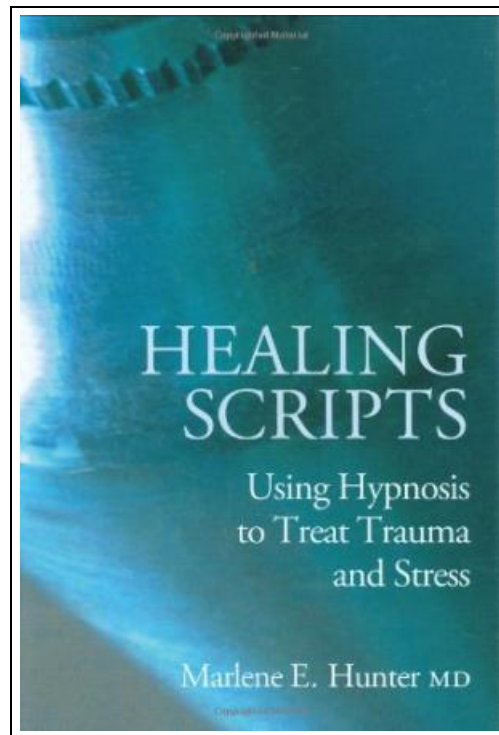# Healing Scripts: Using Hypnosis to Treat Trauma and Stress (Hardback)

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Crown House Publishing, United Kingdom, 2007. Hardback. Book Condition: New. 244 x 172 mm. Language: English . Brand New Book. Healing Scripts: Using Hypnosis to Treat Trauma and Stress is dedicated to the use of hypnotherapy to help victims recover from trauma and stress. This field is desperate for new ideas and solutions and Healing Scripts provides just this - hypnotic interventions that will reach the source of the pain and anguish of trauma and finally offer some relief.The subjects covered include: pain, in all its forms; Post Traumatic Stress Disorder (PTSD) including sections on denial, hyper-vigilence and hyper-arousal; acute stress; sleep disorders; and dissociation, including ego-strengthening and integration. The book also contains a separate section devoted to helping children. All will provide the hypnotherapist with practical down to earth suggestions for both the content and context of hypnotic interventions. Furthermore, the rationale for using any particular script is fully explained through a detailed and illuminating commentary.All practitioners, experienced or inexperienced will find the scripts more than just practical. They have been used and found to be valid in real life situations and can be used as they are or adapted for the client s specific needs.

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