



Hypnotherapy: A handbook (Psychotherapy Handbooks)

By Michael Heap

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"This book meets demands of the competitive world in need of evidence of chosen treatment methods and practices ... I can recommend the book for seasoned professionals working with hypnosis, those who teach and give information of hypnosis needing an overview of references (and) as a general introduction for students."

European Society of Hypnosis Newsletter, 2013:1

"The authors performed a great job in doing extensive research, highlighting summaries of data, mentioning different studies, results of working with hypnosis, some methods or approaches, putting together an impressive list of references ... For the reader it is inspiring to learn from other clinician's experience and see which approaches are proven helpful and/or efficient."

Dr. Nicole Ruysschaert, ESH President

"This is an excellent book. It is the best survey of the responsible practice of clinical hypnosis in the UK. The introduction, which provides an overview of theory and research about the nature of hypnosis, should be required reading for anyone practicing or training to practice in the field."

Irving Kirsch, Harvard Medical School, Beth Israel Deaconess Medical Center, USA, and University of Plymouth, UK

"This worthy successor to the first edition provides an engaging, authoritative, and scientifically-grounded introduction to the field of hypnosis, as well as a wealth of valuable information on specific psychological, medical, and dental applications of hypnosis. I highly recommend this valuable handbook to clinicians, researchers, and anyone who is a student of hypnosis or wishes to learn to use hypnosis to promote physical and mental health."

Steven Jay Lynn, Distinguished Professor of Psychology, Binghamton University (SUNY), USA

"This book is highly recommended for anyone with a keen interest in hypnotherapy, be they students, trainees, clients, clients' supporters, researchers or practitioners. For the latter there is extensive material for

reflective analysis in order to develop more effective practice. In brief, this is a significant volume in the growing corpus of knowledge and is indispensable as a course text."

Peter Farnbank, AFBPsS, Chartered Psychologist, Chartered Scientist

This popular book introduces the subject of hypnosis and explores its application in counselling, psychotherapy, medicine and dentistry. Now thoroughly revised and updated with cutting edge research, including neuro-imaging studies and evidence-based clinical reports, it offers a wealth of new material:

- A new chapter on hypnotherapy and eating disorders
- An overview of theoretical understanding of hypnosis based on recent scientific evidence
- A variety of therapeutic techniques that may be tailored to individual clients
- Advice on how hypnotherapeutic procedures may be used alongside a broad range of psychotherapeutic approaches
- Case studies and treatment plans from the authors' own practices

Hypnotherapy: A Handbook, 2nd edition is an invaluable resource for practitioners looking for advice, knowledge and ideas with which to inform their clinical practice. The book will prove useful to counsellors, psychotherapists, hypnotherapists and psychologists, both qualified and in training, as well as medical and dental practitioners.

Contributors: David A Alexander, Assen Alladin, Barry B Hart, Chrissi Hart, Peter Hawkins, Michael Heap, Elisabeth Kohls, Debbie Mairs-Houghton, Peter Naish, Cath Potter, Ferenc Túry and Ann Williamson.

With thanks to Windy Dryden, co-editor of the first edition of *Hypnotherapy: A Handbook* (Open University Press, 1991).

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Editorial Review

About the Author

Michael Heap is a clinical and forensic psychologist with over forty years of experience working both with people with mental health and neurological problems and with criminal offenders. He is an internationally recognised authority on hypnosis and has taught and published widely on the subject.

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