



The Practice of  
COGNITIVE-BEHAVIOURAL  
HYPNOTHERAPY

A Manual for Evidence-Based Clinical Hypnosis

DONALD ROBERTSON



# Cognitive Hypnotherapy Manual

**Hugh B. Kohn**



## **Cognitive Hypnotherapy Manual:**

**The Practice of Cognitive-Behavioural Hypnotherapy** Donald J. Robertson, 2018-05-08 This is a comprehensive evidence based clinical manual for practitioners of cognitive behavioural hypnotherapy. Cognitive behavioural hypnotherapy is increasingly becoming the dominant approach to clinical hypnosis. At a theoretical level it adopts a research based cognitive behavioural model of hypnosis. At a practical level it closely integrates traditional hypnotherapy and cognitive behavioural therapy techniques. This is the first major treatment manual to describe a fully integrated cognitive behavioural approach to hypnotherapy based on current evidence and best practice in the fields of hypnotism and CBT. It is the product of years of work by the author, a cognitive behavioural therapist and specialist in clinical hypnosis with over fifteen years experience in the therapy field. This book should be essential reading for anyone interested in modern evidence based approaches to clinical hypnosis. It is also an important resource for cognitive behavioural therapists interested in the psychology of suggestion and the use of mental imagery techniques.

**Handbook of Cognitive Hypnotherapy for Depression** Assen Alladin, 2007 This handbook is the first to provide a conceptual framework and rationale based on scientific theoretical and empirical evidence for combining cognitive behavior therapy with hypnotherapy in treating clinical depression. The conceptual framework, the Circular Feedback Model of Depression, allows clinicians to adopt an evidence based practice in psychotherapy integrating the best research with clinical expertise in the context of patient characteristics, culture and preferences. The book offers detailed guidance in applying empirically supported principles of psychological assessment, treatment protocols, therapeutic relationship and intervention.

**Hypnotherapy: A Handbook** Heap, Michael, 2012-07-01 The book introduces readers to the subject of hypnosis before looking at its use in practice for those with psychological or physical problems.

**Hypnotherapy: a Handbook** Michael Heap, 2012-07-16 This popular book introduces the subject of hypnosis and explores its application in counselling, psychotherapy, medicine and dentistry. Now thoroughly revised and updated with cutting edge research including neuro imaging studies and evidence based clinical reports, it offers a wealth of new material. A new chapter on hypnotherapy and eating disorders. An overview of theoretical understanding of hypnosis based on recent scientific evidence. A variety of therapeutic techniques that may be tailored to individual clients. Advice on how hypnotherapeutic procedures may be used alongside a broad range of psychotherapeutic approaches. Case studies and treatment plans from the author's own practices. Hypnotherapy: A Handbook 2nd edition is an invaluable resource for practitioners looking for advice, knowledge and ideas with which to inform their clinical practice. The book will prove useful to counsellors, psychotherapists, hypnotherapists and psychologists, both qualified and in training, as well as medical and dental practitioners. Contributors: David A. Alexander, Assen Alladin, Barry B. Hart, Chrissi Hart, Peter Hawkins, Michael Heap, Elisabeth Kohls, Debbie Mairs, Houghton, Peter Naish, Cath Potter, Ferenc T. R. and Ann Williamson. With thanks to Windy Dryden, co editor of the first edition of Hypnotherapy: A Handbook. Open University Press, 1991.

**Handbook of Medical and**

**Psychological Hypnosis** Gary Elkins, 2016-07-25 A unique state of the art interdisciplinary 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 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

**Hypnotherapy Explained** Assen Alladin, Glenn Robert, 2018-05-08 Hypnotherapy provides a powerful tool for utilizing the power of the mind to reduce distress and suffering This concise guide provides readers with a rich source of ideas on starting hypnotherapy practice and thinking seriously about hypnosis as a powerful adjunct to psychotherapy and medical interventions With a clear definition of what hypnosis really is readers can develop an understanding of the rationale for utilizing hypnotherapy with particular disorders As the medical community is progressively adopting a biopsychosocial model of healing there is a serious move toward validating the scientific credibility of hypnosis and hypnotherapy has become a well established treatment Unlike any other introductory text Hypnotherapy Explained adopts a uniquely scientific approach among introductory texts reviewing theories and offering practical ways to integrate hypnotherapy in medical psychiatric and psychotherapeutic practice It is enlightening reading for general practitioners psychiatrists psychologists and other healthcare professionals

