



# Pain Management (and Natural Childbirth using Hypnosis)

This one day course is a core subject for the DHP and will be presented by **Deborah Bromley**.

Managing pain for clients requires great skill and deep understanding of what is happening inside them – techniques must overcome the client’s deepest “hardwired” human pain responses. The medical profession knows that the pain response is subjective and varies between individuals. This provides us with evidence that pain can be turned down or even turned off.

Before 1900, surgeon James Esdaile developed the Esdaile state to enable him to operate on patients before the advent of modern anaesthetics. This is what we know today as *hypnotic coma* and will be taught to participants so they can teach their clients as part of pain management work. Using these fantastic techniques to help pregnant mothers to experience natural childbirth has got to be one of the most rewarding aspects of hypnotherapy practice – so this technique will also form part of the course. You will learn and practise many methods of pain management from simple local anaesthetics to whole body dissociation. The course will also deepen your understanding of the psychology of pain and the way pain affects the client's day to day life. Pain and serious disease are inextricably linked so there will be time for focussing on one generic but powerful hypnotic method to counteract disease – “The White Room”.

The day will be divided up to cover the following areas:

- ❖ Instant Deep Hypnosis (hypnotic coma)
- ❖ Hypnotic techniques for pain management
- ❖ “The White Room” – for serious disease
- ❖ Psychology of pain
- ❖ Hypnosis and childbirth

### Date and Venue

17<sup>th</sup> April 2010  
Central London venue to be confirmed

### Cost

£100, split between a £25 registration deposit and £75 on 17<sup>th</sup> April 2010

*Please note that, in order for training days to accrue towards your DHP and/or MCH (as applicable), you will need to attend the entire course. Please also note our 21-day cancellation policy, under which cancellations will be accepted (and advance payments refunded) up to 21 days prior to the start of this course.*

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## ENROLMENT FORM (Pain Management – 17.04.10)

Please send to: The Institute of Clinical Hypnosis, 28 Tantallon Road, LONDON, SW12 8DG

Surname:		First Name:		Title:	
Address:					
Post code:				(Tel Day)	
				(Tel Mob)	

**Payment method** – please tick and complete either Section 1 or Section 2 below:

- 1  I enclose a cheque, payable to ICH, for £.....; **or**
- 2  I wish to pay by debit/credit card<sup>(Note 1)</sup> and my details are as follows:

Card type:			Card issuer (eg HSBC):		
Card number:					
Your name and initials (as they appear on your card):					
Start date:			Expiry date:		
Security No <sup>(Note 2)</sup> :			Issue number (if applicable):		

SIGNATURE: ..... DATE: .....

1 Please note that a surcharge of 2.65% is payable on all credit cards. There is no additional charge if you pay by debit card. We accept Mastercard, Visa, Visa Debit, Visa Electron, Maestro and Solo. A receipt will be sent to you by post if you pay by debit/credit card.

2 This will be the last 3 or 4 numbers on the reverse of your card, on the signature strip.