Hypnosis has been used effectively to reduce or eliminate pain for centuries. Now, recent research is giving us a glimpse of how hypnosis blocks pain signals in the body from getting to the areas of the brain that perceive pain. In this full day workshop, participants will learn many ways to use hypnosis for pain control along with the fear, anxiety and emotional aspects associated with pain. Participants will also learn a rapid form of self hypnosis and how to teach their patients to use hypnosis for themselves. This workshop is fun, empowering and therapeutic for everyone involved.

Prevention Magazine, 2006
Hypnosis for Pain Management
2008

LOCATION AND SCHEDULE 2008

DATES: March 10, June 9, Sept 15, and Dec 8

TIME: 8:30-9:00 registration
9:00–5:30 Program

FEE: $100.00

LOCATION:
Phillips Beth Israel School of Nursing
776 6th Ave @ 27th Street 3rd Floor
NY, NY 10001

Target Audience:
Registered Nurses, MD’s, PA’s, DO’s, Nurses Aides
Physical Therapists, Occupational Therapists, Nurse Practitioners

Objectives:
1. understand the value of hypnosis for patients
2. accomplish self hypnosis
3. understand the mind/body connection related to health and illness
4. accomplish practical hypnotic inductions
5. explain how to use hypnosis to relieve pain, anxiety and fear
6. use hypnosis for pain management

Instructor:
Melissa Tiers, D.C.H, D. A. H is a Doctor of Clinical Hypnotherapy with a private practice in NYC. She is certified through the National Guild of Hypnotists, The Hypnosis Institute, The Breakthrough Institute, The Reike Institute, The International Network of Alternative and Intuitive Therapies, Alberts University and The American Board of Medical Hypnotherapy.

Sign up for:

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