SA5
Navigating The Treatment of Frustrating Illnesses Such As Fibromyalgia with the Use of Clinical Hypnosis and Healing Relationship

(Harvey Zarren, MD)
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ASCH 2018
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Disclosures

• None to report

Workshop Design

• 1. Overview and Biology
• 2. Fibromyalgia
• 3. Tools: Healing Relationship and Clinical Hypnosis
  – Case
  – Some specific tools utilizing hypnosis
Workshop Design

- To enable understanding of the science and the concepts
- To enable you to explain the science and the concepts to clients/patients and colleagues, so that they can understand what you are doing and why – the process of your work together.
- To provide specific tools to enhance and broaden our work.

For Understanding:

Please keep in mind that we, and our complex, extraordinary, and wondrous design have evolved over at least 800,000 years.

Our ancestors’ successful designs lived to be passed on genetically.

I Have Learned to Trust:

- Our design.
- Given a chance our design will move towards wellness/wholeness.
- Sometimes something is in the way; that is the reason to continuously take history, ask questions, and carefully listen: you’ll find out the information you need for healing.
We Are Whole

- We are complicated and often messy, but we are whole, not just a collection of parts.

- Aspects:
  - Physical,
  - Mental,
  - Emotional,
  - Spiritual,
  - Social
  - *These are not real in our biology!*
Inner Safety

- Getting up in the morning and feeling capable to face the day.
  - Self-confidence
  - Self-esteem
  - Self-value
  - Self-worth
- “I matter”
- “I belong”
- “I am well-anchored”

Safety and Human Interaction

- All human interaction increases or erodes each person’s inner sense of safety.
- Professional caregiver – patient/family interactions and other intense settings can support or erode people’s sense of inner safety.
- As a person, as a practitioner, how do you want to leave other people – feeling safer or less safe?
Spirituality

- Connection
  - To self
  - To others
  - To all living things
  - To Nature
  - To Creation
  - To The Divine (however you see the Divine)

Connection to The Divine

- An answer for loneliness
- Source of strength, comfort, creativity, motivation
- An anchor
- Continued feelings of meaning
- A way to change “The switches.”
Connection to Self

- Biological
  - Anatomical
  - Functional
Think of Wholeness:

- As mediated biologically
- Our biology is the mechanism by which we experience being alive
- In that biology physical, mental, emotional, spiritual, and social aspects are not real.
Benefits of Approaching Patients from “Biology”

- Enables patients/clients to perceive and understand their situations more easily
- Comes across as less judgmental (There is a mechanism involved; it’s not your fault; there is not something broken inside you.)
- All therapeutic efforts can be explained as enabling the biology to change.

Biology

- Genomics
  - Gene expression makes the molecules that give us the experience of being alive
- Brain Plasticity
  - Ability of our brain to change
- Brain Function
- Nervous System
Genomics

• 21,000 Genes
  • Making the molecules that give you the experience of being alive
    – Anatomically
    – Physiologically (functionally)
  • When a gene is turned on, producing a molecule, it is being “expressed.”
We Can Measure:

- **Messenger molecules**
  - Neurotransmitters: epinephrine, nor-epinephrine, dopamine, serotonin, histamine, etc.
  - Steroids: testosterone, estrogen, cortisol
  - Peptides: cytokines, chemokines, lymphokines, interleukins, etc.
- Molecules of stress and inflammation, and the molecules initiating effective immune function.

Most of Our DNA Is Switches

- The 21,000 genes are only 2% of your DNA
- The rest of your DNA is composed of control switches for the 2% (the 21,000 genes) that give you the experience of being alive.
- (The ENCODE project discovered and is exploring and defining the switches)
  - ENCYclopedia Of DNA Elements

Epigenetics

- How the environment changes the switches.
- The DNA code is not changing; what changes is what particular genes are turned on or off by the effects of the outside world, including Nature and human relationships.
Current Influenza Epidemic

- Why so severe?
- Epigenetics is playing a role.
- Communication tools are playing a role
- Think about how this framework applies to us, our family and friends, our colleagues, and our patients/clients.
All Human Interactions

- Are having effects biologically at the cellular and molecular level.
Biology of Hope

- You can change your switches (what genes are turned on or off)
- We do it routinely
  - Resilience
  - Resources: internal, external
- We may need help
- Is something in the way?
  - Here is a significant part of the value of taking adequate history.

Psychobiology of Gene Expression

All Cells in the Human Body

- Communicate by three mechanisms:
  - Messenger molecules
  - Nervous system
  - Energy (through the fascia)
Nervous System

- Sensory Nerves
- Motor Nerves
- Autonomic Nervous System
  - Enteric
  - Sympathetic
  - Parasympathetic

Sympathetic Nervous System

- Fight or flee system
- Designed for physical threat
- Increases heart rate, blood pressure, vigilance, awareness of “Outside,” agitation, and reactivity.

Parasympathetic Nervous System

- Lowers heart rate and blood pressure
- Calms, quiets
- Increases awareness of “Inside”
- Can decrease agitation and reactivity
- Is related to socialization and effective emotional expression
Triggers for Sympathetic Nervous System

- Perceived threat
  - Physical
  - Mental
  - Emotional
  - Spiritual
  - Social
- Conscious or subconscious

Triggers for Sympathetic Nervous System

- Words, images, people, settings
- Familiar versus unfamiliar
  - Familiar creates perception of “safe”
    - Even if unhealthy
  - Unfamiliar creates perception of “unsafe”
    - Even if healthy
  - Metaphor of Explorer entering home harbor
- “Unsafe” triggers sympathetic nervous system

Your Patient/Client Encounter

- Is a healthcare setting, thus stressful:
- The sympathetic nervous system can get triggered.
- Patient/client may do self-trance for protection, thus heightening suggestibility, increased filtering of what is said, decreased ability to infer.
Brain Plasticity

