



# **Integrative Hypnotherapy: Complementary approaches in clinical care**

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## Integrative Hypnotherapy: Complementary approaches in clinical care

Many health care professionals and complementary therapists use hypnotherapy as part of their package of care. *Integrative Hypnotherapy* provides fully evidence-based instruction on how to integrate the theory and practice of hypnotherapy into a range of clinical settings. It presents a combined approach of using hypnotherapy alongside other therapies, and is authored by a multidisciplinary team (nurses, psychologists, hypnotherapists and CAM therapists) who use hypnotherapy in their practice and is edited by well-known and popular educators in the field. The book is divided into two sections: key concepts and approaches in practice. The second section covers the application of hypnotherapy to specific situations/problems, eg managing pain, smoking cessation, gastro-intestinal disorders, life-threatening illness, anxiety, and weight management. Students and practitioners will be taken on a journey of examination, critical review and debate prior to reaching recommendations for best practice.

### KEY FEATURES

- Relates hypnotherapy theory and practice to health care settings
- Provides research evidence to support and develop practice
- Presents combined approach of using hypnotherapy with other CAM therapies
- Provides practical clinical models and case studies to allow easy application of theory to practice.

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