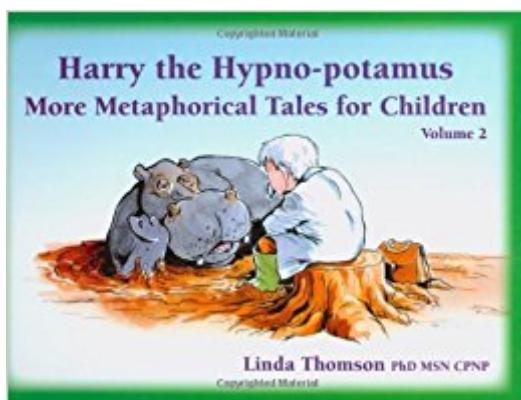


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# Harry The Hypno-potamus: More Metaphorical Tales For Children (VOL 2)



## **Synopsis**

Following on the heels of Volume 1, this volume brings us once again the engaging menagerie of characters to help --and entertain--children challenged by a wide variety of issues. Although each full illustrated story contains a therapeutic message, it never interferes with the 'storyness' of the tale. Instead, the embedded message slips easily into the child's subconscious, while smiles and giggles preoccupy his or her awareness. For the clinician, the metaphors offer a treasure trove of techniques and hypnotic language that can be adapted for a variety of situations and problems. The 35 stories cover: Anxiety, fears and phobias, habit disorders, pain, as well as other problems such as sleeping problems, ADHD, depression, bullies, and much more.

## **Book Information**

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## **Customer Reviews**

Wow! Linda Thomson has done it again! Harry the Hypno-potamus, Vol. 2 is written for all ages with the goal of teaching children to help themselves through imagination, creativity, pretending, and empowerment. Therapeutic suggestions are imbedded in wonderful and fun metaphors that bypass resistance and help the child to take control of and resolve their own problems. --William Wester, II, EdD past president, American Society of Clinical HypnosisDr Linda Thomson has again given children, parents, and colleagues a wonderful gift. She has skillfully woven a fabric to embrace and foster self-empowerment in children and families in need. Woven with threads of creativity, fun, dedication, and love. --Bob Deutsch, Ph.D.Parents, teachers, health care workers, and young listeners will learn new ways to deal with fear, anxiety, phobia, PTSD, invasive medical procedures,

and a host of other buggy, spooky things. --David Ward, PhD, president American Society of Clinical HypnosisDr Linda Thomson has again given children, parents, and colleagues a wonderful gift. She has skillfully woven a fabric to embrace and foster self-empowerment in children and families in need. Woven with threads of creativity, fun, dedication, and love. --Bob Deutsch, Ph.D.Parents, teachers, health care workers, and young listeners will learn new ways to deal with fear, anxiety, phobia, PTSD, invasive medical procedures, and a host of other buggy, spooky things. --David Ward, PhD, president American Society of Clinical Hypnosis

Linda Thompson is a pediatric nurse practitioner. Certified as an approved Consultant in Clinical Hypnosis by the American Society of Clinical Hypnosis she incorporates hypnosis into her practice to help children help themselves with a variety of physical and emotional problems.

This book is amazing! The stories are great because they don't attack an issue head on but come in through the back door so to speak. Most of them are more therapeutic stories than hypnosis so I think even parents who aren't comfortable with hypnosis would find this book helpful. My son can rarely sit still so he moves around and interrupts a few times with each story but still seems to be helped immensely. We've done all the stories for general anxiety, toileting issues, selective mutism, adhd, general behavior, and doctor's appointments. Both my son and I have liked them all immensely and they have made at least as much a difference as his therapies or medication. I also highly recommend Sneaky Poo, which you can get for free online. We read it through once on the computer and did the activities and that was what finally got my five year old son with special needs potty trained even though he doesn't technically have encopresis (which was what it was written for).In case you, like me, want to know exactly which anxieties this covers, here's the list from the table of contents:Long intro explaining everythingFear of beardsFear of trying something newWorries and fearsPost traumatic stress disorderFear of bugsInvasive medical procedureSelective mutismFear of heightsToileting anxietyPill swallowingFear of changeAnxietyFinger suckingHabit coughScratchingStutteringEncopresisCyclic vomiting and fear of vomitingSickle cell painHeadachesFunctional abdominal painHospitalization and iatrogenic painMedical check upAttention deficit hyperactivity disorderBiofeedbackVocal cord dysfunctionWartsSleeping problemsNon epileptic seizuresDepressionSad and spoiledFoster CareBulliesAnger managementUnfortunately, about a third of the stories apply to my son so we've had a chance to read a bunch of these. They are all metaphorical tales so my son doesn't feel like it's someone trying to fix him, though he does sometimes recognize the correspondence to his own

struggles. I've found the best way of using the book is to choose the one dominant concern (for instance toileting) and then choose the stories that apply to the situation (we used both toilet related stories plus fear of trying something new). Every day I read one or two of the stories using a slow, soothing, beyond "bedtime story" voice (my kids are used to me reading in a narrating voice with lots of inflection etc so it was an easy transition for them... If your kids aren't used to it, I'd recommend trying it and if they think it's weird just start by reading slightly slower and calmer than usual and then gradually transition more so each day. The tone really helps them relax and let the lessons sink in). I stayed on the same group of stories for several days at least then rotated them out with something else then revisited the ones I thought would be most helpful. I keep the book by my armchair so it's easy to grab when my son wants some cuddle time. We're gearing up for kindergarten in the fall (a one day a week homeschool connections program) so we're starting in on a new combination to prepare for that... But here's the key... He doesn't know we're reading them for kindergarten, we're just reading them and practicing some of the relaxation skills. As we get closer and we're more specifically preparing, I can easily tie it in to what he's already learned. If you have a child with just one struggle or many, this book can provide an excellent adjunctive treatment to everything else you are doing!

As a sleep medicine specialist and child neurologist, I love it. Very imaginative. Great for clinicians. I personally tell some of these stories to my children and to my patients as well. Jose Colon, M.D., MPH  
Author of *The Sleep Diet* and *Magic Ice Cream Palace*

Excellent book for the parent or grandparent who loves reading to their kids at night. Able to choose the stories that hour child most needs at that time. Subjects are indexed by title or concern. Great tool!

Very disappointed! This book is over priced and overrated! Not recommended for hypnotists working with children!

Harry the hypno-potamus is an awesome book and a very valuable therapeutic tool to support children who are facing behavioural and emotional difficulties. It is a MUST have on any therapist book shelf!

By far one of the best books to use for hypnosis on kids under 10 years old. Entertaining and

creative. Excellent book!

Dr. Thomson has written a book that every therapist and parent can use to help children deal with medical and psychological conditions. The range of conditions covered in this book is extensive... a veritable encyclopedia. The stories and words are very well-crafted and demonstrate mastery with clinical hypnosis. As the current President of the American Society of Clinical Hypnosis, Dr. Thomson has a track record and history of competence, expertise, and compassion for her work. This book, along with Volume I, are 'must-have' for therapists and parents alike.

Kids can use the power of their imagination to accomplish many things. Teaches self-regulation, which is something lacking in our society.

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