D2
Building Relationships, Enhancing Quality of Life, and Empowering Cancer Patients with Self-Hypnosis Groups
(Holly Forester-Miller, PhD)
Enhancing the Quality of Life of Breast Cancer Patients with Self-hypnosis

Holly Forester-Miller, PhD, LPC
Medical Hypnosis Consultants, PLLC
Durham, NC USA

• I have no financial relationships to disclose and I will not discuss off label use and/or investigational use of drugs or procedures in any of my presentation
Funded by a grant from the Susan G. Komen Breast Cancer Foundation, Triangle Affiliate


Special Issue: The Benefits of Hypnosis in Cancer Care

Pilot study  N=23

Intervention – Each subject participated in four 1½ hour classes plus had one 45 minute individual hypnotherapy session.
Functional Assessment of Cancer Therapy – Breast (FACT-B) was given pre- and post-intervention.

FACT-B is a 36-item patient self-report instrument.

Consisting of 5 categories

Significant changes were reported in quality of life measures on 16 out of the 36 items.

Physical Well-being:
- Less trouble meeting their family’s needs
- Less bothered by the side effects of Tx
- Felt less ill.

Emotional Well-Being:
- Feeling less sad
- Feeling less nervous
- Experiencing less fear of dying
- Being less worried that their condition will get worse
Social/Family Well-Being:
- No significant change

Functional Well-Being:
- More able to enjoy life
- More able to sleep well
- More able to enjoy the things they usually do for fun
- More content with the quality of their life

Additional Concerns - Questions specific to breast cancer patients:
- Less short of breath
- Less swelling or tenderness in their arms
- Less worried about the effect of stress on their illness
- Felt more sexually attractive
- Felt more like a woman
DEFINITIONS
taught to the participants

HYPNOSIS
is a tool or process used to facilitate the trance state.

It enables us to control when the trance state will occur so that we can best utilize it.

It is one of many tools that can take us into trance.

TRANCE
is a naturally occurring phenomena.

It is an altered state of consciousness in which one is able to more readily access both psychological and physiological abilities.
Examples of naturally occurring trance:

- Losing track while driving long distances
- Daydreaming
- Being engrossed in a video game, book, or movie.

SUGGESTIONS

is the vehicle through which we communicate messages to the unconscious mind.

One’s ability to accept suggestions is heightened in trance.

Conclusions

- Self-hypnosis training is empowering for patients
- Has the potential for improving patient satisfaction ratings
- And improving patient care.
Self-Hypnosis provides individuals with skills they can use in working together with their doctors to achieve better health outcomes.

Research shows hypnosis to be effective with:

- Pain
  - Acute
  - Procedural
  - Chronic
- Headaches & Migraines
- Bleeding Control
- Nausea associated with chemotherapy
- Reducing the amount of anesthesia needed
- Bone Healing
- Hot flashes
- Burn Healing
- Irritable Bowel Syndrome
- Labor & delivery
- Enuresis
- Fibromyalgia
- Insomnia
- Eczema
- Warts
Case of Tom
Participant in a self-hypnosis class open to all cancer patients.
• Surgery – Wedge Resection, Right lung August 2014 for non-small cell adenocarcinoma
• Surgery – Wedge Resection, Left lung November 2015 for a separate non-small cell adenocarcinoma

• Tumors were comparable sizes
• Located in the same general location of each lung – top outer lobe
• Same surgeon and surgical team for both surgeries
• Started the self-hypnosis class prior to 2nd surgery
Post Operative Experience

2014 - First surgery

• Post-op – 1 day in surgical ICU for Atrial Fibrillation due to pulmonary inflammation from surgery

• Drainage tube removal, 8-9 pain even on patient administered morphine

• Used the morphine pump often – didn’t seem to help

• Discharged on 3rd day post-op

• Took oxycodone for several days after discharge.

• Getting up and down was very painful - had to hold his side

2015 Second Surgery

• Went directly to a regular room

• Only used the patient administered morphine once – for catheterization

• Drainage tube removal – minor discomfort, maybe a 2
• Discharged first day post-op

• No prescription pain medications used after discharge

• Getting up and down – just felt a bit sore, did not have to hold his side

• Up and going much sooner

---

Healing – Scars in September 2017

August 2014 surgery  November 2015 surgery
Outline of Topics for Each Weekly Session (Forester-Miller, 2017)

**Week 1**

1. Short introductions of each member – (just a minute, name & why they are here).
2. Discuss the myths and misconceptions about hypnosis by reviewing and explaining the answers to the true/false hypnosis questionnaire in the participant’s manual.
3. Teach the definitions of hypnosis, trance and suggestion.
5. Briefly discuss the highlights of the history of hypnosis
6. Introduce hypnotic language and suggestion, specifically the use of the words not and try.
7. Teach and record the “Letting Go” Self-Hypnosis induction technique (explained above). After the session the induction is then emailed to each of the participants as an mp3 file.

