

MANAGING YOUR MEDICAL EXPERIENCE

THE INFORMATION YOU NEED

*PLUS Self-Hypnosis tips for finding
comfort with your tests and treatment*

Elvira V. Lang, MD, PhD, FSIPL, FSGCH



Managing Your Medical Experience Elvira Lang

Mark Steyvers



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Managing Your Medical Experience Elvira V. Lang, 2014-05-27 The information you need to manage medical experiences to your best advantage from scheduling an appointment through tests and treatment Insight and tips for coping with specific medical situations Background information to put issues in perspective Proactive strategies and solutions to better prepare for surgery dentistry MRIs endoscopies angioplasties or any other medical encounters Plus Comfort Talk techniques newly revitalized and adapted for personal use The same techniques acclaimed internationally by major medical centers for fast natural safe relief of the stress and pain that can accompany medical tests and treatments have been carefully adapted for personal use to help you attain immediate relief when you need it where you need it *Hoe helpende zorgtaal werkt* Nicole Ruyschaert, 2024-10-01 Hoe voorkom je stress in zorgsettings Kan je pijn bij de patiënt verminderen door je communicatie aan te passen Welke hulp biedt verbeelding bij medische procedures Communicatie vormt de kern van ons zorgsysteem Wanneer we in een medische setting negatieve taal gebruiken kan dit angst en pijn verhogen door een nocebo effect Onbedoeld versterken we de negatieve focus van de patiënt Hoe helpende zorgtaal werkt onderzoekt hoe we suggestieve communicatie en positief taalgebruik kunnen inzetten in de zorg om de effecten van angst stress en pijn te verminderen Hulpverleners die helpende taal integreren in hun praktijk zien meer tijdswinst meer patiënttevredenheid en minder stress in het team Zorgprofessionals zoals artsen verpleegkundigen en paramedici vinden in dit boek praktische technieken en specifieke begeleidingsmethoden voor een breed scala aan medische settings waaronder de kinderafdeling de operatiekamer het bevallingskwartier de ambulante medische zorg en radiologisch onderzoek Hoe helpende zorgtaal werkt onderzoekt hoe alledaags taalgebruik pijn en angst van patiënten laat toenemen en geeft je een schatkist vol alternatieven helpend woordgebruik en scripts Elvira Lang interventieradioloog voormalig universitair hoofddocent radiologie aan de Harvard Medical School oprichter en CEO van Comfort Talk Elk woord telt zeker op momenten van kwetsbaarheid Mits goedgekozen juist gedoseerd en liefdevol gesproken worden ze heilzaam Daarom is dit handboek een must read voor elke zorgverlener Omdat helpende taal echt werkt Piet Leroy kinderarts intensivist hoogleraar Procedurele Sedatie en Analgesie bij kinderen Universiteit Maastricht en wetenschappelijk directeur van PROSA kenniscentrum Zelfs in een hoogtechnologische omgeving is menselijke interactie cruciaal Patiënten hebben de kracht om stress te beheersen zorgverleners versterken dit door behulpzame communicatie Sabine Maes anesthesist Universitair Ziekenhuis Antwerpen Dit boek is een must read voor elke zorgprofessional De boodschap is helder elke hulpverlener kan leren gebruikmaken van hypnotisch en positief taalgebruik om via stress angst en pijnreductie het effect van een medische behandeling te optimaliseren in een context van comfort rust en vertrouwen Erik de Soir voorzitter Vlaamse Wetenschappelijke Hypnosevereniging VHYP Deze technieken van positief communiceren zijn een onmisbare tool geworden in mijn anesthesiepraktijk ze helpen me om snel verbinding te krijgen met patiënten en zo hun angsten te verminderen Birgitte

Vangehuchten anesthesist AZ Sint Lucas Gent **Helbredelsens psykologi** Jo Marchant, 2016-03-17 HELBREDELSENS PSYKOLOGI giver os et fascinerende og videnskabeligt velfunderet indblik i hvorfor alternativ behandling får folk til at føle det bedre. I sin jernbane af en bog dykker den anerkendte britiske videnskabsjournalist Jo Marchant dybt ned i den nyeste forskning og stiller spørgsmål om lene. Er tilhængere af alternativ behandling på vildspor eller har de fat i noget? Kan vores tanker tro og følelser påvirke vores fysiske helbred? Kan vi træne hjernen til at helbrede kroppen? Jo Marchant rejser verden rundt og taler med læger, patienter og forskere. Vi lærer hvordan meditation kan afhjælpe depression og demens, hvordan sociale relationer gør levealdren og hvordan patienter som oplever omsorg fra andre kommer sig hurtigere efter en operation. Vi er med når en transplanteret patient beroliger sit fjendtlige immunforsvar med duften af lavendel og vi møder børn hvis ADHD kan holdes i skak med den halve dosis medicin hjulpet af placebo effekten. HELBREDELSENS PSYKOLOGI er Jo Marchants første bog på dansk.

