

## Read Online Handbook Of Hypnotic Suggestions And Metaphors

# Handbook Of Hypnotic Suggestions And Metaphors

***Magic Words and Language Patterns is a powerful, highly useful book, the first in the SCRIPTLESS HYPNOSIS HANDBOOK series. Hypnotists of all levels of experience will be able to expand their skills to new heights to create the most effective sessions and the most profitable practices. "Magic Words teaches you how to work without scripts, spontaneously and effortlessly in hypnosis***

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***and in your life." Michael Watson, International Hypnosis and NLP Trainer and Past President Hypnosis Education Association "Any serious hypnotist or therapist MUST read this book if they want to increase their influence and help more people." Dr. William Horton, author of The Secret Psychology of Persuasion "Magic Words is a must read for anyone who wants to really motivate themselves or others." Shelley Stockwell-Nicholas, PhD President-International Hypnosis Federation "This is a wonderful handbook for all Certified***

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***Instructors to offer their hypnosis students. Karen expertly anchors skills as she teaches the concepts." Larry Garrett BCH, OB Owner Garrett Hypnosis and Wellness Center "This book is captivating! Erika Flint, CEO Cascade Hypnosis Center Karen Hand, an award-winning Board Certified Hypnotist, Educator and World-Class Communicator, has helped thousands of people take control of their lives and trained countless hypnotists to help others make a change for good. Visit [www.karenhand.com](http://www.karenhand.com). Always read the little book' Charles Dunlap,***

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***MD. Dr Dunlap rolled a small library of about 30 books into his medical class and told them it was a monumental compilation of everything that was known about diabetes, published in 1920, before the discovery of insulin. He then held up a book of about 200 pages and said 'this was published in 1930, after the discover of insulin. 'Always read the little book'. Dabney Ewin has been teaching medical hypnosis for the past thirty years and in his experience he believes that a small book is likely to be a clear message by a***

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***knowledgeable author. This simple but immensely powerful book is a testament to all the ideas that Dr Ewin wished he had known about when he first starting practising hypnosis. He has sought to make this publication as little as possible, consistent with the message of seeking to take a complicated idea and presenting it in the simplest way. The words and phrases are designed to give any beginning or experienced student a foundation about the working of hypnosis. Divided into five sections with a comprehensive reference***

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***section for further reading, this book can be taken one page at a time from the beginning or browsed through randomly. Many health care professionals and complementary therapists use hypnotherapy as part of their package of care. Integrative Hypnotherapy provides fully evidence-based instruction on how to integrate the theory and practice of hypnotherapy into a range of clinical settings. It presents a combined approach of using hypnotherapy alongside other therapies, and is authored by a***

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***multidisciplinary team (nurses, psychologists, hypnotherapists and CAM therapists) who use hypnotherapy in their practice and is edited by well-known and popular educators in the field. The book is divided into two sections: key concepts and approaches in practice. The second section covers the application of hypnotherapy to specific situations/problems, eg managing pain, smoking cessation, gastro-intestinal disorders, life-threatening illness, anxiety, and weight management. Students and practitioners will be taken on a journey of***

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***examination, critical review and debate prior to reaching recommendations for best practice. KEY FEATURES • Relates hypnotherapy theory and practice to health care settings • Provides research evidence to support and develop practice • Presents combined approach of using hypnotherapy with other CAM therapies • Provides practical clinical models and case studies to allow easy application of theory to practice. As a rule I no longer give "hypnotic suggestions" to my clients. The result is that hypnosis works every time ... for every***



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***client I have. This second edition of Mind Control Hypnosis invites anyone interested in hypnosis to consider how, as a hypnotist, making a few seemingly small changes can give you unbelievable results. Here are few gems that you'll learn from reading Mind Control Hypnosis: \* You'll learn how to increase your effectiveness as a hypnotist by never giving a "hypnotic suggestion". \* What YOU believe as a hypnotist has a direct result on your effectiveness. You'll learn some central beliefs held by the best hypnotists alive. \* You'll learn how to create***

