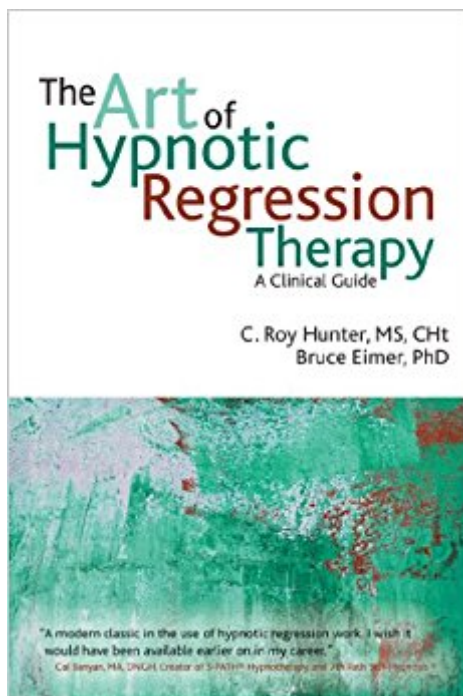The book was found

The Art Of Hypnotic Regression Therapy: A Clinical Guide

Synopsis

Hypnotic Regression Therapy, or HRT, is a type of hypnotherapy in which, following the induction of a good trance state, specialized suggestions are given to guide the client in reviewing and emotionally reframing earlier experiences that have either caused or contributed to the client's current symptoms. HRT is considered one of the most valuable hypnotherapy techniques available today, yet it remains controversial, partly due to inadequate training of psychotherapists and hypnotherapists which has contributed to numerous cases of false memory syndrome.

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Customer Reviews

This book is clearly writtenAnd offers many options. I have broken through dissociative memories immediately in resourcing this text.

This book is an excellent one for anyone doing age regression hypnotherapy, particularly those just starting. The co-authors give important information from years of professional experience, relate it in a lucid manner, and convey their deep concern for clients. Examples from their experience are very

helpful, as is their transcript of a regression session in an Appendix.Along with an Index, the Table of Contents is particularly thorough and arranged in an outline form that will make the book a particularly useful and easy-to-use reference. One of the best TOCs I've ever encountered.

I found the book very informative and helpful. I have been interested on learning more about regression and how it could help people who needed to find out the cause of some of the problems they had and this book is very good in giving easy to follow steps for hypnotherapist. It is well written and the author is very knowledgeable on the topic.

Comprehesive guide, condensating the wisdom of a succession of master hypnotherapists in a single masterpiece.

I have this book is giving the important foundation for the regression technique. And regression is most commonly use in the practice of hypnotherapy.I highly recommend this book simple because for every hypnotherapist, mastering the regression is a must.

If you are considering regression therapy this book covers so many facets, and you have the experience of two therapists rolled up into one book.

This book will be a fine addition to my collection on this topic. It appears to have all the detailed information I was seeking.

Two of hypnotherapy's stellar practitioners, Roy Hunter and Bruce Eimer, have pooled their expertise to produce a book on regression hypnotherapy so comprehensive, it is the only guide to regression hypnosis a hypnotherapist will ever need. The authors have drawn from their mentors, David Cheek, Charles Tebbetts, and Dabney Ewin, as well as other hypnotherapists whose work established major milestones in hypnotherapy practice.The authors address the philosophical foundations of regression hypnotherapy, as well as the current controversies over the uses of abreaction, the ethics of past life regression, and false memories. They give practical advice, guidelines, and examples for achieving the five phases of regression hypnosis: client preparation, regression techniques, abreaction and release, subconscious learning, and concluding the session. The objectives for the practitioner are to skillfully employ suggestion and imagery, discover the root cause of the client's difficulties, assist the client to release emotional attachments to the causal

event, and assist subconscious learning.Hunter and Eimer make the case that while regression hypnotherapy is not useful with every client, it is indicated for clients who are well motivated but not responsive to other hypnotic methods. The authors discuss procedural issues such as the initial interview, various inductions, depth of trance, and the differences between initial sensitizing events and activating events that give rise to symptoms.The authors provide a particularly good discussion of the seven psychodynamics of a symptom (i.e., most emotional problems fit into one or more of these categories) and how to elicit them through interview questions and, during trance, through ideomotor signals: The seven psychodynamics are:* Authority imprint* Unresolved issues (often showing up as habits or physical symptoms)* Secondary gain* Identification with another person* Internal conflict* Painful past experience* Self-punishmentA number of standard regression and past life techniques are presented. The authors devote a chapter to abreaction and release. They take the position that abreaction is often beneficial in helping clients work through and release attachments to highly emotional past events. They give several examples of things to say to facilitate release. Subconscious relearning takes place when the hypnotherapist helps the client reframe his or her thinking about the symptom or unwanted behavior, while imagining a symptom-free life.Hunter and Eimer discuss variations on regression for specific applications such as unresolved past grief and post-traumatic stress, and provide case examples of treatment for chronic pain, phobias, smoking cessation, and low self-esteem.This well-written, well-documented book will make a welcome additional to any hypnotherapist's library. It's a perfect companion to Ewin and Eimer's Ideomotor Signals for Rapid Hypnoanalysis, which I also recommend.

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