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Hypnotherapy – mind over matter

# Bed-wetting fixes

**DR CASEY CHUA** of Hypnae Center reveals how nocturnal enuresis – more commonly known as bed-wetting – can be resolved, once and for all.

**Q** *My 10-year old son is still wetting his bed, can hypnosis help?*

**A** Bed-wetting is a difficult symptom to understand. It's also difficult to treat. There are two very distinct classifications in nocturnal enuresis, known as night bed-wetting. There are physical causes – such as spina bifida, congenital and mechanical factors, small bladder capacity, neurogenic factors, cystitis, hypospadias and other such contributors – which may require medical intervention. But psychogenic factors could also be to blame. Events such as sibling rivalry, the loss of a parent or carer, faulty attitudes toward masturbation, improper development of urinary control due to frequent micturation (passing of urine), inadequate toilet-training, poor hygiene, deep sleep and emotional immaturity due to overprotection could also be the cause, and in these cases hypnosis may be of help.

Very often, the child may use enuresis to interplay with the parents. When a child realises they possess a weapon against the parents they may condition themselves using enuresis. When this reflex becomes firmly entrenched, the harder he or she tries *not* to wet the bed on a volitional level, the more likely they *will* lose control.

This vicious cycle then continues as a parent will usually nag or scold the child, making them feel more frustrated. The parent then also becomes insecure, intolerant and harsh, displacing his or her own hostilities and tensions upon the child, not realising the child desperately needs sympathy and support.

With this additional stress imposed on the child, tensions and insecurities are aggravated and he is unable to adjust to more mature levels of development. Psychologically speaking, the chronic bed-wetter has never – in most cases – adjusted to more mature levels of development. But this condition can be overcome using hypnotherapy. The best mode of hypnotherapy or treatment is to have the parents and child treated concurrently. Amongst many other successful techniques, a child can be hypnotically conditioned to derive pride in the achievement of establishing total bladder control. Success is often attained with the support and participation of parents, leading to a good night's rest for everyone. **F**



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