

## Hypnotherapy for children and young adults

There are so many children's problems that hypnotherapy can help with. Best of all is that children are usually excellent at doing hypnosis naturally as they have strong imaginations which means that they can experience the benefits, often without having to close their eyes or take twenty minutes to prepare like an adult might!

As a therapist, I can help your child use this mental agility and curiosity to help them create healthier thoughts and feelings. Hypnotherapy at Natural Mind is all about giving adults and children the tools to enjoy greater personal freedom.

Simple mind management and relaxation techniques can help your child enjoy **greater control** over the way they react to challenges and day to day stress.

Once children understand a bit more about the problem and realise they have some control over it, progress is often quick and effortless.

## My approach to hypnosis with children

Generally speaking my approach with children and young adults is to use a **solution-focused** approach. This means that in therapy, I focus on the **here and now** and what the child wants to experience in the future.

A solution-focused approach is entirely safe as there is no obligatory 'going back to the past' or time spent uncovering past memories,

Some solution-focused questions that I might ask your child (depending on their age of course) in the first session might be;

- In a perfect world what would you like me to help you do?
- If you had three wishes to change the way things are, what would you wish for?
- Suppose you had some time to talk to your favourite movie character/hero about how they could help you solve the problem. What would be different in your life?

Hypnotherapy for children at Natural Mind is all about helping your child understand how they themselves have the ability to make changes to their thoughts and feelings.

This results in **greater self-confidence and reduced stress and anxiety**.

## Some common issues that I can help with:

- Bedwetting (Enuresis)
- Low self-esteem
- Behavioural issues
- Bad habits such as nail biting and thumb sucking
- Sleep issues
- Anxiety and stress issues
- Bullying

### **The Hypnotherapy session:**

Generally, hypnotherapy with children takes place more quickly than with adults. For very young children I usually find that **30-45 minutes** is sufficient but of course it all depends on your child and their concentration and boredom threshold limits!

One thing I have learned is that although a treatment plan is important, working with children is filled with surprises and **flexibility is essential**. I never presume that an eight-year old will have a short attention span and won't be able to relax.

Sometimes younger children are fantastic at mind and body relaxation and can put their parents to shame! I have even held relaxation competitions between parent and child and this usually motivates them pretty well!

### **How many sessions are required?**

As with adults, it is difficult to put an exact number on sessions without first meeting face to face but an average number would be 3-6 sessions. It is not unusual for a child or teen to make tremendous progress after just one or two appointments.

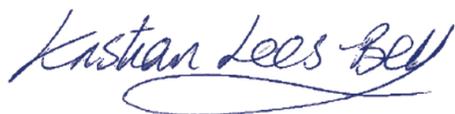
### **My top tips for parents:**

- Don't ever drag your child along to a hypnosis or therapy session. It is vital for parents to set up the appointment so that the child wants to come. I normally suggest that parents say something like; 'We have spoken to someone who has helped lots of other children stop wetting their bed, and he thinks he could help you too, but only if you want him to help you?'
- Do you and your child want the same thing or do you have different agendas? Just as in therapy for adults, if a child lacks the motivation and desire to change, then progress is very difficult.
- Use positive language. Never tell a child that he is going 'back to square one' if the occasional set-back happens. Saying that your child 'used' to have a problem is also so much more helpful than saying that they 'always wet the bed' for example.

Hypnotherapy for children is safe, fun and amazingly rewarding for parents, children and therapist.

If you would like to talk about your child's individual challenges why not give me a call on **0798 4441710**.

Alternatively you can email me on **kristian@naturalmindhypnotherapy.co.uk**

A handwritten signature in blue ink that reads "Kristian Lees Bell". The signature is written in a cursive style with a long, sweeping underline.

**Kristian Lees-Bell**