- The ability of the brain to
  - Make new cells – neurogenesis
  - Make new connections – synaptogenesis
  - Change function of brain regions

Brain Plasticity

- We can make new brain cells and cell connections our whole lives
- We turn on genes that convert stem cells to brain cells
- Neurogenesis genes turn on with:
  - Novelty
  - Numinous (enriching) experiences
  - Physical and mental exercise

Brain Function

- I invite you to look at:
  - The work of Dr. Bruce Perry at: www.ChildTraumaAcademy.com
  - I invite you to take the lessons

- We can all better understand our own reactions/responses and those of others including family, colleagues and patients.
Hyperarousal Continuum

- Rest
- Vigilance
- Resistance
- Defiance
- Aggression

Dissociative Continuum

- Rest
- Avoidance
- Compliance
- Robotic
- Detached
- Dissociation
- Fetal Rocking
- Fainting

Regulating Brain Region

- Neocortex
- Cortex
- Limbic
- Midbrain
- Brainstem
- Autonomic

Cognitive Style

- Abstract
- Concrete
- Emotional
- Reactive
- Reflexive

Internal State

- Calm
- Arousal
- Alarm
- Fear
- Terror

From Bruce D. Perry, M.D., PhD
Brain Function Under Stress

• Choice resides in cortex (calm and aroused); moving right on chart results in reaction (content of reaction dependent on life journey)
• With stress, brain function moves “towards the right” on the Perry chart

Brain Function Under Stress

• Healthcare settings are stressful
  – Reaction rather than choice
  – Failure to accurately hear and/or understand
  – Decreased ability to “infer.” We must make things overt if we want them heard in stressful situations
• Family settings can also be stressful
  – So the same things apply

Our Work

• Must always include helping a patient/client “move to the left” on the brain chart so that they can choose rather than reacting.
• That is part of how Healing Relationship heals.
Healing Relationship

• To increase Inner Safety
• To change gene switches in a positive way
• To decrease suffering
• To increase trust
• To build self-esteem
• To “make up for” prior poor experiences with healthcare

How you relate affects gene expression, body biology, brain function and sense of Inner Safety.

You can make up for a patient’s prior unhealthy experiences with healthcare, or you can be one of those unhealthy experiences.

Your Patient/Client Encounter

• Be consistent from the beginning in behavior, language, eye-contact, tone-of-voice, body language

• So that:
  – You are positively affecting biology:
    • Decreasing reactivity (Autonomic nervous system)
    • Moving brain function more towards calm (where choice resides)
    • Changing gene switches towards healing
    • Decreasing resistance (To you and to change)
    • Increasing Inner Safety
Your Patient/Client Encounter

• You may be making up for previous unhealthy healthcare experiences that decreased Inner Safety.
• You can be the start of positive change for and in a patient/client.
• I invite you to remember that you have only one chance to make a “First Impression.”

Healing Relationship

• Our interactions with others always, always, always matter, and have meaning for ourselves and the “other.”
• All human interaction increases or erodes each person’s inner sense of safety.
• “Feeling safer” moves ourselves and patients toward healing, biologically.

Healing Relationship

• Means:
  – You are modeling how you want them to be and to relate
  – You are noticing and pointing out what’s “right” with them
    • Strength List early on (first visit)
  – You do the above consistently and repetitively
  – You accept their “stuff” until they become more resilient
  – You constantly remain vigilant about your mirror neurons picking up on their distress and resulting feelings and energy
Relationship Skills

- Deep respectful listening
- Non-judgmental interaction
- Level playing field
- Invitational education
- Compassion

“Frustrating Illnesses Such As Fibromyalgia”

- Disease is what you get; illness is your experience of having a disease.
- Healthcare likes disease to have a clear cause and a specific effective treatment.
- Fibromyalgia does not have one clear cause or a specific effective treatment, so it is an experience that is “Frustrating,” both for the sufferers and for caregivers.
Fibromyalgia

- A history of widespread pain for more than 3 months affecting all 4 quadrants of the body – right and left sides and above and below the waist.
- At least 11 of 18 tender points as designated by the American College of Rheumatology
- Commonly accompanied with fatigue, sleep problems and anxiety and/or depression
- All laboratory tests are normal

Fibromyalgia

- 5 - 6 million Americans
- Women : men, 10 : 1
- Usually ages 25 – 60 but pediatric cases described
- Very variable presentation
- “No test and no pill”
Fibromyalgia

• Associated possible symptoms/conditions
  – Fatigue
  – Night sweats
  – Sleep disturbances
  – Memory and concentration/cognitive difficulties
  – Heat/cold intolerance
  – Feelings of weakness
  – Mood disorders

Fibromyalgia

• Associated possible symptoms/conditions (continued)
  – Tension, migraine headaches
  – Temperomandibular joint discomfort
  – Rib cage pain (non-cardiac chest pain)
  – Irritable bowel syndrome (IBS)
  – Chronic pelvic pain
  – Heartburn
  – Palpitations
  – Low blood pressure and syncope (fainting)

Fibromyalgia

• Associated possible symptoms/conditions (continued)
  – Fluctuations in weight
  – Plantar or heel pain
  – Ear-nose-throat complaints
  – Multiple chemical sensitivities
  – Allergic symptoms
  – Balance, hearing and/or vision disorders
ME (Myalgic Encephalomyelitis)

- Brain injury
  - When studied by functional brain imaging
  - Vascular changes
- Chronic inflammatory, primarily neurological
- Changes in sensory tolerance, visual problems, exertional muscle weakness, difficulties with coordination and speech, severe fatigability, cognitive impairment, problems with balance, subnormal or poor body temperature control (due to circulation issues) and severe pain

Chronic Fatigue Syndrome (CFS)

