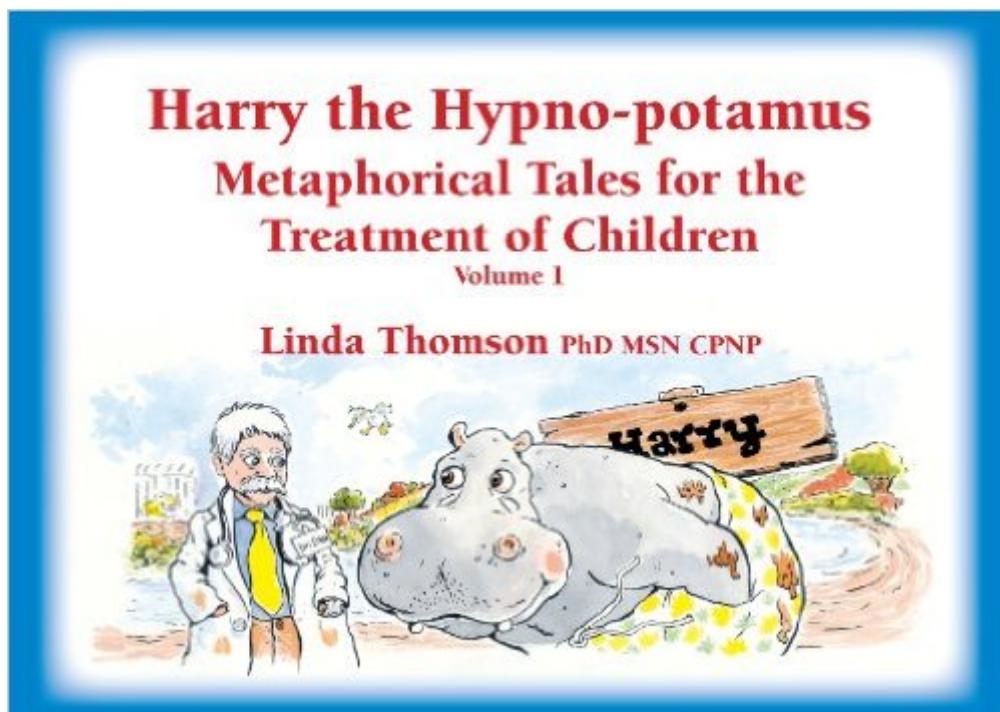


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# **Harry The Hypno-potamus, Metaphorical Tales For The Treatment Of Children, Volume 1**



## **Synopsis**

Now available in paperback, this best-selling collection of 32 metaphorical stories addresses a variety of physical and behavioral problems facing young children in an easy-to-use story book format. Reading the title story (How Harry Got His Name) to a child is a wonderful way to introduce the idea of hypnosis and imagination. All of the full-color illustrated stories feature animals in a zoo that are supported by Dr. Dan, the zoo's vet, to help master such problems as: -Phobias and anxiety attacks -Pain management -Habits and habit control -Sleep disorders -Death and dying -Asthma & other serious medical disorders and much more. Some of the therapeutic interventions are very problem specific while others are more general and can be used for a variety of conditions and can be used verbatim or adapted to each unique situation. There is also a section of introductory clinical material that explains the best way to use the book with children and parents. This book was originally published in hardcover under ISBN 9781904424574.

## **Book Information**

Paperback: 176 pages

Publisher: Crown House Publishing; 1 edition (June 15, 2011)

Language: English

ISBN-10: 1845907264

ISBN-13: 978-1904424574

Product Dimensions: 9.9 x 0.5 x 7.2 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ  See all reviewsÂ  (11 customer reviews)

Best Sellers Rank: #1,036,089 in Books (See Top 100 in Books) #32 inÂ  Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Hypnotherapy #96 inÂ  Books > Health, Fitness & Dieting > Alternative Medicine > Hypnotherapy #1152 inÂ  Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Pediatrics

