

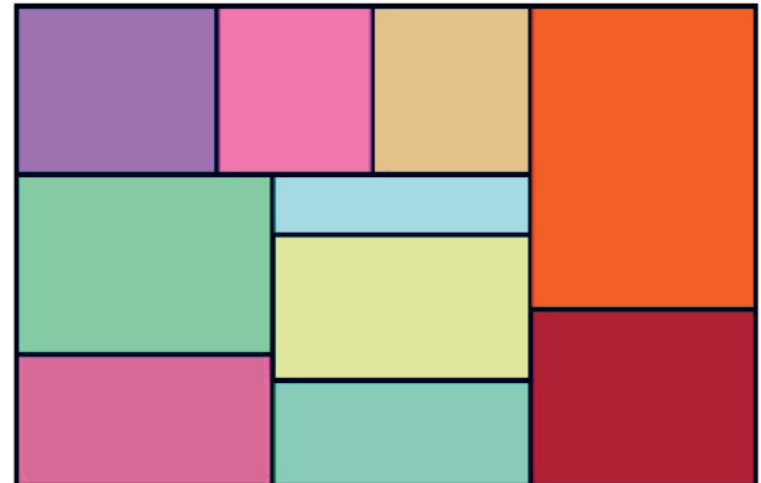
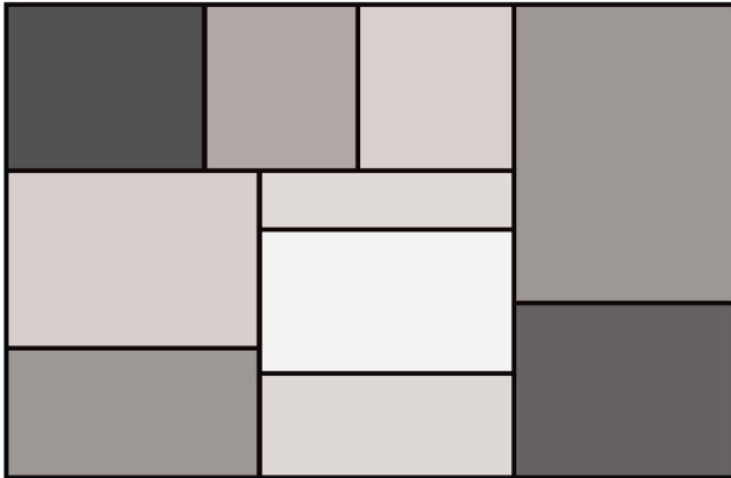
HYPNÓZA A BOLEST

