



*"The right path of learning to a brighter, better future."*

### **"I Love My Job"**

Contributor: Tina Taylor

#### **Boys will be boys ..... or will they?**

When I first started my private practice many, many years ago now, I considered a number of things – marketing, fee structure, where to work, building up my skills amongst them. One thing I hadn't considered was working with children; and yet children are probably the best clients you can have.

They have no preconceived ideas as to how things work; if you ask them about the pictures they have in their head or the voices they hear – they will tell you. If you ask them to tell you about the feeling they have, they are very happy to explain. They can tell you about all these things in the smallest of details. They don't want to tell you any details of their fears or worries and are extremely happy to work content free.

Many years ago my first young client was a girl of 7 whose big brother had let her watch the Exorcist whilst he was babysitting! If you haven't seen the movie, there are scenes in it that I (who have seen many things and isn't squeamish) don't like very much so you can imagine how it could affect a young girl. When she came to see me she had stopped talking to anyone, wouldn't eat very much and would only go to sleep if her mother cuddled her.

To her mothers surprise after just a few moments, she was able to speak; her mother said it was like magic. What did I do? I told her that I would take the fear away and lock it in my filing cabinet and proceeded to do just that. Her first words in weeks were "you won't let it out will you".

She was fine until she got home and her father said "you'd better be careful it doesn't come back". Great thanks dad!

When mum brought her back to me the next week, she said its not the same fear and I showed her how she could shrink down the pictures in her mind. But she didn't want to keep them in her head so she would put them into envelopes and post them to me. Writing on the outside "Do Not Open Fear Inside".

Just last year, this same young girl came back to see me to help her get rid of her exam nerves. When I suggested to this young lady she could shrink down the pictures in her mind and post them to me she replied "I'm not a baby anymore and that just won't work this time!"