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***hallucinations in people ... in and out of hypnosis. \* You'll learn how to program your clients mind to say "Yes" automatically to ALL your instructions. This make hypnosis easy for you and effective for them! \* You'll learn why direct hypnosis (as opposed to permissive or Ericksonian hypnosis) is the most direct and fastest way to get results. \* You'll learn why most hypnotist don't tell the truth when they claim "You can't be hypnotized to do something against your will"! The truth is OF COURSE YOU CAN ... it's just not always a good idea. Most***

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***hypnotists will tell you "You can't be made to do something in hypnosis that is against your Will." Most of them actually believe it. But a few of the most experienced hypnotists simply say it to put people at ease. They know that, in the right hands, very few people can resist a skilled hypnotist. Skilled hypnotists know what it takes to resist suggestions and it's not what most people would think. There are two reasons hypnotists continue to hold so tightly to this information about the human Will? Reason #1 - Because they don't want***

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***others to have the power they have. In spite of what they may want you to believe hypnotists are human beings. They have egos and ambitions just like everyone else. lot of hypnotists discover something that works really well and they'll want to keep it to themselves. I'm no different. I sat on this for over a year before I decide to put it to print. Reason #2 - Because it frightens away clients who believe they have some sort of Will Power. The belief that we have control over our lives is one of our central needs that help us feel secure. But the fact is most***

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***people have very little real Will Power. For most people real Will Power is a myth, a story, even a fantasy. Facing this truth, for most people, is a humbling experience. The secret of the human Will is that it's much easier to overcome than anyone has ever thought. The good news is that these secrets can help hypnotists and their clients to improve. Hypnotists become more effective and more compassionate and their clients discover exactly what they can do to the get most from any hypnosis session. The book Mind Control Hypnosis describes***

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***how skilled hypnotists bypass the human Will and get people to do things that seem out-of-the-ordinary. Thankfully, most of these hypnotists are good and decent people who use this knowledge to help people improve their lives.***

***Hypnosis for Chronic Pain Management :  
Workbook***

***Trance and Treatment***

***Guidelines for Clinicians and for Forensic  
Hypnosis***

***Handbook of Hypnotic Techniques, Vol. 2  
Handbook Of Hypnotic Phenomena In***

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### **Psychotherapy**

***International Handbook of Clinical Hypnosis  
Hypnotherapy Scripts, 2nd Edition is a  
straightforward, practical guide for  
doing Ericksonian hypnotherapy. This  
book not only explains the rationale  
for every step in the hypnotherapeutic  
process, it also contains sample  
scripts for each step. This edition of  
Hypnotherapy Scripts guides  
professionals through the construction  
of their own hypnotherapy induction and***

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***suggestion scripts. Verbatim sample transcripts of various induction and therapeutic suggestion procedures with detailed guidelines for creating one's own hypnotherapeutic inductions and metaphors are included. Recent research and writings on the role of unconscious processes, wellness, and positive psychology have been added to this edition. Also included is a detailed review of the diagnostic trance process, a therapeutic procedure unique***



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*to this text.*

*George Gafner's Handbook of Hypnotic Inductions provided clinicians with inductions ready-made for practice.*

*Here, in response to the overwhelming success of that book, he provides more brand-new inductions for the beginning and advanced hypnotherapist.*

*The age-old notion of 'hypnotic induction' receives a fresh look from notable scholars from Canada, England, Sweden, and the USA in this book. These*

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*scholars represent a breadth of theoretical perspectives: cognitive-behavioral, Ericksonian, psychoanalytic, and trance-state. It is well known that a wide range of hypnotic induction protocols is used to prepare individuals to enhance their receptivity to test or clinical suggestions. However, despite its popularity of use, it appears that little is known about its relevancy and boundary conditions either for testing*

