



What to expect during a KidsMatters™ hypnotherapy session

Before meeting in person, I will have discussed your child's issue with you, but it is absolutely crucial for you to allow the child to explain their issue *from their perspective* – which may be different to your perspective – when we meet. I may use techniques such as play and drawing to help your child express his or herself. Some children may feel too shy to discuss their problem in front of a stranger, which is completely understandable! If your child feels this way, please make sure you have taken the time to really listen to what they feel the issue is, so that you can discuss this with me.

It is usually a good idea for parents to stay with children during a session, to provide the support and comfort they require. Some older children and teenagers may feel self-conscious about the presence of their parents. One good compromise is for you to be physically present during the session, but to bring some headphones and listen to music, so that your child is less self-conscious about your presence and may be happier to discuss issues which they find difficult expressing to you.

Standard hypnotherapy sessions with adults last an hour, but with children it is often more productive to have a shorter session. Younger children, particularly, may find it hard to cope with a longer session. With adult clients, I usually spend some time talking them into a state of hypnosis. Children tend to find it far easier to access that state! Think of how quickly your child slips into a daydream or gets engrossed in their favourite TV programme or imaginary game. Having found out how your child experiences their focused, imaginative state, I use a range of techniques, such as telling a relevant story which will help your child focus inwards, or asking them to close their eyes and talk to them about a hobby or interest which they get really absorbed in, and quickly start working with them in a therapeutic way.

I work with your child to allow him or her to re-experience situations in a positive way and will provide them with positive suggestions, based on what you and they have told me they want to achieve. I give them some powerful psychological tools which they can use to quickly access feelings of confidence and focus which they experienced during the sessions. I provide all child clients with a 'secret superpower' which they can access quickly when they want to feel confident and in control. KidsMatters™ sessions are fun – which is always the best way for a child to absorb new information and abilities. Your child will leave feeling more confident – and is fine to continue with their day!