

The Script Collection

a resource for therapists

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Neuropathic
pain

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About The Script Collection

The Script Collection is a resource for professional and
trainee hypnotherapists. Scripts are useful as a source of
ideas and approaches which can be adapted to suit the
needs of individual clients.

We do not recommend that scripts are read verbatim.

The design of The Script Collection has been specially
devised to enhance the benefits of this resource. Ample
space is provided where you may write your own notes,
comments and adaptations.

A number of special conventions have been adopted to
make the scripts easy to use and study.

The first part of each script, in which the therapist is
preparing the ground for the trance work to follow,
is formatted as standard prose, and is intended to be
delivered with normal tone and pace.

The trance script that follows is formatted so that line
breaks mark suggested phrasing and pacing.

Silences play an important part in trance work, and
pause markers indicate different lengths of pause as
appropriate. Each coloured block indicates approximately
10 seconds.

Examples:

 Pause [approx 10 seconds]

 Pause [approx 30 seconds]

Words and phrases requiring special emphasis are marked
in bold text with a highlighted background.

Example:

your unconscious mind takes ***care of things*** in
that time

Studying the content and structure of these highlighted
phrases will be particularly helpful to the therapist who
wishes to develop their own skill in devising helpful
suggestions.

Neuropathic pain treatment

Neuropathic pain, when damaged nerves send the wrong pain signals to the brain, is often unresponsive to normal painkillers. The symptoms can be very unpleasant, ranging from tingling and numbness to a shooting, burning sensation travelling through the body. There are a variety of causes and treatment options for this kind of pain, and it really is essential that you work with a medical professional in finding the best solution for your symptoms. While you are pursuing the best medical approaches, you can help yourself manage both your symptoms and your emotional wellbeing more effectively by using hypnosis.

Stress and anxiety can make neuropathic pain worse, and this can create a negative spiral. Experiencing the pain is in itself stress- and anxiety-inducing. So as the stress level builds, so do the symptoms. Regular, deep relaxation is an effective antidote to stress and anxiety, and this download contains a powerful hypnotic process to break that negative spiral so that, even when you do experience physical discomfort, your emotional reaction to it will be calmer and more detached. Even though the unpleasant sensation itself might still be strong, when you calm down your emotional arousal, the physical symptoms become easier to manage.

Because neuropathic pain is typically very intense, it can seem difficult or even impossible to deliberately put it out of your mind or distract yourself when it is happening. In addition to helping you relax more profoundly, hypnosis can help you alter your perception of the pain, so that, while still present, it feels less unpleasant. This was what one of my own clients, who described his pain as being like 'burning electricity shooting down his arm', was able to do. I asked him what that feeling would sound like if it was a noise. He said it would be 'like a burst of loud harsh static from a radio'. Over several sessions of hypnotherapy, he was able to change his experience of the feeling even more, so that it sounded and felt to him more like a burst of water from a high pressure hose. Even though the sensation was still strong, this seemed far more manageable to him than when it felt like burning electricity.

These kinds of changes in the experience of pain are possible for anyone who is prepared to repeatedly practise going into a hypnotic state. So as you use this session repeatedly to develop your skills at going into hypnosis, you'll find it easier to begin to transform the experience of your symptoms into something more manageable, and improve your quality of life as you do.

So
as you close your eyes
if you haven't already
and prepare to *relax very deeply*
you can do so in the knowledge that
the process of using deep hypnosis
to help you *detach from unpleasant sensations*
and *change your experience* of them
is very
very different
from trying to push your symptoms out of your mind
and distract yourself
here and now
as you let that body *rest*
in a position where it *can remain relatively still*
so that the muscles can all take a rest
and you can *begin to sink*
comfortably
into yourself
while you take brief note
of any discomfort in that body at the present moment
and in particular
any symptoms of that nerve damage
and it's perfectly okay to let your attention be drawn to that briefly
and if all is comfortable at present
you can briefly recall
where you typically sense that discomfort
how it feels
the movement and shape of it
if you were to give it a shape
and even
as you begin to let the *rest* of you *sink deeper*
and *breathe comfortably*
what it would be like to notice what colour
that discomfort might have
if it had a colour
or perhaps a sound
letting your dreaming mind

makes its own sense of that
as you *let yourself drift* a little
noticing what colour that discomfort would have
what sound it would make

■ Pause

And as you focus in on these newly perceived attributes and qualities
of that discomfort
I'd like you now to do something quite different