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*for hypnotisability or for enhancing clinical efficacy. In this volume, the authors reflect on issues surrounding its definitions, relevancy, possible components, and approaches; they also suggest considerations and strategies for optimizing inductions. This book will be of benefit to both newcomers to the field and seasoned researchers and clinicians alike – it can stimulate new thinking and research about this important, but often taken for granted,*

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*notion of hypnotic induction. This book was originally published as a special issue of the American Journal of Clinical Hypnosis.*

*In the 23 years since this book was first published, numerous books along the same lines have appeared.*

*Techniques vary minimally, and very few discoveries or developments have been made in the field of using hypnosis in therapy. The research that has appeared largely confirms what has been known*

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*for a very long time, such as its efficacy as an adjunct to chemical analgesia and anesthesia for intrusive and painful surgical procedures. However, during that period, a tremendous and astonishing amount of research has appeared in the fields of neurology (especially brain function), endocrinology, and immunology, as well as their interaction and integration with psychological processes. While hypnotic techniques have been much the*

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*same over the years, the underlying and mediating roles of these physical mechanisms in hypnosis are now substantially revealed. 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*

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*will be. This second edition therefore includes a summary account of the most cogent discoveries of the last two decades, and references to some of the most important knowledge acquired in this period in psycho-neuro-endocrino-immunology.*

*Human Behavior and Psychotherapy  
The Handbook of Contemporary Clinical  
Hypnosis  
Hypnotic Scripts That Work*

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### ***A Neo-Ericksonian Approach to Persuasive Healing The Hypnotism Handbook***

Designed as a practical desktop reference, this official publication of the American Society of Clinical Hypnosis is the largest collection of hypnotic suggestions and metaphors ever compiled. It provides a look at what experienced clinicians actually say to their patients during hypnotic work. A book to be savored and referred to time



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and again, this handbook will become a dog-eared resource for the clinician using hypnosis.

The Oxford Handbook of Hypnosis is the 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. For postgraduates, researchers, and clinicians, this book is the definitive reference text in the field.

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Have you ever fumbled for the right words in a difficult or unique situation during hypnotherapy? Wouldn't it be priceless to have a resource that provided you with scripts and patters to solve many problems and unexpected events during hypnosis? Knowing the magic words to use will help you turn any difficulty into an opportunity to really help clients, rather than give up in despair and these pattern scripts will make you a better hypnotist. This

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book goes beyond just a few scripts of patter. This book will actually teach you how to structure hypnosis suggestions, compounding them and making them effective. This is not a script book that gives you start to finish "scriptnosis" scripts to read, but rather teaches you the useful patter to incorporate into your own hypnotherapy sessions; actually helping you to create your own scripts and suggestions.

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This work represents years of work in the field of clinical hypnosis. As a trained Hypnotic Professional, you will notice, the use of deepening techniques, truisms and confusion method techniques within these suggestion scripts to further deepen the hypnotic state while the client (patient) is hypnotized to increase impact and long-term effectiveness. These scripts and techniques are written in the style and language of

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this profession. All of these original suggestions, techniques and methods contained herein have proven effective and beneficial for the majority of clients (patients) utilizing them, quite often achieving beneficial results in one or just a few sessions. For many Hypnotists utilizing this work are finding clients (patients) achieving breakthroughs quite rapidly. The Oxford Handbook of Hypnosis Handbook of Medical and Psychological

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Hypnosis

101 things I wish I'd known when I  
started using hypnosis

Handbook of Hypnotic Techniques, Vol. 1

Hypnosis and Suggestion in the

Treatment of Pain: A Clinical Guide

The Science of Suggestion : a

Comprehensive Guide to Creating

Hypnotic Language

*When a patient's suffering is not adequately  
managed by the best medical interventions  
available, the clinician may feel at a loss. This book*

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*offers guidance from the field's most respected experts on the psychological assessment and treatment of pain, particularly with hypnosis. It covers both syndromes of special interest (cancer pain, recurrent pain syndromes, headache, burn patients, etc.) and special populations (children and the elderly).*

