

Medical Hypnotism Eases Pain

By C. Scot Giles, D.Min., BCC, FNGH

Most people are surprised to learn that the American Medical Association approved hypnotism in 1958. That recognition was overdue as the hypnotic arts and sciences had long been an accepted part of health care practices in Europe. Beginning in the 1930s serious scientists began to investigate the value of hypnotism, and by the 1950s the case was made.

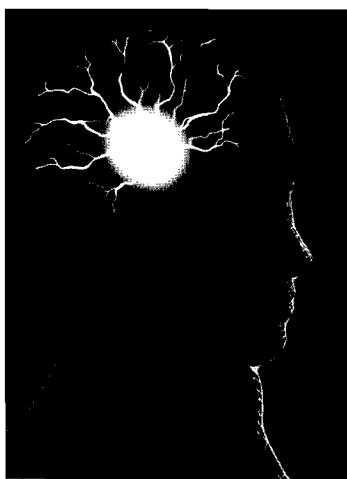
There is abundant evidence that hypnotism can help in the management of pain. While most people think of pain as something in the body, actually pain is in the mind. Pain is an interpretation made by the brain of impulses arriving from the nerves. Hypnotic suggestion can affect how that interpretation is made. Just as one person might find the taste of a hot pepper upsetting while another finds it delicious, a skilled hypnotist can use suggestion to alter the interpretation your mind makes of a painful stimulus so that it is less of a problem.

Hypnotism excels at helping people with any medical condition that has a stress-related component. Most of the side effects of chemotherapy including nausea, fatigue and discomfort can be soothed by hypnotic suggestion. Your appetite can be improved so that your body is able to receive the nutrition it needs to rebuild itself with healthy tissue, and mood can be elevated so that you enjoy your life.

In addition to improving your quality of life, there is evidence that receiving hypnotism can help you medically. In a ten-year outcomes study of cancer patients at my hospital clinic, we found that patients receiving hypnotic interventions had improved survival. While research on this is controversial, it is not



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hard to imagine why people who feel better, eat better, sleep better and who are more optimistic, also do better.

Finally, a hypnotist can assist you in smoking cessation, weight management and motivation for exercise. He or she can even assist you in remembering to take needed medication on time, and if you need surgery your hypnotist can soothe away pre-surgical worry so that your time in the hospital goes well.

A properly trained hypnotist will provide hypnotism only as an adjunct to the care you are receiving from your doctor. It will not be used as an alternative or substitute for that care. The goal of any hypnotist is to help make the care you receive from your physician more effective.

The Rev. C. Scot Giles, a board certified chaplain and a Fellow of the National Guild of Hypnotists (NGH), is a volunteer facilitator for a monthly

medical hypnotism workshop at Wellness Place.

Dr. Giles also directs the first hospital-based, medically approved program in America at LaGrange Hospital for the hypnotic treatment of cancer and is the author of the NGH curriculum in Complementary Medical Hypnotism. His web site is www.counselingministries.org

Corvette Donation Earns \$56,000 for Wellness Place

Wellness Place drew raves among party-goers at the "First Look for Charity" black-tie preview of the Chicago Auto Show in February when Jack Wood, vice president of development for Wellness Place, won a 2005 Corvette convertible.

"It's all about giving back," said Wood, who donated the sports car to Wellness Place.

With assistance from Platinum Auto Leasing and Sales, the car sold for \$56,000. Proceeds will be divided between Wellness Place's first endowment fund and the cancer center's 2005 Annual Giving campaign, Wood said.

It was the first year for Wellness Place and its three partners in the Cancer Health Alliance of Metropolitan Chicago to participate in "First Look for Charity" sponsored by the Chicago Automobile Trade Association.

Wellness Place received \$42,000 from the 2005 event that raised more than \$2.6 million.

Wellness Place will participate in next year's "First Look for Charity" Feb. 9, 2006. For information, call 847-241-5964.

Wellness Place Launches New, Expanded Website

Wellness Place is celebrating its fifth anniversary with the launch of a completely redesigned website at www.wellnessplace.org.

The new website is divided into six general areas, highlights Wellness Place program and fund-raiser dates, and gives visitors fast access to in-depth details about activities.

Also new is the opportunity for donors to make contributions to Wellness Place via the Internet. A new, detailed map simplifies directions to Wellness Place. Inquiries may be sent to Wellness Place via e-mail at info@wellnessplace.org.

Future plans include online registration for Wellness Place programs and links to legitimate cancer resources.

Developed and maintained by Panoptic, Inc., of Wauconda, the website will be hosted by Sage Products, Inc. of Cary.