

SEMINAR

THE POWER OF HYPNOTHERAPY

Aplikasi Hypnotherapy in Hypertension Evidence Based Nursing

Sugiyono. S.Kep.Ns..

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Trainer of Hypnotherapist

(Certified hypnotist and hypnotherapist from Indonesian Broad Hypnotherapist (IBH)

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Certified profesional and intructur e from PAHIPTI

Trainer of traine Hypnoterapi from BNSP



Curriculum Vittae

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Riwayat Pendidikan

- | | |
|-------------------------------------|-----------|
| ▶ SPK PPNI SEMARANG | 1999-2002 |
| ▶ UNIVERSITAS NGUDI WALUYO SEMARANG | 2002-2006 |
| ▶ PROGRAM PROFESI NERS | 2006-2007 |
| ▶ BASIC CARDIOVASCULAR | 2010 |
| ▶ ADVANCE CARDIOVASCULAR/POST BASIC | 2017 |
| ▶ ON GOING MAGISTER NURSING KMB | 2018 |



Background



1 MILLION

PEOPLE WHO WILL HAVE
A HEART ATTACK OR DIE
FROM CORONARY HEART
DISEASE THIS YEAR



**16.5
MILLION**

AMERICANS AGE 20 AND
OLDER WHO ARE LIVING
WITH CORONARY HEART
DISEASE

795,000

PEOPLE WHO WILL
HAVE A STROKE
THIS YEAR



356,000

CARDIAC ARRESTS THAT
OCCUR OUTSIDE A HOSPITAL
EACH YEAR



HARD NUMBERS

By AMERICAN HEART ASSOCIATION NEWS

A sampling of U.S. data from the
American Heart Association's 2018
heart disease and stroke statistics report.



103 MILLION

ADULTS WITH HIGH
BLOOD PRESSURE



6.5 MILLION

AMERICANS AGE 20 AND
OLDER WHO ARE LIVING
WITH HEART FAILURE

38 PERCENT

RISE IN THE NUMBER OF HIGH
BLOOD PRESSURE DEATHS
BETWEEN 2005 AND 2015



23 MILLION

ADULTS WITH
**TYPE 2
DIABETES**

15 PERCENT

ADULTS WHO
SMOKED IN
2015



56 MILLION

PEOPLE 40 AND OLDER
WHO ARE ELIGIBLE FOR
CHOLESTEROL-LOWERING
STATINS



38 PERCENT

ADULTS WHO
WERE OBESE
AS OF 2014



Source: "Heart Disease and Stroke Statistics-
2018 Update: A Report from the American Heart Association," Circulation (numbers rounded)

Published Jan. 31, 2018

Background

Indonesia dalam Risiko Penyakit Kardiovaskular

Penyakit kardiovaskular menjadi penyebab kematian nomor satu di Indonesia. Risiko gangguan kesehatan yang berkaitan dengan jantung dan pembuluh darah itu bahkan tertinggi ketiga di ASEAN. Berbagai faktor terkait pola hidup menjadi pemicu munculnya penyakit ini.

Penyebab Kematian Tertinggi

7 Penyakit Penyebab Kematian Tertinggi Indonesia (2016)

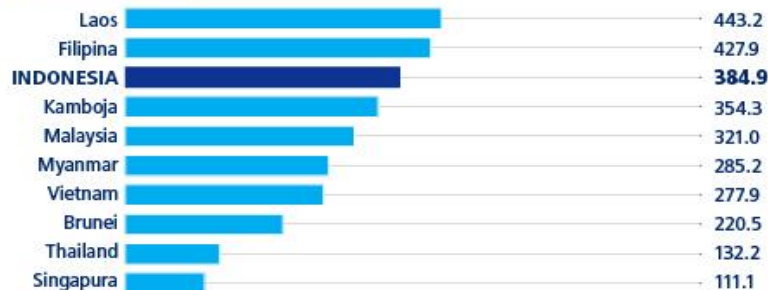


Sumber: Institute for Health Metrics and Evaluation, Evidence and Analytics



Risiko Penyakit, Tertinggi Ketiga ASEAN

Tingkat Kematian Akibat Penyakit Kardiovaskular ASEAN 2016
(Per 100.000 Orang)



