



Scripts and Strategies in Hypnotherapy with Children (Hardback)

By Lynda Hudson

Crown House Publishing, United Kingdom, 2009. Hardback. Book Condition: New. 234 x 154 mm. Language: English . Brand New Book. This is a handbook for therapists using hypnotherapy with children and young people. In addition to providing a collection of hypnotic scripts for children from six to sixteen, it offers an easy to follow, solution - focused ways to structure treatment sessions. In addition, background information, advice, contra-indications and possible pitfalls are provided on common and not so common problems that children may present. Clear and easy to use, it will appeal to all levels of experience. It has a variety of tried and tested inductions and scripts for different ages and thinking styles using up-to-date metaphors such as computer programs and play stations as well as the more traditional balloons, gardens and magic hammocks. Issues discussed include self esteem, confidence, bedwetting, soiling, the effects of bullying, behaviour problems, school issues such as lack of organisational skills, study skills, exam strategies using accelerated learning skills, overcoming general anxiety and anxiety in relation to exams and school phobia.



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