



*Implementing Hypnosis in a Pediatric
University Hospital - A Win-Win !*

*Clinical Hypnosis with
Children & Adolescents*

*Dresden Children's Hospital
5 November 2019*

Daniel P. Kohen, M.D., FAAP, ABMH
Developmental/Behavioral Pediatrics
Kohen Therapy Associates
Professor (retired)
Developmental/Behavioral Pediatrics
University of Minnesota
dkohen@umn.edu
www.dpkohen.com

(NPHTI = National Pediatric Hypnosis Training Institute)

Helping Children Help Themselves

*Elements
of
Therapeutic
Communication*



Helping Children Help Themselves
Focus on Imagery

Imagination with Feeling

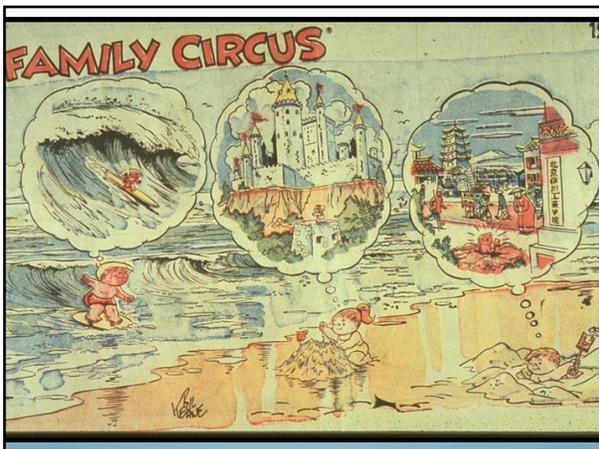
Helping Children Help Themselves
Cultivation
of
Imagination

Ingredients...
Expectations
and
Motivation

Developmental perspective
Pretending

Daydreaming

Imagining



What Hypnosis is... and is NOT

- It is **NOT** about being all powerful



It **IS** learning to have more power over yourself.

What Hypnosis is... and is NOT

- It is **not** the same as sleep.

EEG in sleep NOT the same as EEG during hypnosis...

In fact, ALERT HYPNOSIS is all around us



What Hypnosis is... and is NOT

- It is **not** about making someone do something against their will.



What Hypnosis is... and is NOT

People experiencing Hypnosis do NOT automatically

forget what occurred or have amnesia....



What Hypnosis is... and is NOT

It is NOT about having a "weak mind" or being controlled...

It IS about enhanced control



What Hypnosis is... and is NOT

It IS learning to have more power over yourself.

Everyday examples of hypnosis and hypnotic phenomena

- *Time Distortion* - "time flies when you are having fun..."
- *Kids sitting in front of TV, "don't hear" the call to supper!*

Everyday examples of hypnosis and hypnotic phenomena

- *Absorbed in smart-phone, YouTube, good book, TV, we "enter" it, and then don't hear the doorbell ring.*

Two Kinds of Hypnosis....

Spontaneous ... all around us....



Invited... for some appropriate purpose...

- managing discomfort
- solving a problem
- eliminating a habit
- reducing stress
- maximizing potential



Two Kinds of Hypnosis...

Spontaneous ... all around us...



Two Kinds of Hypnosis...

Spontaneous ... all around us.



Two Kinds of Hypnosis...

“Invited” (old word “Induced”)

“On purpose” for some reason, like to relieve discomfort, enhance a skill, solve a problem

HYPNOSIS IS ...

A spontaneously occurring or invited alternative state of awareness (with or without relaxation) in which an individual develops a

FOCUSED, ABSORBED CONCENTRATION...

HYPNOSIS IS ...

...on some idea or image with the specific GOAL or purpose of maximizing potential, creating a CHANGE, reducing or resolving some problem

Hypnosis is...

DEVELOPMENTAL LEVEL is more important than chronological age in being able to learn and use clinical hypnosis skills.

Helping Children Help Themselves

*All Hypnosis
is
Self-Hypnosis*

Helping Children Help Themselves

*All Children Can Learn
to DO Hypnosis
(because they really already
know how...!)*

How we **talk** is how we **think**...

How we **think** is how we **feel**.