■ Pause

I'd like you to *let your attention shift*
to the space *around* that discomfort
the space where it isn't
because
any sensation has a boundary
beyond which it has no existence
and if you *notice the space* within that body
where there is no discomfort
if you begin to *notice the space* within that head and neck
and even around the head and neck
the space around those shoulders
and within those shoulders
you can *notice* how that space
can have *a wonderfully relaxing quality* to it
that's it
and then I'd like you to shift your attention briefly back
to the discomfort
or the memory of it
to the unpleasant sensations
and the colour
and shape
and sound
it might have in your imagination
that's it
and then

shift your attention back to the space around that discomfort
the space above
below
behind
in front of
to the left and the right
and even the space interwoven with that discomfort
because
a vibration
requires space
to travel through
and any vibration
has an on-off quality
a pulsing
and where does that vibration go
as the pulse switches off?
what surrounds and interpenetrates a vibration?
and I'd like you to *notice the space* within that torso
the volume of that chest and rib cage
of the stomach
the volume of those arms and hands
right down to the fingertips
a sense of the space within
and the space around that body
and how that space without
and the space within
can be imbued with fundamental qualities of *calm* and *peace*
as you *relax even deeper*
right now

 Pause

And again I'd like you to notice the sensation of discomfort again
or the memory of it
and then immediately shift right to the space all around it
and even the space within it
as you *let your attention expand*
to include all the space within that body

from head to toe
head and shoulders
upper body and arms
abdomen
upper legs
lower legs
right down into the toes
so much space
and the space around that body
that's it
expanding right out
to the nearby space
of the place you are resting in
and expanding wider still
into the world around you
the sky above you
the earth below
and way way out
and further still
as far as your attention can *relax*
all the way
that's it

 Pause

And in physics
time is another dimension
like height
breadth and depth
a fourth dimension
that we travel through
and as you focus briefly once more on the discomfort
or just the memory of it
and allow yourself momentarily to become immersed in that discomfort
and *relax with it*
and *relax into it*
then I'd like you to *let your attention expand*
not just into the space around it

and within it
and into the space around that body
and within it
but also
to the time
where *there is no discomfort*
to the time *where it has never been*
to the time in the future *where it isn't*
to the space in time
where *there is no discomfort*

 Pause

And you can *use this technique*
of switching your attention
from the discomfort
to the space
and time
that surrounds and interpenetrates it
back and forth
back and forth
as a powerful way to *relax*
very deeply
and begin to *change your experience of discomfort*
because
you might have already noticed
how *that sensation has changed* in your mind
and you can begin to wonder what it would be like
to let the colour
and the sound
and the shape
and the texture
of that sensation
begin to change
keeping it recognisable for what it is
yet easier to notice without that old emotion
as the sound becomes less harsh or strident
the colour

a little cooler and calmer
and though it might still be fairly intense
there's no need to pretend otherwise
because
you can just *allow it to be just energy*
just a feeling
with qualities you can *change over time*
because those signals those nerves are sending
are faulty
accidental messages
and as your body
and the treatment you're receiving
works to *calm down those nerves*
to let them know they can *stop signalling*
and that *all is well*
you can also *change your experience* of those signals
just as a computer can process data
and show it in all kinds of different ways
through programs that use colour and sound
that you the user can *modify*
and what shift in colour
what *calmer colours and tones*
and what shift in texture
smoother
easier
would help make that feeling *easier to manage*?

 Pause

And what shifts in the sound it makes
in your imagination
would *smooth it out*
like a waterfall
or a cool jet of air
and help you *manage it better*?

 Pause

And as you *notice those changes*
begin to become a reality
you can realize
that there have been times in the past
when your old experience of that discomfort
might have triggered unpleasant emotions
times you felt you couldn't cope
or times you couldn't enjoy an event properly
or perform at your best
because of that discomfort
and as you notice how that felt
to feel a bit overwhelmed
or unable to manage those symptoms
I'd just like you to *notice the energy* of those emotions
where you feel them in the body
perhaps in the stomach
chest or head
and then
shift your attention back to the *relaxing space*
that surrounds and interpenetrates that emotion
the space within the emotion
the space
within that body
the space around that body
that you can *relax even deeper* into

 Pause

And you can just once again notice
the energy and shape of that emotion in the body
that sense of being overwhelmed
by the old experience of the discomfort
and then shifting back to the space around it
the calm space that surrounds and interpenetrates those sensations
as you notice the calmer
cooler colour
and the smoother sound
can let you *manage things so much better*

 Pause

And what will it be like
a little time in the future
somewhere in your day to day life
when that discomfort appears
to *notice that*
even though it has some strength
and even though there might be a bit of that old emotional reaction
it's so much easier to manage
to *let the colour and the sound be smoother*
to notice the space within and without
the space where there are no symptoms
the space within and around that emotion
where *you can relax*
in the knowledge that there is so much more to you
than any one single sensation of discomfort
or emotion
the relationships you have
the interests you have
the story of your life
and your future
and you can notice how much easier it is to *notice this calm*
wider perspective
is within you
and surrounding you
at all times

 Pause

And you can listen to this session regularly
and deepen your self-hypnotic skills
in managing your symptoms
each time you do
and as you prepare to *become wide awake*
that's it
by noticing the position of your body

and the sensation of the surface you're resting on
you can just re-orientate to the here and now
and *come all the way back now*
and as you *open up your eyes*
you might enjoy a nice stretch
and welcome back!