

# Overcoming Mental Barriers Through Hypnosis

OLLI/Furman University(HFE521)

## Case Studies in Hypnosis

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# Dr. Kramer's Working Definition of Hypnosis

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- Hypnosis is a **natural state** of **altered (heightened) awareness** and **selective hypersuggestibility** whereby the subject **chooses to ignore** the realities of the world around to **focus their attention** on the imagined world and **accept suggestions** that appears so realistic, the **body reacts physiologically** as if they are real.

# Two Very Important Points

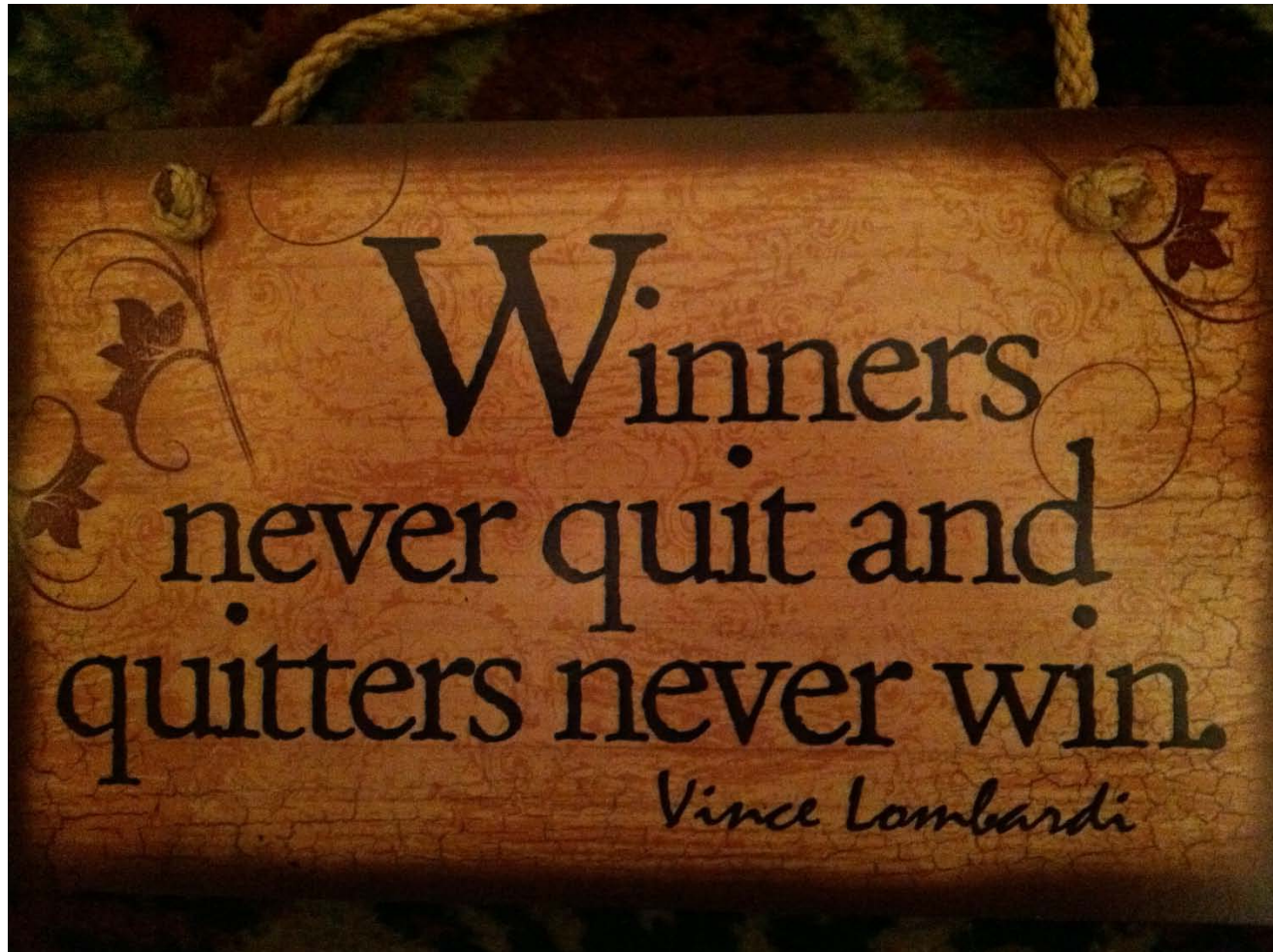
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- ALL hypnosis is Self-Hypnosis
- AND
- YOU are in control at all times

**Stop Smoking**

# Are you a winner or a quitter?

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# Smoking

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- Smoking is a habit, not an addiction.
- Usually takes 21 days to break a habit.
- Protective function of subconscious mind
- Primary benefit – Main reason to do something
- Secondary gain – A benefit derived from doing something which may or not be obvious, but additional to the primary benefit.

