

MIND POWER FOR STRENGTH, RESILIENCY & RECOVERY

KAY RYAN, RN, PhD. & STEPHANIE KORALESKI, PhD.



Objectives

Identify	Identify the role of Mind Power in promoting rehabilitation and healing for patients and caregivers.
Discuss	Discuss research findings that support specific mindfulness strategies that can be helpful for cancer patients and their caregivers.
Describe	Describe three benefits of using positive Mind Power techniques such as imagery, hypnosis, affirmation writing, and savoring positive experiences with patients and caregivers.
Demonstrate	Demonstrate the use of positive Mind Power techniques for cancer patients and caregivers.

Neuroplasticity



Mind Techniques using **Positive Neuroplasticity**

- **Affirmations:**

POSITIVE: “I AM”
or “My body IS...”

Imagine it!!!

REPEAT it!!!



- **Mind Full of GOOD**

Find POSITIVES “on purpose”

Savor Them

Learn to Learn from them

The RESEARCH:

Outcomes of Positivity Neuroplasticity Techniques

- **Affirmations** Yeoh, et al., 2026.
Zhanget al. 2025)

Positive Post Traumatic Growth

Positive Emotions

Engagement

Meaning

Positive Relations

(immediate and long-lasting)

- Neuroplasticity
<https://ncbi.nlm.nih.gov>, Calderone
et al.

- Mind Full of Good (TGC) –
R.Hanson, 2021)
 - Learning to Learn from
Positive Experiences
 - Cognitive Resources
 - Positive Emotions
 - Total Happiness

DEMONSTRATIONS

Positive Affirmations

1. IMPORTANT
2. POSITIVE
3. CLEAR
4. REPEATED A LOT

Mind Full of GOOD

- **H**ave
- **E**nrich
- **A**bsorb
- **L**ink



F
O
C
U
S



Guided Imagery

- Focused on senses
 - Sight
 - Hearing
 - Taste
 - Smell
 - Touch
- Used for relaxation and to promote well-being

Hypnosis

- Focused attention
- Reduced awareness of surroundings
- Increased responsiveness to suggestion
- Used to manage pain, change behaviors, bolster good health practices

Guided Imagery

Usually begins with calm breathing

Suggests that you imagine a calm scene

Encourages you to relax into the scene

Breathing

Stretching

Visualizing beauty

Using all 5 senses





What is hypnosis

- Natural state that happens to everyone
 - Example: driving home from work and not remembering the ride
 - Example: being engrossed in something and “losing” several hours, forgetting to eat lunch, etc.
- Can be induced
 - By a hypnotherapist
 - Under conditions of high emotion
 - When there is a power differential
 - When the person is in a state of semi-consciousness



Hypnosis

The practitioner induces a trance using focus and/or relaxation

During the trance (deep focus and relaxation), suggestions are made

Practitioner gently brings the client out of the trance

Types of Hypnosis

Stage hypnosis – for entertainment

Not recommended
May be harmless, but has been known to cause harm

Hypnotherapy – to aid therapy; often looking for past memories

Regression therapy
Aiding memory in criminal cases
Has sometimes been known to “create” false memories

Medical Hypnotherapy – to help enhance health

Managing pain
Hot flashes
Sleep
Smoking cessation
Weight management

MISCONCEPTIONS

I CAN'T BE HYPNOTIZED

IT'S MIND CONTROL

I'LL GO INTO TRANCE AND NEVER COME OUT

R E S E A R C H

Physical Symptom Relief

- Pain management
- Nausea/vomiting control
- Fatigue reduction
- Improved sleep
- Hot flash relief
- Faster recovery from surgery

Natl Institutes of Health; JAMA Netw Open

Psychological & Emotional Well-being

- Decreased anxiety
- Increased sense of control
- Improved mood and QOL
- Better coping

MD Anderson Cancer Center

DEMONSTRATION

After any
meditation,
relaxation, imagery
or hypnosis, take
some time to get
grounded
before getting up.



Summary– Putting it all together



Online Audio Resources

Various narrator so the Health Journeys label

- For sale on hayhouse.com

Belleruth Naparstek (pain, sleep, depression, cancer, caregiver stress)

- For sale on Audible (less than \$10 if you have an Audible Membership)
- Some are free to listen to on YouTube

Carol Ginandes, MD (Rapid recovery from injury, Relieve allergy)

- For sale on Apple Music
- For sale on Audible.
- Some are free to listen to on YouTube

Emmet Miller, MD (letting go of stress, sleep, cancer. 10 minute relaxer)

- Books and audios for sale on Amazon
- Some on YouTube

THANKYOU
for ALL you do!!

Bedankt

Gracias

Obrigado!

Vielen
Dank

Thank You

Köszönettel

Díky

תודה

Hvala

Grazie

Ευχαριστώ

References

American Psychologist © 2025 American Psychological Association ISSN: 0003-066X <https://doi.org/10.1037/amp0001591>

[The Impact of Self-Affirmation Interventions on Well-Being: A Meta-Analysis](#)

Calderone, A. Latella, D., Impellizzeri, F., Pasquale, P., Fama, F., Quarterone, A., Calabro, A. (2024). Neurobiological Changes Induced By Mindfulness and Meditation: A Systematic Review, *Biomedicines*. Nov15;12911): 2613. doi [10.3390/biomedicines12112613](https://doi.org/10.3390/biomedicines12112613)

Çınaroğlu, M., & Çınar, F. (2024). Evaluating the Efficacy of Hypnotherapy in Cancer Care: A Comprehensive Review. *Clinical Cancer Investigation Journal*, *13*(1), 13-22. <https://doi.org/10.51847/eg22059Hak>

Hanson, R., Shapiro, S., Hutton-Thamm, E., M. Hagerty, M., Sullivan, K. Learning to Learn from Positive Experiences *The Journal of Positive Psychology* – December 6, 2021, [Eight Days in July](#)

[Just One Thing: Be Mind Full of Good](#), Rick Hanson, Greater Good Magazine, https://greatergood.Berkeley.edu/article/item/just_one_thing_be_mind_full_of_good

Penazzi G, De Pisapia N. Direct comparisons between hypnosis and meditation: A mini-review. *Front Psychol*. 2022 Jul 15;13:958185. doi: [10.3389/fpsyg.2022.958185](https://doi.org/10.3389/fpsyg.2022.958185). PMID: 35911038; PMCID: PMC9335001.

Roffe L, Schmidt K, Ernst E. A systematic review of guided imagery as an adjuvant cancer therapy. *Psychooncology*. 2005 Aug;14(8):607-17. doi: [10.1002/pon.889](https://doi.org/10.1002/pon.889). PMID: 15651053.

Silva LAA da, Santana E de O, Marcondes L, Silva MN da, Andressa Blitzkow Scherer, Namie Okino Sawada, et al. Does guided imagery improve health-related quality of life in cancer patients? Integrative review. *Revisão integrativa. Cogit. Enferm*. [Internet]. 2021. <http://dx.doi.org/10.5380/ce.v26i0.75334>.

Yeoh, S.A., Bowie, A., Windsor, T., Russell, H., Kumar, S., Beatty, L. “Effectiveness of Positive Psychology Interventions for Cancer Survivors: A Systematic Review and Meta-Analysis.” *Cancer Medicine* 15, no. 1 (2026): e71368, <https://doi.org/10.1002/cam4.71368>.

Yunian Zhang¹, Boyin Chen¹, Xinyang Hu², and Minhong Wang¹ ¹ Knowledge Management and E-Learning Lab, Faculty of Education, The University of Hong Kong ² Department of Education, University of Oxford pp 1-16