



# Brief Cognitive Hypnosis: Facilitating the Change of Dysfunctional Behavior

*Jordan Zarren MSW DAHB, PhD, ABPP Eimer Bruce*

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ïBrief 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.î

- 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

ïI 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 Iíve read.î

- Dabney M. Ewin, MD, ABMH  
Past President of the American Society of Clinical Hypnosis  
Board Certified Diplomate of the American Board of Medical Hypnosis

ï[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 cliniciansí skills, but provide a straightforward and practical approach for the neophyte in hypnosis.î


- William C. Wester, EdD, ABPP, ABPH  
Past President of the American Society of Clinical Hypnosis


ïThis is a valuable book for clinicians. It is highly practical, ðuser friendlyí, and explicates rapid treatment methods for the range of problems most commonly seen in our offices. I definitely recommend it.î

- D. Corydon Hammond, PhD, ABPH  
Past President of the American Society of Clinical Hypnosis  
Professor University of Utah School of Medicine

ï...Zarren and Eimer integrate traditional psychodynamic models of the unconscious and symptom-formation with modern cognitive theory, the outcome of which is a new model for the change process in therapy. With lucid description of their clinical methods and rich case illustrations the authors show how the hypnotic trance, along with careful attention to the wording of the hypnotic scripts, enable the patient to open to the possibility of genuine change.î

- Daniel Brown, PhD, ABPH  
Professor, Harvard Medical School and Simmons School of Social Work, Boston, Massachusetts

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