Pola Hidup Orang Indonesia Rentan Terkena Penyakit Kardiovaskular

1. Kebiasaan Merokok (2011)



2. Kelebihan Berat Badan (2010)



3. Darah Tinggi (2011)



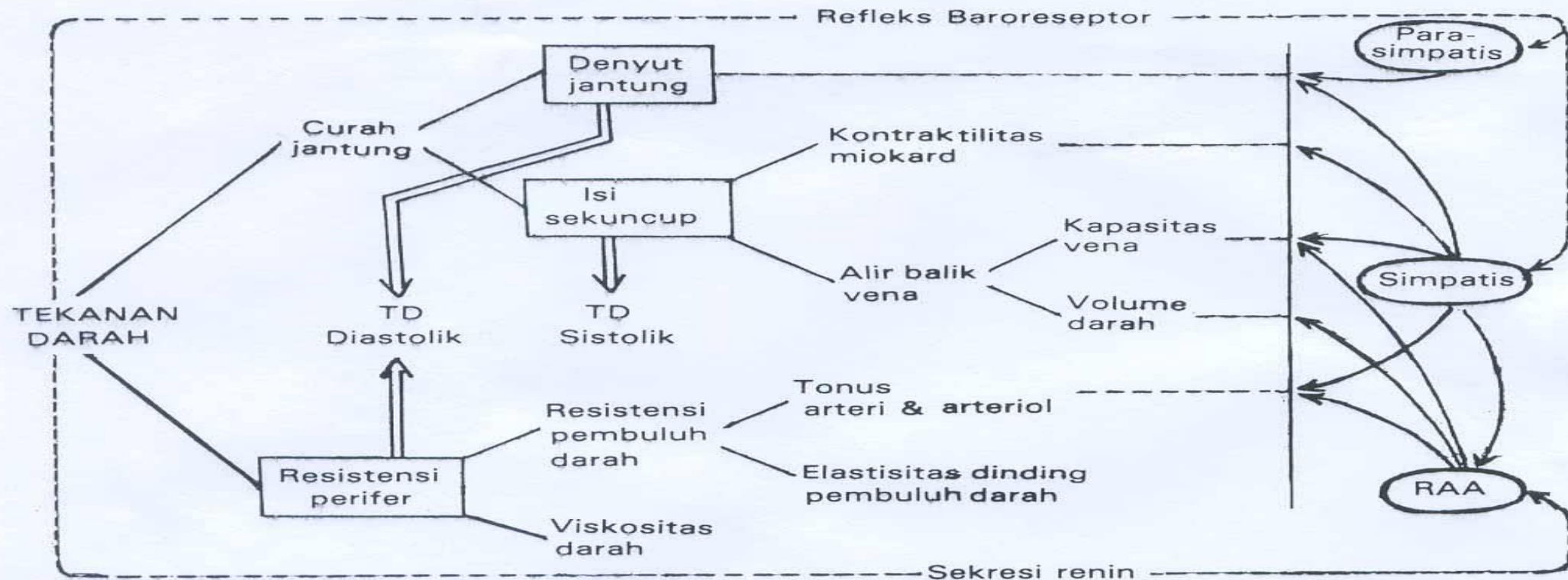
Penyakit jantung dan pembuluh darah menduduki peringkat teratas di TIGA di ASEAN dan peringkat SATU di Indonesia penyebab kematian

Perlu penanganan segera pada kegawatdaruratan jantung dan pembuluh darah

Hypertension and How corelation with Hypnoterapy ?



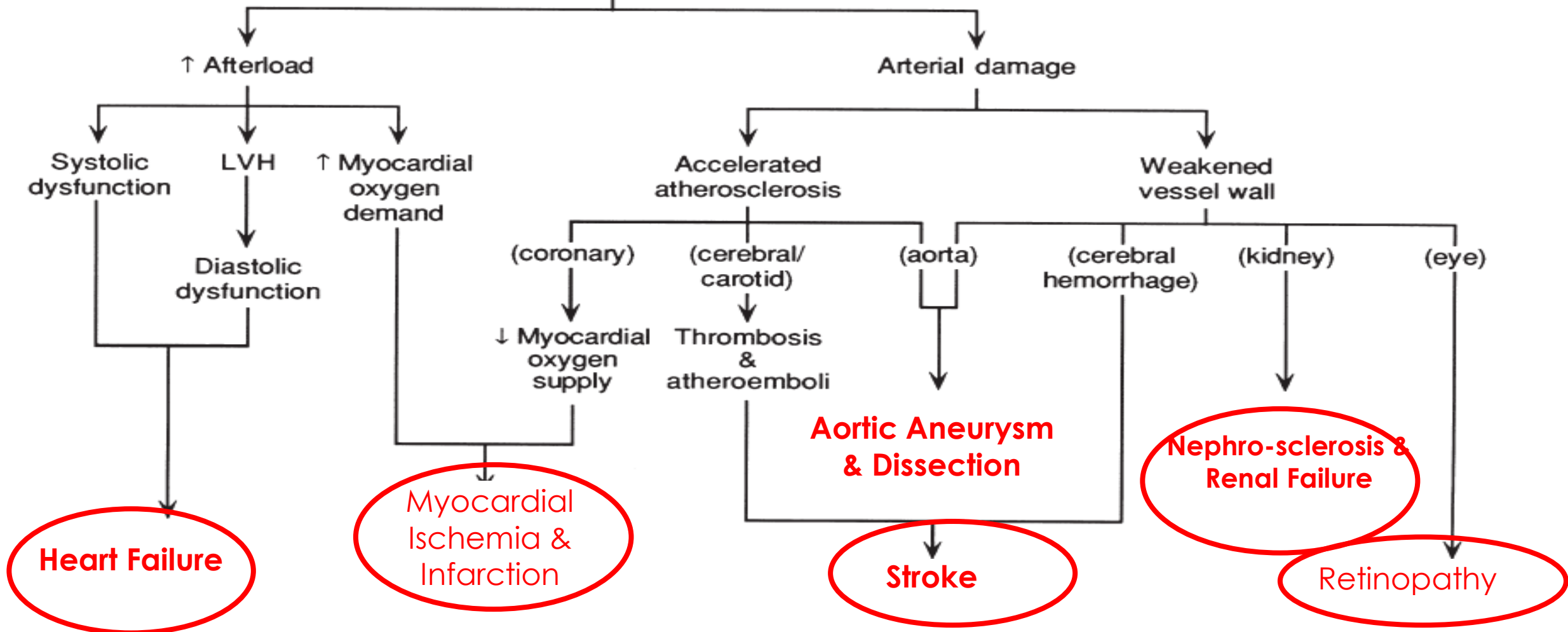
FAKTOR YANG MEMPENGARUHI BP :



Gambar : Faktor-faktor yang mempengaruhi tekanan darah
Sumber : Farmakologi dan terapi

