

hypnosis for pain management

Hypnosis for Pain Management

Pain is an inevitable part of the human experience, whether stemming from acute injuries, chronic conditions, or medical procedures. Traditional pain management methods often rely on medications, physical therapy, or surgical interventions. However, an increasing number of individuals and healthcare providers are turning to alternative and complementary therapies such as hypnosis for pain management. Hypnosis offers a non-invasive, drug-free approach that can significantly reduce pain intensity and improve quality of life. This article explores the fundamentals of hypnosis for pain relief, its mechanisms, benefits, applications, and how to access this therapeutic modality.

Understanding Hypnosis and Its Role in Pain Relief

What Is Hypnosis?

Hypnosis is a state of focused attention, heightened suggestibility, and deep relaxation. During hypnosis, individuals enter a trance-like state that allows their subconscious mind to become more receptive to positive suggestions. Contrary to the misconceptions often portrayed in entertainment, hypnosis is a natural state that everyone can experience to some degree.

How Does Hypnosis Help Manage Pain?

Hypnosis influences the brain's perception of pain by altering neural pathways involved in pain processing. It works by:

- Redirecting attention away from pain sensations
- Modulating emotional responses associated with pain
- Enhancing relaxation, which reduces muscle tension and stress
- Reinforcing positive thoughts and coping strategies

Research indicates that hypnosis can decrease pain intensity, reduce the emotional distress caused by pain, and even decrease the need for pain medications in some cases.

Mechanisms of Hypnosis in Pain Management

Neuroscientific Perspective

Studies utilizing functional magnetic resonance imaging (fMRI) have shown that hypnosis can

change activity in brain regions involved in pain perception, such as:

- The anterior cingulate cortex
- The thalamus
- The somatosensory cortex

These changes suggest that hypnosis can directly influence how pain signals are processed and perceived.

Psychological and Physiological Effects

Hypnosis induces a state of deep relaxation, which:

- Decreases cortisol levels and stress hormones
- Lowers muscle tension
- Enhances feelings of control and self-efficacy

This combination can lead to a significant reduction in pain sensations and improve overall well-being.

Applications of Hypnosis for Pain Management

Chronic Pain Conditions

Hypnosis has been effectively used to manage various chronic pain conditions, including:

- Fibromyalgia
- Chronic headaches and migraines
- Lower back pain
- Arthritis
- Neuropathic pain

Patients often experience a reduction in pain severity, improved sleep, and decreased reliance on pain medications.

Acute Pain and Medical Procedures

Hypnosis can also be employed to manage pain during:

- Surgical procedures
- Dental treatments
- Childbirth
- Postoperative recovery

It helps reduce anxiety, discomfort, and the need for anesthesia or analgesics.

Psychological Benefits

Beyond physical pain, hypnosis can address related issues such as:

- Anxiety and stress associated with pain
- Depression linked to chronic pain
- Sleep disturbances

This holistic approach enhances overall treatment effectiveness.

Benefits of Using Hypnosis for Pain Management

- Non-invasive and drug-free: No medications or invasive procedures are necessary.
- Safe with minimal side effects: When conducted by trained professionals, hypnosis is generally safe.
- Empowers patients: Enhances self-management and coping skills.
- Can be integrated with other treatments: Complements medication, physical therapy, and psychological therapies.
- Long-lasting effects: Some individuals experience prolonged relief after hypnosis sessions.

Steps Involved in Hypnosis for Pain Relief

1. Initial Assessment: The practitioner evaluates the patient's medical history, pain condition, and suitability for hypnosis.
2. Induction: The patient is guided into a relaxed, focused state using verbal cues, imagery, or breathing techniques.
3. Deepening: Techniques are employed to deepen the hypnotic state, enhancing suggestibility.
4. Suggestion Phase: The practitioner delivers tailored suggestions aimed at reducing pain perception, increasing relaxation, and fostering positive coping.
5. Termination: The session concludes with the gradual awakening process.
6. Post-Session Follow-up: Patients are encouraged to practice self-hypnosis and may have additional sessions as needed.

