

## The Study Script (Adults)

**ALWAYS USE:** We want you to help us to help you to learn a concentration exercise to help you get through the procedure more comfortably. It can be a way to help your body be more comfortable through the procedure and also deal with any discomfort that may come up during the procedure. It is just a form of concentration, like getting so caught up in a movie or a good book that you forget you are watching a movie or reading a book.

Now you may be interested to learn how you can use your imagination to enter a state of focused attention and physical relaxation. **If you hear sounds or noises in the room, just use these to deepen your experience. And use only the suggestions that are helpful for you.** There are a lot of ways to relax, but here is one simple way:

**On one, you can do one thing, look up.**

**On two, two things, slowly close your eyes and take a deep breath.**

**On three, three things, breathe out, relax your eyes, and let your body float.**

Good. Just imagine your whole body floating, floating right through the table, with each breath deeper and easier. And with each breath you take in--take in strength, and with each breath out -- think "calm." Right now imagine that you are floating somewhere safe and comfortable, in a bath, a lake, a hot tub, or just floating in space, with each breath deeper and easier. Just notice how with each breath you let a little more tension out of your body as you let your whole body float, safe and comfortable; each breath deeper and easier. Good, now with your eyes closed and remaining in this state of concentration, please describe for me how your body is feeling right now.... Where do you imagine yourself being? .....What is it like? ....Can you smell the air? .... Can you see what is around you? Good. **Now this is your safe and pleasant place to be and you can use it in a sense to play a trick on this whole procedure and you can always return to it.** Your body has to be here, but you don't. So just spend your time being somewhere you would rather be.

Now, if there is some discomfort, and there may be some (with the procedure or as you feel the contrast entering your body), there is no point in fighting it. You can admit it, but then transform that sensation. If you feel some discomfort, you might find it helpful to make that part of your body to feel warmer, as if you were in a bath. Or cooler--if that is more comfortable--as if you had ice or snow on that part of your body. This warmth and coolness becomes a protective filter between you and the pain.

If you have any discomfort right now, imagine that you are applying a hot pack or that you are putting snow or ice on it and see what it feels like. Develop the sense of warm or cool or delicious tingling numbness to filter the hurt out of the pain. With each breath, breathe deeper and easier, your body is floating. Now, again with your eyes closed and remaining in the state of concentration, describe what you are feeling right now.

Answer: fine --- **OPTION 1**

Answer: pain - -- **OPTION 2 DISCOMFORT MANAGEMENT**

Answer: worries **OPTION 3 WORRY MANAGEMENT**

**OPTION 1 - PATIENT IS FINE** *If patient is at his or her safe and comfortable place--reinforce it. Say:*

What is it like now? What do you see around you? What are you doing?

**OPTION 2 – PATIENT INDICATES PAIN -DISCOMFORT MANAGEMENT - ONLY IF NEEDED**

The pain is there but see if you can add coolness or more warmth or make it lighter or make it heavier.

*If then patient is no longer in pain, say:*

Good. Continue to focus on those sensations.

*If patient is still in pain, say:*

Focus on sensations in another part of your body. Now rub your fingertips together and notice all of the delicate sensations in your fingertips and see how much you can observe about what it feels like to rub your thumb and forefingers together. How do you feel now?

*If patient is no longer in pain, say:*

Good. Continue to focus on these sensations.

*If patient is still in pain, say:*

Now imagine yourself being at \_\_\_\_\_ (patient's safe place) where you said you felt relaxed and comfortable. What is it like now? What is the temperature? What do you see around you?

### **OPTION 3 – WORRY MANAGEMENT – ONLY IF NEEDED**

Okay, your main job right now is to help your body feel comfortable so we will talk about what is worrying you. But first, no matter what we discuss, concentrate on your body floating. So let's get the floating back into your body. Imagine that you are in this favorite spot and when you are ready let me know by nodding your head (or giving me a finger signal); and then we will talk about what is worrying you. But remember no matter what we discuss, concentrate on your body floating and feel safe and comfortable. So what is worrying you? (*Discuss*)

How do you feel now?

(Option 1) *If patient is no longer worried, say:* Good. Now continue to concentrate on your body floating, and feel safe and comfortable in your favorite place.

(Option 2) *If patient is still worried, say:*

Okay, picture in your mind a screen like a movie screen, TV screen or a piece of clear blue sky. First you might see a pleasant scene on it. Now picture a large piece of blue screen divided in half. All right. Now on the left half, picture what you are worrying about on the screen. (WAIT UNTIL PATIENT COMPLETES THIS STEP). Let me know when you are ready to continue by nodding (or giving me a finger signal). Now on the right half of the screen, picture what you will do about it (WAIT A BIT – IF NOTHING COMES UP); or what you would recommend someone else do about it. Keep your body floating. And if you are worrying about the outcome, okay admit it to yourself, but your body does not have to get uptight about it. You may, but your body does not have to.

Good. You know that whatever happens there is always something you can do. But for now just concentrate on keeping your body floating and feeling safe and comfortable.

**ALL PATIENTS** (*If applicable to setting*) Even when I am quiet I will be there, and if you need me you just ask (*for MRI or push the call button*) (*If you need to leave, let the patient know who will cover for you.*)

**If at any time you feel that the warm is not helpful, please let me know.**

*From time to time during the case, say:* “Mmmm Hmmm” “That’s right”

**Thank you for holding so nice and still, that really helps getting good images.**

### **OBLIGATORY – REORIENT When the procedure is finished, say:**

Okay, the procedure is completed now. We are going to formally leave this state of concentration by counting backwards from three to one. On *three* get ready, on *two* with your eyes closed roll up your eyes, and on *one* let your eyes open and take a deep breath and let it out. That will be the end of the formal exercise, but when you come out of it, you will still have the feeling of comfort that you felt during it. Ready, three, two, one.

----*If the patient opens the eyes, say:* Take a deep breath, and feel refreshed and proud about having helped yourself through this procedure.

----*If the patient hasn't followed, say:* *Three--*get ready. *Two* with your eyes closed, roll up your eyes. *One--* let your eyes open and take a deep breath, and feel refreshed and proud about having helped yourself through this procedure.