- 3-6 months of profoundly fatigue
- Disabling 1 or more: work, recreational, social/family aspects of life
- At least 4 of 8:
  - post exertional relapse,
  - neuro-cognitive symptoms (impaired memory, difficulty focusing, problem finding words, absent-mindedness, forgetfulness, slow thought process, need to focus on only one thing at a time, problem expressing thoughts, lost train of thoughts, problem comprehending information

Disease versus Illness

- Disease is what a patient gets
- Illness is a person’s experience of having a disease
Some Factors Deciding Illness

• Severity of disease
• Underlying state of health, immune function
• Availability of quality healthcare
• Support system for individual
• Feelings of inner safety

Inner Safety

• Genetic predisposition
• Environment in-utero
  – Bathed in mother’s nervous system, messenger molecules, energy
• First 2-3 years of life
  – Nourishment: physical, mental, emotional, spiritual, social

Brain Development and Function

• Not all genetically determined
• Anatomy and physiology very much based on experience in-utero and first few years of life
• Brain circuits and messenger molecule (example: Brain, Pituitary Hormone, Adrenal stress response system) responses and nervous system responses to life’s challenges patterned during that time
**Inner Safety**

- If “adequate.” (never perfect) physical, mental, emotional, spiritual, social nourishment early, brain anatomy and function develop to deal effectively with challenges through life, including episodes of disease
- If inadequate physical, mental, emotional, spiritual, social nourishment during early years, then it is much harder to meet challenges later in life

**Inner Safety**

- Very dependent on early attachment
- Later experiences, traumas and physical, mental, emotional, spiritual and social nourishment or lack of it will also have impact
- Early “anchoring” is foundational.
- Patients’ inner sense of safety decides much about how patients tolerate pain, fear, frustration, disease and end-of-life

**Inner Safety**

- State of attachment (early life “anchoring”)
- Subsequent experiences
- Specific traumas
- Resources
  - Personal (physical, mental, emotional)
  - Social: family, friends
  - Spiritual
  - Financial
My Framework of Fibromyalgia
Based on Clinical Efficacy

• #1. Genetic predisposition
  – Can be about skeletal muscle
  – Can be about messenger molecules
  – Can be about brain structure and function
  – Enormous variability
  – Affected by environmental exposures
    • Relationships
      • Physical, mental, emotional, spiritual, social nourishment and/or stressors

Framework of Fibromyalgia

• #2. Inner Safety
  • Time in-utero and first years of life ➔ attachment security ➔ inner safety
  • If not safe, develop chronic body tension (muscle tension)
  • Tense muscles injured, re-injured, re-injured
  • Brain begins to recognize tense muscles and discomfort as “baseline”

Framework of Fibromyalgia

• #3. Accidents—worse if underlying muscles are tense (whiplash example) and Trauma
• #4. Significant episode(s) of infectious disease—
  infectious mononucleosis, Lyme Disease, etc
  • Experience of having disease and treatment
  • Immune dysfunction from stressed life
  • Immune system may turn on and, with inefficient disposal of infectious agent and remnants, may not turn off
  • Autoimmunity may occur
  • Bathing chronically tense muscles in inflammatory molecules
Framework of Fibromyalgia

• Pro-inflammatory cytokine effects
  – Fatigue
  – Weakness, muscle & joint pain
  – Depression
  – Sleeplessness or lack of refreshing sleep
  – Lack of focus and memory
  – Irritability, agitation, anger

• #5. Because of life of chronic discomfort, lifestyle and life choices can be unhealthy and may include:
  – Unhealthy relationships: family, marriage, “friends”
  – Alcohol
  – Drugs
  – Sedentary life with further muscle disuse and obesity
  – Eating fat and sweets for emotional nourishment
• Resulting experiences further erosive to inner safety

• #6. Nutrition effects
  – Saturated fat from animal sources (beef and dairy) results in vascular inflammation expressing inflammatory cytokines
  – For some: aspartame, MSG, tomatoes, citrus fruits, caffeine, alcohol can worsen symptoms
  – For many vegan nutrition helps symptom intensity
Framework of Fibromyalgia

• #7. Experiences with healthcare
  – No test and no pill
  – Patients seen as "crazy," "needy," "demanding,"
    "irritating," "angry," "depressed"
  – "It's all in your head"
  – Frustration on part of caregivers
  – Huge time drain
  – Huge resource drain

Bacteria (Rickettsia)
Immune Response

• Infectious agent, foreign cell (malignant, transplant)
• Immune response identifies threat (antigens) and destroys/removes it
• White blood cells:
  – Monocytes, macrophages identify and process antigens
  – Lymphocytes
    • Killer and cytotoxic T-cells
    • B-cells: antibodies

Let’s Suppose

• Infection occurs
• Immune system turns on, recognizes foreign antigen
• Appropriate inflammation occurs
• Virus or bacteria is killed
  – All antigens removed and immune system turns off
  – All antigens are not removed; immune system remains turned on and inflammation continues
• Virus is not killed but sequestered to reactivate later
  – Immune system stays on or re-activates, with inflammation

Some of Infections Implicated

• Viral
  – Epstein-Barr
  – Herpes 6
  – Enteroviruses
  – Dengue
  – XMRV (retrovirus)
• Bacterial
  – Q-fever (Coxiella burnetii)
  – Flinders Island spotted fever (Rickettsia)
  – Lyme (Borrelia)
Pro-inflammatory Cytokine Expression from:

- Errant immune system (fibromyalgia, ME, CFS)
- Cancerous tumors
- Chemotherapy, radiation therapy
- Autoimmune diseases
- Inflamed arteries (usual American nutrition)

Benefits of Self-pay Practice

- No time constraints
- I have time to help people feel heard and to feel safe.
- Don’t have to be impatient if patient “Not doing.” I can give the patient, “Time to rest.”
Human Beings are “Whole” Entities

- Aspects:
  - Physical
  - Mental
  - Emotional
  - Spiritual
  - Social

- Each person is unique and precious

I Have Learned to Trust:

- The design.
- Given a chance the design will move towards wellness/wholeness.
- Sometimes something is in the way; that is the reason to continuously take history, ask questions, and carefully listen: you’ll find out the information you need for healing.

