

Cancer Care Support Training

Hypnosis and Mindfulness as an Integrative Approach
with
Kelley T. Woods
&
Roger Moore

1

Making the Case For Cancer Care Support Hypnosis

Cancer prevalence

- More than 1 million people in the US get cancer each year
- 1 out of every 4 deaths in the US is from cancer
- About 1.2 million Americans are diagnosed with cancer annually
- More than 500,000 die of cancer annually
- In 2016, estimated 1,685, 210 new cases of cancer
- Estimated 595,690 will die of this disease

Making the Case For Cancer Care Support Hypnosis

Efficacy for hypnosis for cancer

Women undergoing surgery for breast cancer who received a brief hypnosis session before entering the operating room required less anesthesia and pain medication during surgery, and reported less pain, nausea, fatigue, and discomfort after surgery than women who did not receive hypnosis.

The overall cost of surgery was also significantly less for women undergoing hypnosis.

Journal of the National Cancer Institute, Sept. 5, 2007 (J Natl Cancer Inst. 2007 Sep 5;99(17):1304-12. Epub 2007 Aug 28)

Self-care

Sympathy - feeling sorry for the person; imagining but not really feeling their suffering

Empathy - experiencing the suffering of the person, to some degree

Compassion - being able to take empathy into a place of action where you make a space for the person in your heart, provide some helpful service, etc.

4

Self-care (continued)

Flow Through

1. Wiggle Toes, Wiggle Butt, Breath In and Breath Out
2. Center Yourself within Yourself
3. Hold the image of the client's energy flowing through you and continuing on

5

Break

6







Where Do I Get Clients? (continued)

Tips for Helping People Find You:

- 3. Volunteer to offer "sample sessions" to staff members: 15 min. experiences that they can have during their work shift.
- 4. Create and maintain a professional website. Write frequent and regular blog posts on your website. Use SEO (Search Engine Optimization) to be at the top of Google searches.

10

Where Do I Get Clients? (continued)

Tips for Helping People Find You:

- 5. Participate in social media.
- 6. Volunteer to give talks at cancer support groups.
- 7. Invest shoe leather: get involved in your community.

11

Interacting with Medical Professionals

- You don't have to know everything
- While on the phone – *Google*
- WIIFM – What's in it for me?

12

Nutrition:

- Keep current weight even if obese – healthier to maintain
- Positive food choices
- Don't supplement with Vitamins & Antioxidants (Don't want cancer cells to have antioxidants - let damage happen to cancer cells)
- Taste, smell & food aversions resulting from treatment
- Nausea
- Importance of eating

13

Recommended websites:

- Alila Medical Media (also on YouTube)
- American Cancer Society's Glossary
- Breast Cancer Beyond the Shock
- National Cancer Institute: NCI Dictionary of Cancer Terms

14

Recommended apps:

- Cancer.Net
- CTA: Cancer Therapy Advisor
- Medical Dictionary by Fairfax
- Visible Body

15

Location of Sessions

Get Out of Your Box

- Professional office
- Client's home
- Hospital
- Hospice Facility
- Go for walk with your client

16

Getting Started

How to talk to someone about cancer

17

Therapeutic Goals:

Do's: (continued)

1. Normalize and make it OK (thoughts & emotions)
2. Meet your client where they are
3. Teach Tools. Body was made to heal & be healthy
4. Be a compassionate listener
5. Provide safe space

18

Therapeutic Goals:

Do's: (continued)

6. Respect your client with unconditional positive regard
7. Respect their decisions
8. Support client with lifestyle adherence
9. Be willing to discuss Spirituality on their terms
10. Be open and willing to discuss death and after life

19

Therapeutic Goals:

Don'ts: (continued)

1. Don't try to fix them
2. Don't make false promises
3. Don't make them wrong for their emotions
4. Don't trivialize their emotions
5. Don't be afraid to talk about the illness

20

Therapeutic Goals:

Don'ts: (continued)

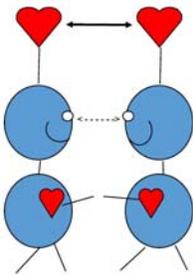
6. Always feel you have to talk about cancer
7. Be patronizing
8. Say "I can imagine how you must feel"
9. Offer advice they don't ask for, or be judgmental
10. Challenge medical professionals and treatment plan

