

Scripts And Strategies In Hypnotherapy The Complete Works

Clinical hypnosis can be a powerful tool to help patients access positive states, reduce stress levels and embrace change. It enhances patient evaluation, diagnostic skills, and general communication, and provides stress management, goal setting and relaxation techniques for health professionals themselves. This book gives an overview of clinical hypnosis and its applications in medicine, including self-hypnosis and inducing hypnosis in others. It explores the framework of a session, creating a unique therapeutic approach using specific language patterns. It also examines the current and historical context of clinical hypnosis and its application, and provides a glossary of terms and useful contacts and websites. Accompanying audio material is also accessible online. Clinical Hypnosis Textbook can be used as an introduction for all health professionals, or to enhance session construction for experienced medical hypnosis practitioners.

This book of more than 100 Hypnotherapy scripts is based on over 20 years of experience. This book is expanded on the first book to include more hypnotic inductions & 'quit smoking scripts & strategies' and additional description about using the scripts. This is not just another hypnosis scripts book. It also gives the reader ideas and suggestions on how to run a Hypnotherapy session from gathering information to carrying out the hypnotic work, ending a session and setting tasks. It also introduces Ericksonian Hypnotic language patterns and script structure so that the reader can have a deeper understanding of what is being done in the scripts and why they are written the way they are. This all round package makes this book a valuable resource for anyone wanting to learn more about Ericksonian hypnosis. "A must for all hypnosis and NLP students" Hypnotherapists in training can read and analyse the Hypnotherapy scripts & study the language, structure & multi-level communication used.

Healing Scripts focuses on the use of hypnotherapy to help trauma victims recover as well as helping individuals who are suffering from acute stress disorders. The field of trauma and stress treatment is constantly searching for new ideas and solutions and the hypnotic interventions detailed in this volume are designed to treat the source of the pain and the anguish of trauma so that long term problems can finally be offered some relief.

This Fourth Edition of Hypnosis and Hypnotherapy With Children focuses on the wide variety and scope of applications for hypnotherapy and presents an up-to-date compendium of the pertinent world literature regarding this topic.

For Body, Mind, and Spirit

Instant Self-Hypnosis

Speak Ericksonian

CORE Hypnosis

Hypnosis and Hypnotherapy with Children, Fourth Edition

Hypnotherapy Scripts to Promote Children's Wellbeing is a collection of tried-and-tested scripts that will aid hypnotherapists in developing and implementing treatment plans for promoting the wellbeing of children. The book offers a variety of approaches solely focussed on children (aged 5 to 17 years), including: Ericksonian approaches utilising metaphors and story-telling; solution-focussed approaches; benefits approaches; parts therapy; Gestalt therapy and regression therapy. The scripts are intended to help deal with issues relevant to children such as lack of confidence; low self-esteem or self-worth; negative image; lack of motivation; anxiety (general, social and exam); learning and recalling information; fears; phobias; habits; sleep issues; bullying; abuse; bereavement and loss. Serving as a unique resource of techniques and compiled from the author's years of personal experience, this book is beneficial for students, newly qualified and experienced hypnotherapists alike. Professional hypnosis is a first line intervention for many medical conditions and the research shows medical patients respond to hypnotic suggestion with health, healing and hope. This book is your guide to specific applications of hypnosis with a variety of medical conditions. Its purpose is to help you help others, by effectively providing solutions to support success in medical treatment and to promote healing through hypnosis. In this book you will learn: An eight-step process for pain control, How to integrate proven strategies, like Autogenic Training, into medical hypnosis, How to structure suggestions for medical conditions, Specific visualizations for cancer patients, How to utilize hypnotic phenomena, like time distortion, to help patients manage difficult medical procedures, Techniques for managing depression, fear and anxiety among medical patients, and How to market services to medical clients and build medical referrals Richard K. Nongard is a Certified Professional Hypnotist.

