

I Got a Woman Pregnant, And I didn't Even Touch Her

By Steven Lance, ACH, MH

For nearly three years, I worked, two days per week in a North Jersey OB/GYN office helping their patients with the reduction and management of the Stress, Pain and Anxiety associated with concerns that included Postpartum Blues and Depression, Childbirth, PMS, Sexual Problems and something known as, "Unexplained Infertility." It was this last condition that had one of the practices doctors ask if I could help on of their patients whom they had diagnosed with Unexplained Infertility.

In a WebMD on-line chat on the subject, Dr. Kaylen M. Silverberg explained the condition, "Unexplained infertility is the inability to conceive or carry a pregnancy following one year of unprotected intercourse when the infertility evaluation is completely negative."

Naturally, there are a number of allopathic approaches that include numerous tests, X-rays, injections for the female partner, and semen analysis for the male partner. But, before accepting the case, I decided to do some of my own research to help me determine if Clinical Hypnosis could be of some assistance. What I learned was that in some instances, the unexplained infertility is caused by stress. Stress that can cause any number of problems that can interfere with a woman's ability to ovulate, from the formation of healthy eggs, to having those eggs drop into position for fertilization. Stress can alter vaginal Ph levels, and so forth. Any one of these concerns, or combinations of these stress-related concerns might be at the root of the patient's condition.

I accepted the case and designed a short program to treat my client for stress and anxiety. The client, a 23-year-old married woman whom I will call "Linda" for discussion purposes, began seeing me at the end of 2003. She had two complaints that we needed to address--Unexplained infertility and painful sex. The painful sex incident occurred after her wedding, which took place two years before her visit to my office.

What came out during the Parts Therapy session was that after her wedding, her new husband and her retired to their hotel room after having something to eat. The spoke for a while and then became amorous. Linda said that she tried to have sex, but couldn't. In cases such as this, there is very often an incident of sexual abuse, or attack, such as rape.

I began with some very basic stress reduction therapy during the first two sessions, prior to Parts therapy, which I had slated for the third session.

During the nearly two-hour Parts therapy session my client revealed a childhood incident that could logically be linked to her sexual and fertility complaints.

The scene that was described put my client, at age 8 or 9. She recalled playing the board game "Life" with her older (age 12) brother, whom we will refer to here as Rick. He suggested they play a game in which he would "kidnap" his younger sister (a game she went along with). He took her upstairs to his room and left her alone for a few minutes. When he returned, he was completely naked, and to her best recollection, aroused. He began "touching" his sister "all over" with his hands and spoke to her as he was still playing the "kidnapped game." Rick, she said, wanted to go all the way, but she somehow knew, even at that young age, that she might get pregnant, and resisted his advances and ended the game. Nothing further happened, and Rick in no way hurt his younger sister, physically. However, it was apparent that he had hurt her subconsciously.

Following the standard Parts Therapy program, I moved to the healing portions which helped her "let go" of the incident and replace the negative behaviors with positive behaviors that included getting more organized, taking up photography and practicing more on her musical instrument.

Satisfied that she had dealt with the anxiety of that childhood incident, I followed up in the next session with a direct suggestion therapy to help improve her sexuality and selected, "A Woman's Awakening" by Linda Otto. In these cases, depending on the success of the Parts session, I would recommend following up during with one or two sessions using appropriate Ericsonian scripts such as, "Adult Survivors (of abuse)," and/or "Victims of Abusive Childhoods."

I closed out her treatment the following week (the 5th) with a script that I use in the last session for every female client. It is a script designed to comfort the client, while at the same time building their self-esteem. It is a beautiful script, written by my colleague and friend, whose loving personality and inner beauty shines through in the words she composed for her, "Garment of Love," therapy. That's it. I was done with this client and had no further sessions booked.

A couple of weeks later, I walked into the OB/GYN office for my afternoon sessions and noticed Linda seated in the waiting room reading a magazine.

"Hello," I said walking over to her. "Hello, Steve," she replied. "Is everything okay? Because, I don't believe that you are on my afternoon sessions today?" I asked. "No, everything is fine," she said. "I'm here to see Dr. Atoz . . . , she thinks I'm pregnant. . . with twins!" "Really? That's wonderful," I said.

"Thank you so much," she began. "I just can't thank you enough. If there is anything I can ever do for you, please let me know," she offered. "Well," I began,

“There is one thing you can do for me?” “What is it,” she asked curiously. “Just name one of the babies after me,” to which we both shared a smile.

**Steven Lance, ACH, MH
BIO**

Steven Lance, ACH, MH, PhD(c) holds an Advanced Clinical Hypnotherapy and Master Hypnotherapy degrees from The Institute of Hypnotherapy. He is currently working toward his PhD in Holistic Nutrition from the Clayton College of Natural Health, where he is specializing in teas and herbs for gastrointestinal concerns.

Steve's practice, which began in 2001, specializes in women, and the reduction of stress and stress-related concerns that include pain management, insomnia, IBS and Fibromyalgia.

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