21

Rapport Building Unconditional Positive Regard

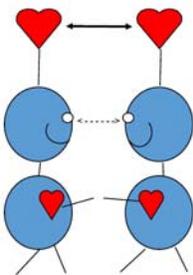
- Carl Rogers - all people have the resources within them required for personal growth
- Respect the person as a human being with the ability to choose how to respond
- Treat your client as a person, not as a cancer patient

22



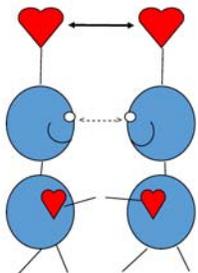
Heart-Centered Listening

1. Demonstrates your respect, caring and interest in your client
2. Assists in establishing a safe space where open and honest sharing can take place
3. Communicates an attitude of willingness; that you are truly here for your client in this moment. They know they have your undivided attention.



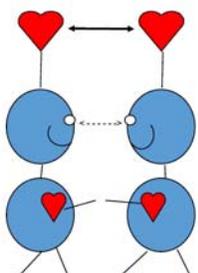
Heart-Centered Listening (continued)

1. The person before you has all the resources necessary to effectively deal with their situation.
2. Give them your undivided attention. Create an environment with as few distractions as possible.
3. Establish "varied" eye contact - not staring.



Heart-Centered Listening (continued)

4. Follow their lead. Focus on receptivity to both your client and their sharing.
5. Engage in "minimal encouragers".
 - For example: "I want to be sure I understand you, would you please say a bit more about this?"
 - "Can you give me an example of what you mean?"
6. ADD NOTHING - YOU ARE LISTENING FROM YOUR HEART!



Heart-Centered Listening (continued)

When you ask the question "What are you feeling?"

Be prepared to hear anything

"Eyes see only light, ears hear only sound, but a listening heart perceives meaning." ~ David Steindl-Rast

Assessing Client Needs
Strengths and Resources Assessment

1. Ask for 3 personal strengths
2. Don't prompt. Give them time to answer
3. Utilize these strengths

27







Working with Children and Teens

- Kids with Cancer suffer from:
- Separation Anxiety
- Fear of Treatment
- Pain (Headaches, joint, skin)
- Sleep Issues

31

Working with Children and Teens (continued)

- Helping relieve physical pain from treatments or cancer itself
- Helping a child accept treatments by reducing fears and anxiety
- Improving sleep experience
- Empowering a kid to be able to influence their own healing abilities

32

Working with Children and Teens (continued)

1. The child is the most important person in the room
2. Use hypnotic phenomenon to *WOW*
3. Use props to break the ice
4. Empower the kid
5. Keep sessions short
6. Have fun!

33

Transformation Language

Respond from your heart! Here are some ideas:

- "I'm not sure what to say, but I want you to know I care."
- "I'm sorry to hear that you are going through this."
- "How are you doing?"
- "If you would like to talk about it, I'm here."
- "Please let me know how I can help."
- "I'll keep you in my thoughts."

34

Transformation Language (continued)

- Encouragement but not False Optimism
- Humor
- Let them know when they are looking good
- Don't tell them they look sick or that they've lost weight

35

Utilization

- Listen to your client
- Ask questions about their experience
- Utilize their own words



36

Utilization (continued)

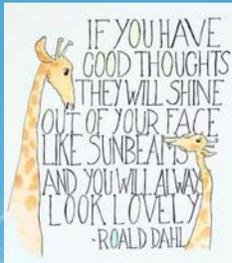


Creating Suggestions to Unconscious Mind:

- "Unconscious mind, your job is to allow this treatment to happen and to protect the body. You are to allow the toxic treatment to kill the cancer cells while you protect the healthy cells."
- Metaphor – Rain – The good guys have an umbrella & a towel to dry off and the bad guys wither up (Wizard of Oz)

37

Utilization (continued)



- Stay Strong, put up with temporary pain/discomfort so your body can deal with a TEMPORARY problem and you will feel better.
- Be strong until you get there
- "I'm being good to me. I'll let others be good to me. Right now I'm taking a break so that I can heal."
- Prepare for a serious insult. Be strong and work with me.

38

Question for the Oncologist:

"If you could talk to (patient's) body, what would you tell it that it most needs to do for healing?"

