

Appendix A

Preamble:

With your permission, I'm going to help you feel more relaxed today. Together, we will work on some guided imagery, or hypnosis, where you use your imagination to feel more relaxed, more in control and more comfortable about what is happening here today. Please know that I will not be doing anything to you, everything we do today will involve your complete control and permission.

(Suggest stretch, use the toilet, get comfortable)

Hypnosis is a safe technique that can help people improve their emotional and physical well-being when used by a health professional. Some people have concerns or worries about experiencing hypnosis that are mostly based on misconceptions or myths spread by tv, movies or stage shows. However, there is a great deal of research that has confirmed that hypnosis is a safe technique with many health benefits.

During our session today you will be guided to feel relaxed and then to respond to some hypnotic suggestions. Remember the following:

- You will be aware of what is happening all the time
- You will be in control of your responses
- You can ignore, stop or not respond to any suggestion you do not like or you do not feel comfortable with; and
- I will give you plenty of time for you to activate yourself after the relaxation

You will be able to easily respond to suggestions that are appropriate for your wellbeing and comfort....and to easily and automatically ignore any suggestions that are not appropriate....you will be able to determine what is best for you without even having to think about it, and then respond easily and naturally to the suggestions that will be helpful to you.

Do you have any questions before we get started?

You may choose to close your eyes during our session. Most people find they relax more easily with their eyes closed, and you might find the eyelids become so heavy, they want to close anyway...so go ahead and close those eyes.

Relaxation Induction

Now... perhaps you'd like to increase your comfort, right now... Take a deep, satisfying breath and hold it just for a moment. That's right, hold it for a moment... and let it go. Let yourself notice how good that feels.

And now...Allow the whole body to relax... Allow all the muscles to go limp... [wait about three seconds] ... Starting with the right hand... Imagine that all the muscles and tendons in the right

hand are relaxing... and as the hand relaxes, being aware of any sensations that let you know that the hand feels more relaxed... perhaps a sense of warmth, or of heaviness, perhaps an interesting tingling sensation. I don't know what that sensation feels like, but you know. That sensation will let you know that the right hand is becoming more and more relaxed... perhaps limp, or heavy, warm, and comfortable. And now allow that relaxation to spread... up, up into the wrist... the forearm, the elbow, and upper arm. The whole arm being more and more relaxed. All the tension draining away, as the arm feels heavier, and heavier. So comfortable, so relaxed.

And now... allow the awareness to move to the left hand. Imagine how the left hand is becoming limp, heavy, and relaxed... more and more relaxed, heavier and heavier... All the tension just draining away... Let yourself be aware of any sensation that lets you know that the left hand is relaxing... a warmth, a heaviness, any sensation that lets you know that the left hand is becoming more, and more relaxed... And now allow the relaxation to spread. Up the wrist... forearm... through the elbow, and into the upper arm. So very relaxed, heavy, and comfortable... the whole left arm relaxing.

And as we continue, as you continue to allow both of the arms to feel more and more relaxed, you notice that the relaxation continues to spread... into the shoulders. All the muscles in the shoulders letting go, relaxing, feeling the support of the chair sinking into the chair letting all the tension drain out of the shoulders... Feeling so relaxed, heavy, and... more and more relaxed.

And the relaxation continues to spread... into the neck. All the muscles of the neck letting go, one by one. Just allowing the head to rest, being aware of the sensations that let you know that the neck is relaxing, more and more, as you feel more and more comfortable, more and more at ease. The whole body becoming relaxed, very, very relaxed, relaxed, calm and peaceful... allowing the feelings of comfortable relaxation to spread up around the ears... the scalp... letting all the tension drain away, the muscles around the eyes letting go, relaxing, as do the muscles in the face... the jaw... limp, relaxed, comfortable, and at peace... as relaxed as you have ever been... it feels so good to take a vacation from stress...