*First published in 1994. Routledge is an imprint of Taylor & Francis, an informa company.*

*Due to its high temporal resolution, QEEG is fast becoming the premier neuroimaging tool to assess and aid in the treatment of many psychological and*

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*medical brain-based disorders. However, poorly artifacted records will lead to poor results. The Art of Artifacting is the quintessential raw EEG artifacting tutorial. With 75 records, each containing 6 epochs, to test yourself on, you will gain the experience necessary to identify eye blinks and saccades, muscle artifact, transient events, drowsiness, electrode pop, and many others. It is a highly recommended book for anyone who is beginning to include QEEG in his practice regimen. Cory Hammond, PhD has worked in the field of neurotherapy as a clinician for over 25 years, has*



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*published 10 books and over 100 articles on the subject and is a professor at University of Utah School of Medicine. Jay Gunkelman, QEEGD entered the field in 1972. He has processed over 500,000 clinical EEGs and has published numerous books, book chapters, and articles on the subject of clinical EEG, QEEG, medication prediction, and EEG endophenotypes.*

*Two premier hypnotherapists collaborate on a new edition of this award-winning text, a collection of techniques and information about hypnosis that no serious student or practitioner should be without. A*

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*thorough and practical handbook of various hypnotherapeutic measures, it contains illustrative examples and logically argued selection methods to help practitioners choose the ideal method for a needed purpose. Section by section, it breaks out the various methods and phenomena of hypnosis into easily digested chunks, so the reader can pick and choose at leisure. An excellent practical guide and reference that is sure to be used regularly. The authors have a wide and longstanding experience on the subject and thus can stay on clinically approvable methods.*

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*Creative Scripts For Hypnotherapy  
How to Create Lasting Change Using Contextual  
Hypnotherapy, Mindfulness Meditation and Hypnotic  
Phenom*

*Clinical Uses of Hypnosis  
Second Edition*

*Wordweaving*

*An Evidence-based Approach*

Hypnosis has proven efficacy for helping individuals make important changes in their lives. In Vol. 2 of the Handbook of Hypnotic Techniques series, master clinicians from

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around the world describe an additional set of 11 favorite hypnotic strategies and techniques that they have found to be most effective in their own clinical work.

A modern script book, with scripts based on Contextual Psychology, giving you tools for manifesting real change. These scripts are designed to draw on multiple tools such as NLP (Neuro-Linguistic Programming), ACT Therapy, Mindfulness Meditation, Direct Suggestion, Indirect suggestion and integration of hypnotic phenomena with

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contextual psychology. There are scripts for medical hypnosis applications, scripts for habit and lifestyle issues, and scripts to meet your clients metaphysical needs or needs for self-improvement. There are also scripts for Guided Mindfulness Meditation sessions. This incredible book contains 65 complete hypnosis scripts for professional hypnotherapy.

Handbook of Hypnotic Suggestions and Metaphors  
W. W. Norton & Company

This text presents a new approach to the use

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of hypnotic suggestion. For years, hypnotherapists have used scripts which are aimed at a particular problem, like smoking or weight loss, rather than aiming at the client who smokes or has weight issues. Trevor Silvester suggests that it is not the problem that is the problem; it's the client's unique relationship with the problem that's the problem. The book aims to free you from the constraints of scripts and enable you to use your creative skill to weave subtle spells that empower your clients by changing their model

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of reality. It presents the science behind suggestion, and the means of using that science to create magical ways of influencing others.

