



Hypnosis and Stress: A Guide for Clinicians

Peter J. Hawkins

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Hypnosis and Stress provides a practical approach to using hypnosis with patients suffering from a wide range of stress related problems. Innovative in its approach, this book integrates traditional approaches in hypnosis with Ericksonian and Rossi's approach to hypnotherapy.

The most up-to-date research is discussed and a flexible, 'hands-on' framework is provided for practicing hypnotherapy, including:

- detailed guidelines on conducting clinical interviews
- examples of preparing the patient for hypnosis
- templates of clinical 'scripts' for use in sessions
- solutions for dealing with catharsis
- discussion of inter-professional collaboration.

Interventions are suggested for a wide range of stress problems in both adults and children, including anxiety, sexual dysfunctions, sleeping problems, pain and other psychosomatic conditions.

This practical guide provides a useful introduction to hypnotherapy for professionals such as counsellors, psychotherapists, psychiatrists, psychologists and physicians. The breadth of information included ensures it will also appeal to the more experienced clinician.

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