

Chronic (Persistent) Pain

Using 'Gate Control Theory' Sage Hypnotherapy will help you understand how hypnosis can "close the gate" on pain and at your initial consultation you will be given an understanding of how the brain works and an explanation of how we can help you to cope better with the pain and what we can do about it. Hypnosis can essentially direct attention away from the pain sensations as well as transform your perception of the pain sensations. This can inhibit or slow the transmission of pain messages from the source.

Chronic pain is continuous, long-term pain of more than 12 weeks or after the time that healing would have been thought to have occurred in pain after trauma or surgery.

Neuropathic pain is pain initiated or caused by a primary lesion or dysfunction in the peripheral or central nervous system. For example, pain following shingles, or an amputation, or spinal cord trauma. Pain that occurs in diabetics or in patients with multiple sclerosis can also be neuropathic.

Many complementary therapies have been found to be useful as part of an overall pain management regime. Hypnotherapy, including self hypnosis can be used as part of a relaxation technique. www.britishpainsociety.org