And as the body relaxes, so too does the mind relax... feeling so calm, and confident... knowing that you know yourself better than anyone else... you know... deep down inside... what is best for you... for as you relax and become more focused on my voice... it becomes easier and easier to hear my voice, without really needing to listen... and respond to those suggestions that are appropriate for your comfort and well-being.

As the relaxation continues to spread... down into the legs... first, the right leg, feeling so very heavy... comfortable... all the tension draining out... limp, heavy, and comfortable. Feeling the support of the (chair/bed), as the right leg is feeling heavier, heavier, and heavier.... And so comfortable. And then the left leg... all the tension draining out of the left leg, to be replaced by comfort... a heavy, pleasant comfortable and deep relaxation.

The whole body relaxing... And when it feels like you are as relaxed as you wish, you allow yourself to relax even more, becoming even more relaxed... more comfortable, without a care in the world... The whole body relaxed, and comfortable... so relaxed,

Deepening

Now, you may feel yourself standing in front of an elevator. I will wait a minute while you push the button...now notice the elevator doors open and when you are ready you may find yourself walking inside...Take some time to really examine the interior of the elevator... its style... the kind of doors... the design of the elevator buttons... The indicator above the door reads 10... there are numbered buttons, from 10 down to 1. You want to go right down to the bottom today... knowing that each floor will help you to relax even more deeply... so reach out and press button one... Watch as the doors close. You've already done really well... you're already starting to relax deeply, so imagine just how wonderfully relaxed you'll feel when you have gone all the way down in the elevator to level one...

And now the elevator begins to move. The indicator above the door is showing 10... but that soon changes to 9 as you begin to move smoothly down... and as you pass floor 8 you feel yourself drifting even more deeply into that wonderful relaxation, more deeply into trance...and 7... another flight down... feeling more and more relaxed... feeling the smooth ride... noticing how good it feels to move so smoothly...6. Perhaps noticing that the sounds around you...all the sounds you notice...are sounds that become more and more a part of your experience of comfort and wellbeing with nothing to bother you and nothing to disturb you as we continue ...5... you're half way to experiencing complete relaxation and I wonder if you're already beginning to really enjoy this opportunity to feel relaxed and comfortable...you see the indicator change to number 4.. Take a deep, satisfying breath , you're almost there. But really, you are enjoying this journey as much as your destination....3...right now there is nothing you have to do. Nothing required of you and no one you have to please. No one you have to impress. No one you have to take care of. Nothing at all. Just this opportunity to feel deeply comfortable...2.., you're almost there, you feel so content and relaxed...and satisfied you have made it this far...1...all that matters is your comfort and wellbeing...and now you watch as the indicator shows 0, and you see the floor that you wanted all along. Reaching out to press the open button...and there in front of you is the most peaceful place you have ever visited or wish to imagine.

I have never been to this place, but you know exactly where you are. You inhale and smell all the delicious smells of your favorite place. Perhaps it's a beach, or a mountain top. Somewhere you've felt warm and safe and serene and content before. You reach down and feel the ground. Is it sand slipping through the fingers, or the coolness of new grown grass? Let's stay here, in this place, for a few moments, while you soak in the sensations. The temperature, just right for you, the view, the sounds. As you continue to explore this sanctuary and enjoy its radiant warmth, I wonder if now you are aware of any sounds, beautiful sounds that for some reason... allow you to feel incredibly appreciated and content. Sounds that soothe your mind, sounds that are associated with a deep sense of wellbeing and safety.

Notice, now, how deeply comfortable you are. Hearing my voice, understanding my words...able to respond easily and naturally to those suggestions that are just right for you. .And enjoying how easily you rest in this experience.

Pain Reduction- Suggestion 1

With every breath you take now, breathing comfort in and breathing discomfort out, you might like to wonder how you are feeling more and more comfortable, right here and now. You may be pleased, of course, but you may also be surprised that it's so much easier now to simply focus on relaxation and comfort, to simply not pay attention to anything other than your comfort...So much easier to enjoy the relaxing, peaceful comfort of each breath. So simple, so natural, to attend to breathing.

