so you have control over knowing what to do when you get into a trance state. It is an opportunity to gain control of physics and emotional experience of pain.

Efficacy using self-hypnosis is a matter of exercise. It would help experiment with different approaches and find one that suits you best and which one is most useful. Before you begin, make a review of the pain experience. Is there any good reason why you want to stay in this situation? Does it offer you something like attention or relaxation? in this way you will decide that you want to make the difference. When you first start, it would be good to do it at a time when the pain is not so bad. When you become more familiar with self-esteeming approaches, it will be easier to use it when the pain is more intense.

It has been reported that the duration of analgesia is increasing day by day. It is helpful to think about the possibility of decrease, rather than disappearance of pain. So if you imagine a ladder from 1-10, and if you start by classifying your pain at level 7, then your purpose will be to decrease it to 5 or 4. By reaching this level you will feel more comfortable. With time you will find yourself reducing pain levels to 2 or 3. You may still see your pain touching 0. This will be great. And even if you reduce your pain to some level, see the difference between the two levels of pain and reward yourself for the control you have achieved.