

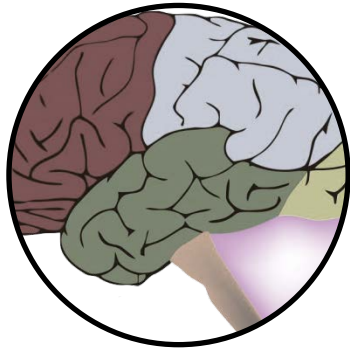
Clinical Hypnotherapy for Cancer Recovery

Avinoam Lerner, Certified Consulting Hypnotist

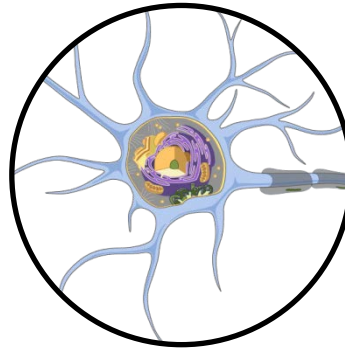
The Missing Link



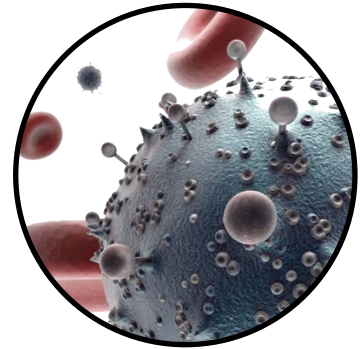
Mind



Brain



Nervous
System

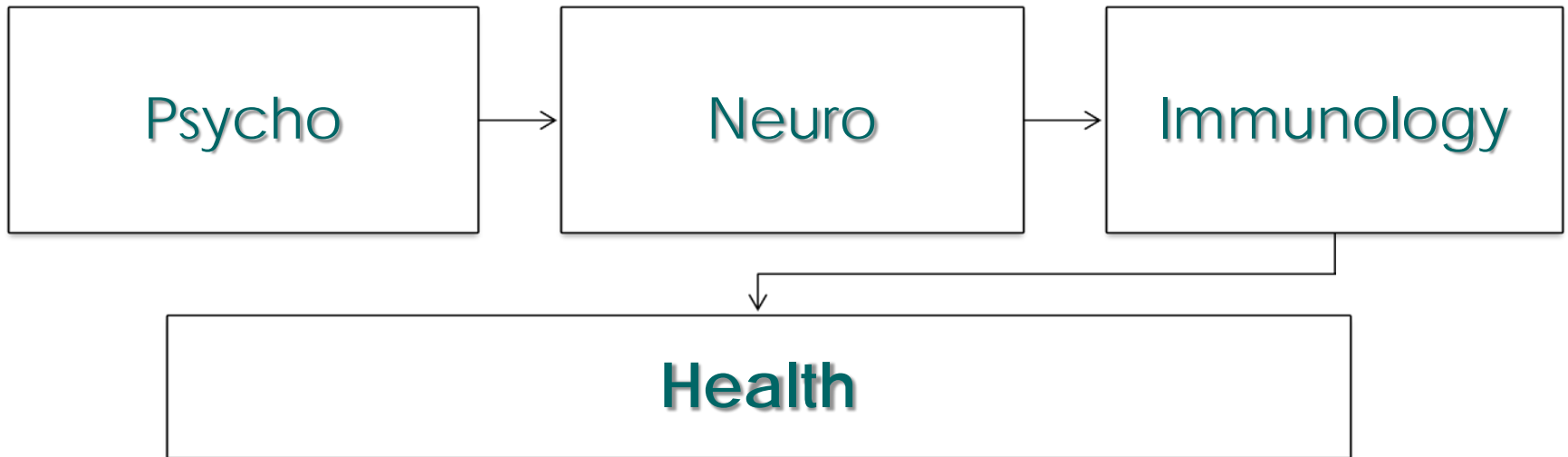


Immune
System



PsychoNeuroImmunology (PNI)

PNI is the study of the interaction between psychological processes and the nervous and immune systems in the human body.



