

Overcoming Mental Barriers Through Hypnosis

OLLI/Furman University(HFE521)

Setting Goals and Objectives

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Dr. Kramer's Working Definition of Hypnosis

- 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

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

Self-Hypnosis

Hypnosis can help you succeed where you may have never thought success was possible!

Through the power of ones own subconscious mind self-hypnosis can help individuals achieve their optimal human potential. Because of its ability to reach deep into the foundations of the mind and create lasting change, it is an ideal approach to almost any challenge. Here are just a few examples...

Some Benefits of Self-Hypnosis...

Stop Smoking	Concentration	Stage Fright
Stress Reduction	Test Anxiety	Women's Issues
Feeling Down	Procrastination	Shyness
Remove Fears	Weight Loss	Mood
Motivation	Self-Esteem	Improvement
Public Speaking	Self-Confidence	Children's Issues
Anger Issues	Habit Removal	Sports
Goal-Setting	Childbirth	Performance

Some Benefits of Self-Hypnosis...

Medically-Referred Issues:*

**Pain
Management
Diabetes
Abuse Issues
Drug Abuse**

**Alcohol Abuse
Depression
Anxiety
Sexual Issues**

*Please note: For your safety, we require a note from your primary care provider before working with any medically-diagnosed issues.

Some Considerations

Define Your Desire

- If you had a million dollars, what would you do and how would you spend it?
- If you could do anything without fear of failing, guaranteed to succeed, what would you do?
- If you only had six months to live, what would you do?
- Imagine you have passed on. One of your friends has been chosen to read your eulogy. Who would you ask and what would they say?

Passion, Do You Have It?

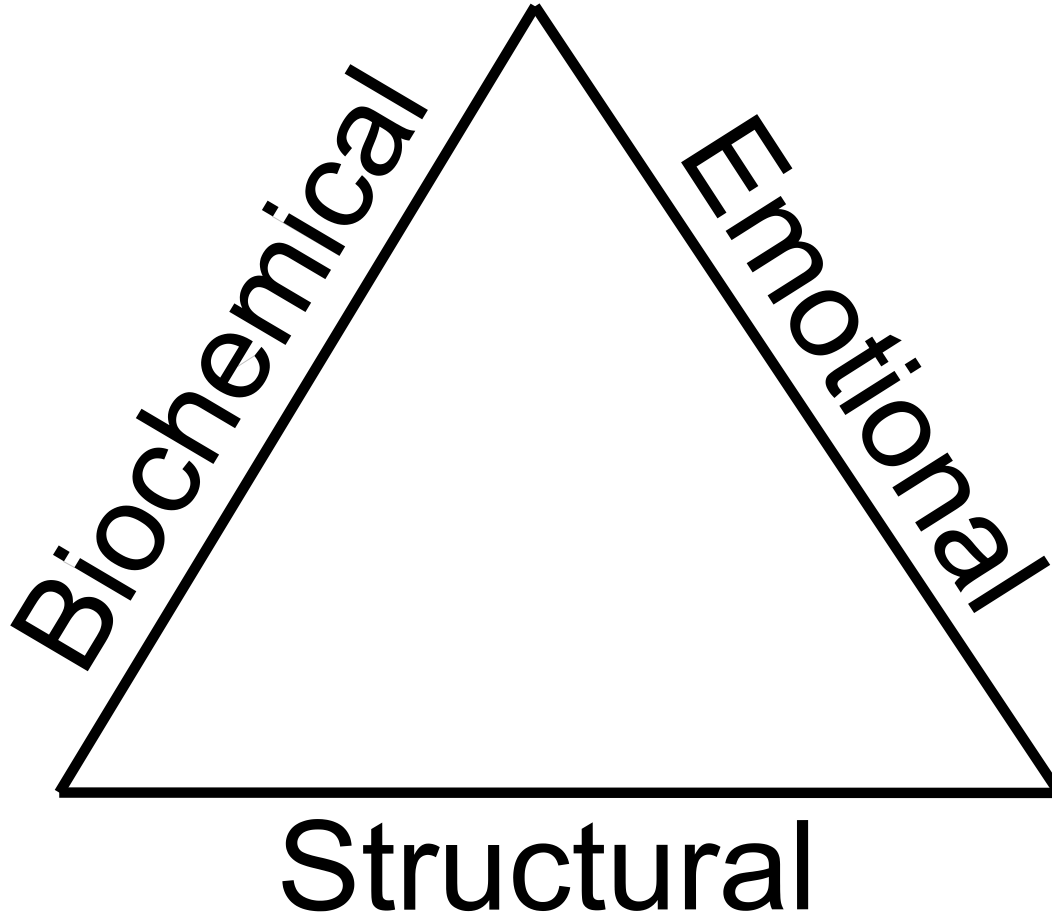
- To get what you want will require devotion, dedication, and commitment to the task.
- The single most important factor in getting what you want is passion.
- The answer to **why** you want something is more important than the answer to **how** you will get it.
- Spend some time writing the reason you want your goals and look for where you get excited or feel great passion. This is where you will find success.