History Taking

- I only take history, no physical examination or tests, but I do observe carefully, closely, and continuously

- Clues
  - Posture
  - Rate of speech
  - Reactivity
  - Skin color (vasoconstriction)
  - Foot tapping
Optimal Exploration Explores:

- Internal environment
- Interactions with external environment
- Recognizes that each person (including each health caregiver) affects and is affected by other people and ultimately all living beings

Mind

- Information flow within brain and between brain and all other cells via nervous system and messenger molecules
- Also affected by energy

My Concept

- Mind as Conscious and Subconscious
Subconscious Mind

- Supervisor in charge of wellness and survival
- If it perceives something not for your wellness and/or survival it can use your body biology to create distress to get your attention that something needs attention.
- All distress is to get your attention; it is not a curse or a punishment.

Ways to Connect with Subconscious Mind

- Healing Relationship
- Clinical Hypnosis
Safety and Human Interaction

• All human interaction increases or erodes each person’s inner sense of safety; there is no neutrality.
• I want to leave people feeling safer.
• I want to help people move towards “Calm” on the brain chart so that they can make choice rather than reacting.

Psychobiology of Gene Expression

Clinical Results:

• To change responses to stressful situations
• To modulate responses of our nervous systems and messenger molecules
• To decrease volume of old internal stories/voices
• To be present and respond appropriately
• To facilitate change – biological change
Clinical Results

• Decrease in symptoms, suffering, and urgency
• Improve physical function
• Restoration of meaning
• Increase in activities
• Enable relationships

Clinical Results

• Variable time frame
• Variable evidence of positive change
• It works!

60 Year-old Patient

• Diagnosed with fibromyalgia, chemical and electromagnetic sensitivity, and chronic Lyme disease
• Onset 25 years ago
• An enormous variety of allopathic and complementary therapies have all left him more symptomatic
Condition

- Chronic pain
- Fatigue
- Brain fog
- Hopeless
- Tense
- Lost faith
- Enormous environmental sensitivity
- Unsafe

Condition

- Tense body
- Hyperactive sympathetic nervous system
- Hypervigilant
- Cannot relax
- Cannot stop mind activity
- Responsible for everybody and everything
- Takes on all burdens
- Tries to control everything
- Poor self-image.

I Know:

- He is unique and precious
- Likely to be a “noticer”, and he cares
- Likely to feel unsafe
- Likely to have a loving heart
- Likely to do for others
- Likely to have good hypnotic aptitude
Initially

- Take history
- Let him tell his story
- Build trust
- Create safety
- Talk about fibromyalgia and chronic Lyme and inflammation
- Remember wholeness

Talk about Nutrition

- Not a moral issue
- Determine its role in his life
  - Is food emotional nutrition
  - Realities: who coos, etc.
- His lipid profile?
Nutrition

• Vegan is optimal
• The usual American diet is inflammatory and intensifies inflammatory disease symptoms as well as intensifying negative emotions.
Inflammatory Process

Effects of Pro-inflammatory Cytokines

- Sick Syndrome Includes:
  - Fatigue
  - Weakness, muscle & joint pain
  - Depression
  - Sleeplessness
  - Numbness
  - Lack of focus and memory
  - Irritability, agitation, anger

What You Can Expect From A Vegan Diet

- Improved inflammation and fibromyalgia symptoms
- Prevention, treatment, reversal of atherosclerosis
- Less osteoporosis
- Less cancer
More on Nutrition

- Other problem foods reported:
  - wine, alcohol, coffee, sweets, sugar, chocolate,
  - citrus fruit, apples

- Neuro-excitotoxins:
  - Monosodium glutamate (MSG)
  - Aspartame (NutraSweet)

Initial Hypnosis

- Centering
- Induction
- Progressive Muscle Relaxation
- Recording
- Always document being sure patient/client is out of trance before she/he leaves.

Next Visits

- Observe evolution and tell him
- Continue history
- Hypnosis
  - Progressive Relaxation with “Peace”
Other Visits:

• To make sense of “Now” and history:
  – Brain Function Chart
  – Our Journey piece
• For low self-image:
  – The Mirror
• To enhance energy and connection
  – Tree Energy

He in Addition:

• Unrestrained empathy blurring distinction between “self” and “other.”
• Conceptually, immune system can blur distinction between “Self” and “Other,” resulting in or predisposing to autoimmune disorders
• Chronic Lyme can be autoimmune too

Chronic Lyme Disease

• Recurrent Borrelia species bacterial infection via tick bite
• Residual Borrelia species bacterial infection
• Borrelia remnants (DNA) in immune cells
• Autoimmune effects on glycolytic enzymes in nerve cells
  (glycolysis is the process by which glucose is metabolized to create the energy to produce ATP molecules)
“Wholeness” of Reactivity

I. Emotions, Thoughts, Behaviors

II. Cellular, Molecular Effects

III. Alteration of Native Molecules and/or Alteration of Immune Processes

IV. Immune Dysfunction: Autoimmune Conditions

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Treatment

• Repeat biological framework of my work explanation
• Biology explanation relating unrestrained empathy and autoimmunity
• Mary Oliver’s poem, “The Journey.” to be read twice daily.
• After each “significant” encounter with another, repeat to self, “It’s her/his journey; it’s not mine.”

