Hypnotherapy for Cancer - My Practice In a Nutshell Transcript

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Introduction to Evan Learner

Client Testimonials and Travel for Treatment

Mind-Body Science and Stress

Holistic Healing and Treatment Support

well today we're diving into some pretty well today we're diving into some pretty fascinating stuff we're going to be fascinating stuff we're going to be looking at the work of evom learner oh looking at the work of evom learner oh okay a Cancer and Trauma recovery coach okay a Cancer and Trauma recovery coach and clinical hypnotherapist have you and clinical hypnotherapist have you heard of him yeah you know his name's heard of him yeah you know his name's been floating around and I have to say been floating around and I have to say some of his claims are uh pretty bold some of his claims are uh pretty bold they are yeah like he talks about using they are yeah like he talks about using get this the restorative power of your get this the restorative power of your mind to heal and when you see his mind to heal and when you see his background tedex speaker author it makes background tedex speaker author it makes you stop and think you know you stop and think you know it's not every day you come across it's not every day you come across someone saying they can help people someone saying they can help people Propel their ability to heal from cancer Propel their ability to heal from cancer and Trauma it's definitely not your and Trauma it's definitely not your average self-help Guru that's for sure average self-help Guru that's for sure and he seems to come at it from all and he seems to come at it from all these different angles Cancer Wellness these different angles Cancer Wellness and immune enhancement trauma recovery and immune enhancement trauma recovery and then of course there's the and then of course there's the hypnotherapy right and there's even that hypnotherapy right and there's even that rapid trauma solution thing he offers oh rapid trauma solution thing he offers oh yeah that one definitely caught my eye yeah that one definitely caught my eye it's certainly a catchy name yeah but I it's certainly a catchy name yeah but I think it speaks to how think it speaks to how multi-disciplinary Learners work seems multi-disciplinary Learners work seems to be yeah totally we're talking about to be yeah totally we're talking about where Psychotherapy oncology Mind Body where Psychotherapy oncology Mind Body medicine all of that intersects it's a medicine all of that intersects it's a lot to unpack it really is so before we lot to unpack it really is so before we get into the howto the specifics of his get into the howto the specifics of his methods I think it'd be helpful to hear methods I think it'd be helpful to hear from some people who actually worked from some people who actually worked with him you gathered some testimonials with him you gathered some testimonials from his clients right I did and there from his clients right I did and there are some pretty compelling stories in are some pretty compelling stories in there some that really stood out to you there some that really stood out to you absolutely okay let's hear it yeah we've absolutely okay let's hear it yeah we've got Michelle L for example she credits got Michelle L for example she credits learner with like completely turning her learner with like completely turning her life around wow and then there's Farah M life around wow and then there's Farah M who used his stuff to overcome some who used his stuff to overcome some serious trauma and ended up like serious trauma and ended up like excelling academically which I thought excelling academically which I thought was interesting yeah that is interesting was interesting yeah that is interesting it's one thing to you know address the it's one thing to you know address the trauma but to then see that translate trauma but to then see that translate into like tangible success in other into like tangible success in other areas of life exactly and it makes you areas of life exactly and it makes you think like what else is possible and think like what else is possible and then there were these two Dian C and then there were these two Dian C and Paul G both traveled like crazy Paul G both traveled like crazy distances to work with this guy how far distances to work with this guy how far are we talking I think Diane had stage are we talking I think Diane had stage 5e cancer and she traveled 500 miles can 5e cancer and she traveled 500 miles can you believe that wow 500 miles that's a you believe that wow 500 miles that's a statement yeah and Paul he went I don't statement yeah and Paul he went I don't remember exactly but it was a remember exactly but it was a significant distance too it does make significant distance too it does make you wonder you know what is it about you wonder you know what is it about learner approach that makes people learner approach that makes people especially those dealing with such especially those dealing with such serious

