

HYPNOSIS WORKS!

Rev. Fr. Martin J. Patton

"*Life is hard*," writes Scott Peck in *The Road Less Traveled*. Once you realize that fact, it becomes easier to cope. Each person faces many challenges everyday throughout life. Some are routine, like getting out of bed when the alarm goes off, or navigating rush hour traffic. Others are more complex, like choosing a college or a spouse. Then there are the very difficult challenges such as relocation, mid-life career changes, serious illness, and the loss of a loved one.

No one gets through life unaffected by some of these challenges. Yet each person copes differently based on individual circumstances; one can adapt positively or negatively to any change or new challenge.

Thankfully the challenges that I've had in the past, prepared me for the challenges of losing my right foot, the aftermath of a heart attack, living in a wheelchair and physical therapy. My mid-life career change to become a hypnotherapist has stood me in good stead in the past five months.

Let's begin in October, or possibly in August. Returning to a motel from training sessions in New York and Pennsylvania I cut a corn off my right foot near the little toe and I dug too deeply. It got infected. Even though I passed an emergency room everyday for the next eight weeks, I didn't get it taken care of. The doctor I did see told me to soak my foot in Epsom salts, which was bad advice. Anyway, by the time I did see another doctor the little toe had become gangrenous and needed to come off. I entered the hospital and they took the toe and flayed open the foot to release the poison. For this operation I used my pre-op hypnosis and prepared myself to undergo the surgery with comfort and healing. The operation worked and I was out of the recovery room in 15 minutes, having taken very little anesthesia. I experienced a little discomfort but no pain, even when they placed the open wound in the whirlpool bath to increase circulation.

My surgeon was a friend and back in the early eighties thought I was crazy when I told him about the effects of hypnosis on surgery. Back then I was supposed to be off for three months for gallbladder surgery but I was back to work in three weeks.

The next Sunday we got the news that the infection had not been controlled by the earlier operation and that the foot would have to come off. The operation was scheduled for Wednesday. This time I had more time to prepare for the surgery and the first thing I did was accept the fact that I would lose my leg (at that moment they didn't know how far the infection had spread). I told my doctor to only take what he needed but he had me sign permission for the whole leg if it was needed to save my life.

I began programming myself for pre-op and post-op recovery. I said Mass that morning and asked for the prayers of those I loved and went to surgery programmed to

recover. The amputation took about an hour and everything went well, he only needed to remove my foot from just above the ankle. I was out of the recovery room again in 15 minutes and was coherent and talking and healing. I was healing very quickly and was moved to a rehab hospital. In the rehab hospital I got some bad advice from the resident physical therapist that put me about three weeks behind. She was good at stroke victims but not with amputees. However, I did learn to use a walker and the wheelchair. My occupational therapist had trained in Detroit and was excellent. I was helped in getting my home set up to receive my return. The home care physical therapist was wonderful, having trained with amputees at Northwestern University and fully aware of my needs and my training. I progressed quickly under her tutelage and moved quickly to getting my prosthesis and learning to walk on two feet. For each new task I would use hypnosis to work out the details and the movements.

Throughout this conditioning I had no physical pain; not from the operation, not from phantom limb, not from the exercises and not from the other surgery.

The "other surgery" occurred on Sunday, November 9th. I had a severe chest pain from one o'clock until 2:30 PM. I chalked this up to indigestion. When talking to Dr. Denise Bokor in Florida that night I described my feeling and she sufficiently chewed me out that I immediately called 911 and got transported to the hospital where they found a blockage in the right coronary artery. They had to wait until Wednesday, when my medication that would interfere with the angiogram would be out of my system. Wednesday morning I had the angiogram done and was sent that afternoon to another hospital to have the angioplasty and a stent installed. Again I used hypnosis and was released from the hospital the next day at noon. My heart doctor feels that I'm fully recovered, and is amazed at how swiftly.

"Life is hard," says Scott Peck.

Life is only hard when you fail to accept change and challenges. And when you use your mind for recovery you heal quickly and are motivated to take the challenges and conquer them.

Contact:

*Rev. Fr. Marty Patton
Attitudes For Wellness
9200 Montgomery Rd., Suite 12A
Cincinnati, OH 45242-7789
(513) 793-5777 line 4
E-mail: FrMarty_Patton@fuse.net*

Editor's Note

Father Marty is currently the President of the International Medical and Dental Hypnotherapy Association. He has been in our thoughts and our prayers throughout his "changes and challenges," and we are grateful that he has conquered them!