# Second Hand Smoke



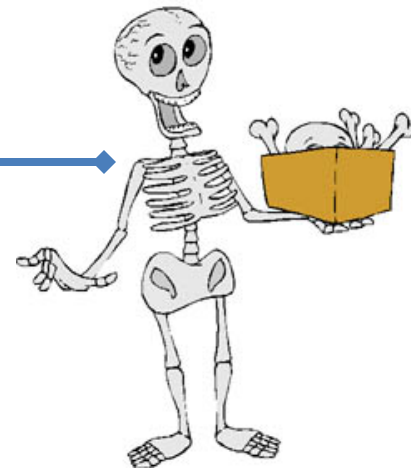
- Second hand smoke is the 3<sup>rd</sup> leading cause of death in the US, killing more than 53,000 non-smokers each year.
  - (“Passive Smoking and Heart Disease Epidemiology Physiology & Bio chemistry,” Circulation, 1992)
- Smoke-filled rooms can have up to 6 times the air pollution as a busy highway.
  - (CDC, It’s Time to Stop Being a Passive Victim, 1993)
- It takes about two weeks for nicotine to clear from the air in a room where smoking has occurred.

# Second Hand Smoke Facts

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- Second hand smoke is linked to:
    - Lung and nasal sinus cancer
    - Heart disease
    - SIDS (sudden infant death syndrome)
    - Asthma
    - Breast cancer
    - Behavior and learning problems in children
    - Ear infection, bronchitis, pneumonia
    - Low birth weight babies, miscarriages
- (USDHHS/CDC Targeting Tobacco Use: The Nation's Leading Cause of Death, 2000)

# Tobacco Kills



- Tobacco is the only product that when used as directed, kills 1 out of 3 users.
  - (Americans for Non Smokers Rights, 1999)
- Smoking kills over 400,000 American's each year...more than alcohol, illegal drugs, homicide, suicide, auto crashes, fire and AIDS combined.
  - (U.S. Surgeon General's Report on Smoking & Health, 1999)
- Nationally, smoking results in more than 5 million years of potential life lost each year.

# Weight Removal

# Do you want to be a loser too?



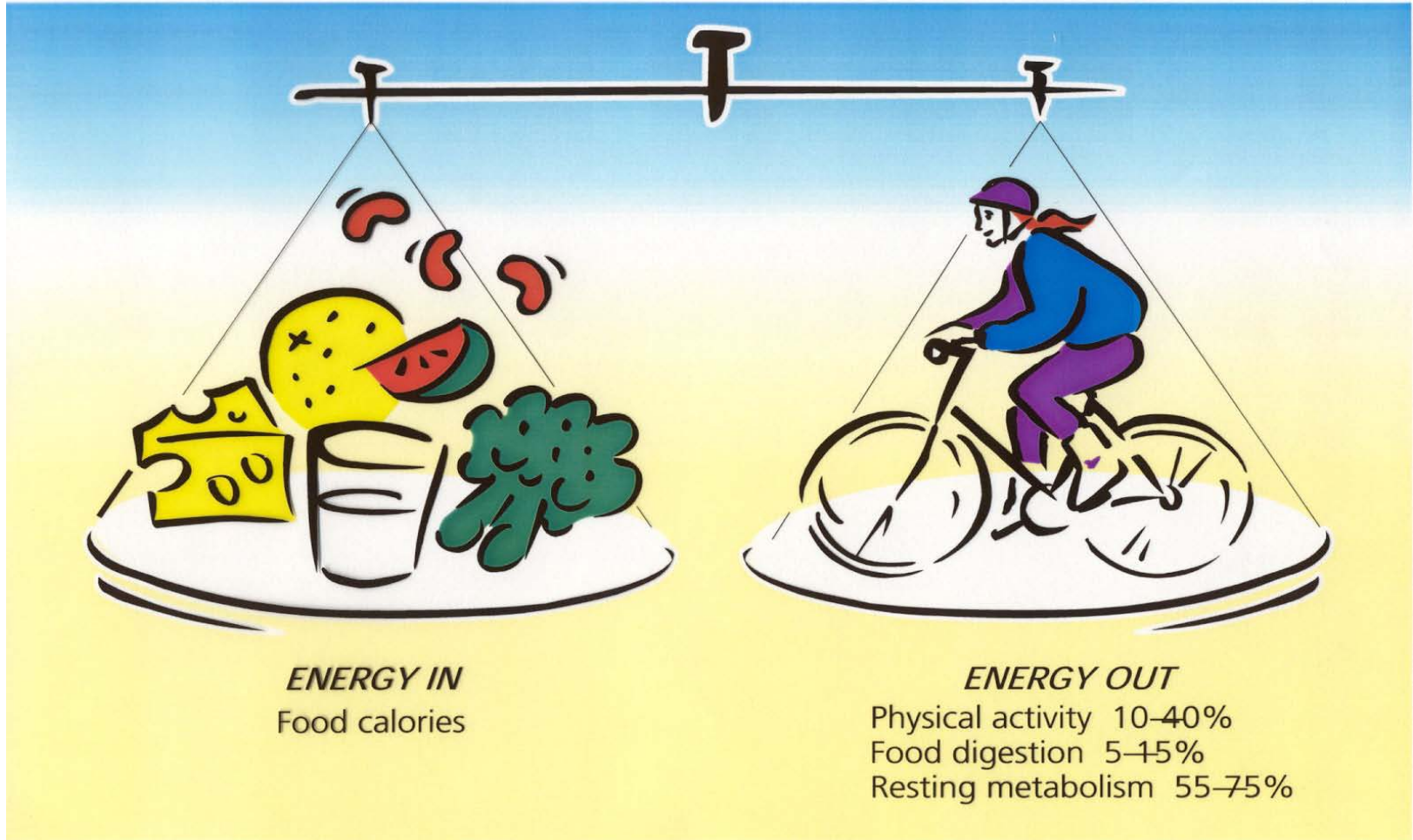
Casual Friday for the  
Telecommuter

# Weight Management

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- Can be challenging due to multiple issues.
- We are talking about lifestyle changes.
- Key aspects:
  - Goal Setting
  - Nutrition – Slight modifications
  - Physical Activity
  - Emotional Aspects (Depression/Barriers)
- Patience and compliance is an issue; you must stick with it!

