

PAIN RELIEF AND THE POWER OF YOUR IMAGINATION

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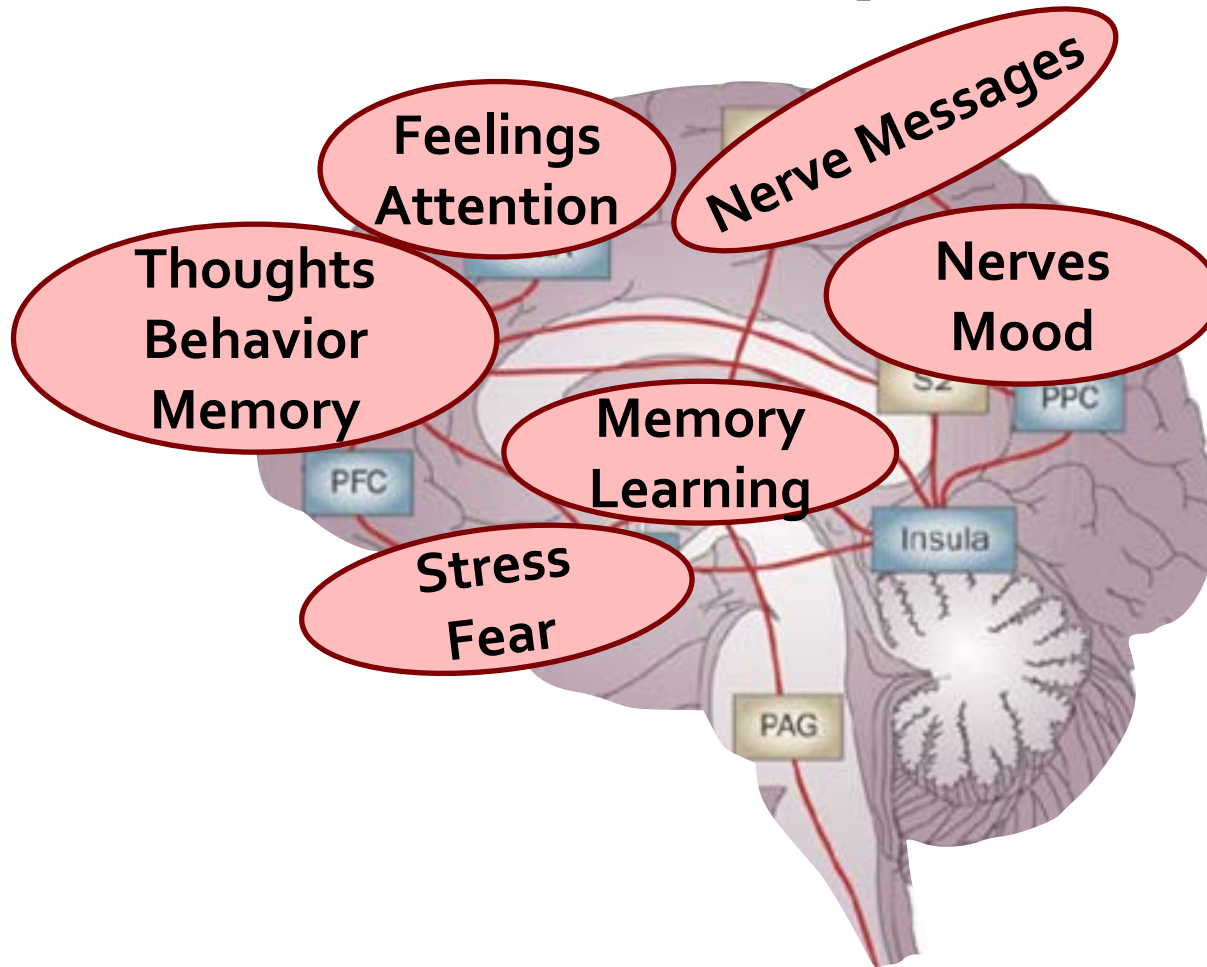


All pain is real

All pain is complex

**Thoughts, feelings, attention, and social context
can alter the experience of pain**

Brain-Pain Pathway(S)



