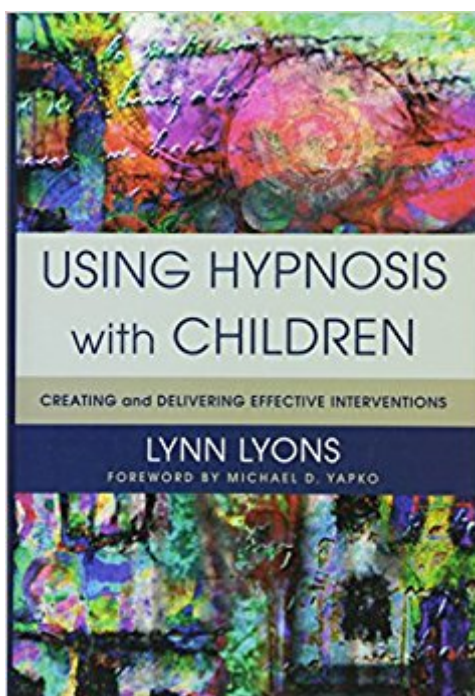


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# Using Hypnosis With Children: Creating And Delivering Effective Interventions



## Synopsis

How to create and deliver effective hypnotic interventions with children. From the initial interview to creating the best metaphors, *Using Hypnosis with Children* is a practical, step-by-step guide that shows health care providers (including therapists, nurses, pediatricians, dentists, and educators) how to create and deliver hypnotic interventions that are customized and effective into their pediatric clinical work, with utilization and flexibility as key components to an overall treatment approach. Using case examples of language for all age groups, readers learn first how to identify the salient targets or themes, deliver a session that hits these targets with precision, and then connect the session to the child's everyday experience. More broadly, readers learn to use hypnosis as a way to help create new neural pathways, teach self-regulation, introduce a more internal locus of control, and develop positive interpersonal experiences. Chapters focus on the most common issues that children face, including anxiety, depression, medical procedures/pain, and sleep.

## Book Information

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## Customer Reviews

“Lyons has compiled a reference book that many will be consulting for years to come. . . . Lyons is also incredibly well versed in utilization, and she takes it to an art form. Her examples masterfully demonstrate how to utilize whatever children bring to the session, in order to take them a step closer to their goals. Her examples are creative and wise. I love the way her mind works. . . . While there are other good books on hypnosis and working with children, this book is a must-read because the author’s voice is so powerful and comforting. It’s as if

you're consulting a friend who is extremely knowledgeable and believes in you unconditionally. This book offers myriad options that provide wisdom and practical methods. I not only recommend *Using Hypnosis with Children*, I will use it to teach students about the art of utilization.

- The Milton H. Erickson Foundation Newsletter

"In *Using Hypnosis with Children: Creating and Delivering Effective Interventions*, Lyons changed some of my assumptions about hypnosis. . . . I learned that hypnotherapy is often more about visualization and redirection, especially with children. . . . [F]ull of useful strategies for opening dialogues, managing child and parent expectations, creating a safe working space, induction games, and helping children create useful coping strategies for all types of situations (blood draws, insomnia, depression, and so on).

- PsychCentral

"[A]bundant examples throughout the text will be valuable reading for anyone working with children. . . . Lyons' text is particularly well-suited to child psychiatry and child psychology clinical trainees, as well as to clinicians engaged in social work and other interventions with children and their families. Pediatricians, nurse practitioners, and pediatric nurses also will find many applications for this tool in their work with children and teens. . . .

Trainees delving into the world of children and families for the very first time will return to this text again and again for practical help in negotiating this new and exciting territory.

- PsycCRITIQUES

"This book is an amazing resource and learning tool for anyone working hypnotically with children—both seasoned clinicians and those just developing their skills in hypnosis. It blends Lyons' wisdom, creativity, knowledge, and skill gleaned from her years as a gifted psychotherapist to create an interventional framework to use when working with children. The result is a toolbox full of clever strategies, useful techniques, and magical metaphors to stimulate our own creativity when working hypnotically to help children help themselves.