39

Reframing

We cannot direct the wind, but we can adjust the sails. ~ Thomas S. Monson

- Not just what happens but how we feel about it
- Meaning
- Nocebo

40

Reframing (continued)

Reframe limiting thoughts, beliefs and even sensations

- Change pain to discomfort
- Change cure to remembered wellness

41

Reframing



42

Reframing (continued)



43

Laughter

Laughter Exercises

- Laugh at Cancer
- Laughing while in route to treatment
- Laugh in the Shower
- Laugh Away Nausea



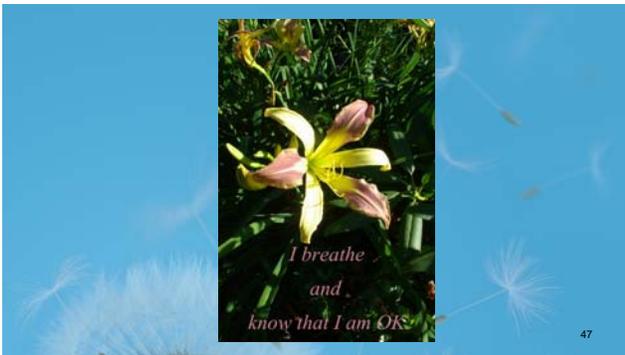
44

Power Words

Creating a Power Signal

45







Post Traumatic Growth

Nietzsche said, "if it doesn't kill me, it makes me stronger."

- Cancer diagnosis is traumatic
- Flooding of stress hormones can speed development of cancerous tumors
- Resilience is ordinary not extraordinary
- Write a new story

49

Mindfulness

Are you present in this moment?

- Mindfulness improves immune system
- Acceptance vs. Awfulizing
- Interrupt *Henny Penny* story
- Heart Breathing (oxytocin)



50

Body Parts



51

Neuroplasticity

Becoming the Greatest Expression of You
DAILY PRACTICE

With Enthusiasm ...

- Read the 2 or 3 sentences that describe being the *Greatest Expression of You*
- Meditate on this and memorize being joyful.
- Mentally rehearse being joyful throughout the day as you go about your day. Give thanks for being the *Greatest Expression of You*

52

Neuroplasticity (continued)

- Use self-hypnosis throughout the day to remind yourself who it is you are becoming
- Inventory – At the end of the day, take inventory of your day. Where did you do really well at being the *Greatest Expression of You*? Where did you fall from grace? Mentally rehearse being & doing differently next time.
- Believe - We only act on and out of what we personally believe to be true.
- Gratitude - Give thanks for being the *Greatest Expression of You*. Open up to receiving.

53



I risk being seen in all of my glory.

54

Session Protocol

NOTE: This is not a cookie cutter approach. You meet the person where they are at and you offer mindfulness hypnosis tools so that they can reduce or eliminate their suffering and maximize their health and wellness.

Phone consultation: What are person's goals for therapy? What is the diagnosis? What is the stage of cancer? When did they receive their diagnosis? When is the date of the next medical procedure and what is it? Ascertain urgency: I frequently will receive a call that someone is having surgery in two days and wants to get in prior to surgery.

55

Goals for the person are to:

1. Reduce/eliminate suffering
2. Empower "OKness" (In this moment I'm OK!)
3. Instill Hope while creating realistic expectations
4. Reduce stress and anxiety
5. Reduce/minimize pain
6. Reduce/minimize side effects of medical treatment (chemo, radiation)
7. Increase energy
8. Facilitate healing and recovery (not to cure)
9. Improve sleep
10. Promote lifestyle adherence (medication regime, eating, water, exercise, self hypnosis)

See Session Protocol in your training manual pages 49 - 50

56

Review and Wrap up

57

Cancer Care Support Training

Hypnosis and Mindfulness as an Integrative Approach
with
Kelley T. Woods
&
Roger Moore

58



My mind and body are connected,
in sync, and working towards my health.