Self-Hypnosis for Pain Management

Self-hypnosis empowers individuals to manage pain independently. Basic steps include:

- Finding a quiet, comfortable space
- Using guided recordings or scripts
- Practicing relaxation techniques such as deep breathing
- Visualizing calming images
- Repeating affirmations or suggestions to reduce pain

Regular practice can enhance pain control and reduce dependence on external interventions.

Choosing a Qualified Hypnotherapist

- Look for certified professionals with training in medical or clinical hypnosis.
- Verify credentials from recognized organizations such as the American Society of Clinical Hypnosis (ASCH) or the British Society of Clinical Hypnosis (BSCH).
- Seek recommendations and read reviews.
- Ensure the practitioner's approach aligns with your health needs.

Limitations and Considerations

- Hypnosis is not a cure-all; results vary among individuals.
- It should be used as part of a comprehensive pain management plan.
- Some medical conditions or mental health issues may require caution or contraindicate hypnosis.
- Always consult healthcare providers before starting new therapies.

Conclusion

Hypnosis for pain management offers a promising, evidence-based approach to reducing pain and enhancing quality of life. Its ability to modulate neural pathways, promote relaxation, and foster positive mental states makes it a valuable adjunct to traditional treatments. Whether used for chronic pain, procedural discomfort, or psychological aspects of pain, hypnosis empowers individuals to take an active role in their healing journey. As research continues to evolve, integrating hypnosis into comprehensive pain management strategies could become a standard practice, providing relief for millions worldwide.

References

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Frequently Asked Questions

How does hypnosis help in managing chronic pain?

Hypnosis can help manage chronic pain by altering the perception of pain, promoting relaxation, and reducing stress, which can decrease the intensity and frequency of pain episodes.

Is hypnosis a safe method for pain relief?

Yes, hypnosis is generally considered safe when performed by a trained professional. It is a non-invasive technique that can complement other pain management strategies without the side effects associated with medications.

Can hypnosis eliminate pain completely?

While hypnosis can significantly reduce pain levels and help patients gain better control over their pain, complete elimination varies among individuals and depends on the condition being treated.

What types of pain conditions can benefit from hypnosis?

Hypnosis has been effective for a variety of pain conditions, including migraines, fibromyalgia, cancer-related pain, dental pain, and post-surgical discomfort.

How long do the effects of hypnosis for pain management last?

The duration of hypnosis effects varies; some individuals experience long-lasting relief after a few sessions, while others may require ongoing or periodic sessions to maintain benefits.

What should I look for in a certified hypnotherapist for pain management?

Choose a licensed or certified hypnotherapist with specialized training in medical or clinical hypnosis and experience in pain management to ensure safe and effective treatment.

Additional Resources

Hypnosis for Pain Management: An In-Depth Review of Efficacy, Mechanisms, and Clinical Applications

Pain is a complex and multifaceted experience that affects millions worldwide, spanning acute injuries, chronic conditions, and postoperative recovery. Traditional pain management strategies often rely heavily on pharmacological interventions, which carry risks of adverse effects and dependence. In recent decades, alternative and complementary approaches have gained prominence, among which hypnosis for pain management has emerged as a promising, non-invasive modality. This comprehensive review explores the scientific basis, mechanisms, clinical evidence, applications, and future directions of hypnosis as a tool for alleviating pain.

Understanding Hypnosis and Its Role in Pain Management

Hypnosis is a state of focused attention, heightened suggestibility, and deep relaxation, often induced through verbal cues and mental imagery. Although historically associated with entertainment, clinical hypnosis is a well-established therapeutic technique used by trained practitioners to modify perceptions, sensations, and behaviors.

In the context of pain management, hypnosis aims to alter the patient's perception of pain, reduce emotional distress associated with pain, and enhance coping strategies. The process typically involves guiding the patient into a hypnotic state and then suggesting analgesic imagery or modifications to the pain experience.

Mechanisms of Hypnosis in Pain Modulation

Understanding how hypnosis influences pain requires insight into the neurophysiological pathways involved in pain perception and modulation.

