

Del's Library of Pediatrics Imagination
A Compilation of Resources for Working with Children

Contents

7 Reasons for Using Scripts

“Transitions

How the Script Books Came About and How to Use Them?

Table of Contents

Once-upon-a-Time Stories for Many Occasions & Problems

The Boy, the Ogre and the Wizard

The Land Where the Sun Always Shines

The Lost Puppy

The Land Where Wishes Come True-Basketball

The Land Where Wishes Come True-Soccer

The Little Whale

The Rainbow People

The Town of the Clumpers (boy

The Town of the Clumpers (girl)

Meeting the King and Queen

Shedding Layers

Inductions

The Star, the Tree and the Garden

The Pendulum

Using an Illusionary Diagram

The Red Dot (Finger Circle)

The Coin

Sleeping Child

Simple Inductions for the Very Young

The Magic Wand

The Puppet

The Flying Carpet

The Magic TV

A Special, Secret Place

Breathing Practice

Gyroscope

Object of Focus

Animals

An Adventure

The Rocket Ship

Counting

Erasing Numbers

Blowing up Balloons

The Seashore (Lake Shore

The Meadow

Penguins

The Wardrobe (Closet)

Camping in the Woods
The Aquarium

Convincers & Deepeners

The Oak Tree
Glued Hands
The Pathway Downward
The Staircase
The Elevator (Lift)
The Candle

Locating the Primary Source

Locating and Solving the Problem: Imprint Changing in the Younger Child
Locating and Solving the Problem: Imprint Changing in the Older Child

Releasing (“Dumping” Problems

Burning the Ship
Breaking Chains
Sending Leaves Down the Stream
Suitcases (*Getting rid of the baggage of others*)
Additional Methods of “Dumping” the Past
Popping Balloons
Into the Air
Logs on the Fire
The Problem Box
The Burial
Blowing Bubbles
The Hot-Air Balloon

Affirmations

Confidence
Health and Healing
Reading Better
Facing Changes
My New Body
Stop Smoking (Using Drugs)
Peacefulness
Best Athlete Possible

Anxiety and Fears

Adventures in Coping with Anxiousness
#1 The Clowns
#2 The Barn Dance
#3 Fairies & Elves
#4 The Pirates
Nightmares
5 Simple Methods to Conquer Fear of the Dark
The Brave Animal
My Hero

The Magic Cape

The Cause

Lights Help

Removing the Mask (*Dealing with Fear*)

The Room of Fears

Athletics/Sports

General

Improve Athletic Skills

Releasing Athletic Blocks

Extending Boundaries for the Athlete ("The Invisible Fence")

Baseball

Becoming a Great Baseball Player

Building a Sportsmanship Attitude

Being a Team Player in Baseball

Improving Batting Accuracy #1

Improving Batting Accuracy #2

Improving Batting Accuracy #3

Fielding (The Position Player)

Throwing Better #1

Throwing Better #2

Gymnastics

Improving Gymnastics #1

Improving Gymnastics #2

Soccer

The Soccer Field

Improve Soccer Skills

Other

Running

"The Shark" (Swimming Skills)

Habit Changes or Removal

Bed-Wetting (Enuresis)

Stop Bedwetting Preparation and Agreement

Stop Bedwetting Preparation and Agreement Follow-up

The Secret: Setting the Timer

Dry Child, Dry Bed #1

Dry Child, Dry Bed #2

Dealing with a Finicky Eater #1 (*And the fear of trying new things*)

Dealing with a Finicky Eater #2 (*Becoming More of a Risk-taker*)

Stop Smoking (Stop Drugging)

Pulling or Plucking Hair

Thumb or Finger-sucking (*2 ideas for stopping*)

Stop Biting Nails (Picking or Chewing Skin)

Health and Healing

The Waterfall, the Cave and the Pool

The Healing Pool (*especially for headaches*)

The Healing River (*for achy body parts*)
Good Health and Welfare #1
Good Health and Welfare #2
Making Changes and Healing: Methods for the Small Child

Magic Flashlight
Role-playing
Worry Tree
Bottom of the Sea
Magic Stone
Magic Finger
Stars
Magic Pen

Alice-in-Wonderland (*Viewing the pain to change it*)
How Does it Hurt?

