NPHTI Pediatric Hypnosis Skills Workshop
Intermediate
Minneapolis
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HYPNOSIS AS TREATMENT FOR ACUTE AND CHRONIC PAIN
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Learning Objectives

1. Distinguish acute, recurrent and chronic pain
2. Learn two methods of hypnosis to manage a child’s headache pain
3. Apply the ‘Magic Glove flexibly to acute pain situations.

Review Questions (single best answers)

1. The Magic Glove is:
   a) a treated surgical glove
   b) a child’s favourite mitten
   c) a parent’s means to distract the child from pain
   d) an imaginary experience that alters sensation

2. Parents should not be involved with their child’s acute painful procedures unless:
   a) they have had medical training
   b) they have had adequate preparation
   c) they are very close to their child
   d) the health practitioner wants them there

3. For children and youths there is good evidence that the following therapies are effective in reducing the severity and frequency of chronic pain (choose all that apply)
   a) relaxation
   b) desensitization therapy
   c) therapeutic touch
   d) cognitive behavioural therapy
References/Resources


2. Kuttner L. “No fears, no tears 13 years later: children coping with pain” (46 mins). DVD available: http://bookstore.cw.bc.ca email: bookstore@cw.bc.ca
US or Canada: 1-800-331-1533 x 3


Correct Answers:
d ,b, a & d
HYPNOSIS AS TREATMENT FOR ACUTE & CHRONIC PAIN

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Potential Conflict of Interest Disclosure
I currently not had any affiliation with/or financial interests in a business corporation within the last two years.

Objectives
1. Demonstrate acute, recurrent & chronic pain hypnosis treatment for children of different ages
2. Demonstrate headache and abdominal pain management using different methods
3. Demonstrate the versatility of hypnotic methods, such as ‘the magic glove’ or ‘pain switch’ for different types of pain & for children of different ages

What is Acute Pain?
• It is short-lived pain lasting hours days or weeks.
• Usually of recent onset with a defined course and a direct causal relationship to a disease injury or medical procedure (Ready & Edwards, 1992 IASP Taskforce AP)
• Acute pain usually resolves completely as healing takes place
Hypnosis is an asset here to support this process
• New appreciation that acute pain is not always a discrete entity but on continuum to chronic pain
• Anxiety often co-factors with pain - & for effective management needs to be incorporated into any pain treatment
Hypnosis is effective in controlling & reducing anxiety

Multiple causes of acute pain
• Trauma,
• Childhood illnesses,
• Surgery & medical conditions,
• Chronic disease processes &
• Medical Procedures - needles & pokes

Pediatric Practice- those Immunizations!
DVD clip from “Imaginative Medicine”
Dr Laurence Sugarman
Needle Pain - well supported by research

**Hypnosis is Evidence-based treatment**
[meta-analysis - high standard of endorsement]


Hypnosis is more than induction…
- It’s a comprehensive approach:
- Recognizing that as humans we have great potential to change
- That context influences and defines
- Occurs by the language used and the professional’s attitude, tone, gestalt
- Implicit and explicit

Acute pain DVD examples

Parents are a key component of context

- Madeleine’s scary IV
- Shanna preparation play using ‘The Magic Glove’
- Pamela with Mom putting on “The Magic Glove”

The Magic Glove

Key components
Demo

‘The Magic Glove’ becomes ‘The Magic Blankey’

Interview with Adrian
Australian Ped Pall Care Physician - post Hypnosis course

What is “chronic” pain?

Continuous or intermittent pain persisting past the normal healing time
Commonly more than 3 months but arbitrary

**KEY:** Pain that serves no useful, alerting or protective function

Metaphor: alarm continuing when danger is over

**Embeds in the child’s body, patterns and life**

*PSYCHOBIOLOGICAL*

Sixteen yr Jodi - 5 yrs living with Chronic Pain

A TOP-DOWN EXPERIENCE
COPING WITH CHRONIC PAIN

Prevalence of pain
all sites less than 3 months

Demographics
Peak age 12-15 yrs
Prevalence 2 times greater for girls than boys

Chronic pain sites
Most Common: Head, Abdomen, Legs, Combination (head and neck)

Less Common: Back, Chest, Arm, Pelvis
Common chronic pain syndromes

- Functional Abdominal Pain
- Irritable Bowel Syndrome
- Chronic tension headaches
- Migraine Headaches
- Chronic Myofascial Pain
- Complex Regional Pain Syndrome

Cochrane Review: Meta-analysis chronic pain treatments

“Psychological therapies (relaxation, hypnosis, coping skills training, biofeedback, cognitive behavioural therapy) are treatments which may help people manage pain and its disabling consequences.

For children and youths there is good evidence that both relaxation and cognitive behavioural therapy (treatment which helps people test and revise their thoughts and actions) are effective in reducing the severity and frequency of chronic headache, recurrent abdominal pain, and fibromyalgia. These treatments appear to have a lasting effect.

Not enough studies, however, measure the effects of these treatments on reducing disability and helping young people to be more independently active, and not enough measure the effects on mood.”


Hypnosis is Evidence-based


DVD of Recurrent Pain Hypnosis to Prevent & Control Distress

- Callum 7 years old
  Turning his migraines down using “The Pain Switch”

Jenna - 16 yr old
complex chronic headache
Using “Pain Switch” while sitting in the classroom
‘Top-down’- 3 step process Review

- Understand pain - mapping of brain-body processing
- Engage and participate - alliance & authority
- Self-regulate and repattern - practice and creating a new neuromatrix

Hypnosis with non-verbal children in pain
Audio-recording

with 16 yr Teen w. severe CP, wheelchair bound
80 lbs, chronic painful hypertonicity
Scoliosis, chronic debilitating hip-pain
non-verbal, bright,

Competent & Pain-free Children

Please Complete the Evaluation Form