



## Brief Cognitive Hypnosis: Facilitating the Change of Dysfunctional Behavior

By Jordan Zarren Msw Dahb

Springer Publishing Company. Hardcover. Book Condition: New. Hardcover. 300 pages. Dimensions: 9.2in. x 6.1in. x 1.2in. Brief Cognitive Hypnosis gives a unique and refreshing presentation of various applications of hypnosis in clinical practice. Most importantly this book focuses on brief clinical interventions which are both efficacious and cost effective. The authors clearly describe a number of techniques for correcting dysfunctional behaviors such as irritating and/or self-destructive habits, ameliorating anxiety disorders, treating pain, and managing troublesome side effects of various medical treatments and procedures. I highly recommend this book as a valuable resource for all clinicians who are faced with helping their patients deal with such problems. - Edward J. Frischholz, PhD, Fellow and Past-President Division 30 (Society for Psychological Hypnosis) American Psychological Association Past-Editor, American Journal of Clinical Hypnosis Fellow and Approved Consultant, American Society of Clinical Hypnosis I wish I had said that. This book is clear, accurate, and explicated in a way that is indisputably better than any other texts on clinical hypnosis that I've read. - Dabney M. Ewin, MD, ABMH Past President of the American Society of Clinical Hypnosis Board Certified Diplomate of the American Board of Medical Hypnosis This book is a magical addition to the...

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