Mind-body treatments target
physiological pain processes

Our thoughts, focus, and feelings
can change pain-brain pathways

(Jensen, Day, & Miró, 2014; Simons & Basch, 2016; Simons,
Elman, & Borsook, 2014; Zeidan et al., 2015)

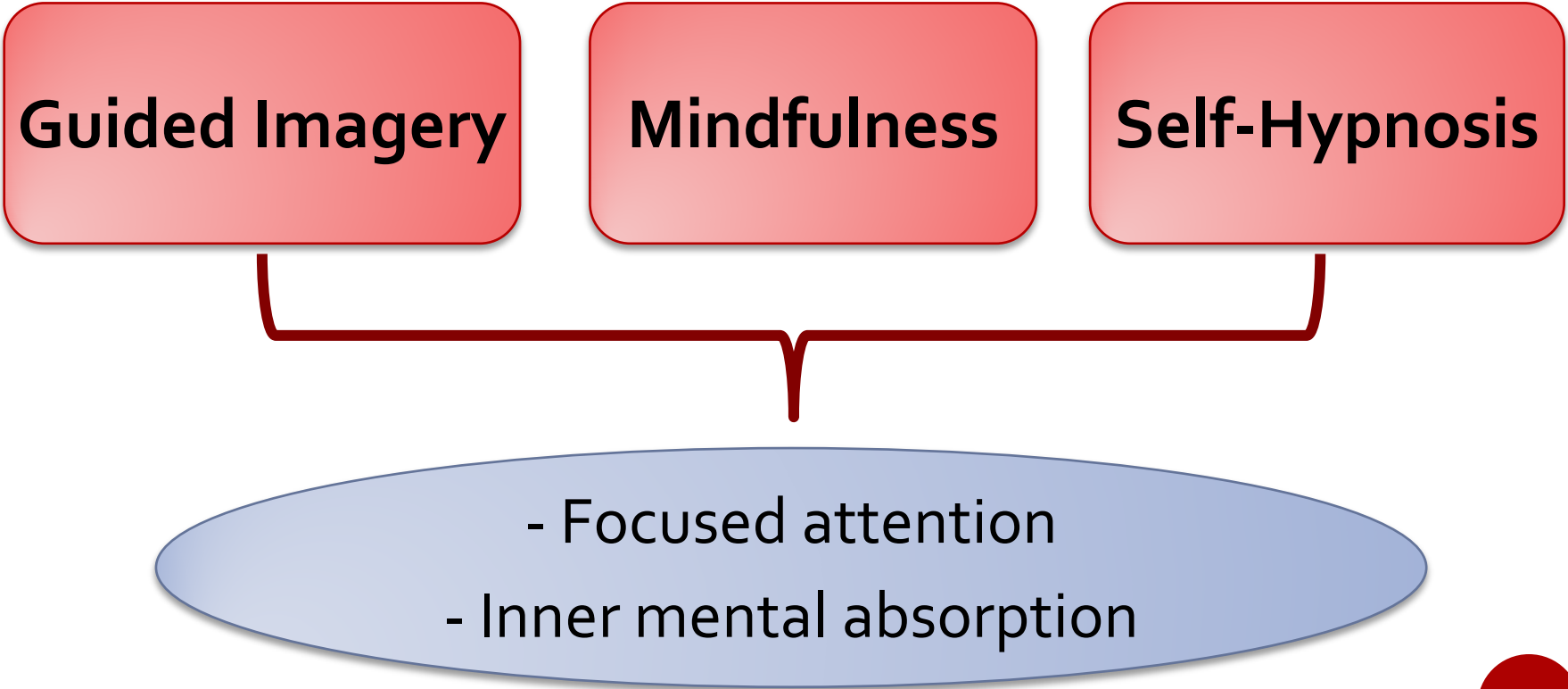


“Imagery” and “Neuromodulatory” Treatments

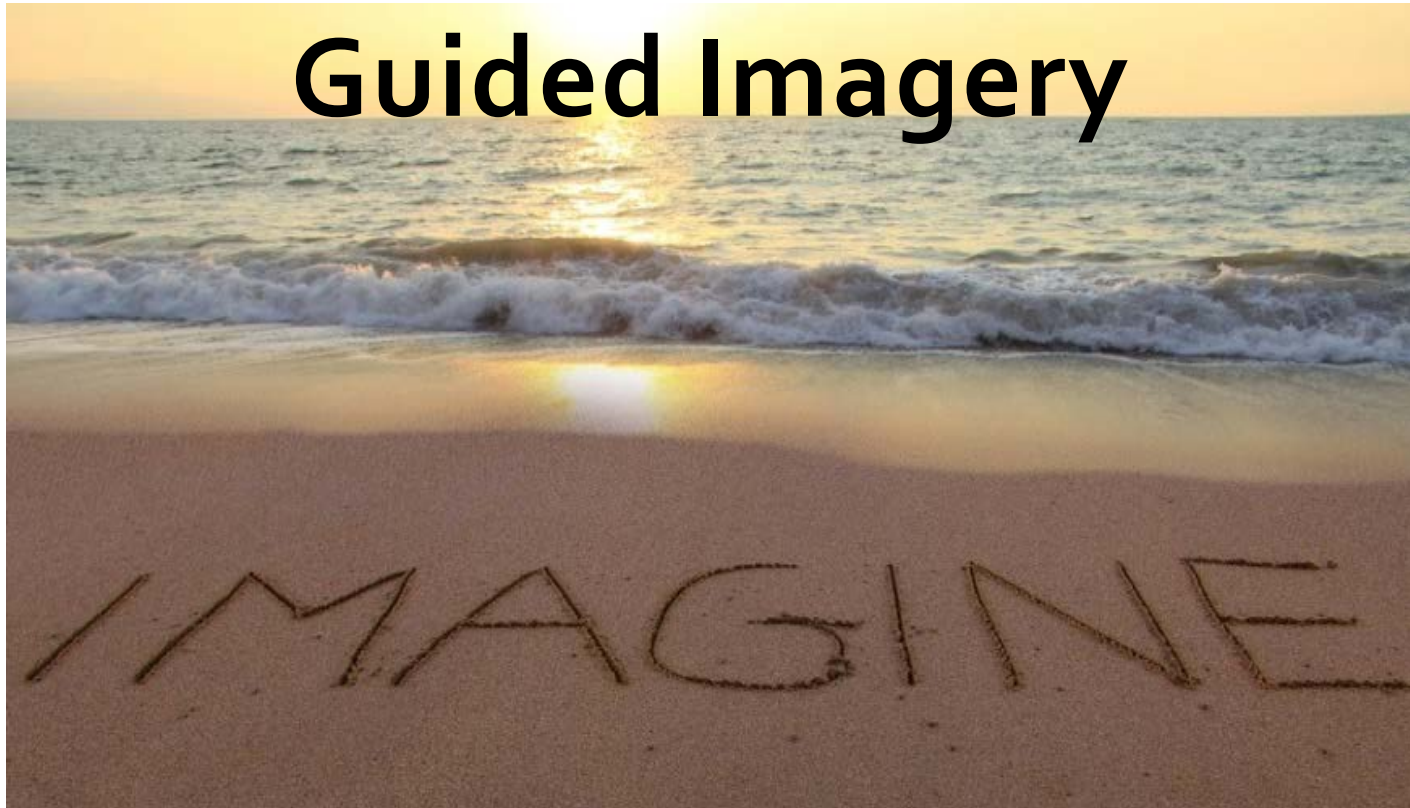
Guided Imagery

Mindfulness

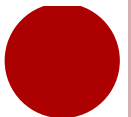
Self-Hypnosis

- 
- Focused attention
 - Inner mental absorption

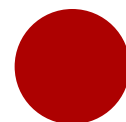
Guided Imagery



- 🕒 A guided exercise to help you “daydream on purpose”
- 🕒 Engages all of your senses to focus on relaxation/enjoyment



Let's practice!