How we **feel** is how we **act**.

So, if we want to change how we act,

it **STARTS** with **how** we **TALK**.

Words to Avoid

- “ ic ” words

(asthmatic, diabetic,
epileptic, cystic, leukemic, rheumatic)

- “ er ” words

(sickler, bed-wetter, thumb-sucker)

Words to Avoid → Use Instead

- “hurt, pain” → “bother”, “annoy”
- “attack” → “episode”, “event”
- “ I WANT you to ” → “YOU may wish to...”
- Can't? Is *really* “doesn't, don't, won't”

**“ Words are our
most inexhaustible
form of magic ”**

---- Professor Albus Dumbledore



Communication in Hypnosis
AND in daily life!

Use “ **WHEN** ” instead of “ If ” ...

“ IF you can feel your muscles relax... ” =
challenge.....but...

“ **WHEN** you feel relaxed, **THEN** you’ll be very
proud of yourself and comfortable, etc. ” =
permission & **invitation to take control.**

Communication in Hypnosis
AND daily life!

It is preferable to use
“ You may wish to ”

rather than “ I want you to... ”

Communication

Instead of “ You will... ”
(relax your body, feel less
pain, be less anxious...etc.)

CONSIDER >>>>>>>>

Communication

CONSIDER >>>>>>>>

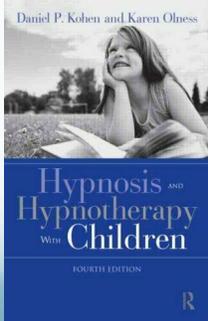
“ You may, when you’re ready...”
(let yourself relax, notice less worry,
feel more comfort, etc .)

Communication

“ TRY ... ” ?
NO...it implies failure....
“ JUST DO... ” ?
YES...it works!



4th edition



3rd edition



WHY and WHEN

would we use
Hypnosis with Children?

**Applications of Hypnotherapy for
Children and Adolescents**

1. Habit Problems and Disorders

e.g. Thumb-sucking, Nail-biting, Hair-pulling,
Enuresis

2. Behavioral Problems

e.g. Anger, Adjustment Disorder, Sibling rivalry,
Hypnotherapy integral to/adjunct with
counseling/psychotherapy

Applications of Hypnotherapy for Children and Adolescents

3. Biobehavioral (Psychophysiological) Disorders

e.g. Asthma, Migraine, Tourette Syndrome, Inflammatory Bowel Disease, IBS, Warts

Applications of Hypnotherapy for Children and Adolescents

4. Pain

e.g. Acute Pain (injury, illness, medical procedure) or Chronic/Recurrent Pain (chronic illness, disability, trauma)

5. Anxiety

e.g. Performance (speeches, recitals, exams, sports), Separation (sleep), PTSD, Phobias, OCD, Grief & Bereavement

Applications of Hypnotherapy for Children and Adolescents

6. Chronic Illness

e.g. Cancer, Hemophilia, AIDS, Cystic Fibrosis, Diabetes, Juvenile Rheumatoid Arthritis, Chronic Renal Disease (dialysis, transplantation), etc.

Video Examples

(we will see later...)

Alex - 10 yo Headaches

John - 11 yo Asthma

Pamela - 5 yo IV for Chemotherapy

Leah - 16 yo Chronic Daily Headache

Chris - 7 yo C.P. Anticipatory Anxiety Surgery

Kristine - 16 yo -Tooth extraction

Kara - 11 yo Bone marrow asp

“Rules of Hypnosis”

Successful clinicians are...*careful observers* who
NOTICE THEIR PATIENTS, LISTEN, PACE
and are:

- Respectful - Patient - Flexible
(like YOU!)
- Optimistic - Positively expectant
(like YOU!)

“Rules of Hypnosis”

Successful clinicians are...

- Mindful of their patients’ own language,
thought patterns,
and personal goals
(like you)

“Rules of Hypnosis”

Successful clinicians are...

- ...aware of patients’ personal imagery, favorite place(s), way of formulating and framing ideas, and expectations
(like you)
- Aware of need to offer patients clear choices within clear boundaries
(like you)

Realities of Hypnosis

In hypnosis patients are...

