



What is hypnotherapy – and how can it help your child?

Perhaps you've done some reading up on hypnotherapy, or someone you know has suggested that it could help your child. But what exactly *is* hypnotherapy? And how can it help your child?

Like most of us, your main experience of hypnosis probably comes from watching stage or tv shows – and seeing people make complete fools of themselves while everyone looks on and laughs. You'll be glad to know that hypnotherapy has *absolutely nothing* to do with stage hypnotism!

Firstly, it's useful to know what 'hypnosis' is. Hypnosis is a completely natural state of mind that we all drift in and out of to varying degrees. Daydreaming, being absorbed in a book, that point just before going to sleep or when you wake, and driving a car using our unconscious skills and arriving at our destination with little memory of the journey are all examples of a state of 'hypnosis'.

In a state of hypnosis there is a feeling of going 'inwards' – and excluding the usual things which concern us. Our right brains – which are responsible for creative thinking – are also stimulated, so that it's easier to come up with creative and imaginative solutions to problems. In this state of hypnosis, we can bypass all those critical parts of our brain, which often hold us back. In a state of hypnosis, when we offer a useful, positive, and true suggestion – such as, 'You have all the skills inside you to be confident on sports day' – the brain is much more likely to accept this suggestion. The types of suggestions we offer your child are based on what you – and they – have told us they want to work on to achieve a happier and more fulfilled life. Hypnotherapy simply utilises this natural state of hypnosis in positive and focused manner.

In addition to positive suggestions, we also encourage your child to access their inner skills and resources and to be able to quickly access these skills when they need to by providing them with effective tools to do so. For instance, if your child needs to focus during class, we will encourage them to imagine how it feels to focus – perhaps by placing them in a situation of playing their favourite game where they *do* focus – and provide them with a tool to access this focused state quickly just when they need it.

Hypnotherapy is a completely safe way of working with children, and simply taps into their best qualities. There's no mind control and no loss of control, and your child will emerge feeling stronger and more empowered to deal with any issues which have been holding them back.

Hypnotherapy can help with pretty much anything which is preventing your child from living the fullest, happiest life they can – from lack of self-esteem, to bedwetting, to bad habits and self-destructive behaviours.