

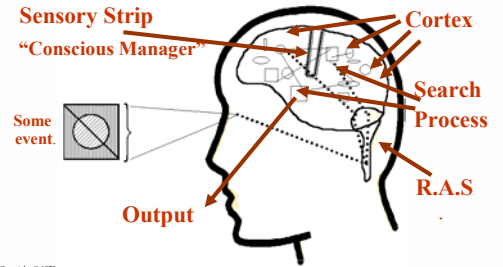
## Pain

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## Search for recognition, meaning, and response



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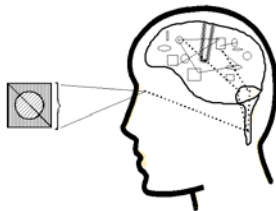
## Different Internal & External Reactions

### Unconditioned Stimulus

1. High Frequency Search
2. Low Volt Action
3. Stimulates Sensory Strip

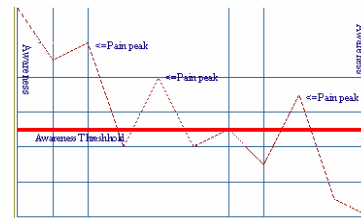
### Conditioned Stimulus

1. Low Frequency Search
2. High Volt Action
3. Bypasses Sensory Strip



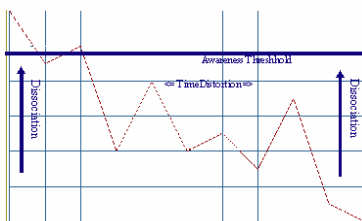
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## Thresholds on the sensory strip



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## Threshold change on the sensory strip



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## Self-hypnosis – sessions 1 & 2

Session	Trance Phen.	Self-Hypnosis	Home Wrk.
1	Explain hypnosis and do trance induction using: dissociation, time dist, amnesia. Expect motivation to become increased.	Client only learns the experience of being in trance. Gains from pain relief. Increases commitment.	Concentrate only on memories of experience. Very little instruction is given for homework.
2	Fractionation created as homework is checked. I again do the induction using: dissociation, time dist, amnesia.	Rather than 'avoid pain' client taught to use conscious mind to revivify pleasant pre-accident scene.	Concentrate on a positive life scene & memories and leave work to unc. habit.

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## Self-hypnosis – sessions 1 & 2

3	Fractionation created as homework is checked. Client does "hand-movement" induction. Therapy in trance is expanded.	Client learns "hand-movement" Client may fractionate trance via several attempts to induce trance.	Do the "hand-movement" induction and let conscious mind still focus on positive life memory.
4	Fractionation created as homework is checked. Client does "funnel" induction. Therapy in trance is expanded.	Client learns "funnel" induction relying upon mental imagery.	Do the "funnel" induction and let conscious mind focus on positive life memory.

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## Protocol

- Induce trance or begin self-hypnosis
- Retrieve trance phenomena
  - Dissociation, time-distortion, amnesia
  - Use anecdote plus suggestions and binds
  - Use 'structured' methods
- Move awareness around body holding TP
- Use a tiny focus of consciousness aimed at previous pain locations
- Summarize how to associate pain signal to TP

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## Funnel self-induction



1. Imagine a funnel from neck to seat.
2. Close eyes and gently look upward.
3. Imagine the inside rings of the funnel getting smaller above your head as you...
4. Begin falling through the shaft.
5. Feel the fall downward to the relaxation in your seat.
6. Hold the feeling of relaxation and spread it.

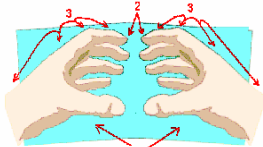
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## Funnel self-induction

1. Imagine a visual funnel which extends from the bottom of your seat on the chair to your neck and then flanges out to actually hold up your head.
2. Imagine that your center of gravity (or your eyes or what makes up you, etc.) drops through this tube. Pretend to feel the actual but pleasant sensations of falling. As you do, notice the upward rolling of your eyes, notice the increased clearing of your thoughts.
3. Imagine that as you fall a sense of the light entering the end of the tube (now) over your head gets further away. Finally, feel your gentle impact on the seat of the chair.
4. Feel the relaxation in the seat as you sit comfortably on the chair. Let the relaxation in that region of your body spread, join and remove the areas of previous tension, and sort of "jell" in your body.
5. Now, retaining this comfort in your body open your eyes and let your body continue in trance and continue to "jell" the comfort. Repeat this several times until it becomes a rapid self-induction.

