

TRIUMPH *over* TROUBLE

by Victoria Yin

Teenage troubles do not discriminate. So says Nancy Ho, clinical hypnotherapist, life skills trainer and life coach at the Regional Hypnosis Centre, whose teenage clients are variously smart, dreamy, plump, skinny, tall, short, outgoing or shy, and represent all walks of life.

I must admit to feeling slightly nervous when I meet Nancy to find out more about her work with teenagers and to sample an introductory therapy session. I'm a few years out of my teens, but I worry that Nancy will be able to spot my own insecurities and mental conflicts. She soon puts me at ease, however, as she invites me to rest on a plush, oversized chair and, with a mega-watt smile, briefs me on what to expect. After switching on music to accompany her voice, she begins our session. My eyelids are soon heavy and they eventually close, allowing me to absorb everything she says.

Half an hour later, I feel rested and free of nervousness. I'm not sure if I love myself any more than I did previously, but I certainly feel relaxed and refreshed, ready to face the world – and my dad's nagging! – calmly and reasonably.

Nancy then answers my questions on the topic of teen troubles.

Do you see many teen clients?

While the majority of my clients are adults, I see more and more teens. I attribute this to two key factors. Parents are becoming increasingly affluent, so they're able to spend more on their children's welfare. Also, parents are now more aware that issues faced by their teenage kids shouldn't just be swept under the carpet.

What are some of the common problems?

Anxiety, insomnia and an inability to concentrate aren't just adult problems. Many of my young clients have problems with focusing and concentrating, and with fitting in and finding their identity. This is especially the case with expat children, who are sometimes forced to leave familiar ground and relocate to a country they know little about.

How does hypnotherapy benefit teens?

It works the same way it does for adults. I'm not their mother or friend, but someone to guide them. My clients can expect to see improvements after just one session. One of my clients was very tense and bad tempered, but after her first session her parents found her calmer and more manageable, which paved the way for more reasonable discussions at home.

How does a typical session unfold?

The most important thing is that the client has to be willing to undergo hypnotherapy. After establishing what the problem is, I conduct a hypnosis session to help him or her feel more positive about overcoming difficulties. Subsequent sessions will involve regressive hypnotherapy, where the roots of the problem are addressed. Hypnotherapy is very logical, despite some misconceptions to the contrary. It's about establishing a coping mechanism to overcome difficulties. ■



Regional Hypnosis Center is located at 43 Jalan Merah Saga. Call 6272 7118 or visit www.hypnosiscenter.com.sg for more information.