You are holding in your hands the keys to Ericksonian approaches to hypnotherapy, they unlock how to apply the solution oriented strategies of Milton Erickson, M.D. to a modern application of his ideas. This book will teach you how to tap into the treasure trove of resources Milton Erickson left us through his writings, case studies, and books. The book provides scripts, resources, and a clear understanding of what Ericksonian hypnotherapy is all about. You will learn the language patterns that create the foundation for conversational hypnosis, indirect suggestion, and the creation of sensorial experiences. After you read this book and complete the exercises, you will be able to speak Ericksonian fluently. This book is a practical guide and an instructional manual that will lead you into success.

Hypnotism is a SKILL not a gift. YOU can learn to be a confident stage or street hypnotist by reading this book. If you want to learn comedy hypnosis, i.e. methods to hypnotise family, friends and strangers for fun (and yes, it is a lot of fun!) then act now and snatch up this 'how-to' manual that's full of information and over 100] scripts to walk you through it! This book is not about 'hypnotherapy' and helping people with hypnosis. THIS book is about GETTING PEOPLE DOING FUNNY STUFF WITH HYPNOSIS... Guiding you from basic safety precautions all the way through to hypnotising people and delivering your own advanced comedy hypnosis routines, Rory Z gives you all you need to know to begin practicing hypnosis straight away, either for fun with your mates, as a roving street hypnotist or as a professional stage-hypnotist. This book is also a very useful tool for the aspiring Hypnotherapist, because learning how to deliver effective suggestions is one of the key elements covered in the book. This is an integral tool of the hypnotherapist (and one that's not always taught well on courses). All of the methods within

the book are tried, tested and verified - i.e. they all work! This book cuts away all of the linguistic mumbo-jumbo, dispels all the myths and gets down to cold hard facts, straight away. If you want to be confused and bogged down with unnecessary information - this book is NOT for you. If you want to easily learn how to hypnotise with skill and confidence - this is the book that you need to add to your collection today!

Creative Scripts For Hypnotherapy

The Hypnobirthing Book

Using hypnosis to treat trauma and stress

A Guide for Practical Intervention

Healing Scripts

More Scripts & Strategies in Hypnotherapy

First published in 1994, this book provides a selection of time-tested hypnotherapy scripts which aim to ease a variety of problems such as in the workplace, concerning pain relief, psychometric disorders, fears and phobias, self-discovery, memory retrieval, habit disorders, ego strengthening and sexual difficulties. The volume also intends to assist with such problems of childhood as enuresis, learning disabilities, fears, night terrors and asthma while also suggesting a variety of induction and self-hypnosis techniques. Hunter offers an insightful commentary alongside each script which exhibits state-of-the-art research as well as an expanded reference section and annotated bibliography. Its spacious format enables therapists to take notes as required and alter the script to meet the varying personal needs of their patients. Case histories and in-depth information as to how and when to use a particular script is also included.

Hypnotherapy Scripts to Promote Children's Wellbeing is a collection of tried-and-tested scripts that will aid hypnotherapists in developing and implementing treatment plans for promoting the wellbeing of children. The book offers a variety of approaches solely focussed on children (aged 5 to 17 years), including: Ericksonian approaches utilising metaphors and storytelling; solution-focussed approaches; benefits approaches; parts therapy; Gestalt therapy and regression therapy. The scripts are intended to help deal with issues relevant to children such as lack of confidence; low self-esteem or self-worth; negative image; lack of motivation; anxiety (general, social and exam); learning and recalling information; fears; phobias; habits; sleep issues; bullying; abuse; bereavement and loss. Serving as a unique resource of techniques and compiled from the author's years of personal experience, this book is beneficial for students, newly qualified and experienced hypnotherapists alike.

A handbook for therapists that contains everything needed when using hypnotherapy with children and young people. In addition to providing a collection of highly usable hypnotic scripts for children from six to sixteen, it offers an easy to follow, solution - focused way to structure treatment sessions. In addition, background information, advice, contra - indications and possible pitfalls are provided on common and not so common problems that children may present.

