

## Pediatric Hypnosis Solutions Notes



- Gain comfort with child as they're handed a stuffed toy
- Create playful environment playing
- Be aware of diversity: culture, gender, etc.
- Explain use of guided imagery
- Ask permission "would you be willing to follow instructions?"
- Offer Lemon or other suggestibility test. Call it a Lemon experience. Listen as they share.
- Admire child's ability to go into hypnosis, raise confidence on how well child used imagery
- Connect with fun.
- Agree to try to help. Shake hands
- Playfully explain how a relaxed mind wanders, goes and comes back
- Check child's comfort, and need to go to the bathroom
- Hold stuffed animal

### Hypnosis w/ TV Sitcom

- Introduce change as a new show, channel
- Solution to Fear
  - Notice how easily you're making the changes safely and how easily the solution came
  - Look for Helpers
  - Who is helping with the solution? (is it older you?)
- You begin to enjoy making the changes on your own TV sitcom
- Anchor - remember a relaxing time, got it? Squeeze you thumb and forefinger
- Seeing yourself "doing it" easily
- Welcome back.

### Feedback and Suggestions

- What are you doing now that you can?
- You can remember any time you need by using your anchor

### RETURN

- Give Homework - Gift

### MORE TIPS

- Playful w/ hands and relaxing
- Connecting by throwing balls
- Asking questions while throwing balls
- Response - ask how would you know?  
I can see, hear, feel, smell, touch, taste.
- Lead child to breathe and relax
- Rock chair to assist child to stay focused in relaxation

### WORDS & SAFETY

- Use words like:  
Wander, be open, feel safe, feeling comfortable
- Check gender words:  
she, he, they
- Metaphors: Grow ideas in your brain and body like seeds in a field.  
What does your seed need? Soil, Roots, Rocks. How do you take care of your seed?

### ADD IMAGES

- A video recorder in my brain - recorded for easy access.
- Use child's images and words.

### PRACTICE

- Calibrating and breathing in/out
- Adding positive suggestions
- Reframing test, confidence
- Role play
- What happens next?

### PUPPETS

- Use of puppets
- Demonstrate bad behavior with puppets
- Role Play
- Ask questions



Cat Wilson  
Portland, Oregon  
503-525-0595 - office

