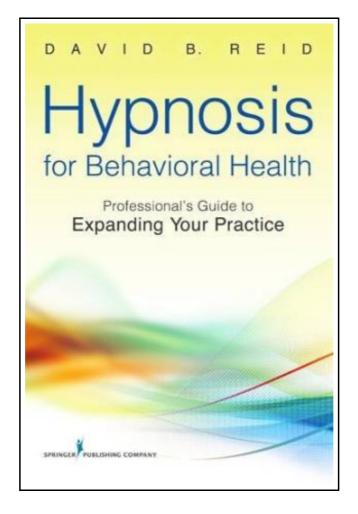
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HYPNOSIS FOR BEHAVIORAL HEALTH: PROFESSIONAL'S GUIDE TO EXPANDING YOUR PRACTICE



Springer Publishing Co Inc. Paperback. Book Condition: new. BRAND NEW, Hypnosis for Behavioral Health: Professional'S Guide to Expanding Your Practice, David B. Reid, Winner of the Arthur Shapiro Award for the 2013 Best Book on Hypnosis "The charm and value of Reid's book is that it is very personal. Reid's persona emerges as a warm, generous, and enthusiastic colleague, who is eager to share how he figured this clinical hypnosis stuff out and integrated it into his practice. [The book] serves quite well to introduce the uninitiated, and those who wish to guide them, about using the power of trance and therapeutic communication in practical ways to become more effective in helping those for whom we care. I wish I had read it in medical school." -- Laurence I. Sugarman, M.D., F.A.A.P., A.B.M.H., Annals of Behavioral Sciences and Medical Education "This is an excellent introductory book for any professional who deals with behavioral health issues and would like to add hypnosis to her arsenal of clinical tools."--American Journal of Clinical Hypnosis Clinical hypnosis has been proven through decades of rigorous research and practice to be an effective intervention in a wide range of mental, behavioral, and physical health issues. This highly practical text demystifies clinical hypnosis by providing step-by-step guidance for using its techniques to enhance the repertoire of practitioners in other psychotherapeutic modalities. It offers mental health providers with no formal training in hypnosis the requisite guidance and information they need to learn and confidently apply strategies to help their clients initiate constructive, health-oriented change in their lives. Chapters progress from initial assessment through the development of treatment plans and actual hypnotic techniques with clients. The author shows how to apply hypnosis to such clinical issues as anxiety, stress, somatic disorders, pain, and unwanted habits. In addition, the author...

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