This practical guide shows how cognitive hypnotherapy can be used to treat a range of emotional disorders including depression, sleep disorders, anxiety, eating disorders and PTSD.

Cognitive Behavioural Therapy (CBT) is now in use worldwide, while hypnosis as a technique continues to attract serious interest from the professional community. Integrating the two, the field of cognitive hypnotherapy uses the natural trance states of clients to unlock unconscious thoughts and memory patterns that can generate and sustain problems. Cognitive hypnotherapists work within the client’s model of the world, so that changes are more likely to be subconsciously accepted and become permanent.

Publication Year: 2008
Edition: 1st
Author/Editor: Alladin, Assen
Publisher: Wiley
ISBN: 978-0-470-03251-0
Platform: Ovid
Product Type: Book
Speciality: Clinical Psychology
Language: English
Pages: 310
Illustrations: 0
Included In: Wiley Psychology eBooks Collection