- Linda Thomson, PhD, APRN, ABMH, ABHN, Past President, American Society of Clinical Hypnosis

"Lynn Lyons has authored a thorough and artful guide to the clinical practice of using hypnosis to help children change their minds. More than that, she has done it with integrity.

While thoughtfully conducting the reader through myriad frameworks and vignettes that inform her practice, she writes with a voice that cares about our learning as we learn about her caring. Lyons shows us how being hypnotic can enrich therapy for children of any age.

- Laurence Irwin Sugarman, MD, FAAP, ABMH, Research Professor and Director, Center for Applied Psychophysiology and Self-Regulation, Rochester Institute of

Technology

"Children are our future. Lynn Lyons, a renowned expert on pediatric hypnosis, offers sound, practical advice directed to therapists who want to help children and adolescents realize an adaptive life path. For both the beginning therapist and the expert, this book should be

required reading. — Jeffrey K. Zeig, PhD, Founder and Director, The Milton H. Erickson Foundation — “Emphasizing the identification, nurturance, and cultivation of children’s internal resources, Lyons provides a wealth of interesting case examples, replete with careful language designed in a developmentally appropriate, sensitive context. Drawing on an extensive, rich, and up-to-date resource bibliography, Lyons presents an inviting blend of the value of careful language in clinical conversation while making the case for individualizing one’s approach to the personal and developmental maturational trajectory of the child. — Daniel P. Kohen, MD, FAAP, ABMH, Developmental-Behavioral Pediatrician, retired Professor of Pediatrics, University of Minnesota, Co-Director, National Pediatric Hypnosis Training Institute (NPHTI) — “This book is quite special. It contains practical suggestions for both the novice and the experienced clinician who is already using hypnosis. Sensible approaches for children of all developmental levels, as well as their parents, are described. With this book, Lynn Lyons has made a valuable contribution to the field of pediatric hypnosis. — Jeffrey E. Lazarus, MD, FAAP, former Associate Clinical Professor, Case Western University School of Medicine; pediatrician specializing in medical hypnosis

Lynn Lyons, LICSW, has been a psychotherapist for 25 years and specializes in the treatment of anxious children and their parents, with a special interest in interrupting the generational pattern of worry in families. In addition to her private practice in Concord, New Hampshire, she presents internationally to mental health and medical providers, educators, school nurses, and parents on the topics of anxiety, pediatric hypnosis, and the importance of experiential strategies in therapy. She is the co-author with Reid Wilson of *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children* and the companion book *Playing with Anxiety: Casey’s Guide for Teens and Kids*. Michael D. Yapko, PhD., is a clinical psychologist residing in Fallbrook, California. He is internationally recognized for his work in brief psychotherapy, clinical hypnosis, and the strategic treatment of depression, routinely teaching to professional audiences all over the world. He is the author of 12 books and the recipient of numerous awards for his innovative contributions to clinical practice, most recently the 2012 Arthur Shapiro Award of Best Book on Hypnosis for *Mindfulness and Hypnosis*.

Instructional. Clearly written.

This is a wonderful guide for professionals trained in the use of hypnosis and translates strategies

clearly and well for application in the pediatric population.

This is an awesome practical approach to utilizing pediatric hypnosis. It provides the framework and rationale necessary to deliver targeted effective sessions.

A bit long winded and redundant which makes for boring reading but still a good read.

An awesome book. Very readable, simply and clearly written, and full of useful tips and helpful case illustrations. I would recommend it highly to all adults who love working with and helping kids.

Amazing book - amazing author!

Well written, would highly recommend

A superb approach to treating kids! Lynn Lyons offers lots of sensible and practical advice for the strategic treatment of a wide range of childrens' problems. Great ideas, great examples, great sample hypnosis session transcripts. This book has much to offer and I enthusiastically give it top scores.

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