

Ruth Röthlisberger : The use of active alert hypnosis when working with hyperactive kids

Why do I think this work is important:

Hyperactive kids suffer so much as their problem shows in so many aspects of their life : school, homework, family life

Active alert hypnosis can be a significant addition to every hypnotherapists' tool kit.

Within only a few sessions kids can benefit from active alert hypnosis as it helps to strenghten their self-awareness, boosts their self-esteem and helps them to get back control over their body and symptoms.

Medication should not be the only option a family with a hyperactive child has.

Hypnosis with kids

Working with kids is easy:

- kids haven't had their problems for a long time
- kids are still used to the natural state of trance
- kids are open, interested and curious

BUT

- kids are the weakest part in the chain
- they have to function within the system
- they are influenced by their parents & teachers

What is active-alert hypnosis?

Active-alert or activeflow® hypnosis provides the opportunity to achieve a deep state of trance through body activity.

Instead of going deeper into trance and feeling more relaxed, your clients will feel stronger, fresh and totally awake while moving.

How and where do they move?

In my office I like to work with stationary bikes, desk cycles and trampolins:



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Why do I like to work with active alert hypnosis?

Active alert hypnosis is a great tool when working with kids because

- the equipment is the #1 icebreaker in my office
- it fits their need to move
- it's fast
- it's powerful
- it's fun
- it helps to melt away any problem

When do I use the active alert hypnosis?

Active alert hypnosis can be used for most topics but this is where I mostly use it in my office

- unwanted behaviour
- tics
- learning difficulties
- anger & fears
- inattentiveness and / or hyperactivity
- in some cases an official ADHD diagnosis

Why would you want to work with hyperactive kids?

As a therapist who wants to earn money next to helping your clients there is good news:

- numbers of ADHD diagnosis have been rising over the past 20 years due to increased awareness, decreased stigma, access to medical care & better trained doctors
- even though there is a lot of research the exact cause of ADHD is not fully understood, although a combination of factors (such as genetic and environmental factors) is thought to be responsible
- parents are often left alone with „their problem child“ and many are open for alternative treatment

Body activity and brain

There are studies and researches that show that our brain works better when our body is in action. But what exactly happens in the brain?

- better circulation of the brain
- better oxygenation
- higher energy supply
- activation of nerve cells
- promotes synapse formation

“Children want to move, and they learn a lot by moving their bodies,” said Marijke Mullender-Wijnsma, lead author and researcher in the Centre for Human Movement Sciences at the University of Groningen in the Netherlands. “Children can also learn by sitting at a table, but they learn more by being active.” So

- active alert hypnosis satisfies a child's constant urge to move
- showing a child how to use the techniques at home allows your young client to increase concentration at school and for homework

From a neurobiological perspective, exercise promotes the release of dopamine and noradrenaline, which are important neurotransmitters / hormones and are important for long term motivation and higher levels of concentration.

In simple terms regular physical exercise can have a similar effect as today's ADHD medication.

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So what is the conclusion?

There are many aspects of the symptoms you can work on with active alert hypnosis

- raise body awareness
- reduce stress
- overcome anger & fears
- raise motivation
- teach techniques to take home

Example of a treatment plan for an ADHD diagnosed child:

As hyperactivity & ADHD are behavioural problems you could offer ongoing support. So you can suggest up to 10 sessions within 9 - 12 months to see improvement:

1st session: roughly 2-3 h

1 h pre-talk, up to 2 h on stress / anger or whatever bothers the child most

2nd session: roughly 1,5 h 1-2 weeks later

install self hypnosis on a Deskcycle

3rd session: 1,5 h 2-3 weeks later

work on upcoming topics / adjust self hypnosis suggestions & show them some Apps

4th session: 1,5 h 3 weeks later

mental coaching for a better learning setting , educate the parents

5th session: 2 h incl. talk with parents 3-4 weeks later

what has changed so far? Where to go?

6th – 8th session : 1 h 5-6 weeks later

work on motivation, general problems, upcoming feelings

9th session: 2 h incl. longer talk with parents 6 weeks later

what has changed, how to move on,

10th session: 1 h 8-9 weeks later

work on motivation, general problems, upcoming feelings

Homework:

You need your clients to do some homework to make sure that what you have worked on with them becomes their new habit:



- use of a desk-cycle while doing their homework
- exercise before starting with the homework. (Jumping jacks, sit ups or push ups)
- get a timer for homework so they can set the clock for 5/10 /15 minutes (depending on the age). During this time they need to focus on their homework
- teach them self-hypnosis or give them an audio file
- Audio file with positive affirmations and suggestions