

FREE GUIDE

For emotionally healthy & happy children



Hypno4Children™

INFORMATION TIPS, & TECHNIQUES

HELPING CHILDREN TO
THRIVE





WELCOME TO OUR FREE GUIDE

Children are great at Hypnotherapy, usually finding it a fun and relaxing experience. Our Hypno4Children™ practitioners are professional Hypnotherapists that have received specialist training with us for working with children. As well as Hypnotherapy our practitioners have learned to use other evidence-based practices that enhance the success of the sessions including CBT (Cognitive Behavioural Therapy), NLP (Neuro-Linguistic Programming), Positive Psychology, and Tapping (Thought Field Therapy / Emotional Freedom Technique).

We can help children with a wide range of issues including:

- Anger Management
- Anxiety
- Bedwetting (Enuresis)
- Confidence
- Concentration
- Depression
- Eating Issues
- Exam nerves
- Fears
- Habits
- Hair Pulling
- Phobias
- Relationships
- School Problems
- Self-Esteem
- Self-Harm
- Sleep Issues
- Social Anxiety
- Stress
- Test Anxiety
- Thumb Sucking

*Welcome to our free guide,
We are passionate about
helping young people and this
naturally led us to develop
our Hypno4Children™
Practitioner training, which
teaches already qualified
Hypnotherapists our unique
methods so they can become
Hypno4Children™
Practitioners and specialise
in working with children,
teens, and young people too.
We also developed
MINDHACK4Kids for other
therapists too that would like
to use this amazing system.*

MEET THE HYPNO4CHILDREN FOUNDERS



JULIE



MARCIA

We are Marcia and Julie, the founders of Hypno4Children™. With over 30 years of experience between us and being blessed with the privilege of working with thousands of young people in that time we developed Hypno4Children™.

We are passionate about helping young people and this naturally led us to develop our Hypno4Children™ Practitioner training, which teaches already qualified Hypnotherapists our unique methods so they can become Hypno4Children™ practitioners and specialise in working with children, teens and young people too.

Please get in touch with us if you have any questions.

Warmest Wishes

Julie & Marcia x

HYPNO4CHILDREN PRACTITIONER TRAINING



Julie and Marcia have produced a wonderful toolkit that hypnotherapists can use to really help children. You can see how much thought and effort has been put into it, so much knowledge and experience distilled into an easy-to-use fun and interactive set of techniques that kids will love. The training days moved along at a great pace, there was lots of great content and it was lots of fun as Julie and Marcia structured the training really well and are very good presenters. I feel really “tooled up” now to work with children. It has very much increased my confidence and I can’t wait to get started.

INTRODUCING



MINDHACK



MIND & BRAIN

How the mind & brain works. Brain house. Growth mindset.



INVESTIGATE

Thoughts, triggers, awareness, patterns & behaviour.



NEUTRALISE/ NERF

Unhelpful worries & wonky thoughts. Tapping & CBT.



DO THINGS THAT MAKE YOU HAPPY

Wellbeing toolbox creation.



HYPNO/ HEAD CALM

Hypno, Meditation & Stories to calm & create beneficial changes.



ATTITUDE

Attitude of gratitude. Positive Psychology & NLP.



COACH/ CHEERLEADER

Develop your inner coach or cheerleader, resourcefulness.



KICKSTART

Your confidence. Make goals. Blueprint for life.

We use our MINDHACK System which incorporates a variety of evidence-based therapy modalities such as Hypnotherapy, Neuro-Linguistic Programming, Tapping, Cognitive Behavioural Therapy, Positive Psychology, and Coaching. MINDHACK helps children build a Wellbeing Toolbox of techniques, strategies, healthy habits, and beliefs about their own resourcefulness that will enhance their wellbeing. MINDHACK sessions are creative and fun and are adapted for the individual child. MINDHACK is also available as a workshop for a group of children.

The 'M' of MINDHACK stands for 'Mind & Brain', in this section we teach children about how their mind and brain work. This includes concepts like the growth mindset, which shows children that persistence pays off and how our brain is not 'fixed', and that we can be agents of positive change. The 'I' is where we 'Investigate' how thoughts and triggers can affect us emotionally and behaviourally. The 'N' is where children learn tools to 'Neutralise or Nerf' unhelpful worries, thoughts, and overwhelm. 'D' means 'Do things that make you Happy'. 'H' is the 'Hypnotherapy' part or 'Head Calm' which focuses on calming techniques like hypnosis, stories, and meditation. 'A' is all about a positive 'Attitude', introducing concepts like gratitude and optimism. 'C' is where children learn to develop their own inner 'Coach or Cheerleader'. Lastly 'K' means 'Kickstart' confidence which can include setting SMART goals for the future. Have a look at the next page for some strategies you can use with your children or young clients for the MIND part of MINDHACK.

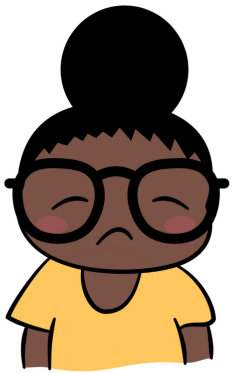
01

GROWTH MINDSET

Have a conversation about the growth and fixed mindset. Ask your child or young client to draw some characters with a speech bubble, one using a fixed mindset, the other a growth mindset like the picture here.