stuff you know like Diane with serious stuff you know like Diane with stage 4 V cancer what makes them decide stage 4 V cancer what makes them decide okay I'm gonna travel all this way to okay I'm gonna travel all this way to work with this guy right like they're work with this guy right like they're clearly looking for something beyond the clearly looking for something beyond the usual treatments you know what I mean usual treatments you know what I mean totally it's like they're hoping he has totally it's like they're hoping he has this like secret ingredient or something this like secret ingredient or something and it's important to keep in mind of and it's important to keep in mind of course that these are just individual course that these are just individual stories you know what worked for them stories you know what worked for them might not work for everyone oh for sure might not work for everyone oh for sure but I do think there's something to be but I do think there's something to be said for like the consistency across said for like the consistency across these stories so many of them talk about these stories so many of them talk about feeling stuck before finding learner feeling stuck before finding learner it's true and I think that resonates it's true and I think that resonates with a lot of people that feeling of of with a lot of people that feeling of of being stuck of hitting a wall with being stuck of hitting a wall with traditional approaches and it's in those traditional approaches and it's in those moments that we start looking for you moments that we start looking for you know alternative Solutions absolutely know alternative Solutions absolutely yeah but it can't just be about you know yeah but it can't just be about you know Feelgood stories and hope there has to Feelgood stories and hope there has to be some like substance to it right like be some like substance to it right like what does the science actually say about what does the science actually say about this whole Mind Body Connection thing this whole Mind Body Connection thing well the science is actually pretty well the science is actually pretty fascinating there's the growing body of fascinating there's the growing body of research that suggests that our thoughts research that suggests that our thoughts and emotions like they directly impact and emotions like they directly impact our physical health you know it's not as our physical health you know it's not as woo woo as it used to sound so there's woo woo as it used to sound so there's actual evidence to back this up oh yeah actual evidence to back this up oh yeah there was this study it was done by Dr there was this study it was done by Dr Janice Kult Glazer at Ohio State Janice Kult Glazer at Ohio State University okay yeah I've heard of her University okay yeah I've heard of her she found that chronic stress and this she found that chronic stress and this is like really important chronic stress is like really important chronic stress can actually suppress the activity of can actually suppress the activity of certain immune cells and this means certain immune cells and this means we're more vulnerable to getting sick we're more vulnerable to getting sick and there's even a chance it can affect and there's even a chance it can affect things like you know how cancer things like you know how cancer progresses so you're saying our thoughts progresses so you're saying our thoughts and emotions can like literally impact and emotions can like literally impact our immunity our body's ability to fight our immunity our body's ability to fight off disease that's what the research off disease that's what the research suggests wow okay so that's chronic suggests wow okay so that's chronic stress but how does learner tie this stress but how does learner tie this back to like cancer and Trauma back to like cancer and Trauma specifically well he talks a lot about specifically well he talks a lot about addressing the and I'm using his words addressing the and I'm using his words here the root cause of these issues okay here the root cause of these issues okay so what does that even mean he seems to so what does that even mean he seems to be saying that there are underlying be saying that there are underlying psychological and emotional patterns psychological and emotional patterns that could be contributing to these that could be contributing to these conditions so it's not just about conditions so it's not just about treating the can cancer itself or the treating the can cancer itself or the symptoms of the trauma it's about symptoms of the trauma it's about looking deeper at the individual's looking deeper at the individual's emotional landscape their stress levels emotional landscape their stress levels their history and seeing how all of that their history and seeing how all of that might be connected to their physical might be connected to their physical well-being so instead of just like going well-being so instead of just like going after the tumor you're saying he's after the tumor you're saying he's trying to understand the person the trying to understand the person the whole person yeah and you know this whole person yeah and you know this holistic view it's getting more holistic view it's getting more attention these days especially in attention these days especially in fields like psychon neuroimmunology you fields like psychon neuroimmunology you know that's a whole psych neur say that know that's a whole psych neur say that again psychon neuroimmunology it's a again psychon neuroimmunology it's a mouthful but it basically studies how mouthful but it basically studies how our nervous system immune system and our nervous system immune system and psychological processes how they all psychological processes how they all interact right right like how they all interact right right like how they all influence each other exactly it's still influence each other exactly it's still kind of out there for some people but kind of out there for some people but it's gaining traction I it's kind of it's gaining traction I it's kind of wild when you think about it like wild when you think about it like there's so much we don't get about how there's so much we don't get

about how the mind and body work together but this the mind and body work together but this idea that like dealing with emotional idea that like dealing with emotional stuff trauma all of that could actually stuff trauma all of that could actually impact something as like powerful and impact something as like powerful and scary as cancer it really does make you scary as cancer it really does make you think no absolutely absolutely it is think no absolutely absolutely it is Paradigm shifting and I think that's Paradigm shifting and I think that's where the exciting part of learner work where the exciting part of learner work and really this whole field comes in you and really this whole field comes in you know it's not about saying okay think know it's not about saying okay think positive and you're cured it's more positive and you're cured it's more Nuance than that it's about recognizing Nuance than that it's about recognizing that the mind it might play a much that the mind it might play a much bigger role in how we heal than we bigger role in how we heal than we previously thought and that's alongside previously thought and that's alongside conventional treatments not instead of conventional treatments not instead of them so it's not about ditching chemo or them so it's not about ditching chemo or surgery or anything like that but it's surgery or anything like that but it's about maybe like making those things about maybe like making those things work better by looking at the whole work better by looking at the whole picture exactly it's about giving people picture exactly it's about giving people patients tools ways to tap into what patients tools ways to tap into what they already have within themselves they already have within themselves exploring stuff like hypnosis exploring stuff like hypnosis mindfulness and seeing how that can work mindfulness and seeing how that can work with their treatment plan so it's like with their treatment plan so it's like Learners saying hey here are some extra Learners saying hey here are some extra things you can try like think about your things you can try like think about your health and well-being in a new way health and well-being in a new way that's a good way to put it and I think that's a good way to put it and I think that's what's so interesting about this that's what's so interesting about this whole Deep dive right even if you don't whole Deep dive right even if you don't buy into everything learner says it buy into everything learner says it makes you question what you think you makes you question what you think you know about healing it challenges es you know about healing it challenges es you to look at things differently to see the to look at things differently to see the potential we all have to influence our potential we all have to influence our own well-being it's like we always own well-being it's like we always assume the mind and body are separate assume the mind and body are separate but really they're all part of this one but really they're all part of this one big messy system and a powerful one yeah big messy system and a powerful one yeah definitely gives you a lot to think definitely gives you a lot to think about thanks for uh taking this deep about thanks for uh taking this deep dive with me I know I've got a lot to dive with me I know I've got a lot to