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| Autore | Elkins Gary Ray <1952-> |
| Titolo | Hypnotic relaxation therapy [[electronic resource]] : principles and applications / / Gary Elkins |
| Pubbl/distr/stampa | New York, N.Y., : Springer Pub., 2014 |
| ISBN | 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 |