Cognitive Hypnotherapy Assen Alladin, 2008-04-28 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      **The Oxford Handbook of Hypnosis** Michael R. Nash,Amanda J. Barnier,2012-01-19 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

*International Handbook of Clinical Hypnosis* Graham D. Burrows,Robb O. Stanley,Peter B. Bloom,2001-09-19 Clinical Hypnosis has proved successful in a variety of clinical situations This handbook with its practical 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      *Cognitive Hypnotherapy* Assen Alladin,2008-04-30 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

**Handbook of Child and Adolescent Psychiatry, Basic Psychiatric Science and Treatment** Norman E. Alessi,Joseph T. Coyle,Saul Isaac Harrison,Spencer Eth,1998-02-13 This volume of the Handbook introduces the basic science of child and adolescent psychiatry and presents a myriad of treatment options available to psychiatrists These include clinical treatments such as diet and drug therapy hypnotherapy and biofeedback residential or day treatment options group and family therapy aggressive interventions such as therapeutic foster placement or adoption creative treatments such as art and music therapy and rehabilitative therapy including vocational therapy educational therapy and therapeutic camping

**Hypnotherapy** Michael Heap,Windy Dryden,1991 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 Distributed by Taylor and Francis Annotation copyrighted by Book News Inc Portland OR

**Clinical Applications of Hypnosis** Hugh B. Kohn,1984      *Handbook of Empirical Social Work Practice, Volume 1* Bruce A. Thyer,John S. Wodarski,1998-01-29 Covers clinically effective treatments for over twenty of the major mental behavioral and emotional diagnoses in the DSM IV The last two decades in social work have seen tremendous strides in field research from the development of improved research designs to more accurate methods of problem measurement and

outcome analysis Drawing upon these significant advances the two volume Handbook of Empirical Social Work Practice brings together empirically validated interventions for many of the psychosocial problems most frequently encountered by social workers in their daily practice Unlike other books in the field that employ a theory based approach to treatment this handbook focuses on the best supported methods of helping clients with particular problems irrespective of theoretical biases offering clinicians a valuable compendium of practice guidelines for treatment Edited and authored by recognized experts in the field the Handbook of Empirical Social Work Practice is clearly written and organized for easy reference Volume One covers clinically effective treatments for over twenty of the major mental behavioral and emotional diagnoses in the DSM IV TM including Disorders typically diagnosed in infancy childhood or adolescence Substance related disorders Schizophrenia and other psychotic disorders Mood and anxiety disorders Sexual and eating disorders Personality disorders With information that is at once accessible and up to date the Handbook of Empirical Social Work Practice is a vital source of guidance for today s clinical social workers and other practicing mental health professionals as well as students One of the best tools to promote the values of the social work profession is that of empirical social work practice Telling the truth is one of these values and discovering the truth is something that empirical research is very good at This book presents credible reviews of contemporary empirical literature pertaining to selected behavioral affective and intellectual disorders and their psychosocial assessment and treatment That such a book is now possible is a striking affirmation of the merits of the approach to social work called empirical clinical practice from the Handbook of Empirical Social Work Practice

American Handbook of Psychiatry: Treatment Silvano Arieti,1974      Practical Manual of Physical Medicine and Rehabilitation Jackson C. Tan,2006 This text will serve as a quick reference and review for residents as well as practising physicians It also offers information needed in related professions

**Michigan Postsecondary Handbook** ,2006      **Hypnosis** David Waxman,1989      **Handbook of Clinical Hypnosis** Judith W. Rhue,Steven J. Lynn,Irving Kirsch,1993-01-01 Brings together over 40 of the most important practitioners clinicians and theorists in clinical hypnosis who represent the range of orientations and applications in the field In 32 chapters these authors juxtapose theory and research with some of the best examples from clinical practice

**Essentials of Clinical Hypnosis** Steven J. Lynn,Irving Kirsch,2006 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 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 evidencebased 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 practice PsycINFO Database Record c 2006 APA all rights reserved

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