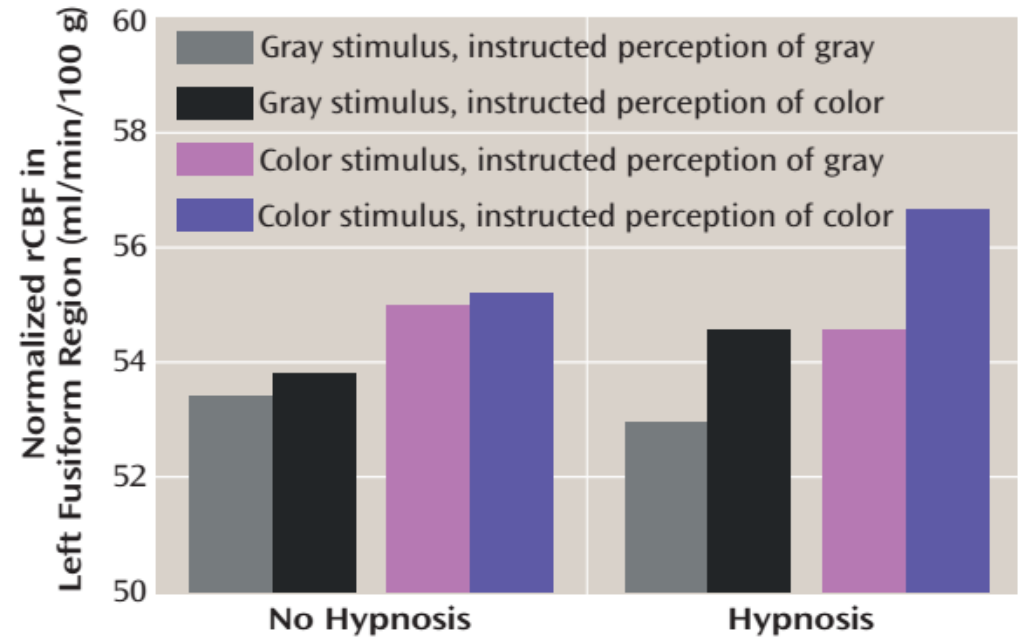
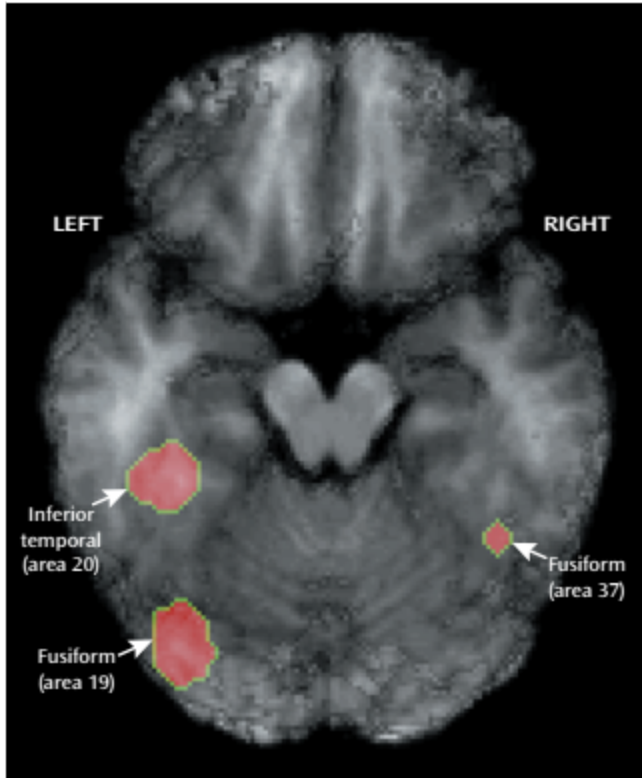


HYPNÓZA A ZMĚNA PERCEPCE

Article

Hypnotic Visual Illusion Alters Color Processing in the Brain

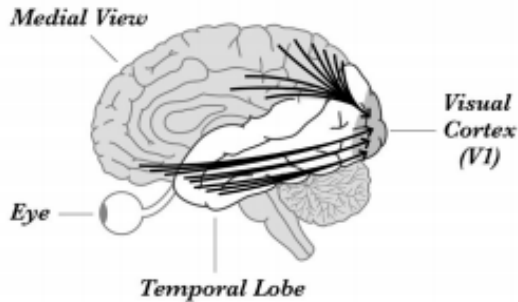
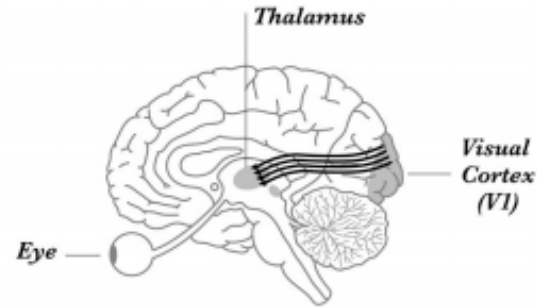
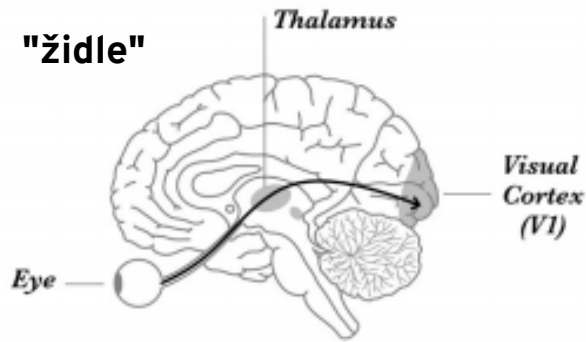




"Believing is seeing"



"židle"



**TOP-DOWN kontrola
percepce a motoriky**

Reagujeme na vjemy, se kterými
manipulujeme prostřednictvím
konceptů (jazyka).

