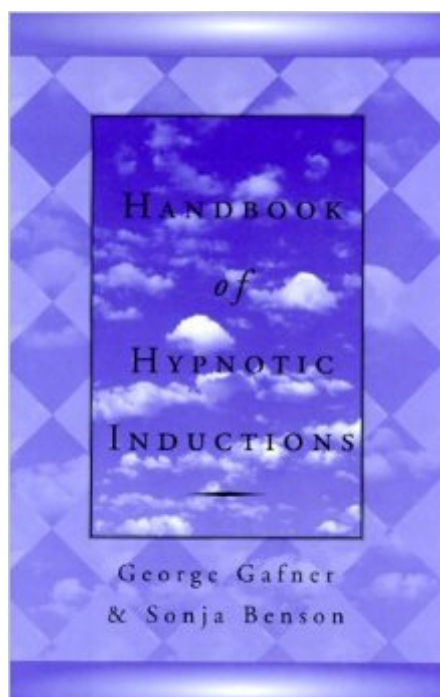


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# Handbook Of Hypnotic Inductions (Norton Professional Books)



## Synopsis

This useful resource provides over two dozen detailed scripts for inducing trance, deepening, realtering, and debriefing. It covers beginning to advanced hypnotic inductions in four main categories: conversational inductions, embedded-meaning inductions, confusional inductions, and directive inductions. A separate chapter provides inductions appropriate for use with children. The Handbook of Hypnotic Inductions includes numerous clinical vignettes and addresses treatment of depression, anxiety disorders (including PTSD), chronic pain, adjustment disorders, and other problems commonly seen in the office setting. It teaches vital principles and concepts in hypnosis, such as hypnotic language, seeding, amnesia, ideomotor signaling, and Ericksonian utilization. Rich in metaphor and therapeutic stories, this book includes helpful notes for practice and the creation of individually tailored inductions. Without a good induction, there can be no good hypnotherapy. With this ready-to-use manual, therapists can build their confidence and creativity and ensure good hypnotic experiences for their clients.

## Book Information

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## Customer Reviews

This book is first class. All practising hypnotherapists, psychologists and psychiatrists, whether training or fully qualified, should own a copy of this book. Seriously, George Gafner and Sonja Benson provide a catalogue of detailed inductions that can be applied to virtually any patient. Not only are the scripts a great time saver in creating and using inductions, they are material that spark

off and inspire the imagination for creating further inductions (you are only limited by your imagination). There are numerous inductions - and the inductions for children are particularly interesting. Apart from the book focusing on inductions, the authors draw on their own professional experiences when treating their patients, which is also another plus for this book. In the text, George Gafner and Sonja Benson also provide general information about psychology that will be of immeasurable assistance to the therapist who is in training and will act as a refresher for the professional practitioner - as well as an inspiration. There are many books written about the subject of hypnotherapy, many disappointing, but as a professional practitioner I can say that this book does live up to its title. Every therapist should own a copy and have it ready to hand. So what are you waiting for? Go get it!

The encyclopedic nature of this text shows a careful and complete overview of the field in addition to the practical applications gleaned from years of actual use of these methods. This book is a must-have for the practitioner looking to enhance their therapeutic techniques. Unlike another reviewer, who obviously has never used hypnosis in his practice, hypnosis in therapy, whether as a primary or adjunctive modality, has been proven to be a HIGHLY interpersonal therapy and, when used correctly, a highly effective modality as well in my practice and in those of others as well. That reviewer would do well to do a better review of the literature before pronouncing hypnosis as "snake-oil." Highly recommended.

When we take into consideration what this book is supposed to be, that is, a guide to deeper and more productive inductions, the Handbook fills this niche very well. Those who purchase this book expecting to pour over case after case of empirical data proving the efficacy of hypnotherapy are obviously incapable of reading editorial reviews. This book is not intended to be a scientific journal of double blind tests and control experiments. Indeed, neither the authors nor any reviewer claim such. As has been made clear, this Handbook is merely meant to augment the therapist's own style and present alternatives to techniques for patients that prove to be resistant or not as highly suggestible as others. For empirical data, consult the New England Journal. For those who have actually studied hypnosis and wish to help their clients break through barriers they thought unachievable, the Handbook is a valuable asset.

This book is a well-done compilation of induction techniques that can serve as models for practicing hypnotherapists. It is thoughtfully organized and a useful reference and learning tool. I was

surprised by the review by "David Burns, Ph.D." who feels that hypnosis is unethical in psychotherapy. I put the name in quotes because I'm not sure whether that is his or her real name. Anyone with a Ph.D. in psychology would know that hypnosis is a well-validated and widely accepted medical technique. One would have to wonder where "David Burns" got his Ph.D. to be so unaware of the research evidence on hypnosis. Hartland's textbook *Medical and Dental Hypnosis* is well documented and gives references to countless studies showing its effectiveness in medical practice. As a psychiatrist who has used hypnosis as a tool in my practice for 30 years, I have found it to be an invaluable adjunct to both cognitive behavioral and psychodynamic approaches. If anything is unethical, it is depriving patients of a valuable tool because the therapist has a personal bias, ungrounded in scientific evidence, against hypnosis.

There is a great variety of types of inductions, many involving countdowns and relaxation techniques. I loved the section on "Embedding Meanings Inductions" as well reading stories about Ericksonian and other hypnosis pioneers. Everything you need to know about hypnosis is in this book. It's fantastic for hypnotists and psychologists of all levels and is a reference book worth keeping. The readability is VERY good and all topics are explained thoroughly and simply to avoid confusion. I love this very much!

I am still reading this book. I haven't been able to put any thing into practical application as of yet. You need to wait at least 2 months before asking anything regarding a book like this.R.D.Y.

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