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| Nota di contenuto | COVER; CONTENTS; ACKNOWLEDGEMENTS; ABOUT THE AUTHOR; FOREWORD; NOTE ON TERMINOLOGY AND CITATIONS; PART I THE COGNITIVE-BEHAVIOURAL APPROACH TO HYPNOSIS; CHAPTER ONE Introduction to cognitive-behavioural hypnotherapy; CHAPTER TWO James Braid and the original hypnotherapy; CHAPTER THREE Cognitive-behavioural theories of hypnosis; PART II ASSESSMENT, CONCEPTUALISATION, AND HYPNOTIC SKILLS; CHAPTER FOUR Assessment in cognitive-behavioural hypnotherapy; CHAPTER FIVE Case formulation in cognitive-behavioural hypnotherapy; CHAPTER SIX Socialisation and hypnotic skills training PART III COGNITIVE-BEHAVIOURAL HYPNOTHERAPY CHAPTER SEVEN Applied self-hypnosis and coping skills; CHAPTER EIGHT Affect: hypnotic exposure therapy; CHAPTER NINE Behaviour: Problem-Solving Hypnotherapy (PSH); CHAPTER TEN Cognition: cognitive hypnotherapy; CHAPTER ELEVEN Conclusion and summary; REFERENCES; INDEX |
| Sommario/riassunto | This is a comprehensive evidence-based clinical manual for practitioners of cognitive-behavioural hypnotherapy. Cognitive-behavioural hypnotherapy is increasingly becoming the dominant approach to clinical hypnosis. At a theoretical level, it adopts a |

research-based cognitive-behavioural model of hypnosis. At a practical level, it closely integrates traditional hypnotherapy and cognitive-behavioural therapy techniques. This is the first major treatment manual to describe a fully integrated cognitive-behavioural approach to hypnotherapy, based on current evidence and best practice in the fields
