



# Hypnotic Relaxation Therapy: Principles and Applications

*Gary Elkins Ph.D. ABPP ABPH*

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Like others trying to incorporate hypnotherapy into their practice, I found myself struggling with the question, "Where do I begin?" This book provides that answer. [It] offers the first complete presentation of [the] fundamentals [of hypnotic relaxation therapy] in a manner that is not only supported by empirical research, but is consistent with the author's 30 years of experience as a clinical practitioner. In contrast to a one-size-fits-all approach, this book provides specific, easy-to-follow guidelines for developing hypnotic suggestions in a flexible manner that will enable the clinician to effectively address individual patients' unique needs.

Practitioners, students, and clinicians will want to have a copy of this comprehensive book, not only to use as a training manual, but to have as a go-to guide to troubleshoot typical problems.

### **-Cassie Kendrick, PsyD**

Post-Doctoral Fellow in Clinical Health Psychology  
Mind-Body Medicine Research Laboratory  
Baylor University

This book introduces a new, evidence-based model of hypnotherapy called "hypnotic relaxation therapy" (HRT). Easily integrated with other therapeutic models or used alone, HRT has been proven effective in a wide variety of applications including pain management, anxiety reduction, smoking cessation, insomnia treatment, and treatment of post-menopausal symptoms. This new model advances the field of hypnotherapy by making relaxation an explicit part of hypnotherapy and measuring individual differences in hypnotizability with the introduction of a new measurement instrument, the Elkins Hypnotizability Scale (EHS). Additionally, it is the first book to integrate Cognitive-Experiential Self Theory with HRT.

Dr. Elkins is a highly esteemed leader in clinical hypnosis. He has served as President of the American Society of Clinical Hypnosis, President of the American Board of Psychological Hypnosis, Vice-Chair of the Council of Representatives of the International Society of Hypnosis, and Chair of the Fellows Committee of the Society for Psychological Hypnosis of the APA. His book provides clinicians with the guiding principles of HRT as well as the empirical research underlying it. Dr. Elkins offers a session-by-session approach to HRT that covers the process for structuring sessions, treatment planning, and dealing with resistance, and explicates detailed applications of HRT. Guidelines for formulating hypnotic suggestions are described, as is HRT as a proven effective source of intervention for hot flashes in menopausal women. The book explains how to integrate HRT with other modalities and discusses the ethical considerations of HRT. Additionally, the book introduces the Elkins Hypnotizability Scale for clinical assessment of hypnotizability that is currently being used in NIH-funded research at Baylor University and the Mayo Clinic. Case examples and sample transcripts are incorporated throughout the book, which also includes a sample brochure for patients.

### **Key Features:**

- Introduces a new, evidence-based conceptualization of hypnotherapy
- Presents a new, well-validated, easy-to-use scale for measuring hypnotizability
- Includes plentiful case examples and sample transcripts of hypnotic relaxation interventions
- Explains how to integrate HRT with other modalities

- Written by a renowned leader in the field of hypnosis

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#### **Ila Petty:**

This Hypnotic Relaxation Therapy: Principles and Applications book is just not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is actually information inside this guide incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Hypnotic Relaxation Therapy: Principles and Applications without we understand teach the one who examining it become critical in thinking and analyzing. Don't always be worry Hypnotic Relaxation Therapy: Principles and Applications can bring any time you are and not make your case space or bookshelves' come to be full because you can have it with your lovely laptop even cellphone. This Hypnotic Relaxation Therapy: Principles and Applications having very good arrangement in word and layout, so you will not experience uninterested in reading.

#### **Charles Malone:**

A lot of people always spent their particular free time to vacation as well as go to the outside with them family or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity this is look different you can read a new book. It is really fun for you. If you enjoy the book you read you can spent 24 hours a day to reading a book. The book Hypnotic Relaxation Therapy: Principles and Applications it is rather good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. In case you did not have enough space to develop this book you can buy the e-book. You can m0ore simply to read this book from your smart phone. The price is not to fund but this book has high quality.

#### **Donnie Ned:**

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#### **Donald Barber:**

With this era which is the greater individual or who has ability to do something more are more special than other. Do you want to become one among it? It is just simple solution to have that. What you need to do is just spending your time not much but quite enough to enjoy a look at some books. One of many books in the

top list in your reading list is definitely Hypnotic Relaxation Therapy: Principles and Applications. This book that is qualified as The Hungry Inclines can get you closer in turning out to be precious person. By looking up and review this guide you can get many advantages.

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