Pathogenesis of the Major Consequences of Arterial Hypertension

Hypertension



Hypertension Management

Indonesian Hypertension Society

Hypertension stage I

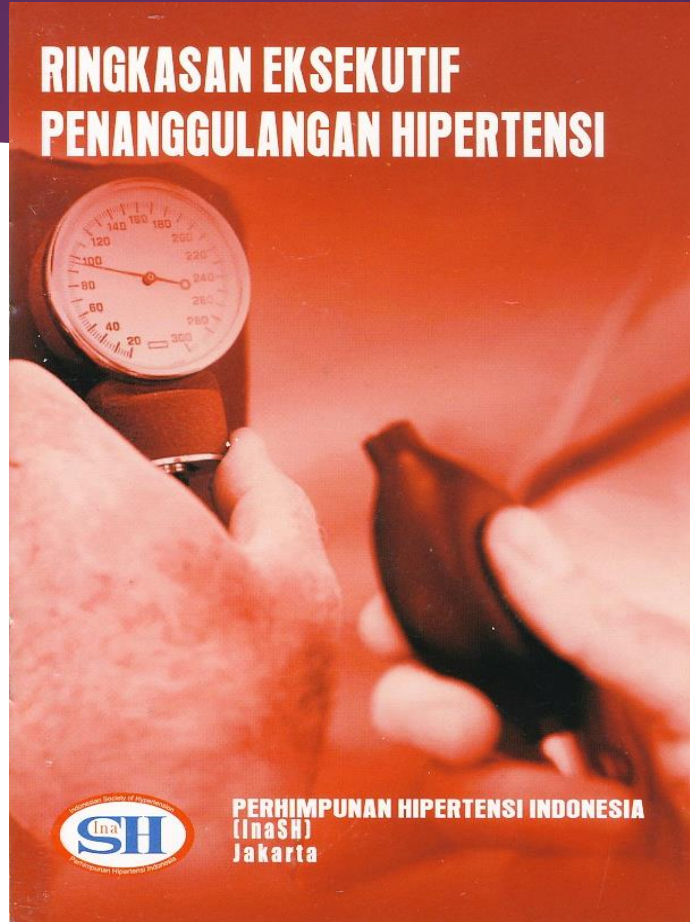
Calculate CV risk
Define Target Organ Damage
Define comorbidities and DM

Lifestyle Modification
Cardiovascular Risk Factor
Correction
Manage Comorbidities and DM

Define Total/absolute risk

Medical Treatment

RINGKASAN EKSEKUTIF PENANGGULANGAN HIPERTENSI



Hypertension stage II

Medical Treatment

Calculate CV risk
Define Target Organ Damage
Define comorbidities and DM

Lifestyle Modification
Cardiovascular Risk Factor
Correction
Manage Comorbidities and DM

Life style modifcation with hypnosis

Hypnotherapy and Blood Pressure

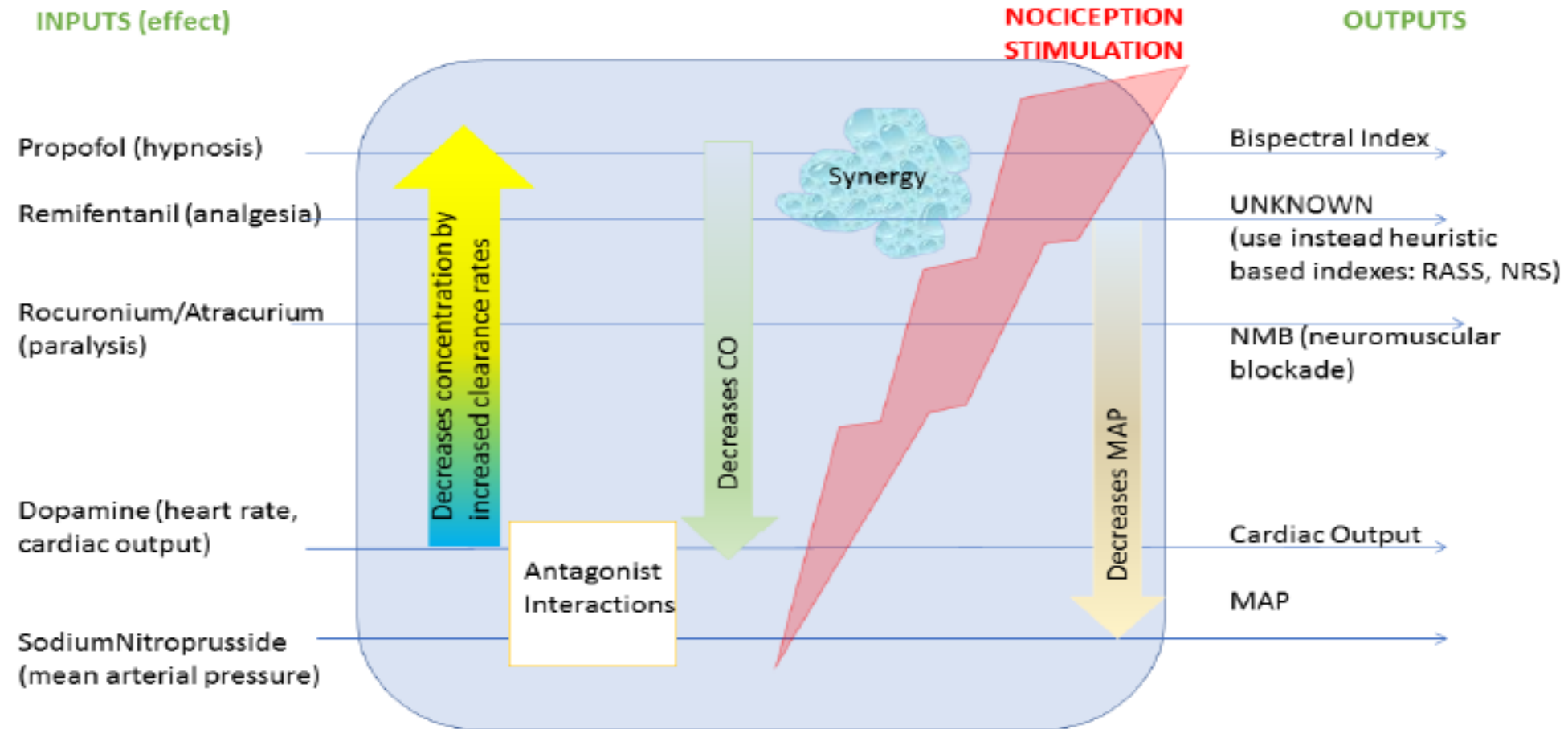


Fig. 1. Proposed complete anesthesia regulatory paradigm.

how do YOU feel?