Hypnoanesthesia for Children

Ice Bucket
Numbing Machine
Dimmer Switch
Snow
The Pond

On the River in a Canoe (*A Metaphor for Migraines*)

Allergies: Air, Animal, Food

Diabetes Mellitus

6 Experiences in Relieving Asthma

Dealing with Breathing Issues

Healing Cancer: a Visualization

Getting Rid of Warts

Magic: Eczema and other Skin Problems

The Healing Cloud
The Healing Stone
The Healing Potion
The Healing Pool

A Good Sleep

Learning and Memory

The Invisible Fence: Extending Learning Boundaries

Removing Mental Blocks

Becoming a Confident Student Who Enjoys Learning (*for the older child*)

Becoming a Confident Student Who Enjoys Learning (*for the younger child*)

Improving One's Learning Ability

The Reading Bubble in the Library of Learning

Affirming a Child's Reading Ability

Reading Concentration and Skill

Meeting the Magician: Learning to Write Better

The Memory Computer

Dyslexia and Improving in School

The Guardian and the Learning Cloak

Getting Homework Done ("The Soccer Field")

Learning to Enjoy School Work #1

Learning to Enjoy School Work #2

The Magic Library: Getting Homework & Projects

Personal Problems & Social Adjustment

The Cave and the Magic Trunk (Helping Children Handle Their Problems)

Doing Things with Others (*participation in groups*)

Saving the Animals (*confidence, creativity, and teamwork*)

Juggling Balls (*feeling overwhelmed*)

The Magician's Magic Cloak

Managing Stress and Anger

Learning to Like Practicing (*the piano, for instance*)

Helping Children Articulate What's Wrong

Drawing the Family

Building a Story

Body Mapping

Role-playing

Hoping

Wishes

Fairy Godmother

Stories

Self-Esteem and Confidence

Gifts from the Sea: Self-Esteem and Confidence

Changing Labels: Creating a New Self-Story

Being Animals: 6 Little Scripts for Self-Esteem and Confidence

The Birthday Party: Building Self-confidence

Weight Management for the Young

Changing Old Habits and Attitudes

At the Ball (*girl*)

At the Ball (*boy*)

General Improvement

Eating the Healthy Way

Exercise for the Young

Giving up Sweets

Water and Motivation

Staying with a Good Food Plan

Biking in the Country: Healthy Eating to Gain Weight #1

Healthy Eating to Gain Weight #2

Post-Hypnotic Signals and Anchoring Devices

The Green for Go-Ahead

Water for Relaxation

Red for Motivation

Red: Addiction to Sweets

The Stress Buster

Recovering an Hypnotic Experience

The Computer Icon (*Anchoring a relaxing moment*)

Getting a Good Sleep

Other Good Things

1. *Useful Tools for the Therapist, Teacher or Family Members*

Emerging a Child from an Altered State
Seeking the Cause Using Ideomotor Signaling
Introducing Hypnosis to a Group of Children
Imagination Tools for Use by the Family or Therapist
Pin the Tail on the Donkey: Building Trust
The Obsessive-Compulsive Child: Advice to a Parent

2. *Handouts for Parents and Other Custodians of Children*

Problems of Children which Can Be Helped with Hypnotic Methods
Suggestions for Happier Children and Households
ADD (Attention Deficit Disorder) Information and Help
20 Ways to Feel Better without Overeating
Over-all Well-Being
Positive Suggestions for Children While Sleeping

3. *Forms for Therapists & Other Guides of Children*

Overview of an Intake for Child/Pre-teen
Intake for the Parent/Guardian
Intake for Weight Control for Children
Bedwetting Questionnaire

Case Studies & Testimonials

8 Case Studies of Children & Pre-teens
From Wet to Dry – 2 Boys
A Letter from Australia
A Young Girl's Testimony
What Others Say about the Great Escapes scripts for Children & Pre-teens

APPENDIX

"The Basics of Hypnosis and How It Can Heal," by Del Hunter Morrill
"Children and Hypnosis," by Del Hunter Morrill
"Helping the Athletic Child," by Del Hunter Morrill
Bibliography of Books, Scripts and Stories
Other Resources for Working with Children
About the Author