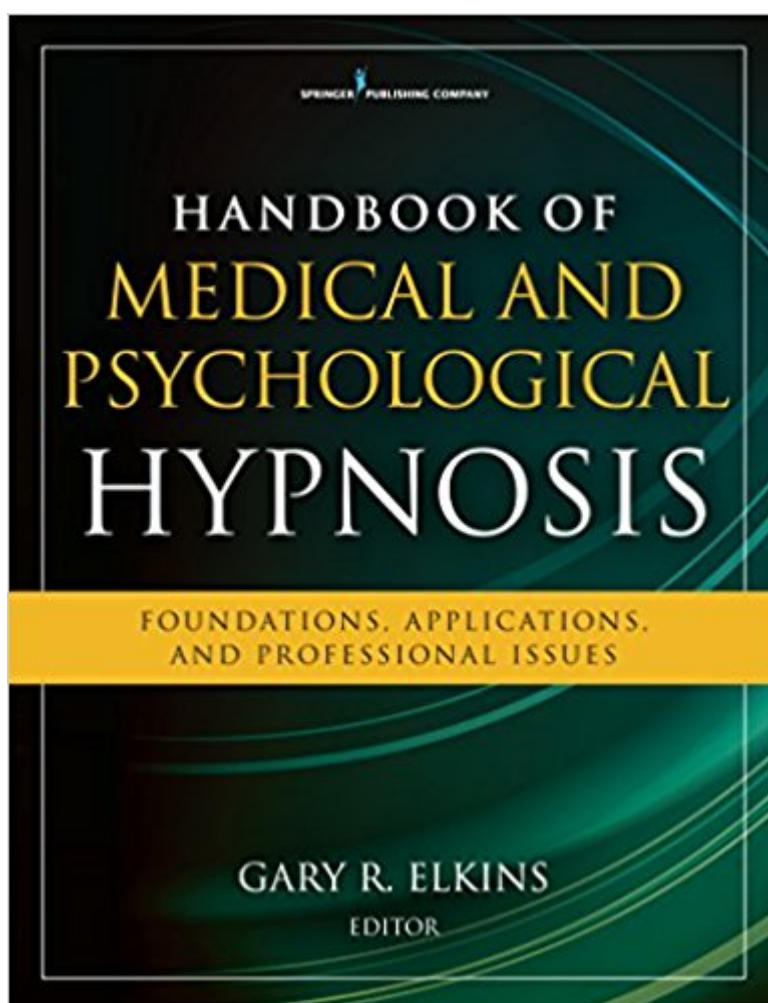




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# Handbook Of Medical And Psychological Hypnosis: Foundations, Applications, And Professional Issues



## Synopsis

A unique, state-of-the art, interdisciplinary resource on clinical hypnosis in psychology and medicine

"I have adopted it as the primary text for my upcoming course. It is extremely comprehensive, and has the latest research and information on hypnosis. The authors who have contributed to the book are the best in the field, and this book is a goldmine of information on hypnosis. It far exceeded my expectations, and I am sure that my students will greatly benefit from it." - Rita Sherr, Founding Director of The New York Milton H. Erickson Society for Psychotherapy and Hypnosis

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 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 hot flashes, Parkinson's disease, palliative care, tinnitus, addictions, and a multitude of 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 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 perspective of both the mental health and medical communities Addresses certification, ethics, and other professional issues

## Book Information

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## Customer Reviews

Gary R. Elkins, PhD, ABPP, ABPH, is Professor and Director, Doctoral Program in Clinical Psychology, Baylor University, Department of Psychology and Neuroscience, and Director of the Mind-Body Medicine Research Laboratory. His areas of research are hypnosis and mind-body interventions in behavioral medicine. His laboratory was recently awarded a \$2.6 million dollar grant from the National Institutes of Health, National Center for Complementary and Alternative Medicine, to conduct clinical research into the use of hypnotic relaxation therapy for treatment of symptoms associated with menopause. He has served as President of the American Society of Clinical Hypnosis, President of the American Board of Psychological Hypnosis, Vice-Chair of the Council of Representatives of the International Society of Hypnosis, and Chair of the Fellows Committee of the Society for Psychological Hypnosis of the APA. Dr. Elkins has published over 50 journal articles and book chapters in the area of hypnosis and psychotherapy, and is the author of the recent book *Hypnotic Relaxation Therapy: Principles and Applications* (Springer Publishing Company, 2013).

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