

Rel@x Manual

Hypnotic Communication Training

Part 2

Technical Aspects

Magic Glove



1

Introduction

Magic Glove Technique



Introduction



Following the synchronization relationship created with the child, the healthcare professional is ready to use hypnotic communication techniques to achieve his/her objective: to prevent and reduce the painful sensation and procedural distress associated with medical procedures performed on his/her young patient. The purpose of this manual is to introduce the magic glove.

The **magic glove** is widely used in hypnotic communication. This technique allows the patient to imagine a protective glove around the arm and thus reduce unpleasant sensations during a painful care procedure.

2

Objectives

Rel@x project objectives



Objectives



The main objective of the Rel@x project is to train nurses in simple hypnotic communication techniques, allowing them to integrate these techniques into their daily practice. Doing so, this project aims to prevent and reduce the procedural pain and distress associated with invasive care practised daily in pediatrics.

The main objective of the "**magic glove technique**" manual is to support training in the magic glove, and give key elements for the practice of the magic glove protocol with young patients.

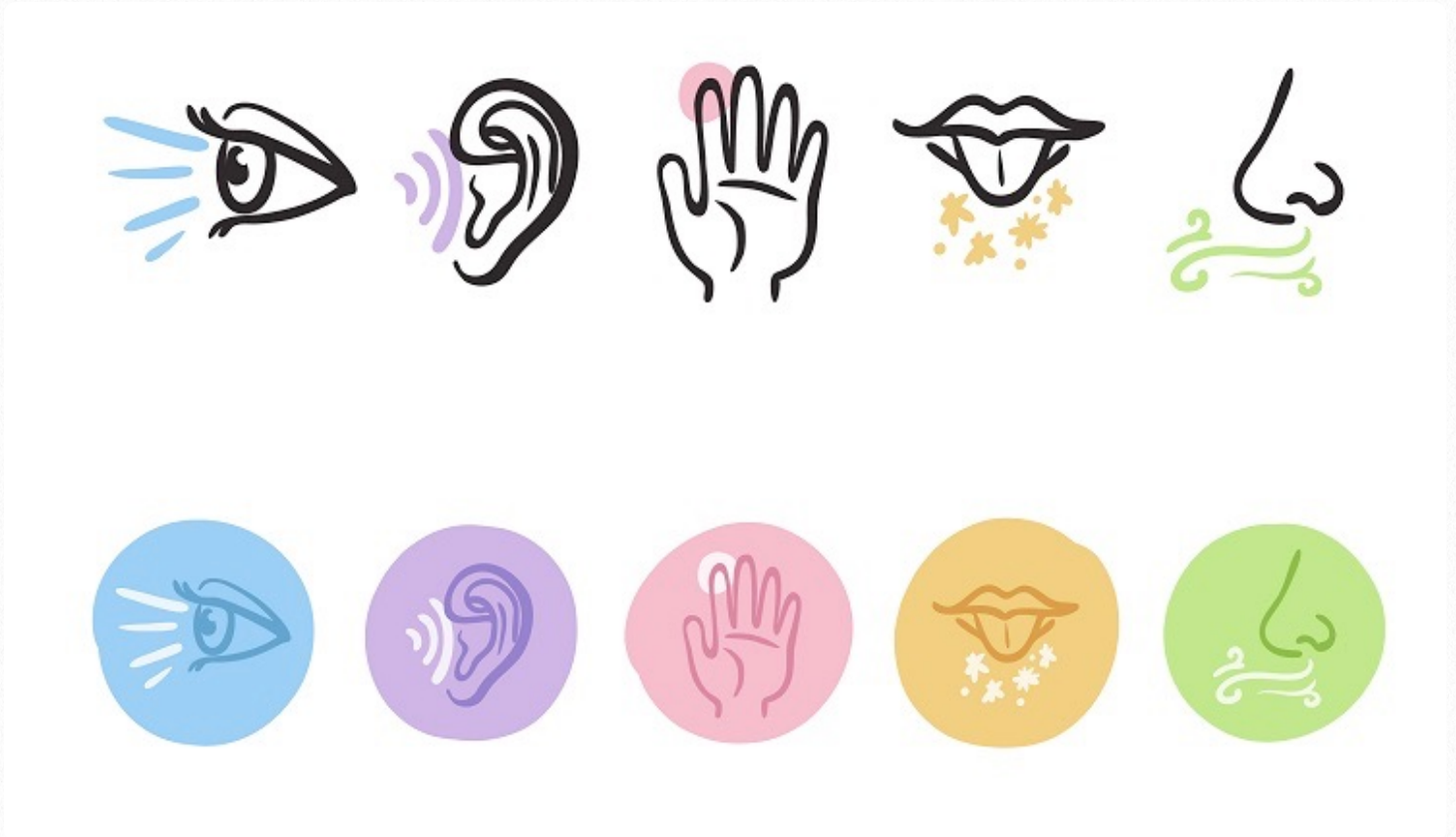
3

Desensitization

Sensory desensitization



Desensitization



Sensory desensitization allows a reduction in perception through hypnotic communication. It is therefore possible to reduce the patient's perception of environmental noise, odours, tastes and kinesthetic. To reduce pain, it is very useful to use this phenomenon by proposing to the patient to perceive the sensation of touch differently.

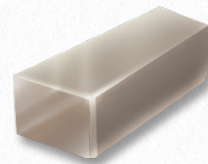
How ?

- By using suggestions that aim to modify the kinesthetic sensation.
- By using positive words (see the Relational Aspects Manual) that have a major role in this particular technique
- By allowing these words to have precedence in the child's mind and to modify his/her perceptions.

Desensitization

Duo exercise

Ask one partner to close his/her eyes and focus his/her attention on the hand of his/her choice. The objective of this exercise is to give the impression that this hand become insensitive.



VERBATIM : Close your eyes and concentrate on your hand (right or left)... on this hand (touch it). That's very good. Imagine that this hand (touch it) is like a metal bar, an iron bar... that it becomes hard and heavy, very heavy. That's very good! You can imagine this iron bar behind your closed eyes (touch the hand). Give it a color, a size. It may be like a pipe or like a... (list iron objects). That's perfect! That's it! Let this iron bar (touch the hand) become harder, heavier, more insensitive. You're doing this because you want to learn how to desensitize! Because you want to learn, you can really let it go, let this iron bar (touch the hand) become more and more insensitive, harder and harder, heavier... (Repeat these suggestions over and over again by touching the hand).