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Other Issues

• Loss of Faith
• Point out survival and connection
• Hypnosis
  • Point of Stillness
  • House of Corners
• “Nothing works”
• Hypnosis
  • The Box
Other Therapies

- People often benefit from other therapeutic modalities in addition to Clinical Hypnosis:
  - Earthing/grounding
  - Arts
- Healing Relationship is critical to all therapies

Inflammation

- Often mediated by reactive oxygen molecules.
We Are Truly Connected

- Negative ions come from the sun
- Travel through the Earth’s ionosphere
- Conducted to the ground
- Walking barefoot picks them up
- Look up “Earthing”
Music

- Can facilitate neurogenesis
- Can directly activate parasympathetic tone:
  - Sonata for Two Pianos in D, K.448
  - Piano Sonata No. 16 in C Major, K. 545
Other Things You Can Do:

- Exercise
  - 5 minutes warm-up, exercise, 5 minutes cool-down
- Sleep patterning and facilitation
- Other activities changing gene expression
  - Relaxation
  - Guided imagery
  - Meditation
  - Prayer

Consistent

- Healing Relationship
- Unconditional positive regard
- Listen, listen, listen
- Be there, be there, be there

Healing doesn’t mean the damage never existed. It means the damage no longer controls our lives.
I start every session of Clinical Hypnosis with a Centering.

Centering
I explain the Centering as a way to let go of the traffic, the driving, and life outside the present experience.

I change my voice, modulating it and slowing it down. The patient has come for some kind of change; you can show that change is possible by changing your voice.

"So… Find a position in the chair or wherever it is that you are listening to this, that is comfortable and supportive. Then, take a moment to notice your thoughts, whatever those thoughts may be, and without comment or judgment, just accept those thoughts as part of who you are just now, just at this moment, and then let them slip away. Pause. And then… Take a moment to notice your feelings, whatever those feelings may be just at this moment, just now, and without comment or judgment, just accept those feelings as part of who you are just now, and then let them slip away. Pause. And then… Take a moment to travel through your body in your mind’s eye noticing any places that are calling out for attention, and once more, without comment or judgment, just accept those places as part of who you are just now and let them slip away."

I then move smoothly right into a Rapid Eye-roll Induction

"And now, if you want to, as if your eyelids were temporarily glued shut, let your eyes roll up to the top of your head. That's right. And with the very next breath in (wait for the next in-breath) hold your breath in, hold it in, hold it in… And as you let the breath out, let your eyes roll down and let yourself float down to a beautiful place on a beautiful day… Pause. And when you can see yourself there just let me know by nodding your head. (Await the head nod and then acknowledge with, "That's right.") And in a word or two, can you share with me where it is that you are?"

When they share, you can use sensory experiences of that setting as deepening tools for trance. For example, if the person is at a beach, you can invite him/her to, "Notice the waves coming in and going out, coming in and going out," (synchronizing the words coming and going with respirations in and out). "And let the sound of the waves just take you deeper inside." "And the smell of the sea air taking you deeper, and deeper." "And the feeling of the sea breeze on your cheeks, again taking you deeper inside."

Continued
Progressive Relaxation

When the patient is in trance, I facilitate a progressive muscular relaxation starting with the crown of the head.

(In general, relax from top down; invigorate, and energize from the feet up.)

Example: If the patient is out in Nature:
“Just picture a ray of sunlight gently coming down on the crown of your head, soothing and softening, calming and softening.”

(I don’t use the word “relax” when it might be a trigger, such as in trauma victims.)

“Then let that light move into the muscles of your scalp and face loosening and softening and into the angles of your jaw releasing any clenching, that’s right.

Breathe that healing light down into your neck softening and soothing, quieting each muscle and soothing each nerve.

Breathe that light down into your shoulders loosen and softening, letting go of any “shoulds” that you carry in your shoulders and releasing and letting go of any “woulds” and “coulds; that’s right.”

“Breathe that beautiful healing light down from your shoulders into your arms, healing every muscle and softening each tendon and ligament, and down into your lower arms and into your hands and fingers, rinsing away any stiffness, healing each joint in your fingers, soothing and healing your very capable hands.”

“And you can breathe that light down into each muscle of your back, warming and softening, releasing any tightness, loosening and healing. And perhaps the light can help you let go of some of the burdens that you have been carrying all by yourself for sooo long. That’s right.”

“And you can breathe that wonderful healing light down into your lungs, soothing and opening each airway, healing and quieting each airspace, and around your beautiful, precious loving heart, allowing your heart to glow a little brighter, letting your heartbeat be regular, and allowing each blood vessel to open just the way it needs to for your wellness now.”

“And you can breathe that light down through your diaphragm into your abdomen, softening and soothing and healing, quieting any irritation or inflammation and inviting each organ to work in collaboration with all the other organs for your wellness now.”

Continued
"And you can breathe that light down into your pelvis soothing and warming and quieting."
(With a patient with any history of trauma or suggested history of trauma or pelvic discomfort, you might add after "quieting," "rinsing away any old cellular memories that are not for your wellness now."

"And you can breathe that light out into your hips warming and comforting, smoothing each surface and healing each joint space and tendon and ligament, releasing any stiffness or discomfort, and down into your upper legs, healing any bruises, soothing each muscle and each tendon and nerve, and down through your knees, again rinsing away any stiffness or irritation, smoothing and softening, and down into your lower legs and down into your feet and toes, until your whole body is filled with that healing, soothing light."

(When doing this progressive relaxation, you can focus on any part of the body that the history has revealed might have a history of surgery, or trauma or accident or that is now uncomfortable, or has been symptomatic, bringing the patient to you for help.)

"And filled with fat healing light, invite every cell in your body mind and feelings to take in that wonderful feeling of looseness and comfort and when each cell has taken in that warm and beautiful sensation, just let me know by nodding your head." (Wait for head nod and then say, "That's right." )

And when every cell has taken in that delicious feeling, invite every cell in your body mind and feelings to remember that wonderful, healing sensation so you can go there whenever you want to or need to, and when every cell has remembered, again let me know by nodding your head." (Again, wait for the head nod and then say, "That's right."

