

## HYPNOSIS, ANXIETY, AND CHILDREN: OPPORTUNITIES BEYOND RELAXATION

PRESENTED BY LYNN LYONS, LICSW

**FRIDAY, FEBRUARY 12, 2021**

**9:00AM – 10:30AM PT / 11:00AM -12:30PM CT / 12:00PM -1:30PM ET**

**EVENT WILL BE HELD VIA ZOOM**

**REGISTER AT:** [HTTPS://WWW.EVENTBRITE.COM/E/HYPNOSIS-ANXIETY-AND-CHILDREN-OPPORTUNITIES-BEYOND-RELAXATION-TICKETS-128877731765](https://www.eventbrite.com/e/hypnosis-anxiety-and-children-opportunities-beyond-relaxation-tickets-128877731765)

**Program Offers 1.5 APA CE for Psychologists and 1.5 BBS CEU for Counselors and Social Workers**

Using hypnosis with children teaches skills and helps children experientially discover their own resources and “super-powers.” With anxious children, hypnotic interventions can immediately demonstrate the mind-body connection, help with somatic regulation, and offer relief. But many clinicians focus on relaxation and calmness as the primary (and only) goal with anxious children and teens. Paradoxically, an overemphasis on the goal of relaxation often impede progress. This webinar will focus on additional therapeutic targets that move away from an “elimination” approach and provide skills needed to step into uncertainty, recognize the patterns of anxiety, and interrupt the family cycles that help worry thrive.

The goal of this program is to answer: How do we incorporate hypnosis into our treatment of anxious kids and parents without inadvertently supporting anxiety’s demands? There will be a Q&A session at the end of the webinar where attendees will have the opportunity to ask questions. A PowerPoint document will be shared. A facilitator will moderate specific questions to reach outcome goals.

### Professional Bio of Presenter, Lynn Lyons, LICSW

Lynn Lyons, LICSW, is an internationally recognized psychotherapist, author, and speaker with a special interest in interrupting the generational patterns of anxiety in families. Her skill-based approach to anxiety focuses on the need to teach families about HOW anxiety works and what families can do to pull members out of the powerful “anxiety cult” that demands obedience to its need for certainty and comfort. Lynn’s approach uses humor, hypnosis, and a constant focus on DOING, an umbrella strategy she has taught to thousands of professionals and families. Lynn is the author of *Using Hypnosis with Children: Creating and Delivering Effective Interventions* and the co-author with Reid Wilson of *Anxious Kids, Anxious Parents* and the companion book for kids, *Playing with Anxiety: Casey’s Guide for Teens and Kids*. She and has several webinar programs for parents and children.

**Register at:** <https://www.eventbrite.com/e/hypnosis-anxiety-and-children-opportunities-beyond-relaxation-tickets-128877731765>

**Admission: \$55, for SCEH members and Faculty, \$65 for Community Members, \$15 For students**

At present, live participation is required for our webinars. SCEH and TCSP are building a recorded library of our webinars, which when completed, will allow on demand viewing of webinars, 24/7. We hope to roll this out later in 2020. This webinar is part of a series of SCEH Webinars on clinical hypnosis. Learn more at: [www.sceh.us/webinars](http://www.sceh.us/webinars)

Questions? Contact the Institute for Professional & Continuing Studies at [officeofce@thechicagoschool.edu](mailto:officeofce@thechicagoschool.edu) or 312.467.2364



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