

# Pain Management Certification 2009

50 Million Americans  
Awaiting Your Help!

presented by

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If you are ready to expand your practice with an increased sense of competence and comfort in using Hypnosis in Pain Management, this is your opportunity to do so in this intensive Pain Certification Workshop. You will have the opportunity to discuss & brainstorm current hypnotic pain management strategies.

This class is the most in-depth pain management course you will take:

- begin with getting back to hypno-basics
- 21 steps to a successful 1st session
- do you have a script for this?
- script writing for pain management made easy
- self-talk - the foundation to success
- cell memory, what is it? how to use it
- take home materials.

*This training is designed for experienced hypnotist. However, it is open to anyone interested in knowing how hypnosis works for pain management.*

The purpose of this deeper and more intensive training program is to provide you with a deep consideration for taking your skills to the next level. This intensive will allow for video and case presentation with discussion, practice sessions, skill-building clinical exercises, live demonstration, question, answer and script writing. Time is allotted for the most common pain scenarios: back pain, headache, cancer, Fibromyalgia and phantom limb pain. This will be the most intense 2-days you will experience as you create **your** Step-By-Step Treatment Plan for Success.

This intensive gives you the knowledge and take home materials to confidently accept and work with pain clients including physician referrals. In 2000, the Joint Commission for Accreditation of Health Care Organizations (JCAHO) established standards for the assessment of pain. The standard also specifically encourages alternative non-pharmacological methods for pain management use by hospitals as a part of their accreditation process. The JCAHO pain standard gives an opening to complementary health practitioners to help hospitals meet these standards.

Through demonstrations, anecdotal and video case presentations and hands-on practice you will be able to formulate proper hypnotic suggestions for decreasing or removing pain. You will work in small groups to formulate a treatment plan for an actual pain case. You will, as a group, create and present a treatment plan that includes the type of induction, two targets for treatment and a metaphor for each target.

A video clips of surgery, phantom limb pain and psychogenic pain are discussed.

## Medicine is Evidence Based

Hypnosis is evidence based and is documented by its multi-centennial history. Hypnosis is one of the first and foremost enduring modalities in the management of chronic pain problems. In proper perspective, hypnosis may not only relieve pain, but may also help to maintain the dignity and the well being of the patient/client without dependence on large quantities of medication. Hypnosis is **not** an Alternative Therapy. It is recognized by the American Medical Association as a tool in patient care. Hypnosis is the most flexible non-invasive treatment for pain relief. New research has shown that psychological methods such as hypnosis are more effective for pain management than medications or surgery.

## Learning Objectives

- 1 Take away a step-by-step blue print for sessions one through four for working with pain clients.
- 2 Have client demonstrate the physiologic effect of hypnosis.
- 3 Demonstrate regression to cell memory for pain relief.
- 4 Develop a hypnosis treatment plan for sessions 1-4.
- 5 List the parts of the Limbic system and discuss its significance to hypnosis.

Gain a wealth of knowledge and experience the practicum of a new tool that can be used to achieve a higher standard of credibility for you in the health care arena.

- 6 Write suggestions that directly affect the pain/brain connection.
- 7 Receive a Certification in Pain Management with successful completion of take home exam.
- 8 Join a hypnosis discussion forum.
- 9 Take home a CD complete with 100s of articles, scripts, business suggestions, forms, sessions, Q&A, and PowerPoint.

## The Question

- How does one develop a treatment plan for pain?
- What is the role of hypnosis in evidenced based medicine?
- Why is the Pain/Brain connection affected by hypnosis?
- How do I create themes and metaphors to deal with pain?
- What are two things all pain clients have trouble with that hypnosis is the best at treating?

## The Impressive Fact

- More than 50 million Americans are partially or fully disabled by chronic pain.
- The brain controls over 300 chemicals in the body.
- The AMA, JCAHCO and the National Institutes of Health endorses hypnotism in the treatment of sleep disorders and pain management.

## Client Comments

- "My doctor said I would have to learn to live with my pain. Hypnotism proved him wrong".**
- "I said this job was a pain in the ass, and it has been." Statement by patient after hypnosis revealed the source of his coxalgia (tail bone pain).**
- "This is the first time in 2 years that I have been without pain, why didn't they send me to you two years ago".**

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## You Will Learn:

- The use of hypnotism in a pain management practice.
- See a demonstration and practice the Dave Elman induction technique and its importance in creating covert glove anesthesia.
- Demonstration of modified Sarno and Friedberg technique for pain.
- Metaphors, the hidden path to the subconscious mind.
- The value of hypnotism research and where to find it.
- The secrets of the inner pharmacy and how to activate it.
- How the Joint Commission on Accreditation for Hospital Organization (JCAHO) has opened the door to you, the hypnotist, in pain management and assessment.
- Understand how relaxation, sleep and nutrition change pain.
- The secret benefits of proper breathing and how to demonstrate it.
- How and why proper understanding of biorhythmic music will significantly increase the client's success in lessening pain.
- Critical questions to ask to properly assess pain.
- Understand the pain/brain connection and how to show the relation to the client.
- How to be the expert in hypnosis for pain management in your area.

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## Take-home Materials

- A Complete Syllabus — A bounded manual with full disclosure of all material presented.
- A CD valued at over \$500 with hundreds of scripts, articles, testimonials, stories and much, much more.
- "Total Relaxation" down load.
- Forms to use for patient records and reporting back to the referring health care provider.
- A MS Word record and documentation system.
- References and bibliography with empirical data to back up the fact that HYPNOTISM WORKS.
- Invitation to a forum mentoring and consulting group.
- Application to become Certified in Hypnosis for Pain Management.



**William C. Smith**, is a Board Certified Hypnotist with the NGH as well as a Certified Instructor. He has been a full-time hypnotists since 2004. Before that he owned a Sports Medicine Rehab Clinic where he taught his patients pain management techniques. He received Pain Management Certification through Ron Eslinger and continues to work with his clients to help refocus their attention away from pain and toward health and wellness. His specialties are Sports Hypnosis, Pain Management, Anger Management and Personal Coaching for business executives.

Pain Management Certification Approved for 16 Continuing Education Credits for Nurses and Nurse Anesthetists (AANA Code # 30125).

Healthy Visions is an approved provider of continuing nursing education by the Alabama State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation (ANCC).

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## Who Should Attend?

This is an intensive advanced training that all hypnotists learn from. The emphasis is on teaching the serious hypnotist how to work with client/patients using hypnosis as the complementary and integrative treatment of choice for managing chronic pain. Nurses, mental health practitioners, and health care providers at every level of care within the medical and mental health communities should be trained in how to integrate the use of hypnotism, hypnotic techniques and the power of suggestion into pain management treatment.

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## Testimonials

- This is the best course that I have taken on pain management. It is the only course that I have taken that explains in simple terms the pain/brain connection and how important it is to understand how it works, so clients can make effective change. It is a must take course!** —*Roberta Worm*
- I got much more than I expected or paid for. Thank you. —*Soni Weiss*
- Ron is an amazing presenter, offering terrific techniques with just the right amount of humor. I look forward to using the information presented and perhaps attend another Ron Eslinger seminar.** —*Stephan Bowman*
- Excellent Instructor. Very well informed. The class was so well taught that the time flew by quickly. —*Eric B. Richmond, CRNA, BCH*
- One of the best seminars/workshops I have been to and I have been to a lot.** —*Susan Taggart*

**Wed-Thur, August 5-6**  
**Tuition: \$325**  
**Sessions Begins at 9AM**