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Integrative Hypnosis for Kids and Teens: Playing for Change (Paperback)

By Melissa Tiers

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.2017 Recipient of the Pen Quill Award, International Medical and Dental Hypnosis Association! From two award winning and best-selling authors comes a book destined to be the definitive guide to helping kids change. Integrative Hypnosis for Kids and Teens is a treasure trove of information, insights and creative approaches to helping kids change a wide variety of issues. Drawing on years of experience in helping children overcome challenges, Melissa and Kelley offer a wide range of effective and easy-to-apply solutions based on the latest research in neuroscience, embodied cognition and mind-body medicine. You ll learn how to empower kids to rewire their brains and take control of their emotions, habits, and futures.all while having fun! This book covers a wide range of interventions, integrating clinical hypnosis, neuro-linguistic psychology, narrative therapy and practical neuroscience. You will learn how to use hypnotic phenomenon and engage kids in therapeutic play to change the whole dynamic of your work, sitting in on actual sessions with kids and teens of all ages that address: Anxiety and Fears * Focus and Concentration * Changing Habits * Pain Control...



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