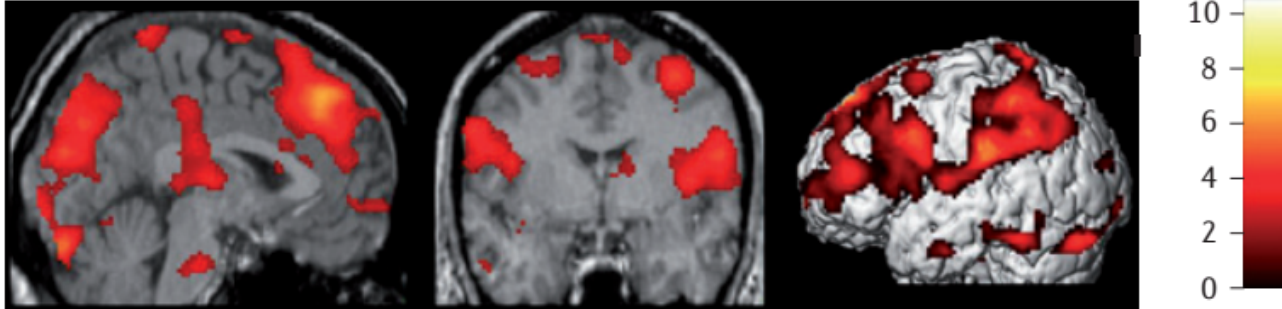
V hypnóze reagujeme na koncepty
(slova), se kterými manipulujeme
změnou vnímání.



