



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

164 - Adult Enuresis

- If an individual is still wetting the bed as an adult, it is important that a physician checks them. Usually by the time you see them, they have tried just about everything.
- Most of the individuals I have seen for adult bedwetting have been very deep sleepers and usually they respond very well to hypnotherapy.
- Before age eight a child's mind is completely subconscious. The subconscious mind is in control. But the critical part of the brain takes a long time to become strong so the subconscious control is still very strong even into the teen years.
- Most children eventually learn to identify with getting up to go to the bathroom at night and staying dry.
- For some children, bedwetting is the result of sleeping extremely deep, perhaps even to the point where it is difficult to wake them up. The child does not want to wet the bed and is embarrassed by it. If a child has been wetting the bed for awhile, the subconscious mind associates with that behavior, as well as ignoring the signs of a full bladder and therefore, automatically releases the urine during the sleep state. The subconscious mind does not associate with waking the child up to go to the bathroom.
- Sometimes this behavior carries over into adulthood. Usually the adult is sleeping so deeply that they are unable to control the muscle that would normally prevent them from passing urine during the night. They do not respond to the normal mental triggers that awake most adults when their bladder is full.
- There are many problems that go along with bedwetting as an adult. It is an embarrassing and uncomfortable experience. It may even affect their ability to form a lasting relationship.



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

- Usually there is a parent or close relative who has experienced the same problem.
- Ask your client how much alcohol and caffeine they use because it may increase urine production.
- Constipation may contribute to bedwetting because when the bowels are full, it may put pressure on the bladder.
- If a child has stopped wetting the bed and then starts to wet the bed as an adult, it may be connected with infection or disease. If your client has not seen a doctor, make sure that he does so.

Suggestions - Adjust according to the problem

- *Each and every time that you are asleep and your bladder is half full, your subconscious mind begins to lighten your sleep state and awaken you. You will not only know you need to get up to use the bathroom but you will feel it. You immediately get up and go to the bathroom.*
- *Tighten both of your fists. Can you feel the tightness of your closed fist? You feel your fist just like you feel your bladder when it is half full. Your subconscious mind says, wake up and go to the bathroom. You immediately get up and go to the bathroom.*
- *You feel your fist closed tight. Your bladder remains closed tight, just like your fist, until you feel your legs touch the toilet, you sit down on the toilet seat, or you are any other place where it is appropriate to use the bathroom.*
- *Your bladder will remain tightly closed and locked until you reach the bathroom and are in the proper position.*



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

- *Everyone has a clock in their head. Do you remember a time when you were going somewhere exciting and you set your alarm for a certain time to wake up? Your subconscious mind woke you up just before the alarm was set to go off. Just as your subconscious mind woke you up then, your subconscious mind will wake you up now whenever your bladder is half full. Your subconscious mind knows it and feels it and wakes you right up and you immediately go to the bathroom.*
- You will repeat these suggestions throughout the session at various levels of the hypnotic state.
- If your client never has an accident in the day time, you might use that information in your suggestions.
- Key in their Restful Alert Key and tie it to the stress they experience throughout the day.