For Re-alerting:

When I am finished with trance work, I re-alert new patients using an alternate counting technique.

I start by saying, "In a moment, but not yet, I'm going to invite you to come back by counting alternately with me from 1 to 10. But not yet. When you are by yourself, you can do all the counting by yourself.

First, I want you to remember that you wouldn't do this work when you need your full conscious attention such as when driving. But it's good to practice on a daily basis, and each time you practice you will go deeper, more quickly, more efficiently with positive effects on your body, mind, and feelings being progressively useful for your wellness. And when you come back, you can bring back everything that is useful for your wellness now and you can leave behind anything that is not useful for your wellness. And the words and images can change as you need them to.” (I fit this in wherever it is appropriate in my re-alerting.)

Continued
“And now I'm going to say 1 and when you say 2, the usual feeling-the normal feeling will come back in your fingers and toes, moving up your ankles to your knees and up your arms to your elbows. "1." The patient will say 2. And I'm going to say 3 and when you say 4 that normal awake alive feeling will move up your legs to your hips and up your arms to your shoulders. "3." The patient will say 4. "Your arms and legs may begin to move a little bit and stretch. And I'll say 5 and when you say 6 that the awake alertness and vitality will move up into your abdomen and up into your chest-your breath will loosen up. "5." The patient will say 6.

And I'll say 7, and when you say 8, that awake alertness will move up into your neck and head. "7." The patient will say 8.

I'll say 9, and when you say 10, it will be interesting to see how quickly or slowly your subconscious mind will let you come back awake and alert, sound in mind and body and fully in control of your feelings. "9." The patient says 10.

(As the counting progresses you can raise the volume and energy of your voice.) Then, wait until the patient shows signs of re-alerting.

(When I have worked with a patient for a while, or trance work is brief, I might say: "And now, I'm going to bring you back by counting to 3. When I say 1, the normal feeling will come back in your fingers and toes moving up your ankles and legs into your torso and up your arms to your shoulders. 1

And when I say 2, that feeling of awake, alert vitality will move up your torso into your chest and neck and head. The breath will loosen up in your chest. You may feel like your body wants to move a little.

2

And when I say 3, you'll come back awake and alert, sound in mind and body, and fully in control of your feelings.

3"

When I have worked with a patient a lot, and the patient is hypnotically adept, I might say: "And now bring yourself back to the here and now in your own time and in your own way, sound in mind and body and fully in control of your feelings.")"

Always check to make sure that the patient is fully re-alerted, so that they can leave your office safely and consciously.
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From Bruce D. Perry, M.D., PhD
Our Journey

When we have a loss in our life such as the loss of a loved one or the loss of security that comes when we are told that we have a diagnosis such as cancer, the impact of that loss is greatly affected by our life's journey up to that time.

We inherit genetic material from our parents. Our DNA is a code composed of a sequence of molecules that is individual to each of us. Only 2% of our DNA makes the proteins that define our life anatomically (example: hair color and eye color) and physiologically (functionally-example: how many receptors for serotonin we have, deciding our propensity to become depressed and how many receptors for LDL cholesterol we have on our liver, deciding much of our risk for cardiovascular disease.)

The rest of our DNA is made up of switches that control the function of the 2%. We likely inherit the switch settings of our parents at the time of conception.

Then we spend nine months inside our mothers while our brain and the rest of our body is being formed. Part of the formation of our brain depends on the environment and relationships in which our mother is existing and what physical, mental, emotional, spiritual, and social nourishment she is receiving and passing on to us.

Then we grow up in the first three or four years of our lives in an environment in which we are getting physical, mental, emotional, spiritual, and social nourishment or not, and during which we are building relationship with our primary caregivers. That relationship or attachment can be secure or not, and will very much decide our sense of Inner Safety as our lives move on.

Then we go through our childhood and come to adolescence and go through that experience with its nourishment or not, and that is another time of significance for our ongoing biologic functioning and brain development.

Then we go on through our lives having a variety of resources around us or not, including financial but more importantly, relational resources that either support or erode our development. And, we have our life experiences during that time that are either supportive and aid our development in positive ways, or are erosive and retard our development or erode our development in a variety of ways.

Then, on the day of the loss mentioned at the beginning of this piece, our level of fatigue, what we have eaten, our interactions with people around us both known or in passing, all will affect the impact of that loss when it becomes real for us.

One of the amazing wondrous aspects of being human is that we have the ability to change and to grow and to develop in positive ways despite adversity. Our ability to change even includes down to the molecular level - our ability to change those switches in our DNA, thus changing what molecules we make on an ongoing basis.
We can turn off the genes that make inflammatory molecules, and we can turn on the genes that make molecules that help our healing. We can also change our relational environment: the interactions we have with those around us. That is a way to change the switches.

The tools for positive relationship include: deep respectful listening, level playing field interaction, non-judgmental interaction, and invitational education. Utilizing these four tools we can positively affect our relationships in ways that end up supporting our own journey as well as the journeys of the people around us.

When all else fails in relationship we can go to compassion: noticing the suffering of the other and wanting to do something about it. That is far more effective than judgment, punishment, withdrawal, and silence.

Positive relationship forms the basis for healing. It is essential in family settings and it is essential in healthcare settings. The manner in which we go about doing what we do is most often as important as what it is we are doing.

Healing Relationship is the place where we need to spend a large part of our energy so that our loving hearts can manifest our essence in overt ways to the world around us.

Healing Relationship not only is about the people in our lives, but also about our relationship with all living things, with Nature, with Creation, and with the Divine.

It is Healing Relationship that gives us the resources that can enable us when we suffer loss of any kind, to be in the best position that we can be in to heal and to move on with our lives.

