



Therapeutic Hypnosis: A Brief, In-Depth Overview (Paperback)

By Dr Steve Grattan

Archway Publishing, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Psychotherapy is a scientifically proven form of treatment, and neuroscience has justified hypnosis as a convenient method to train our minds to change our brains. Even so, hypnosis remains widely misunderstood. In *Therapeutic Hypnosis: A Brief, In-Depth Overview*, author Dr. Steve Grattan offers an outline of therapeutic hypnosis, allowing for the rapid development of powerful and compelling interventions. Looking into both past and present uses of hypnosis and hypnotism, Grattan clears up many misconceptions surrounding the practice by exploring it as a part of psychodynamic psychotherapy. This guide presents new evidence from neuroscience and from the ancient wisdom of Buddhism and details many short, instructive case studies, revealing the essence of hypnosis and demonstrating the benefits of this often-misunderstood mind activity. It also discusses the roles of suggestion, trance, family therapy, and self-hypnosis. With a concise and simple approach, Grattan explains the powerful techniques and uses of hypnosis in modern-day therapy and provides a thorough understanding of the principles and practice of hypnosis.



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