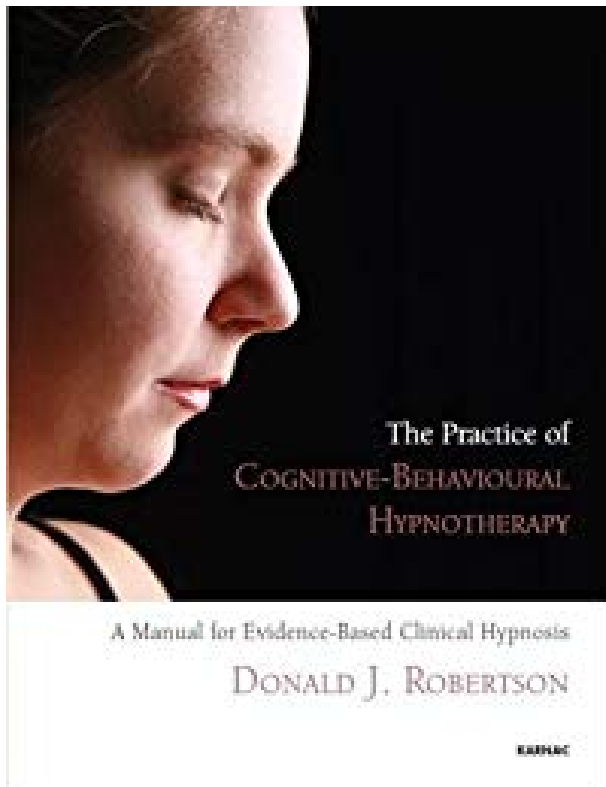


The Practice Of Cognitive Behavioural Hypnotherapy



Pages:	464
Language	English
Author:	Donald J. Robertson
ISBN10:	1855755300
Genre:	Psychology
ISBN13:	9781855755307
Goodreads Rating:	4.69
Published:	December 2012 by Karnac Books

[The Practice Of Cognitive Behavioural Hypnotherapy.pdf](#)

[The Practice Of Cognitive Behavioural Hypnotherapy.epub](#)

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.