Harvey Zarren, MD
September 2015
The Mirror
Harvey Zarren, M.D.
ASCH 2018

I start with a centering and a rapid eye-roll induction followed by a sensory experience for deepening, and then a progressive relaxation however brief or extensive, that fits that experience.

I then invite the patient to look down the beach or across the field or wherever they are "And you can see a full-length mirror in an ornate wooden frame. Can you see that mirror?" He or she nods. "And as you walk toward the mirror you notice that you have a lot of expectations, mostly cosmetic: my nose is this, my hair is that, my body is whatever… And as you face the mirror you realize that the entire reflection is blurry and indistinct except for your precious, loving heart that is glowing brightly, and as you look at that image you hear a voice as if your heart was speaking to you. "(Mary), thank you for stopping and acknowledging me. All these years I've been doing those wonderful things with you, and I know that both you and I have not always been seen or heard or acknowledged. But the fact that you have, even this one time, stopped to acknowledge me gives me the energy to keep going with you. I am here with you and for you, sharing the ups and downs of your life. I am your essence. So, again, thank you for stopping to acknowledge me. And you will find that since you have acknowledged our lovingness, that your curiosity and flexibility and optimism all loosen up to be more easily usable in your day-to-day life. And I also want to invite you to acknowledge, being your precious loving heart, that in partnership with your incredibly bright mind, we make an amazingly competent and capable team to face the day-to-day challenges of being alive as you move progressively safely through your life. And I want you to understand that I understand your preciousness just the way you are recognizing and acknowledging my preciousness. And so with a wonderful sense of comfort and energy you walk away from that mirror and you realize that that mirror is always available to you any time you want it or need it. You only have to: as if your eyes were temporarily glued shut, let your eyes roll up to the top of your head, and with the next in-breath, hold your breath in, hold it in, hold it in, and as you let the breath out, you can let your eyes roll down and let yourself float down to a beautiful place on a beautiful day, wherever you want to or need to be, and that mirror will always be there for you. Whatever you do and whatever you experience, however you are being, you and your precious loving heart are always working together through thick and thin, through good times and hard times, sharing acknowledgment and love. And of course you wouldn't do this work when you need your full conscious attention such as when driving. And each time you listen to this recording you will go a little deeper and little easier and a little more efficiently and effectively, and the words and images can change as they need to." I then facilitate the patient re-alerting.

I might add, depending on how it fits in, "I am your essence and I am also a model for you for self-care. Each time I beat, the first place that I pump blood to is back to myself through the coronary arteries. I am always taking care of myself first."
I often add this into other work, when it feels right. Or, I start off with a centering, followed by a rapid eye-roll induction. I might give the patient an invitation to go to a beautiful place on a beautiful day, or I might invite the patient to go to a place where there are trees nearby. I then do a sensory deepening and a progressive relaxation that can be as extensive or as brief as fits the particular visit.

I then will begin the Tree Energy experience with:

"Perhaps you can see a tree nearby. Can you see that tree?" (Patient nods.) I then get them to describe the tree. "How tall is the tree? Is it an evergreen or a regular tree with leaves? How big is the trunk?" After they describe the tree, I will say, "And you know that trees have special characteristics: they are solid, stable, flexible-they bend in the wind, and they are deeply rooted. And trees will share that energy with people, and they love to share that energy with precious, loving hearts. And when one tree shares with you, all trees will share with you. So, any time you feel depleted or worn down, you can open to tree energy and the trees will share with you their solid, stable, flexible, and deep-rooted energy. The trees are always there for you and your precious loving heart. And, of course, when the trees connect with you and share with you, you are connecting with Nature, Creation, and the Divine, however you see the Divine, because all those things are connected. And so, with great gratitude for your ability to do this work and for the willingness of the trees to share their energy with you, each time you listen to this recording you will go a little deeper, a little more efficiently, and the words and images can change as they need to. And of course you wouldn't do this work when you need your full conscious attention such as when driving. And so, in your own time and in your own way bring yourself back to the here and now, and you can bring back anything that is for your wellness now, leaving behind anything that is not for your wellness, to blow away like smoke in the wind." Then I facilitate re-alerting.
One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice—
though the whole house
began to tremble
and you felt the old tug
at your ankles.
“Mend my life!”
each voice cried.
But you didn't stop.
You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations—
though their melancholy
was terrible.
It was already late
enough, and a wild night,
and the road full of fallen
branches and stones.
But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice,
which you slowly
recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do--
determined to save
the only life that you could save.

Mary Oliver, *Dream Work*, The Atlantic Monthly Press
ISBN 0-87113-069-6
When I want to do something unusual with a patient or enable that patient to go deeper and quieter for whatever reason, I will often utilize a Point of Stillness.

After facilitating the centering and then an induction, (most often a rapid eye-roll induction) inviting the patient to go to a beautiful place on a beautiful day, I then invite her or him into a series of sensory experiences for deepening.

If they see themselves at a beach, I might have them watch the waves going in and out (synchronized with the respirations), or to listen to the sound of the waves, or to watch birds sitting on the beach or in the sky, or smelling the sea air, or watching how the light changes on the water, or to feel the consistency and the temperature of the sand and how it changes moving nearer to the water further away.

I sometimes will then ask the patient if he or she is deep enough to do the work that we're doing, and if he or she communicates, "No," I will do more deepening exercises. If he or she communicates, "Yes,"

Sometimes I do the induction by saying, "And now in your mind's eye am going to invite you in whatever way you want to do it to go inside to a beautiful place in a beautiful day. It can be with the eye-roll that you know so well, or with a deep breath, or however you do it, and when you can see yourself there let yourself know by nodding your head." (She or he will nod, and I acknowledge with, "That's right." I then facilitate the deepenings.

"And now, from there, I'm going to invite you to go even deeper to a Point of Stillness inside. It's a place where nothing bad has ever happened; no one can go there but you; no one has ever been there but you; and no one can take that place away from you. And when you can feel yourself and that Point of Stillness let yourself know by nodding your head." Await the nod. "That's right."

