

The New Hypnotherapy Handbook Hypnosis And Mind Body Healing

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Hypnosis ...

Background. While our understanding of the nature hypnosis is complex and contested, it is rapidly evolving. [1-6] In practice it can be useful to think of hypnosis as an altered state of consciousness, and hypnotherapy as a treatment modality utilizing hypnosis

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to achieve a therapeutic goal. [The state of hypnosis is a natural mental state.] For example: When engaged in imaginary play ...

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