



Essential Tremor (ET)

Hypnotherapy & ET

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Let me begin by stating that I am a Certified Hypnotherapist and also suffer from essential tremor (ET). This gives me a unique viewpoint of solution and cause. I have found that ET is more difficult for me to manage when I am stressed, have not had enough sleep, or have not taken the time to eat properly. These are all areas that a qualified hypnotherapist can assist you in improving. The great thing about hypnotherapy is that it is a drug free method to learn techniques to lessen stress, improve sleep patterns, and help motivate you to lead a healthier lifestyle with exercise and diet.

What is Hypnotherapy? Hypnosis is one of the most ancient and respected medical practices known to man. It's lasted through the centuries because it's a natural, safe, simple human process that all of us do every day, often without realizing it. If you meditate, if you zone out on the golf course, if you escape into music or a good book or movie and let the world drift away, that's more or less what a light hypnotic trance state feels like. The difference in a hypnotherapy session is that it is more focused and directed toward a specific goal.

A hypnotherapy session consists of talking about the issue at hand for approximately 30 to 40 minutes. The hypnotherapist then hypnotizes the client and gives suggestions directly to the subconscious. A session lasts typically 50 minutes. The client is never out of control, but calm and relaxed and very aware of what the hypnotherapist is saying.

Advancement in Hypnotherapy: We're witnessing a resurgence of interest in hypnosis, within even the most conservative sectors of mainstream medicine because it is drug free, often successful, and rapid. Hypnosis has been approved as a method since 1958 by the American Medical Association, and it is now being actively investigated by the National Institutes of Health and practiced at the Mayo Clinic, medical schools from Stanford to Harvard, and endorsed by UCLA and Blue Cross as an effective adjunct to conventional medicine even for illnesses up to and including diseases such as cancer and HIV.

The separation between mind and body has been closed, finally, and the power of the subconscious is today being brought to bear as possibly the best ally you have for

staying happy and healthy. Mind/body approaches work because they address the framework of attitudes and behaviors that surround health. It deals with the cycle of stress, anxiety, physical tension, symptoms, and disease. It teaches individuals to break old harmful patterns and develop positive attitudes and healthy behaviors.

Stress: The World Health Organization calls stress, "A global epidemic." Stress is felt to be a contributing factor in heart disease, high blood pressure; suppression of the immune system, which inhibits the body's ability to fight cancer and HIV, deaths from smoking, deaths from obesity, arthritis, herpes, fibromyalgia, insomnia, migraines, chronic pain and infertility. Stress makes my ability to cope with ET more difficult. Becoming more aware and improving your ability to reframe and change your perspective in stressful situations will give you a renewed sense of empowerment and a feeling of being in control of your life again. Many people have lost the ability to remember what relaxation feels like. Ask yourself when was the last time you were able to just "let go" and/or feel completely relaxed.

Our subconscious mind dictates our behavior, habits and our "knee jerk" response to stress. Your willpower, logic, and reasoning are located in your conscious mind and will continue to be overridden by the power of your subconscious mind unless you start making the changes where the behavior and habits originate.

The Process: A qualified hypnotherapist will touch on all areas that produce stress while also address such issues as insomnia, lack of exercise, poor eating habits, and low self-esteem.

Because ET affects people in every aspect of life, our relationships can also start to suffer from the inability to see us as viable and attractive people. Motivation to exercise and sleep better will be instilled. Your ability to cope with others, job difficulties, loss of loved ones, relationship problems, and daily demands will be increased. Limiting or destructive thoughts and beliefs will be amended to be more positive. A feeling of hope and optimism for the future will replace those negative thoughts that have now become a habit, and you will begin to see yourself in a more positive light, therefore increasing your self-image.

I cannot emphasize enough the power hypnotherapy has when combined with your doctor's protocol in battling dis-

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ease and illness. The ability to reduce stress and feel like you are active in your own recovery greatly increases your body's ability to focus and respond to your physician's treatment.

Certified hypnotherapist Judy Callihan is also a Certified NLP Practitioner, Certified Time Line Therapy Practitioner, Certified Therapeutic Imagery Facilitator, Registered Behavior Therapist, and participating hypnotherapist with the Healthy Extensions program from Blue Cross of California. She is a member of American Hypnosis Association, American counseling Association, National Guild of Hypnotists, Inc., Association of Behavioral Therapists and Hypnosis Health Services.



Our Mission:

The IETF funds research to find the cause of essential tremor (ET) that leads to treatments and a cure, increases awareness, and provides educational materials, tools, and support for healthcare providers, the public, and those affected by ET.