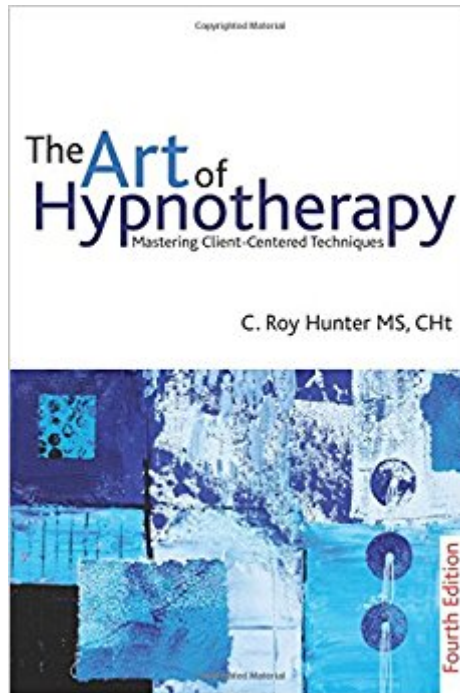




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# The Art Of Hypnotherapy



## Synopsis

Now in its 4th edition, this classic text presents a comprehensive overview of client-centered hypnosis based on the teachings of Charles Tebbets. Since it is the person undergoing hypnosis who is the one with power to change him/herself, the hypnotherapist acts as the facilitator, tailoring the hypnosis session to the client. All of the techniques found in this volume, including regression therapy and parts theory, center on this concept. The Art of Hypnotherapy shows students how all hypnotic techniques revolve around four main therapeutic objectives: Suggestion and Imagery; Discover the Cause; Release; and Subconscious Relearning. New features in this edition include an arrangement of techniques from simple to complex, so those using hypnosis in a limited way easily learn the applicable techniques, a chapter on the common application of hypnotherapy that now includes new sections on: anger, impotence, stuttering, and tinnitus, and the chapters on anchoring and triggers have been updated with sections on how to help a client establish a safe place, and why this is important.

## Book Information

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## Customer Reviews

Roy Hunter's text is a masterful presentation of the fundamentals as well as advanced techniques of clinical hypnotherapy. I highly recommend it for the beginner as well as the experienced hypnotherapist. --Pamela Winkler, PhD, President of St. John's University  
The chapter on regression techniques is so complete that it is a mini training course in the art of safe and competent hypnotic regression. And as if that was not enough, the chapter contains a step-by-step guide to take the

reader from start to finish of a professional therapy. Chock full of the sort of wisdom that can only come from a well-spring of clinical experience, this is an eminently must-read book. --Terence Watts, Founder, Association of Professional Hypnosis and Psychotherapy, UK

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Roy Hunter MS, CHt teaches professional hypnosis and advanced techniques to professionals, and in addition he also teaches self-hypnosis to groups and clients for personal or professional motivation. He was awarded an honorary doctorate in clinical hypnotherapy (for lifetime achievement) from St. John's University in 2004 and in 2009, he was awarded a PhD from Alpha University and California University with a major in clinical hypnotherapy. Other titles by Roy Hunter: Hypnosis for Inner Conflict Resolution (ISBN 9781904424604) and The Art of Hypnosis (1845904397).

Client-centered style is the best form of hypnotherapy as it keeps the ego of the therapist out of the way and lets the client's inner wisdom resolve the issues. That is always the best solution for the client rather than what the therapist might be tempted to impose. Roy Hunter is the master of this style. He teaches it so well through this book, with many interesting examples from his cases. He also includes examples of his mistakes and the price he had to pay in terms of lost business, so that other hypnotherapists do not repeat them. This book, like Roy's other books, is rich in content and of gold standard, making it a reference manual for hypnotherapists who like to practice client-centered techniques. I had the opportunity recently (Dec.2015) to attend his Parts Therapy training in Dubai. Roy came across exactly as the person who his writings reflect - sincere, warm, generous, and gentle.

This book is written in a very easy to read, understand and apply manner. It's an essential read for those that want to learn or enhance a client centered approach to hypnotherapy. I am glad to be starting my career with these insightful teachings. I am thankful to my instructor Mark Johnson of Good Vibes Hypnotherapy for recommending Roy Hunters books.

If you are in the process of becoming a hypnotherapist you got to read that one book. This is not "how to hypnotize", but rather "what do I do to help the client solve his/her problems once he/she is in trance". Full of hints, tips, explanations and how-tos. A wealth of useful information in this book.

Item was intact and delivery was fast.

Excellent reading for hypnotherapists. I read it before my sessions. It gives me inspiration and knowledge.

Hunter writes like he's just having a conversation with you. Easy to read and approachable. Good information and well organized. Gives good personal experience which creates a deeper understanding of the instructions and guidance.

I like this book. Easy to read, and to understand. It summarizes the main problems and gives us a great solution.

Great book written by a master of hypnotherapy.

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