

Learn to Use the Hypnosis Tool Efficiently for a Change

We wrote this book for therapists and other health professionals who are either new to the use of hypnosis as a clinical tool or who have experience with hypnosis and want to refine their skills. This book is based on over forty years of the clinical experience of the senior author, Jordan I. Zarren, M.S.W., DAHB, and over twenty years of the clinical experience of the second author, Bruce N. Eimer, Ph.D., ABPP.

Our book teaches basic principles for inducing waking hypnosis and hypnotic trance. We explain how hypnosis can enhance therapeutic communication and therapy outcomes. We explain the basics of effective hypnotic suggestion and provide numerous scripts containing explicit verbalizations of suggestions and treatment strategies for a wide range of psychological and medical problems (e.g., anxiety disorders, harmful habits, depression, chronic anger, problem drinking and eating, chronic pain, preparation for surgery).

A whole section is devoted to Jordan Zarren's highly effective, original, one-visit approach for helping people stop smoking.

Hypnosis can be used to shorten treatment time and improve the effectiveness of other interventions. This book will be very helpful to psychotherapists of any orientation, as well as to psychologists, physicians, dentists, nurses, psychiatrists, mental health and substance abuse counselors, clinical social workers, pastoral counselors, and the seriously curious.

Our book can help you change what you do so that your work is more effective and satisfying, or it will help you to continue to do what you are doing better.

If you are a seriously curious layperson who is interested in learning more about hypnosis and dispelling many of the myths and misconceptions surrounding hypnosis, or if you are considering seeking the services of a qualified hypnosis clinician, this book will be very informative, useful and helpful.

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Board Certified Licensed Clinical Psychologist

Hypnotize Yourself Out Of Pain Now!

Bruce N. Eimer, Ph.D.

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