WHY U MUST LEARN Hypnosis?

**“ if u Want to
Change Ur life,
Change your
Mind First”**



Hypnosis / Hipnoterapi

- Hipnoterapi adalah salah satu cabang ilmu psikologi yang mempelajari manfaat sugesti (perintah positif) untuk mengatasi masalah kognisi (pikiran), afeksi(perasaan), dan perilaku.
- Hipnoterapi dapat juga dikatakan sebagai suatu teknik terapi pikiran menggunakan metode hipnosis.
- Hipnosis bisa diartikan sebagai ilmu untuk memberi sugesti atau perintah positif kepada pikiran bawah sadar seseorang. Orang yang ahli dalam menggunakan hipnotis untuk terapi disebut “hypnotherapist”.

Conscious Mind
5 %

Subconscious Mind



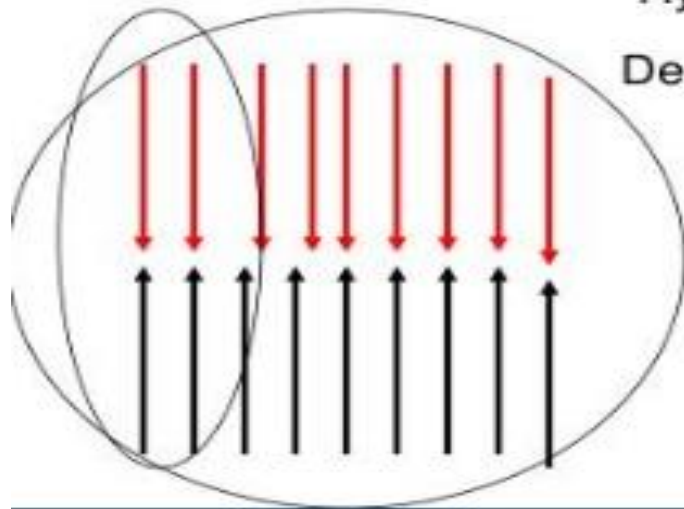
95 %



Hypnotherapy

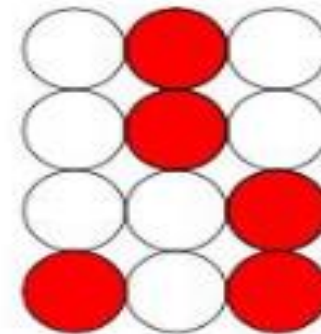
STRESS

Depresi



HOT BUTTON

MEMORY

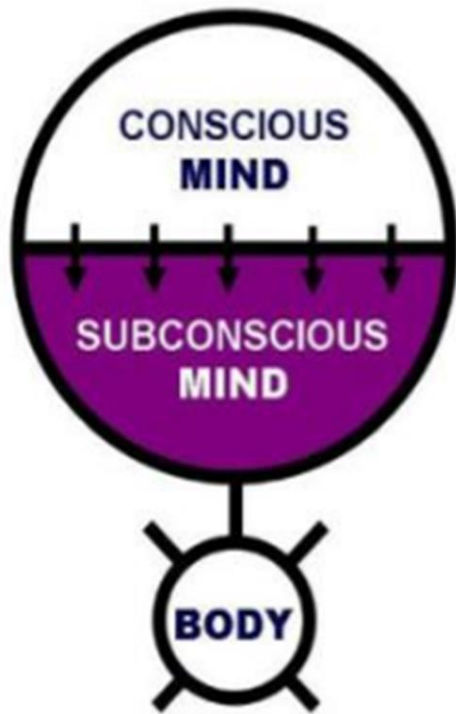


VIRUS



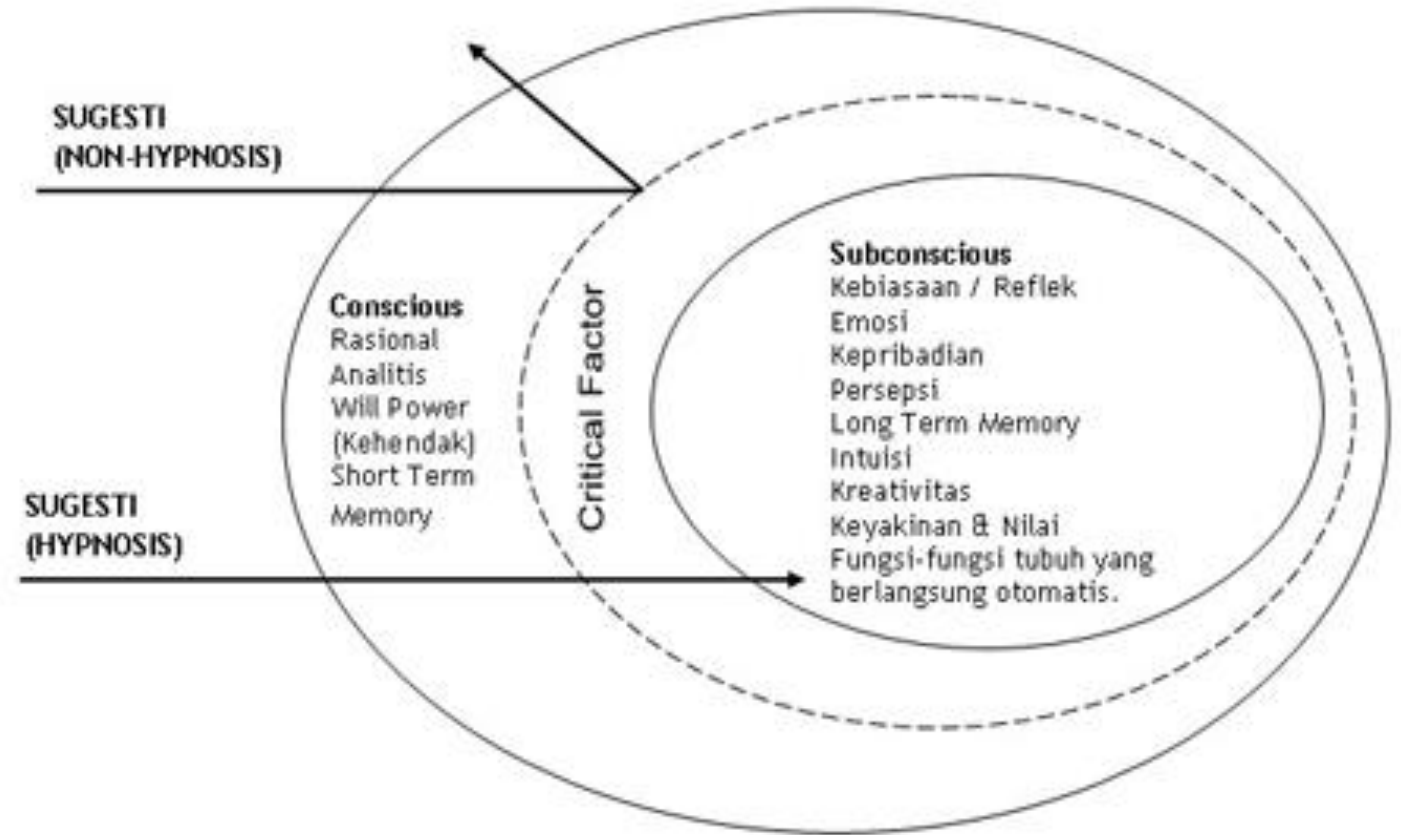


Model pola pikir manusia

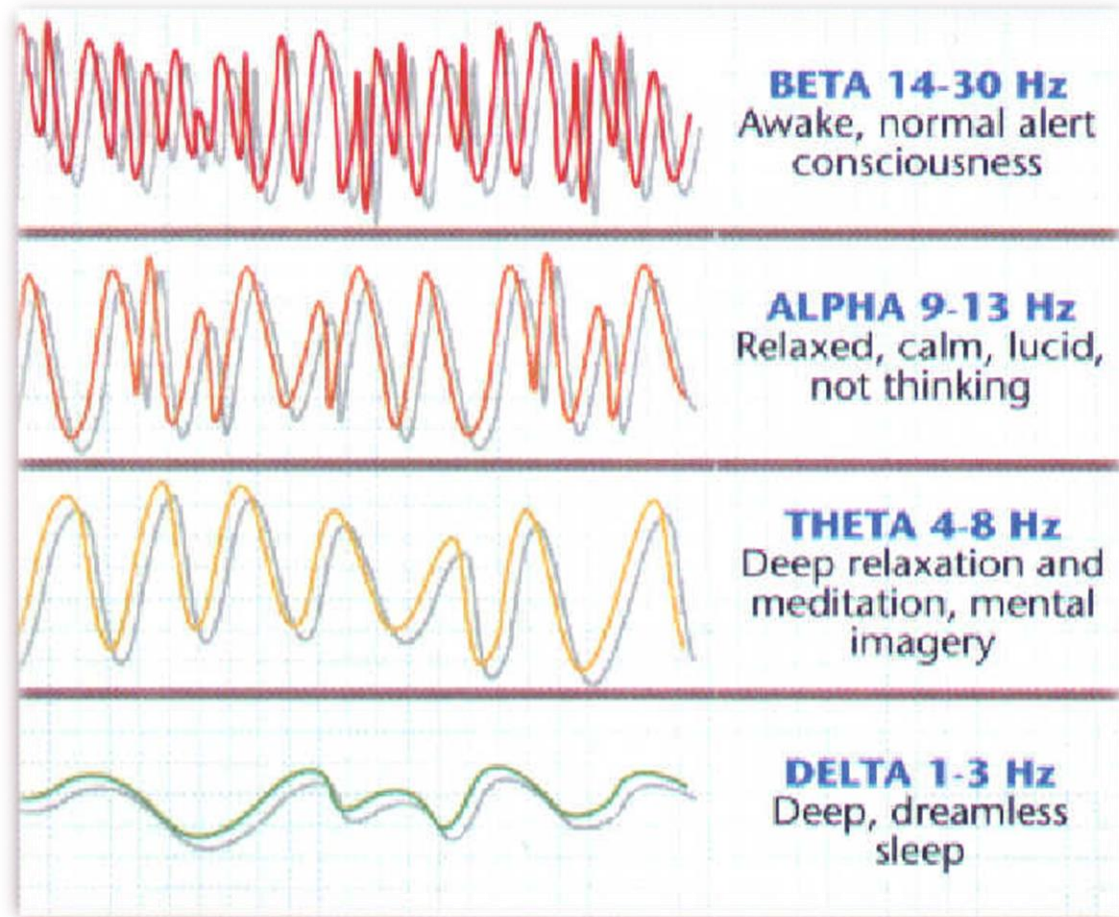


Pikiran Sadar

Pikiran Bawah Sadar



Brain Wave



GELOMBANG OTAK

Frekuensi yang direkam pada Electro-Encephalo Graphy (EEG)