PNI Assumptions

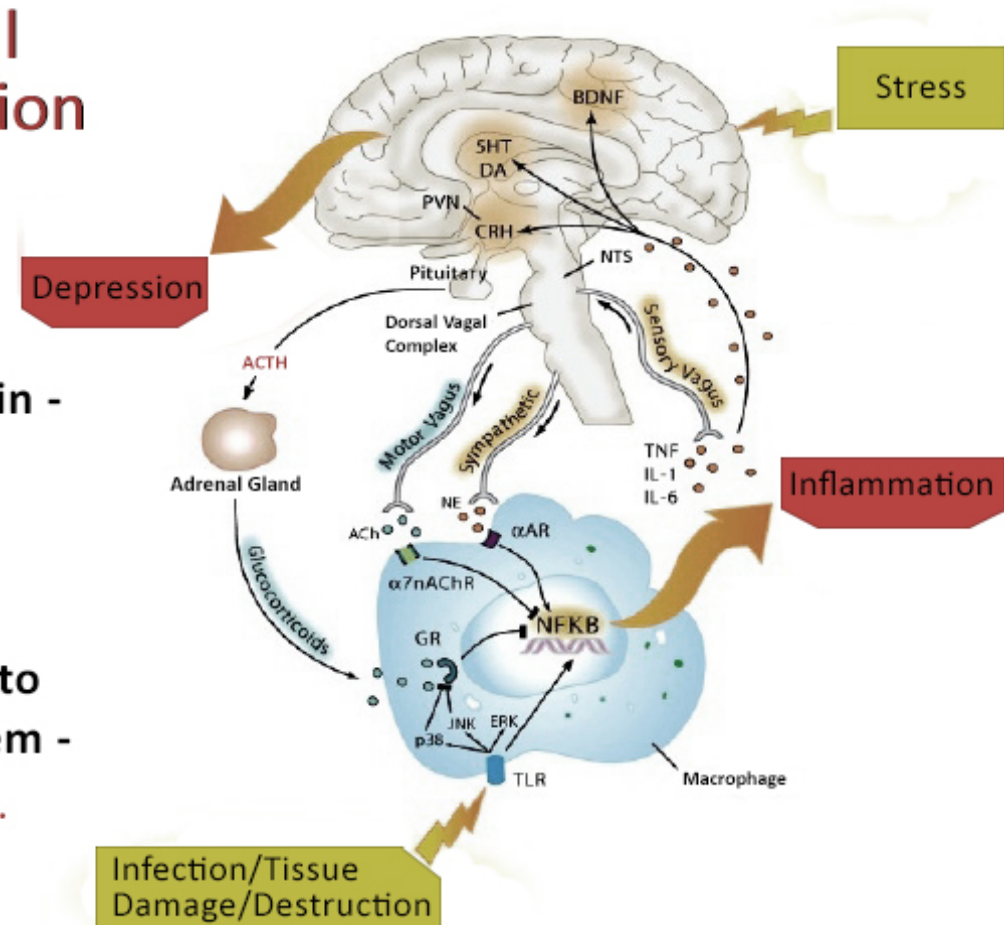
- ❑ Emotions play an important role in the development of physical disease (Langley, Fonseca, & Iphofen, 2006) .
- ❑ Different stressors produce different reactions in the body (Ader, 2001). These reactions alter the state of homeostasis (Langley et al, 2006).
- ❑ There is a bi-directional interaction between neuroendocrine and immune systems (Zeller et al, 1996).

Bi-Directional Interaction

Bi-Directional Communication

**Immune system
“talks” to the brain -**
releases cytokines,
causes behavioral
changes

**The brain “talks” to
the immune system -**
releases hormones, etc.
that regulate immune
response



Suffering

“Suffering is a mental **REACTION** to events perceived as unwanted. Much of the suffering cancer causes comes from reflecting on the diagnosis and what it implies, rather than directly from the disease itself.

Cancer is thus an **existential crisis**, not simply a physical problem.”

Dr. Alastair Cunningham, Ontario Cancer Institute

Healing: the relief of suffering

“There are two main ways to relieve suffering: remove the “event” or change the mental reaction.” Dr. Alastair Cunningham, Ontario Cancer Institute



Relieving Suffering at the Level of Mind

- ❑ Fear and negativity
- ❑ Past trauma
- ❑ Helplessness and hopelessness
- ❑ Shame, Guilt, Self-Blame



What is Hypnosis?