- *Focused • Concentrating*
- *Listening carefully • Literal*
- *Suggestible • Concrete*

Realities of Hypnosis

In hypnosis patients are...

- *In a readiness to listen....*
 - Motivated to change
- Aware that in hypnosis time is experienced differently

Hypnotic Induction with Children Principles

- *Understand child development*
- *“Go with the child...” (MHE)*
- *Children are multi-sensory*
- *Favorite place/activity imagery*

Principles:

- *Relaxation not necessary/required*
- *Young children move around*
- *Find the Hypnosis in the Encounter*
(L. Sugarman, M.D.)

Hypnotic Invitation with Children

*As you will learn when (NOT 'if')
you take your first
Pediatric Hypnosis Workshop,
it's fun and it's easy
...because... they really
already know how...!
And, SO DO YOU!!!*

MASTERY

...PAUSE...











NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE

**Let's learn from the children
and watch some videos.**

Alex - 10 yo Headaches - 1:52

John - 11 yo Asthma - 2:32

Chris - 7 yo C.P. Anticipatory Anxiety Surgery 5:14

Kristine - 16 yo -Tooth extraction 6:08

Clara 7 yo Trichotillomania 5:43

Alex 10 yo Migraine

John 11 yo Asthma

Chris 7 yo, CP
Anticipatory Anxiety about
yet another Surgery

Kristine 16 yo Tooth extraction
without anesthesia

Clara 7 yo
Trichotillomania



 NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE

!! SAVE THESE DATES !!

**NPHTI Pediatric Clinical Hypnosis
Skill Development Workshops**

Thursday-Saturday

OCTOBER 8-10, 2020

MINNEAPOLIS, MN

Daniel P. Kohen, M.D., FAAP, ABMH
Developmental-Behavioral Pediatrics
Kohen Therapy Associates
Professor of Pediatrics (retired) – Univ. of Minnesota



dpkohen@umn.edu
www.danielpkohenmd.com
 952-405-9406
Co-Founder/Co-Director
NPHTI
www.nphti.org



NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE
Fundamentals & Utilization Workshops
March 21-23, 2020 ~ Melbourne, Australia

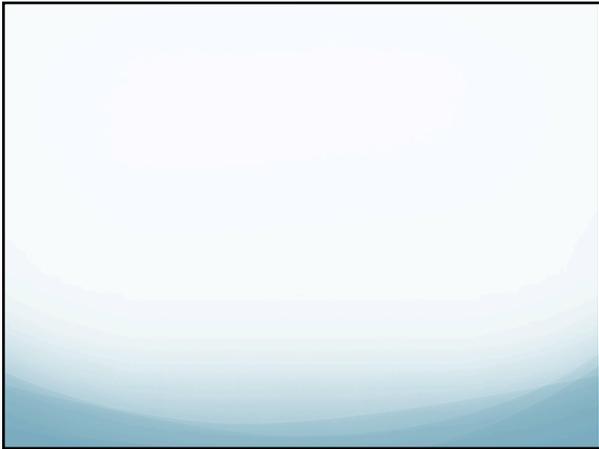
Fundamentals Workshop
March 27-29, 2020 ~ Adelaide, Australia

Fundamentals Workshop
May 28-30, 2020 ~ Children's Hospital of Philadelphia

Fundamentals, Utilization & Individualized Consultation
Workshops
October 8-10, 2020 ~ Minneapolis, Minnesota

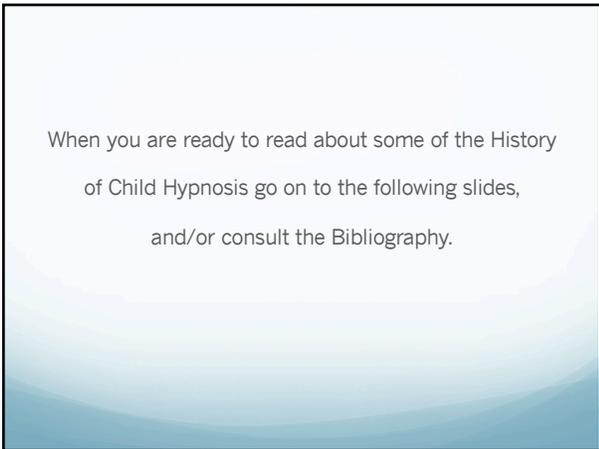
END
until the next beginning...