Hypnosis is an underused tool in pediatric medicine to address both physical and psychological symptoms. This technique helps manage anxiety, breathing issues, habits, pain, and countless other concerns. The book unfolds as a pediatrician recognizes the healing power of hypnosis and offers families ways to incorporate aspects of hypnosis at home.

Handbook of Hypnotic Suggestions and Metaphors

Close Your Eyes, Get Free

Evidence-Based Techniques for Your Next Hypnosis Session

Magic Words, the Sourcebook of Hypnosis Patter and Scripts and How to Overcome Hypnotic Difficulties

Using Hypnosis with Children: Creating and Delivering Effective Interventions

Richard Nongard's Big Book of Hypnosis Scripts

Childbirth can be an empowering and positive experience that you treasure for the rest of your life. Hypnobirthing teaches simple and gentle techniques that have a profound effect.

A modern script book, with scripts based on Contextual Psychology, giving you tools for manifesting real change. These scripts are designed to draw on multiple tools such as NLP (Neuro-Linguistic Programming), ACT Therapy, Mindfulness Meditation, Direct Suggestion, Indirect suggestion and integration of hypnotic phenomena with contextual psychology. There are scripts for medical hypnosis applications, scripts for habit and lifestyle issues, and scripts to meet your clients metaphysical needs or needs for self-improvement. There are also scripts for Guided Mindfulness Meditation sessions. This incredible book contains 65 complete hypnosis scripts for professional hypnotherapy.

This book is an instructional manual for physicians, nurses, workers, emergency medical technicians, dentists, counselors and hypnotherapists seeking to use the resources of the mind to control or eliminate pain and accelerate healing from disease and illness. CORE Hypnosis introduces a compassion-informed model for clinical hypnosis that is informative for both beginners and seasoned health professionals. The author's accumulated wisdom is integrated with the latest research on the embodied-relational mind creating an innovative exploration of clinical hypnosis. Readers will enjoy and benefit from the many real-life cases that demonstrate the movement of change through the four parts of CORE: centering, opening, releasing, and extending. The book travels through the standard topics of clinical hypnosis, while expanding the typical discourse with compassion-focused ideas. CORE Hypnosis provides a compelling case for the use of compassion-informed clinical hypnosis across a broad range of presenting issues.

The Art of Hypnotic Regression Therapy

Entertaining Scripts & Strategies for Stage Hypnosis Shows and Impromptu Street Hypnosis Routines

How to Hypnotize Yourself with Your Eyes Open

Medical Hypnotherapy: Principles and methods of practice

Including parts therapy

Use Self-Hypnosis to Reduce Stress, Quit Bad Habits, and Achieve Greater Relaxation and Focus

Hypnotic Regression Therapy, or HRT, is a type of hypnotherapy in which, following the induction of a good trance state, specialized suggestions are given to guide the client in reviewing and emotionally reframing earlier experiences that have either caused or contributed to the client's current symptoms. HRT is considered one of the most valuable hypnotherapy techniques available today, yet it remains controversial, partly due to inadequate training of psychotherapists and hypnotherapists which has contributed to

numerous cases of false memory syndrome.

Reframing Hypnotherapy is the book that will transform your hypnosis sessions! This book is about Contextual Hypnotherapy, the evidenced-based approaches you can use to problem solve in clinical hypnosis. Its purpose is to free you from the constraints of the methods of hypnosis that are based on tradition rather than research and to teach you new skills you can use with your clients immediately. By overviewing the research that behavioral therapists use, specific methods and techniques that are based on hypnotic intervention are outlined and shared. What this means is that the new techniques you learn will be based on research and will have proven outcomes. It also means that when you finish this book you will have the resources and the methods to integrate these new tools into your hypnosis sessions. This book was originally published as a Contextual Psychology but has been completely revised and updated so that clinical hypnosis professionals can also benefit from the tools of mindfulness, positive psychology, ACT therapy and other modalities that share common roots in trancework and hypnosis. Dr. Richard K. Nongard is a thought leader in hypnotherapy and the author of numerous books that have helped professional hypnotists worldwide. He is the Executive Director of Hypnosis Practitioner Training Institute in Las Vegas. He is also a Licensed Marriage and Family Therapist, with accredited degrees in both counseling and transformational leadership. Kelley T. Woods is a hypnotherapist in Anacortes, Washington. She is the author of numerous books on clinical hypnotherapy and mindfulness. She is an ICBCH board member and an instructor at H.P.T.I.

