



The Patient Whisperers

The BP Cuff Relaxation Induction™

1. Invoke a memory. Use visual stimuli.

“You remember a time when you went to a doctors office, a hospital, or any medical facility, and the doctor or the nurse took your blood pressure, right?” *(Show client the stethoscope and/or BP Cuff)*

2. Invoke an emotion and feeling.

“You remember how that felt, right? Well, I want you to remember what that was like and in a moment we are going to do that again...”

3. Invoke a sensation. Use Kinesthetic stimuli. Use anchoring.

****“Now, let’s get ready to take a blood pressure”** *(Don’t say anymore words and wait for the client to move their arm into the horizontal position, as this shows they are compliant. When the arm moves, place the blood pressure cuff on the arm and give it a slight squeeze.)* “That’s right...now I’m going to inflate the cuff but not too tight on THIS arm.” *(Inflate the blood pressure cuff to a comfortable but tight pressure of no more than 80mmHg**.)* “Close your eyes and focus your attention on the sensation of the blood pressure cuff on THAT arm.” *(Dissociating the arm being used)* “In a moment, I will release that pressure in the cuff..... slowly, and when you notice that pressure decreasing... notice how good it feels as the tension releases and the muscles relax. Then send that sensation to the whole arm, all right?” *(Release the pressure anchoring it to a state of relaxation.)* “That felt good, right? Good... Now, keep your eyes closed and we will do it again. This time send that sensation of release and relaxation down both arms and double the sensation.” *(Re-inflate the cuff. Release the pressure a little slower than before.)* “Now, allow that sensation of release and relaxation to double and move right now, down both arms, that’s right, relaxing, releasing, releasing, relaxing, doubling that sensation, that’s right”.....”Keep your eyes closed now”. “That’s right, now take a deep breath, hold it.....and let it out slowly.....that’s right” “Now, you are going to do this one more time, still keeping your eyes closed, and this time send that relaxation all over your body” “That’s right” *(Inflate the cuff a little more tighter this time, and deflate even longer.)* “Now, imagine sending that sensation of release and relaxation all over your body now from head to toe, that’s right, relaxing, releasing, relaxing, releasing, as tension releases, muscles relax, the whole of your body becoming so relaxed now ,..... so heavy,..... so loose,.....thats right”

4. Gentle fractionation. Re-emerge the client. Invoke anchor to induce.

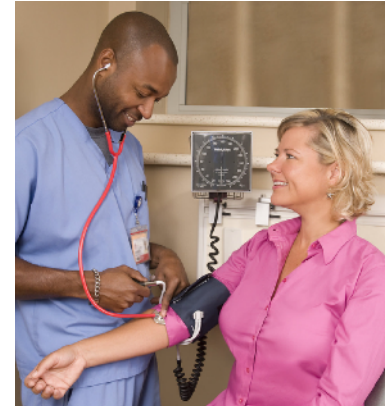
“In a moment I’m going to count to three, then and only then on the count of three you will open your eyes. One, getting ready to come back into the room. Two, take a nice big deep breath in. Three, open your eyes feeling absolutely wonderful and notice how relaxed you are. That’s great...” *(Inflate the cuff a little bit or squeeze the arm and release it.)* “Now I want you to close your eyes, breathe and relax, breathe and relax, that’s right, breathe.....and....relax...going deeper and deeper into that wonderful relaxing state you enjoyed a moment ago...”

5. Suggestions and trance work.

(Insert whatever your client needs here...)

6. Re-emerge client.

And on the count of three you will open your eyes. One, getting ready to come back into the room. Two, take a nice big deep breath in. Three, open your eyes feeling absolutely wonderful and notice how relaxed you are. That’s right...



****This induction can be done without BP cuff by either squeezing the arm or having the client tighten the arm to simulate the cuff inflating. Also, maximum pressure of 100mmHg should be used by non-medical personnel.**