Children and adolescents Panel Hypnosis

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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!

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

Bienvenue à Bâle! Willkomä z`Basel 2020!
Susy Signer-Fischer

Hypnotherapie – effizient und kreativ

Bewährte Rezepte für die tägliche Praxis
Der kleine Lederbeutel mit allem drin

Susy Signer-Fischer
Thomas Gysin
Ute Stein

Der kleine Lederbeutel
mit allem drin

Hypnose mit Kindern
und Jugendlichen