Designed as a practical desktop reference, this official publication of the American Society of Clinical Hypnosis is the largest collection of hypnotic suggestions and metaphors ever compiled. It provides a look at what experienced clinicians actually say to their patients during hypnotic work. A book to be savored and referred to time and again, this handbook will become a dog-eared resource for the clinician using hypnosis. Anybody can learn to become a hypnotherapist, even if you have little or no experience. This book will teach you how to hypnotise anybody, how to deepen the state of hypnosis. What to do when you have your subject hypnotised - i.e. how to help them resolve their problems (whether, quitting smoking, losing weight, curing a phobia, fixing insomnia, gaining confidence... the list goes on) and how to wake them up at the end of the session. Whether you are recently trained, new to hypnotherapy or have no idea at all about hypnotherapy and would like to learn about it, the Beginner's Guide to Hypnotherapy is the perfect tool for you to get a grasp of the basics principles of hypnotherapy, methods used in real hypnotherapy sessions and the reasons why we do these things. A lot of "Hypnotherapists" read from scripts and have no idea why they are saying what they are saying... A GOOD Hypnotherapist does not do this. To become a GOOD Hypnotherapist takes an equal measure of skill, knowledge, positive intention and a great deal of practice. One size does not fit all with Hypnotherapy, and as a GOOD Hypnotherapist, it is up to you to provide a "tailor-made" solution for your future-clients. The Hypnotherapy methods and techniques set out in this Book will give you a solid foundation upon which to build your own Hypnotherapy scripts and sessions.

Creating Trance and Hypnosis Scripts

Hypnosis for Beginners

Scripts & Strategies in Hypnotherapy

Therapeutic Hypnosis with Children and Adolescents

A Compassion Informed Therapy

The Healing Metaphor

Hypnotherapy Scripts, 2nd Edition is a straightforward, practical guide for doing Ericksonian hypnotherapy. This book not only explains the rationale for every step in the hypnotherapeutic process, it also contains sample scripts for each step. This edition of Hypnotherapy Scripts guides professionals through the construction of their own hypnotherapy induction and suggestion scripts. Verbatim sample transcripts of various induction and therapeutic suggestion procedures with detailed guidelines for creating one's own hypnotherapeutic inductions and metaphors are included. Recent research and writings on the role of unconscious processes, wellness, and positive psychology have been added to this edition. Also included is a detailed review of the diagnostic trance process, a therapeutic procedure unique to this text.

Hypnosis is a proven technique that allows people to reprogram their subconscious to change unwanted behaviors. Most books on self-hypnosis require the reader to memorize or record scripts, then put the book aside while they do their hypnosis work. But Instant Self-Hypnosis is the only self-hypnosis book that allows you to hypnotize yourself as you read, with your eyes wide open, without putting down the book. The author's fail-proof method allows you to put yourself into a hypnotic state and then use that state to improve your life in myriad ways. And because the hypnotic state is induced while you read, you remain aware of your surroundings and can bring yourself back to normal consciousness slowly and gently, using the instructions provided.

Scripts and Strategies in Hypnotherapy Volumes 1 and 2 have been combined to create the single most comprehensive source of scripts and strategies that can be used by hypnotherapists to build a successful framework for any therapy session. "an imaginative source of scripts"--European Journal of Clinical Hypnosis.

