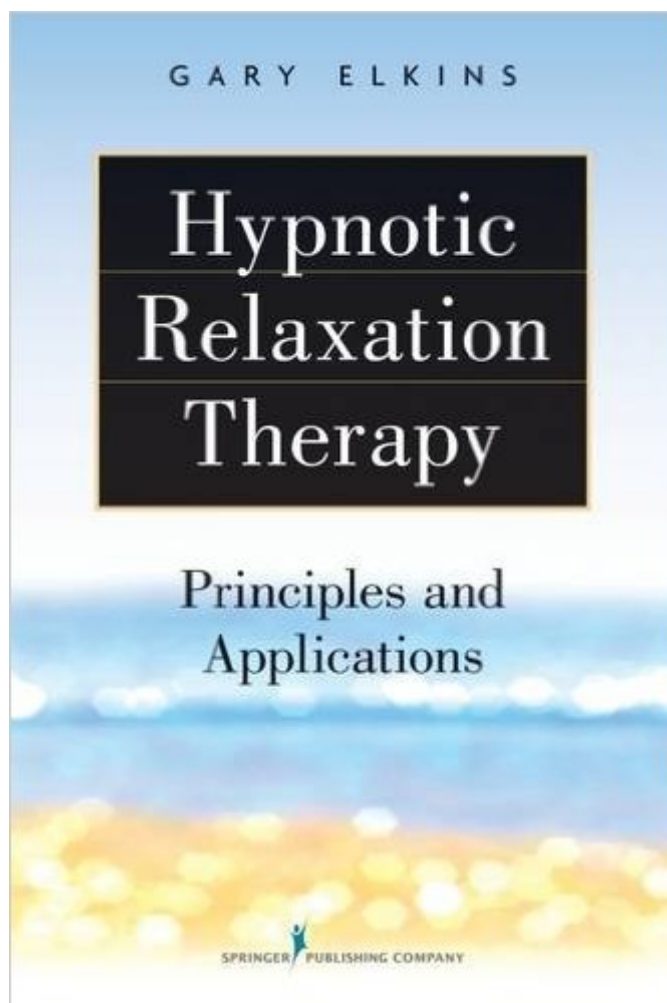# Hypnotic Relaxation Therapy: Principles And Applications

Synopsis

"Like others trying to incorporate hypnotherapy into their practice, I found myself struggling with the question, "Where do I begin?" This book provides that answer˘ Ã [It]offers the first complete presentation of [the] fundamentals [of hypnotic relaxation therapy] in a manner that is not only supported by empirical research, but is consistent with the author's 30 years of experience as a clinical practitioner. In contrast to a "one-size-fits-all approach," this book provides specific, easy-to-follow guidelines for developing hypnotic suggestions in a flexible manner that will enable the clinician to effectively address individual patients' unique needs˘ Ã Practitioners, students, and clinicians will want to have a copy of this comprehensive book, not only to use as a training manual, but to have as a "go to guide" to troubleshoot typical problems." -Cassie Kendrick, PsyD Post-Doctoral Fellow in Clinical Health Psychology Mind-Body Medicine Research Laboratory Baylor University 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 hypnotizabillity with the introduction of a new measurement instrument, the Elkins Hypnotizability 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 the process for structuring sessions, treatment planning, and dealing with resistance, and explicates detailed applications of HRT. Guidelines for formulating hypnotic suggestions are described, as is HRT as a proven effective source of intervention for hot flashes in menopausal women. The book explains how to integrate HRT with other modalities and discusses the ethical considerations of HRT. Additionally, the book introduces the Elkins Hypnotizability Scale for clinical assessment of hypnotizability that is currently being used in NIH-funded research at Baylor University and the Mayo Clinic. Case examples and sample transcripts are incorporated throughout the book, which also includes a sample brochure for patients. Key Features: Introduces a new, evidence-based conceptualization of hypnotherapy

Presents a new, well-validated, easy-to-use scale for measuring hynotizability Includes plentiful case examples and sample transcripts of hypnotic relaxation interventions Explains how to integrate HRT with other modalities Written by a renowned leader in the field of hypnosis

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Customer Reviews

In the Preface, author Dr. Gary Elkins modestly describes Hypnotic Relaxation Therapy: Principles and Applications (HRT) as "a basic training manual." Yes, the book does introduce HRT in a step-by-step manner that could enable an attentive medical practitioner, with no previous hypnosis experience, to deliver a successful series of hypnotherapeutic interventions. Especially useful to new therapists will be the Case Examples, which demonstrate, through actual transcripts, how various hypnotherapy tools work to help patients make permanent shifts.However, the depth of research and density of material makes this book so much more than a trainer for beginners.With session-by-session guidance supported by clearly identified principles in every major area of hypnotherapy, this is a priceless resource to keep as close at hand as D.Croydon Hammond's Handbook of Hypnotic Suggestions and Metaphors.Of particular value for my clientele are the chapters on Post-Menopausal and Hot Flash Symptoms, Pain Management, Insomnia and Dealing With Resistance.Buy this book. Give yourself the gift of Dr. Elkins' brilliance, and give your patients/clients the very best chance possible to reap the success they are seeking with your help.