Notes :

4

The child's creativity

Magic Glove



The child can be absorbed in his/her imagination



Each of us has creativity. We all have the ability to invent a story and imagine that a part of our body is protected by armour or something indestructible. As a child, we can imagine being a superhero or a princess for example, having superpowers. As children, we all imagined being someone else or being another character.

The use of the magic glove technique uses the child's creativity. It allows the child to imagine a protection on his/her arm, which will prevent him/her from feeling the unpleasant sensation, a little like a superhero can be protected by his armour. Let's now see how the healthcare professional could facilitate the perception of this glove to the patient.

The child can be absorbed in his/her imagination

Duo exercise

Ask your partner to close his/her eyes and imagine an experience where he/she would be an adventurer. Ask your partner to tell in as much detail as possible about the adventure he/she is experiencing by following the verbatim below.

VERBATIM: Close your eyes and do nothing. Just let a story come to your mind... The one where you would be like an adventurer or a princess, what you prefer to be... you decide. Don't try to force it, let a story come to your mind, like that... naturally... as if you were in front of your television and you were putting yourself in the shoes of (the partner's choice) that you are watching..... That's it..... Very well. Without doing anything. Just let it go. Let this story come to your mind. And as soon as you have the scenario in mind.. that you imagine yourself being this character...this (specify)....then describe to me in detail what you are experiencing...tell me this fabulous story...this adventure very real in your mind, even very pleasant. Just take your time... simply, tell me when you'll be ready to tell me, to share this creativity with me.

Ask your partner questions as you go along so that he/she can tell you about the scene he/she is experiencing.

Notes :

5

The magic glove in communication

Magic Glove Technique



The magic glove in communication



In the context of a puncture, the technique derived from hypnosis presented in this manual can be used by the healthcare professional in the form of a communication practice. In this case, the healthcare professional uses the same framework as previously described and follows the recommendations below :

- 1 – The healthcare professional maintains a **sustained eye contact** with the child in order to focus his/her attention and maintain a reassuring presence.
- 2 – The healthcare professionals **talks** in order to maintain the child's attention on the experience.
- 3 – During the painful procedure, the healthcare professional focuses the child on the **suggestion of the arm protected by the glove** while insisting on the suggestion of well-being and relaxation.