# Energy Balance



# Changing Your Energy Balance

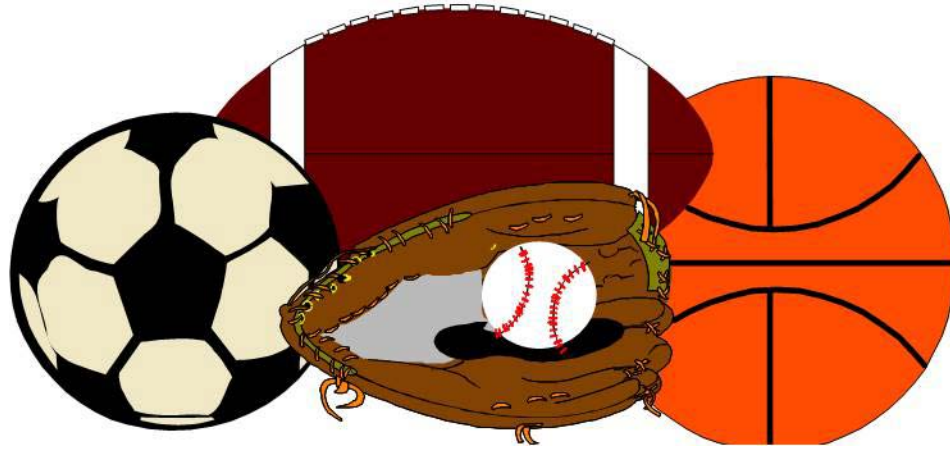
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- For effective weight removal, a negative calorie balance must be created by expending more calories than are consumed
- Increasing physical activity increases calories expended
- Changing diet decreases calories consumed
- It is recommended that you only plan to remove weight at no more than 1-2 pound per week (500 calories/day or 3500 calories/week).
- Remember when you start an exercise program, you will gain some weight due to the development of muscle... Muscle weighs more than fat.

# **Sport Performance**

# Sports Performance

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- Focus and distractions are number one reason for an athlete to seek the assistance of Hypnotist.
- Are you any good at your sport?
- You must have the aptitude or basic skills necessary for the sport.



# RISKS

IF YOU NEVER TRY ANYTHING NEW,  
YOU'LL MISS OUT ON MANY OF LIFE'S GREAT DISAPPOINTMENTS.

From: <http://www.despair.com/viewall.html>, 12/24/2011



# SUCCESS

SOME PEOPLE DREAM OF SUCCESS,  
WHILE OTHER PEOPLE LIVE TO CRUSH THOSE DREAMS.

# Sports Performance

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- Mental rehearsal, also termed **visualization**, can create and reaffirm the confidence necessary to achieve top performance. The picture visualized in the mind can convince the subconscious that achievement is possible. The automatic nervous system performs in exactly the same manner followed during a physical rehearsal. Neuromuscular coordination improves. What your mind can conceive, you can achieve. If you can think it and see it in your mind, you can do it!
- What can be accomplished through the powers of the mind? Perhaps most important is the development of **positive attitudes**. Negative thoughts pertaining to performance skills can be changed or eliminated. Enjoyment of the sport will be enhanced to a major degree as skills improve to the point where intermittent incidents of poor performance no longer arouse irritation, anger, discouragement or detrimental emotional reaction. Concentration, coordination, technique all can improve as well as awareness of proper form and posture.

# Sports Performance

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- Sports enthusiasts face the same stumbling blocks that people have to deal with in other areas of life-business, personal relationships, achievement of goals and ambitions. The biggest of all is **fear**, and fear comes in many forms. **Fear of failure** is always restrictive and is very common in sports, as is its hidden partner, **fear of success** – an apprehension that success can create the expectation (among others) of further improvement. **Fear of humiliation** can be strong. Many golfers experience near terror on the first tee where people may be watching the first drives. Competition can produce sensations of intimidation resulting in deterioration of skills.



# FEAR

UNTIL YOU HAVE THE COURAGE TO LOSE SIGHT OF THE SHORE,  
YOU WILL NOT KNOW THE TERROR OF BEING FOREVER LOST AT SEA.

# Self-Confidence



# POTENTIAL

NOT EVERYONE GETS TO BE AN ASTRONAUT WHEN THEY GROW UP.



