



Hypnosis with Children

CLINICAL WORKSHOP
LEVEL 1

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I have no significant financial relationships or conflict of interest from the past 24 months to disclose.

I have not used AI in the development of this program/materials.

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Hypnotic Phenomena

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Objectives

At the conclusion of this session the participant will be able to:

- *-Explain five different hypnotic phenomena;*
- *-Discuss and describe how the concept of trance logic and other hypnotic phenomena can be used therapeutically.*
- *-List at least three principles of eliciting phenomenon.*
- *-Define abreaction and describe how it can be addressed therapeutically.*

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WHAT IS TRANCE?

- Trance is how we “go plastic”
- A dynamic **process** of mind changing. Developing plasticity, malleability, agility and resilience of mind. (more than neuroplasticity)
- Can be intentional or unintentional
- Novelty may initiate trance
- The clinician’s trance- introducing and facilitating novelty.

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Trance?

- Altered state of consciousness?
- Absorption- inward or outward
- Narrowed focus
- Naturally occurring
- Survival mechanism- for affect regulation, coping, mastery

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Hypnosis as a climate for change

- Hypnosis is what we do with the process of plasticity, the trance
- An application of basic principles and skills
- Creative and artful- movement (dance), prosody and cadence (music), and verbalization (lyrics)
- Necessarily person-centered



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Hypnotic Phenomena

- **Rapport**
- **Ideosensory Activity**
- **Dissociation**
- **Time Distortion**
- **Induced Dreams**
- Hallucination
- Catalepsy
- *Ideomotor Activity*
- Depersonalization
- Memory modification
- *Age Pro/Regression*
- Somnambulism
- *Trance Logic*

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Magnets- Hands Together



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Altering Sensations: the physical reaction

- Flexibility of Stuffed Dolls
- Making the body hard as metal
- Screwing the fingers together
- "Bouncing" arms
- Breathing real fast/real slow
- Scrunching the face
- Running/ standing still

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Altering a Sensation- A Headache

When Adam began to describe his headaches, I asked him what color they were.

He was surprised by the question.

After a moment he said, "They are red, just like the color of my mother's face when she gets mad at me."



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Sensory Alteration

- T: "What shape are your headaches?"
- Adam: "Pretty big knots."
- T: "What are the knots made out of?"
- Adam: "Stone and gravel."
- T: "Imagine the knots are turning into soft marshmallows that you roasted on the fire. Then imagine that your friend has those marshmallows and is enjoying how sweet they taste."

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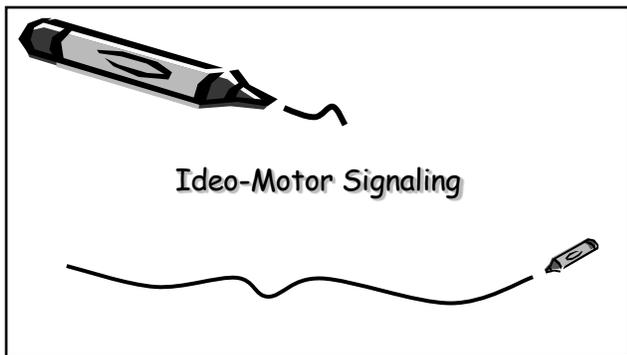
Adam and the no more headache

After this brief discussion, I again asked Adam to describe his headaches.

He said he couldn't describe them when they were not there, and the headache had disappeared.

Following this work, he had a permanent reduction in both the number and intensity of headaches.

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What is an ideo-motor signal?

