

# The Hypnotic Approach to the Cancer Patient

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A PDF of this Presentation is  
Available for Free Download at  
[www.CSGiles.org](http://www.CSGiles.org)

# I Teach General Principles

- I have nothing for sale.
- Script-Books have their place, but high-end practitioners “roll their own” in their own style.
- I will explain the approach you can use in creating your own effective hypnotic materials.

About me.

- Board Certified Chaplain
- Diplomate, National Guild of Hypnotists
- Private Clients, Wheaton
- Research Program is ICAN, LaGrange Memorial Hospital
- Free Clinics
- [www.CSGiles.org](http://www.CSGiles.org) and Facebook

- Ethical and Legal Concerns

# States Regulate Medical Practice

- A referral is needed.
- The referral is for issues related to cancer, not for the treatment of cancer.
- Only do this if you run a serious, professional practice. If there is litigation, everyone in the chain-of-care is sued.

# Training Issues

- Obviously, I recommend National Guild of Hypnotists Basic Certification and its Advanced Board Certification Program.
- Equally, I recommend National Guild of Hypnotists training in Complementary Medical Hypnotism.

# Cancer Facts

# Cancer

- Set of diseases characterized by uncontrolled growth of abnormal cells.
- Cancer is caused by external factors (smoking, chemicals, etc.) and by internal factors (genes, hormones, mutations).
- Cancer is a chronic disease.

# Mind/Body Consensus

- There is no evidence a person can bring on cancer by their mental health alone.
  - Cancer may cause mental problems, but not vice-versa.
  - Stress can make you sick, and that can pre-dispose to cancer. Cortisol is a “Bad Actor” as is Insulin.

# Goal #1: Relaxation

- Simonton Techniques-Control Creates Relaxation
  - O. Carl Simonton, M.D (died in 2009 at age of 66).
  - Getting Well Again (1992) and The Healing Journey (2002)

BTW: All your Cancer  
Clients will expect  
Simonton Visualizations

## Goal #2: Hope

- Bernie Siegel, M.D.  
([www.Berniesiegelmd.com](http://www.Berniesiegelmd.com))
- Love, Medicine and Miracles (1978)
- Help People Re-Invent Themselves,  
using Cancer as an Opportunity for  
Change.

# Cancer Wellness Doctrine

# #1

Events have changed my life, but that does not mean my life has been changed for the worse. I will decide how my life has been changed.



## #2

While there may be moments of uncertainty, there will always be reasons for hope.



# #3

I am the most important member of my health care team. The more active and curious I am about my treatment, the better my outlook will be.



#4

I have the power to  
make a difference in  
my treatment and  
care.

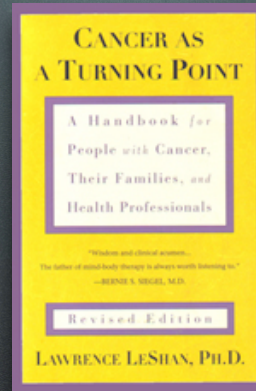


# #5

Physical healing is not the only goal of my treatment. I can also use this time to heal my spirit, relationships and heart.



Let's Expand #5:  
Cancer is an Opportunity to  
Change and Redirect Your Life.



Cancer as a Turning Point  
by Lawrence LeShan, Ph.D.

# Book by a Therapist for Therapists

- Psychotherapy doesn't work for cancer patients in the way its supposed to.
- Psychotherapy asks "what's wrong with the client?"
- Tends to exaggerate problems

# Patients have Enough Problems

- Immune System is fueled by feelings.
- Feelings can tip the balance between recovery and non-recovery.
- What we think affects how we feel.  
How we feel affects how we behave.  
How we behave affects what happens.

# We Need to Help

- In order to help someone living with cancer, you need to strengthen them, not stress them.
- Ask “what is strong about the client?”
- Help them mobilize their strength.
  - By changing what they think about the cancer experience.

# Positive Spin to Cancer?

- Get rid of the “life-threatening” language.
- Embrace a “life-changing” language.
- The illness is the doorway to whatever will come next in life.
  - for the patient
  - for the patient’s family

# What Comes Next...

- Doesn't have to automatically be bad.
- Cancer treatment is not fun, but in retrospect the time can be remembered as time well spent.
- An opportunity to get a new grip on how life is going.

# Caution

- One cannot go “backwards” into the future.
- Encourage the client to realize that nothing will be exactly the way it was before the diagnosis.
- The future will be a “new normal”

I have never encountered a cancer patient who insisted on “Going Backward into the Future” who had a good outcome.

