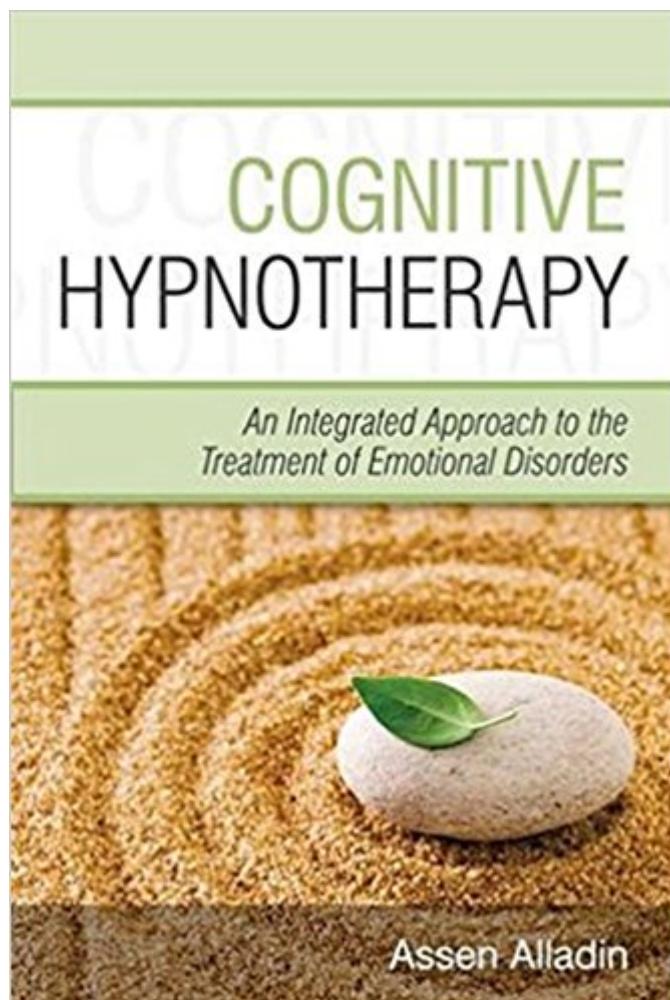


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# Cognitive Hypnotherapy: An Integrated Approach To The Treatment Of Emotional Disorders



## **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**

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## **Customer Reviews**

"This interesting book is practical, providing a step-by-step approach for integrating hypnotherapy with CBT. It demonstrates how this method is applied with common psychological disorders such as depression and PTSD. Clinicians who use hypnosis will be very pleased with this work because it gives them more techniques to use with their clients." (Doody's, April 2009)

Cognitive hypnotherapy has proven to be an effective treatment for a number of emotional disorders, including anxiety and depression. Now, in this innovative book, Assen Alladin demonstrates how hypnotherapy can be combined with cognitive behavioural therapy to further improve patient outcomes. Focusing on the professional needs of practitioners Cognitive

Hypnotherapy: An Integrated Approach to the treatment of Emotional Disorders provides the latest integrative psychotherapy model and empirical rationale for assimilating the two approaches. Extensive case studies and treatment protocols that readers can apply in their own practice are provided. A range of emotional disorders are covered, including: Post-Traumatic Stress Disorder Somatization Disorder depression Insomnia Migraine Headache Sexual Disorders Skin disorders Grounded in empirical research and full of practical treatment strategies, this is essential reading for hypnotherapists, cognitive behavioural therapists, clinical psychologists, psychiatrists, and other mental health professionals. --This text refers to the Hardcover edition.

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

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