59

Symptom Management

- Pain
- Nausea
- Sleep Issues
- Brain Fog
- Itching, Fatigue
- Loss of Appetite
- Mood Swings
- Pre and Post Surgery Protocols

60

Self-care (continued)

Emotional Detox

1. Close and open eye lids. Inhale, exhale. Get in touch. Make right hand fist & release
2. Inhale, exhale. Close and open eye lids
3. Imagine "Great Hair Day" Get in touch. Make left hand fist & release
4. Inhale, exhale. Close and open eye lids. Count to 10. Make two fists. Relax, count to 5 and open fists

61

Symptom Management (continued)

- Relieve Unwanted Sensations With:
- Dissociation – Leave the Body, Take a Mental Vacation
- Distraction – Utilize Interests, Music
- Hypno-Anesthesia – Glove, Soothing Color or Substance
- Control Mechanisms – Room, Dials, Pinky Pump for Pain Meds
- Comfort Anchors – Revivication, Power Words, Fragrance or Sound Cues, Pets
- Visual/Object Imagery – Objectify the Sensation, Angel Massage, Inner Healer Work, Healing Pool

62

Symptom Management (continued)

Stress Effects and Health: Immune System Malfunctions

Reacting Too Strongly	Underreacting
<ul style="list-style-type: none"> • Self-attacking diseases • Some forms of arthritis • Allergic reaction 	<ul style="list-style-type: none"> • Bacterial infection flare • Dormant herpes virus erupt • Cancer cells multiply

PSYCHOLOGY IN EVERYDAY LIFE, 11TH EDITION, David G. Myers, C. Nathan Shaffer

63

Memory Care

- Chemobrain
- Brain Fog
- 1 in 4 people with cancer reports memory and attention problems after chemotherapy
- Hypnotherapy for Dementia can reduce fear, anxiety and pain.
- Mindfulness hypnosis also helps with releasing feelings and emotions, reconciling unfinished business and letting go of attachments preventing death.

64

Memory Care (continued)

Here are some tips for the Care Giver (From *Remember I Can't Remember*)

- Do not remind them that they can't remember. It will only cause them anxiety and be a waste of your energy.
- Constantly remind yourself that they can't remember. The seemingly simple task of remembering they can't remember will cause a paradigm shift.

65

Memory Care (continued)

- Meet them where they are. Enter into their reality. Remember it is as real to them as ours is to us.
- Work to understand their anger. How angry do you get when you can't find your keys?

66

Memory Care (continued)

- You do not need the last word. Something that Alzheimer's/Dementia renders completely irrelevant is the last word. Do not argue.
- You do not need to win. There will be endless opportunities for arguing. Let go of your need to win.
- The only consistency is inconsistency.

67

Memory Care (continued)

Stimulate Reticular Activating System (RAS)

- Write things down
- Schedules
- Smart phone apps

Mindfulness Bell, Bloom, Insight Timer

68

Break

69



Enhancing Treatment

Effective Imagery for Cancer (ideas from O. Carl and Stephanie Simonton)

Values of relaxation and mental imagery:

- 1) Decrease fear and anxiety.
- 2) Empowers client to play an active role in their healing.
- 3) Can effect physical changes, enhancing the immune system and altering the course of a malignancy. Promotes change in thought/emotion patterns, which directly influence the physical body.
- 4) Provides opportunity to become aware of current beliefs and change ones that are not helpful and healing.
- 5) Creates setting for communication with unconscious for clarification and direction for healing.
- 6) Decrease tension and stress, positively affecting body functions.
- 7) Can be used to move away from hopelessness/helplessness and toward confidence and optimism.

71

Enhancing Treatment (continued)

Effective Imagery

- 1) Cancer cells are weak and confused. Depict them as anything soft that can be broken down.
- 2) The treatment is strong and powerful, clearly able to destroy the cancer.
- 3) The healthy cells easily repair themselves from any potential damage...visualize normal, healthy cells able to withstand treatment and see the cancerous cells being eliminated.
- 4) Army of white blood cells is vast and overwhelms the cancer cells. White blood cells represent the body's natural healing abilities...see victory as inevitable. If appropriate see the army of white blood cells as aggressive, quick to seek out the cancer cells, easily overpowering them.
- 5) The defeated cancer cells are normally and naturally flushed away from the body.
- 6) Imagery results in feeling healthy and free of cancer. Future pace into living life healthy, successfully.

72

Enhancing Treatment (continued)

Mindfulness and the Immune System

- Reduced markers of inflammation, high levels of which are often correlated with decreased immune functioning and disease.
- Increased number of CD-4 cells, which are the immune system's helper cells that are involved in sending signals to other cells telling them to destroy infections.
- Increased telomerase activity; telomerase help promote the stability of chromosomes and prevent their deterioration (telomerase deterioration leads to cancer and premature aging).

