

# Children and adolescents Panel Hypnosis

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Hypnosis and Psychotherapy**

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1

# Hypnosis and Trance

## What is important in relation with hypnosis?

- An accurate handling of power and influence
- Responsibility and the self-regulation
- Offering a wide range of therapeutic methods
- Understanding children and adolescents as part of a system (family, different peer groups)

# What is important in relation with hypnosis?

A willful differentiation and control of

- State of trance and the „here-and-now-state“
- Imagination and the reality
- The depth of trance
- Association and dissociation

# Psychotherapy with children and adolescents

- Importance of working with the whole system, environment
- Focused on resources, detecting problems and solving them
- Being aware of the child's developmental stage, age, environment, situation
- Children and adolescents are dependent -> provide them with the necessary security and safety

# Hypnosis with children and adolescents

- Careful handling of power and influence
- Empowerment (responsibility) and self-control
- Providing a lot of therapeutic methods
- Seeing children and adolescents as part of a system (family, peer groups)
- Adjusting trance work to the learning process of the child
- Use of fractionation
- Solving problems
- **Explaining the process on a meta-level**
- Closeness – distance
- Effective work in counseling and psychotherapy
- Developing hypotheses about symptoms and problems
- Using the symptom as a metaphor
- Trance in an individual setting (e.g. without the mother)

# Important aspects of Hypnotherapy

## General

- Systemic work, assessing concerns of everyone involved
- Formulating realistic aims that can be accepted by the child and parents
- As long as necessary, as brief as possible
- Use of self hypnosis -> developing self-efficacy
- Brief and simple interventions (must be applicable in everyday situations)
- Combining hypnosis with other psychotherapeutic methods (i.e. cognitive-behavioral approaches, Gestalt therapy)

# Thank you very much for your attention!

Address

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**It will be our pleasure to meet many of  
you in Basel 2020!**

**Bienvenue à Bâle!  
Willkomä z`Basel 2020!**



The banner features a background image of a stone bridge over a river in Basel, Switzerland, with historic buildings and a church spire in the background. The text is overlaid on this image.

**15<sup>th</sup> ESH Congress of Hypnosis**  
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# Der kleine Lederbeutel mit allem drin

