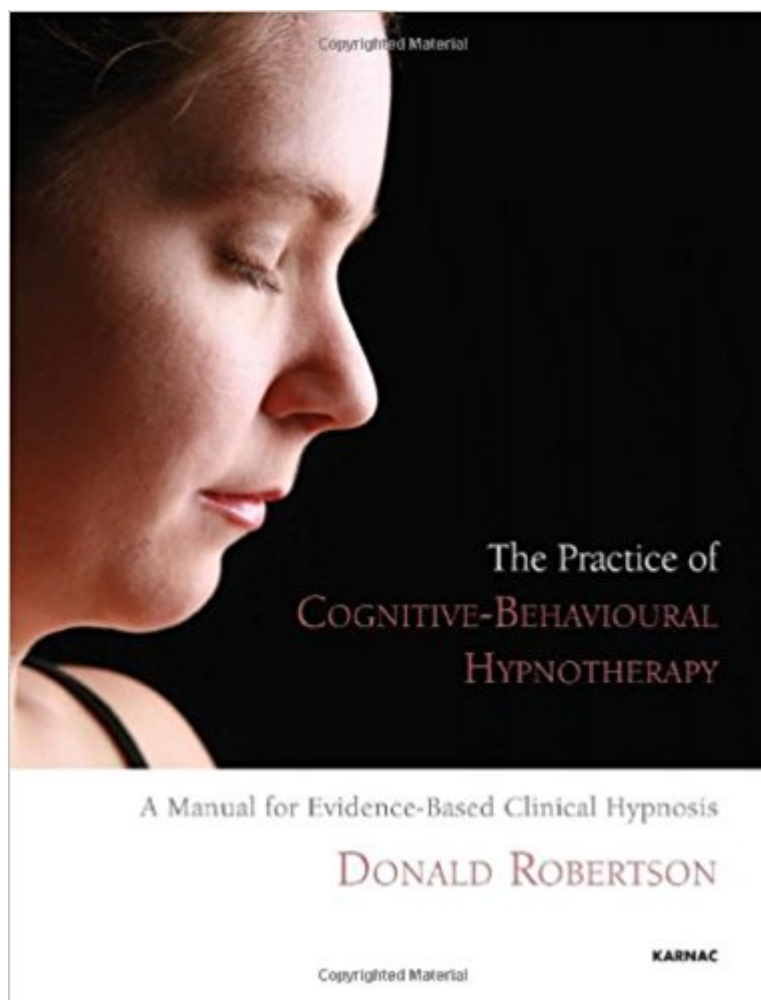




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# **The Practice Of Cognitive-Behavioural Hypnotherapy: A Manual For Evidence-Based Clinical Hypnosis**



## Synopsis

Hypnotherapy is arguably the oldest modality of psychological “therapy”, at least in the modern sense. Psychologists have long attempted to conceptualize hypnosis in terms of cognitive and behavioral processes and the term “cognitive-behavioral approach to hypnosis” was first coined in 1974 by Theodore Barber, and his colleagues, one of the most prolific and influential researchers in the field of hypnosis. Since then cognitive research on hypnosis has continued to evolve alongside the assimilation of modern cognitive-behavioral therapy (CBT) techniques within the framework of hypnotherapy and vice versa. This book explores the historical and conceptual relationship between hypnotherapy and cognitive-behavioral therapies (CBT). It proceeds to offer a modern cognitive conceptualization of hypnosis, based on the writings of James Braid – the founder of hypnotherapy – and drawing upon modern cognitive-behavioral research on hypnosis. The author carefully explores the combination of hypnosis with both cognitive and behavioral interventions and ways in which methods can be adapted in the light of therapeutic principles derived from both fields. The book aims to provide a comprehensive core text for the practice of cognitive-behavioral hypnotherapy and to facilitate further dialogue between practitioners of hypnosis and CBT.

## Book Information

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## Customer Reviews

"Robertson's approach is well structured but flexible and he demonstrates a firm grasp of his subject matter, which is considerable in scope. In particular, I believe he will convince readers

who are already cognitive-behavioural therapists that learning how to include hypnosis in their repertoire of skills will pay them and their clients significant dividends. And those hypnotherapists wishing to incorporate CBT into their practice will be amply rewarded. With *The Practice of Cognitive-Behavioural Hypnotherapy* the author has demonstrated the exacting standards by which all books on therapeutic hypnosis should be judged. I commend it to the reader." (Dr Michael Heap, author (with H. B. Gibson) of *Hypnosis in Therapy*, and (with K. K. Aravind) of *Hartland's Medical and Dental Hypnosis*) "Donald Robertson goes back to basics and describes the development of hypnosis and cognitive-behavioural therapy. This book provides an excellent introduction to the theory, research and practice of cognitive-behavioural hypnotherapy." (Professor Stephen Palmer, Founder Director)

Donald Robertson is an integrative psychotherapist and trainer, who specializes in the treatment of anxiety and the use of cognitive-behavioral approaches to clinical hypnotherapy. He is the author of a number of articles on philosophy and psychotherapy in professional journals, and the forthcoming book, *The Discovery of Hypnosis, The Collected Writings of James Braid*. Donald's background in academic philosophy has helped him to appreciate the relationship between modern psychotherapy and ancient philosophy, a subject that he has frequently written about and lectured upon in training courses and professional conferences over the years.

Wonderfully clear, comprehensive textbook on clinical hypnosis and its logical relationship with cognitive-behavioural therapy. Robertson is the most transparent writer on hypnosis that I have ever read, and this book is as good as any if you want an up-to-date understanding of the subject. It's very readable for an intelligent layman, and frankly there's so much rubbish out there that you need to start with top-quality ones like this. Couldn't recommend it more.

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