

Hypnotic Imagery for Mental Health Challenges With Diabetes & Other Chronic Illnesses

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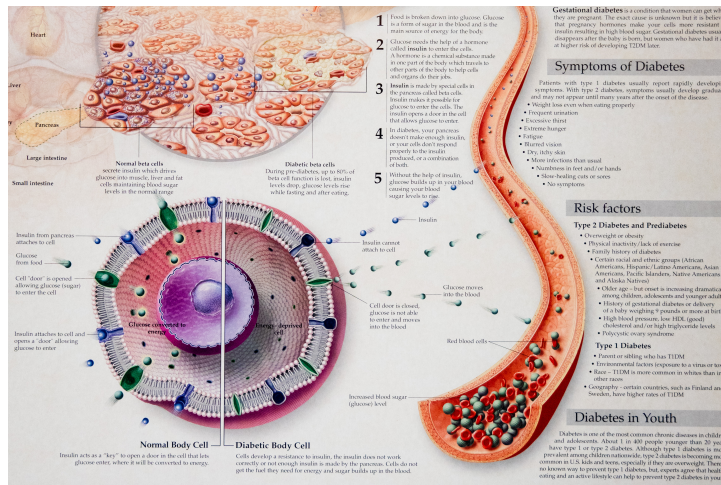
Introduction & Overview

- My story
- Overview of Type 1 and Type 2 diabetes
 - **Type 1 Diabetes:**
 - Auto immune disease, always requiring insulin
 - **Type 2 Diabetes:**
 - Insulin resistance: Generally treated with oral medications and lifestyle changes, but when other treatments are not sufficient insulin can be used.



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Diabetic cell unable to accept blood glucose, causing glucose to build up in blood vessel.



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Stress Related to Diabetes

Stress can lead to anxiety and discouragement, and potentially to depression.

Clients with other chronic illnesses may experience many of the same stressors.

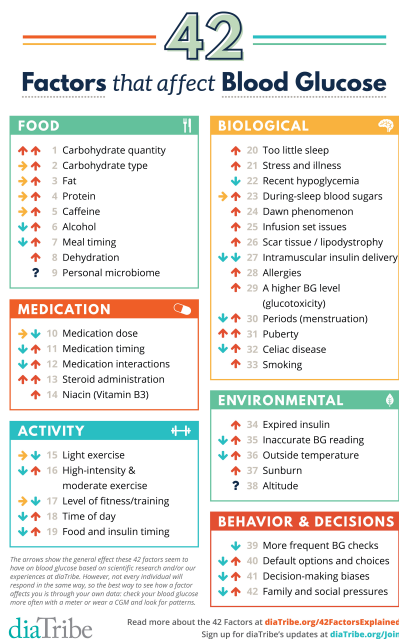
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Examples of common stressors for those with diabetes

Expectations (from medical providers and oneself) regarding management of illness

- E.g. Goal of keeping Blood Glucose (BG) in range (T1D: between 70-180) at least 70% of the time, daily exercise, weight management.
- All that entails, including, e.g. for T1D, frequent BG checks; accurate estimates of planned carbohydrate intake while considering the impact of other influential factors such as exercise; delivering appropriate doses of insulin 10-15 minutes before consuming food.

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Access to and management of needed medications, other supplies, and supports.

- E.g. insurance coverage and requirements, cost, safe storage, attention to expiration dates, access to needed follow up appointments and after-hours help when needed.
- Equipment failures, unexpected highs or lows, mistakes made in management of equipment/medication doses, extra time and patience needed to seek help/advice.

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2-Week Travel Supplies



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Social/interpersonal

- E.g. Bias (such as being judged, for example being considered to blame for illness; eating sugary foods); being ostracized as different, especially true for children and teens; feeling guilty about others being inconvenienced/upset by one's illness or requests for accommodations.

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Worries re. future

Examples

Failing health impairing ability to manage illness effectively.

Disease progression diminishing quality of life.

Increasing dependency on others.

Political climate and potential loss of needed supplies and/or supports.

Environmental impact of one's use of resources.

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Use of hypnotic imagery and suggestions in Guided Meditation script

Goals: Improving management of anxiety and discouragement; increasing frequency of positive thoughts and emotions.

Hypnotic elements

Relaxation, deepening, present and post-hypnotic suggestions, visualization with multiple senses, re-alerting.

Other therapeutic elements utilized

Relationship establishment within limitations of YouTube recording, setting positive expectations, ego strengthening, CBT, DBT, resourcing (internal and external).

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Demonstration



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Examples of imagery and direct suggestion

- Internal sensations of relaxation
- Letting go of unhelpful thoughts (balloon, peg)
- Pleasant journey then unexpected challenge, developing effective plan to get beyond it, utilizing internal and external resources as desired.
- Others helping celebrate this success.
- Body working well, with medications, to “help you live as comfortably and healthfully as possible.”
- Feeling of gratitude “for the many things that have been learned about diabetes and the resources that have been developed to help diabetics.”

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Examples con't

- Visualizing “your whole self - body, mind, and spirit – working with your medication and in partnership with your health care team and other supportive people to help you manage any difficult times whenever they may occur.”
- Being encircled by “whatever people or images feel the most supportive to you”... perhaps feeling “an increasing positive glow of hope and peacefulness, inside you and around you”... and “others taking your hand and stepping into the positive glow with you, and that glow increasing all around all of you.”
- Ability to “take with you any helpful ideas, images, or feelings into the coming days.”

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Ethical and legal concerns in creating a YouTube recording

No monitoring of who is listening to recording; lack of face-to-face relationship; inability to see and assess reactions to recording, or to intervene.

Possibility of difficulty re-alerting.

Responses to concerns

- Consultation with hypnosis providers and an attorney.
- Above the YouTube recording: emphasizing the listener's responsibility to seek medical/psychological services if needed rather than relying solely on Guided Meditation.
- Distinction from "hypnosis"; emphasis on self control, options.
- Emphasis on re-alerting steps and completion.

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Resources

• For clinicians

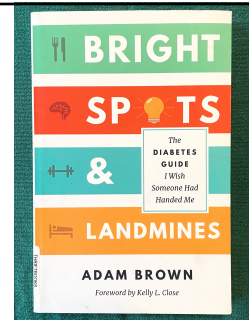
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- Cognitive-Behavioral Therapy and Hypnotic Relaxation in an Adolescent with Diabetes, Michelle Prefect and Gary R. Elkins, *Journal of Clinical Psychology: In Session* Volume. 66(11), 1205-1215, 2010
- Hypnosis and Diabetes: Applications for Children, Adolescents, and Adults, Daun Kihslinger and Marty Saap, *The Australian Journal of Clinical Hypnotherapy & Hypnosis*, Volume 27 Number 1, Autumn 2006
- EFFICACY OF SELF-HYPNOSIS IN TYPE 2 DIABETICS WITH BMI \geq 25: A RANDOMIZED CLINICAL TRIAL. Michael Levenson¹, David Levenson, MD, FACE, FACP, ABSTRACTS - Obesity

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Resources

For clients:

- On-line:
 - diaTribe (Weekly newsletter and other resources)
 - American Diabetes Association (including Patient Education Library)
 - American Diabetes Association 85 (Patient focused, includes good information about mental health and resources)
- Support Groups - a number of on-line listings including through VeryWell Health
- Books:
 - (My favorite) Bright Spots and Landmines: The Diabetes Guide I Wish Someone Had Handed Me, Adam Brown, 2017



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Questions

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