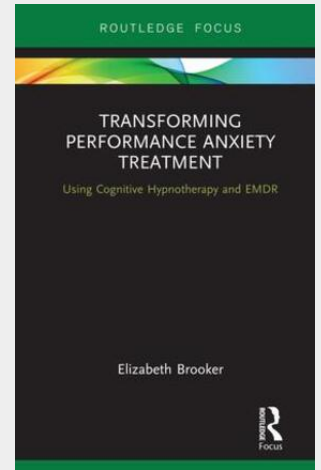


Brooker

Transforming Performance Anxiety Treatment

Using Cognitive Hypnotherapy and EMDR

Transforming Performance Anxiety Treatment: Using Cognitive Hypnotherapy and EMDR offers a much needed and different approach to this issue, using two psychodynamic therapies which work to bring about rapid and long-lasting change. Using nine reflexive case studies, the author examines two little used interventions, cognitive hypnotherapy (CH) and eye movement desensitisation and reprocessing (EMDR). The basic theories of cognitive anxiety and the emotions that underpin this condition are explored. The principles and protocols of CH and EMDR are explained, and how these psychodynamic therapies are adapted to effect permanent change. The first book to examine these treatments for this condition, Transforming Performance Anxiety Treatment will be of interest for practitioners and therapists in training, as well as educators, professionals, and therapists working within competitive sports.



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