View of Life

We experience life in four realms:

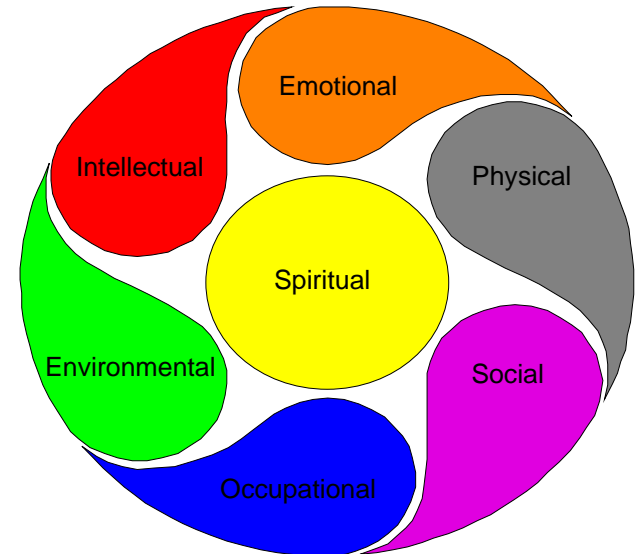
- **Emotional** – Peace of mind, love, relationship with self and others
- **Physical** – Health, financial goals, material needs
- **Mental** – Education, learning, stimulation and growth
- **Spiritual** – Live your purpose and mission, serve others, connection with God or Higher Source.

Health is a Balance!



The Seven Dimensions of Wellness

- Physical wellness
- Emotional wellness
- Intellectual wellness
- Spiritual wellness
- Environmental wellness
- Occupational wellness
- Interpersonal and social wellness



Behaviors Contributing to Wellness

- Physical activity
- Healthy diet
- Healthy body weight
- Effective stress management
- Avoidance of tobacco and other drugs; wise use of alcohol, if any
- Protection from disease and injury

Stage of Change

The Transtheoretical Model

(Process of Change)

