

Rel@x Manual

Hypnotic Communication Training

Part 2

Technical Aspects

Pleasant Place



1

Introduction

Pleasant Place Technique



Introduction



Following the synchronization relationship created with the patient, the healthcare professional is ready to use techniques derived from hypnosis 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 a specific technique: the pleasant place.

The **pleasant place (or the safe place)** is widely used in hypnotic communication. This technique allows the child to let his mind wander in a place where he/she feels good and thus will pay less or no attention at all to what is happening in the ward. By imagining this place, the patient has the feeling of being safe and may be distracted from the care provided.

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. In this way, this project aims to reduce the procedural pain and distress associated with invasive care practised daily in pediatrics.

The main objective of the "**pleasant place technique**" manual is to train the healthcare professional in the suggestions and hypnotic phenomena used in the pleasant place technique.

3

The child chooses his/ her pleasant place

Pleasant Place



The child chooses his/her pleasant place



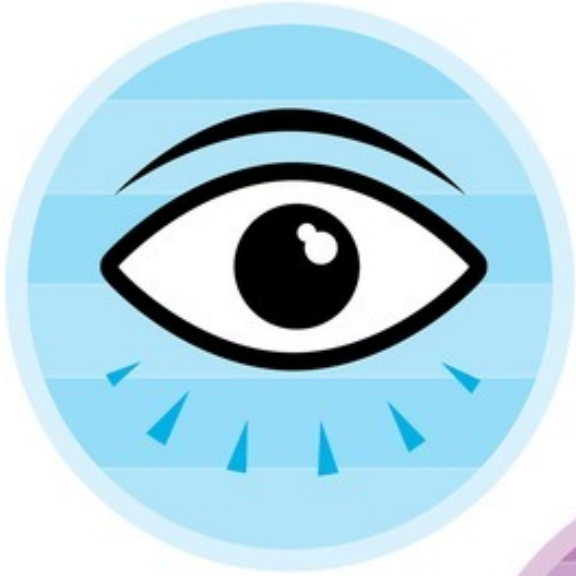
Each and every one of us has a pleasant place to think of. This place can be a holiday destination, a place from our childhood, or even a place we dream of visiting and that we only know through photos found in magazines. When we think of this place, we also remember the pleasant emotions associated with it. Remember the holidays in the sun, perhaps you remember the warmth, the good meals enjoyed during those holidays, perhaps even the relaxation you felt during the long afternoons on the beach, lying in the sand.

The use of the pleasant place technique allows us to remember the well-being associated with this place. Let's now see what the healthcare professional could do to let the patient's mind go to a place that would be beneficial to him/her.

4

VAKOG

Visual
Auditive
Kinesthetic
Olfactory
Gustatory



VAKOG



VAKOG stands for Visual, Auditory, Kinesthetic, Olfactory and Gustatory. This phenomenon refers to the five senses that allow us to relate to our environment. In this context, the healthcare professional will suggest to the child to visit the pleasant place using his/her five senses, as much as possible. The more sensitive the patient is to the place, the more he/she feels he/she is in that place and therefore less in the hospital !

How ? Ask the child...

- to see what is around him/her.
- to hear the sound atmosphere/environment of the place.
- to smell the pleasant scents.
- to feel the temperature.
- to taste the flavours of certain foods (if the opportunity allows it).

PS: A sense is more privileged depending on the child's affinities. For example, if he/she plays music, he/she will be more sensitive to the auditory. In this case, it is useful to focus this sense first!

5

The pleasant place in communication

Pleasant Place Technique



The pleasant place 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 communication without hypnotic induction. In this case, the healthcare professional uses the same configuration as described previously and follows the recommendations below :

- 1 – The healthcare professional **maintains a sustained eye contact** with the patient in order to focus his/her attention and maintain a reassuring presence.
- 2 – The healthcare professional **keeps talking** to maintain the child's attention on the experience.
- 3 – During the procedure, the healthcare professional focuses the child on a **different sense than the touch**, while emphasizing the suggestion of well-being and relaxation.

The pleasant place in communication

Session Scenario

Introduction of the Pleasant Place

"You know that everyone has a pleasant place they like to visit in their head to feel good. And you do have one too ?"

