

Experimental investigation of hypnosis as an adjunct to the behavioural treatment of phobias.

University of Birmingham - Hypnosis and Experimental Psychology



Description: -

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Notes: Thesis (Ph.D.) - University of Birmingham, Dept of Clinical Psychology, 1983.

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The Place of Hypnosis in Psychiatry

All subjects underwent four conditions in the scanner: rest, memory retrieval, and two different hypnosis experiences guided by standard pre-recorded instructions in counterbalanced order. Source memory in older adults: An encoding or retrieval problem? The current edition of the Journal is available only to financial of the Society and to the Journal. Hypnosis intervention effects on sleep outcomes: A systematic review.

Hypnosis in the Treatment of Patients with Anxiety Disorders

In contrast to the Jacobson progressive muscle relaxation technique, the therapeutic hypnosis progressive relaxation technique developed by Dr John Hartland 1901 — 1977 uses verbal hypnotic suggestion, where the progressive relaxation process is accomplished through mental thought processes following the instructions given by the hypno therapist Debellemaniere et al. American Journal of Clinical Hypnosis, 37 4 , 316-325. The control group listened to only music without any hypnotic intervention.

Agoraphobia: a critical review of methodology in behavioural treatment research

Under light hypnosis, the subject becomes sleepy and follows simple directions; under deep hypnosis, the person experiences dulling of sensory , similar to that of anesthesia. Panic Disorder including Agoraphobia : Panic Disorder is marked by sudden feelings of terror leading to panic attacks which can strike repeatedly and without warning.

Studies Proving The Effectiveness Of Hypnosis

A home-based treatment programme for agoraphobia.

Hypnosis in the Management of Airplane Phobias

Spanos, 1996 , hypnosis illuminates the processes underlying these rare and puzzling disorders. Effect size calculations showed that the CH group produced 6%, 5%, and 8% greater reduction in depression, anxiety, and hopelessness, respectively, over and above the CBT group.

Studies Proving The Effectiveness Of Hypnosis

. Averaged across posttreatment and follow-up assessment periods, the mean weight loss was 6. Being able to talk about your problem to a sympathetic pair of ears is a great set-up for the formal hypnotherapy to come.

Can Hypnosis Help as a Treatment for Anxiety Disorders?

The author will make this process available upon request to the general medical communities around the world, free of charge, as a contribution to promoting global public health under the current challenges we are facing. Multiple identities and false memories: A sociocognitive perspective. This study followed on from an important meta-analysis by Kirsch and his colleagues which pooled data from different studies comparing different forms of CBT for different problems to the same treatment plus hypnosis and found that for between 70-90% of subjects, on average, hypnosis added to the effects of CBT.

Hypnotherapy versus CBT: October Research Snippet

Group exposure for agoraphobics: a replication study.

Related Books

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- [Contributi alla storia della Chiesa di Lecce - studi e documenti offerti a Mons. Francesco Minerva,](#)
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- [Vascular medicine - a textbook of vascular biology and diseases](#)
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