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance
- Termination/Adoption

Precontemplation

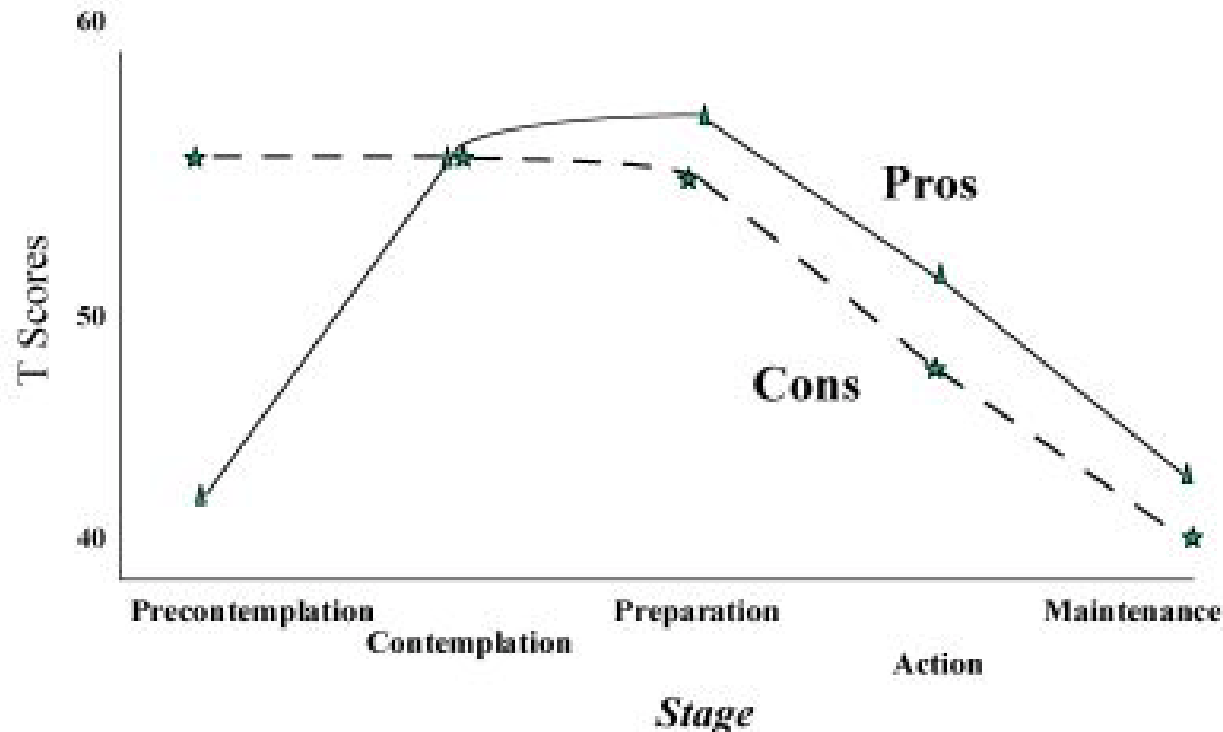
Precontemplation is the stage in which people are *not intending to take action in the foreseeable future*, usually measured as the next six months. People may be in this stage because they are uninformed or under-informed about the consequences of their behavior. Or they may have tried to change a number of times and become demoralized about their ability to change. Both groups tend to avoid reading, talking or thinking about their high risk behaviors. They are often characterized in other theories as **resistant** or **unmotivated** or as **not ready for health promotion programs**. The fact is traditional health promotion programs are often not designed for such individuals and are not matched to their needs.

Contemplation

Contemplation is the stage in which people are *intending to change in the next six months*. They are more aware of the **pros** of changing but are also acutely aware of the **cons**. This balance between the costs and benefits of changing can produce profound ambivalence that can keep people *stuck* in this stage for long periods of time. We often characterize this phenomenon as **chronic contemplation** or **behavioral procrastination**. These people are also not ready for traditional action oriented programs.

Stage of Change for Unhealthy Behavior

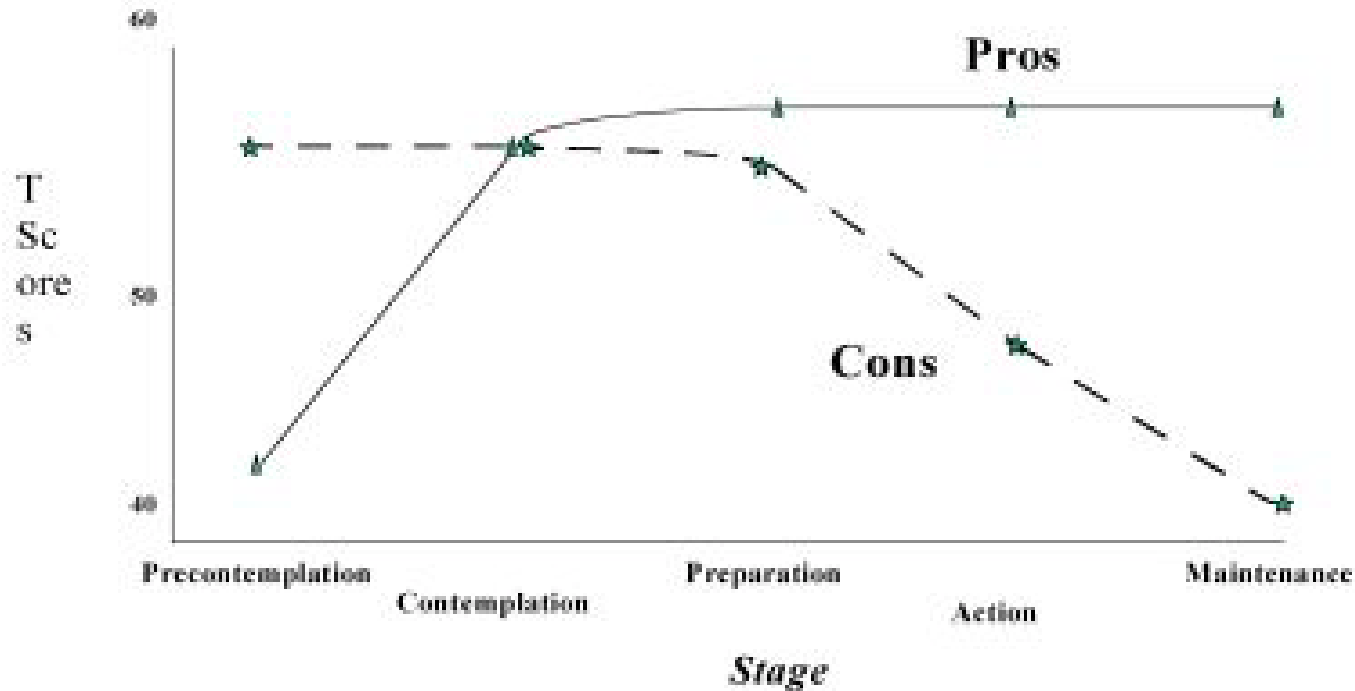
(Smoking)



