

CHANGING PAIN

Relief is Realistic

presented by DANIEL F. CLEARY



Imagine who you believe could demonstrate and share with you the best hypnotic approaches toward pain relief; a scientist who has observed pain in others extensively or a master hypnotist who has lived with intense, chronic pain for over thirty years?

Millions of people suffer needlessly when they could be enjoying their lives more fully and we can assist them in mastering the skills and abilities to regain the sense of purpose and control in life that painful conditions have taken away. This program is not about waving a magic wand and making the pains disappear (although they often do fade entirely!) Rather, it is about reminding clients that whatever is happening in their world, they have a life that can be richly rewarding and showing them strategies which continue to enhance their life in many ways.

When you participate in the Changing Pain program you may find that your previous understandings, training and skills take on a new aspect of benefit for you and your clients. The simple approach that marks all of Dan's training allows students to step beyond the limitations of techniques into a new realm of powerful communication.

Perhaps you might question how quickly you can begin to feel more confident and competent in assisting your pain clients and would be surprised to discover how this program provides the keys to that sense of success. When you see the expressions on the faces of your clients as they discover new levels of comfort and ease, you will wonder why this approach wasn't part of your basic training.

Benefits of this Two-Day Training

- Key Aspects Of Chronic Identity
- The Benefits Of Secondary Gain
- To Access The Answers Within
- How To Shift Anger And Frustration
- How To Utilize The Ten Percent Solution
- Unlocking The Limitations Of Habit/Expectation
- To Recognize Sensory Perceptions
- Understanding Types Of Pain
- Modification Of The Client's Script
- How To Use Past Failure As An Asset
- Easy Self-Hypnosis Techniques
- Recognizing Existing Trances
- Effective Communication
- How To Easily Use Metaphors In Conversation
- Portable Trances
- Eyes-Open Inductions
- How To Bring Your Skills To Doctors
- Conducting Group Sessions For Relief

- New Levels Of Observation
- The Role Of Relaxation
- How To Dissolve Resistance
- Multi Level Anchoring
- Pain Times Three
- New Vistas On Safe Place
- Utilization Techniques
- The Sense Of Place

Many hypnotists seem to be more afraid of working with chronic conditions than the people who live with them. Often, we are taught to approach these clients in a pseudo-medical model, which virtually guarantees failure!

Many times even the client has forgotten the distinction between **WHAT THEY FEEL** and **HOW THEY FEEL** about what they feel: This is an elementary distinction that opens new horizons of possibility. When you participate in this class, you will find how simple shifts in awareness can have profound effects in the way we are able to assist our clients and enhance our own life as well.

Your instructor, Dan Cleary, was partially paralyzed in a motorcycle accident over thirty years ago and has lived with intense chronic pain ever since. He has devoted his life to developing effective "When you take this class, you are getting the information 'from the horse's mouth'" so to speak. Learning to more accurately connect with your client frees both of you to explore their experience and learn from the success and failures of the past in moving toward a deep sense of relief and empowerment.

By working within our training as members of a team, we are able to offer hypnotic approaches and showcase our profession as a viable methodology for pain relief in a medical environment. The doors are beginning to open, step into the future with this training and become a leader in your field.

WHO SHOULD ATTEND?

Only doctors, nurses, hypnotists and therapists who are interested in serving the millions of people who suffer with chronic conditions, especially pain, should even consider this program. If you believe that your client already has the skills and abilities for success and will almost always surprise you and teach you new ways of succeeding, then sign up today. If you have had only basic training or feel that the training you have had has left you feeling less than fully confident, then sign up today.

Every health practitioner regardless of modality has the ability to assist their clients and patients in powerful ways through the medium of communication. In daily life the opportunities for formal trance may be somewhat limited and yet, most of the benefits, relief and transformation are easily accessed in conversational approaches. This is a unique program taught by a master pain relief educator who actually lives his program every day. Dan Cleary's casual style, humor and facility with language make learning a pleasure and confidence in your abilities a given. If you are prepared to shift gears and take your craft to new levels, then sign up today!

