

PAIN MANAGEMENT and EASIER CHILDBIRTH



HELP IS HERE!

FREE INITIAL CONSULTATION AND ADVICE
HYPNOTHERAPY, EMDR, NLP and OCCUPATIONAL THERAPY

How can Mindscape help with pain management?

Mindscape is run by an experienced, state registered NHS clinician, dual trained in mental and physical health. Mindscape can help you manage a wide range of physical problems and also their emotional impact.

Hypnotherapy and EMDR can be invaluable for all forms of pain management, from chronic pain - for example, due to arthritis, back injuries, IBS, sports injuries, or after amputation - to acute pain, such as that experienced in childbirth and during medical procedures.

An added advantage of hypnotherapy is that **it enables you to manage your own pain** – you will be taught self hypnosis and pain management techniques, to enable you to eventually bring about pain relief without my help. You can then go to the dentist without fear, have the birthing experience you want, or simply minimise ongoing aches and pains.

Hypnotherapy also addresses the psychological aspects of pain. To be in pain is tiring and distressing; hypnotherapy can enable you to manage it better and feel more in control of both your pain and your life.

When does pain become chronic pain?

Acute pain is a normal sensation triggered in the nervous system to alert you to possible injury and the need to take care of yourself.

Chronic pain is persistent. Pain signals keep firing in the nervous system for weeks, months, even years after an initial or ongoing illness or injury began.

Some people suffer chronic pain in the absence of any past injury or evidence of ongoing physical problems. This doesn't mean their pain isn't real, just that it isn't detectable through conventional physiological means, such as X ray findings.

Common causes of chronic pain include headache, low back pain, cancer pain, arthritis pain and nerve pain. Chronic pain can be caused by serious or less serious health conditions.

Chronic pain can be disabling and debilitating.

How does hypnotherapy work for pain relief?

When in a deep state of hypnosis, anaesthesia (lack of response to painful stimuli) naturally occurs. Hypnotherapy works effectively for pain relief by inducing a deep state of relaxation, where people can switch off, focus away from the cause of pain, or change its quality. If you've ever cut yourself, and not felt pain until you noticed the bleeding, you'll know that the experience of pain can be subjective, and is influenced by our perception of it. This is a well documented phenomenon, and **if you saw the recent TV programme on 'Hypno Surgery' or the 'Alternative Therapies' documentary on hypnosis you'll be aware just how effective it is!**

These programmes showed that hypnosis, as the only form of pain relief given during a hernia operation, and for major dental work on ordinary members of the public, was extremely effective. Similarly, **hypnotic pain relief can be highly effective in childbirth**; you can learn to relax deeply and switch off or alter the pain, so feel more in control. Less medical intervention may be needed, and less distress to mother and baby may occur.

Can EMDR help with pain?

EMDR is a specialist therapy, which enables people to process distressing events, including the experience of pain, and childbirth trauma. Where significant chronic pain exists, or when there has been an experience of severe acute pain, the trauma can prevent processing of the emotions, feelings and bodily sensations connected with it. When these are processed, both psychological distress and physical pain can reduce and be better managed.

How can Occupational Therapy help?

Occupational therapy can be highly beneficial in enabling you to adapt to chronic pain, compensate for it, minimise its restrictions on your life, and to help you maintain or develop roles which are important to you, or have been disrupted.

Why choose to work with Mindscape Therapies?

I'm Kate Mortimer, and I run Mindscape Therapies. **An experienced, well qualified clinician, I work with a wide range of issues**, specialising in emotional wellbeing and mental health. I have facilitated skills and therapeutic groups and worked 1:1 with clients since 1999.

I work from a humanistic, client centred perspective, valuing and respecting you, your experiences and your choices.

I work to NCH, AHP & BAOT Codes of Ethics, and am totally committed to providing a holistic, confidential, ethical and professional service.

I am passionate about what I do, and it's my privilege to support you to achieve your goals and dreams.

Please contact me for a **FREE** initial consultation, information or advice.

Competitive rates.

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