

Master Classes with Lynda Hudson

Using Hypnosis with Children

Workshop One: Appropriate induction techniques / Nocturnal Enuresis
Self-esteem and ego strengthening / Behaviour / Phobias

✚ **Summer 2010:** Sat 31st July Small group
✚ **Venue:** South east London / North Kent
✚ **Fee:** £125 Deposit with booking: £25

✚ **Autumn 2010:** Sat 30th October
✚ **Venue:** Leeds
✚ **Fee:** £125 Deposit with booking: £25

Workshop Two: Organising thinking and Learning / Being Bullied
Encopresis / Vocal and Motor Tics / General Anxiety / Separation
Anxiety

✚ **Winter 2010:** Sat 4th December
✚ **Venue:** ISIS Centre, Brighton **Fee:** £125
✚ **Bookable with ISIS:** 0800 4584791 info@isiscentre.co.uk

✚ **Spring 2011:** March date to be confirmed
✚ **Venue:** Central London
✚ **Fee:** £125 Deposit with booking: £25

Workshop Three: Fussy Eating / Self Harm / Selective Mutism
Obsessions / Sleep

✚ **Summer 2011:** June date to be confirmed
✚ **Venue:** Central London
✚ **Fee:** £125 Deposit with booking: £25

Contact us for registration form, stating workshop number, date and venue

See below for detailed content

Working with Children Workshop One

Appropriate induction techniques / Self-esteem and ego strengthening / Behaviour / Nocturnal Enuresis / Phobias

Working with children rarely follows a straightforward pattern of 'rapport building, brief case history, hypnosis and closure'. Building trust is all important and often as much therapy seems to take place outside the trance as inside the trance. Being aware of the expectations of all concerned (including the therapist) is important, as also is the need to expect the unexpected and be able to use your own creativity and imagination

General principles and guidelines

Suggestions for a first session

The advantages of using a 'method' oriented approach rather than a 'condition' oriented approach: a choice of suitable methods rather than a prescribed set of procedures for a particular problem

- Direct and Indirect Suggestion
- Guided visualisation
- Behavioural Approach
- Dissociation
- Metaphor and storytelling
- Cognitive Behavioural Approach
- Limited use of Regression

A more detailed look at the following issues

- Appropriate induction techniques
- Self - esteem and ego strengthening
- Behaviour
- Nocturnal Enuresis
- Phobias

Questions

Are welcomed and will be answered as we go along unless they are planned to be dealt with under a specific topic later in the session

Working with Children Workshop Two

Organising thinking and Learning / Being Bullied / Encopresis / Vocal and Motor Tics / General Anxiety / Separation Anxiety

Working with children rarely follows a straightforward pattern of 'rapport building, brief case history, hypnosis and closure'. Building trust is all important and often as much therapy seems to take place outside the trance as inside the trance. The age range referred to is from six to fifteen years. The objective of the workshop is to enable practising hypnotherapists to learn more about working with children, specifically the issues on the syllabus and to feel more confident and competent at working in this area.

Review of general principles and guidelines

A look at case studies illustrating the following issues and ideas for treatment

- Organising thinking and Learning
- Being Bullied
- Encopresis
- Vocal and Motor Tics
- General Anxiety
- Separation Anxiety

Questions

Are welcomed and will be answered as we go along unless they are planned to be dealt with under a specific topic later in the session. Please bring some!

Working with Children Workshop Three

Fussy Eating / Self Harm / Selective Mutism / Obsessions / Sleep

Working with children rarely follows a straightforward pattern of 'rapport building, brief case history, hypnosis and closure'. Building trust is all important and often as much therapy seems to take place outside the trance as inside the trance. The age range referred to is from six to fifteen years. The objective of the workshop is to enable practising hypnotherapists to learn more about working with children, specifically the issues on the syllabus and to feel more confident and competent at working in this area.

Review of general principles and guidelines

A look at case studies illustrating the following issues and ideas for treatment

- Sleep problems
- Obsessive Thoughts and Actions
- Fussy Eating (**NOT** anorexia)
- Self Harm
- Selective Mutism

Homework activities between sessions

Why set homework and what would be suitable activities?

Questions

Are welcomed and will be answered as we go along unless they are planned to be dealt with under a specific topic later in the session. Please bring some!