**Review of the German Edition of Patient Sedation Without Medication in**
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**Language that Calms**

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Let's be honest: The title of this book may initially suggest a paradox, doesn't it? "Patient Sedation Without Medication"—that contradicts itself! The first pages of Elvira V. Lang and Eleanor D. Laser's book, however, show that this is not the case at all. The two authors take the reader into an exciting world in which verbal and nonverbal behaviors serve to calm patients in a situation-appropriate manner. For example, the dilemma between closeness and distance is illuminated. Medical action takes place in intimate proximity to patients, with whom there is often a great emotional distance. What is a daily routine for doctors can be a strenuous undertaking for patients. Therefore, it is absolutely important to take into account the personal space of patients, to respect their emotions, and to explicitly ask for their consent to physical touch. In this way, relaxed cooperation can be facilitated.

The presentation of the different perception strategies is also very interesting. All those for whom neurolinguistic programming (NLP) was previously an abstract term from psychology are now clearly enlightened. The authors define sensory preferences using examples, requiring an exact observation of the patients' expressions to determine whether they are visually, auditory, kinesthetic, olfactory, or gustatory. The next step is to reflect the patients' preferences. Although these sensory preferences sound absolutely logical and memorable, I personally find it a huge challenge to consider such subtle nuances in meaning in everyday practice. Whether I demonstrate, explain, or present a finding in small bites, there are nuances in meaning that actually represent separate "languages". It is important to recognize, learn and practice them. I found it much easier to follow the rule of "avoiding negative suggestions". Since reading the book, I have refrained from commenting on "feeling bad" or "pain level". When I administer a local anesthetic, I now try to describe my approach in a completely neutral manner. This works very well not only with children but also with adults, who can quickly lose their initial fear and gain confidence in the competence of the medical personnel.

What surprised me when reading the book was the statement that praise can be counterproductive. If I cannot assess how high patients set the bar for themselves, well-intended praise can be perceived as harsh criticism. Here, the authors' advice was helpful that encouragement to overcome new hurdles is often better received than praise for completed tasks. To accompany patients during a trance, the book shows various models towards the end that promote stress reduction and improve pain management. The building blocks are formulated very theoretically and may not be applicable to every person. However, it is certainly

worth a try to let patients build an imaginary sand heap from their worries and fears, which many small ocean waves slowly wash away. Alternatively, the metaphor of the red balloon can be used to let the ballast float up into the air. These are just two of the many ways to sedate without medication, entirely tailored to the individual.

In summary, readers can look forward to a very multifaceted repertoire of conversation and behavioral techniques for dealing with patients in this book, which are astonishing and inspire emulation.

**Citations:**

Lang, E., &amp; Laser, E. D. (2022). Sedieren ohne medikamente: Schnelle Hypnosetechniken für Klinik und praxis. Carl-Auer Verlag GmbH.

Raab, V. (2023, January). Review of Sprache, die beruhigt. tranceform.