

# HYPNOSIS FOR MEMORY CARE & END OF LIFE

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## Palliative Care V End of Life Care

- ▶ Palliative Care relates to specialized medical care for people with serious illness. It focuses on the provision of relief from symptoms and stress of a serious illness. The goal is to improve quality of life for both the patient and the family
- ▶ End of life care refers to health care, not only of patients in the final hours or days of their lives, but more broadly CARE of all those with a terminal illness or terminal disease condition that has become advanced, progressive and incurable

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## CLINICIAN'S SKILL SET

- Supporting those receiving palliative/end of life care and who have a neurocognitive disorder is outside most clinician's sphere of practice
- Additional knowledge, skills and competency is essential
- These are many in number but include:
  1. Understanding Neurocognitive Disorders
  2. Working with body language
  3. Mirroring

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### CONFIDENCE IS ESSENTIAL

- ▶ For the clinicians amongst us: We are all used to dealing with abreactions - who remembers their very first one? Scary, right?
- ▶ I remember meeting someone with Alzheimer's disease in a clinical setting for the very first time. I was anxious: nervous. Why? Because I didn't understand the disease: I had no clinical knowledge of the process.
- ▶ But as I learned about dementia in both clinical and psycho-social terms, my confidence grew
- ▶ When I first used hypnosis with somebody living with Alzheimer's disease I was able to convey confidence - on the outside!!
- ▶ People living with a neurocognitive disorder absorb your emotional expressions much easier.
- ▶ Training, experience and exposure increases your confidence

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### ONGOING SUPPORT IS VITAL

- ▶ It is essential that we all have ongoing support - whether we are clinicians, people living with a neurocognitive disorder or family/friends
- ▶ It is a journey that we all share
- ▶ I always advise those who train with me to contact me before they see their first client - discuss the plan - contact me afterwards to debrief
- ▶ All members of DTS have open access to ongoing advise and support from me

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### INCORPORATING THIS CLIENT GROUP INTO YOUR CURRENT PRACTISE

- ▶ In the US, there are over 5 million people living with AD, not to mention other neurocognitive disorders
- ▶ 1:150,00 children are born with Niemann-Pick Type C
- ▶ There are over 100 types of Neurocognitive Disorder
- ▶ More and more people are looking outside of pharmacology for help
- ▶ If we have the knowledge, skills and competency to help, then we ought to make therapy available to all
- ▶ Education is key

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### My Own Empirical Research & Clinical Practice

Duff, SC & Nightingale, DJ (2005). The efficacy of hypnosis in changing the quality of life in patients with dementia. A pilot-study evaluation. *European Journal of Clinical Hypnosis*, 6 (2), 20 – 29.



Duff, SC & Nightingale, DJ (2006). Long Term Outcomes of Hypnosis in Changing the Quality of life in Patients with Dementia. *European Journal of Clinical Hypnosis*, 7 (1), 2 – 8

Duff, SC and Nightingale, DJ (2007). Alternative approaches to supporting people with dementia: Enhancing quality of life through hypnosis. *Alzheimer's Care Today*, 8 (4): 321-331

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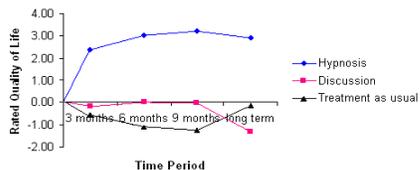
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Mean change in overall Quality of Life



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### Our Great and Ever New Privilege

We all must die. But if I can save him from days of torture, that is what I feel is my great and ever new privilege. Pain is a more terrible lord of mankind than even death himself. – Albert Schweitzer

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### Our Great and Ever New Privilege

- ▶ Build trust and rapport.
- ▶ Be willing to share yourself and be vulnerable.
- ▶ Be willing to talk about death.
- ▶ Be willing to talk about their spirituality (and maybe your own without proselytizing)
- ▶ Let the person you are with talk about their fears and their regrets.

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### The Importance of HOPE at the end of life

- ▶ Hope is a sense of belongingness which gives us meaning
- ▶ Hope is being listened to
- ▶ Hope is being recognized, acknowledged and valued (be authentically present)
- ▶ Mirroring even in their darkness so that they are not alone
- ▶ It is your presence that matters

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### Creating Hope in a Hopeless Situation

- ▶ What is important for you to accomplish at this point in your life?
- ▶ As you think about the future, what is most important to you (what matters the most to you)?
- ▶ What are your hopes/fears for the future?
- ▶ If you were to die sooner rather than later, what would be left undone?
- ▶ What type of legacy do you want to leave your family/loved ones?
- ▶ What makes life worth living?
- ▶ What nourishes your spirit?

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### The Importance of Laughter

- ▶ We change physiologically when we laugh.
- ▶ Laughter triggers the release of endorphins, the body's natural feel-good chemicals.
- ▶ Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- ▶ Relaxation and sleep. The focus on the benefits of laughter really began with Norman Cousins's memoir, *Anatomy of an Illness*. Cousins, who was diagnosed with ankylosing spondylitis, a painful spine condition, found that a diet of comedies, like Marx Brothers films and episodes of *Candid Camera*, helped him feel better. He said that ten minutes of laughter allowed him two hours of pain-free sleep.

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### Creating Laughter

- ▶ What was the funniest time in your life?
- ▶ What's the craziest thing you've ever done?
- ▶ What do you most love to do for fun?
- ▶ Tell me about your children/grandchildren/great-grandchildren
- ▶ Tell me about your favorite dog/cat/pet

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### The Importance of Touch

- ▶ Touch is the first sense to develop and is a fundamental need throughout our lives. (Montagu 1978)
- ▶ Touching a hand, arm, shoulder or even a hug reinforces the relationship.
- ▶ Touch helps establish communication. (Difficulty communicating, hearing or understanding)
- ▶ People with dementia usually benefit from repetitive predictable strokes.
- ▶ Touch reduces stress and anxiety, provides comfort and connection, reduces pain and improves quality of life.

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## Best Practice in the Use of Hypnotherapy for People Living with a Neurocognitive Disorder & End of Life Care

March 18 & 19, 2017

Three ways that you can attend:

- ▶ In the room at the Medical Dental Building in downtown, Seattle, WA
- ▶ Live Streaming Video from your home or office
- ▶ Recorded Streaming Video anytime you want and as often as you want.

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### Bonus Offer 1

- ▶ First offer: If you register by January 15, you will receive another \$100.00 off the already reduced price. You can attend both days (16 hours) live in Seattle, live online and watch the streaming video recording as many times as you want for only \$147.00. You must register before midnight January 15. After that, the price will return to \$247.00 until February 28 when the price becomes \$350.00.
- ▶ Register by January 15 and save \$200.00!

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### Bonus Offer 2

- ▶ The first 25 people to register will receive *The Nightingale Model of Enriched Care* for FREE! (Regularly \$29.97) This 60 page manual is used by many memory care communities and professionals of all disciplines to help them in two main ways: Firstly, it offers a great insight into what is meant by True Person Centered Care and secondly it offers all those supporting people living with a neurocognitive disorder an understanding of how services should be delivered. This tool can serve as valuable information for hypnotherapists looking to provide service to memory care communities. This offer is only available to the first 25 who register. Everyone else will pay \$29.97 for this incredible tool.

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### Bonus Offer Registration

To take advantage of these valuable Bonus Offers, go to:

<http://budurl.com/BONUSDemEndLife>

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- ▶ Website: <http://dementiatherapyspecialists.com/>
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Roger Moore:

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- ▶ Website: <http://hypnosishealthinfo.com/>
- ▶ Phone: (206) 903-1232

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