

Florence Nightingale published her book, *Notes on Nursing*, in 1859. In which she said, "Volumes are now written on the effect of the mind upon the body. Music and color have a beneficial effect on the patient." Over the past century and a half we have lost touch with this thinking. Today, those very tools are used by hypnotists in helping people, pre and post operatively.











In 1906, a nurse named Alice Magaw wrote an article entitled **A Review of Over Fourteen Thousand Surgical Anesthetics**. She said "Suggestion is a great aid in producing a comfortable narcosis and the subconscious or secondary self is particularly susceptible to suggestive influence." Magaw was able to use only 10% of the normal anesthetic dose during surgery, because her patients knew what to expect and how to respond, which reduced their stress.

"A meta-analytical review of studies using hypnosis with surgical patients was performed to determine the effectiveness of the procedure. The results indicated that patients in hypnosis treatment groups had better clinical outcomes than 89% of patients in control groups. These data strongly support the use of hypnosis with surgical patients." (National Library of Medicine Abstract)

Department of Anesthesiology, University of Florida College of Medicine, Gainesville, Florida: Contemporary clinical investigators claim that the combination of analgesia and hypnosis is superior to conventional pharmacologic anesthesia for minor surgical cases, with patients and surgeons responding favorably.

Medhmet C. Oz, M.D., of Columbia-Presbyterian Medical Center routinely offers hypnosis to his open-heart surgery patients to reduce anxiety.

## Why Have Hypnosis for Surgery? \_\_\_\_\_

-  Decrease preoperative anxiety
-  More positive attitude toward surgical experience
-  More cooperative patient and family
-  Greater rapport and trust with patient towards medical staff
-  Reduce medications during surgery and for pain
-  Diminished blood loss
-  Decrease nausea and vomiting
-  Better wound healing
-  Decrease pain
-  Better overall experience and outcome

Also, by using hypnosis those who are afraid of not waking up after surgery or who are panicked by needles or have any other fears can be addressed during the client's hypnotic session.

## Who Would Advocate Hypnosis for Surgery and Pain? \_\_\_\_\_

The America Medical Association (**AMA**) endorsed the benefits of hypnosis in 1958. The National Institutes of Health (**NIH**) recognized hypnosis in 1995. Also, hypnosis was recommended by the Joint Commission Accreditation Hospital Organization (**JCAHO**) in 2002.

## What to Expect During Your Hypnotic Session? \_\_\_\_\_

We do a couple of exercises to show you are hypnotizable. You are then taught how to place yourself into the state of hypnosis. The myth most people have of hypnosis is the hypnotist is all controlling. This is untrue. All hypnosis is self-hypnosis. A hypnotist is just a guide to give you positive suggestions to help you reach your desired goal. You are always in control of your mind, body, actions and reactions; you can accept or reject anything that is said to you by the hypnotist while in the state of hypnosis.

During your session you are given tools for stress management to use before surgery and pain management techniques to use after surgery.

Each session is recorded, which you then listen to everyday before your scheduled surgery. With your doctor's approval listen to the recording during surgery as well as in the recovery room to achieve maximum benefit.

The ideal situation is to have your session two (2) weeks before surgery. This gives you time to reduce stress and for your mind and body to accept and prepare for your operation.

People are amazed just how well they feel after their surgery by using the tools and techniques they have been taught during their hypnosis session.

## Professional Profile

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**Andrea Atkins Sacks** received her initial training in hypnotism at the Leidecker Institute in Elgin, Illinois. In 2001, she became a certified member of the National Guild of Hypnotists, the largest and oldest organization of its kind in the world. Professional membership in the NGH signifies that an individual possesses specific qualifications, agrees to abide by a strict code of ethics, and will pursue continuing-education studies for annual recertification.

Andy received her certification in Clinical Hypnosis in 2002, and in 2003 received a Pain Management Certification from Healthy Visions Hypnosis of South Carolina. She has served as assistant director to Michael R. (Ron) Eslinger, RN, CRNA, BCH, CMI, director of Healthy Visions Wellness Center in Oakridge, Tennessee, in producing Continuing Education Courses for Nurses and Certified Registered Nurse Anesthetists.

In 2004, Andy obtained certification in Complementary Medical Hypnotism from The Rev. Dr. C. Scott Giles in Illinois. Complementary medical care is intended to help make the allopathic care received by a patient more effective and is always delivered as an adjunct to conventional care. A doctor's referral is required before starting any hypnosis session while a client is under doctor's care.

Stress Management Certification was obtained in 2005 from Shaun Brookhouse of the UK Academy of Therapeutic Arts and Sciences Ltd. based in London England.

And in 2006, Andy received the recognition Board Certified Hypnotist with the NGH.

2009 Smoking Cessation Specialist from the NGH

## Professional Profile

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**Richard Sacks** received his hypnosis certification from the National Guild of Hypnotists in 2008.

Being a member of the NGH, Richard abides by a strict code of ethics and pursues continuing education studies for annual recertification.

In 2009, Richard earned his Certification in Pain Management through Healthy Visions Wellness Center, School of Hypnosis.

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Hours by Appointment

**ALL CLIENTS MUST HAVE A DOCTOR'S  
REFERRAL BEFORE STARTING THEIR  
HYPNOSIS FOR SURGERY SESSION.**

In order to protect privacy and increase the value of the work, clients are asked to pay for this service personally rather than rely on a third party. Most insurance companies do not cover hypnotic services, and clients should not expect them to do so. As a result, Williamsburg Healthy Hypnosis does not work with insurance companies.

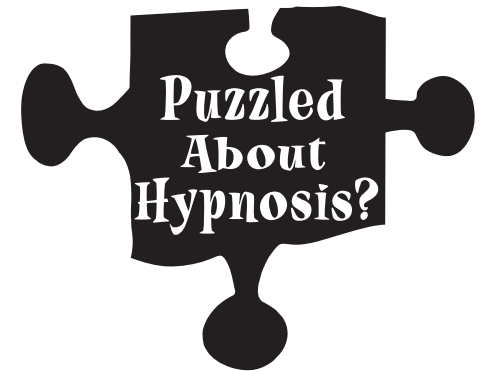
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***Payment is due after services are rendered***

# PREPARING FOR SURGERY

## With Hypnosis

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## Ask Me!

# Williamsburg Healthy Hypnosis