



Hypnosis for Behavioral Health: A Guide to Expanding Your Professional Practice

David B., PsyD Reid

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Winner of the Arthur Shapiro Award for the 2013 Best Book on Hypnosis

"The charm and value of Reid's book is that it is very personal... Reid's persona emerges as a warm, generous, and enthusiastic colleague, who is eager to share how he figured this clinical hypnosis stuff out and integrated it into his practice... [The book] serves quite well to introduce the uninitiated, and those who wish to guide them, about using the power of trance and therapeutic communication in practical ways to become more effective in helping those for whom we care. I wish I had read it in medical school." --

Laurence I. Sugarman, M.D., F.A.A.P., A.B.M.H., Annals of Behavioral Sciences and Medical Education

"This is an excellent introductory book for any professional who deals with behavioral health issues and would like to add hypnosis to her arsenal of clinical tools."--**American Journal of Clinical Hypnosis**

Clinical hypnosis has been proven through decades of rigorous research and practice to be an effective intervention in a wide range of mental, behavioral, and physical health issues. This highly practical text demystifies clinical hypnosis by providing step-by-step guidance for using its techniques to enhance the repertoire of practitioners in other psychotherapeutic modalities. It offers mental health providers with no formal training in hypnosis the requisite guidance and information they need to learn and confidently apply strategies to help their clients initiate constructive, health-oriented change in their lives.

Chapters progress from initial assessment through the development of treatment plans and actual hypnotic techniques with clients. The author shows how to apply hypnosis to such clinical issues as anxiety, stress, somatic disorders, pain, and unwanted habits. In addition, the author shows clinicians how they can broaden their practice beyond mental or physical health parameters of treatment by applying hypnosis in areas of personal growth and wellness (motivation, athletic performance, conflict resolution). The text also covers ethical and professional issues related to clinical hypnosis, which does not require special licensure when it is integrated into a psychotherapeutic practice.

Key Features:

Instructs therapists on the use of hypnosis for clinical and personal growth and wellness issues

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From reader reviews:

Doris Simmons:What do you concentrate on book? It is just for students as they are still students or this for all people in the world, what best subject for that? Merely you can be answered for that question above. Every person has diverse personality and hobby for each other. Don't to be compelled someone or something that they don't desire do that. You must know how great in addition to important the book Hypnosis for Behavioral Health: A Guide to Expanding Your Professional Practice. All type of book are you able to see on many methods. You can look for the internet resources or other social media.

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