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Harry, the Hypno-potamus: Metaphorical Tales for the Treatment of Children

Linda Thomson

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Harry the Hypno-potamus is a collection of metaphorical stories that deal with a variety of physical and behavioral problems faced by children. Embedded in each story is a metaphor as well as hypnotherapeutic techniques that can be used as part of a comprehensive approach to the diagnosis and treatment of a host of disorders. Reading the title story, “How Harry the Hypno-potamus Got His Name,” to a child is a wonderful way to introduce him or her to the idea of hypnosis as well as understanding the power of the child’s imagination. The thirty-two illustrated stories feature animals in the Ashland Zoo that rely on the guidance and support of Dr. Dan, the zoo’s vet, to help master such problems as: --Phobias and anxiety attacks --Pain management --Sleep disorders --Asthma and other serious medical disorders --Habits and habit control --Death and dying A clinician may wish to read one of the stories with a child or may find it more suitable to adapt the techniques to his own unique style. Some of the therapeutic interventions are very problem specific while others are more general and can be used for a variety of conditions. Each story contains full-color illustrations and is designed so that a specific story can be read by the clinician to the child. In addition, there is introductory clinical material included that explains how to use the book and the stories it contains, as well as additional references.

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