"And in that Point of Stillness," or, "And from that Point of Stillness, I'm going to invite you..."

Conceptually for me, the Point of Stillness is where the subconscious mind resides, and it is from that place that I invite people to do things to specifically change their biology.

It might be an invitation to, "Just let your body do what it knows how to do to balance your autonomic nervous system so that you have just the right amount of comfort and looseness and quietness (and relaxation) to be more comfortable minute-to-minute, hour-two-hour, and day-to-day, while still maintaining whatever
fight or flee reactions you need to stay safe when real threats occur."

It might be an invitation to, "See in that beautiful place a peculiar little house that is composed mostly of corners. There is no straight wall that is more than a foot or 2 wide, and then there is another corner. The strange roof fits this multi-cornered house. You coincide and there is just one room and again it is all corners; wherever you turn there's another corner. In one corner you notice a little table with a lit candle on it. It seems like an altar. There is a chair in front of the table and when you sit in the chair and stare at the candle, the ceiling begins to change from that peculiar shape that fit and covered all the corners, and it begins to smooth out and become round and you realize that the corners have smoothed out and the room becomes round, and on the ceiling you see the face of the Divine however you see the Divine. And you realize that your connection to the Divine enables you to stop being stuck in whatever ways you've been stuck whether physically, mentally, emotionally, spiritually, socially you can now move on making progress in your evolution in your life's journey. You have as much time in that room as you need, and it will always be there for you. You need only to go to that Point of Stillness, and you can access that room any time you need to. Of course you wouldn't do this work when you need your full conscious attention such as one driving."

This is a place to make whatever other posthypnotic suggestions you want to make. Then I re-alert the person.
The Box Metaphor
Harvey Zarren, MD
ASCH 2018

The box metaphor is very useful for anyone suffering from a condition of body, mind, or feelings that is restraining and restricting, and constraining their life. I have found it useful when other forms of hypnotic therapy have not produce the kinds of results that I'm looking for in my patients.

After facilitating a centering and whatever induction is appropriate for a given patient that takes her or him to a beautiful place on a beautiful day, I utilize sensory inputs for deepening.

Then, I invite the patient to go even deeper-deep inside to a Point of Stillness.

"And when you can feel yourself in that Point of Stillness, let yourself and me know by nodding your head. (Await the nod; when it comes to provide some acknowledgment such as, "That's right.")"

And in that Point of Stillness, I invite you in your mind's eye to see yourself inside a box. It can be made of whatever: it could be a gentle cardboard, or whatever the box is made of, but it is a box in which there is a feeling of constraint and restraint and confinement. You can breathe perfectly well there; there is nothing wrong with your breathing, but the box is very definitely confining your movements and your activity-not in a malevolent way-just in a restrictive way. Can you feel that box? (Await a nod or a yes, and again acknowledge with, "That's right.")

And now I'm going to invite you in whatever way you choose, or Intuit, or just come upon, or dream, or imagine, to enlarge the parameters of that blocks in every direction however you do it, by yourself or with outside help, or even Divine help. However you do it, I want you and invite you and support you in your abilities to enlarge the parameters of that box and when you can feel that box getting bigger let me know. (Again await a nod or whatever form of yes you get.)

And now I'm going to invite you to envision the box being as large as it needs to be so that you have the space and freedom and the energetic freedom inside of it that you need to live a more active, comfortable life, not only in your mind's eye, but in reality, because if your mind can see it, your body will do it, and when that box is big enough, right now in your mind's eye, that you can feel that lack of restraint and confinement again let me know by nodding your head. (Await the nod. "That's right.")

And now I'm going to invite you to take that sense of freedom into every cell of your body, mind, and feelings and when it is in every cell of your body, mind, and feelings let me know by nodding your head. (Await the nod. "That's right, because this is easy work for you (name). You're so good at it.")

And now invite every cell in your body, mind, and feelings to remember that feeling of freedom and liberation and lack of constraint and constriction, and when every cell in your body, mind, and feelings as remembered again let me know by nodding your head. (Await the nod.) That's right; and you can go there now whenever you want to or need to, to feel that free and liberating feeling, that looseness, that comfort.

And of course you wouldn't do this work when you need your full conscious attention such as one driving, but each time you listen to this recording or do it on your own, you go deeper and more effectively and more efficiently.

I then re-alert the person.
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(Await a nod or a yes, and again acknowledge with, "That's right.")

And now I'm going to invite you in whatever way you choose, or Intuit, or just come upon, or dream, or imagine, to enlarge the parameters of that blocks in every direction however you do it, by yourself or with outside help, or even Divine help. However you do it, I want you and invite you and support you in your abilities to enlarge the parameters of that box and when you can feel that box getting bigger let me know.
(Again await a nod or whatever form of yes you get.)

And now I'm going to invite you to envision the box being as large as it needs to be so that you have the space and freedom and the energetic freedom inside of it that you need to live a more active, comfortable life, not only in your mind's eye, but in reality, because if your mind can see it, your body will do it, and when that box is big enough, right now in your mind's eye, that you can feel that lack of restraint and confinement again let me know by nodding your head.
(Await the nod. "That's right.")

And now I'm going to invite you to take that sense of freedom into every cell of your body, mind, and feelings and when it is in every cell of your body, mind, and feelings let me know by nodding your head.
(Await the nod. "That's right, because this is easy work for you (name). You're so good at it.")

And now invite every cell in your body, mind, and feelings to remember that feeling of freedom and liberation and lack of constraint and constriction, and when every cell in your body, mind, and feelings as remembered again let me know by nodding your head. (Await the nod.) That's right; and you can go there now whenever you want to or need to, to feel that free and liberating feeling, that looseness, that comfort.

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