- ❑ A state of focused attention
- ❑ A heightened state of belief & suggestibility

Recognized as a viable therapeutic tool by the British Government in 1952.

In 1958, the American Psychiatric Association (APA) also approved hypnotherapy for use by professionally responsible individuals.

Hypnosis in Cancer Care

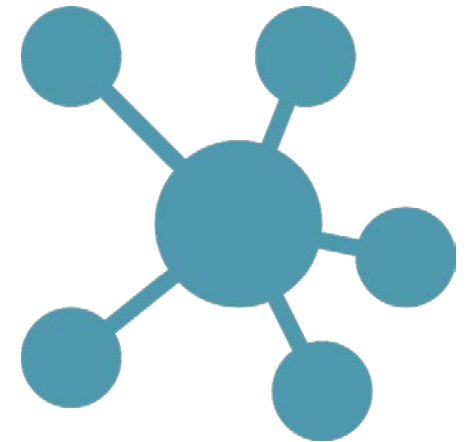
- ❑ Symptoms management
- ❑ Treatment side effects
- ❑ Improving coping/resiliency
- ❑ Enhancing quality of life (QOL)

By making treatment more manageable, hypnosis allow patients to complete the course of treatment. This in turn improve their odds for survival.

Point of Engagement

Perceptions + Beliefs = Suffering/Stress

1. We perceive a situation to be dangerous, difficult or painful.
2. We believe we do not have the inner resources to cope.



Stress can impair immune function.

Hypnosis for Cancer Recovery

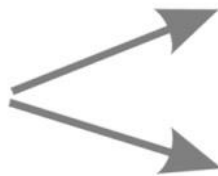
1. The body's Immune System is designed to defend against all illnesses, cancer included.
2. Harmful States of mind (hopelessness, helplessness etc.) suppress the functioning of the Immune System.
3. If these harmful states of mind can be addressed and resolved, the Immune System can be revived and cancer prevented or healed.

