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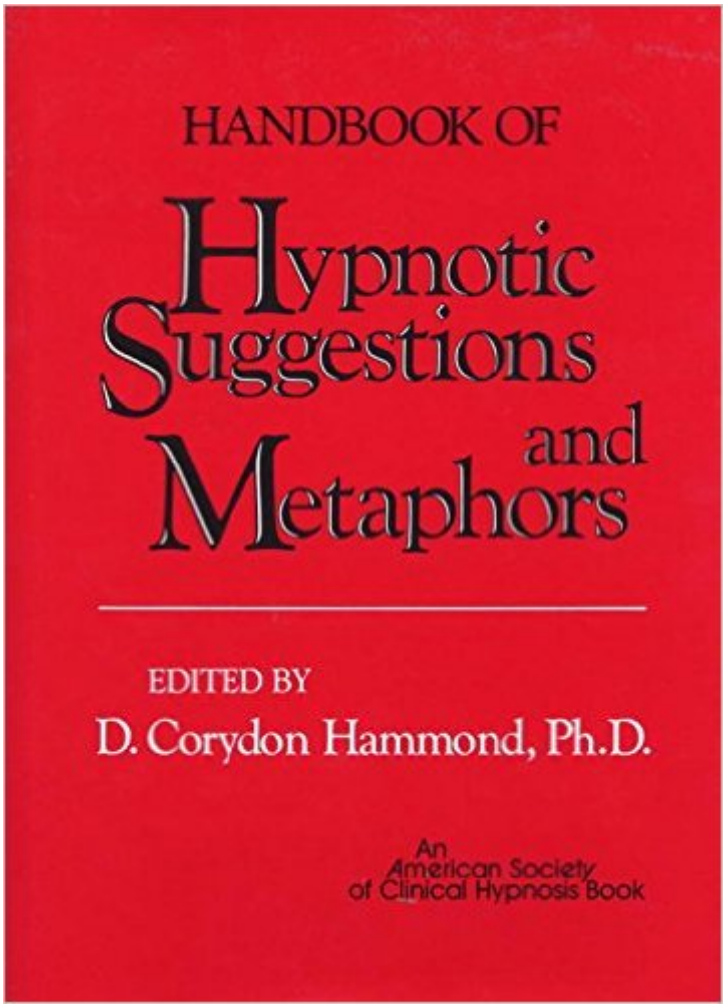
Handbook Of Hypnotic Suggestions And Metaphors



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Synopsis

Designed as a practical desktop reference, this official publication of the American Society of Clinical Hypnosis is the largest collection of hypnotic suggestions and metaphors ever compiled. It provides a look at what experienced clinicians actually say to their patients during hypnotic work. A book to be savored and referred to time and again, this handbook will become a dog-eared resource for the clinician using hypnosis.

Book Information

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Customer Reviews

The Handbook of Hypnotic Suggestions and Metaphors seems to be on the shelves of many aspiring and accomplished hypnotherapists. I have read almost all of it, utilized some of the methods, and have spoken with many hypnotherapists who have read and used it. The general consensus is that the book provides some good ideas, some very good ideas, some mediocre ideas and a few worthless ones. I have certainly expanded my methods from using it. For people who already know hypnosis, this book is useful as an adjunct. I provides many approaches and scripts, but I have found that all need to be adapted based on the client, the hypnotherapist and the context. This means you need to know how to adapt them, and this "how" is beyond the scope of the Handbook. However, the Handbook does not promise to teach people how to modify scripts and methods, so that is not a shortcoming of the book. If someone wants to know more about the art of hypnosis and how to adapt various materials, you need to read a book or take a class which is specifically about that.The biggest strength of the Handbook is that it provides a large amount of

material and covers many types of application. The biggest weakness is that several of the scripts include language that violates some of the rules of suggestion. For example, there are several suggestions that are given in the negative, such as "do not think of orange..." This kind of mistake is only a problem for people who have limited training in hypnosis. People with proper training read these mistakes, note them and correct the script. People with limited hypnosis training do not recognize many of the mistakes and will use scripts with mistakes.

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