



Integrating Clinical Hypnosis and CBT: Treating Depression, Anxiety, and Fears

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This workbook describes a method that combines one of the newest treatments in behavioral health—cognitive behavioral therapy (CBT)—with one of the oldest—clinical hypnosis. The author provides step-by-step guidance in the joint application of these two modalities for the optimal treatment of depression, anxiety, fears, and phobias. The book is based on studies suggesting that clinical hypnosis in combination with CBT may increase treatment efficacy.

With a systematic approach, the workbook covers the theoretical foundations of this integrated modality and explains how to assess whether such treatment is warranted for a particular case. It addresses requisite skills such as teaching self-hypnosis and mood monitoring and covers the Subjective Units of Discomfort Scale (SUDS) and the use of imagery and relaxation techniques. Specific strategies for using clinical hypnosis and CBT to treat depression, anxiety, fears, and phobias are provided. Numerous case examples illustrate and reinforce understanding of the integrated treatment modality. Ten client handouts are included to facilitate mood monitoring, awareness of thoughts, creating imagery, meditation, muscle relaxation, and self-hypnosis. The book is designed for both novice and experienced clinical practitioners.

Key Features:

- Describes the integration of clinical hypnosis with CBT in the treatment of depression, anxiety, fears, and phobias
- Offers practical, step-by-step guidance in the application of this modality
- Provides structured protocols and homework assignments for use in the clinical session or at home
- Explains how to assess whether this is a treatment of choice for a particular client
- Illustrated with numerous case examples
- Client handouts and appendices available as downloadable PDFs

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