Children and adolescents Panel Hypnosis

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Susy Signer-Fischer, lic.phil. psychologist and psychotherapist FSP

Basel, Switzerland

www.susysigner.ch / susy.signer@unibas.ch

Hypnosis and Trance

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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

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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

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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

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- 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

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- Use of self hynosis -> 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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Lic. Phil. Susy Signer-Fischer,

Fachpsychologin Psychotherapie und Kinder- und Jugendpsychologie FSP Zentrum für Entwicklungs- und Persönlichkeitspsychologie – ZEPP, Universität Basel

Missionsstrasse 62, 4055 Basel

Zentrum für systemische Therapie und Beratung, ZSB

Villettenmattstrasse 15, 3007 Bern

Tel. +41 61 207 24 02 E-Mail: susy.signer@unibas.ch; mail@susysigner.ch <u>www.susysigner.ch</u>

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

Bienvenue à Bâle! Willkomä z`Basel 2020!





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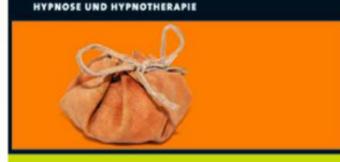
Susy Signer-Fischer Hypnotherapie – effizient und kreativ

Bewährte Rezepte für die tägliche Praxis

HYPNOSE UND HYPNOTHERAPIE

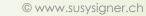
Der kleine Lederbeutel mit allem drin

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Susy Signer-Fischer Thomas Gysin Ute Stein Der kleine Lederbeutel mit allem drin

Hypnose mit Kindern und Jugendlichen



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