Hypnosis in Therapy

A clinical guide

Handbook of Clinical Hypnosis

Hypnotherapy Scripts

Perspectives, strategies and concerns

Mind Control Hypnosis

**If you suffer from chronic pain, whether as a result of an injury, illness, or accident, you know it can interfere with**

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every aspect of your life. You may also know the medical treatments currently available are limited and, for many, ineffective. Current research has shown hypnosis to be an effective treatment for managing chronic pain, and almost all patients who learn self-hypnosis skills benefit from this approach. The hypnosis treatment found in this workbook has been scientifically tested and proven effective for reducing the intensity of chronic pain, including migraines, back pain, and tension headaches, among others. This workbook explains how to use these techniques to manage your chronic pain and take back control of your life and your health. Used in combination with the program described in the corresponding therapist guide, this workbook teaches you self-hypnosis skills for lessening your pain, enhancing



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your sleep, and improving your mood. The first chapters will help you understand how hypnosis works by changing how your brain deals with information it receives from the body. The complete hypnosis treatment described in this book, alongside the treatment you receive from your clinician, will ultimately teach you skills for pain management that you can use at any time, and for the rest of your life. "An excellent blueprint to understanding pain and the fundamentals of how hypnosis combined with CBT can offer pain amelioration. Perfect, even for uninitiated practitioners who wish to use empirically based scripts."--Jeffrey Zeig, Ph.D., The Milton Erickson Foundation "Pain can too easily enslave people, holding them captive in many different ways. It is a liberating theme of empowerment that echoes throughout

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Dr. Jensen's work: he empowers clinicians to work more knowledgeably and skillfully with people who suffer painful conditions using his therapist guide, and he encourages the suffering individual to break free from pain's grip with the practical pain management skills taught in his workbook. Dr. Jensen's vision for the many ways hypnosis can help reduce the debilitating effects of painful conditions is fresh, inspiring and should be regularly integrated into every pain management program."--Michael D. Yapko, Ph.D., Clinical Psychologist and author of *Trancework: An Introduction to the Practice of Clinical Hypnosis (Third Edition)* and *Treating Depression with Hypnosis*

A collection of brand new general scripts from Lynda Hudson, author of *Scripts and Strategies in Hypnotherapy*

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with Children ISBN: 9781845901394. This book covers:  
Also included is the use of Hypnotic Language and suggestions for varying scripts for particular clients. This volume is an outstanding complement to Roger Allen's now classic Scripts and Strategies in Hypnotherapy ISBN: 9781904424215 and will be welcomed by beginner and experienced practitioners alike. Lynda Hudson, a former teacher, is a clinical hypnosis practitioner who specialises in working with children. She is a lecturer in clinical hypnosis at the London College of Clinical Hypnosis (LCCH) and provides master classes in using hypnosis with children. Covers: Anxiety; Panic Attacks; Phobias; Sexual problems; Breaking habits; Sporting performance; Managing dyslexia and related; Social stigma; Essential tremor; Tics and

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twitches; Urinary incontinence; IBS; Pain control; Preparation for and recovery from childbirth; Sleeping difficulties; Speaking in groups, meetings, conferences etc; Enhanced business performance; Preparation and recovery from surgery and illness; Coping with mild to moderate depression; Recovering memory (not recovering traumatic memory)

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. The volume's lucid and engaging chapters on the scientific

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background to the field, fully live up to this uncompromising scholarly legacy. In addition, the scope of the book includes 17 clinical chapters which comprehensively describe how hypnosis is best used with patients across a spectrum of disorders and applied settings. Authored by the world's leading practitioners these contributions are sophisticated, inspiring, and richly illustrated with case examples and session transcripts. For postgraduate students, researchers and clinicians, or anyone wanting to understand hypnosis as a form of treatment, this is the starting point. Unequaled in its breadth and quality, The Oxford Handbook of Hypnosis is the definitive reference text in the field.

Clinical Hypnosis has proved successful in a variety of clinical situations. This handbook, with its practical

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approach, covers both the scientific and clinical aspects of hypnosis providing information on a range of available psychological and physical treatments. \* Explains how to learn and apply hypnosis in clinical situations \* World renowned editors \* Comprehensive coverage of relevant issues This title will be invaluable to practising psychiatrists, clinical psychologists, medical hypnotists and mental health care workers.