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## Hand sensation self-induction



1. Place hand in front of abdomen, one-hand next apart.
2. Observe the jerky movements and feel the pulsing.
3. Holding the pulsation feeling in the background, move concentration systematically to each knuckle until the pulsing feeling follows each in turn...
4. Continue consciously leading of that experience into forearms, elbows, upper arms, shoulders, and neck.
5. Surround the entire torso in this feeling, then continue moving it into the feet and finally, the head.
6. Begin further associations (heart, imagery, etc.).

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## Brain scan self-induction

1. Establish a self-hypnosis by means such as the "Rapid Self-Induction."
2. Changing your sensation of eye focus, imagine that you are looking into your cranium and scanning around your brain. (You will actually have sensations of a synthetic nature created by the mix of muscles of the eye and skull).
3. Notice where you seem to be most mentally alert, restful, vacant, active, etc.
4. Familiarize or memorize parts of this experience so that you can retain a memory of it after arousing from trance.
5. Come out of trance retaining or somehow holding on to that "feeling" in your "brain."

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1. Open-ended suggestion
2. Implication
3. Focusing attention
4. Truism
5. All possible alternatives
6. Apposition of Opposites
7. Bind of Comparable Alternatives
8. Conscious/Unconscious Bind
9. Double Dissociative Bind
10. Pseudo Non-sequitur Bind

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### Formulae for six suggestions

- Open-ended suggestion: Increase elements of the sentence one higher level of vagueness.
- Implication: Use a presupposition and state the goal.
- Focusing attention: Use ‘wonder’ or ‘doubt’ about goal.
- Truism: Use ‘every person’ or ‘every company,’ etc., and state the goal in some manner.
- All possible alternatives: Use ‘a, or b, or c, or d, or ‘not’ as different ways of reaching the goal.
- Apposition of Opposites: Contrast changing “toward” the goal with some presented change or process.

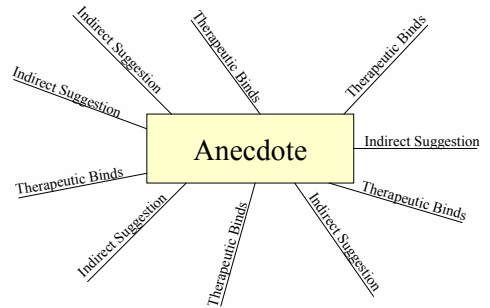
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### Formulae for four binds

- Bind of Comparable Alternatives: Use ‘A’ or ‘B’ where both contain a form of the goal by presupposition.
- Conscious/Unconscious Bind: Use the form: “Your conscious mind is/may (some form of awareness) while your unconscious is/may (retrieval of the goal).”
- Double Dissociative Bind: Use the form above and then reverse: Your conscious mind A as your unconscious mind B, or perhaps your conscious mind B while your unconscious A.
- Pseudo Non-sequitur: State the goal: “A”; and then restate it with a rewording that sounds different: “A”.

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### Retrieving Experience



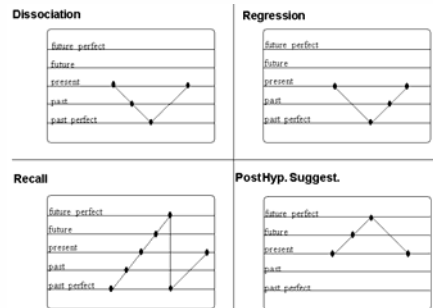
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### Cure

Cure = having the required experiential resources available in the context in which they are needed.

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### Ambience patterns



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