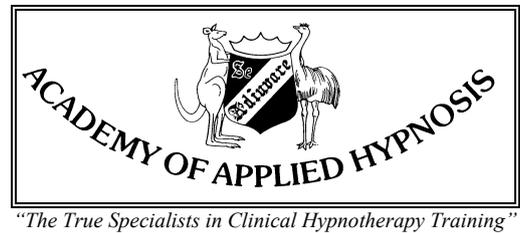


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Hypnotherapy and Adolescent Health

Adolescent health issues are of increasing community concern. The 2003 Mission Australia Youth Survey Results reported current major youth issues as being depression/suicide, bullying, alcohol and other drugs, school issues, abuse/sexual assault, coping with stress, family conflict, family money issues, relationships/sexuality and cultural issues.

Hypnotherapy can assist the general practitioner in treating adolescents with many of these health issues. In its most basic format, hypnosis imbues a deep sense of relaxation within the patient (irrespective of age) which allows beneficial sleep, more emotional control thus leading to patient greater self control. In the more advanced formats patient goals are derived using a client centred hypnotherapy model and suggestions for patient goals are implanted using (eg using Ideomotor techniques) and reinforced in subsequent consultations.

The outcome is a more relaxed and malleable patient who is better able to manage their own requirements, decreasing time based general practitioner involvement and improving your patient's health, psychological and social functioning.

For example, an 18 year old male expressed a desire to withdraw from marijuana but failed in his attempts. Hypnotherapy assisted him by increasing his motivation and lowering his overall anxiety, supporting him during his withdrawal. A 16 year old female diagnosed with bulimia, used hypnotherapeutic (Ideomotor) techniques to raise self esteem and deal with a lack of confidence. With continuing treatment her episodes of bulimia have reduced and she reports increased self confidence as her treatment continues.

For more information on how hypnotherapy can help your patients see 'What is Hypnosis?' at <http://www.aah.edu.au/publications.html>, or ring the Hypnosis Advisory Line on 9415 6500. The Hypnosis Advisory Line is also offered as a free service to the general public.

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