AGENDA

DAY ONE

Pain Does Not Exist

- How To Use It To Lose It
- Shifting Signals

Types Of Pain

- Acute
- Chronic

Intake

- Answers Within
- What's Happening
- When Did It Start

Cause Of Condition

- Diagnosis Is For Dummies
- The Experience Of The Diagnosis
- Dispelling The Fears Of The Future

Accessing The Experience Of Pain

- Identifying The Aspects
- Addressing Physical
- Addressing Emotional

Dissociation

- Physical
- Apparent
- Emotional
- Covert

Observation

- New Perspective
- Class Exercise
- Discussion

Communication

- Conscious - Unconscious
- Verbal - Non Verbal
- Class Exercise
- Discussion

Perspective

- Reality Check
- Shifting Views
- This Wall - That Wall

Secondary Gains

- Recognizing The Benefits
- Getting The Outcome More Effectively
- Reframing The Process

Basic Physiological Awareness

- Breathing
- Sensory Stimuli
- Cross Referencing

Conscious And Unconscious Mind

- The Myth
- The Practice
- Clarity

Pain Times Three

- Recognizing The Patterns
- Disrupting The Cycle

Time Distortion

- Utilizing The Past To Change The Present
- Alter The Experience Of Pain

DAY TWO

Chronic Identity

- How we become who we are
- Using the existing template more effectively
- Changing aspects that no longer serve

Anger, Fear and Frustration

- How these aspects deplete our energy to heal
- Reframing experience
- Utilizing our skills

Habit/Expectation

- How existing patterns interfere
- Modifying the patterns
- Creating comfortable new anchors

The Role of Relaxation

- The requirements of the physical self
- Relaxation as a healing state
- Sleep - Play

Safe Place

- Getting the Round-Trip ticket
- Sense of Place
- Forgiveness

Ten Percent Solution

- Demonstration
- Discussion
- Class exercise

Teaching Self Hypnosis

- Make it easy
- Make it portable
- Make it effective

Open-Eye Trances

- Trance in distracting situations
- Utilizing the environment

Demonstration

- Class exercise
- Discussion

Scripting

- Scripts are for kids
- Metaphors for life
- Stories of success
- Demonstration
- Class exercise
- Discussion

Marketing

- Bringing our skills to the public
- Gaining credibility with medical practices

Review

- Class participation and comment
- Anchoring success

Course Materials

You will receive your copy of the successful client guides:

Little Book of Change – A primer to hypnosis and Changing Pain – Relief is realistic, as the basis of this powerful program. There will also be a practitioner's guide to outline the practical application of these dynamic books. There are no reams of forms, books of scripts (Okay, so maybe there will be a couple of written stories/scripts!) or CD sets.

Testimonials

"Dan Cleary knows more about pain management than any other hypnosis teacher that I've met—because, as they said of Milton Erickson, 'he walked that road'. All the discoveries that Dan has made in his own journey to deal with pain have been incorporated in his teachings. His Hypnosis for Pain Management classes are the most comprehensive and inclusive that I've come across. Dan also understands the imperative of making the learning experience a dynamic and enjoyable process!"

—Peter Blum, CI

"It takes someone who lives with pain to write about it. This book has changed the way I perceive pain and has done much to ease my suffering."

—C. Mullins, Philadelphia, PA

"Once again Dan Cleary has produced a work of brilliance; *Changing Pain - Relief is Realistic*. The techniques may be applied to all areas of pain: body, mind, spirit and emotion. This insight-filled book is a roadmap that allows one to reduce pain plus fear, anger, and frustration and choose a 'better way' of living life. I encourage you to read, practice and share these concepts as you follow your path to wellness."

—Anne Spencer, PhD, Royal Oak, MI

"*Changing Pain-Relief is Realistic*, offers straightforward, easily accomplished strategies to lessen suffering, while providing effective, self-help methods to improved quality of life."

—B. Eliot Cole, MD, MPA

Executive Director
American Society of Pain Educators

Monday, August 10th &

Tuesday, August 11th

\$325

Sessions Begin at 9AM



Daniel F. Cleary is an internationally recognized pain relief educator and hypnosis instructor, teaching doctors, therapists and hypnotists throughout the US and Europe. Daniel is the founder and director of Hypnosis For Health Learning Center providing advanced training in hypnotic techniques and related subjects. He is a regular member of the teaching faculty at many national and international medical and hypnosis conferences and has provided specialized training for hypnotists and licensed professionals, since 1996. Dan came to hypnosis with chronic pain in 1978, as the result of a motorcycle accident in which he was partially paralyzed. Since that time he has devoted himself to developing techniques and approaches for the relief of painful chronic conditions. Many of his articles

have been published in the journals of international organizations, newspapers and magazines. He is well known for programs in Pain Relief, Hypnosis Certification and Effective Language. As one of the course directors for PainWeek (2007 - 2008) a multidisciplinary medical conference for medical professions specializing in addressing painful conditions, Dan has been able to bring hypnotic techniques to the allopathic world. His book *CHANGING PAIN – Relief is Realistic*, has received enthusiastic reviews as essential reading for clients in pain.

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