

## The Practice Of Cognitivebehavioural Hypnotherapy A Manual For Evidencebased Clinical Hypnosis

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Role Play: Cognitive Behaviour Therapy *Cognitive Behavioural Therapy (CBT) Simply Explained Cognitive Behavioral Tools An Introduction to Cognitive Behavioural Therapy - Aaron Beck*  
What is Cognitive Behavioral Therapy *Cognitive Behavioural Therapy CBT Techniques* Cognitive Behavioral Therapy for Psychosis (CBTp)- Laura Tully, Ph.D. Cognitive Behavioral Therapay **The Practice Of Cognitivebehavioural Hypnotherapy****

According to the author, Mr Robertson, who says he is a practising hypnotherapist, I am not a hypnotherapist because only cognitive-behavioural hypnotherapy is the only proper hypnotherapy. If you were trained in any other school then you are a charlatan. In fact Mr Robertson does not actually believe in hypnosis.

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Cognitive-behavioural hypnotherapy is increasingly becoming the dominant approach to clinical hypnosis. At a theoretical level, it adopts a research-based cognitive-behavioural model of hypnosis. At a practical level, it closely integrates traditional hypnotherapy and cognitive-behavioural therapy techniques.

**The Practice of Cognitive-Behavioural Hypnotherapy: A ...**

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Cognitive-behavioural hypnotherapy (CBH) can be regarded as one of three core models of hypnotic psychotherapy ("hypno-psychotherapy"). It combines hypnotherapy with techniques and concepts from cognitive- behavioural therapy (CBT).

**A Brief Introduction to Cognitive-Behavioural Hypnotherapy ...**

This is the first major treatment manual to describe a fully integrated cognitive-behavioural approach to hypnotherapy, based on current evidence and best practice in the fields of hypnotism and CBT. It is the product of years of work by the author, Donald Robertson, a cognitive-behavioural therapist and specialist in clinical hypnosis, with over fifteen years' experience in the therapy field.

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The cognitive-behavioural approach to hypnotherapy is the main evidence-based approach to hypnotherapy, and draws heavily upon psychological research on hypnosis and suggestion. It can best be understood as in terms of three features it typically adopts,

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Clinical research on cognitive-behavioural hypnotherapy Excerpt from The Practice of Cognitive-Behavioural Hypnotherapy (2012) by Donald Robertson Hypnotherapy probably has a stronger scientific evidence-base than most people realise.

**Review of Research on Cognitive-Behavioural Hypnotherapy ...**

The Philosophy of Cognitive Behavioural Therapy: Stoic Philosophy as Rational and Cognitive Psychotherapy by Donald Robertson (2010-09-21)

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