The Decisional Balance scale involves weighting the **importance of the Pros and Cons**. A predictable pattern has been observed of how the Pros and Cons relate to the stages of change. This figure illustrates this pattern for smoking cessation. In Precontemplation, the Pros of smoking far outweigh the Cons of smoking. In Contemplation, these two scales are more equal. In the advanced stages, the Cons outweigh the Pros.

Stage of Change for Healthy Behavior

(Exercise)



A different pattern has been observed for the acquisition of **healthy behaviors**. The patterns are similar across the first three stages. However, for the last two stages, the **Pros of exercising remain high**. This probably reflects the fact that maintaining a program of regular exercise requires a continual series of decisions while smoking eventually becomes irrelevant. These two scales capture some of the cognitive changes that are required for progress in the early stages of change.

Preparation

Preparation is the stage in which people are **intending to take action in the immediate future**, usually measured as the **next month**. They have typically taken some significant action in the past year. These individuals have a **plan of action**, such as joining a health education class, consulting a counselor, talking to their physician, buying a self-help book or relying on a self-change approach. These are the people that should be recruited for action-oriented smoking cessation, weight loss, or exercise programs.

Action

Action is the stage in which people have **made specific overt modifications in their life-styles within the past six months**. Since action is observable, behavior change often has been equated with action. But in the Transtheoretical Model, Action is only one of five stages. Not all modifications of behavior count as action. People must attain a criterion that is sufficient to reduce risks for disease. In smoking, for example, we used to count reduction in the number of cigarettes, or switching to low tar and nicotine cigarettes, as an action. Now, however, the consensus is clear--only total abstinence counts. The Action stage is also the stage where **vigilance against relapse is critical**.

Maintenance

Maintenance is the stage in which people are **working to prevent relapse** but they do not apply change processes as frequently as do people in action. They are **less tempted to relapse** and increasingly **more confident** that they can continue their change.

Stage of Change Survey

1. I am _____ regularly now, and I don't plan to start/stop in the near future.
2. I am _____ regularly now, but I've been thinking about starting/stopping.
3. I am trying to start/stop _____, or I am _____ infrequently.
4. I've started/stopped _____ within the past six months.
5. I've been doing _____ for the past six months and I am working to prevent a relapse.

Regression

Regression occurs when individuals **revert to an earlier stage of change**. Relapse is one form of regression, involving regression from Action or Maintenance to an earlier stage. However, people can regress from any stage to an earlier stage. The bad news is that **relapse tends to be the rule when action is taken for most health behavior problems**. The good news is that for smoking and exercise only about **15% of people regress all the way to the Precontemplation** stage. The vast majority regress to Contemplating or Preparation.

Stage of Change

(Some Examples)

Smoking: Stage of Change

Are you currently a smoker?

- Yes, I currently smoke
- No, I quit within the last 6 months (ACTION STAGE)
- No, I quit more than 6 months ago (MAINTENANCE STAGE)
- No, I have never smoked (NONSMOKER)

(For smokers only) In the last year, how many times have you quit smoking for at least 24 hours?

