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Titolo	The clinical use of hypnosis in cognitive behavior therapy [[electronic resource] ] : a practitioner's casebook // Robin A. Chapman, editor
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Altri autori (Persone)	ChapmanRobin A
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Nota di contenuto	Introduction to cognitive behavior therapy and hypnosis / Robin A. Chapman -- Hypnosis: history, theory and application / Marc I. Oster -- Cognitive behavior therapy and the utility of hypnosis as an adjunct to treatment / Peter Kane & Mark Reinecke -- Case conceptualization model for integration of cognitive behavior therapy and hypnosis -- Robin A. Chapman -- Hypnotherapy for anxiety, phobias and psychophysiological disorders / William I. Golden -- Cognitive hypnotherapy for treating depression / Assen Alladin -- Cognitive hypnotherapy and the management of anger / E. Thomas Dowd -- Treating treatment failures: hypnotic treatment of post traumatic stress disorder / Marc I. Oster -- The strategic integration of hypnosis and CBT for the treatment of mind/body conditions / Carol Ginandes -- Hypnotherapy and cognitive behavior therapy for pain and distress management in cancer patients / Gary R. Elkins & Joel Marcus -- Treating sleep disorders using cognitive behavioral therapy and hypnosis / Gina Graci and Kathy Sexton-Radek -- Becoming a practitioner of cognitive behavioral therapy and hypnosis / Robin A. Chapman.
Sommario/riassunto	Integrating cognitive behavior therapy (CBT) with hypnosis may

increase benefits to clients suffering from a broad range of mental and physical health problems. This practitioner's guide, written by some of the most influential clinical psychologists, educators, and hypnotists, brings together these two methods of treatment and provides a theoretical framework for this integration. By thoroughly reviewing the evidence-based research for the addition of hypnosis to cognitive behavioral treatments and illustrating a variety of clinical applications, the contributors show how the integration can

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