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Titolo	Cognitive hypnotherapy [[electronic resource] ] : an integrated approach to the treatment of emotional disorders // Assen Alladin
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Descrizione fisica	1 online resource (312 p.)
Disciplina	615.8/512 616.891425
Soggetti	Hypnotism - Therapeutic use Cognitive therapy Affective disorders - Treatment Electronic books.
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. [251]-279) and index.
Nota di contenuto	The rationale for integrating hypnosis and cognitive behaviour therapy in the management of emotional disorders -- Cognitive hypnotherapy case formulation -- Cognitive hypnotherapy in the management of depression -- Cognitive hypnotherapy in the management of migraine headaches -- Cognitive hypnotherapy with post-traumatic stress disorder -- Cognitive hypnotherapy with psychocutaneous disorders -- Cognitive hypnotherapy in the management of somatisation disorder -- Cognitive hypnotherapy in the management of chronic primary insomnia -- Cognitive hypnotherapy in the management of sexual dysfunctions -- Future directions.
Sommario/riassunto	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 emotion

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