

Dyslexia and Dyspraxia

Dyslexia is a learning difficulty with matching letters to sounds. It can range from mild to severe. Dyspraxia is a separate difficulty with physical motor coordination. There is also a condition where processing numbers is difficult. This is called Dyscalculia. These conditions can blight the lives of those who have them and entail weekly learning support and assistance throughout the years of schooling. Very often people who are diagnosed with dyslexia suffer immense stress too which does not help. It could also be complicated with low self esteem issues. There is however evidence to show that dyslexics are perfectly able to achieve anything they want, they just have to work much harder at it than anyone else.

Hypnosis is a great way to resolve how to come to terms with such difficulties and imagine a life where words are easily remembered. In fact learning to spell is easy using the NLP spelling strategy which just utilises the brains innate capacity to visualise. In my experience this technique has worked instant wonders with people who thought they could not spell, giving them the confidence to go on and write accurately.