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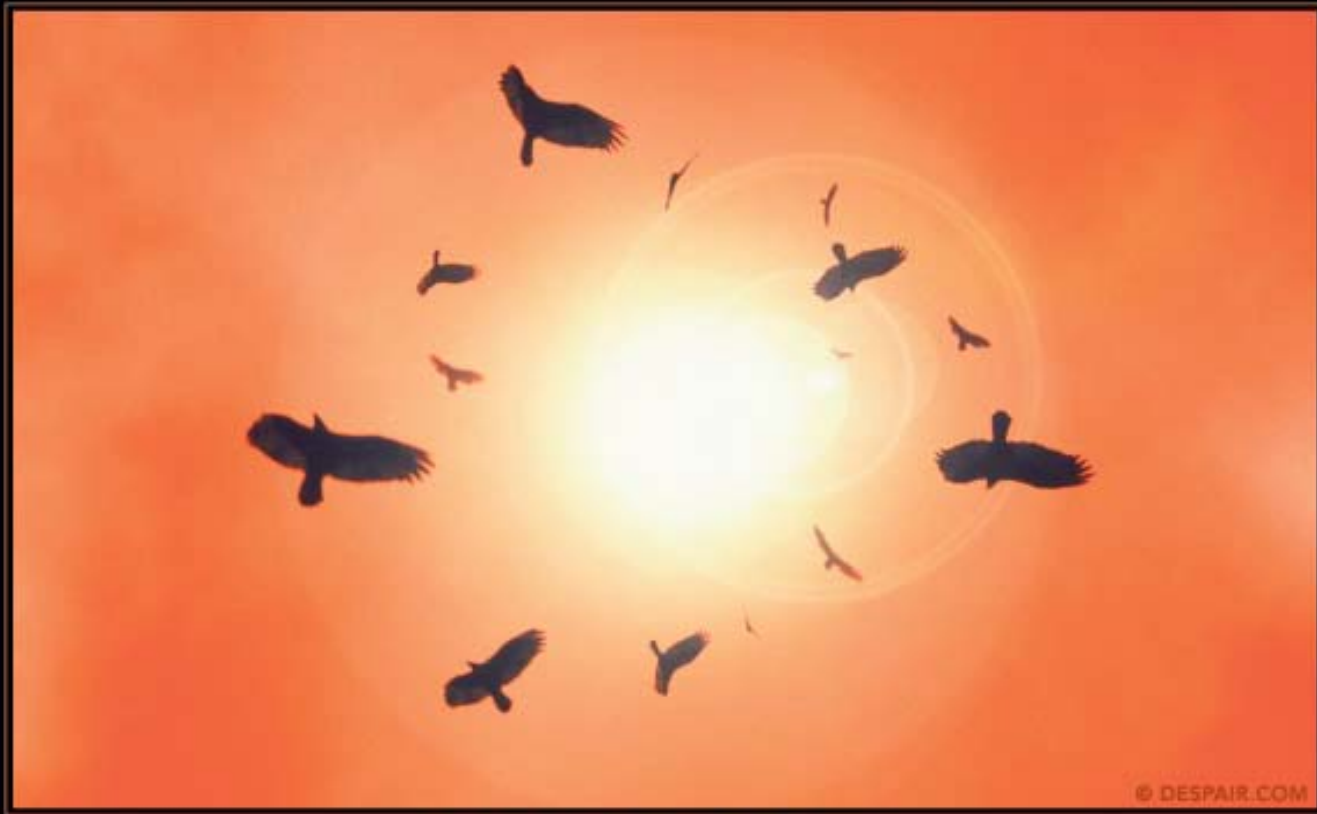
# SACRIFICE

YOUR ROLE MAY BE THANKLESS, BUT IF YOU'RE WILLING TO GIVE IT YOUR ALL,  
YOU JUST MIGHT BRING SUCCESS TO THOSE WHO OUTLAST YOU.



# DELUSIONS

THERE IS NO GREATER JOY THAN SOARING HIGH ON THE WINGS OF YOUR DREAMS,  
EXCEPT MAYBE THE JOY OF WATCHING A DREAMER WHO HAS NOWHERE TO LAND  
BUT IN THE OCEAN OF REALITY.



**HOPE**  
MAY NOT BE WARRANTED AT THIS POINT.

From: <http://www.despair.com/viewall.html>, 12/24/2011



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# LIMITATIONS

UNTIL YOU SPREAD YOUR WINGS,  
YOU'LL HAVE NO IDEA HOW FAR YOU CAN WALK.



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# SELF ESTEEM

JUST BECAUSE YOU THINK YOU'RE A STAR DOESN'T MEAN YOU'RE GOING ANYWHERE.



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# PERSEVERANCE

THE COURAGE TO IGNORE THE OBVIOUS WISDOM OF TURNING BACK.

From: <http://www.despair.com/viewall.html>, 12/24/2011

# Self-Confidence

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- Do you make good **choices**?
- What is the worse thing that could happen?
- Our perception of the event is what drives our responses, not the reality of the event.