Even thought the title says "relaxation," the book is much more than that, including a sound

theoretical foundation based on Seymour Epstein's work, hypnotizability assessment using the Elkins Hypnotizability Scale (EHS), and many useful techniques and verbata. I recommend it highly.

Gary Elkins does just about everything right in this book introducing Hypnotic Relaxation Therapy (HRT). It is not the other HRT (hormone replacement therapy), but can be applied to reduce post-menopausal (and post-chemotherapy) hot flashes. Elkins does a great job in illustrating some of those applications, but more generally, the book challenged me to think. It reinforced what I already know about hypnosis, without being a boring repeat. Elkins addressed my mental list of Ã¢Â Å“what about thisÃ¢Â Â¦Ã¢Â Â• such as dealing with resistance (almost all of his examples were of patients responding positively to hypnotic suggestions, which is not always my experience.) The only thing it lacked was an overview/wrap-up of the method, but this was done within each chapter nicely.The audience is for clinicians, and has useful preliminary chapters on the foundation, principles, and theoretical basis for HRT. This grounding is what sets it apart from a simpler Ã¢Â Åˆhow-toÃ¢Â Â™ manual. HRT is explained in adequate detail, and according to Elkins, consists of an integration of hypnosis and cognitive behavioral therapy (CBT), using relaxation as induction for the hypnosis. If you already think this way, the method will not be earth-shattering, but it is presented in such a nice package, that the integrative features seem seamless. It uses a biopsychosocial model to treatment planning and case conceptualization. Elkins expands this to propose that HRT can also facilitate insight into somatic symptoms.In summary, this is a nice overview of the type of hypnosis that is often used in behavioral medicine practices by experienced clinicians. Several points make this a great reference for those who use hypnosis frequently. However, the biggest strength is the authorÃ¢Â Â™s vast experience, which informs the illustrative examples throughout the book, adding greatly to the richness of the content.

As a student and future clinician, I have found this book very helpful in guiding me in my application and knowledge in the area of hypnosis. I frequently reference Dr. Elkins' book in my work and studies.

This is a great treatment manual for an evidence-based treatment written by a master clinician who has also done the necessary research, much of it grant-funded. The book offers a step-by-step approach for seamlessly adding Hypnotic Relaxation Therapy to existing regimens for anxiety, depression, pain, hot flashes, etc.. Transcripts for how to do the therapy are peppered throughout the book. Tips on case conceptualization are especially helpful. Finally, this is not an overly long

book. Its ¢ Âœjust the facts ma¢ Â™am¢ Â• approach makes it easy to read and use as a reference. With respect to the latter, the reader can simply find the chapter related to a client¢ Â™s concern as in insomnia and quickly access techniques for boosting the effectiveness of an existing treatment by adding Hypnotic Relaxation Therapy. The approach can also be used by itself for many clinical problems.

This book is written in a very clear and straight forward style. The documentation and research that went into how to use hypnosis in a practice is outstanding. Dr. Elkins tells you the why as well as how to facilitate a trance with strong suggestions that I have seen work with my clients. If you are are a Hypnotherapist or a Psychologist who uses hypnosis this is a book that you should have, and use.Ray Thompson, MS Counseling, Univ of TX-PanAm

I have found this to be a wonderful addition to my library, and one of those books I keep returning to. A must-have for clinicians, as this book starts from the basics and carries you through many conditions for which hypnotic relaxation therapy can be effective. An especially helpful and interesting feature for me is the use of case studies and patient dialogs. I think that addition gives the book life and interest; and a feel that this is a treatment for everyday "real" people.

Primarily, the book is a hands-on manual of a diverse hypnotherapy toolkit. As someone who had no previous experience with doing hypnotherapy, I find the step-by-step guidance provided by the author invaluable. The practical focus of the book resonates well with its clear-cut style and its functional structure.Dr. Gary Elkins is not only an accomplished therapist, but also one of the prominent figures of contemporary hypnosis research. Thus, it is reassuring to know that the effectiveness of the techniques described in the book are backed up by multiple studies. Nothing short of state of the art.

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