

Download Hypnotic Relaxation Therapy

The women in the hypnotic relaxation therapy group received a hypnotic induction followed by suggestions for relaxation, coolness and mental imagery. The other women discussed their symptoms with a trained therapist but did not receive any hypnosis. THERAPEUTIC SCOPE. The primary applications of hypnosis and relaxation techniques are for anxiety, disorders with a strong psychological component (such as asthma and irritable bowel syndrome), and conditions that can be modulated by levels of arousal (such as pain). They are also commonly used in programs for stress management. Gary R. Elkins, PhD, ABPP, ABPH, is Professor and Director, Doctoral Program in Clinical Psychology, Baylor University, Department of Psychology and Neuroscience, and Director of the Mind-Body Medicine Research Laboratory. This book introduces a new, evidence-based model of hypnotherapy called "hypnotic relaxation therapy" (HRT). Easily integrated with other therapeutic models or used alone, HRT has been proven effective in a wide variety of applications including pain management, anxiety reduction, smoking cessation, insomnia treatment, and treatment of post ... Hypnotic Relaxation Therapy.

Other Files :

[Hypnotic Relaxation Therapy](#), [Hypnotic Relaxation Therapy Principles And Applications](#), [Hypnosis Relaxation Therapy](#), [Hypnotic Intervention Relaxation Therapy](#),