# **Stress Management**

# Stress Management

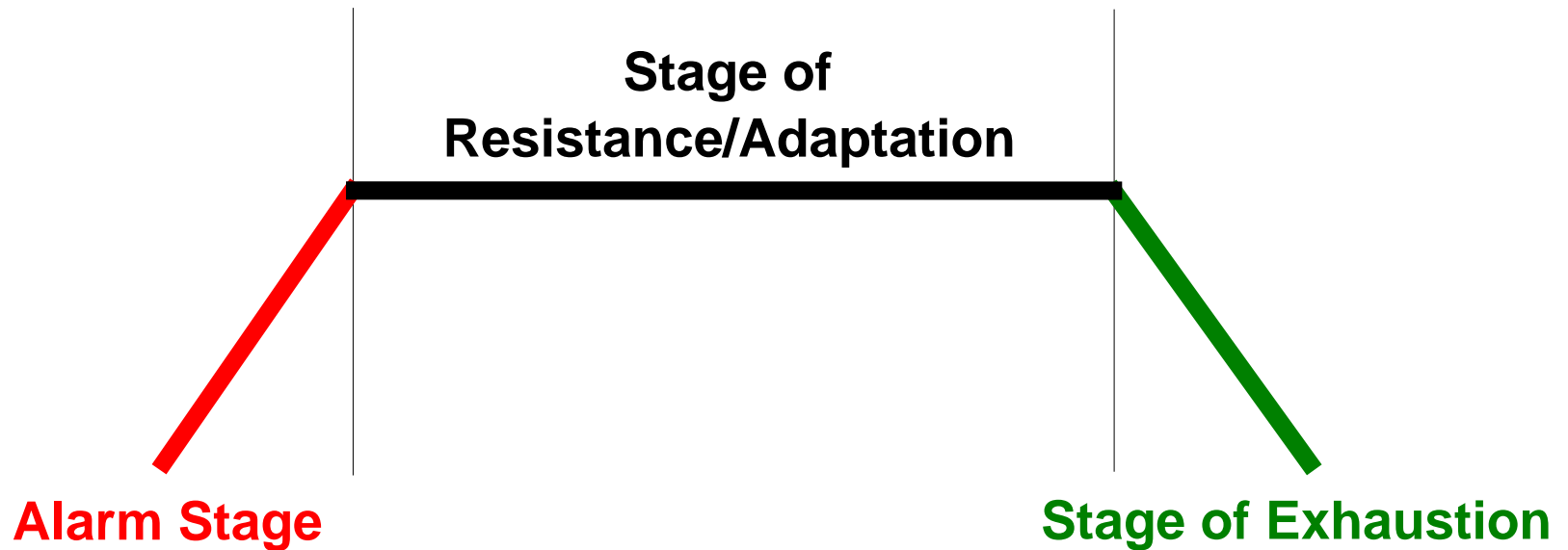


# General Adaptation Syndrome

- Two categories of stress
  - eustress: stress triggered by pleasant stressor
  - distress: stress triggered by unpleasant stressor
- Predictable stages
  - alarm
  - resistance
  - exhaustion

# General Adaptation Syndrome (GAS)

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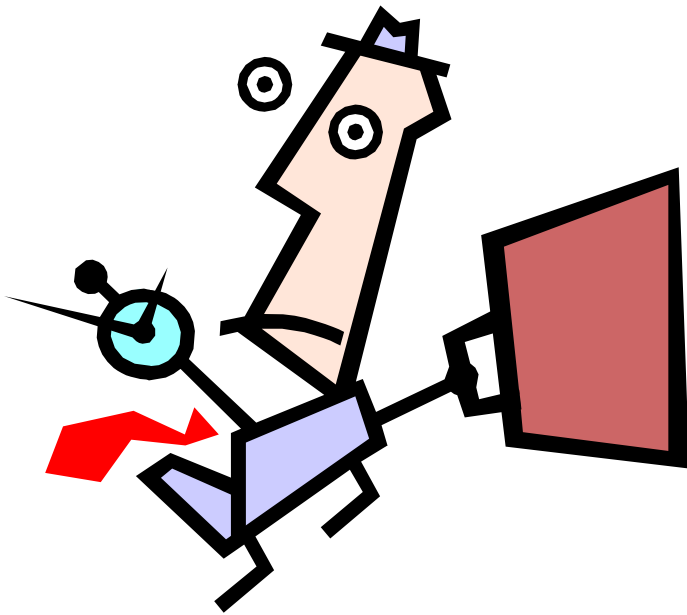


# OVERCONFIDENCE

This is going to end in disaster, and you have no one to blame but yourself.

# Stress Basics

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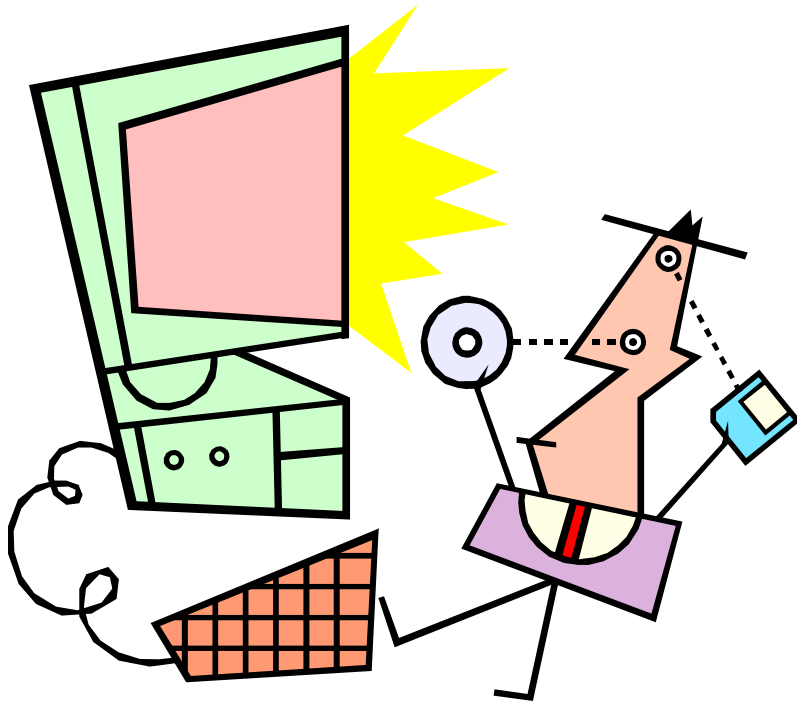
- Stressors are events that trigger reactions
- Stress response is the physiological and emotional response to stressors
- Nervous and endocrine systems produce physical reactions to stressors