- Any behavior- a form of body language
- Subject can be taught how to use them without talking
- Bypass conscious thought
- When is it useful?
 - Receptivity to suggestion- confirm or deny
 - Psychosomatic disorders (7 common causes)
 - Review subconscious factors that do not emerge in conscious history
 - Hypnoanalysis- identify significant psychological factors
 - Invite an ego state

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Neurological Mechanism

" The intention of thought is transmitted to the motor cortex at a subconscious level, coordinated by the cerebellum, and sent down spinal nerves to the appropriate muscles, inducing micromovements, not visible to the naked eye but amplified by the hand held pendulum or by the slow ratchet-like cumulative movements of a finger or other body part." Shenefelt, 2011

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Signs Of Increased Suggestibility/Trance

- pupils dilate
- eyes defocus
- eyelid fluttering
- ocular tearing
- facial muscles relax
- bottom lip fuller (circumoral pallor)
- breathing regular (usually shallow and slow), thoracic to diaphragmatic
- in adults, lack of gross body movements, lethargy
- jerky movements
- "inability"/disinclination to talk
- literalness (You can halve your pain or you can have it)
- latency of response (time lag)
- heightened sensory awareness
- clarity of thought

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Types of Suggestions

- **Direct vs. Indirect**
- Authoritarian vs. Permissive
- **Individuation and Utilization**
- Interspersal and Embedding
- **Truisms** (The sun comes up)
- Encourage autonomous responding and dissociation
- **Cover all possibilities** (stick with what you know)
- Questions
- Contingency (Each time you practice, you will notice X)
- Implied directive (this chair or that chair)
- Apposition of opposites (heavy lightness)
- Negatives to discharge resistance
- Bind of comparable alternatives
- Confusion
- **Metaphors, Analogies, Stories**

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Principles of Suggestion

- Carrot Principle
- Positive Suggestion
- Positive Expectancy, Yes-Set
- Number and Timing of Suggestions, State Desired End Result
- Successive Approximations
- Positive Reinforcement
- Individualization and Utilization, Confirmation of Suggestion's Acceptability
- Trance Ratification

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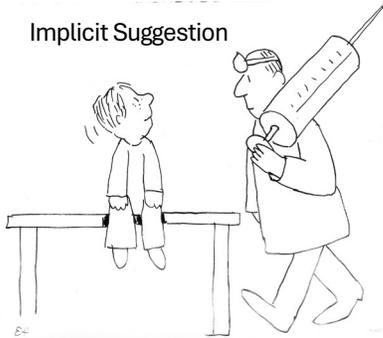
The Power of Suggestion--Verbal



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Implicit Suggestion



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ABREACTION

- Abreaction is a process in which repressed material, often traumatic, painful, or conflictual, is brought back into consciousness and expressed. This resurfacing of repressed memories can be cathartic (i.e., emotionally discharging).
- Therapists work with the patient to manage the memory, the emotion, and integrate into their therapeutic work.
- It can be frightening, confusing, overwhelming when unexpected- for either the patient or the therapist.

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HYPNOSIS AND ABREACTIONS

Hypnosis is a bridge to the unconscious, so abreactions are to be expected and utilized to help the client. This bridge can be used intentionally or may occur spontaneously.

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Parallels

Trance	Trauma
Novelty captures our attention	Danger captures our attention
Narrowed and focused	Narrowed and focused
Dissociated/spacey/amnestic	Survival mode: +sensing, -cognitive
Open to or acting on suggestion	Highly suggestible
Time distortions	Time distortions
Altered sensory perceptions	Altered sensory perceptions

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CHARACTERISTICS OF TRAUMA RESPONSE



- PRIMARY PROCESS THINKING
- TRANCE LOGIC- CAN TOLERATE INCONSISTENCY OR CONTRADICTIONS
- LITERAL/CONCRETE
- EGOTIZE

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What to do when an abreaction occurs

- Stay calm- remind yourself it is just an emotion/ memory being expressed. Breathe! Interrupt trance state.
- Ask what the patient is experiencing- e.g., "I notice tears on your face. Can you tell me about them?"
- Be comforting, reassuring, and positive. E.g., "What you are feeling is important, and that is why it is present now, even though it may be from long ago." (Sandwich)
- Use grounding techniques- "Let's take a moment and breathe together. Feel the floor under your feet, your arms on your lap. Open your eyes and look around the room. You are here now, it is safe here."

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