



Hypnosis for Chronic Pain

By Vicki Sherman Doueck, MSW, LCSW, C-ASWCM

As people age, they experience medical conditions like arthritis, neuropathy and other disorders that can create chronic pain. These conditions can become uncomfortable, painful, and sometimes disabling. Hypnotherapy can be a very effective method of managing and reducing the perception of the pain. Reduction or alleviation of pain can enable people to move around better, feel more comfortable and lead more active lives.

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There are a lot of misconceptions about hypnosis. Clinical hypnosis is not like the hypnotist/entertainer that we might have seen where someone does silly things on stage. In fact, the hypnotherapist does not control our minds but rather assists us to achieve a state of deep relaxation. Hypnosis allows our conscious minds to relax, enabling our unconscious minds to accept suggestions to transform and ease the pain. Hypnosis makes use of the mind body connections. This process is similar to mindfulness meditation where the mind becomes more focused and learns how to let go of distractions.

Hypnosis is a pleasant experience of deep relaxation, leaving our minds and bodies with a refreshing sensation of calm and peace. Hypnosis can help your brain to break free of the chronic pain cycle. For instance, through relaxation and visualization, the hypnotherapist can help your mind to replace or a feeling of pain with gentle warmth or cool off an area that feels inflamed. Another common technique is to learn how to unconsciously envision a dial in the mind as the mind learns how to turn down the pain dial to lower the pain level. This is done through suggestions to the unconscious mind while in a hypnotic trance. Through the teaching and the guidance of the therapist, people can achieve this on their own through a process called self-hypnosis. By practicing this technique people can achieve long term benefits, reducing the pain while at the same time reducing stress.

It is important to work with a trained mental health professional who can utilize hypnotherapy as one method of helping to relieve the pain you may be experiencing. You can find a trained hypnotherapist by contacting (ASCH) American Society for Clinical Hypnosis (www.asch.net) or by calling Generations at 201 845-7030.

Family owned and operated for over 30 years, Generations is a full-service geriatric care management firm that provides care management, advocacy, and psychotherapy services with an integrated, professional, client-centered approach to the needs of the elderly, persons with disabilities, their families, and the caregiving community. Call us at 201 845-7030 for more information.

Focus on Health: Earthing

Author of article: Bridget Souza

We love the water, but that feeling of putting our feet in the sand can't be beat! There is a scientific explanation why. Studies have found that there are health benefits of walking barefoot, on the Earth's surface.

The practice is called "Earthing" and it has been linked to a possible reduction in the body's inflammation, pain, fatigue and stress. Research has also tied earthing to an improvement in circulation.

Here's how it works; our bodies like everything else, are composed of atoms. Atoms are neutrally charged when properly balanced between protons and electrons. A disproportion in our atoms can cause inflammation, stress, insomnia and even cancer. Barefoot walking puts our bodies in direct contact with the Earth's electric charges, allowing for an exchange to take place, rebalancing our body's positive and negative charges.

The next time you're at the beach or at the park, give earthing a try. Remember, ask your doctor before trying anything new.

Source: https://www.washingtonpost.com/lifestyle/wellness/could-walking-barefoot-on-the-grass-improve-your-health-the-science-behind-grounding/2018/07/05/12de5d64-7be2-11e8-aeee-4d04c8ac6158_story.html

Activity Center

Can you solve these riddles?

These riddles are from: <https://www.rd.com/jokes/riddles>

Q1: I'm the size of an elephant, but I weigh nothing. What am I?

Q2: Can you name three consecutive days without using the words "Wednesday," "Friday," or "Sunday"?

Q3: Why is the letter A the most like a flower?

Q4: You can break me without touching me, or even seeing me. What am I?

Answer on back page.

Trivia Time!

Which famous singer of the 40s and 50s had the nickname 'Ol' Blue Eyes'?

Answer on back page.



Sharing Circle

What do you hope will happen to you as you grow older?

Stay active, do not lose a sense of humor, enjoy relationship with peoples around. – Claudia



We want to hear from you for next month's issue!

What is your favorite meal to prepare and why?

Email your answer to Bridget Souza at bsouza@cafsnj.org or call 201-740-7011.

Mindful Gardening

Mindful Gardening can improve your physical and mental health in many ways, while allowing you to maintain your inner balance and heighten your perspective. The practice of gardening outdoors can help to increase your body's intake of Vitamin D and assist with self-awareness.

Try out these tips for mindful gardening

- Walk Barefoot- Begin to walk through your garden without footwear and feel the grass beneath your feet. How do the blades of grass feel as they go in between your toes with each step you take? What sensations can you feel as you continue to walk? Do you feel the warmth of the sun on your skin, or a breeze of fresh air? Deepen your awareness of your senses and think about what you hear, smell and touch.
- Study a flower- Sit quietly in your garden and take a few deep breaths, begin to examine a flower. Look closely and notice, the way the petals look. Does the flower appear to be flat or curved? Are the leaves on the flower smooth or rigid? If you lose focus while examining the flower, bring your attention back to your breathing for a short period of time and return to the exercise.

Source: <https://www.calmmoment.com/mindfulness/7-ways-to-garden-mindfully-and-find-your-inner-calm>

Contact Us

To learn more, submit a response, or ask a question you can contact us at:

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Celebrating Seniors Online

<https://www.tcadr.org/virtual/celebratingseniors>

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ACTIVITY ANSWER

Q1: An elephant's shadow!

Q2: Yesterday, today, tomorrow.

Q3: Because B is after it

Q4: A promise

TRIVIA ANSWER: Frank Sinatra

Resource Spotlight:

Pharmaceutical Assistance to the Aged & Disabled (PAAD)

Do you have difficulty affording your prescriptions? You may qualify for New Jersey's PAAD program. The Pharmaceutical Assistance to the Aged and Disabled (PAAD) program is a state-funded program that helps eligible seniors and individuals with disabilities save money on their prescription drug costs. The main requirements are being over 65 and having an income under \$28,769 (single) or \$35,270 (married). The application, NJ SAVE, is filled out online. If you do not have computer or internet access, someone, like a local library, can print a paper application for you.

For more information call toll free **1-800-792-9745** or go to <https://www.state.nj.us/humanservices/doas/services/paad>.

If you or a loved one needs help accessing addiction services and support...

Call or Text: 201-589-2976

Confidential hotline services available 24/7 to serve Bergen County

 **THE CENTER**
FOR ALCOHOL AND DRUG RESOURCES
A Program of Children's Aid and Family Services