## **Customer Reviews**

Meet Harry the Hypno-potamus who lives at the Ashland Zoo. Harry likes hypnosis! The zoo veterinarian, Dr. Dan, taught Harry self-hypnosis, when Harry was worried about getting an immunization. Dr. Dan told Harry how to use his imagination to keep his thoughts in his "favorite place" so that he hardly noticed the needle pinch. Harry even used hypnosis to reduce the pain from a toothache and to calm his anxiety about moving to a new home. Harry has many friends and neighbors at the zoo, and Dr. Dan takes care of all of them. Dr. Dan teaches the animals to use their

imaginings to solve emotional problems, overcome bad habits, and feel better when they are sick. Dabney the Gorilla, for example, was afraid of sleeping in the dark. So, with Dr. Dan's help, Dabney visualized walking through a mountain forest, feeling calm and happy. Then he learned deep breathing to relax, and imagined himself sleeping comfortably in his enclosure with his gorilla friends. Now Dabney is no longer afraid of the dark. All the zoo animals enjoy hypnosis!

Furthermore, you will enjoy this innovative and entertaining book by Dr. Linda Thomson. Harry the Hypno-potamus is both serious and whimsical, written for children and for child-health professionals who appreciate hypnotic and metaphoric approaches to working with children. The book addresses childhood emotional, behavioral, and health-related problems such as fear, anger, habit disorders, pain, diabetes, asthma, enuresis, and leukemia. The book opens with a clinical section for pediatric professionals and mental health practitioners on the utility of therapeutic metaphors for children.

There is also a handout to copy and give to parents, providing information about the value of hypnosis as part of a treatment plan for a sick or troubled child. The remainder of the book is the fun part---metaphors about the zoo animals who solve their problems with hypnosis---under the guidance of Dr. Dan. The stories introduce children the power of the imagination to transcend limitations and think in new ways. The stories are engaging and entertaining. The illustrations by Kids Book Design are charming and colorful. Each tale contains embedded therapeutic communication about relaxation and happy thoughts. The stories engage a child's talent for fantasy and pretending. Harry the Hypno-potamus is obviously a labor of love. It is a must-have for any therapist or health care professional who seeks innovative ways to work with small children. It is a delightful frolic in the hypnotic effects of imagination.

This is a lovely collection of stories to suggest positive attitudes and solutions to children's problems. Winsome colored illustrations of various animals who are helped by story-line doctors - who are invited to assist when the animals are in distress - add to the charm of this helpful book.

Pediatricians, Pedi Nurse Practitioners, Teachers, Parents: "Harry The Hypno-potamus" is the answer when your question is: "What do I offer next to this anxious child?" Here, either alone for the good readers, or in concert with the involved adult, the child can learn to express fears and concerns and follow with coping techniques. It is an adjunct to good medical care, good teaching, and more effective parenting. Try it - you'll love it!

this is an amazing book! it has helped my son to recognize his anxieties and deal with them, all

while reading a great story book about animals at a zoo. he still has a way to go but the stories have helped him a great deal. it was recommended by a psychologist and I'm very happy to have found it at .

fantastic for children and adults. Every family with children should have this to empower them in a fun educational way without them knowing it. it was useful to me and I am 61 years old and have done self hypnosis for decades for sleep and pain

There's a famous story of Milton Erickson's treatment of a client with enuresis. The kid had an interest in archery and Dr. Erickson talked to him about the muscular coordination involved in drawing a bow. He never mentioned "bed wetting" but the metaphor of archery was enough to conquer the problem. Now that's my idea of the use of metaphors. The "metaphors" in this book are a lot less subtle. In fact, they're utterly transparent. For example, to deal with bed wetting, the book offers a story about an animal who is experiencing bed wetting and uses hypnotic techniques to conquer it. Fear of the dark? A story about a gorilla who's afraid of the dark and uses hypnotic techniques to conquer it. In fact for every problem presented, the "metaphorical" tale simply replaces the child with an animal and describes a hypnotic method to solve it. On a positive note, it's nicely illustrated.

Excellent resource for working with children. Many effective approaches, also easily adapted for other ages. Thank you! Ingrid Johnson C HtBoulder Hypnotherapy Center

The ideas are helpful, the language is not comfortable, so I find myself changing the stories when using this tool in sessions with children.

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