Complementary approaches in clinical care

Handbook of Hypnotic Suggestions and Metaphors

Clinical Hypnosis and Memory

Hypnotherapeutic Techniques

More Scripts & Strategies in Hypnotherapy

The Art of Hypnotic Regression Therapy

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Hypnosis has proven efficacy for helping individuals make important changes in their lives. In this edited volume, written by and for clinicians, 11 master clinicians from around the world describe the hypnotic strategies and techniques they have found to be most effective in their own clinical work.

Hypnosis has always captured the attention of some of the most creative thinkers in the field of psychology.

Today, hypnosis and hypnotic phenomena are studied with state-of-the-science neuroimaging techniques, and hypnosis has informed cognitive science (and vice-versa) in meaningful ways. In this second edition of the landmark Handbook of Clinical Hypnosis, editors Steven

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Jay Lynn, Judith Rhue, and Irving Kirsch have undertaken a significant revision and update to their classic text, first published over ten years ago. It is divided into six sections: Foundations and General Considerations, which includes chapters on the history of hypnosis and measures of hypnotizability; Theories of Hypnosis, in which hypnosis is examined within the context of various therapeutic constructs; Hypnotic Techniques, which includes a how-to primer for trained therapists to conduct hypnotic inductions, as well as chapters about the integration of hypnosis with mindfulness strategies; Treating Psychological Problems and Populations, which discusses the use of hypnosis in



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treatment for depression, PTSD and Anxiety; Health and Sport Psychology, which examines hypnotic treatments for pain control and surgery as well as for maximizing athletic performance; and finally Further Issues and Extensions, which addresses, among other things, popular and cross-cultural conceptions of hypnosis. Handbook of Clinical Hypnosis, Second Edition is the comprehensive resource for clinicians, researchers, and anyone interested in the theory and practice of clinical hypnosis.

Hypnotic Regression Therapy, or HRT, is a type of hypnotherapy in which, following the induction of a good trance state, specialized suggestions are given to guide

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the client in reviewing and emotionally reframing earlier experiences that have either caused or contributed to the client's current symptoms. HRT is considered one of the most valuable hypnotherapy techniques available today, yet it remains controversial, partly due to inadequate training of psychotherapists and hypnotherapists which has contributed to numerous cases of false memory syndrome.

Not intended as a "cookbook" of suggestions for routine replication, this handbook provides examples of hypnotic suggestions and metaphors from some 100 hypnotherapists of diverse approaches and styles, to be individualized by the therapist who uses hypnosis

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according to the unique personalities, expectations,  
motivations, and problems of their patients. Annotation  
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Foundations, Applications, and Professional Issues  
A Practical Handbook

Essentials of Clinical Hypnosis

A Complete Manual on Hypnosis for the Beginner,  
Intermediate And Advanced Practitioner

Hypnosis Medicine of the Mind

Theory, Research, and Practice

***What is hypnosis? Despite widespread  
misconceptions, hypnosis is not a treatment in  
itself; instead, it is a facilitator -- a useful***

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***diagnostic tool that can help the practitioner choose an appropriate treatment modality and accelerate various primary treatment strategies. The second edition of this remarkable work (first published 25 years ago) is written to provide both beginning and seasoned practitioners with a brief, disciplined technique for mobilizing and learning from an individual's capacity to concentrate. Putting to rest both exaggerated fears about hypnosis and overblown statements of its efficacy, this compelling volume brings scientific discipline to a systematic exploration of the clinical uses and limitations of hypnosis.***

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***The challenge was to develop a clinical measurement that could transform a fascinating amalgam of anecdotes, speculations, clinical intuitions and observations, and laboratory advances into a more fruitful and systematic body of information. Thus was born the authors' Hypnotic Induction Profile (HIP), a crucial 10-minute clinical assessment procedure that relates the spectrum of hypnotizability to personality style, psychopathology, and treatment outcome. Structured to reflect the flow of a typical evaluation and treatment session and highlighted by case examples***

