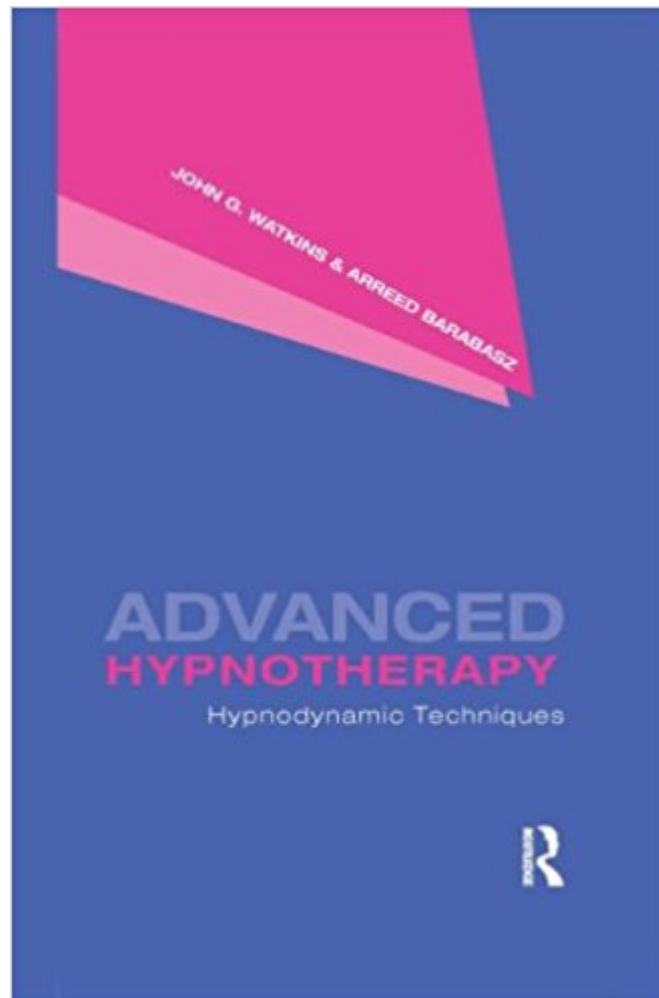




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Advanced Hypnotherapy: Hypnodynamic Techniques



Synopsis

This book focuses on tested hypnoanalytic techniques, with step-by-step procedures for integrating hypnosis into psychoanalytic processes. In its examination of the latest thinking, research, and techniques, the book discusses historical origins of hypnosis as well as how to apply it to current events, such as using hypnosis in the treatment of trauma with soldiers coming out of the war in Iraq. The text shows how hypnosis can be combined with psychoanalysis to make it possible to understand the subjective world of clients. Its accessible nature, rich detail, and significant updates make the book an invaluable resource for the professional who wishes to incorporate hypnosis into his or her practice. With the authors' extensive and impressive knowledge, careful updates, and comprehensive coverage of the proper and appropriate techniques to use, this volume is an indispensable addition to the field.

Book Information

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"The scope of Advanced Hypnotherapy is both wide and deep. These leaders in the fields of hypnosis research and psychotherapy write in a lucid, engaging style. The book advances our knowledge of hypnosis in psychotherapy in a fashion that will fascinate both new psychotherapists and experienced clinicians. This is one hypnodynamic book." - David Spiegel, Stanford University School of Medicine, USA, co-author of Trance and Treatment: Clinical Uses of Hypnosis "Well beyond protocols and manualized treatments, this is book for experienced psychotherapists and those who wish to improve treatment outcome by developing additional

avenues of access to people. These well-known senior clinician-researchers generously unite clinical material and laboratory findings with classical and current theory to remind us that it is the person with the illness, not a disorder, whom we contract to help." - Nicholas A. Covino, president, Massachusetts School of Professional Psychology, USA "Advanced Hypnotherapy: Hypnodynamic Techniques is a book I picture residing in many psychologists' library. For some, it remarries psychoanalysis with hypnosis. For others, it advances their psychoanalytic case conceptualization abilities. For more, it is a useful tool to expand their scope of clinical practice. Watkins and Barabasz offer lucid instructions on the integration of hypnosis into psychodynamic treatment. They provide clear information on the psychogenic and biological underpinnings of hypnosis, as well as procedural instructions for the practice of hypnosis. The procedural information is clearly written and supported with numerous clinical case examples. The aggregate of the well-written book provides a wealth of useful practice information." -Anthony F. Tasso, PhD, in *Psychologist-Psychoanalyst*, Fall 2008

John G. Watkins, Ph.D., ABPP, ABPH, is Professor Emeritus of Clinical Psychology, University of Montana. Dr. Watkins is a Past President of the Society for Psychological Hypnosis, Division 30 of the APA, of the Society for Clinical and Experimental Hypnosis, and of the American Board of Psychological Hypnosis. Arreed Barabasz, Ed.D., Ph.D., ABPP, is a Psychologist in Practice and Professor and Director of the Hypnosis Laboratory at Washington State University. He is a Past President of both the Society for Psychological Hypnosis, Division 30 of the APA, and of the Society for Clinical and Experimental Hypnosis, and Editor of the *International Journal of Clinical and Experimental Hypnosis*.

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