How to create and deliver effective hypnotic interventions with children. From the initial interview to creating the best metaphors, Using Hypnosis with Children is a practical, step-by-step guide that shows health care providers (including therapists, nurses, pediatricians, dentists, and educators) how to create and deliver hypnotic interventions that are customized and effective into their pediatric clinical work, with utilization and flexibility as key components to an overall treatment approach. Using case examples of language for all age groups, readers learn first how to identify the salient targets or themes, deliver a session that hits these targets with precision, and then connect the session to the child's everyday experience. More broadly, readers learn to use hypnosis as a way to help create new neural pathways, teach self-regulation, introduce a more internal locus of control, and develop positive interpersonal experiences. Chapters focus on the most common issues that children face, including anxiety, depression, medical procedures/pain, and sleep.

A Neo-Ericksonian Approach to Persuasive Healing

Reframing Hypnotherapy

Hypnosis for Inner Conflict resolution

A clinical guide

A Journey to the Center

Advanced Ericksonian Hypnotherapy Scripts: Expanded Edition

A collection of brand new general scripts from Lynda Hudson, author of Scripts and Strategies in Hypnotherapy with Children ISBN: 9781845901394. This book covers: Also included is the use of Hypnotic Language and suggestions for varying scripts for particular clients. This volume is an outstanding complement to Roger Allen's now classic Scripts and Strategies in Hypnotherapy ISBN: 9781904424215 and will be welcomed by beginner and experienced practitioners alike. Lynda Hudson, a former teacher, is a clinical hypnosis practitioner who specialises in working with children. She is a lecturer in clinical hypnosis at the London College of Clinical Hypnosis (LCCH) and provides master classes in using hypnosis with children. Covers: Anxiety; Panic Attacks; Phobias; Sexual problems; Breaking habits; Sporting performance; Managing dyslexia and related; Social stigma; Essential tremor; Tics and twitches; Urinary incontinence; IBS; Pain control; Preparation for and recovery from childbirth; Sleeping difficulties; Speaking in groups, meetings, conferences etc; Enhanced business performance; Preparation and recovery from surgery and illness; Coping with mild to moderate depression; Recovering memory (not recovering traumatic memory)

Scripts & Strategies in Hypnotherapy The Complete Works Crown House Publishing

Increasing numbers of therapists around the world are discovering the benefits of parts therapy and its variations to help clients get past personal barriers. Variations of parts therapy such as ego state therapy or voice dialogue are already used by many psychotherapists and psychologists who also use hypnosis in their practices. This book will provide therapists with the added knowledge of parts therapy.

This text examines a series of pervasive themes of human existence and the challenges of being and relating. Areas investigated include: the nature and meaning of being different; possessiveness and being possessed; and dimensions of loneliness, mystery and self-disclosure.

How to Create Lasting Change Using Contextual Hypnotherapy, Mindfulness Meditation and Hypnotic Phenom

The Complete Works

Sports Hypnosis in Practice

A Manual for Hypnotherapists to Conduct Effective Past Life Regression Sessions

Clinical Hypnosis Textbook

for use with children and young people aged 5 to 15

Winner of the 2021 Arthur Shapiro Award for "Best Book on Hypnosis" from the Society for Clinical and Experimental Hypnosis. In Process-Oriented Hypnosis, internationally recognized psychologist Michael D. Yapko provides clinicians with a new framework for utilizing hypnosis with clients. Yapko encourages clinicians to take a broader perspective, in which patterns rather than individual symptoms are the emphasis of therapy. He offers numerous insights into ways clinicians can hone in on the process of how people come to suffer various types of emotional distress. Beyond these insights, Process-Oriented Hypnosis provides highly practical information and specific examples for integrating this innovative perspective into clinical work. The key patterns of human experience are central to the first section of the book, providing a sound conceptual foundation and a wide range of examples. In the second section, Yapko provides ten richly structured hypnosis session transcripts for clinicians to insightfully adapt to their clients' needs. Process-Oriented Hypnosis offers clinicians a fresh perspective for working with clients that can be integrated into many different treatment models.