# Four Conditions Causing Stress

- Every stress that we face fall under one or more of these four conditions:
- **Novelty** – New situation, something we are not accustomed to (change)
- **Unpredictability** – Something is about to happen but we don't know what ... we can not predict it.
- **Lack of Control** – A situation where you either have no control or you perceive you have not control over the events to follow.
- **Threat to Ego** – This can be an actual threat to our life (war, being shot, mugged, accident, etc) or symbolic treat (put down, overlooked, unappreciated, disrespected, losing face or losing esteem).

# Common Sources of Stress

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- Major life changes
- Daily hassles
- College stressors
- Job-related stressors
- Interpersonal and social interactions

# **WE NEED SOME STRESS**

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**“Life without stress would be stressful”**

Stress helps you by  
sounding the alarm  
for “Fight or Flight”

!!!!!!

# Physical Responses to Stress

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- Autonomic nervous system
  - parasympathetic (relaxed state)
  - sympathetic (fight-or-flight reaction)
- Endocrine system
  - releases hormones: cortisol, epinephrine, norepinephrine

# Physical Responses to Stress

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## Autonomic Nervous System (ANS)

### Sympathetic:

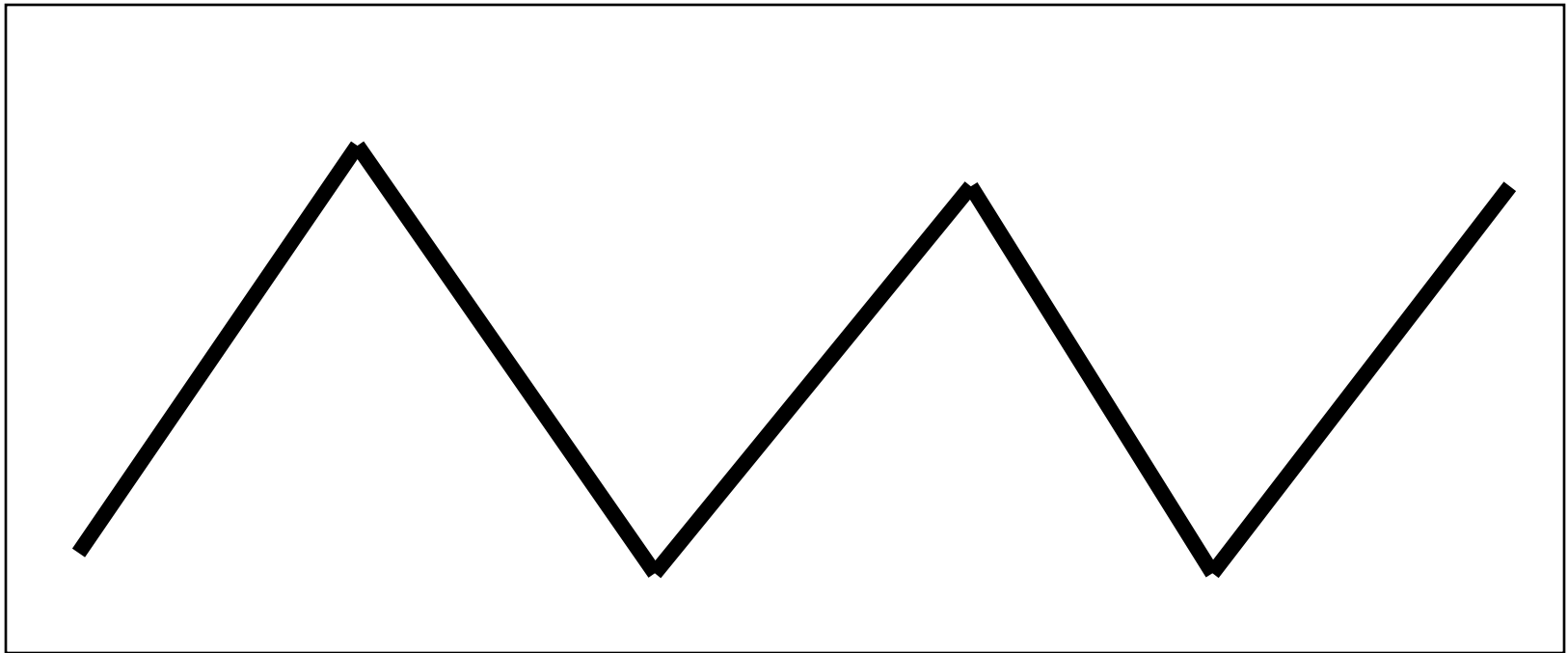
- Eye - Dilated Pupil
- Heart - Increased Rate and Strength (CO)
- Blood Flow - Increased to Muscles
- Bronchi - Dilated
- Blood Glucose - Increased

### Parasympathetic:

- Eye - Constricted Pupil
- Heart - Decreased Rate and Strength (CO)
- Blood Flow - Decreased to Muscles
- Bronchi - Constricted
- Blood Glucose - Decreased