The magic glove in communication

Session Scenario

The script was adapted from a video available online by Leora Kuttner

Introduction of the Magic Glove

"I have a magic glove so that your arm is well protected and feels nothing. Do you agree that I should explain to you why it's magical?" The healthcare professional explains to the patient that he/she will teach him/her the magic glove by specifying that it will help him/her change the sensations in his/her arm. It is important to avoid saying *"You will not feel any pain"*, because suggestions with a negation generate stress as discussed in the relational aspects training session.

If the parent is present, the healthcare professional also explains that they will use this strategy for the care.

Then, the healthcare professional asks the patient to put his/her hand/arm in his/her hand and suggests, *"Relax in my hand."* The healthcare professional ensures that the patient has released his/her arm by feeling the full weight of the arm in his/her hand.

Presentation of the Glove to the Child

The healthcare professional asks the patient, *"What kind of magic glove would you like to have? Could you describe it to me?"* He/She lets the patient's creativity do this imaginative work.

Then, the healthcare professional pretends to take the magic glove described by the patient out of his/her pocket and puts it on his/her hand. He/She begins with the patient's fingers and then caresses them using the palm of his/her other hand with gentle strokes, up to the wrist or the cubital area. The healthcare professional makes sure that the end of the glove is clearly defined with each stroke and for each finger of the hand. He/She makes these strokes several times by constantly talking to the child so that he/she can imagine the glove on his/her arm.

Arm Desensitization

The healthcare professional affirms sensory attention by talking about the process while placing the magic glove. *"It will protect you so that you are aware of what is happening, but don't be disturbed by the procedure... Let's make it comfortable... While I put on the glove, you feel that it is changing, that your arm is protected, that you will be well protected from anything... Do you feel how protected your hand is?"* The healthcare professional constantly repeats these same sentences during the installation of the magic glove.

At the end of the last stroke, the healthcare professional gently presses the upper arm. He/She says *"There you go, the magic glove is in place. Now that you have your magic glove, you'll notice that you won't be so disturbed anymore. That it will go very well. That it will be comfortable."*

The magic glove in communication

Now it's time to test the magic glove: "We will test the glove to see how well you're protected" Starting with the non-gloved hand and using a sharp pencil, the healthcare professional presses the back of the hand 3 times and says: "This is a full sensation because there is no magic glove, so it is 10." By applying equal pressure, he/she tests the hand with the magic glove. He/She asks the patient to evaluate the sensation out of 10. Everything 5 or less is perfect.

In the event that the patient gives a higher number, the healthcare professional says, "Let's make sure the glove is securely in place and snug" and repeats the hand strokes with the palm 3 or 4 times. Then he/she tests again. Often, there will be an additional decrease in sensation. Whatever the number the patient says (as long as it is less than 10), the healthcare professional reinforces by saying "Good!"

Performing the Procedure

Now that the magic glove is in place, the healthcare professional can perform the procedure. Here, if necessary, the healthcare professional will add another focus of attention by inviting the patient to talk about his/her magic glove and describe it. During the procedure, he/she adds by reminding the patient "Notice how this glove protects you!" He/She continues to stroke the arm to adjust the glove if necessary.

When the Procedure is Completed

The healthcare professional removes the magic glove when the procedure is completed. He/She does this by stroking the arm in the opposite direction. He/She makes sure that the full sensation has returned to the hand. He/She asks the patient to "rub your hands as if you were washing them" in order to normalize the sensations. This should be continued until the patient confirms that the sensations have returned.

Technique Summary



6

Conclusion

Magic Glove Technique



After establishing a synchronized relationship and using the magic glove technique, the healthcare professional:

- is able to desensitize the child's arm.
- can allow the child to deal more harmoniously with the painful procedure.

It is important for the healthcare professional to practise in order to make this technique more automatic and natural.

Manual - Magic Glove

© David Ogez, Jennifer Aramideh and Serge Sultan, Sainte-Justine UHC