BETA (12 – 25 Hz)	ALFA (8 – 12 Hz)
➤ Kondisi terjaga ➤ Tegang, konsentrasi tinggi ➤ Aktivitas : - Mengerjakan proyek rumit - Olahraga - Berdebat, dll	➤ Kondisi terjaga ➤ Waspada tapi santai ➤ Aktivitas : - Memecahkan masalah - Menulis - Belajar ideal
THETA (0.5 – 4 Hz)	DELTA (4 – 8 Hz)
➤ Kondisi setengah terjaga ➤ Sangat santai, mengantuk ➤ Aktivitas : - Mencari ide kreatif - Melamun	➤ Kondisi tidak terjaga ➤ Sensor indrawi dg luar terputus ➤ Aktivitas : - Tidur nyenyak tanpa mimpi - Koma

Kondisi hypnosis sehari hari

Download

- Saat menjelang tidur malam
- Menjelang bangun tidur pagi hari
- Mengendarai Motor / Mobil
- Nonton Film, TV, sinetron
- Mendengarkan pidato/ceramah yang menarik
- Baca buku
- Meditasi
- Dengar musik
- Naik Lift



Stage Hypnotis vs Hypnotherapy

Stage Hypnotis :

- Untuk pertunjukan, Entertainment
- Sudah diatur terlebih dahulu
- Untuk pamer kekuatan – Street hipnotis.
- Kesan menakutkan, Magis.
- Bongkar rahasia.
- Berbahaya

Hypnotherapy:

- Mencari akar masalah dalam Subconscious Mind
- Penyembuhan
- Rilek, Tenang
- Tergantung kerja sama pasien
- Aman
- Tercapai penyembuhan total

Pengertian salah Hypnotis

Download

- Ilmu Hitam – gendam, kekuatan supranatural, mistik, bantuan jin dsb
- Dipergunakan untuk kejahatan, memaksakan kehendak.
- Kondisi tidur, tutup mata, tidak sadar.
- Bisa memanipulasi pikiran orang,
- Menakutkan, takut dibuat malu, takut rahasia dibongkar
- Setiap orang bisa dihipnotis setiap saat.
- Orang yang tidak bisa dihipnotis adalah orang hebat, orang yang bisa dihipnotis adalah orang yang lemah mental.



Masalah2 yang bisa ditangani

Pengembangan Diri

- Meraih kesuksesan dalam hidup & karir
- Menemukan tujuan hidup
- Kepercayaan diri & Harga Diri
- Kreatifitas
- Meningkatkan Konsentrasi
- Kemampuan musik
- Kesehatan dan kemakmuran
- Meningkatkan prestasi
- Manajemen stres & emosi
- Meningkatkan kemampuan dan bakat alami

Mengatasi Permasalahan

- Cemas, Takut, & Phobia
- Disfungsi seksual
- Masalah berat badan
- Alergi & penyakit kulit
- Sering mimpi buruk
- Hubungan keluarga tdk harmonis
- Penyakit psikosomatis
- Trauma
- Gangguan mahluk halus
- Insomnia
- Halusinasi
- Gugup, pemalu, Cemas,
- Penyakit menahun dsb.

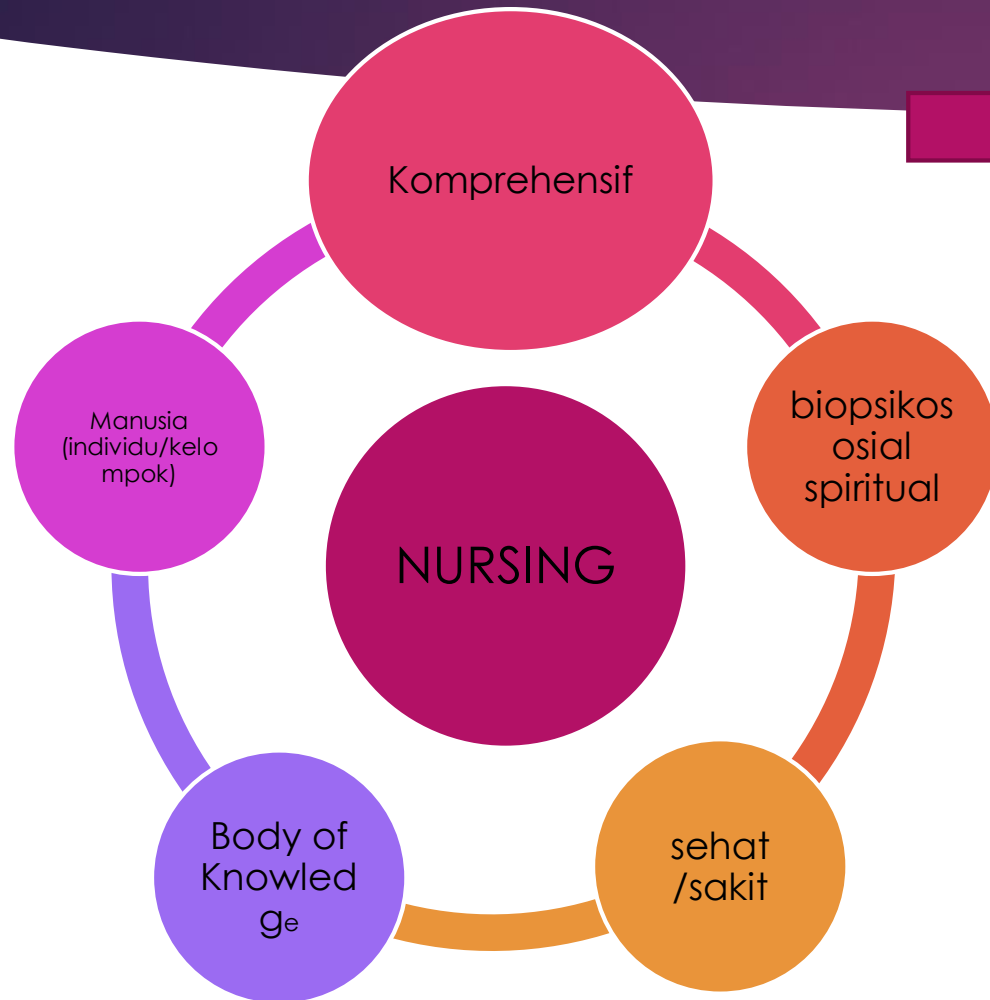
"Hipnotis adalah ilmu hitam yang digunakan kejahatan dengan cara membuat korban tidak sadar dan menuruti perintah orang yang menghipnotis".