# NOT ALL STRESS IS BAD !

PEAK VALLEY PEAK VALLEY



# THIS STRESS IS BAD !

**PEAK (FEW OR NO VALLEYS)**



# Stress and Disease

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- Long-term stress linked to
  - increase in cardiovascular disease
  - impairment of immune system
  - digestive problems
  - tension headaches
  - insomnia and fatigue
  - injuries
  - depression and other psychological problems

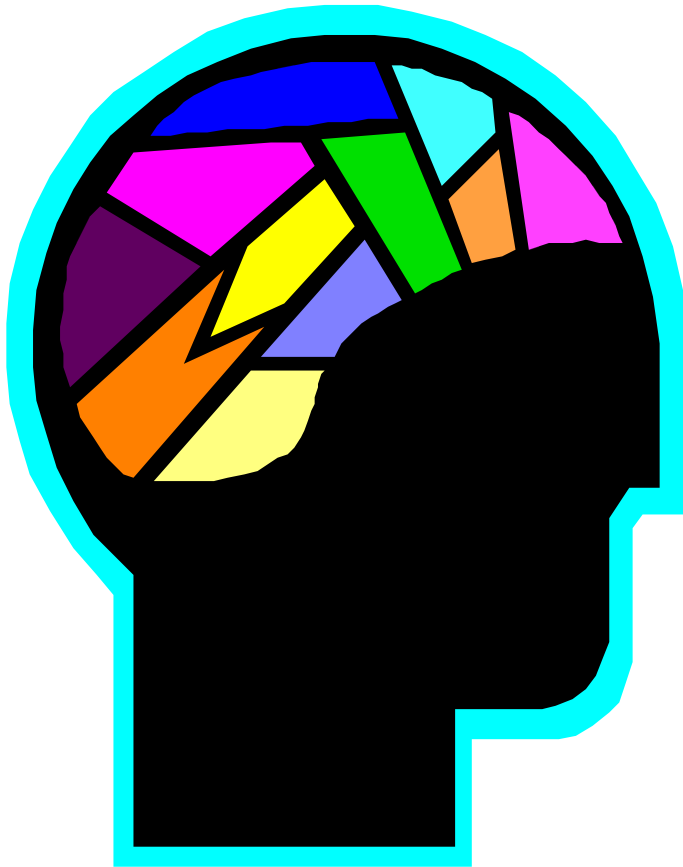
# Lifestyle Factors

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- Diet and eating habits
- Physical activity and exercise
  - regular physical activity
- Thoughts and emotions
  - having a healthy outlook
- Coping strategies
  - appropriate help to ease the stress and challenges of life

# Cognitive Strategies

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- Modify expectations
- Monitor self-talk
- Live in the present
- Be flexible
- Laugh!

# Coping Mechanisms

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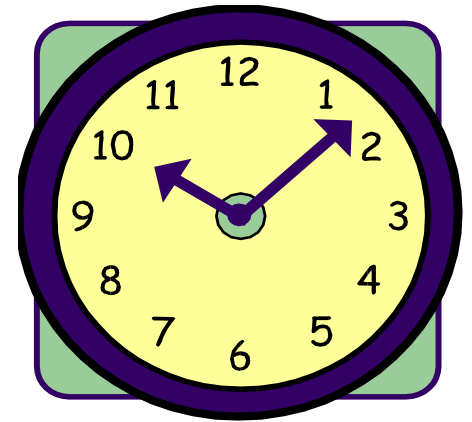
According to Richard Lazarus, an important stress researcher at University of California at Berkley there are two kinds of coping techniques:

- **Emotion-focused** - works best when the the problem is really within yourself: anxiety, pointless worrying, foul mood.
- **Problem-focused** - The problem is not how one feels, but rather how to deal with tricky work situations

# Time-Management Strategies

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- Set priorities and realistic goals
- Budget enough time
- Create short-term goals
- Visualize achievement
- Do least favorite tasks first
- Consolidate tasks and delegate responsibility
- Learn to say “no”
- Give yourself a break
- Just do it



