

Hypnotherapy A Practical Handbook

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Assuming no prior knowledge of hypnosis, the handbook begins with a two-chapter introduction to the subject, followed by chapters on the use of hypnosis with psychological, sexual, and physical problems and in medicine and dentistry. There are also chapters on hypnotherapy with children, and on professional and legal issues.

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Description Despite the increasing number of books on hypnotherapy, few, if any, provide the basic text required for the early stages of training in the use of such techniques. This book by Hellmut W. A Karle and Jennifer H Boys, both meets the needs of beginners, and serves as a reference source for the more experienced.

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Understanding how hypnotic suggestions produce physical effects, and how these physical processes affect what is to be done in hypnosis will illuminate and guide what is attempted in hypnotherapy. The more the therapist bears these mechanisms in mind, the more effective and focused the work will be.

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The handbook presents hypnosis as an alternative therapeutic modality based on accepted and proven procedures. The methods and techniques are presented in a how-to format to grasp easily the conditions underlying the science of hypnosis pivoted on hypnotherapy. Aggie Carson- Arenas Ph.D. Allen-Chriss Williamson-Arenas

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The Oxford Handbook of Hypnosis is the long overdue successor to Fromm and Nash's Contemporary Hypnosis Research (Guilford Press), which has been regarded as the field's authoritative scholarly reference for over 35 years. This new book is a comprehensive summary of where field has been, where it stands today, and its future directions.

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This book offers a thorough description of hypnosis techniques and hypnosis metaphors from A-Z. The book addresses a broad range of issues that hypnosis is used for, including tips on hypnotic suggestions. I would recommend this book to anyone considering being certified as a hypnotist or hypnotherapist.

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In this second edition of the landmark Handbook of Clinical Hypnosis, editors Steven Jay Lynn, Judith Rhue, and Irving Kirsch have undertaken a significant revision to their classic text, first published over 15 years ago. It is divided into six sections:

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In a clear, practical and often humorous way Dr.Barron presents the appropriate information someone curious about learning hypnosis to use in their practice might want to know. It is equally accessible for a potential patient or client as a source of information about what they might expect as a patient.

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Introduction This essay discusses the core characteristics of hypnosis, concentrating on its major psychological and physical features. It begins by providing a background of the practice. This is important because it draws out how the understanding and definition of hypnosis has changed over time.