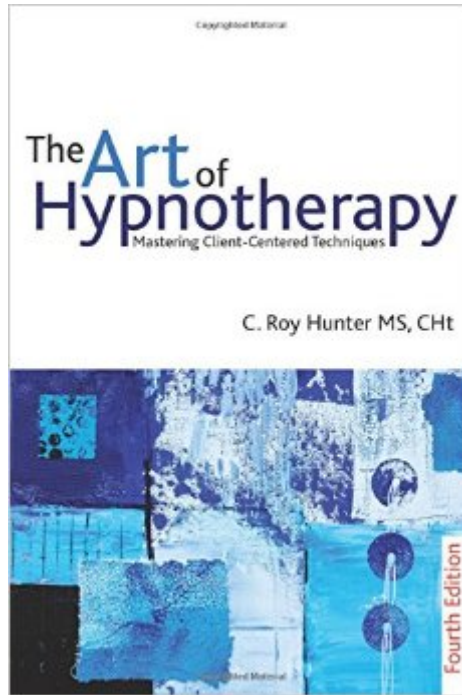


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# The Art Of Hypnotherapy



## Synopsis

Now in its 4th edition, this classic text presents a comprehensive overview of client-centered hypnosis based on the teachings of Charles Tebbets. Since it is the person undergoing hypnosis who is the one with power to change him/herself, the hypnotherapist acts as the facilitator, tailoring the hypnosis session to the client. All of the techniques found in this volume, including regression therapy and parts theory, center on this concept. The Art of Hypnotherapy shows students how all hypnotic techniques revolve around four main therapeutic objectives: Suggestion and Imagery; Discover the Cause; Release; and Subconscious Relearning. New features in this edition include an arrangement of techniques from simple to complex, so those using hypnosis in a limited way easily learn the applicable techniques, a chapter on the common application of hypnotherapy that now includes new sections on: anger, impotence, stuttering, and tinnitus, and the chapters on anchoring and triggers have been updated with sections on how to help a client establish a safe place, and why this is important.

## Book Information

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## Customer Reviews

This is the companion volume to C Roy Hunter's excellent introduction to hypnosis, the Art of Hypnosis. Although it can be read on its own, parts of this book are more understandable if you have already read the Art of Hypnosis. Hunter has an informal, first-person style of writing that makes the book enjoyable to read. This book is an excellent reference for both beginning and experienced hypnotherapists that is packed with philosophy, strategies, techniques, and scripts. It is intended for professionals and is probably not appropriate for someone who is only casually

interested in hypnosis.

If you are in the process of becoming a hypnotherapist you got to read that one book. This is not "how to hypnotize", but rather "what do I do to help the client solve his/her problems once he/she is in trance". Full of hints, tips, explanations and how-tos. A wealth of useful information in this book.

At the Banyan Hypnosis Center for Training & Services, Inc. I recommend this book along with Mr. Hunter's book, *The Art of Hypnosis*, to all of our students. It provides a wealth of hypnotherapeutic techniques. It is a true "hand book" of hypnotherapy. If you practice (or intend to practice) hypnotherapy your library is not complete without this book.

Come on Roy, take some credit. We all learned from someone somewhere. It's so distracting to read about your late mentor all of the time. Crediting him discredits you somehow. Haven't you embellished and made your own what you've put into practice all of these years. I can see how it would be hard to stop crediting Charlie now since it's become your signature and all, but reading about your late mentor continually has made me put the book down. That, and, having experienced therapy for a time, I'm not a believer that identifying the problem, in or out of trance, helps to release the problem. Also, the warning that you can give your clients false memories by asking leading questions is unfounded. I actually like Yapko's books a little better as he has more scientific resources backing up what he writes. Some friends recommended your work so I know you are loved, but it just doesn't do it for me.

Client-centered style is the best form of hypnotherapy as it keeps the ego of the therapist out of the way and lets the client's inner wisdom resolve the issues. That is always the best solution for the client rather than what the therapist might be tempted to impose. Roy Hunter is the master of this style. He teaches it so well through this book, with many interesting examples from his cases. He also includes examples of his mistakes and the price he had to pay in terms of lost business, so that other hypnotherapists do not repeat them. This book, like Roy's other books, is rich in content and of gold standard, making it a reference manual for hypnotherapists who like to practice client-centered techniques. I had the opportunity recently (Dec. 2015) to attend his Parts Therapy training in Dubai. Roy came across exactly as the person whose writings reflect - sincere, warm, generous, and gentle.

Hunter writes like he's just having a conversation with you. Easy to read and approachable. Good information and well organized. Gives good personal experience which creates a deeper understanding of the instructions and guidance.

I highly recommend this book by Roy Hunter who has acknowledged his gratitude to his teacher Charles Tibbets who was truly a giant in his field. It has been helpful in my work at Pendleton Memorial Methodist Hospital, New Orleans, LA. Chaplain Paul G. Durbin, Ph.D.

As a teacher of Hypnotherapy Mr Hunter has taken the old way and made them new for those who need a full understanding of how to approach Hypnotherapy in the proper manner. Making the transition from Dr. Charles Tebbetts work has been exciting and rewarding.... Keep up the great work. Hershey Hypnosis Center .... John H. Dalton C.H.T.

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