# **Pain Management**

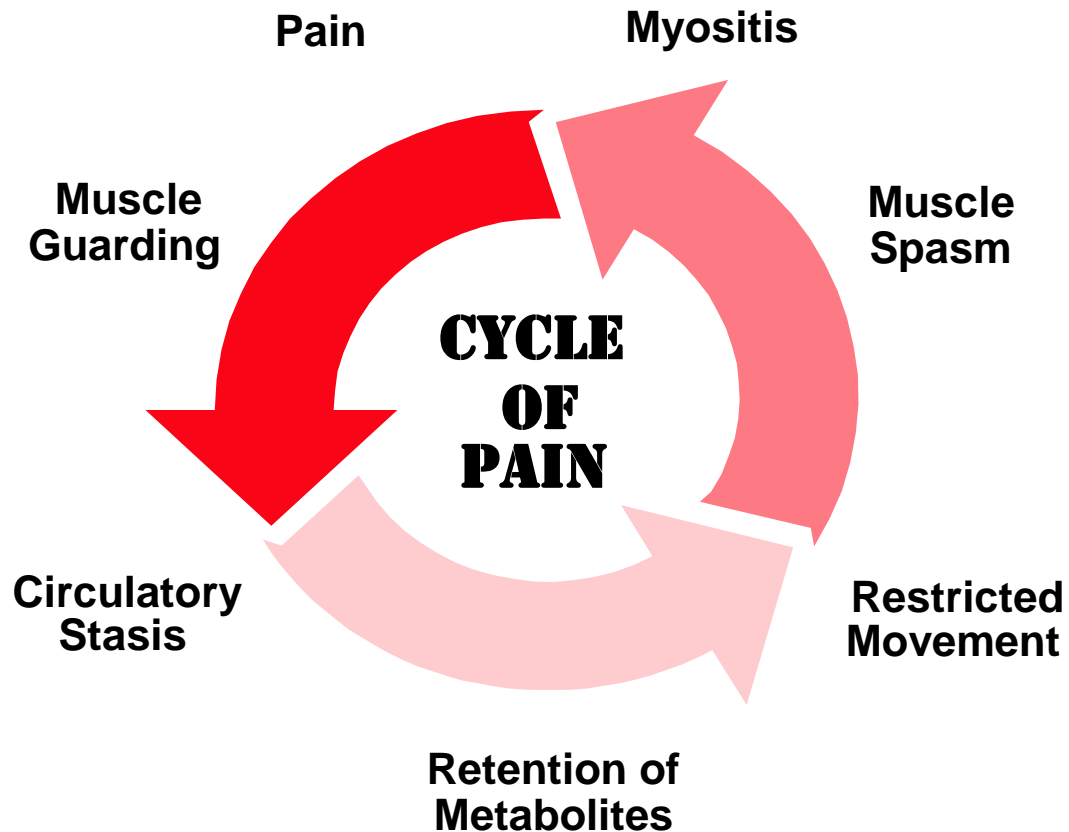
# Pain Management

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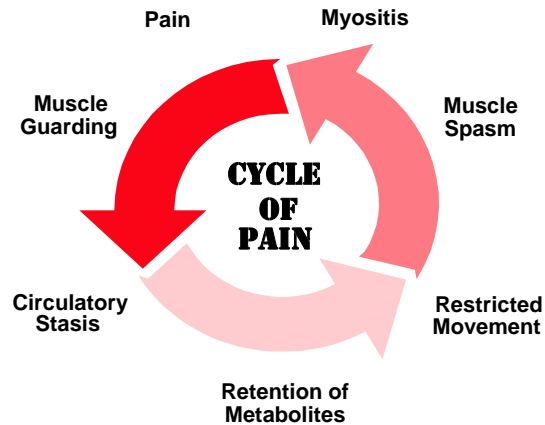
- One must first understand that ***not all pain is bad!*** Pain normally serves as a warning that there are problems and usually helps to direct the body's resources to the area of greatest need. There are times, however, when the message of pain has served its usefulness and begins to become a detriment to the normal health and welfare of the client. So, when the pain is useful and keeping one from hurting themselves further, it is important to allow the warning to continue. During those times when the pain is no longer a benefit and actually becomes a hindrance to daily function, that is when hypnosis and other pain management modalities can play a vital role

# Pain Management

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# Pain Management



The **pain cycle** above is representative of how pain is used to protect the body from further injury. This cycle is best thought of in terms of musculoskeletal pain, but could be applicable to other types of pain with only slight modifications. Various modalities found in allopathic and holistic health care attempt to stop the cyclic pattern by addressing one or more of the areas within the cycle. For example, muscle relaxers will break the cycle at the muscle spasm component, with hopes of stopping the cycle of pain.

# Pain Management

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- We will then explore the benefits of telling the subconscious mind that it is OK to turn off the “warning bells.” The idea is that we have to assure the subconscious mind that the conscious mind has heard the warning message and is dealing with the pain appropriately. Additionally, the subconscious mind, being interested in preservation of the body’s health and welfare, must be assured that the individual will not attempt to do something which will reinjure the body. Once the conscious and subconscious minds are in agreement, the pain (warning sign) may be let go and hypnosis will be effective.
- Again, not all pain is bad for you; it serves the purpose of keeping you from further injury.
- Most individuals seeking pain management are actually seeking **drugs** (addictive pain relievers).

# Regression



# Regression

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- **Regression** is one's journey, through meditation, into the distant past or into a life they lived centuries or even decades ago.
- Often with regression you will achieve a much clearer memory of the experience and you will be able to re-examine it and perhaps change your perception of it.
- Bus Trip through your life; Hypnotist takes you to place, but you are responsible for what you experience.
- **Caution:** Memories can be changed or altered by the hypnotist. (For example, criminal cases)

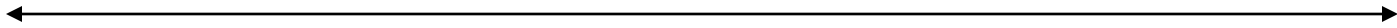
# Regression

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There are a number of different types of regression with the three most common being:

- **Age Regression:** In addition to being used to identify the origins of emotional issues it also can be used to help recover memory e.g.: if you have lost something, or forgotten an important pin number, or witnessed a car crash or crime.
- **Diagnostic Regression:** This technique can be used when a person is uncertain of the true origin of an emotional or psychosomatic physical condition; such as an unexplained fear or phobia.
- **Past Life Regression:** A technique that uses hypnosis to recover what practitioners believe are memories of past lives or incarnations, though others regard them as fantasies or delusions. Mostly used for recreation.

# THANK YOU!



## CONTACT INFORMATION

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