Dimsdale a Dantzer, 2007

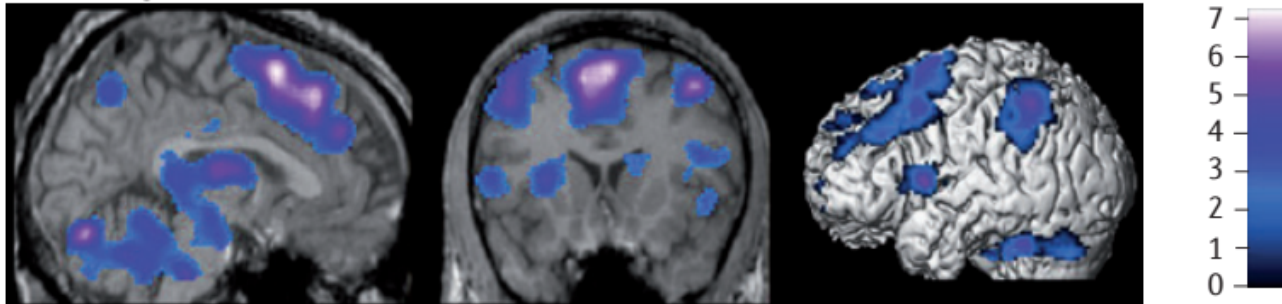
Physically induced pain

Pain rating 5

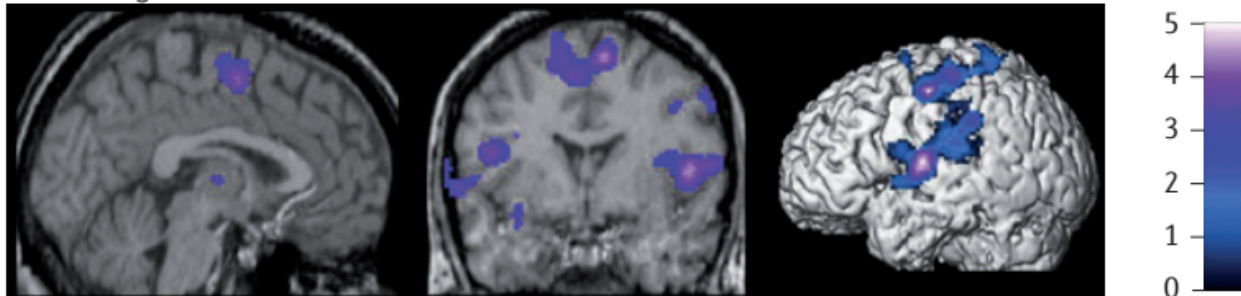


Hypnotically induced pain

Pain rating 5



Pain rating 1

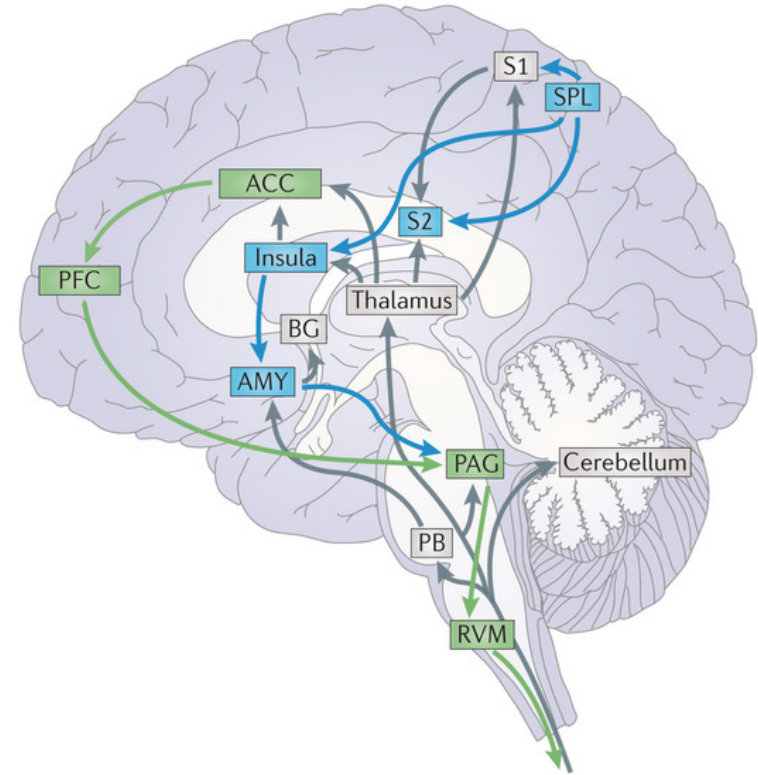
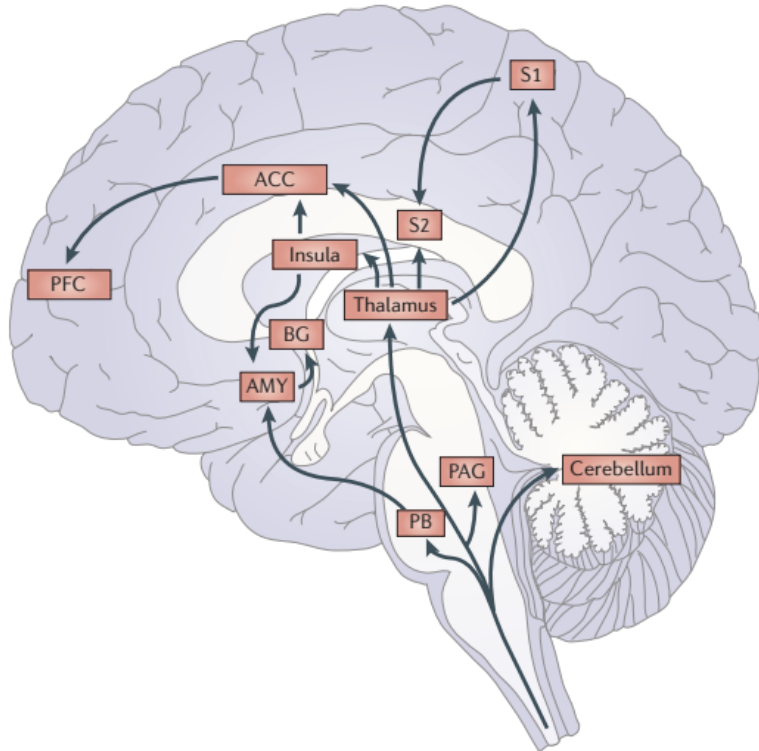