(For smokers only) Are you seriously thinking of quitting smoking?

- Yes, within the next 30 days (PREPARATION STAGE if they have one 24-hour quit attempt in the past year - refer to previous question... if no quit attempt then CONTEMPLATION STAGE)
- Yes, within the next 6 months (CONTEMPLATION STAGE)
- No, not thinking of quitting (PRECONTEMPLATION STAGE)

References

DiClemente, C.C., Prochaska, J.O., Fairhurst, S., Velicer, W.F., Rossi J.S., & Velasquez, M. (1991). The process of smoking cessation: An analysis of precontemplation, contemplation and contemplation/action. *Journal of Consulting and Clinical Psychology, 59*, 295-304.

Velicer, W.F., Fava, J.L., Prochaska, J.O., Abrams, D.B., Emmons, K.M., & Pierce, J. (1995). Distribution of smokers by stage in three representative samples. *Preventive Medicine, 24*, 401-411.

Physical Activity Stage of Change Survey

1. I don't exercise or walk regularly now, and I don't plan to start in the near future.
2. I don't exercise or walk regularly, but I've been thinking about starting.
3. I am trying to start to exercise or walk, or I exercise or walk infrequently.
4. I'm doing **moderate** physical activities fewer than 5 times a week, or **vigorous** ones fewer than 3 times a week.
5. I've been doing **moderate** physical activities 5 or more times a week, or **vigorous** ones at least 3 times a week, for the last 1 to 6 months.
6. I've been doing **moderate** physical activities 5 or more times a week, or **vigorous** exercise at least 3 times a week, for 7 months or longer.

Definitions

- **“Vigorous”** exercise includes activities like jogging, running, fast cycling, aerobic classes, swimming laps, singles tennis and racquetball. Count any activity that makes you work as hard as jogging and lasts at least 20 minutes at a time. These types of activities usually increase your heart rate, make you sweat and make you feel out of breath (don’t count weight lifting).
- **“Moderate”** exercise includes activities such as brisk walking, gardening, slow cycling, dancing, doubles tennis or hard work around the house. Count any activity that makes you work as hard as brisk walking and that lasts at least 10 minutes at a time.

Getting Serious About Behavior Change



1. Identify the wellness-related behavior that you want to change
2. Gather information and increase your knowledge
3. Understand your limitations and abilities
4. Don't go it alone - seek the advice and support of caring individuals

What Does It Take to Change?

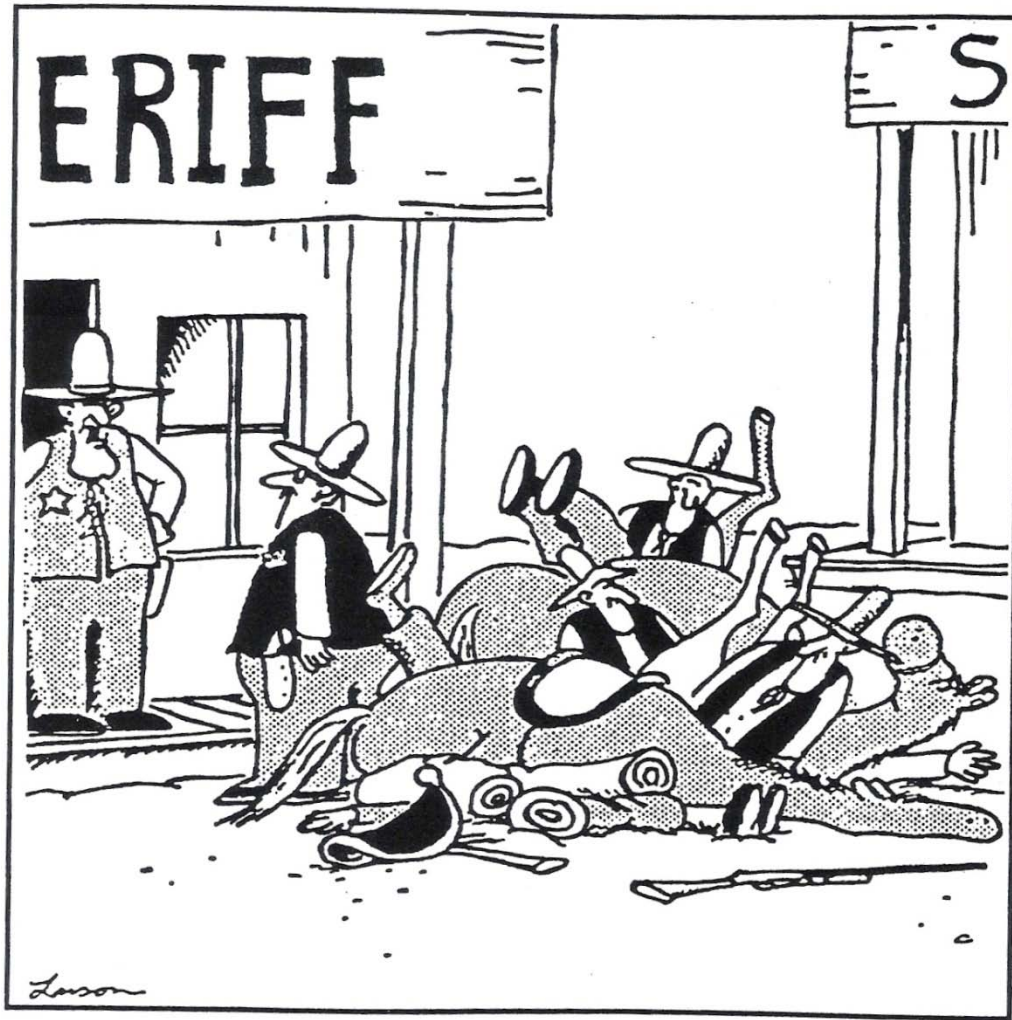
- **Motivation**
 - raising consciousness about the problem
behavior helps create motivation to change
- **Understanding your locus of control**
 - what you consider to be the source of responsibility for events in your life
 - can be internal or external
- **Planning ...**