Application Model

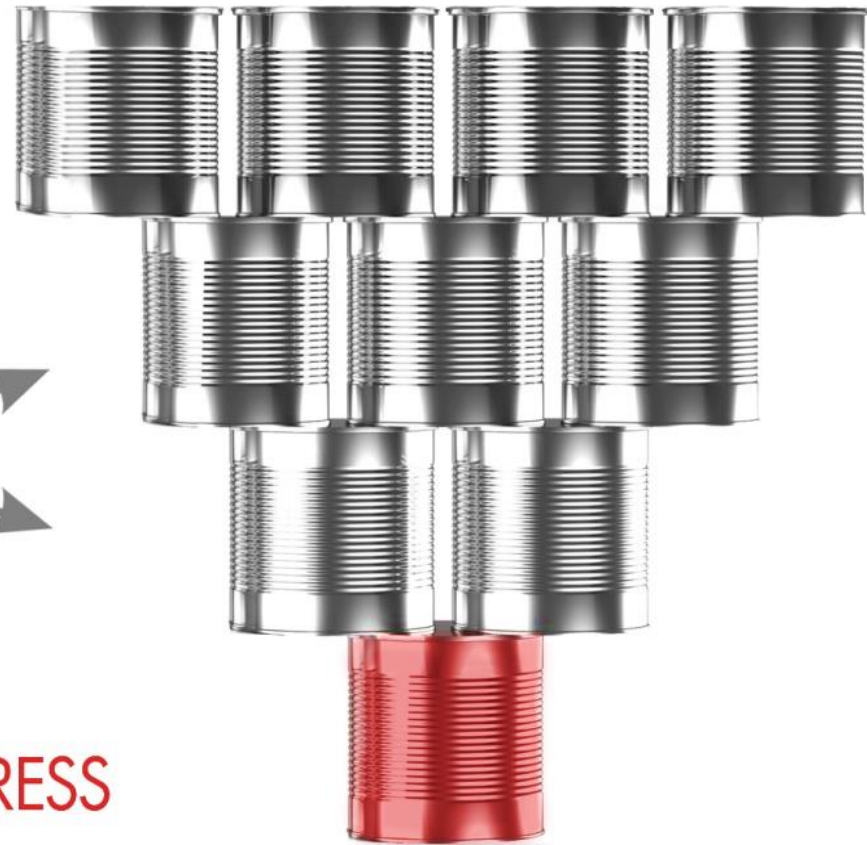
PHYSICAL
EXPRESSION



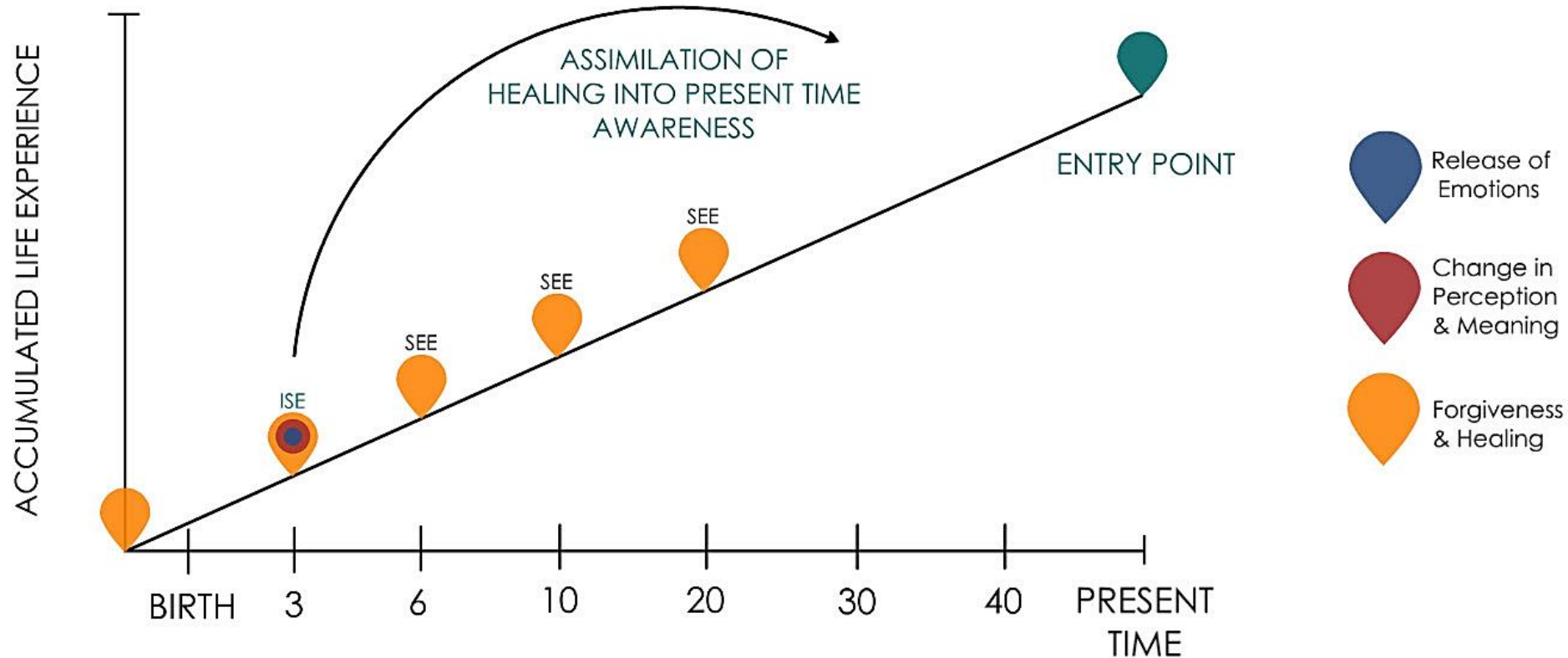
MENTAL &
PSYCHOLOGICAL
EXPRESSION



ROOT CAUSE OF DISTRESS



Michelle's Time Line



ISE: Initial Sensitizing Event

SEE: Subsequent Sensitizing Event

The Takeaway

- ❑ The potential for recovery from cancer goes beyond simply submitting to treatment.
- ❑ Your state of Mind is your greatest ally in the recovery process.