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***throughout, this remarkable synthesis describes how to use the HIP, reviews relevant literature, and details principles and short- and long-term treatment strategies for smoking control; eating disorders; anxiety, concentration, and insomnia; phobias; pain control; psychosomatic disorders and conversion symptoms; trichotillomania; stuttering; and acute and posttraumatic stress disorders and dissociation. Meticulously referenced and indexed, this in-depth work concludes with an appendix on the interpretation and standardization of the HIP. This unique work stands out in the literature because It is written***

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***both as an introduction for practitioners new to hypnosis and as an in-depth guide for practitioners with wide experience in hypnosis. Unlike current clinical works, it emphasizes the importance of performing a systematic assessment of hypnotizability to identify, measure, and utilize a given patient's optimal therapeutic potential -- a process that, until now, has been relegated to clinical intuition. It describes human behavior phenomenologically as it relates to hypnosis in a probable rather than an absolute fashion. It reviews only specific portions of the literature that are particularly***

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***relevant to the important themes presented by the authors. Wherever possible, the authors apply statistical methods to test their hypotheses. The realm of scientific investigation encompassing hypnosis and psychological dysfunction is comparatively new. This exceptional volume, with its profusion of systematic data, will spark controversy and interest among scientific students of hypnosis everywhere, from psychiatrists, psychologists, and psychoanalysts to physicians, dentists, and other interested clinicians. A unique, state-of-the art, interdisciplinary***



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***resource on clinical hypnosis in psychology and medicine This is the only up-to-date, comprehensive interdisciplinary resource on clinical hypnosis research and applications in psychology and medicine. Authored by hypnosis experts worldwide, it encompasses state-of-the-art scholarship and techniques for hypnotic treatments along with hypnosis transcripts and case examples for all major psychological disorders and medical conditions. In easily understandable language, this desk reference addresses theories, neurophysiology of hypnosis, hypnotherapy screening, measurement of***

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***hypnotizability, professional issues, and ethics. Individual chapters present hypnotic inductions to treat 70 disorders including anxiety, depression, pain, sleep problems, phobias, fibromyalgia, irritable bowel syndrome, menopausal hotflashes, Parkinson's disease, palliative care, tinnitus, addictions, and a multitude other common complaints. The guide also examines the history and foundations of hypnosis, myths and misconceptions, patient screening, dealing with resistance, and precautions to the use of hypnosis. It examines a variety of hypnotherapy systems ranging from***

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***hypnotic relaxation therapy to hypnoanalysis. With each application the text includes relevant research, specific induction techniques, and an illustrative case example. Additionally the resource covers professional issues, certification, hypnosis in the hospital, and placebo effects. Key Features: Presents state-of-the art hypnosis research and applications for a wide range of psychological and medical disorders Encompasses information on 70 disorders with relevant research, intervention techniques, and case examples Authored by an international cadre of experts Provides an interdisciplinary***

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***perspective of both the mental health and medical communities Addresses certification, ethics, and other professional issues***

***"This book is essentially clinical in nature. But it is a clinical book with a research base. The clinical strategies and techniques that are presented are ones that the authors have used in their practice and that they have taught their graduate students to use. They are procedures with an evidential base. Many of the specific techniques they describe have been validated in clinical trials and outcome studies, and their approach to most strategic issues has been***

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***shaped by their understanding of the research literature in hypnosis, psychotherapy, and psychopathology. If there is a fundamental difference between this book and the many other guides that have been published on clinical applications of hypnosis, it is the degree to which the principles and practices the authors describe are evidence-based. Hence, the subtitle of this book. The authors aim to bring their enthusiasm for integrating hypnosis with empirically supported methods to a wide readership and to move hypnosis more securely into the mainstream of established clinical***

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***practice." (PsycINFO Database Record (c) 2006  
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***Offers doctors, dentists, and anaesthetists  
complete instructions on the techniques of using  
hypnosis in the medical field***

