



# Clinical Hypnosis Textbook: A Guide for Practical Intervention

*Ursula James*

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## **Clinical Hypnosis Textbook: A Guide for Practical Intervention** Ursula James

Clinical hypnosis can be a powerful tool to help patients access positive states, reduce stress levels and embrace change. It can also enhance patient evaluation, diagnostic skills, and general communication, and provide stress management, goal setting and relaxation techniques for health professionals themselves. This book gives an overview of clinical hypnosis and its applications in medical settings, including self-hypnosis and inducing hypnosis in others. It explores the framework of a session, creating a unique therapeutic protocol using specific language patterns. It also examines the current and historical context of clinical hypnosis and its application, and provides a glossary of terms and useful contacts and websites. Accompanying audio material is also accessible online. Clinical Hypnosis Textbook can be used as an introduction for all health professionals, or to enhance session construction for experienced medical hypnosis practitioners. From reviews of the First Edition 'Provides in-depth information on clinical hypnosis that I would have had a hard time gathering otherwise.' **FACT: FOCUS ON ALTERNATIVE AND COMPLEMENTARY THERAPY** 'Well written, clear, excellent.' **COMPLEMENTARY THERAPIES IN CLINICAL PRACTICE** 'Excellent. A wonderful choice for clinicians who want to learn about, or how to use, hypnosis in clinical practice.' **DOODY'S BOOK REVIEWS** 'Ursula is a natural teacher and has distilled the essence of clinical hypnosis into this new text. This remains at the forefront of literature on learning and understanding hypnosis and hypnotherapy. Once again it gives me great pleasure to recommend this text unreservedly.' Mark Feldman in his Foreword

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