



## A new take on pain

An interesting thing happened to me a few years back which completely changed how I viewed physical injury. I had just moved house, was juggling a rather tempestuous toddler, preparing for a major London art exhibition and on top of that coping with some complicated family arrangements which all in all put me under a lot of stress. However, I did not realise this at the time and just kept going... until my body decided to give me a very physical wake up call that I was overdoing it.

My back 'went' which effectively stopped everything in its tracks. As they say in Monopoly: Do not pass Go, and most definitely do not collect £200! Up until this point, my back had sporadically 'gone' over the years yet I had never until this point made the link that I might actually be overdoing things.

It was several years later when studying hypnotherapy that I discovered the link between pain and stress... Or mind and body as others may say. Physical symptoms can manifest when there are psychological issues that are not being acknowledged or dealt with.

Hypnotherapy is used to manage numerous instances of pain, including irritable bowel syndrome (IBS), sciatica, spinal stenosis, burns, joint pain, back / neck pain and a variety of other injuries and illnesses. Sometimes situations where these injuries and illnesses have healed, pain signals may still remain in the nervous system for long periods of time and so chronic pain persists. (A GP check is required before starting pain management treatment).

Living with chronic and long term pain can drastically affect the quality of life that you can lead. I use a combination of self hypnosis, stress reduction and body disassociation techniques to unconsciously direct focus away from the source of the pain, perceive the pain differently and to change the intensity of what is being felt.

**After all, we only have one life, so let's live it well!**

Next month I will be talking about using hypnosis & NLP to eradicate phobias.

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