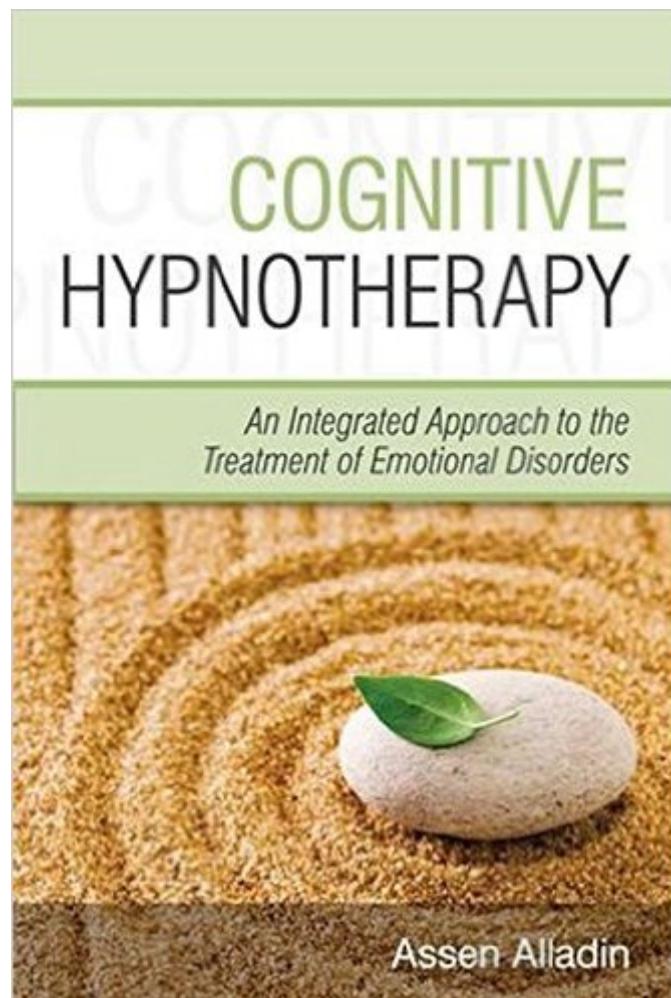


The book was found

Cognitive Hypnotherapy: An Integrated Approach To The Treatment Of Emotional Disorders



Synopsis

Cognitive Behavioural Therapy (CBT) is now in use worldwide, while hypnosis as a technique continues to attract serious interest from the professional community. Integrating the two, the field of cognitive hypnotherapy uses the natural trance states of clients to unlock unconscious thoughts and memory patterns that can generate and sustain problems. Cognitive hypnotherapists work within the client's model of the world, so that changes are more likely to be subconsciously accepted and become permanent. This practical guide shows how cognitive hypnotherapy can be used to treat a range of emotional disorders including depression, sleep disorders, anxiety, eating disorders and PTSD.

Book Information

Paperback: 312 pages

Publisher: Wiley; 1 edition (April 28, 2008)

Language: English

ISBN-10: 0470032472

ISBN-13: 978-0470032473

Product Dimensions: 6.1 x 0.7 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars (See all reviews) (2 customer reviews)

Best Sellers Rank: #1,667,531 in Books (See Top 100 in Books) #55 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Hypnotherapy #169 in Books > Health, Fitness & Dieting > Alternative Medicine > Hypnotherapy #2885 in Books > Textbooks > Social Sciences > Psychology > Clinical Psychology

Customer Reviews

This book helped me to further my use of CBT in hypnosis. It has some practical aspects and is very readable.

As the director of The Denver School Of Hypnotherapy I am always looking for books to recommend to our students. this book has been on the recommended reading list for several years and just this past year we changed the format of some of the classes and this book moved from the recommended reading list to the textbook list. For many years now, I have been working at getting both the hypnotherapy community and the psychotherapy community together and "mixing and matching" techniques so the client can achieve the desired outcome in the shortest amount of time.

This book book, Cognitive Hypnotherapy, does just that. I highly recommend this book to both hypnotherapists and psychotherapists.Pam Mills,CHt, CAC IIDirector of The Denver School Of Hypnotherapy

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