And at the same time, you notice, almost as a side effect, that any uncomfortable feelings are drifting further and further away. You might even imagine these feelings as an image...perhaps as leaves on a stream,...or as a fire burning on a piece of wood, or even as some other image floating on a log or piece of wood...you actually see them. I don't know what color they are, or even what the image is...but you do. You notice details, watching the image change. Perhaps floating slowly down the stream...or if it is a fire, watching the fire burn out. Either way, the image is getting smaller and smaller. Disappearing...All the discomfort is so much easier to ignore now.

And with those sensations sent away, it is even easier to feel the comfort of every breath. So easy to let yourself daydream, about a peaceful place, to imagine a happy time in your life or a happy time you'd like to have. Letting yourself feel free, right now, to just let your mind wander.

Such a pleasure to be here, with nothing to bother you and nothing to disturb you. With every breath you take, breathing comfort in and tension or discomfort out, just notice how naturally you feel more and more comfortable. And any feelings of discomfort seem to have lessened or maybe even disappeared altogether. Like some memory long forgotten. Or something you have stored away but no longer need. Letting each breath you take....expand your feelings of comfort and wellbeing.

Hypnotic Analgesia – Suggestion 2

As you know, an analgesic is a powerful medicine used to help you feel more comfortable. We are now going to use your imagination to anesthetize the arm where you will receive the heat sensation again. You may wish to imagine this analgesic any way you like: as a feeling of coolness, or other sensation that is comfortable and perhaps a little interesting; you might like to use a color as a kind of a powerful liquid medicine. Choose whatever feels right for you. When applied does the medicine spread quickly or slowly creep across the body to bring comfort and ease? Is it like cool water as it touches the skin, or perhaps, the deeply warm touch of someone you love? Or perhaps it is like a barrier protecting your skin. Whatever this medicine feels like, it is right for you.

This powerful and long-lasting analgesic has such positive effects... greater comfort... a sense of calmness and of confidence... and it can last for hours. You have the opportunity, now, to really enjoy the comfort of this anesthesia. To feel comfortable and at ease. Free from tension and tightness and stress and pain. So very comfortable and at ease.

You will soon hear Laura's voice again, and the noises of the various pieces of equipment. Let these things be a signal that all is well. In fact, when you hear Kirsten's voice and you feel the heat sensation again, you might even like to imagine that that it's a sign to your imagination to create more of your own special analgesic medicine. As soon as you feel sensations of heat, go ahead and use your imagination to slather on your analgesic and have those lovely feelings of comfort spread all the way up the arm. Whenever you hear Kirsten's voice, allow your very own, very special medicine to spread across the arm and take all the pain away.

In fact, whenever you hear the word 'pain' you might like to use your analgesic to take the pain away, and nothing can bother you.

Feeling free to keep those eyes closed, so you remain rested and relaxed throughout the lab session.

During Task

Know that all the sensations you experience today are completely safe.

Now imagine the area of the arm experiencing heat, imagine it being completely surrounded... or completely filled... with a sensation of relief... a pleasant sensation of comfort... you might like to picture feelings of relief spreading down the arm. Noticing how naturally, how easily, you are able to make the arm feel different and much more pleasant...even decreasing sensations from that area; as if it were disappearing.

Notice how easily those pleasant sensations just wash over the body. Notice how your medicine absorbs and blocks out any discomfort. Such a pleasure to be able to imagine... to make real... such comfort. The arm feeling more and more comfortable as the medicine spreads.

In between tasks: With every breath you take now, breathing comfort in and breathing discomfort out, you might like to wonder how you are feeling more and more comfortable, right here and now. The word pain doesn't bother you, for you know you are safe, and you are in control of what you feel. You have access to a very special gift. Your imagination can create as much pain medicine as that arm might need. Should you feel the warmth turn to heat, simply use another batch of your powerful anesthetic, feeling confident, knowing that you have exactly what that arm needs to take the pain away, leaving comfort, leaving ease and relief.

