



# The Handbook of Contemporary Clinical Hypnosis: Theory and Practice

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# The Handbook of Contemporary Clinical Hypnosis: Theory and Practice

## The Handbook of Contemporary Clinical Hypnosis: Theory and Practice

Covering theory and practice, *The Handbook of Contemporary Clinical Hypnosis* is an up-to-date, authoritative resource to support health professionals in their use of hypnosis in clinical settings.

- Provides an authoritative reference for practitioners and trainees on the diverse applications of hypnosis, published under the auspices of the British Society for Clinical and Academic Hypnosis (BSCAH)
- Combines a theoretical framework with material on a wide range of specific disorders including anxiety, stress phobias, eczema, oncology, eating disorders and infertility
- Shows how to adjust hypnotic techniques for different contexts e.g. when working with children, in emergencies and via a translator
- Features a variety of case studies that illustrate hypnosis techniques in action

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