Basic Principles of Planning



PLANNING

MUCH WORK REMAINS TO BE DONE BEFORE WE CAN ANNOUNCE
OUR TOTAL FAILURE TO MAKE ANY PROGRESS.

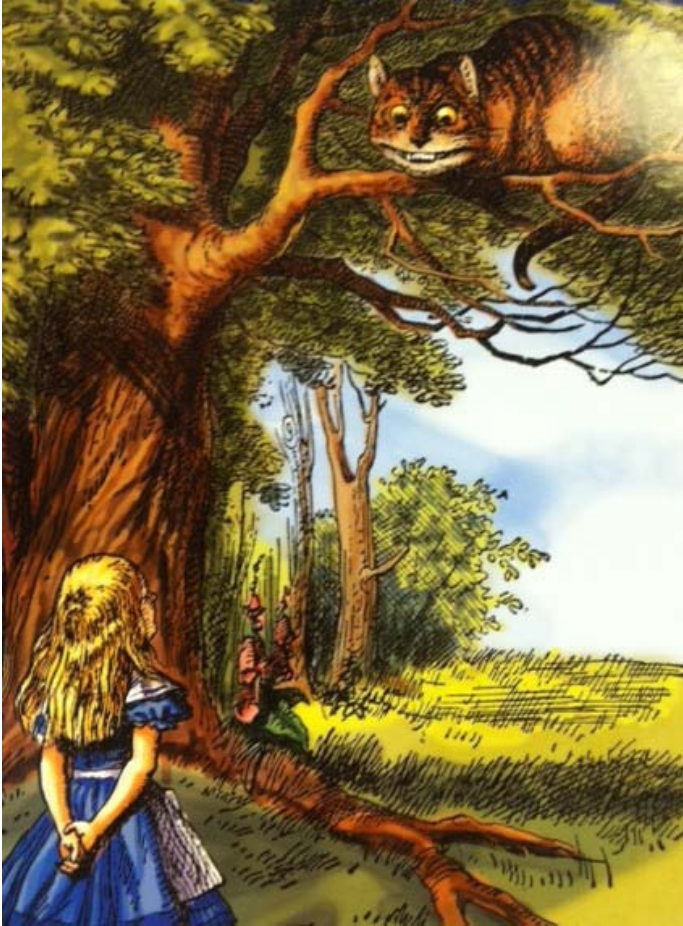


“And so you just threw everything together?
... Mathews, a posse is something
you have to *organize*.”

What is Planning?

