



## Hypnotic Relaxation Therapy: Principles and Applications

By Gary Ray Elkins

Springer Publishing Co Inc. Paperback. Book Condition: new. BRAND NEW, Hypnotic Relaxation Therapy: Principles and Applications, Gary Ray Elkins, This book introduces a new, evidence-based model of hypnotherapy called "hypnotic relaxation therapy" (HRT). Easily integrated with other therapeutic models or used alone, HRT has been proven effective in a wide variety of applications including pain management, anxiety reduction, smoking cessation, insomnia treatment, and treatment of post-menopausal symptoms. This new model advances the field of hypnotherapy by making relaxation an explicit part of hypnotherapy and measuring individual differences in hypnotisability with the introduction of a new measurement instrument, the Elkins Hypnotisability Scale (EHS). Additionally, it is the first book to integrate Cognitive-Experiential Self Theory with HRT. Dr. Elkins is a highly esteemed leader in clinical hypnosis. He has served as President of the American Society of Clinical Hypnosis, President of the American Board of Psychological Hypnosis, Vice-Chair of the Council of Representatives of the International Society of Hypnosis, and Chair of the Fellows Committee of the Society for Psychological Hypnosis of the APA. His book provides clinicians with the guiding principles of HRT as well as the empirical research underlying it. Dr. Elkins offers a session-by-session approach to HRT that covers...



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