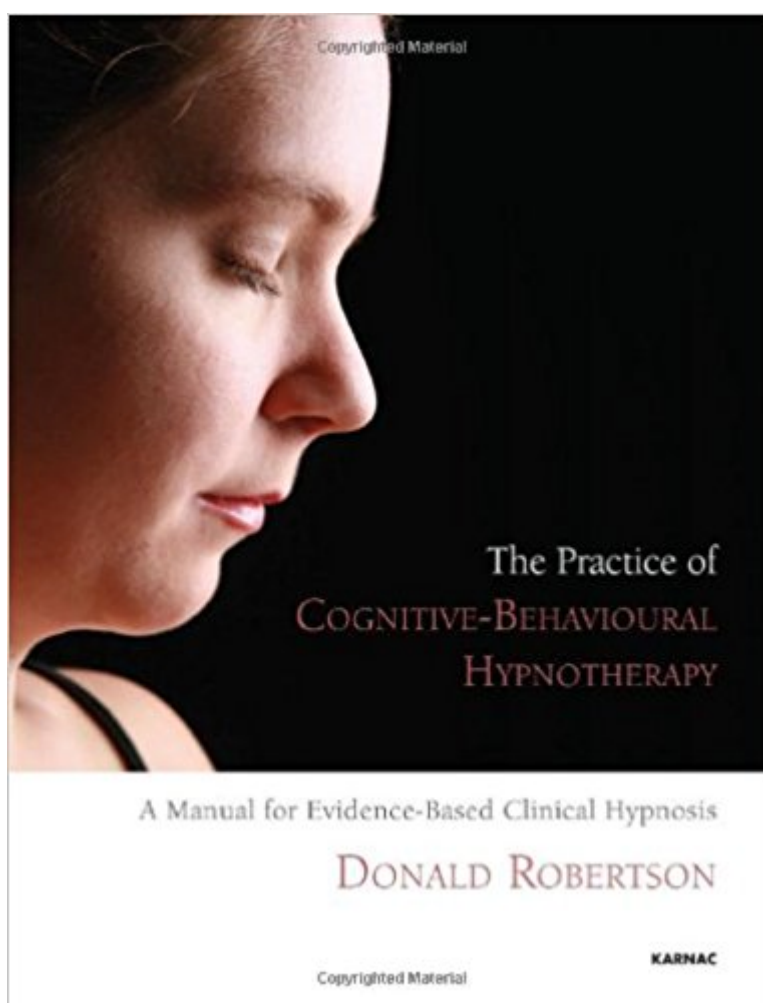


The book was found

The Practice Of Cognitive-Behavioural Hypnotherapy: A Manual For Evidence-Based Clinical Hypnosis



Synopsis

Hypnotherapy is arguably the oldest modality of psychological therapy, at least in the modern sense. Psychologists have long attempted to conceptualize hypnosis in terms of cognitive and behavioral processes and the term "cognitive-behavioral approach to hypnosis" was first coined in 1974 by Theodore Barber, and his colleagues, one of the most prolific and influential researchers in the field of hypnosis. Since then cognitive research on hypnosis has continued to evolve alongside the assimilation of modern cognitive-behavioral therapy (CBT) techniques within the framework of hypnotherapy and vice versa. This book explores the historical and conceptual relationship between hypnotherapy and cognitive-behavioral therapies (CBT). It proceeds to offer a modern cognitive conceptualization of hypnosis, based on the writings of James Braid—the founder of hypnotherapy—and drawing upon modern cognitive-behavioral research on hypnosis. The author carefully explores the combination of hypnosis with both cognitive and behavioral interventions and ways in which methods can be adapted in the light of therapeutic principles derived from both fields. The book aims to provide a comprehensive core text for the practice of cognitive-behavioral hypnotherapy and to facilitate further dialogue between practitioners of hypnosis and CBT.