“Hypnonursing /medical adalah terapi komplementer dengan metode hipnosis yang digunakan perawat/ bidan/perawat/dokter untuk memenuhi kebutuhan klien secara holistik khususnya kebutuhan psikologi klien”



Falsafah Nursing (Falsafah dan Nursing science)



Asuhan Keperawatan
Paripurna

Pelayanan Profesional

Kepuasan pasien

TUJUAN HYPNOSIS/HIPNOTERAPI

Mengatasi Masalah :

Fisik dan Fisiologis

Contoh : Ketegangan otot, hipertensi, dan rasa nyeri yang berlebihan.

Emosi dan Psikologis

Contoh : Serangan panik, ketegangan dalam menghadapi ujian, kemarahan, rasa bersalah, cemas, fobia, kurang percaya diri, dan lain-lain

Perilaku

Contoh : merokok, makan berlebihan hingga menyebabkan obesitas, minum minuman keras yang berlebihan, gangguan tidur, dan berbagai macam perilaku ketagihan

APLIKASI HYPNOSIS DALAM DUNIA KESEHATAN

- ▶ HYPNO BIRTHING DAN PREGNANCE
- ▶ HYPNOLAKTASI
- ▶ HYPNOANALGESIA
- ▶ HYPNODIET
- ▶ HYPNOKHITAN
- ▶ HYPNO SEXUAL
- ▶ DLL

Syarat-syarat Melakukan Hipnoterapi

1.

- Bersedia dengan sukarela

2.

- Memiliki kemampuan untuk fokus

3.

- Memahami komunikasi verbal

TAHAPAN HIPNOTERAPI

- 
- Pre-Induction (Interview)
 - Suggestibility Test
 - Induction
 - Deepening (Pendalaman Trance)
 - Suggestions / Sugesti
 - Termination

Evidence Based Nursing

EFFECTIVENESS HYPNOSIS RELAXATION TECHNIQUES FOR PATIENTS WITH HYPERTENSION

Ahmad Nur Khoiri, Fahrudin Kurdi, Nurul Hidayah
Program Pendidikan Profesi Ners, Stikes Pemkab Jombang
Email: -

Source refrence research article, 2017

**PENGARUH HYPNOTHERAPY TERHADAP PENURUNAN TEKANAN
DARAH PADA PENDERITA HIPERTENSI PRIMER
DI DUKUH SOBRAH GEDE DESA BUNTALAN**

Cahyo Pramono¹⁾, Istianna Nur Hidayati ²⁾, Seto Hartadi ³⁾

Abstract

Abstract

Background : Hypnotherapy as a companion therapy for primary hypertension cases can be done because at the time of hypnotherapy will be relaxed so that planting can be effectively carried out the suggestion to eliminate the causes of hypertension, stress and anxiety.

The objective of this research is to identify the influence of hypnotherapy toward lowering blood pressure in patients with primary hypertension.

Method : This research used pre-experimental methods, with One group pretest posttest design. The sample of the research was patient with primary hypertension. The sampling technique was done by total sampling.

Result : The results show that there is a significant decrease in blood pressure before and after in the hypnotherapy treatment, statistical test with wilcoxon test is sig. 0,000 (<0.05).

Conclusion : The admission of hypnotherapy influence toward lowering blood pressure of the patient with primary hypertension

Keywords: Hypnotehrapy, hypertension, blood pressure

Penelitian , 2016

ABSTRACT

Background: Hypertension is a public health problem that is often known as a silent killer. Persistent systolic blood pressure above 140 mmHg and diastolic above 90 mmHg (Smeltzer and Bare, 2002). The number of hypertensive patients estimates 15 million people, 90% are essential hypertension, amount of 4% as controlled hypertension, 50% of them are not aware of a patient, so it tends to be severe hypertension because it does not avoid the risk factors. The condition occurs because many patients are unable to control hypertension in non-pharmacological approaches that hypnosis relaxation techniques. The objective of this study is to analyze effectiveness of hypnosis relaxation techniques for reduce high blood pressure. **Methods:** This study used quasy experiment, one group pretest – posttest design. There were 15 participants. used purposive sampling technique which Wilcoxon analyze, $p = <0.05$. **Results:** The statistical result p value $p (0,002) < \alpha (0,05)$, there was significant difference of pretest and posttest. there was significant difference of intervention to reduce high blood pressure. **Conclusion:** the conclusion of this study there was significant influence of relaxation with hypnosis for reduce high blood pressure.

Keywords: relaxation, hypnosis, high blood pressure, and blood pressure.