Mindfulness

- 🕒 Actively, purposefully paying attention
- 🕒 Observing present moment experiences (thoughts, physical sensations)
- 🕒 Observing in a non-judgmental, accepting manner



Mind Full, or Mindful?



What to do:

- Observe
- Describe
- Participate

How to do it:

- Non-judgmentally
- One moment at a time
- Effectively, doing what works



Self-Hypnosis

- 🕒 A state of heightened focused attention
- 🕒 Involves a goal to bring about a specific change
- 🕒 Utilizes imagination and the brain's ability to regulate the body and take control of pain, mood etc

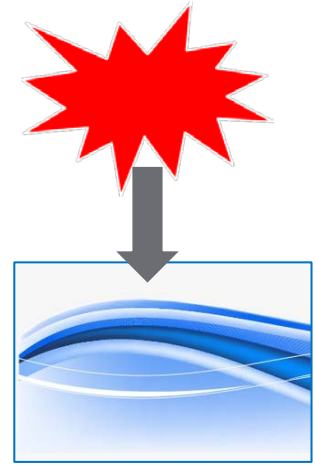


Hypnosis treatment approach examples:



Favorite place

- Where nothing bothers you



Pain switch

- Dial down the pain



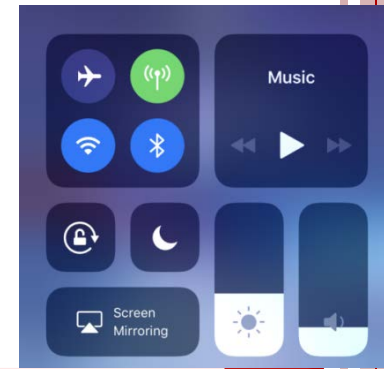
Magic glove

- Protect body from discomfort



Control center

- Change sensations, mood

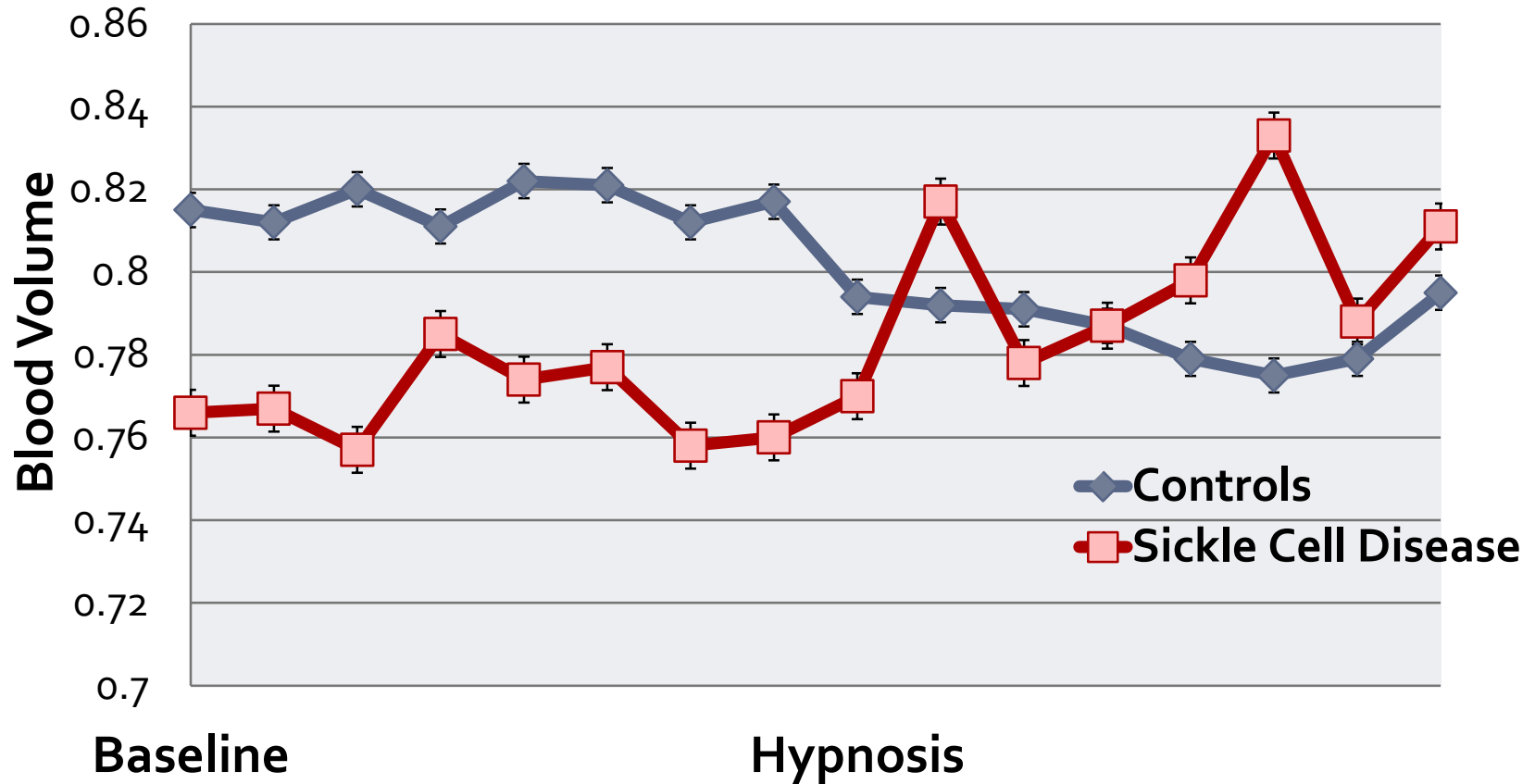


Lesley's Favorite Place Video by Dr. Kuttner

🕒 <https://youtu.be/664kpkpiK38>



Effects of Hypnosis during Pain in Sickle Cell Disease



(Bhatt, Martin et al., 2017)



Guided Imagery and Pain

at the
UCLA Pediatric Pain and Palliative Care Program



Participate in a Guided Imagery Study

You may be eligible if:

- You are between 12 and 18 years old
- You have been diagnosed with sickle cell disease

Participation involves coming to UCLA for 1 laboratory visit. The visit will take 2 hours.

You will:

- Answer questions about your experiences with pain
- Complete a brief guided imagery or story-based exercise with a trained clinician. Guided imagery involves using your imagination to picture yourself in your favorite place.