Thank-you for listening
and for this opportunity!









**Child Hypnosis: Where We Have Been
and Where We are Going**

- 1960's: Susceptibility Studies: London & Cooper 1963, Barber & Calverley 1963
- 1970's: Many clinical papers: Gail Gardner, Ph.D. and **Karen Olness, M.D.**; Lonnie Zeltzer, M.D. and Sam LeBaron, Ph.D., M.D.

**Child Hypnosis: Where We Have Been
and Where We are Going**

- 1976: First formal workshop in Child Hypnotherapy at ISH - Philadelphia
- 1979: Stanford Children's Hypnotic Susceptibility Scale by Arlene Morgan, Ph.D. & Josephine Hilgard, Ph.D.

**Child Hypnosis: Where We Have Been
and Where We are Going**

1981: Hypnosis & Hypnotherapy with Children - 1st ed.
G.G.Gardner, Ph.D. & Karen Olness, M.D

**Child Hypnosis: Where We Have Been
and Where We are Going**

- 1984: **Kohen**, Heimel, Colwell, Olness published largest clinical series of Pediatric Hypnosis - 505 patients - JDevBeh Pediat 1984
- 1986: “No Fears, No Tears” Video on Hypnosis for Children with Cancer - Leora Kuttner, Ph.D. (sequel, 1999: Video “No Fears, No Tears - 13 Yrs Later”)

**Child Hypnosis: Where We Have Been
and Where We are Going**

1987: 1st Annual Workshops in Pediatric Clinical Hypnosis @ Society for Developmental and Behavioral Pediatrics (SDBP)

2019: 32nd Annual Workshops! 10th Anniversary Workshop of NPHTI, National Pediatric Hypnosis Training Institute

**Child Hypnosis: Where We Have Been
and Where We are Going**

- 1989: Olness, Culbert, Uden first Pediatric Psychoneuroimmunology study: “Self-Regulation of Salivary Immunoglobulin A by Children” Pediatrics: (1):66-71, January, 1989

**Child Hypnosis: Where We Have Been
and Where We are Going**

- 1997: “Imaginative Medicine-Hypnosis in Pediatric Practice” Video - Laurence I. Sugarman, M.D. (Laurence@Laurencesugarman.com)

**Child Hypnosis: Where We Have Been
and Where We are Going**

- 2005: Thomson, Linda. *Harry Hypno-potamus: Metaphorical Tales for Pediatric Problems*. Bancyfelin, Carmarthen, UK: Crown House Publishing, Ltd. (and 2009)

**Child Hypnosis: Where We Have Been
and Where We are Going**

- 2007: Wester WC and Sugarman LI (eds) *Therapeutic Hypnosis with Children and Adolescents* Crown House Publishing, Ltd (next edition Sugarman & Wester, 2013)

**Child Hypnosis: Where We Have Been
and Where We are Going:**

Inaugural Workshops of

NPHTI

National Pediatric Hypnosis Training Institute

www.nphti.org

(2009–2019 and BEYOND!)

**Child Hypnosis: Where We Have Been
and Where We are Going:**

2010 : Kohen publishes "Long Term Follow-up of Self-Hypnosis Training for Recurrent Headaches: What the Children Say." The Intl J. Clin. & Exptl Hyp 58(4):417-432, Oct-Dec- 2010.

Helping Children Help Themselves

Children who have a reason to learn and a **positive expectation & motivation** typically learn hypnosis easily

Hypnotic Invitations with Children

- *Storytelling / Favorite Place Imagery*
- *“Fingers-together” (“friendly fingers” or “magic fingers”) technique*
- *Eye fixation techniques*

Hypnotic Invitation with Children Noticing body changes: techniques

- *Progressive muscle relaxation:
head-to-toe; toe-to-head*
- *“Levitation” with imagined
balloons on hand(s)*
- *Hands coming together “like magnets”*
