



Handbook of Hypnotic Inductions (Norton Professional Books)

Sonja Benson Ph.D., George Gafner

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This useful resource provides over two dozen detailed scripts for inducing trance, deepening, realerting, and debriefing. It covers beginning to advanced hypnotic inductions in four main categories: conversational inductions, embedded-meaning inductions, confusional inductions, and directive inductions.

A separate chapter provides inductions appropriate for use with children. *The Handbook of Hypnotic Inductions* includes numerous clinical vignettes and addresses treatment of depression, anxiety disorders (including PTSD), chronic pain, adjustment disorders, and other problems commonly seen in the office setting. It teaches vital principles and concepts in hypnosis, such as hypnotic language, seeding, amnesia, ideomotor signaling, and Ericksonian utilization. Rich in metaphor and therapeutic stories, this book includes helpful notes for practice and the creation of individually tailored inductions. Without a good induction, there can be no good hypnotherapy. With this ready-to-use manual, therapists can build their confidence and creativity and ensure good hypnotic experiences for their clients.

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