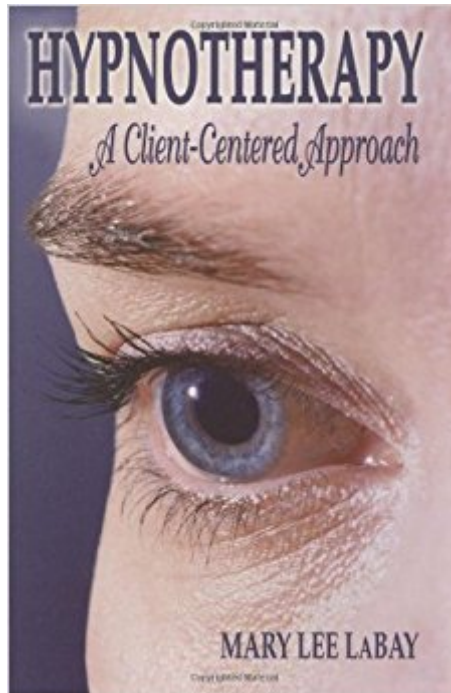




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Hypnotherapy: A Client-Centered Approach



Synopsis

Explores various clinical techniques used to help patients overcome fear, chronic pain, and addiction.

Book Information

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Customer Reviews

"Serving the neophyte therapist as well as the seasoned professional, this book leaves few areas untouched. I wish I had written it!"--Terence Watts Fellow of the Hypnotherapy Research Society (UK) Since its popularization by Anton Mesmer in the late eighteenth century, hypnosis has been an effective, though sometimes poorly understood, healing tool. Now, hypnotherapy, Neuro-Linguistic Programming, and related holistic practices are enjoying an unprecedented period of acceptance and popularity. As evidence of their effectiveness against a variety of physical and emotional ailments grows, these processes are attracting more and more practitioners. Recognizing the need for a comprehensive text, certified instructor Mary Lee LaBay has written *Hypnotherapy: A Client-Centered Approach*. This book contains valuable insights and instructions for both the beginner and the veteran therapist. Ms. LaBay covers the nuts and bolts of running a successful practice in a nurturing environment, from appropriate office décor to the current legal climate. Through case studies and exercises, she demonstrates various therapeutic techniques, including regression, personality part retrieval, and secondary gains, and includes instructions on how to combine them for maximum effectiveness. While Ms. LaBay's focus is on how to best treat every individual client, she also recognizes the toll that sessions can take on the therapist and offers tips for maintaining the correct energy and balance. In *Hypnotherapy: A Client-Centered Approach*,

Mary Lee LaBay has condensed her vast scholarship and experience into one resource to benefit therapists at any stage of their careers. Mary Lee LaBay, a certified clinical hypnotherapist, certified Neuro-Linguistic Programming practitioner, and certified instructor of hypnotherapy, has a private clinical hypnotherapy practice in Bellevue, Washington. She is the founding president of the Lake Washington chapter of the National Guild of Hypnotists and has presented at the conventions of several national and international organizations. Ms. LaBay has written numerous books and articles, including *Through the Open Door: Secrets of Self-Hypnosis* (with Kevin Hogan), also available from Pelican.

"I would like to commend the book *Hypnotherapy* unreservedly. Mary Lee LaBay has managed to do what few others have--write an authoritative work on hypnotherapy that is an enjoyable and easy read. Mary Lee has disseminated very complicated concepts in a pragmatic way that will be of use to both student and experienced hypnotherapist alike. As an instructor of hypnotherapy, I will be placing this work at the top of our recommended reading list."--Shaun Brookhouse, M.A. (Ed), D.C.H., Ph.D., F.N.C.H. chairman, National Council for Hypnotherapy Professional hypnotherapy is a rapidly expanding field. As more and more people discover the relief that hypnosis and Neuro-Linguistic Programming can bring to an array of physical and emotional problems, there is a growing need for qualified, client-centered therapists. This comprehensive study is a virtual textbook for practitioners, covering everything from establishing an appropriate office atmosphere to various therapeutic techniques and case studies. Written by an experienced, certified therapist and instructor, *Hypnotherapy* offers up-to-date information and field-tested insights for translating theory into effective therapy.

This book and the course that goes with it are life changing. As a teacher of meditation for over 40 years, I like to give my clients tools that put them in charge of their own lives rather than making them dependent on me. The traditional practice of hypnosis is practitioner-driven, requiring little or no input from the client during the session. Talking to people who had tried hypnosis this way, I found they had had mixed results. Some felt the material presented to them during their session didn't really fit them or work well for them. In reading this book, I was pleasantly surprised to find Dr. LaBay's client-centered approach is the opposite of the traditional hypnosis paradigm, using scripts for establishing trance but then allowing for a dialog between practitioner and client. Under this method, the practitioner acts as facilitator, using nonleading questions to facilitate the client's own journey of discovery and healing while leaving them in charge of their path and more thoroughly

invested in the outcomes. The material in the book is presented in a logical and straightforward manner so it's an easy read. Attending the class after reading the book, I had plenty of opportunity to witness the techniques and the client-centered approach in action. The results for both client and hypnotherapist are impressive and heartwarming.

Dr. LaBay's approach towards hypnotherapy is both effective and refreshing. Combining fundamental hypnosis with highly effective NLP techniques, this book gives the therapist a 1-2 punch capability in helping people overcome their challenges. There is NO wasted filler in this book; it says what needs to be said to convey the teaching and that's it. I for one appreciated this. What the book IS loaded with is practical, valuable, and useful information for those of us who want to expand our "hypno-therapeutic toolbox". In addition, Dr. LaBay includes several real-life case studies, word for word transcripts of actual sessions that demonstrate exactly how & when to use the various tools taught in her book. The client-centered approach is a welcome alternative to the traditional method of giving hypnotic suggestions (and hoping they'll stick) and much more effective in promoting lasting change. This book will be my go-to guide for years to come. I highly recommend it.

Mary Lee has written a book that encompasses so much knowledge from her vast experience. You will delve into this book and learn all you need to know to become a hypnotherapist or just learn about how it works in our lives. Her client centered approach is truly a unique approach and provides the best for the clients. Her approach lets clients know we are not leading them but guiding them through their hypnotherapy journey.

This is a must read for anyone taking Mary Lee LaBay's hypnotherapy courses! It has been great to have this extra tool that goes deep into her amazing techniques and how/when to apply them. This book has become an encyclopedia of sorts for me as I move through my learning. I would also recommend this book to anyone just curious about hypnotherapy as it is an easy and fascinating read.

I would highly recommend this book for anyone seeking a better understanding of the dynamics of hypnosis, and the benefits of using a 'client-centered approach.' I recently attended a hypnotherapy class taught by the author, Mary Lee LaBay, and I can attest to the huge knowledge base Dr. LaBay brings to and shares with her students.

This is a fantastic book especially if you are just getting started with hypnosis. Mary Lee Labay's style is easy flowing and understandable. She takes you from starting your practice through the meat and potatoes of hypnotic techniques, healing interventions, etc. I thought the book so good I recommended it to an IACT hypnosis instructor as prerequisite reading for the certification course... which the book now is. Highly recommended.

Great introduction to clients Centered hypnotherapy. Well written.

Informative and insightful, and a wonderful text for those beginning a career in hypnotherapy. This book provides a solid foundation on which to build.

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