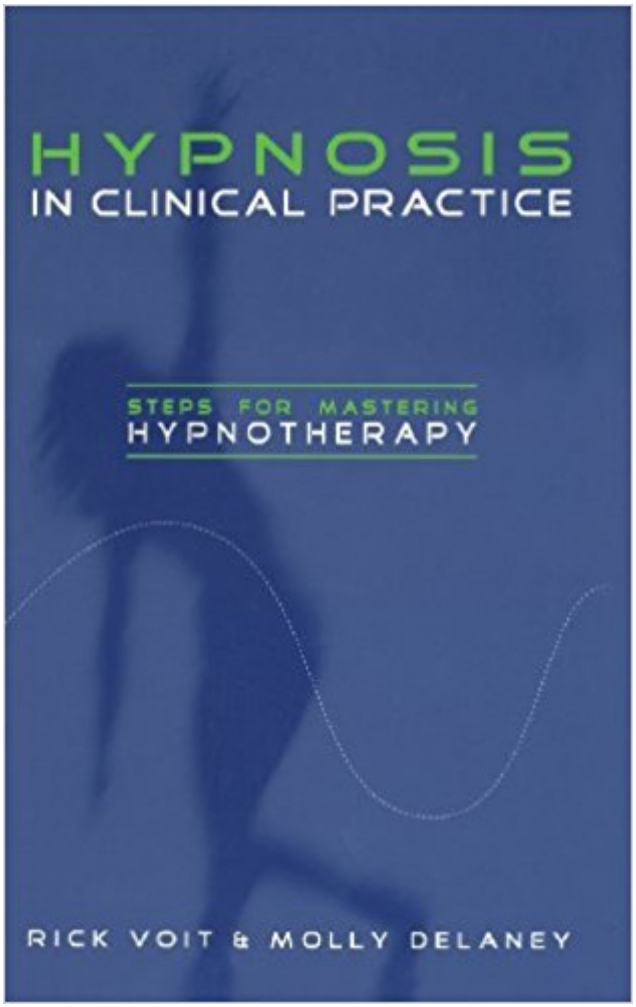
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Hypnosis In Clinical Practice: Steps For Mastering Hypnotherapy



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Synopsis

This book is aimed at helping both newly trained and experienced mental health professionals become comfortable and adept in using hypnosis in their clinical practice. Despite dramatic evidence of the effectiveness of hypnosis and its growing acceptance, only a small percentage of psychotherapists employ their hypnotherapy training in their practices. This under-use of hypnosis is due to exaggerated misconceptions about its power and the resultant performance anxiety therapists experience after their training. This text is designed to address therapist performance anxiety surrounding the use of hypnosis by exploring the myths surrounding its power and therapeutic potential. The integration of a straightforward systematic hypnotic approach into therapeutic practice has value both in assessment and treatment. Using clinical anecdotes and personal experience, the authors of Hypnosis in Clinical Practice explain induction style and trance work in a way that is fundamental and highly accessible.

Book Information

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Customer Reviews

Rick Voit, Ph.D., is Chair of the Certification Committee and faculty with the American Society of Clinical Hypnosis. He is co-founder of DeLaney & Voit Inc. and conducts his private practice in Brunswick, Maine.Molly DeLaney, Psy.D., is past treasurer and faculty with the American Society of Clinical Hypnosis. She is the co-founder of DeLaney & Voit Inc., and maintains a private practice in Brunswick, Maine. She and Dr. Voit conduct numerous presentations and workshops to professional groups and teach courses on hypnotherapy

I have been practicing Clinical Hypnosis for almost 25 years now. Although I am not a psychiatrist nor a psychologist I receive referrals from those mental "health" professionals who do not practice Hypnosis simply because they do not have the training and they know they can depend on a ethical, experienced and conscientious Hypnotherapists whether they are licensed or not. I am continuously--as anyone in any profession should ---studying advanced techniques and associated disciplines, and to be able to be more resourceful, I just entered graduate school at the University to complete my Master Degree in (Family Counseling) Psychology.I believe this is a good book because it has conscientious advise based on good professional practices including ethical and "technical".Unfortunately, it suffers from the apologetic syndrome of frightening people against the "apparent large numbers of poorly qualified and laypeople who practice hypnosis..." and I understand why the authors do that, nothing personal, but a diploma and certificates on the wall on mental health professions do not, minimally, assure or guarantee an efficient, responsible nor ethical performance. After all, despise the terrible anecdotal references on false memories and many other inappropiate modalities, I have never seen people become intoxicated due to a "malpractice" of a hypnosis "treatment".Anyway, for its cost, the book does not offer any new or exceptional approach to the practice of "clinical" hypnosis. The authors state early in the book that their purpose is only to give overall suggestions to trained hypnotherapists to start or begin using hypnosis into their professional pratices. If that’s the only main objective of the book, well, no harm for a hundred and fifty pages of pep talk and day-to-day practice. If you are a practicing Hypnotherapist I recommend Cognitive Hypnotherapy by Assen Alladin, excellent book.For me, if a practicing, licensed, mental "health" professional trained in hypnosis does not know what the authors in this book [Hypnosis in Clinical Practice] suggest, I dare to say that they should go to their training entity or school and ask for a refund.

After reading the first several pages of Voit’s and Delaney’s book, I opened my wallet and pulled out a dozen of receipts for bookmarks. Soon, I ran out of the receipts and began to dog-ear the pages (both on top and bottom) to highlight the passages I knew I would like to come back to. Having finished this 130+ pages book, I can report that I have dog-eared about 60% of the pages... It goes without saying, I found this book very valuable.Having been trained in hypnotherapy, as a clinical psychologist, I am one of those who rarely uses hypnosis. Not being the type to waste my CEUs, I have not quite understood my reluctance about using the method of hypnosis more frequently. Voit’s and Delaney’s book shed a validating light on why that is.The book, with its emphasis on

naturalistic utilization of trance, is not intended as a primer on hypnosis. The book presumes that the reader had been trained in hypnotherapy but has under-utilized it. From my perspective, the book not only succeeds in helping a neophyte hypnotherapist finally make sense of his/her internal conflicts about the use of hypnosis (such as unnecessary sense of responsibility for client's attainment of trance or performance anxiety) but also manages to powerfully renew the original enthusiasm and intrigue with which we (hypnosis-underutilizing certified hypnotherapists) had originally sought out training in hypnosis.The book also skillfully educates about such issues as resistance (reframing resistance in a way that empowers the therapist with an angle at utilization), symptoms (reframing symptoms as client's adaptations and solutions), and legal ramifications of use of hypnosis (providing a review of important legal issues as well as a sample informed consent for use of hypnosis).The book culminates in what appears to be a poetic and poignant post-hypnotic induction for the reader.With gratitude to the authors,Pavel Somov, Ph.D.Licensed PsychologistPittsburgh, PApsclinical@hotmail.com

This book is easy to follow and contains information about specific things therapists can do to both introduce and utilize hypnosis in their clinical practice. Both writers introduce many need to know pieces of information about how to read your clients so that you can work with them in a way that meets them where they are. You will find information about ideomotor communication and how to respond to what our clients are telling us through such communication. This book is also written with a friendliness to the reader that makes you want to keep reading and that makes you understand the value of hypnosis.

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