73

Psychoneuroimmunology (PNI) Psychoneuroendoimmunology (PNEI)

- 'psycho-' means thoughts and emotions
- '-neuro-' means that the physical brain is involved
- '-endo-' brings in the endocrine system
- '-immunology' explains how your immune system protects you from illness

74

PNI – PNEI (continued)

PNI researchers study how your emotions and thoughts impact your brain, hormones, and nervous system and also your immune system's ability to protect you.

It can also work the other way - changes in the immune and endocrine systems create changes in your nervous system which lead to changes in your emotions.

75

PNI – PNEI (continued)

The study of Psychoneuroimmunology (PNI) has scientifically proven that your mind influences your body and immune system.



76



My immune system is incredibly resilient!

Resilience

Your body is resilient

Lunch

78



Ego-Strengthening

Teach Mindfulness:

- Helplessness
- Promoting Hope

Mindfulness allows your client to acknowledge the pain and hopelessness and to also know that in the moment they are "OK."

80

Ego-Strengthening

- Shifting perspective
- Providing choice

81

Ego-Strengthening (continued)

Men: Permission to accept help vs. being stoic



82

Setting Boundaries Family & Friends

- Extra stress for person with cancer
- Extra stress for immediate family/caregiver
- It's OK to say "NO"
- CaringBridge.com



83

Setting Boundaries Ring Theory



84

Grief & Loss

How would you respond to a cancer diagnosis?

- Anger, Hurt, Fear, Sadness
- Loss of identity
- Career
- Participation in children's lives
- Relationship with partner
- Family & Friends
- Activities of daily living
- Hobbies

85

Break

86

My immune system is powerful and every cell in my body vibrates perfect health.

87

Cancer, Sex & Sexuality

- Changes to sex & sexuality
- Body image
- Be willing and prepared to talk sex
- No matter what cancer treatment, sensual/sexual touching is almost always possible
- Seniors have sex too
- After prostate cancer, men who can't obtain erection mostly likely can ejaculate
- Empower your client to talk openly to their partner

88

Re-Entry

After cancer, now what?

- January 2016 - 15.5 million cancer survivors U.S.
- 4.8% of the population
- 26 million survivors by 2040



Being mindful I banish the
tear drops from my body and soul.

89

Re-Entry (continued)

“An individual doesn't get cancer ... A family does.”



Personality Changes:

- Partner
- Family
- Caregiver

90

Re-Entry (continued)

New Normal may be very different than before cancer

- Framing new identity
- Fatigue, pain, nausea, brain fog, ...
- Family/friends don't understand recovery takes time
- Partner may not want to give up roles
- Survivor may demand more than family/friends can give
- Returning to work

91

Re-Entry (continued)

As cancer patients transition to cancer survivors, they encounter distinct psychosocial challenges. Survivors -- an estimated 13.7 million in the U.S. today -- face the loss of the supportive treatment milieu and lingering effects of treatment.

Science Daily, March 2, 2015



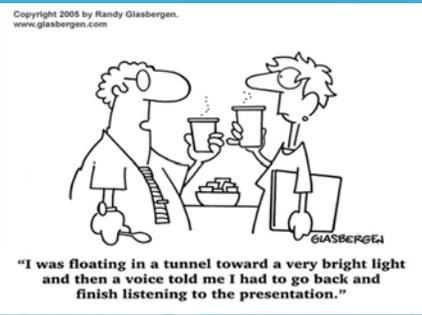
92

Death & Dying

- Allow your client to talk about death
- Normalize the process of death
- Acknowledge Fears: Dying alone, pain, unfinished business, dependence, loss of physical functions/dignity
- Collapse irrational fears

93

Copyright 2005 by Randy Glasbergen.
www.glasbergen.com



GIASBERGEN

"I was floating in a tunnel toward a very bright light and then a voice told me I had to go back and finish listening to the presentation."

94

Spirituality

"I like to have as many resources as possible. Would you explain the religious/spiritual beliefs that you were raised with and explain your current belief about spirituality?"

95

Death & Dying (continued)

Death Rehearsal

Your Role:

- Respect your client's belief system - do not force your own ideas
- Come to terms with your own beliefs about death
- Be a source of strength and comfort

96

Death & Dying (continued)

Alternate Universe



97

Review and Conclusion



98