By failing to enlist your inner resources, you are in effect working against yourself, making any treatment less effective"

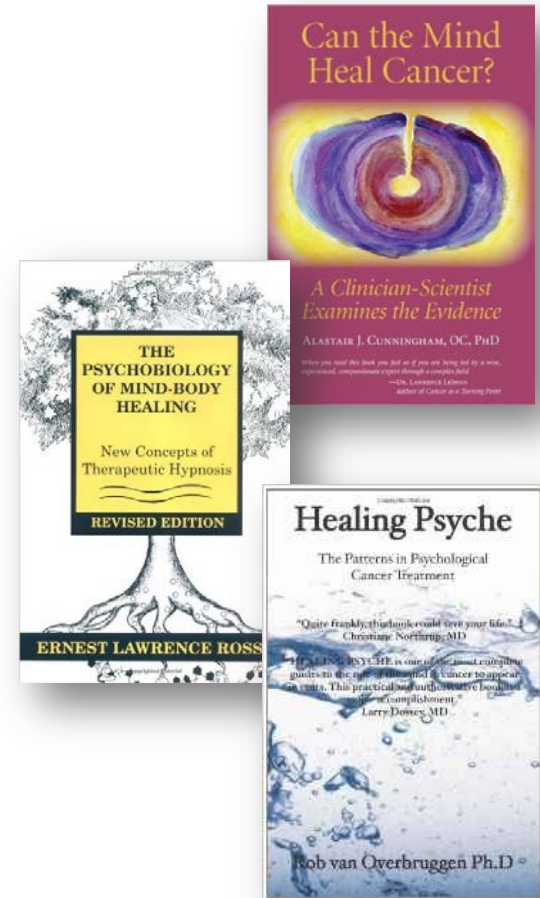
The Takeaway (contd)

- ❑ Illness is a call for us to take action.
- ❑ It highlights the necessity and inevitability of an existential shift to live more authentically, more aligned with our sincere and relevant core values.

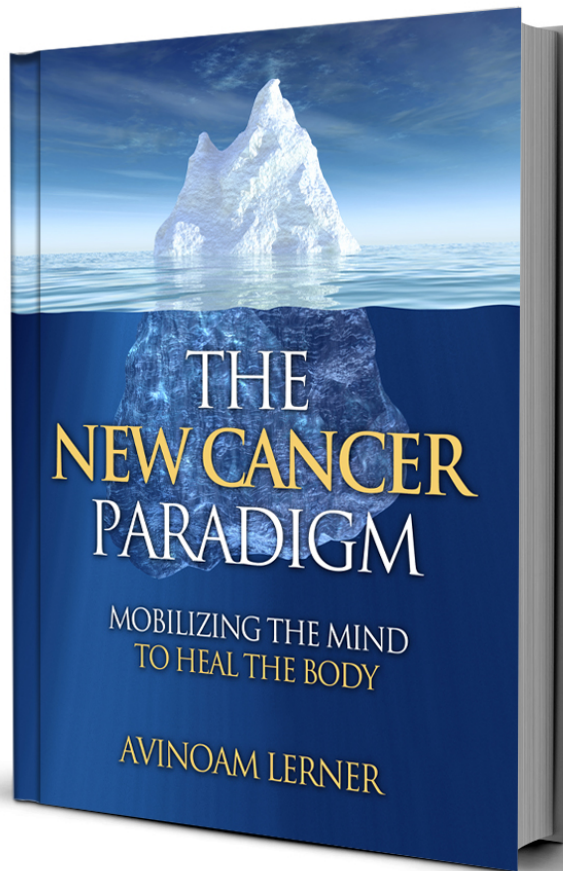


Suggested Reading

- Can the Mind Heal Cancer?
Alastair Cunningham, OC,
PhD
- The Psychobiology of Mind-
Body Healing. Ernest L.
Rossi, PhD
- Healing Psyche.
Rob Van Overbruggen PhD



The New Cancer Paradigm



MOBILIZE THE POWER OF YOUR MIND TO HEAL YOUR BODY

Discover How Hypnosis
Can Help You Advance Your
Healing and Recovery from Cancer

- ☐ Boost immune function
- ☐ Override fear/Anxiety
- ☐ Stop self-sabotage and negativity
 - ☐ Heal trauma, guilt and shame
- ☐ Develop healthier attitude toward treatment, medicine and outcome

Thank You

For more information or to schedule your free consultation:

Tel: 617-564-0707

Web: AvinoamLerner.com

email: Free@AvinoamLerner.com