Gloomy Glasses



WONKY THOUGHTS

Have a conversation about wonky thoughts, how sometimes our thoughts tell us fibs! Like in this example, Annie was looking forward to a day at the beach but it was raining, and with her gloomy glasses on, she told herself the day was ruined! However, if she changed her gloomy glasses for happy ones she would be able to see that she could get her wellies on and go jumping in puddles which she loves doing! See below.

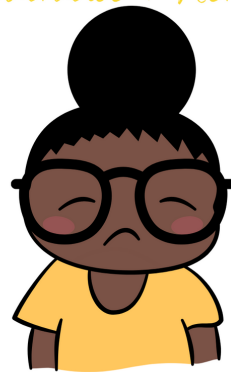
02

03

NERF WONKY THOUGHTS

Encourage your child or young client to draw some pictures of them nerfing or neutralising their wonky thoughts like the example here. This helps to reduce the power and strength of the wonky thoughts.

Gloomy Glasses Neutralise / Nerf



HAPPY PLACE

Help your child or young client create their happy place. This can be a real place or imagined. Add as much detail as possible with all of their senses. They might like to draw it, make it out of lego or play-doh. Ask them also to close their eyes and imagine they are there and ask what feelings they feel when they do. This can be great to do at bedtime.

04





"Our overall experience of therapy was 100% positive! The sessions far exceeded my expectations and my daughter felt very comfortable in the sessions. We were both put at ease from the minute our appointment started and we both felt that we could talk about any of our problems, however uncomfortable that may have been. The main features that I think helped Rosie was the 'worry tree' and the 'tapping' lessons that we had to reduce her anxiety. These worked extremely well for her. Marcia has an extremely friendly, welcoming and understanding nature which put us both at ease from the minute we met her, we were both very lucky to have had the pleasure of her helping us! We would certainly go back to Marcia in the future, should we need to, she gave us great confidence that our problems could be solved, and they were!"

"I approached Julie after much research into the best methods available to help my son resolve a number of very serious phobias he has had since a young child. As he was now 15 it was beginning to interfere with his school work, especially Biology and Sports Science, the reason for this was due to his phobias being, blood, bones and the heart. Julie very quickly established herself as his confident and between them they worked together over 6 weeks, working through his very severe reactions he had just even talking about these subjects. The NLP and Hypnosis along with some immediate visualisation processes meant he could see and feel improvements by week 2. He realised by changing his thought process he could overcome the challenges that had been there all his life. He looked forward to each meeting, knowing he was heading towards a worry free life and as a result his confidence grew. Julie is now a very special person in our lives and our son no longer even remembers what or why bones, blood and the heart ever gave him any issues. Quite frankly, it's a miracle!"

"My 16-year-old son recently received treatment from Frances for his severe needle phobia.

My son has autism, adhd and other difficulties. He has previously refused treatment, hidden beneath tables and chairs, smashed up waiting rooms and become visually distressed. After a relaxing treatment with Frances my son was able to receive his Covid vaccine without too much stress and actually watching the vaccine being administered, he afterwards said that it wasn't as bad as he thought it would be.. he subsequently received his second vaccine and said that he thought he was over his needle fear. My son had always absolutely refused any needles after a bad hospital experience 7 years previously.. the session with Frances has proven to be invaluable and I would recommend it to anyone who is having difficulties."



"I can not praise the hypno4children course enough. I was hoping to get some useful training on working with children but came out with so much more! Both Marcia and Julie are so welcoming, helpful and patient and the work they have clearly put into creating this training is evident. After having completed the course I already feel, along with my hypnotherapy training and teaching experience, confident enough to go into schools. The ongoing resources and support too makes for excellent value for money!"

"Another fantastically organised course from Marcia and Julie. Jam packed with knowledge and insight, and choosing the full package option is absolutely worth the money. The abundance of documents and info given feels like a supportive hug for a newly qualified hypnotherapist! Thank you ladies, absolutely wonderful."

"I thoroughly enjoyed the Hypno4children training course with Marcia and Julie, and highly recommend to anyone who's looking to enhance their skills and grow their confidence when working with their younger clients.

Marcia and Julie are clearly both very experienced therapists in their field and have a real passion for working with and improving the lives of children and teens, this can be seen in the training resources that were excellently put together. I feel well equipped to begin implementing the MindHack and StudyCalm systems into my own therapy sessions and thank both Marcia and Julie for their enthusiasm and knowledge throughout two excellent training days."

"I highly recommend the Hypno4Children course with Life Clinics – it's fantastic! I have just completed it this weekend and can't wait to put everything I have learned into practice. Marcia and Julie were fantastic, as always, and the course material was so wonderfully informative and clearly put together with such care and thoughtfulness. I now feel well-equipped with all the necessary tools and skills to help children and teens manage a variety of issues. The idea of working with young people now feels so exciting to me and I owe that inspiration to this course! Thank you so much."

"The Hypno4Children training course is clear and gives a great structure to follow and adapt to work with children across the full age range plus ensures the sessions are client centric. The trainers (Marcia & Julie) are friendly and have a wealth of experience to add confidence to the attendees. A great course for CPD and to learn new skills as a practicing Hypnotherapist."



THANK YOU!

Thank you so much for taking the time to read our free guide. We hope you found it useful.

If you are looking for sessions for your child then please check out our Hypno4Children family of practitioners, just visit our website and click on 'find a practitioner'.

If you are looking to train with us then please take a look on our 'Practitioner Training' page on our website.

STAY IN TOUCH

Email is the best way to contact us initially at marcia@hypno4children.co.uk or julie@hypno4children.co.uk
You can also find us on Facebook or Instagram @Hypno4Children

INSTAGRAM

FACEBOOK



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