Derbyshire et al., 2004

SLOŽKY BOLESTI

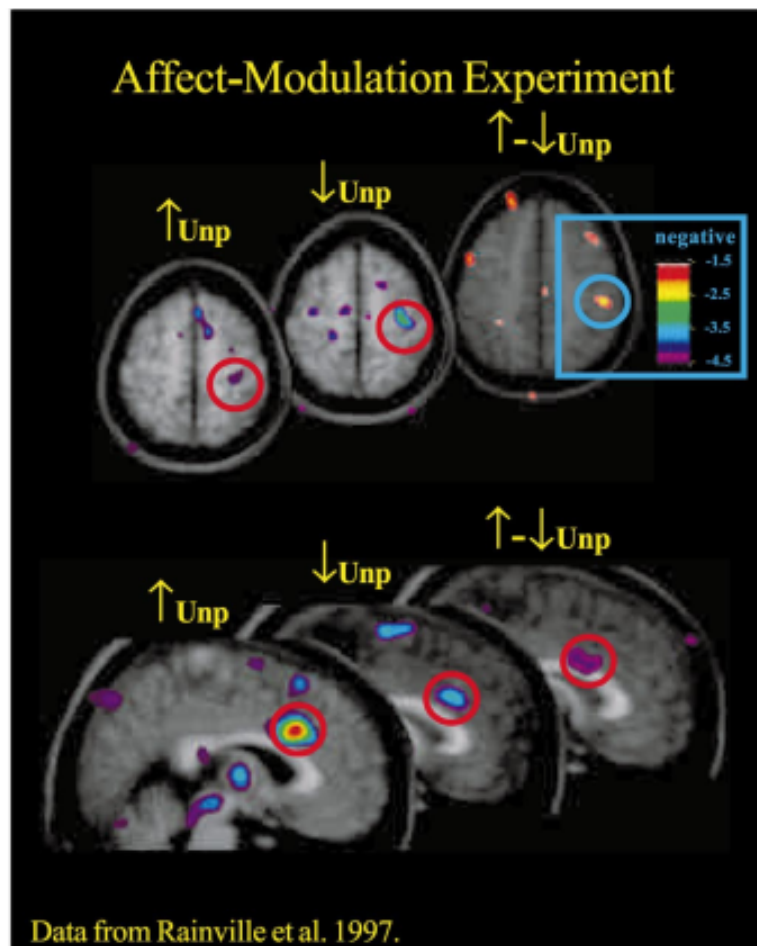
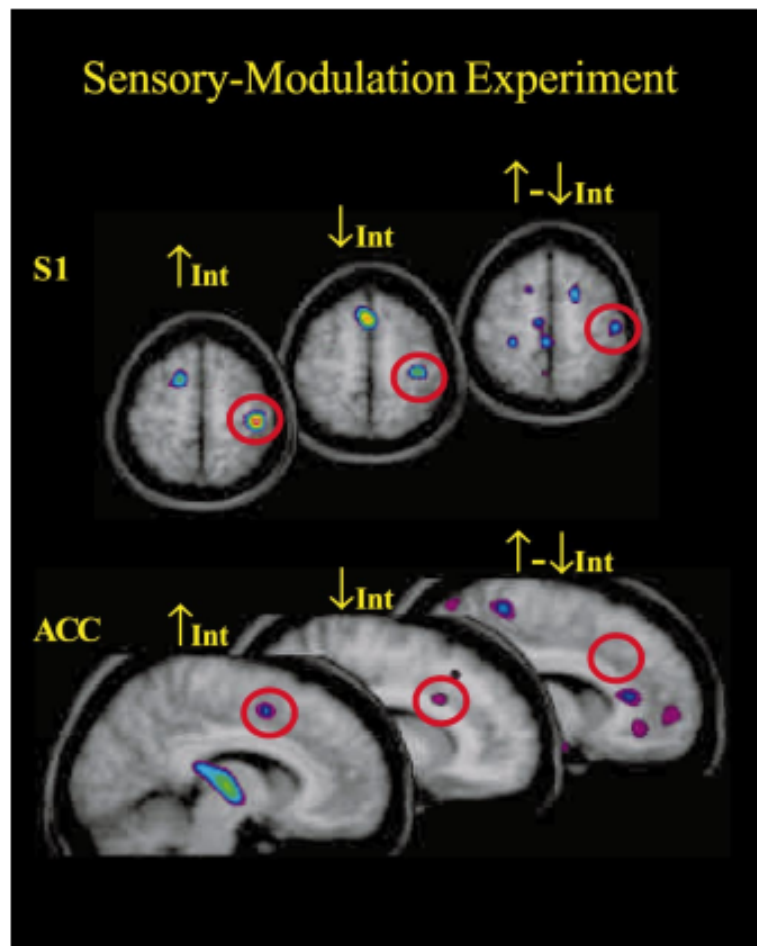
- **senzorická**
 - lokalizace
 - charakter (řezavá, bodavá, tupá...)
- **afektivní**
 - životní omezení
 - utrpení
- **kognitivní**
 - představy (hurt vs harm)
 - očekávání

