



Harry the Hypno-potamus, Metaphorical Tales for the Treatment of Children, Volume 1

By Linda Thomson

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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.

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Editorial Review

Review

[This is] the 'Harry Potter' of the hypnosis world. Now, when parents ask clinicians how we can help their children, Linda Thomson has provided the answer--we teach them to hypno-potamize! --Julie H. Linden, PhD, past-presidentt, American Society of Clinical Hypnosis

This is one of the most unusual yet exciting books that I have had the pleasure of reviewing. It will have a major impact on the effective use of hypnotherapy with children of all ages. --David Slater, The Hypnotherapist

How I wish this excellent book had been around years ago when I was beginning in practice as a hypnotherapist. The approach [taken by the author] and the delightful stories she tells are bound to benefit any child in need of help, and probably quite a few adults as well. --Ursula Markham, Founder and Principal of The Hypnolink Foundation

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About the Author

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.

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