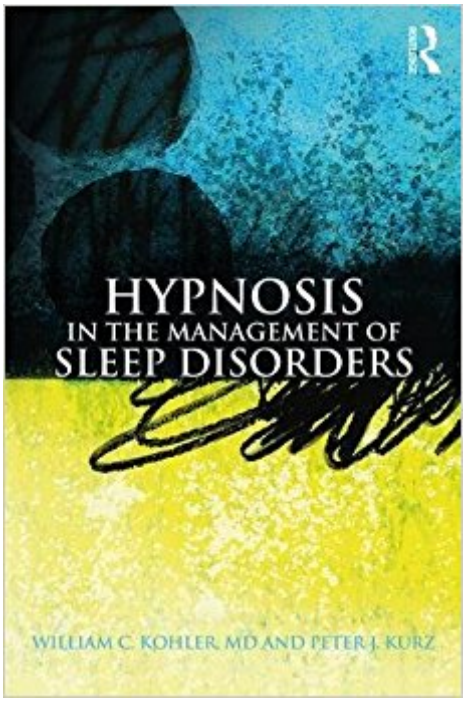
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Hypnosis In The Management Of Sleep Disorders



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Synopsis

Hypnosis in the Management of Sleep Disorders combines history and medical science to show that the use of hypnosis and hypnotic techniques is effective in the treatment of sleep disorders -- and that this is increasingly validated through modern tools (computers, fMRI images). Dr. Kohler and Kurz show readers that hypnosis and hypnotic techniques are not to be feared or avoided, but that their use can contribute to effective, non-intrusive, and cost-effective approaches to the treatment of sleep problems. This volume is a much needed reference for therapists and their patients alike on how hypnosis can be helpful in the treatment of certain sleep disorders.

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Customer Reviews

William C. Kohler, M.D., was among the leading medical doctors practicing sleep medicine in the United States. A graduate of the University of FloridaÃ¢â ¬â„¢s Medical School in Gainesville, Florida, he was board-certified in sleep medicine, pediatrics, and neurology (with special competence in child neurology). Dr. Kohler was also a trained, experienced user of hypnosis in medical treatment. As an approved consultant in clinical hypnosis with the American Society of Clinical Hypnosis, he was one of the earliest and most respected experts in this field. Dr. Kohler diedÃ Â only weeks afterÃ Â the complete manuscript was delivered to the publisher. Peter J. Kurz is a professional writer, translator, and photographer living in Pennsylvania, and co-authored Hypnosis and the Management of Sleep Disorders.

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