This book offers new strategies and scripts for hypnotherapists, sports counsellors and sports psychologists working with athletes to help them achieve their peak performance. A major focus of the book is that the therapist does not necessarily need to be familiar with the sport or activity to serve as a "mental coach" to the athlete. The athlete is instructed that the goal is not to improve the mechanics of their performance (that is left up to their coaches) but, rather, to help them to relax, concentrate and focus so that they fulfill their maximum potential. They learn not to let the mental side of their game trip up the physical side, but rather to enhance it.

Some books tell you what to change. This one tells you how! Master the powers of the mind, open the gateways to your subconscious, and seize control of your life. If you've been struggling to modify deeply ingrained habits, or reach any difficult-to-achieve goal, willpower alone may not do the trick. The secret to success lies deeply buried in the unconscious, and one of the

world's foremost hypnotherapists will show you point by point how to make a commitment to change, get motivated, and alter the ingrained negative "programming" that's holding you back. With this self-hypnosis handbook, you'll learn innovative empowerment exercises that teach relaxation, stress management, overcoming insomnia, and establishing priorities. Avoid the "failure trap" by clearing psychic obstacles. "Creatively" daydream to stop smoking, lose weight, and improve job performance, memory, study habits, and more. Add on the proper use of affirmations, and fine-tune the ability of language to heal or harm. Find out the four important trance ingredients (imagination, belief, expectancy, and conviction) and use the practical tips on how to build them up and employ them in your journey into self-hypnosis. 144 pages, 7 x 10.

Spiritual Hypnotherapy Scripts provides access to the quantum field of consciousness, the spiritual realm from which all healing flows. Learn how spiritual hypnotherapy and working directly with the client's higher Self can deepen and expand the healing process. Dr. Holmes-Meredith presents her approach to teaching and working with hypnotherapy with ten Taoist precepts taught through the ancient Taoist text the Tao Te Ching. Also included are interviews with six of her hypnotherapy graduates who share how working with a spiritual approach to hypnotherapy not only supports profound transformation in their clients, but also supports their own on-going healing and evolution of consciousness. These hypnotherapy scripts include empowering and open-ended language patterns and transformational approaches for presenting issues related to the body, mind and spirit. Unlike most published hypnosis scripts, these hypnotherapy scripts use therapeutic processes that allow the hypnotherapist and client to personalize the trance experience by following the client in an interactive way. The client will engage in a direct relationship with his higher Self as an inner resource and guide throughout the trance experience. The fifty-two hypnotherapy scripts and a script for teaching the Emotional Freedom Technique (EFT) are proven approaches Dr. Holmes-Meredith teaches hypnotherapists at HCH Institute and uses in her private practice.

Spiritual Hypnotherapy Scripts

The Stage & Street Hypnosis Handbook

Being-In, Being-For, Being-With

Past Life Regression

Changing Children's Lives with Hypnosis

Scripts, strategies and Case Examples

The Healing Metaphor examines the power of metaphor in therapy and provides a range of original hypnotherapy scripts covering issues from Adoption, Grief and Anxiety to Cancer, IBS and Migraine.

Creating Trance and Hypnosis Scripts contains tried and tested hypnosis scripts for professional or trainee hypnotherapist's who are looking to help clients solve problems and ailments, from the more common quit smoking session to the less familiar candida. The collection of scripts contained in this book have been collated over many years and have been written by Gemma Bailey who is a qualified practicing hypnotherapist. Gemma has designed each script to include several hypnotic patterns (including language, voice tone, double binds etc) to help aid the trance experience. Changes in the hypnotists voice tonality have been marked out by altering the font of the text. The section called writing hypnosis scripts gives details about the hypnotic patterns and language used by professional hypnotherapists and NLP Master practitioners. This section provides tasks for the reader, encouraging them to use and identify hypnotic language so that they can create their own hypnotic scripts.

