



Sonja Duljas

Master Practitioner of Hypnotherapy
Master Practitioner of NLP
Master Life Coach
Practitioner of Conversational
Hypnotherapy

Why I am Here

I am here to facilitate happiness, health and confidence in children and their family. The 4 key areas of focus are language patterns, beliefs, emotions & environment. Addressing these areas builds resilience, problem solving abilities & self-efficacy in young people. Imaginative refocusing, positive affirmations & therapeutic stories are just some of the strategies used to equip your child with a strong sense of personal control.

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Thoughts of
Death or Suicide

Outbursts

Social Withdrawal

Irritability

Sensitivity to Rejection

Sadness or Hopelessness

No Ability to Function During
Events at Home or with Friends
or in School

Concentrating

Fatigue and Low Energy

Hypnotherapy

4

Kids



The Children of Today
are the Leaders of
Tomorrow

0408 879 619

What is Hypnotherapy

Hypnotherapy helps your child train their imagination to work for them, not against them. It is important that the child is wanting to change for themselves as hypnosis can only be done WITH a client never TO a client and this includes child clients.

As adults we try to use reason and logic to help our children grow and learn. however, for thousands of years relaxed social environments and creative story telling has carried many lessons from generation to generation. Hypnotherapy simply builds on the very innate and natural learning process.

All Hypnosis is self Hypnosis, you are in control at all times. Clients have asked me how does Hypnotherapy feel as they have never been hypnotised before, my answer is; Some people are so relaxed they have fallen asleep, sleeping subjects can still react to suggestions by nodding, taking in deep breaths or waking when they are asked to do so.



Are you concerned about Is your child



FAMILY

Broken Families, Lack of Values, Working Parents, Unrealistic Expectations.



HEALTH

Anxieties, Fears, Stress, Abuse



EDUCATION

Concentration, Labelling, Behaviour, Academic Pressures



ELECTRONIC

Role Models, Music, Blurred Boundaries, Media.

How can I tell if my child needs help

They are not expressing their feelings or are expressing frequent and/or intense negative emotions

They are complaining of frequent belly, neck or head aches that appear to have no medical cause.

They are isolating themselves or have become clingy