Planning is a series of decisions, from **general strategic decisions** (e.g., identifying priorities) to **specific operational details** (e.g., program implementation), based on the collection and analysis of a wide range of information.

Alice Speaks to the Cheshire Cat



"Cheshire Cat," she began, rather timidly . . . "Would you tell me, please, which way I ought to go from here?"

"That depends a good deal on where you want to get to," said the Cat.

"I don't much care where—" said Alice.

"Then it doesn't matter which way you go," said the Cat.

"—so long as I get *somewhere*," Alice added as an explanation.

"Oh, you're sure to do that," said the Cat, "if you only walk long enough."

Why Plan?

- Planning helps you to get from your **starting point** to your desired **end point**.
- Planning helps to **direct resources** (time, money, and personnel) to where they will have the **greatest impact**.
- Planning is a critical process for ensuring the **development** and **implementation** of effective and appropriate health related programs.

Keep All O.A.R.S. in the Water

- **O**ppportunity
- **R**esources
- **A**ptitude
- **S**trength



Developing a Behavior Change Plan

1. Monitor behavior and gather data
2. Analyze the data and identify patterns
3. Set specific goals
4. Devise a strategy or plan of action
 - modify environment
 - create rewards
 - involve others
5. Make a personal contract

SMART Goals

Short and Long-term Goal Setting

(Initial Planning Questions)

Establishing short-term and long-term goals will increase your success with the design and implementation of your specific program. It must be understood, however, that in order to achieve true health and wellness, you must establish **comprehensive lifestyle changes**; quick fixes and vague goals will not be effective in creating long-term benefits. This means that you will need to review the way that you manage all aspects of your life and be open to making appropriate changes. One effective way to increase success is by using the SMART approach to setting goals. **SMART** goals are those that are *specific, measurable, action oriented, realistic, and timed*.

Short and Long-term Goal Setting

(Initial Planning Questions)

Ask yourself the following questions for each goal:

- What do you want (State your goal in positive terms)?
- What will achieving your desired goal do for you?
- What is the reason for addressing this goal NOW?
- What specific steps do you think are needed to achieve your goal? Include approximate date or time frame to accomplish each step.
- How will you measure your progress toward your goal?
- When do you expect to achieve this goal?
- Who will you share this goal with? Relationship: _____
- How will this affect other aspects (or people) in your life?

Short and Long-term Goal Setting

(Initial Planning Questions)

Ask yourself the following questions for each goal (Cont.):

- Do you care how it affects others? Why or why not?
- How will you know you have achieved your goal?
- What have you tried before to achieve your stated goal?
- With what you have tried previously, what did or didn't work?
What stops you from having this goal already (barriers)?
- How might you overcome these barriers to your success?
- What resources do you already have that will help you obtain your desired outcome?
- What additional resources do you need to obtain your goal?
- Where will you acquire the additional resources?
- How will you reward yourself for achieving your goal?

SMART Goals

Specific – What do you want?

Measurable – How are you going to know when you achieved your goal?

Action Based – What will you need to do to get you to your goal (i.e., steps)?

Realistic – Do you have all of your OARS in the water?

Time Based – When do you want to achieve your goal?

The Format for Writing Goals

Setting Short-term Goals

Specific or Short-term goals (Usually can be accomplished in under 1-2 months):

Format:

I want to increase/decrease my _____
from _____ to _____ by _____ (date).

Example:

I want to increase my level of physical activity from 3 to 4 by the end of ten-weeks, as evaluated by the Stage of Change Survey. In addition, I will obtain 90 points by the end of the Personal Fitness Contract (PFC) program.

Setting Long-term Goals

General or Long-term goals (Usually can be accomplished in greater than 2 months):

Format:

I want to increase/decrease my _____
from _____ to _____ by _____ (date).

Example:

I want to quit smoking or using tobacco products by the
end of the Summer (date).

Remember: the more specific you are with the goals you establish, the more likely you are to achieve them and to know that you have achieved them.

Setting Physical Activity Goals

Rewards - As a result of accomplishing my goals, I shall reward myself with the following:



Make a Contract with Yourself!



Staying With It

- Anticipate and overcome possible obstacles:
 - social influences
 - levels of motivation and commitment
 - choice of techniques and level of effort
 - stress barriers
 - procrastination, rationalization, blaming
- Get outside help if needed



THANK YOU!

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