

Some Common Problems of Children



Fig. : Children's Mind

Psychogenic Aphonia

Aphonia is a condition of inability to speak. The psychogenic aphonia develops in the children while they face some terrible fearful situations. It is caused by phobias or deep mental shocks. Children's mind is very soft and innocent, they are unable to maintain or threshold the shocks.

Key Symptoms :

Inability to speak

Restlessness

Fearfulness

Over conscious about sound or surrounding events

Excessive dependence

Scope of Treatment – By using the time regression the cause may be found out. Under trance child can explain the situation in written if that is along with aphonic condition. He/she could write his history and experiences happen before. According to the cause of illness further treatment should be decided.

The fear and shock both may be removed by the suggestions under hypnotic trance. Then patient will be enforced to speak under maintained hypnotic background and suggested that he/she has already been forgotten everything such happened shocking, now he/she is unable to memorize that incidence, his/her mind has clean-up for the same, now you are ok everything is ok, you can speak easily... try to do it, you can do it of course.

School Phobia

The school phobia is a common problem of school going children. The schools are normally not appreciable by the children, they feel fear when they detached from the family members. They might not habitual to go outside of home; school going is his quite new and stranger experience. Like these causes are responsible to grow the school phobia in the mind of children.

Key Symptoms :

1. Stomach pain
2. Disagree to go to school
3. Faintness
4. Sometimes loss of consciousness
5. Restlessness
6. Excessive dependency
7. Over sweating
8. Psychogenic pain, aphonia, tremor

Scope of Treatment – The Hypnotherapy can help to remove the psychological fear in the mind of child and make ease and familiar the mind of child with school. It may be suggested that he/she will feel happy and eager to school instead of fear or phobia.

Excessive Dependency

The children are habitually dependent with parents and other family members. But if it goes in extent then should be treated.

Key Symptoms :

1. Fearful facial expressions
2. Want to hold fingers and had of mother or father
3. Nightmares
4. Fear of darkness, night, alone
5. Tremor, faintness
6. Loss of self confidence
7. Psychogenic pain, phobias

Scope of Treatment – Excessive dependence is caused by fear and loss of self confidence. Hypnosis can help to find out the cause of fear and it could be removed by hypnotic suggestions. The self confidence also may be enhanced and grow by the positive hypnotic suggestions. The children suffering from excessive dependency they may be suggested to maintain his self confidence everywhere in his life and work.

Nail Biting/Thumb Suckling

The psychologists say any bad habit is caused by brain fag, where brain stops working for a certain moments and it reflect as a unconsciously drive any physical activity like touching nose, nail biting, thumb suckling etc. On the contrary habits are also developed by drilling, continuous practices of any same act or movement. Nail biting and thumb suckling are very common in children.

Scope of Treatment – The hypnotherapy can help to overcome these habits by imposing suggestions to grow consciousness along with. When child will start suckling thumb or biting nail his conscious will alert him then he could come out from habitual framing. His conscious always alert him and will not allow again doing the same.

Nightmares (Terrible Dreams)

Nightmares are also a type of phobia elongated sleep disturbance of the children. Sometimes child follows fear in the darkness; he imagines dragon or ghost beside. But in fact nothing is behind it except psychogenic illusion.



Fig. : Tender Minds

Key Symptoms :

1. Over alert about darkness and lonely places
2. Disturbed sleep
3. Nervousness
4. Unable to concentrate at a subject
5. Less self confidence
6. Exhausted

Scope of Treatment – The nightmares can be treated by hypnosis as like phobias. First try to search out the cause of problem, which had generated fear in the mind of child by using past time regression, then remove the terrible memories and suggest further to have familiar with night darkness without interference of any fear, give suggestion for comfortable sleep.

Speech Disorders

Some speech disorders are concerned with lack of confidence, fear, complex or excitement and some are concerned with habits. If cause is not physical disorder grows from only psychogenic reasons then hypnotherapy may be helpful.

Scope of Treatment – The real cause of certain grew complex or disorder may be traced out and removed by regression. On the other hand the self confidence may be enhanced to withdrawn the habitual incapability conditions.

Attention Deficit Disorder (ADD & ADHD)

The attention deficit disorder and attention deficit hyperactivity disorder is characterised by inappropriate attention with or without hyper impulsive activeness. The children those suffered from attention deficit disorders look restless and feel unable to keep his attention in any subject or work for a little bit as continuously, but they do not look hyperactive or impulsive. In case of attention deficit hyperactivity disorder they looks hyper active along with poor attention, sometimes may be over impulsive and destructive also.

Key Symptoms :

1. Often fail to give close attention in any subject or work
2. Learning disorders associated
3. Hyper in his activity
4. Impulsive mood disorders
5. Destructiveness
6. Over confident
7. Irrelevant talkative
8. Restlessness
9. Inappropriate attention due to divertiveness
10. Hyper breath and hyper tension

Scope of Treatment – The attention deficit disorder and attention deficit hyper activity disorder both are caused by irregularized neurotransmission generates and withdraws from the various sites of cerebral cortex within little bit where any one site of cerebral cortex is unable to keeps stability of regular transmission for a long time. Because of this factor child diverts his attention habitually and when brain generates over transmission it characterized as impulsiveness or destructiveness.

It is very difficult to hypnotise poor active and overly active children. Try to do it possible then impose hypnotic suggestion to make his mind stable and grow his confidence to keep attention in any work for a long duration. Also he should be suggested to maintain his impulsiveness while works among or with the other peoples or house holds or equipments.