

Child and Family Therapy

By Mick Lawrence, professional therapist

This is something that most mothers will not turn to immediately when they encounter a health problem with their child.

For many people, I expect, Hypnosis is still a mystery, which is only thought of in the context of entertainment where the Hypnotist appears to have control over a person's mind.

Now I would imagine that many mothers with small children would dearly love to be able to have control over them... but in reality, isn't this exactly what mothers do have over their children?

On television, when a hypnotized man is asked to dance with a broom, which they will see as a beautiful woman, how far removed is that from asking a young child to clean their room?

It has been successfully demonstrated that adults have a natural body rhythm of 90 minute activity cycle followed by a 20 minute rest cycle.

During this 20 minute rest cycle it is very likely that people will go into a natural trance and begin to daydream or stare out of the window. A child's rhythm is slightly quicker and I think every mom has found their children in a day dreaming state.

It is during these periods that the body supplies the bloodstream with the essential building material to repair and refresh cells all over the body.

It has been a common mistake of teachers to believe that day dreaming is bad for you. In fact it is quite the opposite. If you want to give your child health suggestions, then during these periods of natural trance is the best time to build the child's confidence and self-esteem. And always make the suggestions in a calm and even voice, not a shrill, nagging one.

One of the most significant breakthroughs in therapy in the last 30 years has been in the area of family therapy where the whole family is involved in counseling and therapy. It has been found that children's symptoms and problems are often related to the interaction of the family as a unit rather than a specific problem with the child.

It has also been found that in family therapy the children often improve rapidly once one or more of the other family members have received the therapeutic interventions of a good therapist.

If you would like to speak to Mick Lawrence call him on 020 8673 2719. Mick now provide aromatherapy, massage, NLP training and counseling as well as Feng Shui consultations. Along with Hypnotherapy all of these are PAYMENT BY RESULT, so if you feel no benefit you will get your money back.