

## The Perfect Pain Relief Pre-Talk

In my opinion, a great pre-talk is one of the most undervalued techniques an NLP/Hypnosis Practitioner can use. Especially when it comes to Pain Relief.

When we remember that so much of what causes our clients to hold onto their problems is the \*Belief\* that they have to, we can take advantage of a great pre-talk that helps to dispel many of the limiting beliefs, while simultaneously building positive beliefs about what is possible.

We've all heard of the "Placebo" effect, but not as many have heard of a "Nocebo" effect.

A Nocebo effect is literally a hypnotic suggestion, often given by well meaning doctors that they will have to "Learn to live with the pain".

### Links To Pre-Talk Videos:

- Understanding Pain In Less Than 5 Minutes: <https://www.youtube.com/watch?v=5KrUL8tOaQs>
- What The Bleep Do We Know Brain Clip: <https://www.youtube.com/watch?v=6Bkl8LD24y0>  
Pause this video at 2:07 to expand on the concepts mentioned. Then continue showing your client the rest of the clip, and remember to give important distinctions regarding the end quote "If you can't control your emotional state, it means you must be addicted to it".

**Some of Kevin's "Go To Techniques" to give client's relief of pain as quickly, effectively, and as safely as possible include, but are not limited to...**

- Submodality shifts such as "Pain as an object", "Changing Color", "Spinning", etc.
- Simplified Parts Work
- EFT
- Modified Fast Phobia "Cure" for if/when the chronic pain was brought on by a physical trauma, like a car accident for example.
- Elman induction (for teaching the client how to physically relax on their own with the arm drop)
- Time Quest Trance-Formation (this one is more in depth and mostly for addressing the emotional components of chronic pain if/when there is a need to).
- Seeing Yourself Through The Eyes of Love (Also good for addressing the emotional components of chronic pain if/when there is a need)

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[www.nlptrainingquest.com](http://www.nlptrainingquest.com)

For information on training or one/one sessions with Kevin Cole, call 1-888-QUEST-80  
or Email Us at [info@empowermentquest.com](mailto:info@empowermentquest.com)



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**\*\*Note that very often (although not always) with chronic pain, it is very important to address any emotional components going on in the person's life.**

For example, if they are suffering chronic pain from a car accident where someone was killed, there is quite possibly a connection between the emotional trauma and the physical trauma.

*"When we fail to pay attention, we are destined to pay in pain. That said... pain is a part of life... suffering is optional... when we pay attention to... learn from... and take action with what we are meant to learn from."*

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For Live Trainings, One on One Sessions, And or Products,  
Feel Free to Give Me a Call at 1-888-783-7880 or email me at  
[info@empowermentquest.com](mailto:info@empowermentquest.com)

Also be sure to visit us at [www.NLPTrainingQuest.com](http://www.NLPTrainingQuest.com)

If you'd like to join us for the upcoming Lake Las Vegas NLP, Life  
Coach & Hypnosis Certification Training  
starting October 6<sup>th</sup> let me know ASAP  
(It's quite possibly sold out already)

If it's sold out, then still contact me and we can look into getting you  
enrolled into a future course, including locations such as  
Hawaii, New Zealand, Las Vegas, and possibly San Diego.

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