Book Information

Paperback: 464 pages

Publisher: Karnac Books (December 12, 2012)

Language: English

ISBN-10: 1855755300

ISBN-13: 978-1855755307

Product Dimensions: 7.3 x 1.2 x 9.6 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #2,414,253 in Books (See Top 100 in Books) #71 in Books > Textbooks >

Medicine & Health Sciences > Alternative Medicine > Hypnotherapy #221 in Books > Health,

Fitness & Dieting > Alternative Medicine > Hypnotherapy #6057 in Books > Medical Books >

Psychology > Psychotherapy, TA & NLP

Customer Reviews

"Robertson's approach is well structured but flexible and he demonstrates a firm grasp of his subject matter, which is considerable in scope. In particular, I believe he will convince readers who are already cognitive-behavioural therapists that learning how to include hypnosis in their repertoire

of skills will pay them and their clients significant dividends. And those hypnotherapists wishing to incorporate CBT into their practice will be amply rewarded. With *The Practice of Cognitive-Behavioural Hypnotherapy* the author has demonstrated the exacting standards by which all books on therapeutic hypnosis should be judged. I commend it to the reader." (Dr Michael Heap, author (with H. B. Gibson) of *Hypnosis in Therapy*, and (with K. K. Aravind) of *Hartland's Medical and Dental Hypnosis*) "Donald Robertson goes back to basics and describes the development of hypnosis and cognitive-behavioural therapy. This book provides an excellent introduction to the theory, research and practice of cognitive-behavioural hypnotherapy." (Professor Stephen Palmer, Founder Director)

Donald Robertson is an integrative psychotherapist and trainer, who specializes in the treatment of anxiety and the use of cognitive-behavioral approaches to clinical hypnotherapy. He is the author of a number of articles on philosophy and psychotherapy in professional journals, and the forthcoming book, *The Discovery of Hypnosis, The Collected Writings of James Braid*. Donald's background in academic philosophy has helped him to appreciate the relationship between modern psychotherapy and ancient philosophy, a subject that he has frequently written about and lectured upon in training courses and professional conferences over the years.

Wonderfully clear, comprehensive textbook on clinical hypnosis and its logical relationship with cognitive-behavioural therapy. Robertson is the most transparent writer on hypnosis that I have ever read, and this book is as good as any if you want an up-to-date understanding of the subject. It's very readable for an intelligent layman, and frankly there's so much rubbish out there that you need to start with top-quality ones like this. Couldn't recommend it more.

[Download to continue reading...](#)

The Practice of Cognitive-Behavioural Hypnotherapy: A Manual for Evidence-Based Clinical Hypnosis
Hypnotherapy for beginners : Easy course for understanding and doing hypnotherapy (Hypnotherapy in Psychology)
Clinical Practice of Forensic Neuropsychology: An Evidence-Based Approach (Evidence-Based Practice in Neuropsychology)
Evidence-Based Practice For Nurses: Appraisal and Application of Research (Schmidt, Evidence Based Practice for Nurses)
Hypnosis: Medicine of the Mind: Hypnosis: Medicine of the Mind - A Complete Manual on Hypnosis for the Beginner, Intermediate and Advanced Practitioner
Cognitive Rehabilitation Manual: Translating Evidence-Based Recommendations into Practice (Volume 1)
Hypnosis in Clinical Practice: Steps for Mastering Hypnotherapy
Evidence-Based Medicine: How to Practice and Teach It, 4e (Straus,

Evidence-Based Medicine) Cognitive Behavioural Therapy: 7 Ways to Freedom from Anxiety, Depression, and Intrusive Thoughts (Happiness is a trainable, attainable skill!) Cognitive Behavioural Therapy: 7 Ways to Freedom from Anxiety, Depression, and Intrusive Thoughts The Art of Hypnotherapy: Part II of Diversified Client-Centered Hypnosis, Based on the Teachings of Charles Tebbetts Self Hypnosis: The Ultimate Guide on How to Master Self Hypnosis, hypnotize:hypnosis Hypnosis for Smoking Cessation: An Nlp and Hypnotherapy Practitioner's Manual Difficult Decisions in Vascular Surgery: An Evidence-Based Approach (Difficult Decisions in Surgery: An Evidence-Based Approach) Keys to the Mind, Learn How to Hypnotize Anyone and Practice Hypnosis and Hypnotherapy Correctly Users' Guides to the Medical Literature: A Manual for Evidence-Based Clinical Practice, 3E Clinical Evidence Made Easy: The basics of evidence-based medicine Pediatric Clinical Practice Guidelines & Policies, 17th Edition: A Compendium of Evidence-based Research for Pediatric Practice The ICD-10 Classification of Mental and Behavioural Disorders: Clinical Descriptions and Diagnostic Guidelines Models and Frameworks for Implementing Evidence-Based Practice: Linking Evidence to Action

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)