

# 11.

---

## Bölüm



# ÇOCUKLARDA HİPNOZ VE HEKİM YAKLAŞIMI

F. Özgün ÖRMECİ<sup>1</sup>

## ÇOCUKLARDA HİPNOZ

---

Çocuklarda hipnoz çalışmaları 1960 dan itibaren değer kazanmaya başlamış ve son 40 yıl içinde farklı bir alan olarak olgunlaşmıştır. Çocuğun gelişimini baz alan bu yaklaşım, çocuk merkezlidir, hayal gücüne dayanır, iyimser bir bakış açısına sahiptir, çocuğun çevresini ve ailesini de içine alır. Çocuklarda hipnoz, klinisyenin bazen önderlik ettiği bazen de çocuğun önderliğine izin verdiği, yaratıcı, eğlenceli, aktif ve esnek bir yaklaşımı gerektirir. Son yıllarda çocuklarda hipnozla ilgili araştırmalar, yayınlar, atölye çalışmaları gittikçe artarak devam etmekte ve konunun önemi her geçen gün daha fazla vurgulanmaktadır (1,2).

## TARİHÇE

---

Hipnozun çocuklarda kullanımı yeni gibi görünmekle birlikte, tarihi çok eskilere dayanmaktadır. İlkel toplumlarda çocuklarda gerek şifa için gerekse diğer törenlerde trans fenomeni kullanılmıştır. Hem Eski hem de Yeni Ahit'teki İncil referansları, inanç ve telkine dayalı iyileştirme yön-

---

<sup>1</sup> Uzm. Dr., Çocuk Sağlığı ve Hastalıkları Uzmanı, ODTÜ Sağlık Merkezi, Ankara, fzgn06@gmail.com



## KAYNAKLAR

1. Kohen, DP. Olness, K. Hypnosis and hypnotherapy with children ( 4th Edition). Routledge Publications;New York,NY,USA:2011
2. Kuttner, L. Pediatric hypnosis.Treatment That Adds And Rarely Substract. İnternational Journal of Clinical And Experimental Hypnosis. 2020; 68(1),16-28. doi: 10.1080/000207144.2020.1685329
3. KohenDP, KaiserP. Clinical Hypnosis With Children and Adolescent.What? Why? How?: Origins, Applications and Efficiency. Children. 2014;1:74-98 doi: 10.3390/Children1020074
4. Doney H. The theory and practise pediatric hypnosis. Canada Family Physician.1970, Feb : 52-56
5. Kohen DP. Klinik Hipnozun Çocuklar Üzerindeki Uygulamaları. Psikoterapi Endstitüsü, <https://www.hipnoz.com/klinik-hipnozun-cocuklar-uzerindeki-uygulamaları>
6. Olness KN. Hypnotherapy in Children. New Approach to solving common pediatric problems. Postgraduate Medicine. 1986;79(4):95-105 doi: 10.1080/00325481.1986.11699315
7. Baldwin JM. Suggestion in Infancy. Science. 1891;17:113-117
8. Erickson MH. Pediatric Hypnotherapy. American Journal of Clinical Hypnosis. 1958; 1:25-29. doi: 10.1080/00029157.1958.10401769
9. Morgan AH, Hilgard JR. The Stanford Hypnotic Clinical Scale for Children.The American Journal of Clinical Hypnosis. 1978; 21(2-3) : 148-69 doi: 10.1081/00029157.1978.10403969
10. Pendergrast RA. İncorporating Hypnosis İnto Pediatric Clinical Encounters. Children. 2017; 4(3):18
11. Wood C, Bioy A. Hypnosis and Pain in Children. Journal of Pain and Symptom Management. 2008; 35(4):437-446
12. Kaiser P. Childhood Anxiety, Worry and Fear: İndividualizing Hypnosis Goals and Suggestion For Self-regulation. American Journal of Clinical Hypnosis. 2011 July;54(1):16-31. doi: 10.1080/00029157.2011.575965
13. Berberich FR. Pediatric Suggestions: Using Hypnosis in the RoutineExamination Of Children. American Journal of Clinical Hypnosis. 2007;50(2):121-129.
14. Wesler W, Ed D, Sugarman L. Terapeutic Hypnosis With Children And Adolescents. American Journal of Clinical Hypnosis. 2007;51(1):81-82. doi: 10.1080/00029157.2008.1401648
15. Hilgard JR. Le Baron S. Relief of Anxiety and Pain in Children and Adolescent With Cancer:Quantitative Measures and Clinical Observations. İnternational Journal of Clinical and Experimental Hypnosis. 1982,XXI,No:4:417-442. doi: 10.1080/00207148208407277
16. Short DN. Hypnosis and Children: Analysis of Theory and Research. [www.semanticscholar.org/paper](http://www.semanticscholar.org/paper). 2016, Corpus ID: 7240662
17. Gardner G. Hypnosis With Children. International Journal of Clinical and Experimental Hypnosis. 1974,Jan;22(1):30-38, doi: 10.1080/002071474084122981
18. Gardner G. Hypnosis With İnfants and Preschool Children. American Journal of Clinical Hypnosis. 1977,19(3):158-162, doi: 10.1080/00029157.1977.10403864
19. Rogovik AL, Goldman RD.Hypnosis Fot Treatment of Pain in Children. Canadian Family Physician. 2007;53(5):823-825
20. Kuttner L. Favorite Stories:A Hypnotic Pain Reduction Technique For Children İn Acute Pain. American Journal of Clinical Hypnosis. 1988; 30(4):289-295 doi: 10.1080/00029157.1988.10402752
21. Morgan AH, Hilgard JR. Age Differencesin Susceptibility to Hypnosis. İnternational Journal of Clinical and Experimental Hypnosis.1973;21(2):78-85 doi: 10.1080/00207147308409308



