

# Goodbye to back pain?

New research reveals unconventional treatments are helping to end the misery of millions of back pain sufferers

By Jo Waters

to recommend it to anyone.

For Joanna Denham (52) hypnotherapy brought about a breakthrough. Joanna was in constant pain after a car accident.

"Although the accident I was in was not a serious one, it left me in constant pain all up my back," says Joanna, from Fulham, west London. "I found it impossible to sit down at my desk and work and I couldn't sleep. The only way I could cope was to take painkillers constantly. This went

on for months and doctors couldn't help me. I saw an osteopath and chiropractor, but neither stopped the pain. In desperation I decided to try hypnotherapy as I'd read it could help with learning to control your own pain.

"My hypnotherapist, Monica Black, explained that clinical hypnotherapy is not about putting you in a trance like stage hypnosis, more about getting you into a deeply relaxed state where you are able to take on board positive suggestions.

**'I was able to sit without any pain at work'**

"Monica hypnotised me to believe that my hand was numb by imagining that it was immersed in a bucket of ice – I was fully conscious and totally aware of what was going on around me.

"She told me she would pinch my hand quite hard and that, although I would feel sensation, I would not feel any pain. To my amazement she was right. By applying my hand to my back I could get the same effect and block out the pain. It worked in the first session but I went back for three more to perfect the technique.

"The sessions cost £95 each but the difference they made was incredible. I was able to sit without pain at work and even go to the gym. If I ever get any pain now I don't panic and tense up, because I know I can manage it myself."

London hypnotherapist Monica Black says: "Hypnosis is useful for pain management, particularly for conditions like back pain. It teaches you self-help techniques to control your own pain."

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