SLOŽKY BOLESTI



Pain Affect Encoded in Human Anterior Cingulate But Not Somatosensory Cortex

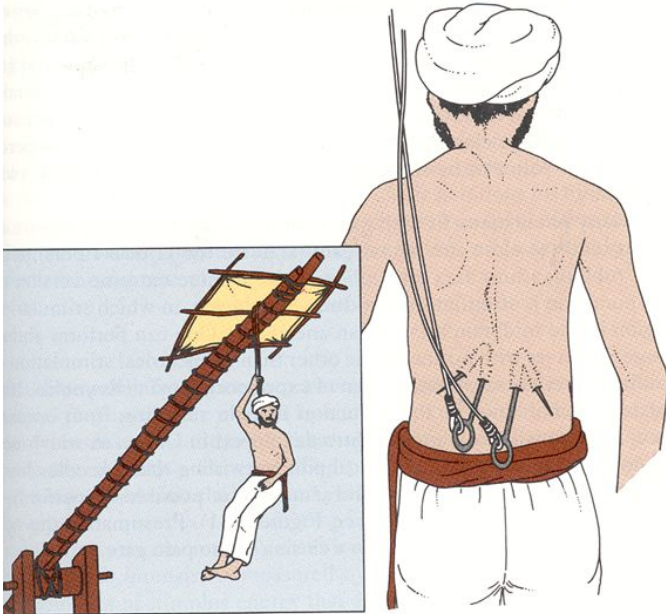
Pierre Rainville, Gary H. Duncan, Donald D. Price,
Benoît Carrier, M. Catherine Bushnell*



thaipusam



bagad



Kosambi (1967)

