

Hypnotherapy A Practical Handbook

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Understanding how hypnotic suggestions produce physical effects, and how these physical processes affect what is to be done in hypnosis will illuminate and guide what is attempted in hypnotherapy. The more the therapist bears these mechanisms in mind, the more effective and focused the work will be.

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Description Despite the increasing number of books on hypnotherapy, few, if any, provide the basic text required for the early stages of training in the use of such techniques. This book by Hellmut W. A Karle and Jennifer H Boys, both meets the needs of beginners, and serves as a reference source for the more experienced.

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Written by eight leading specialists in their field, the Hypnotherapy Handbook is a unique guide for both newly qualified hypnotherapy practitioners and students of hypnotherapy. It covers the main issues that clients bring to therapy as well as the key topics of building a successful hypnotherapy practice.

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He has written six books, including the Handbook of Hypnotic Suggestions and Metaphors. He coordinated a national task force on hypnosis and memory and is the primary author of Clinical Hypnosis and Memory: Guidelines for Clinicians and for Forensic Hypnosis and of ASCH's Standards of Training in Clinical Hypnosis.

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