

The Practice Of Cognitivebehavioural Hypnotherapy A Manual For Evidencebased Clinical Hypnosis

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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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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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