



BODYWISDOM - CASE STUDY

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In this age of “high tech” medical diagnostics, when doctors are required to know an ever increasing amount of medical knowledge, the patient’s unconscious mind remains a largely untapped resource of knowledge about the body’s functioning. This fact had not escaped Dr. Albert Schweitzer who, in a conversation with Norman Cousins(1979) said, “Patients carry their own doctor inside. They come to us not knowing the truth. We are at our best when we give the doctor that resides within each patient a chance to go to work.”

In June of 1989 Bill, a 30 year old computer consultant was operated on for a fragmented disc-the result of an injury 10 year earlier. Following this surgery, the pain in his lower back was gone. Four months later his neck began to hurt and not his back. Bob’s doctor ordered several tests, including an M.R.I., and an E.M.G. He consulted a neurosurgeon and a neurologist. They could find no reason for his symptoms. Still he had pain. Episodes of numbness soon developed in his right hand and were increasing weekly until even feeding his

infant son proved all too painful. He was prescribed pain killers, muscle relaxants and valium. Two years later, after numerous consultations, tests and pain killers, Bob’s doctors were scratching their heads. They began telling him that he may have to learn to live with the pain. Here was a 32 year old man, one time weight lifter, only six months into fatherhood, who couldn’t feed, much less lift his son without pain. He couldn’t drive a car for longer than an hour without numbness and would always pay a “painful” price the day after lifting anything of weight. He was looking rather discouragingly down the road at a life of increasing physical disability when his wife suggested that he see the hypnotherapist/psychologist who taught her how to have a hypnotic delivery of their son. Maybe he could at least help Bill control the pain.

Bill took his wife’s advice and learned to go into hypnotic trances quickly. While in his third trance, Bill discovered that his unconscious mind understood a lot more about the nature of his problem than did



anyone. His unconscious mind knew that his problem wasn't psychological, as had been inferred by one of his doctors. Instead, to his amazement, Bill discovered his unconscious recognized a physical problem between the fifth and sixth vertebrae. If that weren't enough help, as he awakened from his trance, his right index finger was pushing gently on the right side of his neck at the fifth and sixth vertebrae. He opened his eyes and said: "They have to look at it from the right side (pause)..., but how can I know that??"

As Bill drove back home that night he became more and more confident in his belief that something was pinching the nerve to his right hand and arm. He kept thinking about how the myelogram test he and his physician had discussed six months earlier would surely confirm his neck problem. The next day Bill confidently related his new found discovery to his personal physician who also knew the hypnotherapist/psychologist. His doctor immediately ordered the myelogram test, which had to be interpreted by the neurologist. The neurologist remained skeptical until half way thru the testing he walked up to Bill, and pointing to the x-ray taken from the right side of Bill's neck said: "this is where you need the surgery-between the fifth and sixth vertebra. The nerves to your right hand and arm are being pinched." Just to make sure, a CAT-SCAN was quickly performed which also confirmed the problem between the fifth and sixth vertebra.

The Friday before Thanksgiving Bill had a very successful surgery. At his first post surgical check up, 10 days later, his neurosurgeon told him that he was three weeks ahead of schedule in his healing.