**Clinical Hypnotherapy for Children with Dr Anna Englin**

**What is Clinical Hypnotherapy for children?**

Clinical hypnotherapy is an **effective** and **safe** technique for improving the mind and the body.

A qualified therapist uses a combination of conversation and the state of **hypnosis** (see below) to help identify and change unhelpful feelings and thoughts, habits, body functions or enhance performance.

Our minds are incredibly powerful. Clinical hypnotherapy helps us find inner strengths and resources we may not know we have.

**What can Clinical Hypnotherapy be used for?**

Clinical hypnotherapy is effective in treating a **wide range** of issues. It is most commonly used for:

* fears and anxieties, overcoming phobias
* stress management
* sport, music and academic performance enhancement
* behaviour problems
* habit problems, such as thumb sucking
* pain control
* control of body functions, such as motion sickness

Children often report using the techniques they learnt in clinical hypnotherapy for many other challenges they experience in life.

**What is hypnosis?**

Hypnosis is a **natural** state of focus which we all experience every day, similar to daydreaming. The mind has a remarkable ability to become absorbed in a task or thought. This is called ‘entering hypnosis’. It often happens while people are watching a movie they enjoy, or reading an interesting book.

Children and young people have wonderful imaginations and often enjoy daydreams and creative games. They can easily go into and out of hypnosis.

Medical hypnosis is very different from the way hypnosis is depicted in the movies or on

television. Most importantly, everything that the person experiencing hypnotherapy does or

thinks is voluntary.

Hypnosis is not sleep. People in a hypnotic state are **awake**, fully **aware** of what is happening and are **in control** of their thoughts and actions.

**What happens during Clinical Hypnotherapy?**

Clinical hypnotherapy is carried out in sessions of about one hour.

The first session involves getting to know the child by taking their history and discussing the issue. A therapy plan will be created and explained to the child and parent/s. Sometimes we will do some exercises using the imagination.

In subsequent sessions a combination of talking, play and hypnosis exercises will be used, depending on the child’s age and development. Older children are often taught self-hypnosis.

One or both parents will sometimes stay in the room with the child. Many young people prefer their parents to remain in the waiting room.

**Is Clinical Hypnotherapy safe?**

When conducted by a fully qualified medical hypnotherapist, clinical hypnotherapy is very safe.

Children and young people frequently say clinical hypnotherapy is a relaxing, fun or pleasant experience. It often involves play and drawing. It can also feel like a relaxation exercise or daydream.

**Is Clinical Hypnotherapy a proven treatment?**

Scientific evidence that clinical hypnotherapy is effective and safe is extensive and growing. Dr Englin will be happy to discuss and provide the available evidence at your consultation.

**A bit about Dr Englin**

Dr Englin is a Clinical Hypnotherapist and Consultant Paediatric Anaesthetist. She has over twenty years of medical experience and has specialised in paediatric anaesthesia for thirteen years. She is passionate about empowering people to thrive when faced with life’s challenges.

As a medical specialist, Dr Englin has a broad understanding of health problems and medical procedures. Her special interests include:

* phobias, especially treatment of needle, dental and medical procedure phobia
* sport, music and academic performance enhancement

She runs workshops and gives talks in the area of well-being.

Dr Englin has three school aged children. Her hobbies mostly involve being outdoors. Running, hiking and bike riding are her favourites. She is also a fan of the performing arts and can sometimes be found at the ballet or watching a play.

**How do I arrange Clinical Hypnotherapy for my child?**

Contact the Emotional Health Centre on (03) 9584 5150. They will arrange for an initial consultation. During this appointment, Dr Englin will perform an assessment, formulate and explain a treatment plan.

Dr Englin will remain in contact with the referring practitioner, who will continue the regular medical management of the child.

**Practical considerations**

Clinical Hypnotherapy is most effective when both you and your child are well rested and as comfortable as possible.

Please encourage your child to dress in comfortable clothing and use the toilet before the appointment. Offer your child a snack beforehand if they are likely to be hungry. Mobile phones must be out of view during the appointment and set to ‘do not disturb’ or ‘airplane’ mode.