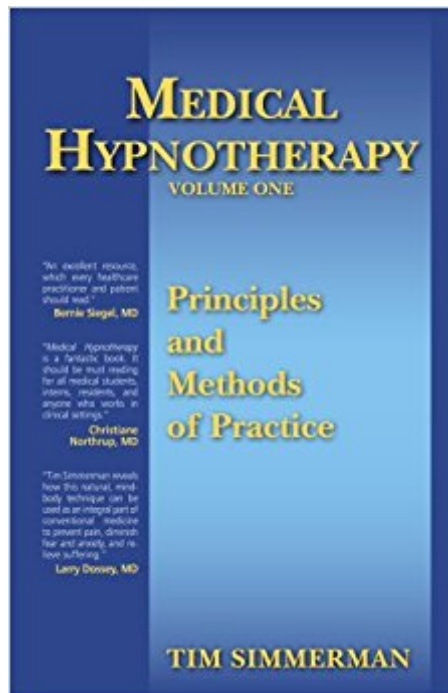




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# Medical Hypnotherapy, Vol. 1, Principles And Methods Of Practice



## Synopsis

Medical Hypnotherapy, Volume One, is an instructional manual and field guide for both practitioners and patients. With only minutes of instruction in specific hypnosis methods, healthcare providers of all levels can use hypnotherapy to help the overwhelming majority of sick or injured people reduce or even eliminate their pain and suffering, heal faster, and avoid potential complications from medical procedures. Also with the use of hypnosis, people respond better to medical treatments and are more likely and able to participate in their own recovery. Scientific data about medical hypnosis from various reputable researchers and institutions, such as the Mayo Clinic and the National Institutes of Health, have provided abundant evidence of the value of integrating hypnotherapy into our approach to wellness. The hypnotherapy methods presented in this book are all natural, gathered by observing people who naturally control pain and think and act in ways that lead to faster healing and illness prevention. From this information, systems and strategies have been created that everyone can learn and benefit from. Principles and Methods of Practice, volume 1 of Medical Hypnotherapy, has been organized according to the way I prepare people for hypnotherapy certification at the Hypnotherapy Academy of America. The material, however, has been condensed since it would not be possible to include every aspect of the certification program, which entails hundreds of hours of instruction and guided practice. Still, the book will lead you clearly and succinctly to an understanding of the fundamentals of medical hypnotherapy and Medical Hypnotherapy how to make use of its methods to benefit you and your clients or patients. The principals and methods described in this book are trusted by National Institutes of Health (NIH), which is the United States Department of Health and Human Services research wing. Some of the techniques found in this book are currently being used by the NIH in a research project.

## Book Information

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## Customer Reviews

An excellent resource, which every healthcare practitioner and patient should read. The information contained in this book will truly educate the practitioner and help the practitioner create a healing relationship and environment. I know from experience that medical education informs us but does not educate us in a way that enables us to help the patient and their experience of an illness and its treatment. volume 1 of Medical Hypnotherapy does the job with its insights, techniques, and wisdom. Bernie Siegel, MD Author of Love, Medicine & Miracles and Help Me to Heal. Hypnosis is one of the most misunderstood of all medical therapies, yet one of the most valuable. In volume 1 of Medical Hypnotherapy, Tim Simmerman reveals how this natural, mind-body technique can be used as an integral part of conventional medicine to prevent pain, diminish fear and anxiety, and relieve suffering. This is one of those unusual books that is accessible to laypersons and healthcare professionals alike. It deserves to be read in every medical school in the nation. Larry Dossey, MD Author of The Extraordinary Healing Power of Ordinary Things. Volume 1 of Medical Hypnotherapy is a fantastic book. It should be must reading for all medical students, interns, residents, and anyone who works in clinical settings. I wish I d had this information twenty years ago! Christiane Northrup, MD Author of The Wisdom of Menopause and Women s Bodies, Women s Wisdom --Dr. Bernie Siegel, Dr. Larry Dossey, Dr. Christian NorthrupVolume 1 of Medical Hypnotherapy is a fantastic book. It should be must reading for all medical students, interns, residents, and anyone who works in clinical settings. I wish I d had this information twenty years ago! Christiane Northrup, MD Author of The Wisdom of Menopause and Women s Bodies, Women s Wisdom --Christiane Northrup, MD

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Tim Simmerman is a retired nationally registered paramedic, who was trained at the University of New Mexico, School of Medicine and has been a clinical hypnotherapy instructor since 1995. He is known internationally as one of America's top hypnotherapy trainers. Tim is the president of the American Council of Hypnotist examiners, currently lead instructor and Co-Director of the Hypnotherapy Academy of America and president of the International Registry of Medical Support hypnotherapists. As one of the few hypnotherapy instructors in the nation to be trained in allopathic medicine, Tim can help you understand the appropriate adjunctive use of clinical hypnosis. The author of this book is trusted by the National Institutes of Health (NIH), The United States Department of Health and Human Services research wing. NIH is currently using some of the techniques found in his book in a research project.

Well written, well organized basic book in a spiral bound format that makes it easy to use. All hypnotists take ideas from one another to improve their practice. This book may give you a few more. Looking forward to Vol 2.

I have read many hypnotherapy books and this is my favorite. I hope they come out with a kindle edition too. I highly recommend it.

One of the most interesting and practical books on "elmanian" (from Dave Elman) hypnosis. There are a lot of pictures inside and the text is very clear.

More a textbook than a script book.

This is a valuable tool for a student OR a practitioner of hypnotherapy. provided their usual, prompt, efficient service.

This one volume provides a solid foundation in the practice of hypnotherapy. It is well written and

very easy to understand. The author offers a world class education in therapeutic hypnotherapy in an intensive certification program at the Hypnotherapy Academy of America

<http://hypnotherapyacademy.com/> This book is one of the main course volumes. I highly recommend both. Everyone practicing hypnosis should have a copy of this in their library.

Recently moved to continued reading in hypnosis and find this book great. It is getting me to a higher level in hypnosis and relaxation techniques.

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