

Pain Management Program

Pain is an unpleasant sensation that can range from mild, localized discomfort to agony. Pain has both physical and emotional components and in fact hypnotherapy is becoming first choice for pain management for many people because of the increasing recognition that the pain experience is often largely, if not entirely emotionally rooted.

The physical part of pain results from nerve stimulation. Pain may be contained to an isolated area, as in an injury, or it can be more scattered, as in disorders like [fibromyalgia](#). Specific nerve fibers carry the pain impulses to the brain where the experience at the conscious level may be modified by many factors.

What do we mean by a *meaningful pain*?

An example will probably make it fairly clear. If you have started a tumor in your leg and pain draws your attention to it at which time you go to your doctor and he discovers the tumor, the pain is/was meaningful. However, if your leg need be amputated, the pain becomes meaningless when experienced after the amputation because the cause of the pain has been addressed and any further awareness is not helpful. Similarly pain can signal development of cancer, but once cancer is diagnosed and treatment starts there is no further need for constant pain signaling associated with the cancer.

Pain is also a term specifically used to denote a painful uterine contraction occurring in childbirth, a pain which can be well modified by a hypnotherapy technique known as [hypnobirthing](#).

Acute pain comes on quickly, can be severe, but lasts a relatively short time. As opposed to [chronic pain](#) that persists or progresses over a long period of time. In contrast to acute pain that arises suddenly in response to a specific injury and is usually treatable, chronic pain persists over time and is often resistant to medical treatments.

Chronic pain may be related to a number of different medical conditions including (but not limited to) [diabetes](#), [arthritis](#), [migraine](#), [fibromyalgia](#), [cancer](#), [shingles](#), [sciatica](#), and previous trauma or injury. Chronic pain may worsen in response to environmental and/or psychological factors.

There are a variety of treatment options for people with chronic pain. The goal of pain management is to provide symptom relief and improve an individual's level of functioning in activities of daily living. A number of types of medications have been used in the management

of chronic pain all of which have side-effects. Non-pharmaceutical treatments for chronic pain include exercise, [physical therapy](#), hypnotherapy and others.

PAIN CONTROL

There are two types of pain control:

- ❖ One is *analgesia* where the client will experience all of the sensations but none of the pain. The individual will experience touch and pressure but not the discomfort. The analgesic drugs, both over the counter and prescription produce the analgesia effect, but not without side-effects. [Hypnotherapy can produce the analgesic effect without side-effects.](#)
- ❖ Analgesics do not 'kill' or dull the pain, but rather puts the person in a state of mind in which the pain becomes irrelevant or unimportant to them and though the pain signals are still present, are no longer of concern to the sufferer. In other words their tolerance levels increase.
- ❖ The chemical agents (analgesics) typically used for this purpose range from Tylenol and aspirin to narcotic analgesics such as morphine, codeine, etc. People typically refer to them as 'pain killers' even though they actually don't directly affect the pain, only the experience of the pain.

- ❖ **Anesthesia** is the second form of pain control. Again, [the anesthetic effect can be accessed in hypnosis by a hypnotherapist, without the use of medication.](#)

- ❖ The client undergoing anesthesia feels nothing- no sensation and no pain. Common examples of when this is used...for dental work and for surgery and some of the more common anesthetics are lidocaine, novacaine and cocaine. The effect is experienced naturally when a foot falls 'asleep'.

- ❖ Contrary to what some people may believe, anesthetics do not relieve pain; they work by blocking neurotransmitters from communicating the pain signal to the brain.