



## How to explain hypnotherapy to your child?

If your child has heard of hypnotherapy at all, it is more than likely that their knowledge comes from film and television. Here's a description I heard recently, from an eight year old boy when I asked what he thought hypnotherapy was.

'The hypnotist has a pen, which he waves in front of your face, so that you fall asleep and under his mind powers and he can control you with his powers'. Strangely enough, most children I've spoken to who have this perception of hypnotists find it entertaining rather than scary!

When you're talking to your child, you can firstly explain that *hypnotherapists* are completely different to the hypnotists seen on stage and tv. The only reason hypnotherapists do what they do is to try and help people be better at some things, and sort out any problems they might have.

You can also explain to your child that they will never be asleep – they'll be awake the whole time, but they'll feel very focused like they do when they're playing their favourite game or watching their favourite film. Explain that 'hypnosis' is a completely natural state – just like daydreaming – but it's a very powerful state when a hypnotherapist helps them to use their imaginations in just the right way.

You can explain that the hypnotherapist doesn't control anyone with their mind powers, but they help kids access the power of their own mind in the best way possible. The hypnotherapist does this by talking to the child.

Kids don't want long winded explanations, just some reassurance that nothing weird will happen and that you will be there to support them. You can also reassure them that the sessions will be fun – and they will leave with their own secret superhero power!