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Workshop (1h30, practice time included),

How to activate self healing power hypnotherapeutically in medical settings

1. Objectives

learn how to set goals, learn about the importance of the spoken words in medical settings, the effect of placebo and nocebo, learn how to make a bodyjourney in order to activate self healing power

In this workshop I will explain in which medical settings it might be very useful to support the needs of the patient with medical hypnosis. I will emphasize the need of goals setting, the power of the words. I will support the importance of the words and suggestions which are present all over in medical settings by an actual study published in the British Medical Journal about suggestions during anaesthesia. The main theme of the workshop will be the body journey. I will explain how to work with the bodyjourney to explore and regulate the self healing process of the body. With case reports I show different situations and indications to use this technique before everybody will practice this with a partner.

Description

after a case report of a patient with a body journey, I will offer a demonstration of a body journey with one person. With the help of a script they will practice in groups of two a body journey with a personal theme.

a. Keywords:

body journey, self healing power, medical hypnosis, power of words in medicine, goals

b. Author's CV:

Dr. Med Stella Nkenke, general practitioner in privat praxis in Vienna, Board member of the Milton Erickson Gesellschaft Deutschland, Board Member of the European Society of Hypnosis, her main focus is medical hypnosis which she likes to combine with orthomolecular medicine.