Use the following Core  
Ideas in your Pre-Talk and  
Post-Talk, and in  
Script Creation

# Core Ideas

- Boundaries



# Core Ideas

- Positive Expectation



# Core Ideas

- Agency



# Core Ideas

- Vision



# Expand the “Vision Thing”

- Consulting Hypnotists are motivational professionals.
- Encourage the client to think about what their life is about.
- Are they “on track” with their life’s vision?

Two Answers

## “I’m On Track.”

- Instantiate the Vision with a Praxis.
- That is, set up a marker. Do something that makes a statement about who you are.
- Doing something special sends a positive message to the deeper mind.

# "Here I raise mine Ebenezer..."

- Then Samuel took a stone and set it up between Mizpah and Jeshanah, and named it Ebenezer; for he said, "Thus far the LORD has helped us." So the Philistines were subdued and did not again enter the territory of Israel; the hand of the LORD was against the Philistines all the days of Samuel. The towns that the Philistines had taken from Israel were restored to Israel, from Ekron to Gath; and Israel recovered their territory from the hand of the Philistines. There was peace also between Israel and the Amorites.  
(1 Samuel 7:12-14 NRSV)

# Praxis Examples

- car
- style of dress/jewelry
- how you spell your name
- special paperweight
- particular activity
- celebrate the life they lead

## “I’m Off Track.”

- The time of your cancer treatment and its aftermath is a great time to reach forward and get a new grip.
- Make a Second Journey

# Second Journey

- Not a mid-life crisis.
- Doesn't mean they were mistaken
- It just means they want something new.
- Been there, done that...they want something different now.

# Self-Reinvention

- Cancer is a disease we project our cultural fears onto.
- In ancient cultures, a major illness was the “initiation” needed to become a shaman; a person of deeper spirit.
- They’ve got everyone scared anyway, so they can probably get away with almost anything.

# Usually Change is Hard

- Relationship Homeostasis
- “Change Back Maneuvers”
- The Mind’s Critical Factor
- Change is hard because other people don’t want us to change.

# Cancer is Different

- Other people are so shaken by the cancer that the client will never again have as good an opportunity to make a fundamental change in his or her life, free of the “change-back” maneuvering of others.

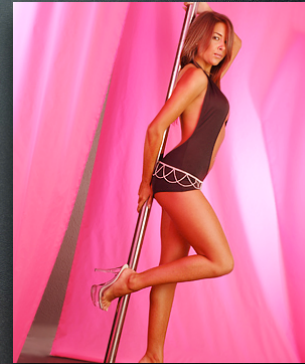
# Example

- VP Marketing, IBM
- Custom Gunsmith



# Example

- Assistant VP  
Ambulatory Services
- Shasha...



# Example

- Accountant
- Poetry on Lulu.com



# Example

- Sales Manager
- Wanted to be chef
- Teaches cooking classes in his home for congregation members.



# Have in Common

- All beat the odds of their disease.
- These people all reached out and got a better grip on their lives.
- Changed how they thought about themselves, which changed how they felt about themselves, which changed how they behaved, which changed what happened.

# Blueprint Theory

- The Unconscious Mind contains an image of who we were created to be.
- The degree to which we fulfill that image is the degree to which we feel happy and strong.

# The Personal Legend

- Paulo Coelho
  - Favorability
  - Testing
  - Victory

# The Message

# Happy and Strong

- Happy and Strong people have immune systems that help them the most.
- It's not magic. But you will do better than if you were less happy and strong.

What Makes You  
Happy and Strong?

What Can You Change  
So You Are Happier?

# You Have an Opportunity

- Never again in your life will it be as easy for you to change something fundamental about yourself.
- The people around you are emotionally stunned. Their Critical Factor is mostly off-line.
- Choose to pay attention to what makes you happy and strong.

# Pay Attention

- By paying attention to what makes you happy and strong, you change what gets reinforced in your personality.
- Your brain will then change so you notice even more of what makes you happy and strong.

How Can You Reshape Your Life  
So That It Better Reflects Your  
Dreams?

# The Fairy Godmother

- If you had a FG who would make the external circumstances of your life anything you wanted, provided it was different from what had gone before, what would you want?
- Is there a way you can get a part of that now?

# The Fairy Godmother

- If you had a FG would would make the internal circumstances of your life anything you wanted, what would you want?
- What's keeping you from doing that now?

Thank You