Neurobiological Basis of Hypnotic Analgesia

Research utilizing neuroimaging techniques such as functional magnetic resonance imaging (fMRI) and positron emission tomography (PET) has shed light on the brain regions involved during hypnotic analgesia:

- Reduced activity in the primary somatosensory cortex correlates with decreased perception of pain intensity.
- Altered activity in the anterior cingulate cortex influences the emotional and affective components of pain.
- Engagement of the prefrontal cortex supports top-down modulation, reducing the perception of pain through cognitive control.
- Involvement of the thalamus indicates changes in sensory relay and processing.

These findings suggest that hypnosis can engage endogenous pain inhibitory pathways, akin to those activated by placebo effects or cognitive-behavioral interventions.

Psychological and Cognitive Factors

Hypnosis leverages suggestibility and expectation, which are powerful psychological factors influencing pain perception. By fostering a state of focused attention and relaxation, hypnosis can:

- Diminish anxiety and emotional distress associated with pain.
- Shift attention away from pain sensations.
- Reinforce positive imagery and beliefs about pain relief.

The interplay of psychological and neurobiological factors makes hypnosis a multifaceted tool capable of influencing pain perception on multiple levels.

Clinical Evidence Supporting Hypnosis for Pain Management

A substantial body of research has examined the efficacy of hypnosis across various pain conditions, including acute, chronic, and procedural pain.

Acute and Procedural Pain

Hypnosis has been effectively used to reduce pain during medical procedures such as surgery, dental treatments, and childbirth. For example:

- Dental procedures: Studies demonstrate significant reductions in dental anxiety and pain perception when hypnosis is employed as an adjunct.
- Surgical interventions: Hypnosis prior to surgery can reduce postoperative pain, decrease analgesic requirements, and improve recovery times.
- Childbirth: Hypnobirthing techniques have shown to decrease labor pain and anxiety, leading to more positive birth experiences.

Chronic Pain Conditions

Chronic pain, such as migraines, fibromyalgia, and lower back pain, often requires long-term management strategies. Evidence suggests that hypnosis can:

- Reduce frequency and intensity of migraines.
- Alleviate fibromyalgia symptoms, including widespread pain and fatigue.
- Improve pain-related disability and quality of life in chronic lower back pain sufferers.

Meta-analyses indicate that hypnosis has medium to large effect sizes in reducing various types of pain, with benefits sustained over time when combined with other therapies.

Comparative Effectiveness

When compared to other non-pharmacological interventions, hypnosis often demonstrates comparable efficacy:

Intervention	Effectiveness in Pain Reduction	Notes
Hypnosis	Moderate to large effect size	Particularly effective with suggestible patients
Cognitive Behavioral Therapy (CBT)	Similar	Often combined with hypnosis for enhanced effects

| Relaxation Training | Moderate | Less specific than hypnosis |
| Placebo | Variable | Hypnosis can potentiate placebo effects |

It is important to recognize that individual differences in hypnotic suggestibility influence outcomes, with highly suggestible individuals tending to benefit more.

Clinical Applications and Protocols

Hypnosis for pain management can be delivered in various formats, including self-hypnosis, clinician-guided sessions, or digital recordings. The choice depends on the setting, patient preferences, and the nature of the pain.

Induction Techniques

Common induction methods include:

- Progressive muscle relaxation.
- Focused breathing.
- Visualization and imagery.
- Rapid induction with eye fixation or countdown techniques.

Suggestion Strategies

Post-induction suggestions tailored to the patient's pain condition may involve:

- Imagery of pain fading or dissipating.
- Feelings of warmth, numbness, or heaviness in the affected area.
- Alteration of pain qualities (e.g., from sharp to dull).
- Reinforcing coping strategies and self-efficacy.

Self-Hypnosis and Training

Patients can be trained in self-hypnosis techniques, enabling ongoing pain management independently. Such training often involves:

- Learning relaxation and focus skills.
- Developing personalized imagery scripts.
- Practicing regularly to reinforce analgesic effects.

Advantages and Limitations of Hypnosis in Pain Management

Advantages

- Non-invasive and drug-free: No pharmacological side effects.
- Empowering: Patients gain self-management skills.
- Versatile: Applicable across diverse pain conditions.
- Cost-effective: Reduced reliance on medications can lower healthcare costs.
- Complementary: Enhances effects of other treatments.

