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Workshop 1h30

Title: How to help children cope with anxiety and pain during difficult procedures by building resources.

Objective: This workshop will present a method to help children get through difficult medical procedures or dental treatment. The method enables the children to get in contact with their resourceful ego-states and develop them, heal the traumatized ego-state with the use of metaphors to overcome anxiety for painful procedures.

Content: The background and practical use of this method with metaphors representing various ego- states will be presented with cases of children suffering from dental anxiety or needle phobia. Children can also be taught to practice self-hypnosis with pain relieving techniques. The workshop will include demonstration and workshop participants will have possibilities to do practical exercises.

Proposal of exercises: Identify conflicting ego-states and develop resourceful ego-states with metaphors. Healing of the traumatized ego-state with metaphors. Pain relieving techniques for children.

Keywords: hypnosis, children, fear and pain, develop resources, healing, hypnotic pain relief, metaphors.

CV

DDS, PhD. Private hypnosis pain clinic. Previously: owner of a private dental practice; teacher, lecturer, and researcher in Section of Orofacial Pain and Jaw function at the Dental School, Aarhus University. Consultant in orofacial pain and in Community Dental Service for children. Presented internationally and published in international journals. Author of a book on Hypnosis in Dentistry (dk). Trainer and supervisor in the Danish Society of Clinical Hypnosis (DSCH), served 10 years (2 as editor, 2 as president) as Board Member of DSCH. Board member of the European Society of Hypnosis since 2016.