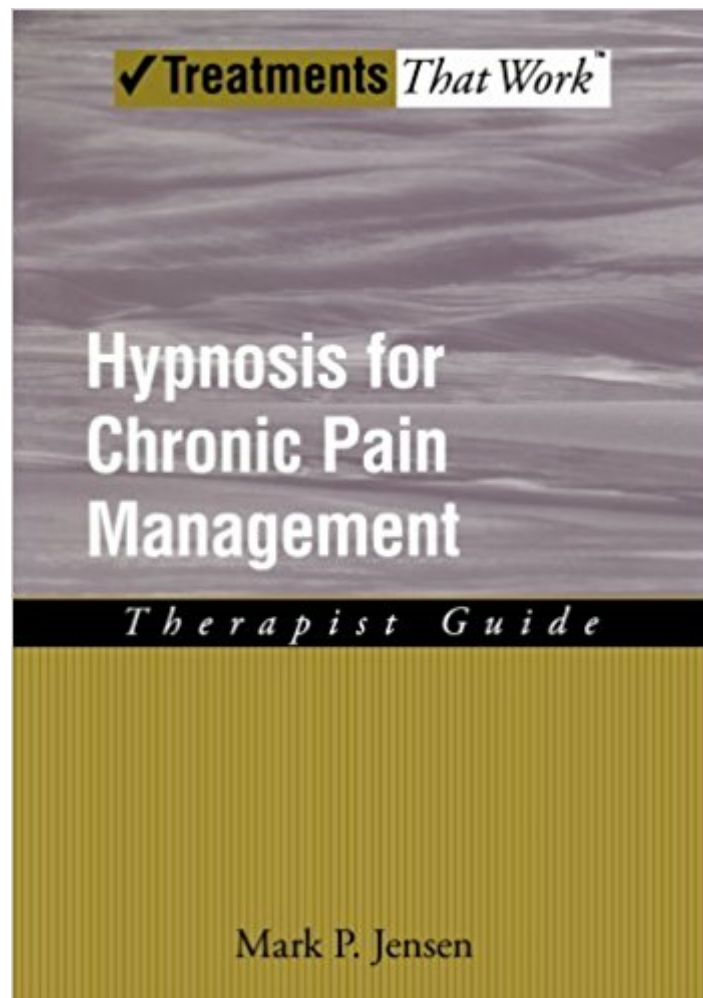




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Hypnosis For Chronic Pain Management: Therapist Guide (Treatments That Work)



Synopsis

Winner of the 2011 Arthur Shapiro Award for Best Book on Hypnosis, from the Society of Clinical and Experimental Hypnosis

An explosion of interest in the applications of hypnosis for clinical problems, especially pain, has led to a wide accumulation of research on hypnosis as a viable, beneficial supplement to treatment protocols. Over the past two decades, published controlled trials have confirmed that hypnosis treatments are effective for reducing daily pain intensity, increasing activity level, and improving mood and sleep quality in individuals with chronic pain. Moreover, evidence also suggests that hypnotic procedures can increase the beneficial effects of other treatments, such as cognitive-behavioral therapy (CBT). Based on these findings, there is a lack of practical resources in the field that offer recommendations for incorporating hypnosis and hypnotic protocols into treatment for pain management. This therapist guide fills this gap by distilling the techniques empirically validated by these clinical trials into one comprehensive, user-friendly volume. Organized into three parts, *Hypnosis for Chronic Pain Management* summarizes the findings from research, examines the effects of hypnosis on pain, and provides step-by-step instructions for performing hypnotic inductions and making hypnotic suggestions. Designed to be used in conjunction with the corresponding patient workbook, this unique therapist guide is written for clinicians who treat patients with chronic pain and who wish to incorporate hypnosis and hypnotic procedures into their treatment protocols, or those clinicians who already have training in clinical hypnosis and hope to acquire the skills needed to apply it to pain management.

"An excellent blueprint to understanding pain and the fundamentals of how hypnosis combined with CBT can offer pain amelioration. Perfect, even for uninitiated practitioners who wish to use empirically based scripts."--Jeffrey Zeig, Ph.D., The Milton Erickson Foundation

"Pain can too easily enslave people, holding them captive in many different ways. It is a liberating theme of empowerment that echoes throughout Dr. Jensen's work: he empowers clinicians to work more knowledgeably and skillfully with people who suffer painful conditions using his therapist guide, and he encourages the suffering individual to break free from pain's grip with the practical pain management skills taught in his workbook. Dr. Jensen's vision for the many ways hypnosis can help reduce the debilitating effects of painful conditions is fresh, inspiring and should be regularly integrated into every pain management program."--Michael D. Yapko, Ph.D., Clinical Psychologist and author of *Trancework: An Introduction to the Practice of Clinical Hypnosis* (Third Edition) and *Treating Depression with Hypnosis*

Book Information

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Customer Reviews

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Mark P. Jensen is Professor and Vice Chair for Research of the Department of Rehabilitation Medicine at the University of Washington Medical Center. He has published more than 250 articles and book chapters on pain assessment and management, and is currently Editor-in-Chief of the *Journal of Pain*.

This book and the workbook that goes with it changed my life. I have had neuropathy in my feet for 4 years. Acupuncture and gabapentin work for me but I still had a lot of pain. I read this book, recorded the scripts, and do them 1-2 times daily. I do the scripts in the workbook 1-3 times daily. After 6 weeks of that, I can do Zumba without sitting between songs, I can dance for hours, and I can walk all around work. I'm great mentally as well. I do a recording of the scripts from the workbook before and after I exercise and when I feel pain. I even decreased my gabapentin slightly.

Valuable tool

a concise review of the scientific background, reasons, and methodology applicable to chronic pain management with clinical hypnosis.

Great resource for working with chronic pain clients. Does a creditable job of explaining pain. Gives easy to understand system for working with a tough problem. Recommended.

This is an excellent book for practitioners: doctors, clinical psychologists with a hypnosis background, and nurses in the chronic pain field. It provides scripts for beginners and ideas for the more experienced clinician. The book is easy to use and a delight to read. I have no hesitation in recommending it.

Should be a standard text

Very detailed, provides scientific data on the efficacy of clinical hypnosis. Well organized, provides a great deal of external sources for further information.

I have bought a number of books for my collections on hypnosis and psychology. Most are good enough to at least have a point of view and share that with me - so I think that it worth the read.

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