***More Hypnotic Inductions***

***Hypnosis Without Suggestion***

***Hypnotherapy***

***Magic Words, the Sourcebook of Hypnosis Patter  
and Scripts and How to Overcome Hypnotic  
Difficulties***

***Favorite Methods of Master Clinicians***

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## Read Online Handbook Of Hypnotic Suggestions And Metaphors

Covering theory and practice, The Handbook of Contemporary Clinical Hypnosis is an up-to-date, authoritative resource to support health professionals in their use of hypnosis in clinical settings. Provides an authoritative reference for practitioners and trainees on the diverse applications of hypnosis, published under the auspices of the British Society for Clinical and Academic Hypnosis (BSCAH) Combines a theoretical framework with material on a wide range of specific disorders including anxiety, stress

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phobias, eczema, oncology, eating disorders and infertility Shows how to adjust hypnotic techniques for different contexts e.g. when working with children, in emergencies and via a translator Features a variety of case studies that illustrate hypnosis techniques in action Despite their clinical utility, hypnotic phenomena are vastly underutilized by therapists in their work with patients. Whether this is due to uncertainty about how to use specific techniques constructively or how to elicit particular



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phenomena, or anxiety about not being able to obtain a desired result, this volume will guide hypnotherapists toward higher levels of clinical expertise. By describing varied hypnotic phenomena and how they can be used as vehicles of intervention, *The Phenomenon of Ericksonian Hypnosis* takes the therapist beyond these fundamental applications toward a broader, more sophisticated scope of practice. This immensely readable book addresses the selection, eliciting, and therapeutic use of hypnotic phenomena that

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are natural outgrowths of trance. It offers step-by-step instruction on eliciting age progression, hypnotic dreaming, hypnotic deafness, anesthesia, negative and positive hallucination, hypermnesia, catalepsy, and other hypnotic phenomena. The book includes specific instruction on how to use the phenomena manifested in trance to provide more effective treatment. Numerous case examples vividly illustrate intervention with anxiety disorders, trauma and abuse, dissociative disorders, depression,

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marital and family problems, sports and creative performance, pain, hypersensitivity to sound, psychotic symptomatology, and other conditions. The Phenomenon of Ericksonian Hypnosis will be used by therapists as a valuable clinical tool to expand their conceptualizations of hypnosis, and thus enable them to offer a wider repertoire of skills with which they can confidently treat clients.

Known as the Miracle Doctor, Dr. Preston demonstrates his expertise as a hypnotherapist after years of personal

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experience and field research, using precise language and script-style format in a book that is both user-friendly and comprehensive, that can serve as a guide and reference for all practitioners of hypnotherapy and hypnotism and enjoyed by the lay person as well.

Originally published in 1991, this book covers a comprehensive range of the applications of hypnotic techniques in therapy for psychological disorders, and medical conditions where such techniques are a valuable adjunct. In the years

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before publication psychologists, medical doctors, dentists and allied professional workers had come to make increasing use of hypnosis in their work, and there was a considerable amount of relevant research literature available in journals. Such literature is reviewed, and served as a practical guide for professionals at the time. The book begins by explaining what is meant by hypnosis today, and traces its historical background. Some fundamental questions such as individual differences in susceptibility to hypnosis are

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discussed in relation to therapy. Separate chapters are devoted to the key topics of behaviour therapy, different forms of psychotherapy, psychosomatic medicine, the treatment of pain, and applications in medical and surgical procedures. The modern status of hypnotic techniques in obstetrics and in dentistry is reviewed, and a separate chapter on the use of hypnosis with children will be of special interest to educational and clinical psychologists. A final chapter reviews the use of hypnosis by various professions and

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para-medical disciplines, and discusses the possible abuses that may arise both through unqualified people seeking to practise "hypnotherapy", and by professionals acting outside their proper range of competence.

Workbook

The psychology of suggestion

The Art of Artifacting

Hypnotic Induction

Integrative Hypnotherapy E-Book

Theory and Practice