During task:

You might like to remind your imagination to make some more of your special medicine. You might notice it spreading across the arm, especially over the most sensitive parts of the arm...and noticing how it turns the heat into a lovely warm feeling. Does it have a smell when applied? Some people like to imagine their medicine as having a special smell, such as the soothing scent of lavender, or even a strong menthol smell. I don't know what it will smell like, but the scent is just right for you, bringing feelings of comfort and perhaps even delight. Now rest a minute, knowing that whatever Kirsten is going to deliver to you, you have the power to feel at ease...you are able to create as much medicine as you need. Feel free to slather it on, resting in the familiar scent, the comfortable sensations.

Post-task baseline

Suggestions for blood flow

Now, during this time of rest, you might like to focus on the breath. First, you might notice just the pace... the in...and the out...and you may be surprised how quickly and easily...without even trying...your breath finds the perfect pace...to allow you to feel even more comfortable, and even more relaxed...and how amazing it is to see how much you can shift things...and change things...that you want to change... simply with the power of noticing. It can be so interesting to notice the warmth of each breath, starting at the tip of the nose, with each inhalation. Such warm, comforting breath...noticing as it travels down into the lungs, bringing warmth, and nourishment to the body. You might like to notice how each breath relaxes muscles...now noticing muscles growing softer, in the neck, the legs, the arms, even the tiny muscles in the fingers. The muscles going slack... as though a warm compress was being applied across the body...simply relaxing into comfort..floating upon the gentle waves of each warm, satisfying breath. As though your inner body was a river flowing with breath. It is wonderful to rest in this feeling....so comfortable...so relaxing.

Each breathe... like warm water through a hose, melting away discomfort. You are doing the body such a service...allowing the breath to relax each and every muscle.

And as the breath continues to rock, and soothe you, you might like to notice how you are relaxed as you have ever felt. Perhaps as relaxed as floating in a lovely, warm bath. Perhaps a bath you have taken before, or a bath you would like to imagine. Take a moment to notice the setting of this bath. Is it quiet and calm, sun streaming through the window. Or perhaps it's dusk outside, and you're noticing the warm glow of from fresh scented candles surrounding the tub. The scent is just right for you, and you might notice how the scents of the bath mingle with your warm breathe to relax you even further. As you enter the bath, perhaps dipping a toe in, and noticing how the warm water softens all the muscles in the toe. The relaxation spreading up the foot as you enter further into the liquid comfort of this bath. Now resting in the tub, as deep as you wish, in the warm, soothing water. The temperature is just right for you...the warmth of the water surrounds you and is just right. Noticing the tub's faucet..and knowing you are able to create as much heat or coolness as you like. To create the perfect temperature for your comfort and your relaxation. This bath is just the right kind of warmth. The water soothing tired muscles,

opening the body, to simply relax . Such a calm, pleasant feeling. The warm water like liquid therapy, melting away all troubles, washing away cares, allowing your body to relax into an even deeper state of wellbeing.

Perhaps you would like to take a minute, to rest here, in this warm, relaxing bath. Noticing how good it feels to rest, in this deeply relaxing water.

And now, we leave the bath. But bringing this sense of relaxation, if you wish.

Our session is almost over, but knowing you are able to take this experience of relaxation and ease with you throughout the rest of your day. In a moment I will count down from 10 to 1. When I reach 5, your eyes will open and you will be back in the room. When I reach 1, you will feel alert and refreshed. I will begin this countdown in 1 minute

(60 seconds)...You may take as long as you need during this minute to reorient yourself. You may notice that already you are feeling more awake and alert. You may choose to bring this sense of calm with you, and becoming more and more awake, and alert with every second...by the time we count backwards from 10 to 1, you will feel so refreshed. Becoming more awake, more alert. (increase volume of voice).

Now I will count from 10 to 1. When I reach 5, your eyes will open and you will be back in the room. When I reach 1, you will feel alert and refreshed, and fully awake.

10...5...1

Here you are. Back to the room. Fully awake and alert.