Gezond verstand Jo Marchant, 2016-03-26 De geest heeft effect op het lichaam daar zal niemand aan twijfelen. We hebben allemaal wel eens kippenvel bij een mooi liedje, krijgen tranen in de ogen van een ontroerende film of raken opgewonden van een stem of gedachte. Maar het idee dat je met gedachten ook genezing kan bewerkstelligen is gekaapt door new agegoeroes en vage spirituele figuren. En dat heeft de reputatie van de geest in de wetenschap bepaald: geen goed gedaan. Daar maakt Jo Marchant een wetenschapper in hart en nieren met *Gezond verstand* een einde aan Nieuwsgierig, sceptisch en nuchter. Scheidt ze feit van fabel? Ons brein is geen wondermedicijn, maar het kan wel een pijnstillertje zijn, een ontstekingsremmer, een antidepressivum en nog veel meer. Op grond van recent neurologisch en medisch onderzoek laat Marchant zien wat nu echt de kracht van de hersenen is.

Cúrate Jo Marchant, 2017-03-16 Este interesante libro lanza una mirada escéptica e indulgente hacia las nuevas disciplinas y metodologías modernas de la psicología desmontando algunos mitos pseudocientíficos pero al mismo tiempo revela nuevos enfoques menos agresivos y más integrales para el cuidado de la salud y la prevención y el tratamiento de enfermedades. Es capaz la mente de sanar el cuerpo. La respuesta a esta pregunta genera controversia. La idea de los pensamientos que sanan ha sido utilizada por curanderos y gurús espirituales pero tal y como se prueba en este libro existen investigaciones científicas serias y rigurosas que muestran que nuestros pensamientos, creencias y emociones tienen efectos beneficiosos para nuestra salud. La periodista Jo Marchant recorre en *Cúrate* algunos conceptos: la hipnosis, la meditación, los placebos o la visualización positiva y los analiza fuera del ámbito de la pseudociencia. Basada en las investigaciones más recientes, la autora analiza el potencial y las limitaciones de la mente para influir sobre nuestra salud y explica cómo se pueden aplicar estos hallazgos en nuestra vida diaria. Best seller en The New York Times. Mejor libro de 2016 según New York Post. Mejor libro de ciencia de 2016 según New York Magazine. Mejor libro mente-cuerpo de 2016 según Spirituality Health. Mejor libro del año según The Sunday Times. Mejor libro del año según The Economist. Finalista del Royal Society Insight Investment Science Books Prize 2016. Reseñas: *Cúrate* va dirigido a todo aquel interesado en las últimas investigaciones relacionadas con el vínculo mente-cuerpo. Una lectura reveladora que intenta

separar todo aquello que se rige por las emociones y los deseos de lo probadocient ficamente Washington Post Una provocadora exploraci n intelectual acerca de c mo la mente puede afectar al cuerpo y c mo puede ayudar a tratar dolencias f sicas Economist no ser a de extra ar que propiciase cambios de envergadura en la manera que tenemos de ejercer la medicina New York Post Marchant ha tendido un potente y crucialmente necesario puente conceptual para todos aquellos a quienes les frustran las explicaciones pseudocient ficas de las terapias alternativas pero tambi n les intriga el poder potencial que tiene la mente para causar y tambi n para tratar algunas dolencias cr nicas relacionadas con el estr s Publishers Weekly Jo Marchant explora de manera convincente y documentada un tema tan controvertido como es el poder de la mente para sanar el cuerpo Haciendo uso de una prosa gil y sencilla Marchant aborda las pruebas de la conexi n mente cuerpo Science News Un repaso equilibrado e informativo de un tema que levanta pol mica Kirkus Reviews *The Ladies' Home Journal* ,2009-07 *Forthcoming Books* Rose Arny,1996-10 *Who's who in the West* ,2001 **Media Report to Women** ,1982 Who's who in the World Marquis,1990 *Who's who in the East* ,1948 Includes names from the States of Connecticut Delaware Maine Maryland Massachusetts New Hampshire New Jersey Pennsylvania Rhode Island Vermont and West Virginia and in Canada from the Provinces of New Brunswick Newfoundland Nova Scotia Prince Edward Island and Quebec also includes the eastern half of Ontario and no longer includes West Virginia 1994 **Who's who in the South and Southwest** ,1993

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