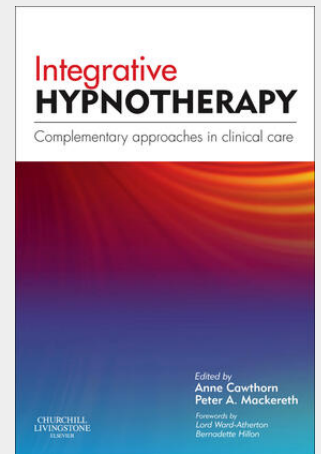


Integrative Hypnotherapy

Complementary Approaches in Clinical Care

Many health care professionals and complementary therapists use hypnotherapy as part of their package of care. Integrative Hypnotherapy provides fully evidence-based instruction on how to integrate the theory and practice of hypnotherapy into a range of clinical settings. It presents a combined approach of using hypnotherapy alongside other therapies, and is authored by a multidisciplinary team (nurses, psychologists, hypnotherapists and CAM therapists) who use hypnotherapy in their practice and is edited by well-known and popular educators in the field. The book is divided into two sections: key concepts and approaches in practice. The second section covers the application of hypnotherapy to specific situations/problems, eg managing pain, smoking cessation, gastro-intestinal disorders, life-threatening illness, anxiety, and weight management. Students and practitioners will be taken on a journey of examination, critical review and debate prior to reaching recommendations for best practice. **KEY FEATURES** . Relates hypnotherapy theory and practice to health care settings . Provides research evidence to support and develop practice . Presents combined approach of using hypnotherapy with other CAM therapies . Provides practical clinical models and case studies to allow easy application of theory to practice. . Relates hypnotherapy theory and practice to health care settings. Presents combined approach of using hypnotherapy with other CAM therapies. Edited by well-known and popular educators and lecturers in the field. Provides research evidence to support and develop practice. Multi-contributed book which brings together a range of therapists (nurses, psychologists, hypnotherapists and CAM therapists) who use hypnotherapy in their practice and have a track record in integrating therapies in clinical settings



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