

GI Hypnosis Protocols

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North Carolina protocol

Palsson OS. Int J Clin Exp Hypn. 2006; 54:51-64.

- 7 sessions
- Scripted
- Copyrighted by Olafur S. Palsson, PsyD
- Request at ibshypnosis.com

Session 1

- Mostly devoted to lengthy induction and deepening
 - Eye fixation induction
 - Staircase descent as deepening
- Suggestion:
 - Soothing wave of change spreading through the body
 - Like a protective coating that only lets through pleasant sensation

Session 1: post-hypnotic suggestions

- Changes will continue even if not paying attention to them
- Intestines will become less sensitive and more comfortable
- Previous triggers will no longer cause discomfort
- Still able to experience any warning sensations which might be necessary

Session 1: post-hypnotic suggestions

Set up for future sessions:

“Each time from now on that I ask you to look up at the ceiling in the beginning of each hypnosis session, your eyelids will immediately begin to feel very heavy, and your eyes will quickly close by themselves and you will fall into a deep hypnotic state.”

- Realerting: counting back up staircase

Session 2

- Induction:
 - long exhalation; eye fixation; during a count from 1 to 3, eyelids comfortably heavy and more relaxed
 - progressive relaxation starting from hands
- Deepening:
 - counting 1-20 into a deeper hypnotic state
- Imagery:
 - walk out the door of a large empty room onto the shore
 - multisensory experience including getting feet wet and relaxing on a towel

Session 2

Suggestion:

- allow the relaxed and healthy feeling of being at the shore take your body far away from troubles and discomfort

Session 2: post-hypnotic suggestions

- You will notice you are carrying a sense of calm and comfort
- Previously uncomfortable sensations are now no more bothersome than the sounds of small waves
- Intestines function in a healthy, quiet natural rhythm
- More comfortable and healthy every day

Realerting: beach scene dissolves gradually while counting back, 20 to 1

Session 3

Induction/Deepening:

- eye fixation; during a count from 1 to 3, eyelids comfortably heavy and more relaxed
- progressive relaxation starting from hands
- counting 1-20 into a deeper hypnotic state

Imagery/Suggestion:

- walk through the door of a large empty room into a log cabin, strong and sturdy
- there is a comfortable bed where you can lie down and be protected from the storm outside

Session 3: post-hypnotic suggestions

- intestines will also be protected from “storms” of uncomfortable sensations
 - any sensations which get through are muffled, mild, and do not bother you

Realerting: counting back, 20 to 1

Session 4

- Induction/Deepening:
 - eye fixation; during a count from 1 to 3, eyelids comfortably heavy and more relaxed
 - progressive relaxation starting from hands, as if turning off switches in your nervous system
 - enter a luxurious elevator and ride down, counting 1-20 into a deeper hypnotic state

Session 4: imagery/suggestion

- exit the elevator into a beautiful garden where nothing can disturb the beauty and harmony
- walk down a curving path and soak up the feeling of comfort, letting it spread through intestines

Session 4: post-hypnotic suggestions

- you are like the peaceful garden and will keep that feeling of warm and healthy comfort
- even when you are not aware of it, that feeling can decrease your sensitivity to GI stimuli

Realerting:

- path weaves back to elevator
- enter elevator and ride back up, counting back, 20 to 1

Session 5

Induction/Deepening:

- eye fixation; during a count from 1 to 3, eyelids comfortably heavy and more relaxed
- progressive relaxation starting from hands
- with a sensation of sinking, counting 1-20 into a deeper hypnotic state

Session 5: imagery/suggestion

- you are standing on a low hill in knee-high grass which blows in the breeze and swishes as you walk
- you go down to a pond, step into a gently rocking boat with a cushioned seat, and push off
- you drift in the boat, letting body relax with the soothing tiny rocking motion, far from all troubles

Session 5: post-hypnotic suggestions

- intestines keep that healthy and comfortable feeling, removed from discomfort
- you will hardly notice bowel sensations, which are as little bother as rocking movements of the boat

Realerting: feeling of boat gradually dissolves; count back, 20 to 1

Session 6

- Induction/Deepening:
 - eye fixation; during a count from 1 to 3, eyelids comfortably heavy and more relaxed
 - progressive relaxation starting from hands
 - you are gently being rocked on a cloud which is drifting down, counting 1-20

Session 6: imagery/suggestion

- you drift to a forest clearing, on the grassy bank of a pond beneath a waterfall
- lie down barefoot in the grass and look up, following a bird with your eyes
- you breathe in healthy air, and with exhalation, the healthy feeling spreads more deeply through body
- two minutes of silence to let deep relaxation continue to fill you

Session 6: post-hypnotic suggestions

- the deep feeling of comfort will stay in the body, and intestines function with healthy natural rhythm

Realerting: count back, 20 to 1

Session 7

- Induction/Deepening:
 - eye fixation; during a count from 1 to 3, eyelids comfortably heavy and more relaxed
 - progressive relaxation starting from hands
 - counting 1-20

Session 7: imagery/suggestion

- picture a place where you feel comfortable, happy and carefree;
vivid multisensory experience
- all discomfort fades away

Session 7: post-hypnotic suggestions

- “Just like you know well the deep comfort of this familiar place, your body will more and more get to know the deep comfort of being relaxed and healthy inside...allowing you to go about your business of living.”
- Body steadily becomes healthier, functioning with a comfortable rhythm which does not disturb you
- “After you leave here today, all these healthy changes will happen more rapidly, until all bowel discomfort and upset simply disappears from your life.”

Realerting:

- image fades; count back, 20 to 1

Manchester protocol

Whorwell PJ et al. Lancet 1984; 8414:1232-4.