**Participant’s Homework:**

1. Practice self-hypnosis daily (without recording) and Listen to recording as much as they like.
2. Read from Packet: Brief Facts about Hypnosis and History of Hypnosis
3. Make a list of things they would like to learn to use hypnosis for.

**Week 2**

1. Review how participants’ self-hypnosis practice went and address any issues and concerns.
2. Discuss if and how they know they are in trance and what trance feels like for each of them.
3. Practice self-hypnosis as a group.
4. Teach participants how to quiet a busy mind by locking concerns, worries, and things that they cannot do anything about in that moment, safely away in a box they build in their mind.
5. Discuss the use of hypnotic language and review the list of implicative words in their manual [see Otani, 1989].
6. Help participants to generate suggestions about general issues for many cancer patients (i.e., suggestions for healing, chemo-side effects, radiation side effects, fatigue).
7. Discuss the use of the implicative words in forming these suggestions, and for those specific issues they have identified to work on.
8. Teach participants how to use a pocket rock for calming and centering, as well as for a second induction technique.
9. Discuss hypnotic suggestions for sleep.

**Participant’s Homework:**

1. Practice pocket rock induction
2. Practice writing out suggestions
Week 3
1. Review how participants’ self-hypnosis practice went and address any issues and concerns.
2. Review suggestions participants wrote, discuss ways of enhancing them, and point out the variety of suggestions the group has come up with for the same issue. Encourage participants to borrow ideas and suggestions from each other.
3. Teach an eye fixation self-hypnosis induction technique with eyes staying open that can be used less conspicuously in public.
4. Discuss healing imagery and how participants might use it. Facilitate a trance exercise that assists participants in forming healing imagery for themselves.

Participant’s Homework:
   1. Each person is to think about what their personal visualization/sense for healing (healing imagery) might be.
   2. Practice writing suggestions.

Week 4
1. Review how participants’ self-hypnosis practice went and address any issues and concerns.
2. Review suggestions participants have written, discussing them, and having participants give each other feedback on how to enhance them.
3. Practice quick eyes open trance.
4. Have participants who choose to share their healing imagery.
5. Discuss suggestions for general cancer patient concerns that may not have been discussed thus far, such as constipation, hot flashes, taste, and appetite issues.
6. Address any last questions.
7. Close with a trance experience for consolidation of learning.

Basic Stages of Any Group/Class

What is Integrative Medicine?

The Mind-Body Connection

The Meaning of Illness

Possible stages of cancer a person might have to deal with:

  Diagnosis
  Medical Treatment Decisions
  Medical Treatment
  More Treatment Decisions
  Living with Cancer
  Living without Cancer
  Dealing with Recurrence
  Dealing with Metastasis
  Facing Death
  Dying

Potential needs of cancer patients - Mind, Body & Spirit

  Anxiety
  Depression
  Empowerment
  Pain Management
  Gastrointestinal Problems
  Sleep Disturbances
Relaxation

Surgery

Bleeding Control

Chemotherapy side effects

Radiation therapy side effects

Burns

Appetite/Taste

Energy Level

Blood Counts

Healing Imagery

References & Resources


Link to a two minute video of Dr. Holly Forester-Miller having surgery with no anesthesia and no measurable blood loss. https://www.youtube.com/watch?v=YV-lDK_4c-A

This video is a tool that you may use in any and every way you choose. Please share this video; post it to your social media accounts, show it when you give lectures and teach workshops. Help us spread the word on the web and everywhere about the benefits of clinical hypnosis and the American Society of Clinical Hypnosis (ASCH).

The American Society of Clinical Hypnosis (ASCH) offers a video which reviews the current understanding of the neurophysiology of pain, research on the effects of hypnosis in treating chronic pain, and discusses clinical implications of the research of Dr. Mark P. Jensen. The video can be viewed at http://www.asch.net/Professionals/HypnoticAnalgesiaVideo.aspx.

Holly Forester-Miller, PhD, LPC   HFM@MedicalHypnosisConsultants.org   919 403-7229