



The Clinical Use of Hypnosis in Cognitive Behavior Therapy: A Practitioner's Casebook

Robin A. Chapman PsyD ABPP

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Integrating cognitive behavior therapy (CBT) with hypnosis may increase benefits to clients suffering from a broad range of mental and physical health problems.

This practitioner's guide, written by some of the most influential clinical psychologists, educators, and hypnotists, brings together these two methods of treatment and provides a theoretical framework for this integration. By thoroughly reviewing the evidence-based research for the addition of hypnosis to cognitive behavioral treatments and illustrating a variety of clinical applications, the contributors show how the integration can mean productive treatment of clients who might otherwise not have progressed as quickly or successfully. A useful final chapter addresses the process of becoming a practitioner of both CBT and hypnosis.

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