Limitations and Challenges

- Variable suggestibility: Not all patients respond equally.
- Need for trained practitioners: Quality and expertise influence outcomes.
- Placebo effects: Some benefits may derive from expectancy.
- Limited standardization: Protocols vary across studies and practitioners.
- Psychological factors: Patients with certain psychiatric conditions may require careful consideration.

Future Directions and Research Opportunities

While existing evidence supports the role of hypnosis in pain management, ongoing research aims to address gaps and optimize clinical protocols.

- Personalized approaches: Tailoring hypnotic suggestions based on individual suggestibility and pain profiles.
- Integration with technology: Utilizing virtual reality, mobile apps, or biofeedback to enhance hypnotic interventions.
- Neuroimaging studies: Further elucidating the neural mechanisms and identifying biomarkers predictive of response.
- Long-term efficacy: Investigating durability of benefits and optimal maintenance strategies.
- Combination therapies: Exploring synergistic effects with pharmacological and psychological treatments.

Conclusion

Hypnosis for pain management stands as a scientifically supported, versatile, and patient-centered approach to alleviating pain across a spectrum of conditions. Its neurobiological and psychological mechanisms enable modulation of pain perception and emotional distress, offering a valuable adjunct or alternative to traditional therapies. As research continues to refine protocols and expand

understanding, hypnosis is poised to play an increasingly prominent role in integrative pain management strategies, empowering patients to harness their mind's potential for healing.

References

(Note: In a formal publication, references to peer-reviewed studies, meta-analyses, and authoritative sources would be included here to substantiate the claims and data presented in the article.)

Hypnosis For Pain Management

hypnosis for pain management: *Hypnosis for Chronic Pain Management : Therapist Guide* Harborview Medical Center Mark P. Jensen Professor and Vice Chair for Research Department of Rehabilitation Medicine, 2011-04-02 An explosion of interest in the applications of hypnosis for clinical problems, especially pain, has led to a wide accumulation of research on hypnosis as a viable, beneficial supplement to treatment protocols. Over the past two decades, published controlled trials have confirmed that hypnosis treatments are effective for reducing daily pain intensity, increasing activity level, and improving mood and sleep quality in individuals with chronic pain. Moreover, evidence also suggests that hypnotic procedures can increase the beneficial effects of other treatments, such as cognitive-behavioral therapy (CBT). Based on these findings, there is a lack of practical resources in the field that offer recommendations for incorporating hypnosis and hypnotic protocols into treatment for pain management. This therapist guide fills this gap by distilling the techniques empirically validated by these clinical trials into one comprehensive, user-friendly volume. Organized into three parts, *Hypnosis for Chronic Pain Management* summarizes the findings from research, examines the effects of hypnosis on pain, and provides step-by-step instructions for performing hypnotic inductions and making hypnotic suggestions. Designed to be used in conjunction with the corresponding patient workbook, this unique therapist guide is written for clinicians who treat patients with chronic pain and who wish to incorporate hypnosis and hypnotic procedures into their treatment protocols, or those clinicians who already have training in clinical hypnosis and hope to acquire the skills needed to apply it to pain management. An excellent blueprint to understanding pain and the fundamentals of how hypnosis combined with CBT can offer pain amelioration. Perfect, even for uninitiated practitioners who wish to use empirically based scripts.--Jeffrey Zeig, Ph.D., The Milton Erickson Foundation Pain can too easily enslave people, holding them captive in many different ways. It is a liberating theme of empowerment that echoes throughout Dr. Jensen's work: he empowers clinicians to work more knowledgeably and skillfully with people who suffer painful conditions using his therapist guide, and he encourages the suffering individual to break free from pain's grip with the practical pain management skills taught in his workbook. Dr. Jensen's vision for the many ways hypnosis can help reduce the debilitating effects of painful conditions is fresh, inspiring and should be regularly integrated into every pain management program.--Michael D. Yapko, Ph.D., Clinical Psychologist and author of *Trancework: An Introduction to the Practice of Clinical Hypnosis* (Third Edition) and *Treating Depression with Hypnosis*