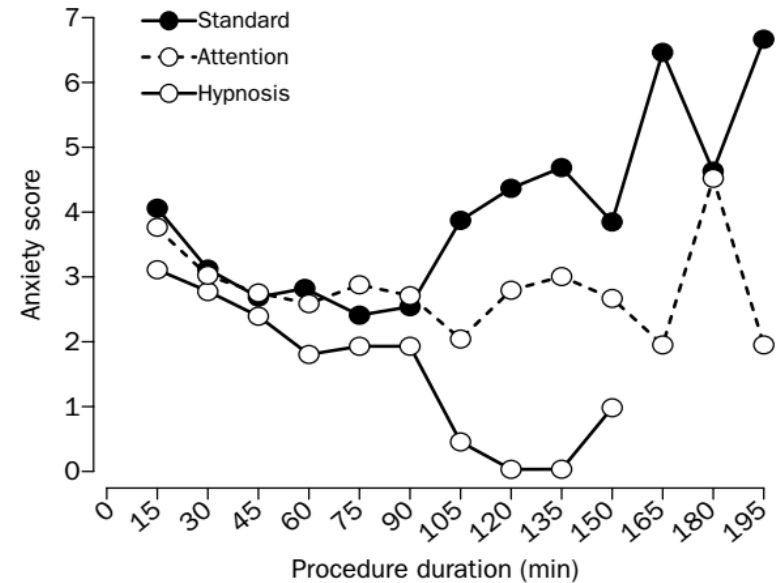
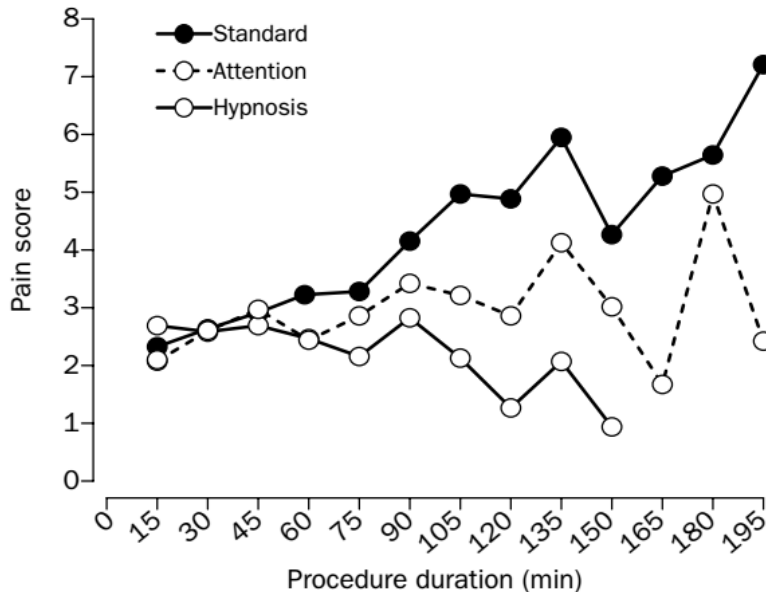
kuváda



Kroeber (1948)

Adjunctive non-pharmacological analgesia for invasive medical procedures: a randomised trial

