

By Winona woman

Trance used for surgery

"My first experience with hypnosis began nine years ago when I was expecting our first child," said Mrs. William Tenseth, 364 W. Wabasha St., Winona.

Dr. L. J. Wilson, Rushford, her physician since she was a teen-ager, told her that he had been reading and researching hypnosis for use with analgesia and anesthesia.

The doctor had not tried using it with a patient so he asked Mrs. Tenseth if she'd be interested in learning to utilize the tool, to help make labor and delivery a positive experience.

Mrs. Tenseth said she was willing. With each visit Dr. Wilson worked with her to induce a trance, amnesia, anesthesia, sleep states and coma states.

"I was grateful for this training," Mrs. Tenseth said. "My labor was short. I experienced no post delivery symptoms or complications.

"A year later, I needed to have gall bladder surgery and again hypnosis was used. The evening before surgery I was given a post-hypnotic suggestion to go into a deep, relaxing sleep the following morning. I have no memory of going to surgery. My recovery was rapid. I was walking the next day and did not experience incisional pain.

"Three years ago, when I was expecting our second child, I attended Dr. Wilson's pre-natal hypnosis classes. Things had changed — hypnosis had gained acceptance and many more were benefiting. Also, techniques had changed. I learned new ways

of inducing a trance, anesthesia and relaxation.

"My second labor lasted four hours; it was an exciting experience. Following it I was so relaxed and refreshed that I went 24 hours before needing any sleep. Out of my three experiences, this was the only one where I did not experience amnesia. The reason was that the two previous experiences involved deeper trance states. The deeper the trance, the more amnesia there is.

"I believe that I am a calmer person today as a result of my hypnosis training and experience. I have learned how to relax and take things as they come. I'm glad that Dr. Wilson has been able to learn by me and my experiences and I am grateful to him for his time and help."