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Autore	Elkins Gary Ray <1952->
Titolo	Hypnotic relaxation therapy : principles and applications // Gary Elkins
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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

