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Autore	Kossak Hans-Christian
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Nota di contenuto	1 A brief introductory story -- I The basics: 2 Hypnosis -- 3 Neuropsychology of hypnosis -- 4 Anxiety -- 5 Neuropsychology of anxiety -- 6 Paradigms of learning theory -- 7 Paradigms of learning theory and neuropsychology -- II The combination of methods - The theory and practice of hypnosis and behavior therapy: 8 Behavior therapy - Methods -- 9 A brief history of the combination of hypnosis with behavioral therapy -- III The practice - the case seminar: 10 The application of the method -- 11 The intervention - phases of intensive brief therapy -- 12 The practical case seminar -- 13 Effects, possible applications, limits -- 14 Cauteles, limits, contraindications, effectiveness -- Further reading by the author -- Index.
Sommario/riassunto	In this practice manual, psychotherapists learn how they can use brief therapy to achieve quick and lasting results for many patients with anxiety. Dr. Kossak combines the two effective methods of hypnosis and cognitive behavioral therapy: it usually works immediately after just one session. The author provides a clearly structured introduction to the underlying theories of the method, which can then be used

directly in the extensive practical section. The case studies with study questions make this treatment tangible. The effectiveness is proven by large, sustained catamnesis periods. Written for ... Psychotherapists, doctors, psychiatrists, psychologists, dentists, coaches and students in these subjects. About the author Dr. Hans-Christian Kossak, Dipl.-Psych., psychological psychotherapist and child and adolescent psychotherapist as behavioral therapist, client-centered psychotherapist, hypnotherapist. Founder of psychotherapy in the combination of cognitive behavioral therapy and hypnosis. Main focus: Anxiety, psychosomatics, learning and performance disorders. He was head of the Catholic Counselling Center for Educational and Family Issues, Bochum; lecturer and trainer of psychotherapists in hypnosis and behavioral therapy; speaker at specialist congresses. The translation was done with the help of artificial intelligence. A subsequent human revision was done primarily in terms of content. This book is a translation of an original German edition. The translation was done with the help of artificial intelligence (machine translation by the service DeepL.com). A subsequent human revision was done primarily in terms of content, so that the book will read stylistically differently from a conventional translation.
