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# Helping People with Hypnosis at the End-of-Life

with

## Roger Moore

### **Study questions:**

What is the gift you can offer to people at the end-of life?

What are the 3 phases of end-of-life as defined by Suzanne O'Brien?

How can hypnosis be helpful in Phase 1?

What information do you want to gather in Phase 2?

What is the purpose of hypnosis in Phase 3?

Why include family and caregivers in hypnosis sessions?

How might you use hypnosis to help create hope at the end-of-life?

Why would you include laughter in your end-of-life sessions?

Who will be an excellent source for your metaphors and suggestions?

Why is it important to teach mindfulness skills to people at the end-of-life?

How will you include spirituality into your end-of-life sessions?

What makes the difference in suffering?

Why would you never say that you *understand* how someone at end-of-life feels?

After the primary client dies, how might hypnosis be of benefit to the family and caregivers?

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**Resources:**

[Roger Moore Institute of Hypnotherapy](#)

[End of Life Hypnosis Certification Training with Kelley T. Woods & Roger Moore](#)

[Hypnosis Health Info](#)

[Orange Blossom](#)

[HOPE Coaches](#)

[Doulagivers Certified End-of-Life Doula Training](#)

**Books:**

[Healing Into Life and Death](#), by Stephen Levine

[Who Dies?: An Investigation of Conscious Living and Conscious Dying](#),  
by Stephen & Ondrea Levine