

Television – Imagination Method – For Children

written by Hypnosis Scripts | October 15, 2014
(For Children Ages 7 – 11)

Instructions to hypnotist

A tactile technique, such as holding a stuffed animal, may be appropriate for a 2-year-old. A 4-year-old may respond better to a rag-doll and a 6-year-old to a coin or television technique. Developmentally, a school child (7-11 years of age) may respond best to a favorite place technique and an adolescent to sports imagery.

Spoken to subject

I would like to show you and teach you how you can use your “make believe” ability in areas of your life to help yourself. Would you like to learn how you can help yourself with *(child’s presenting problem)*? *(Child responds Yes)*

You already have your own imagination. I cannot give you any imagination. I can show you, however, how to use your imagination in a very special way.

First, I would like you to get into a very comfortable position. Just put your legs in front of you, with your hands resting comfortably in your lap. You might notice that, in this position, your whole body feels nicely supported, with every part of your body being held up by something.

And now, I would like you to close your eyes – that’s right – and with your eyes closed, you can enjoy the darkness and the quietness, the peacefulness, and the calmness. You can become

more aware of your breathing. Just feel how cool your breath feels as it comes into your body, bringing with each breath energy and oxygen that spread to every corner of your body.

With each breath out, you can feel warmth, and your body can just relax all of the muscles in your body. Every time you breathe out, you go deeper and deeper into relaxation and comfort.

As you relax deeper and deeper, I would like you to imagine that a TV screen has appeared before your eyes – a very special TV that would only be found in a very special place. This TV has been made especially for you. Just see the dials on the TV and examine them very carefully and find the ON switch. Just turn on that TV and turn the dial around until you find the program that seems just right for you.

It may be a program that you have already seen before, or one that you would only imagine that you would like to see. What is the program that you are seeing right now (*child's name*)? (*Get response from the child and then ask additional questions to increase and enhance image*)

You can continue to enjoy that picture for a moment more and then I would like you to turn the dial until you reach a channel where you can see yourself on TV and you find yourself in (*wherever the therapist wants the therapeutic environment to be*) and you are the star in that program.

Have you found that channel? (*Child responds*) Good.

What are you doing right now in that picture on the TV? (*Child responds*)

Just continue to watch that program because that is a special TV and you are in control of that TV. (*Use therapeutic suggestions*)

related to the presenting problem – stress achievements and positive feelings. Use a posthypnotic suggestions that the child can go back to that special channel whenever the child wishes. The therapist can also ask the child to use “slow motion” suggestions at any time)

Now turn your dial to any channel you would like to end with that gives you a nice feeling of being you and a nice feeling of being comfortable and peaceful, of being strong and wise, and knowing what is best for yourself and how to find it. You can thank yourself that you have this special TV in your mind and that you can use it any time you wish.

Now it's time for your to turn your set off and to let yourself gradually return to the room here with me, feeling refreshed and relaxed and ready for a nice day – ready to open your eyes now.

That was very nice (*child's name*).