Record Nr. Autore Titolo Pubbl/distr/stampa	UNINA9910462972303321 Elkins Gary Ray <1952-> Hypnotic relaxation therapy [[electronic resource]] : principles and applications / / Gary Elkins New York, N.Y., : Springer Pub., 2014 0-8261-9941-0
Descrizione fisica	
	1 online resource (273 p.)
Disciplina	615.8/512
Soggetti	Hypnotism - Therapeutic use Relaxation Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Historical foundations Principles of hypnotic relaxation therapy Theoretical basis for hypnotic relaxation therapy Hypnotic induction and formulation of suggestions Case conceptualization and planning The first hypnotic relaxation therapy session The second hypnotic relaxation therapy session The third hypnotic relaxation therapy session Session four and beyond Assessment of hypnotizability Dealing with resistance Refining hypnotic inductions and interventions Pain management Smoking cessation Post-menopausal and hot flash symptoms Anxiety management Insomnia Hypnotic relaxation therapy to facilitate insight Ethical considerations in the practice of hypnotic relaxation therapy.
Sommario/riassunto	""Like others trying to incorporate hypnotherapy into their practice, I found myself struggling with the question, ""Where do I begin?"" This book provides that answer [It]offers the first complete presentation of [the} fundamentals [of hypnotic relaxation therapy] in a manner that is not only supported by empirical research, but is consistent with the author's 30 years of experience as a clinical practitioner. In contrast to a ""one-size-fits-all approach,"" this book provides specific, easy-to- follow guidelines for developing hypnotic suggestions in a flexible manner that will enable the cli

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