- Participate in laboratory stress tasks involving heat, before and after the exercise
- Complete a brief interview about your experience

You will receive \$100 cash at the end of the study

Your parent will receive either \$25 or \$40 cash (depending on how far away you live) to cover transportation and parking

For more information, call or text the UCLA research team:

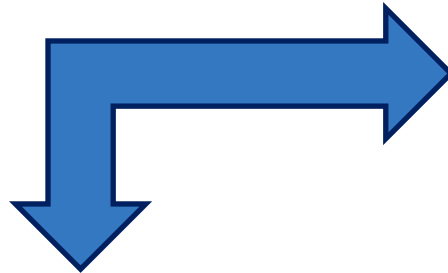
(310) 500-8680

or email SRMartin@mednet.ucla.edu

Dr. Sarah Martin, PhD, and Dr. Lonnie Zeltzer, MD, at the UCLA Mattel Children's Hospital are conducting this research

Protocol ID: IRB#17-000618 UCLA IRB Approved Approval Date: 3/16/2018 Through: 3/15/2019 Committee: Medical IRB 3

Current/Future Directions



🕒 Examine the effects of hypnosis and social factors on pain in teens with SCD

🕒 Stay tuned for results...

UCLA  Childrens Hospital

Pediatric Pain & Palliative Care Program

Take Home Messages

- 🕒 All pain is *real* and complex.
- 🕒 Biological, psychological, social, spiritual, ... factors play a role in pain processing
- 🕒 Treating pain involves retraining the brain and nervous system...mind-body approaches are key!
- 🕒 Imagery and neuromodulatory-based treatments (mindfulness, hypnosis) may offer added relief



THANK YOU!

ACKNOWLEDGMENTS

Special thank you to all of the patients I've had the privilege to learn from and the research participants that allow us to keep improving our treatments.

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