



Brief Cognitive Hypnosis: Facilitating the Change of Dysfunctional Behavior

By Jordan Zarren MSW DAHB, PhD, ABPP Eimer Bruce

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Brief Cognitive Hypnosis gives a unique and refreshing presentation of various applications of hypnosis in clinical practice. Most importantly this book focuses on brief clinical interventions which are both efficacious and cost effective. The authors clearly describe a number of techniques for correcting dysfunctional behaviors such as irritating and/or self-destructive habits, ameliorating anxiety disorders, treating pain, and managing troublesome side effects of various medical treatments and procedures. I highly recommend this book as a valuable resource for all clinicians who are faced with helping their patients deal with such problems.

- Edward J. Frischholz, PhD, Fellow and Past-President
Divison 30 (Society for Psychological Hypnosis)
American Psychological Association
Past-Editor, American Journal of Clinical Hypnosis
Fellow and Approved Consultant, American Society of Clinical Hypnosis

I wish I had said that. This book is clear, accurate, and explicated in a way that is indisputably better than any other texts on clinical hypnosis that I've read.

- Dabney M. Ewin, MD, ABMH
Past President of the American Society of Clinical Hypnosis
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[This book] is a magical addition to the field of Clinical Hypnosis. Two distinguished Board Certified Clinicians with over sixty years of combined clinical experience have provided a delightful book that will not only add to the experienced clinicians' skills, but provide a straightforward and practical approach for the neophyte in hypnosis.

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This is a valuable book for clinicians. It is highly practical, user friendly, and explicates rapid treatment methods for the range of problems most commonly seen in our offices. I definitely recommend it.

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Editorial Review

Review

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About the Author

Bruce N. Eimer, PhD, ABPP is a licensed clinical psychologist and a board-certified diplomate in behavioral psychology with the American Board of Professional Psychology and in pain management with the American Academy of Pain Management. He is a member of the American Psychological Association and a fellow of the Society for Psychological Hypnosis, Division 30, of the American Psychological Association. He is also a member of the American Society of Clinical Hypnosis, the Society for Clinical and Experimental Hypnosis, and the Greater Philadelphia Society of Clinical Hypnosis. He has over 20 years of experience as a psychologist and psychotherapist. Both authors are also certified consultants in clinical hypnosis with the American Society of Clinical Hypnosis.

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