If the patient says no, we suggest searching for one together: *"Think of a screen and imagine that there is a beautiful place on that screen... you know a magical place, in which you feel very well... like maybe a beautiful park, or a place where you have been on vacation or something else..."* The healthcare professional lets the patient think about it and asks: *"Tell me when you have this place in your mind!"*

If he/she says yes, we suggest talking about it and visiting it: *"Tell me about a place you like to go ? I'll give you a trick : try to imagine this place in your head? As if you had taken a picture ?"*

Then, the healthcare professional lets the patient talk about the place: *"Good. What is this place ?"* The healthcare professional asks questions so that the patient can specify the place he/she has in mind.

Enriching Experiences with VAKOG

The healthcare professional invites the patient to participate in a game: *"We're going to do a little game. Do you agree with that? You're going to pretend you're in this place. Pretend you're having an adventure in this place."*

The healthcare professional lets the child think and settle in this place at his/her own pace! Then, the healthcare professional inquires the visual and asks: *"Are you ready ? Great! Look with your eyes at the place you are in. Describe it to me."* The healthcare professional asks questions about the shapes, the colours, the people that are there, etc.

Then the healthcare professional discusses the sound sensations: *"Do you hear the sounds of the place?"* Ask questions based on the chosen location.

Then, the healthcare professional questions the other senses. First, kinesthetic: *"And the temperature? Is it cool? Is it hot? Is it pleasant?"*; And then, the olfactory: *"And the smells? Does it smell good in this place?"*; And finally, if it lends itself to it, the gustatory: *"And the taste? Do you eat something salty in this place? Sweet? Certainly something good"*

Focusing the Child's Attention and Performing the Procedure

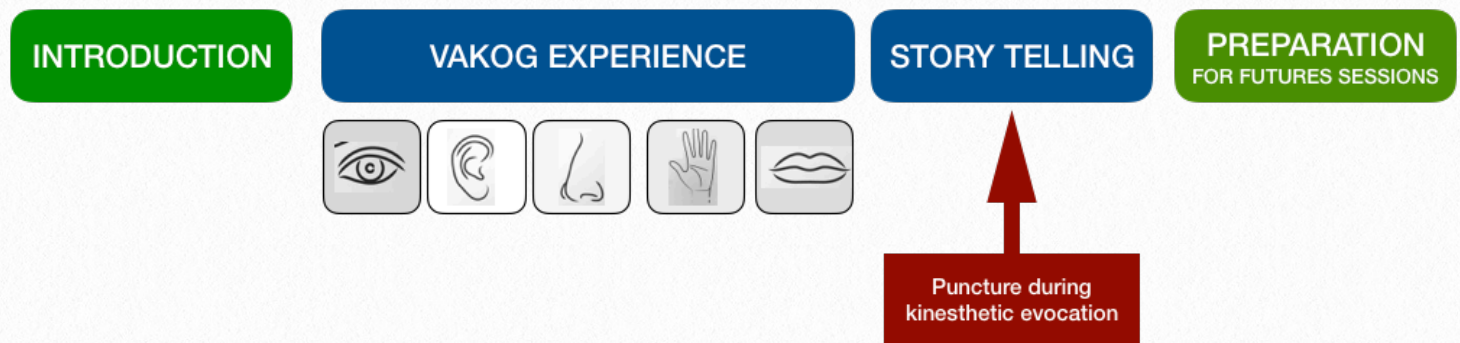
The healthcare professional takes the lead in the situation: *"Great! Suppose something happens in the pleasant place, something pleasant. Suggest a little story."* Based on the child's description, the healthcare professional will be creative and tells a story in the place chosen by the patient, while asking him/her to participate, to intervene to complete the story.

The healthcare professional will perform the procedure at the most appropriate time, when he/she observes that the patient is inspired by the adventure... i.e., if he/she tells the rest of the story with interest, or if he/she is very attentive to what the healthcare professional is saying.

End of the Care : Preparation of the Next Session

After the procedure, the healthcare professional ends the story and suggests to the patient : "*For next time, you can think about another story in this place or another place*" He/she explains that both the professional and the patient will have another experience the next time they see each other: "*I can't wait for you to tell me about your adventure!*"

Technique Summary



6

Conclusion

Pleasant Place Technique



Following the establishment of a synchronized relationship and the use of the pleasant place technique, the healthcare professional is able to:

- sensitize the child's 5 senses.
- allow the child to experience a distance when the painful procedure is performed.

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

Manual - Pleasant Place

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