241 pacientů, angiografie



2x méně analgetik
o 17 min kratší procedura

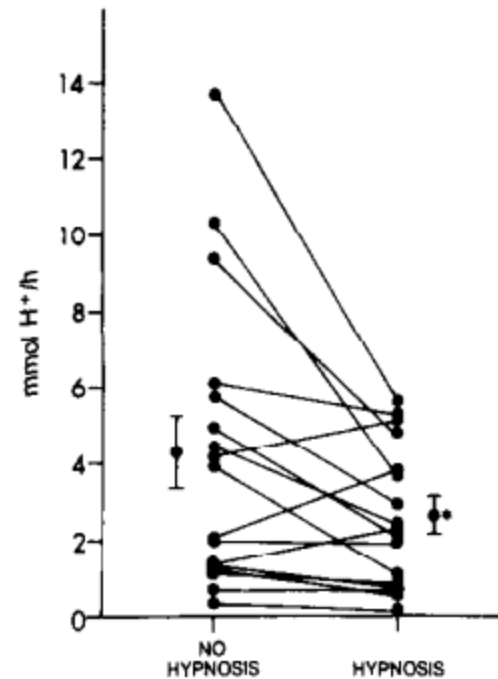
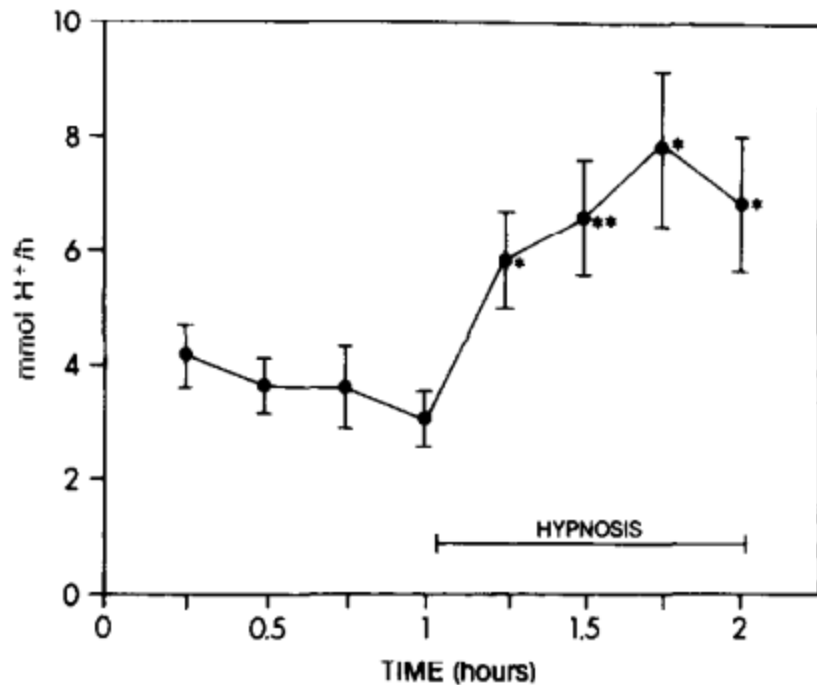
HYPNOSIS CAN MAKE YOU SLIM!



Modulation of Gastric Acid Secretion by Hypnosis

KENNETH B. KLEIN and DAVID SPIEGEL

School of Medicine, University of North Carolina, Chapel Hill, North Carolina and School of Medicine, Stanford University, Stanford, California



VYUŽITÍ HYPNÓZY

- analgémie
 - chronická bolest
 - pooperační bolesti
- redukce úzkosti před zákrokem
- redukce symptomů u somatoformních poruch, "psychogenních" potíží (Pool, Wuerz & Agrawal, 2010)

STRATEGIE PRÁCE S BOLESTÍ

- anestézie
- analgémie
- amnézie
- disociace
- re-interpretace
- časová distorze
- změna percepce/fyziologie
- vyvolání vzpomínek na dobu bez bolesti/vzpomínek nekompatibilních s bolestí
- distrakce/absorpce
- dislokace bolesti
- vyvolání představy budoucnosti bez bolesti

Neurophysiological site problem	Goals of suggestion
Diffuse cortical activation	Generalized calm
Periphery	The experience of being in a calming "safe place" Experience peripheral analgesia Produce the experience of decreased nociceptor responsivity
Spinothalamic tract (STT; dorsal horn and thalamus)	Experience or produce activities that reflect descending STT cell inhibition, such as warm or cool sensations Metaphors and images related to the inhibition of flow
Somatosensory cortex	Decrease pain intensity Alter the pain site Alter pain extent Alter pain quality
Insula	Metaphors that alter the sensory aspect of pain Experience comfortable bodily sensations (e.g., relaxation, warmth, lightness) Age regression to the experience of physical sensations incompatible with pain
Anterior cingulate cortex	Experience a feeling of "not caring" about the pain, a feeling of not having to do anything about it Amnesia for pain to reduce recall of distress and dread of future pain
Prefrontal cortex	Alter the meaning of pain Focus on valued goals other than pain reduction Focus on physical activity and fitness Age regression to experience memories of comfort Age progression
Cortical connectivity	Experience oneself as distant from one's body Disconnect sensations from an emotional response
Plasticity	Experience the painful area as able to move comfortably and easily Posthypnotic suggestions to make any benefits permanent

"GLOVE ANESTHESIA"

