

The Practice of Hypnotism

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The field of hypnotism has greatly evolved in recent years. Since the publication of the successful award-winning first edition of this book, some 1,200 research and clinical articles on hypnotism have been published in American journals alone and a multitude of related books have been written. With so many important contributions in this field occurring in such a short time, there is great need for a resource that reflects the current thinking and incorporates the latest techniques.

The Practice of Hypnotism, Second Edition is that resource, providing the most up-to-date information available on hypnotism and hypnotherapy. Written by Andre Weitzenhoffer, PhD, a leading expert in the field for over forty-five years, the book examines the past and present thinking about hypnotic phenomena in an objective fashion. It provides valuable background information, ideas for future research, and a wealth of detailed, practical instruction for the production of hypnotic phenomena and the treatment of a large variety of health-related problems.

Like the first edition, this book aims to present hypnotism from a scientific perspective. It also includes the bases upon which the author and others in the field have made their judgments, enabling the reader to make independent determinations based on the most complete information.

The Practice of Hypnotism has evolved from the original two-volume set to a single, comprehensive volume in two parts: Foundations of Suggestion and Hypnosis; Clinical Hypnotism and Other Applications. Each chapter presents basic material at a relatively elementary level, gradually moving into the more advanced material at a comfortable pace.

This Second Edition features a wealth of new information that reflects the latest findings of research and clinical experience in using hypnotism, including:

- * Complete rewrites of chapters on measurements relevant to and on the state of hypnosis
- * New chapters on suggestion and suggestibility and the treatment of anxiety
- * A revised chapter on self-hypnosis, including a detailed training procedure
- * Expanded and reorganized material on the Ericksonian approachMajor revisions regarding the sociocognitive and the cognitive-behavioral positions on hypnotic phenomena
- * Suggestions for future research

For the effective, safe, and well-informed practice of hypnotism, The Practice of Hypnotism, Second Edition is the definitive resource. It addresses the special interests and needs of practicing health care professionals, researchers, and other professionals; those new to hypnotism; and seasoned readers looking for accurate facts and a different scientific viewpoint on the subject. Like the first edition, this edition will also serve well as a textbook for self-study or to complement courses.

A newly revised, thoroughly updated edition of the most complete resource on hypnotism and hypnotherapy.

Designed to help researchers, health care providers, and other professionals safely and confidently produce and use hypnosis, The Practice of Hypnotism, Second Edition is filled with the most up-to-date information available on hypnotism and its techniques.

Offering the same comprehensive coverage as the very successful two-volume set of the first edition, it provides highly practical instruction on producing hypnotic effects and treating a wide variety of health and behavioral problems, and examines current thinking on these subjects. Written by a leading expert in the field, this book reports on the latest research findings and clinical experience, and includes many sections that have been extensively revised and expanded to cover recent developments.



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