

1. Record Nr.	UNINA9910821600603321
Autore	Robertson D. J (Donald James), <1926-1970.>
Titolo	The practice of cognitive-behavioural hypnotherapy : a manual for evidence-dased clinical hypnosis // Donald J. Roberson
Pubbl/distr/stampa	London, : Karnac Books, 2013
ISBN	0-429-92179-9 0-429-90756-7 1-283-83698-X 1-78241-043-0
Edizione	[1st ed.]
Descrizione fisica	1 online resource (459 p.)
Disciplina	616.89 616.89142
Soggetti	Hypnotism - Therapeutic use Cognitive therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Inclues bibliographical references and index.
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 HYPNOTHERAPYCHAPTER 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

---