22. Plotnick AB, Payne PA, O'Grady GJ. Correlates of Hypnotizability in Children: Absorbtion, Vividness of İmagery, Fantasy, Play and Social Desirability. *American Journal of Clinical Hypnosis*. 1991; 34 (1):51-58 doi: 10.1080/00029157.1991.1040296
23. Kaiser P. Kohen DP. Brown ML. Kajander RL. Barres AJ. İntegrating Pediatric Hypnosis With Complementary Modalities: Clinical Perspectives on Personalized Treatment. *Children*, 2018;5,108: 1-25 doi: 10.3390/children5080108
24. Anbar RD. Schadeva S. Treatment of Psychological Factors in a Child With Difficult Asthma: A Case Report. *American Journal of Clinical Hypnosis*. 2011;54 (1) , 47-55 doi: 10.1080/00029157.2011.569593
25. Minosh C, Schwartz RH, Badalyan V. Hypnosis in 53 children with anxiety disorders, nocturnal enürezis or insomnia. *İnternational Journal of Clinical Pediatrics*. 2013;2(2):61-67
26. Kohen DP. Chronic Daily Headache: Helping Adolescents Help Themselves With Self-hypnosis. *American Journal of Clinical Hypnosis*. 2011; 54:32-46 doi: 10.1080/00029157.2011.566767
27. Gottsegen D. Hypnosis For Fonctional Abdominal Pain. *American Journal of Clinical Hypnosis*. 2011,54 (1) : 56-69 doi: 10.1080/00029157.2011.575964
28. Berberich FR. Attending to Suggestion and Trance in the Pediatric History and Physical Examination : A Case Study. *American Journal of Clinical Hypnosis*. 2011; 54(1): 5-15. doi: 10.1080/00029157.2011.566645
29. Yapko M. Hypnosis in the treatment of Depression: An Overdue Approach For Encouraging Skillful Mood management. *Journal of Experimental and Clinical Hypnosis*. 2010; 58(2):137-146 doi: 10.1080/00207140903523137
30. Yapko M. *Trancework: An İntroduction To The Practice of Clinical Hypnosis (4th ed.)*. New Routledge Publications; New York, NY, USA: 2012, pp:185-186
31. Marino RV. Kohen DP. The Power of Words: Communicating Effectively With Young Patients. *The Journal of the American Osteopathic Association*. 1996; July, 96 (7) : 410-412
32. Pendergrast RA. İmagine Something Different. *Archives of Pediatrics and Adolescent Medicine*. 2003, April; vol: 57: 325-26
33. Linden J. Hypnosis and Parents: Pattern İnterruptus. *American Journal of Clinical Hypnosis*. 2011; 54(1):70-81 doi:10.1080/00029157.2011.566644