Have you ever fumbled for the right words in a difficult or unique situation during hypnotherapy? Wouldn't it be priceless to have a resource that provided you with scripts and patters to solve many problems and unexpected events during hypnosis? Knowing the magic words to use will help you turn any difficulty into an opportunity to really help clients, rather than give up in despair and these patters scripts will make you a better hypnotist. This book goes beyond just a few scripts of patters. This book will actually teach you how to structure hypnosis suggestions, compounding them and making them effective. This is not a script book that gives you start to finish "scriptnosis" scripts to read, but rather teaches you the useful patters to incorporate into your own hypnotherapy sessions; actually helping you to create your own scripts and suggestions.

Introduces the concept of hypnosis, describes exercises designed to teach basic techniques, and discusses regression and self-regression

Medical Hypnotherapy: Techniques, Scripts and Processes for Effective Hypnosis and Healing

An Inspirational Guide for a Calm, Confident, Natural Birth

Second edition

Master the Power of Self-hypnosis

Scripts & Strategies in Hypnotherapy with Children

Scripts and Strategies in Hypnotherapy

"Grace has a gift of helping others harness their own power to achieve what they really want. If you've been hitting a wall in your life, it's time to turn to Grace for a breakthrough."--Jessica Ortner, New York Times bestselling author of The Tapping Solution for Weight Loss & Body Confidence Forget what you think you know about hypnosis and learn why it is the hottest "new" technique for personal development. More and more studies are showing that hypnosis can help ease everyday stress and anxiety, as well as promote powerful healing, from our worst habits to our deepest fears. Now, Grace Smith shares

her groundbreaking self-hypnosis techniques that she uses to great success with her clients to help them practice "meditation with a goal." You'll learn how the deeply relaxed state of hypnosis will allow you to access old patterns of behavior in order to transform them once and for all. You'll discover: What hypnosis is--and what it's not The real power of your subconscious mind Simple practices to help ease anxiety, boost self-confidence, quit procrastinating, overcome emotional eating, and more

Always read the little book' Charles Dunlap, MD. Dr Dunlap rolled a small library of about 30 books into his medical class and told them it was a monumental compilation of everything that was known about diabetes, published in 1920, before the discovery of insulin. He then held up a book of about 200 pages and said 'this was published in 1930, after the discover of insulin. 'Always read the little book'. Dabney Ewin has been teaching medical hypnosis for the past thirty years and in his experience he believes that a small book is likely to be a clear message by a knowledgeable author. This simple but immensely powerful book is a testament to all the ideas that Dr Ewin wished he had known about when he first starting practising hypnosis. He has sought to make this publication as little as possible, consistent with the message of seeking to take a complicated idea and presenting it in the simplest way. The words and phrases are designed to give any beginning or experienced student a foundation about the working of hypnosis. Divided into five sections with a comprehensive reference section for further reading, this book can be taken one page at a time from the beginning or browsed through randomly.

In this completely revised, updated and expanded volume, the editors have brought together some of the field's most outstanding contributors to examine the wide-ranging applications and promise of the use of hypnosis with children. The book develops core principles of clinical hypnosis with children and adolescents and each contributor delineates how they apply these precepts in a range of psychological and medical settings. The result is a constellation of perspectives and clinical applications that move the reader beyond literature review to practical advice.

Scripts and Strategies in Hypnotherapy Volumes 1 and 2 have been combined to create the single most comprehensive source of scripts and strategies that can be used by hypnotherapists of all levels of experience to build a successful framework for any therapy session. It covers inductions, deepeners and actual scripts for a wide range of problems from nail-biting to insomnia, sports performance to past life recall, pain management to resolving sexual problems.

There is a particularly comprehensive section on smoking cessation. All scripts can be used as they stand or adapted for specific situations. "Provides an imaginative source of scripts covering the most commonly met cases. For the newly qualified therapist it is a useful addition and for the more experienced it is a source of inspiration." - European Journal of Clinical Hypnosis

Hypnotherapy Scripts to Promote Children's Wellbeing

101 things I wish I'd known when I started using hypnosis

Process-Oriented Hypnosis: Focusing on the Forest, Not the Trees

Hypnotherapy Scripts

The Beginner's Guide to Hypnotherapy

Reach New Levels of Awareness & Achievement