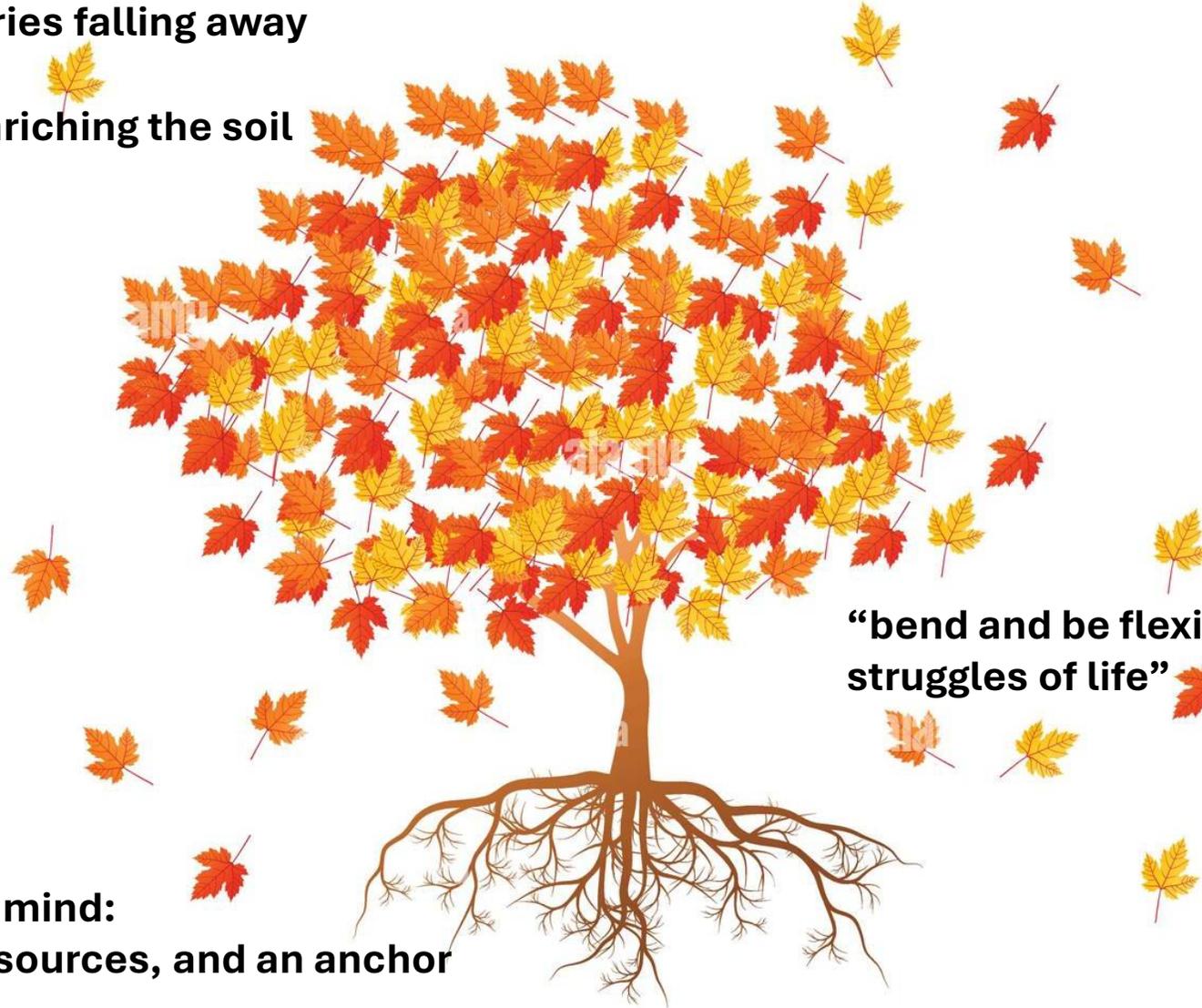
- Up to 12 sessions
- Weekly but could be less frequent later in treatment
- Preceded by teaching about DGBI and hypnosis

Sessions 1-2

- Induction and deepening – “straightforward”
- E.g. progressive relaxation, special place
- May use repetition of “calm” on outbreath
- Suggestions: ego-strengthening, confidence building,
- General well-being
- May include metaphors (they like to use a tree)
- May return to images of calm in the body

Leaves = doubts and worries falling away

= past experiences enriching the soil



“bend and be flexible in the struggles of life”

**Roots = Unconscious mind:
provides strength, resources, and an anchor**

Sessions 1-2, cont'd

Further suggestions:

- - patient is learning skills that will improve with practice
- tapping into the unconscious mind's ability to regulate bodily functions
- With each practice session, creating condition for mind and body to reset balance of bodily functions

Sessions 1-2: post-hypnotic suggestion

- If “calm” used in induction/imagery, can use that technique again whenever they want to feel more calm and relaxed
- Realerting: not specified
- Patient given recording to practice daily (standard or individualized)

Subsequent sessions: suggestions

- Ability to control gut
- Using warmth of hand on abdomen as a signal of comfort
- Visualizing the gut working normally: may use metaphor
- Imaginal rehearsal

Subsequent sessions: post-hypnotic suggestions

- Practice will lead to gradual increase in control over gut
- Process takes time and persistence but is achievable
- Reduce symptoms in the moment by putting hands on abdomen and visualizing the gut working normally

Amsterdam protocol

Vlioger A et al. Gastroenterol 2007; 133:1430-1436

- 6 sessions (50 minutes each) over 3 months
- 1st session: discussion of DGBI and hypnosis

HypnoRx sessions:

- General relaxation
- Control of abdominal pain and gut function
 - Visualization of normal gut function (may use metaphor)
 - Helpfulness of hands on belly
- Ego-strengthening