

The Art of Hypnosis: Mastering Basic Techniques

By Roy Hunter

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The Art of Hypnosis: Mastering Basic Techniques By Roy Hunter

Roy Hunter is an expert in the field of hypnosis. He was specially selected to carry on the work of the Grand Master of Hypnotherapy, the late Charles Tebbetts, who was a master teacher and contributor to the art/science of hypnosis and hypnotherapy.

This book is based upon the training course of Tebbetts, which has been updated by Roy Hunter. Tebbetts training has formed the basis of a large number of hypnotherapy courses taught in America and Europe. The Art of Hypnosis is well-written and easy to read and understand, even for the novice. In-depth and practical information is given on how to achieve maximum results in a hypnotic session by phrasing suggestions properly and by using various techniques to determine which approach is best for each individual client. What is hypnosis and why use it?

Hypnosis yesterday and today

Inductions and awakening

Deepening the hypnotic state

Testing during hypnosis

Ethics and potential dangers

Self-hypnosis for stress coping

Concepts about the subconscious taught by Charles Tebbetts

Introducing the Art of Hypnotherapy

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
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Editorial Review

About the Author

Roy Hunter MS, CHt teaches professional hypnosis and advanced techniques to professionals, and in addition he also teaches self-hypnosis to groups and clients for personal or professional motivation. He was awarded an honorary doctorate in clinical hypnotherapy (for lifetime achievement) from St. John's University in 2004 and in 2009, he was awarded a PhD from Alpha University and California University with a major in clinical hypnotherapy. Other titles by Roy Hunter: Hypnosis for Inner Conflict Resolution (ISBN 9781904424604) The Art of Hypnotherapy (ISBN 9781845904401)

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