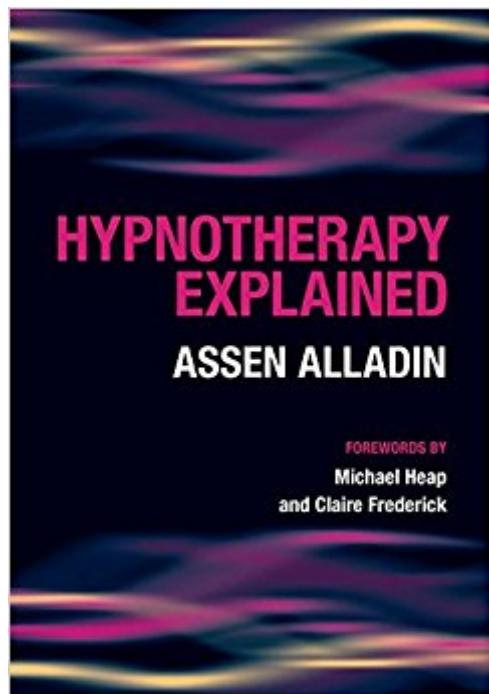


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# Hypnotherapy Explained



## Synopsis

Hypnotherapy provides a powerful tool for utilizing the power of the mind to reduce distress and suffering. This concise guide provides readers with a rich source of ideas on starting hypnotherapy practice, and thinking seriously about hypnosis as a powerful adjunct to psychotherapy and medical interventions. With a clear definition of what hypnosis really is, readers can develop an understanding of the rationale for utilising hypnotherapy with particular disorders. As the medical community is progressively adopting a biopsychosocial model of healing, there is a serious move toward validating the scientific credibility of hypnosis, and hypnotherapy has become a well-established treatment. Unlike any other introductory text, "Hypnotherapy Explained" adopts a uniquely scientific approach among introductory texts; reviewing theories and offering practical ways to integrate hypnotherapy in medical, psychiatric and psychotherapeutic practice. It is enlightening reading for general practitioners, psychiatrists, psychologists and other healthcare professionals.

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Clinical Psychologist and Adjunct Assistant Professor, Foothills Medical Centre and Department of Psychiatry and Psychology at the University of Calgary Medical School, President of the Canadian Society of Clinical Hypnosis, Alberta Division, Canada

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