Children and Hypnotherapy

Children from the age of six upwards can usually respond really well to hypnosis as they have a superb imagination, the quickest way through to the subconscious. When using hypnotherapy for children it is not usually necessary to explain in detail exactly what hypnosis is.   It may simply be explained that they will be having a really relaxed and quiet time in which they use their imaginations to resolve their problems as in a game.

One of the reasons that hypnotherapy for children can be such a good choice is that children make good use of their imaginations, thus their subconscious minds can be easily reprogrammed. The session might include using stories, adventures, meeting a hero or even character from a favourite TV programme, and these are all ideas that are easily accepted by young children, once they can understand basic instructions.

Children have to deal with change, loss, bullying, violence, criticism, low self-esteem, and their own bodies as they move through rapid growth periods over short periods of time. There are many tasks they have to overcome like making new friends, coping with bullying, unfamiliar school work, education, sport and all this time trying to “belong”.  Sometimes the comparison to others can make feelings of inadequacy, low self-esteem or even depression rise to the surface. Confidence may suffer. Children, just like adults, show their reaction to stress, change, violence, low self-esteem, grief and loss in many different ways. Their marks in school may begin to drop. The child may become forgetful, distracted, angry, irritable and even violent. They might become accident-prone or have headaches or an upset stomach. They might start to bite their nails or pull hair. Bed-wetting (enuresis) may start happening. Particular health problems like asthma and hay fever may become prevalent. Stammering may become more prominent. Stress can produce any variety of physical problems. A child may start to dislike school, perhaps having trouble with other pupils or teachers.   They might become overly shy or worried about talking in front of the class, be unable to understand a subject, or other incidences that cause them to have difficulties with their education. Other fears that may rise to the surface are a fear of the dark; the fear of going to sleep; fear of animals or insects; fear of travelling; a phobia of needles, doctors or dentists; fear of people, etc. The parents can offer support but often it doesn’t seem to change the situation. Of course adults have the same issues, the difference is that children have had them for a shorter period of time, patterns are less strongly recorded. Therefore, the use of hypnotherapy, which works with the use of the imagination, can be even more effective than it is in adults, as a way of changing these responses, provided that the problem is not too deeply rooted in the parents or other people who are closely related to the child’s upbringing.

I am DBS (Was CRB) checked and can work with children under 16 with parental consent. It is important for the child to feel comfortable with the hypnotherapist and with five children and seven grand children of my own, I think I can develop the right rapport with young people.

It is so important to me that young people can enjoy life, not be burdened with stress, enjoy their natural energy, and grow up to lead fulfilling and satisfying lives.

[](https://www.pexels.com/photo/baby-basket-bed-birth-266039/) [](https://www.pexels.com/photo/sunset-beach-people-sunrise-40815/)