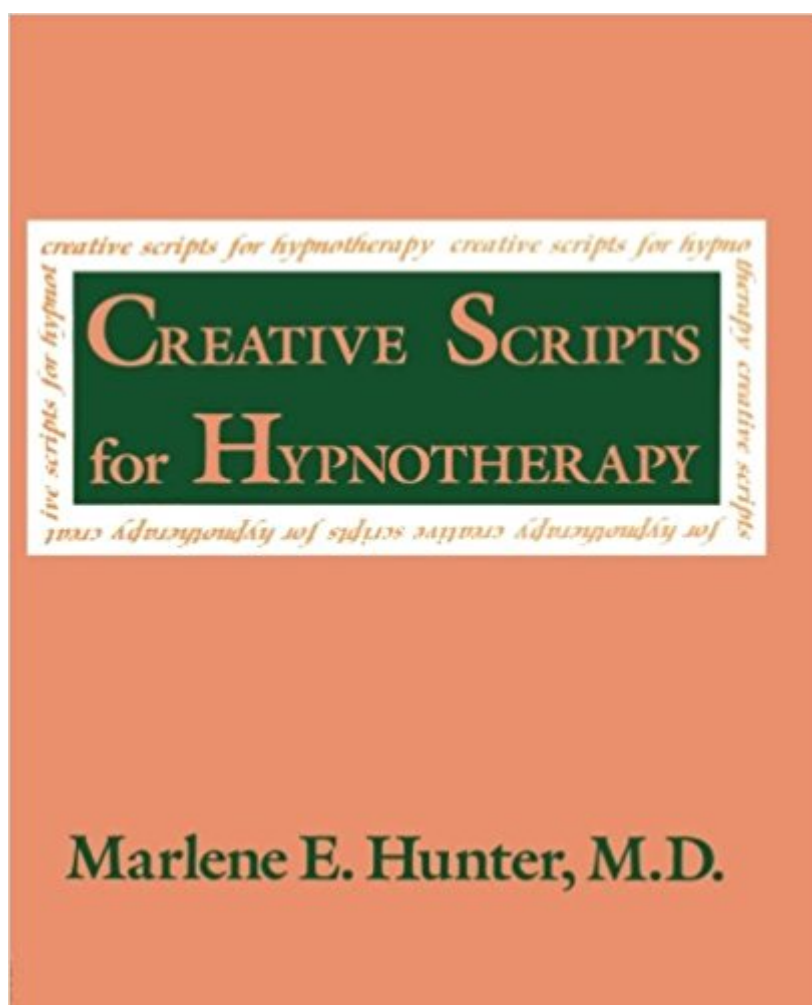


The book was found

Creative Scripts For Hypnotherapy



Synopsis

First published in 1994. Routledge is an imprint of Taylor & Francis, an informa company.

Book Information

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Customer Reviews

Although there are many books on hypnosis and to a certain degree a rather long list of works on scripts for hypnotherapy, there are few good works on pain scripts. I was therefore surprised to discover Dr. Marlene E. Hunter, M.D. book entitled "Creative Scripts for Hypnotherapy." Since 1976, I have worked in the field of hypnosis as a teacher, lecturer, researcher and clinician. Most of my work is in the fields of stress, relaxation, biofeedback, weight reduction and smoke cessation, my true interest is that of pain reduction. As I am not a medical doctor, I apply much of my work to friends, family and myself. Marlene E. Hunter book is outstanding. Although \$45.00 for 220 pages is a little pricey, I assume you get what you pay for in the world of publications. The book is basically a collection of scripts which the author has used over a period of 25 years. The work contains scripts for: sexual problems, phobias, fear, pain, psychosomatic disorders, asthma and other psychological and physiological conditions. Reference to pain relief starts on page 65 and ends on page 80. I was hoping for more but perhaps later there will be an addition to this section. Her 1996 book, "Making Peace with Chronic Pain: A Whole-Life Strategy" is an excellent addition to her work on pain. Finally her work is divided into nine parts including: The Basic Basics, Getting Past Roadblocks, Pain Relief, Psychosomatic Disorders, Journeys of Self Discovery, Children, Habit Disorders, Sexuality and Rehabilitation. This makes it possible for readers to immediately find the sections which interest

them the most. Dr. Carl Edwin Lindgren, DEd Clinical Hypnosis/Biofeedback

Using a wonderful array of metaphors the author outlines various strategies and mechanisms that physicians and other therapists might use to assist patients towards resolving or coping with a wide range of both physical and psychological suffering. The concept that all symptoms are psychosomatic was certainly an insight for me that has contributed enormously to improving my own communication with patients both in and out of hypnosis. This highly practical guide effectively allows the therapist to adapt the scripts to an enormous variety of situations. I have found the section on phobias and fears particularly helpful in treating the common needle phobia encountered in my own hospital practice. As a clinician with no psychological background I would recommend this book not only to hypnotherapists but to any clinician who communicates with patients on a daily basis. Each page is divided into a "script section" in the main body of the text and an "Explanation section" which enhances the scripts by detailing why phrases or words are used or spoken in a particular way for maximal effect. These additional pearls allow the therapist insights into how best to deliver the message. In short - This unique book is user-friendly, practical and a delight to read.

I was hoping for full scripts with particular inductions, however, most leave you to use your own induction and I was hoping to expand my "vocabulary". There are interesting scripts for particular problems. Not being an expert, this is only my opinion, but I didn't find them all that creative.

How to and why along with scripts. For anyone contemplating medical hypnosis, this is a great one for pain.

I helped a client with the uncomfortable feelings of Lyme disease using the Healing Scripts in this eBook.

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