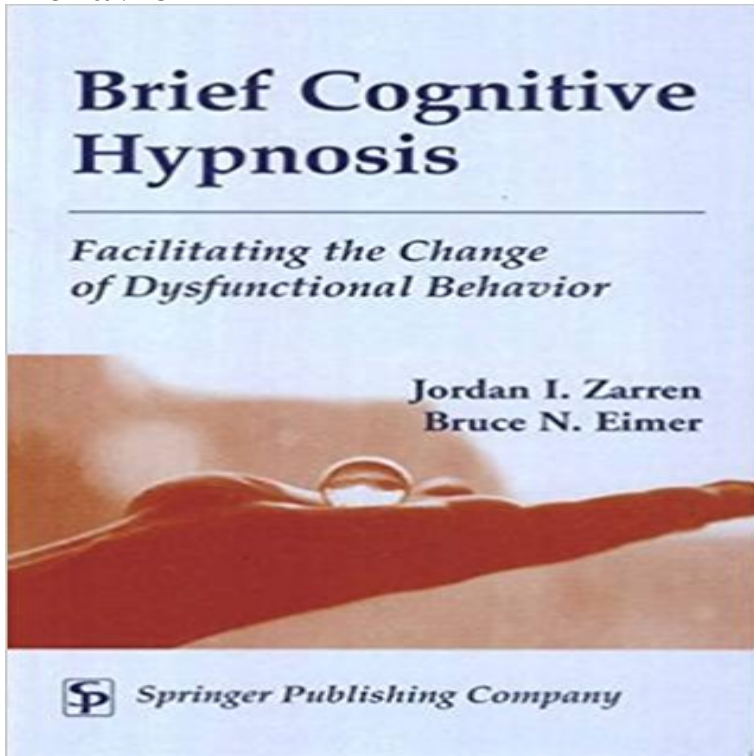


# Brief Cognitive Hypnosis: Facilitating the Change of Dysfunctional Behavior



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 Division 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 Board Certified Diplomate of the American Board of Medical Hypnosis [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. - William C. Wester, EdD, ABPP, ABPH Past President of the American Society of Clinical Hypnosis 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

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