Evidence Based Nursing

Hypnosis and music interventions (HMIs) inactivate HIF-1: A potential curative efficacy for cancers and hypertension[☆]

Jing-Zhang Wang^{a,*}, Ling Li^b, Li-Lan Pan^b, Jian-Hua Chen^a

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Article history:

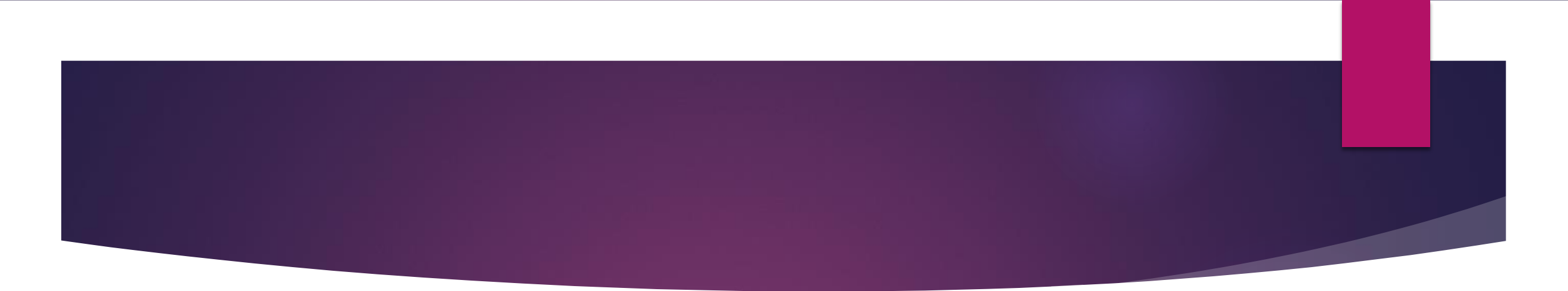
Received 8 May 2014, Accepted 13 July 2015

A B S T R A C T

Hypnosis and music interventions (HMI) have shown positive influence on cancers for nearly 200 years, but the underlying mechanisms were rarely explored systematically. The hypothesis suggests a potential curative efficacy of HMI on cancers by inhibiting hypoxia inducible factor-1 (HIF-1), which is a key mediator of cancer development, especially under hypoxic conditions. HMI are sufficient to attenuate the pain and anxiety degree of individuals, improve multiple psychological and physiological parameters, and consequently, lead to increased oxygen saturation *in vivo*. Furthermore, abundant oxygen *in vivo* inhibits the activation of HIF-1 and potentially blockades kinds of HIF-1-induced oncogenic signaling pathways. The hypothesized efficacy of HMI is very similar to anti-cancer medicines targeting HIF-1. The implication of the hypothesis in preventing hypertension is also discussed. In summary, the hypothesis clearly suggests the potential involvement of the convenient, safe, non-pharmaceutical, and low-cost HMI in preventing HIF-1-mediated diseases, including cancers and hypertension.

TITLE of HYPNOTHERAPY Research

- ▶ EFFECTIVENESS HYPNOSIS RELAXATION TECHNIQUES FOR PATIENTS WITH HYPERTENSION
- ▶ Hypnosis and music interventions (HMI) inactivate HIF-1: A potential curative efficacy for cancers and hypertension
- ▶ EFFECT OF HYPNO-PRESSURE ON ANXIETY IN PATIENTS WITH **CARDIOVASCULAR** DISORDER
- ▶ **The Beneficial Effect of Hypnosis in Elective Cardiac Surgery: A Preliminary Study**
- ▶ Hypnotic communication during atrial fibrillation ablation: Another clinical application of hypnotherapy
- ▶ Effects of **hypnosis** during pregnancy: A psychophysiological study on maternal stress
- ▶ Effects of Self-Conditioning Techniques (Self-**Hypnosis**) in Promoting Weight Loss in Patients with Severe Obesity: A Randomized Controlled Trial

- 
- ▶ Effectiveness of Self-**Hypnosis** on the Relief of Experimental Dental Pain: *A Randomized Trial*
 - ▶ Model predictive control for simultaneous regulation of hypnosis and hemodynamic states

HYPNOSTABILITY AND SUGGESTABILITY

and place s
PDF File.



TERIMA KASIH

SERVICE And CONSULTING :



Insomnia (Sulit Tidur)
Fobia, Depresi
Kecemasan/Anxiety
Meningkatkan Percaya diri
Latah, Stop Merokok
Sulit Memaafkan Orang lain
Menghilangkan masa lalu
Nyeri Kronik , Diet sehat
Memperlancar ASI saat menyusui
Ejakulasi Dini akibat psikosomatis
Melahirkan dengan Nyaman

Master Of Hypnotherapy

*Join With Us
Pelatihan Hypnosis
& Private*



Visite my Chanel Youtube :
Sugiyono Ners hypnoterapi
Konsultasi Wa 081326616855

You Tube

Sugiyono.S.Kep.Ns.C.MH.CH.Cht.C.TNLP



TRAINING

THE POWER OF SELF HEALING

Tips and Trik

Cara Cepat menghipnotis
Untuk Semua Profesi
TRAINER

Sugiyono.S.Kep.Ns.
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Praktisi NERS RS Harapan Kita Jakarta,
Hypnotapist profesional nd Instructure Certified
Trainer of Traine BNSP Certified
Member of PRAHIPTI Organization



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10 NOV 2019
09.00-SELESAI
IDR 2.200 K

BONUS
HYPNOBIRTHING

Harga Khusus

JOIN BOTH EVENT BASIC TO ADVANCE 3.500 K

GARANSI SHEAT TERBATAS
99.% BISA **20 PESERTA**

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Jl.Kota bambu utara
jakarta Barat

FACILITIES:
Gody Bag
Certificate Training
Modul
T-Shirt
Lunch nd coffe break

CONTACT PERSON Registration

FIAN 0812-3437-4081
SUGI 0813-2661-6855

Reg.PEMBAYARAN
Rek. Mandiri 116-000-552-3015
Sugiyono



Lets join with us?