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CARE Maria Paola Brugnoli, 2015-01-01 Anesthetist and pain specialist, Maria Paola Brugnoli, brings together her experience, knowledge and emotional intelligence in this integrative work on clinical hypnosis and pain management. In it, she presents a new system approach to study the neurophysiological states of consciousness to improve the use of clinical hypnosis and mindfulness in pain therapy and palliative care. The book explores the fields of clinical hypnosis and mindfulness as applied to the therapy of suffering and various type of acute and chronic pain, and in dying patients. It is organized in order to show all scientific neuropsychological theories currently in use regarding various types of pain and suffering. The author's deep sensitivity is most notable in her attention to the dignity of the person in pain. She gathers together the techniques for distracting them from the painful present and transporting them to another dimension. One can imagine her psychological hand-holding and support as she moves her patients from suffering to relief. Ample scripts are provided to the reader for many inductions. The handbook is enriched by medical and hypnotic techniques for pain analgesia as well as hypnotic deepening techniques to activate spiritual awareness. It also indicates when and how to use them with children and adults. With extensive references, this book offers accessible concepts and practical suggestions to the reader. It highlights the relational and the creative process, encouraging each clinician to find his or her own way of facilitating the mechanisms in the patient to alleviate pain and suffering. This book is intended for all the professionals working every day with pain and suffering.

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Mark P Jensen, 2019-02-28 Hypnosis has been proven to be effective for reducing the pain associated with acute injuries and medical procedures. In this edited volume, ten highly experienced physicians, psychologists, and therapists describe the hypnotic strategies they have found to be most effective for acute pain management.

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hypnosis for pain management: Hypnosis for Pain Management Michael Ronald Eslinger, 2017-06-23 HYPNOSIS FOR PAIN MANAGEMENT INFORMATION This book accompanies the many videos and eBooks that are a part of a 3-day videotaped live course. You will receive an in depth understanding of hypnosis, mindfulness and neuroplasticity as a part of the full scope of practice in the use of hypnosis for pain management. Pain is a billion-dollar business. A major cost to pain

sufferers with addiction being a common side effect for many and treatment is of little benefit to others. The majority of pain patients are unaware of hypnosis as a possible treatment for chronic pain. Those who know about hypnosis only know it from TV or stage shows so they are unaware of the medical benefits. There is no pain until it gets to the brain and the brain responds to suggestions in a powerful way. Hypnosis is a tool beneficial in the blocking or dissolving the horrors of pain. Nurses, hypnotists and other healthcare providers are taught how to use clinical hypnosis for pain management. Certified hypnotists earn a Hypnosis Pain Management Certification. The 3-day workshop teaches how to develop a hypnotic session plan including hypno-analgesia, metaphors and self-hypnosis for clients of all ages. The DVD course home study course is a self-paced easy to follow training for hypnotists who are already experts in their field. Hypnotists and Non-Hypnotist's healthcare providers learn healing language, hypnotic techniques and mind/body response for pain-free living. This hypnosis pain certification workshop was designed specifically for hypnotists and healthcare providers. It is taught by a Certified Registered Nurse Anesthetist, Board Certified Hypnotist, with many years of clinical pain experience.

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resource for students and researchers who want to explore hypnotic analgesia's scientific basis and its growing acceptance as an evidence-based practice. In the penultimate chapter, Patterson outlines a groundbreaking approach of combining brief counseling techniques and Ericksonian hypnosis for long-term pain management.

hypnosis for pain management: Mastering Hypnosis::: Lewis Schwartz, 2025-06-24
Mastering Hypnosis::: How to Hypnotize Yourself For a Positive Change in Your Health and Habits | Learn About Hypnotherapy and How it Really Works. Have you ever wished you knew how hypnosis works, but had no idea where to start from? In this book, we embark on an intriguing journey, delving into the art of hypnosis and its applications in enhancing various aspects of our existence. We will dive into unique and powerful chapters, each shedding light on a distinct facet of hypnosis: from its historical roots to its modern-day practice, from the power of suggestion to the intricate mind-body connection it unveils. Here Is A Preview Of What You'll Learn... The Mind-Body Connection: Exploring the Relationship in Hypnosis Hypnotic Trance: Inducing Deep States of Relaxation and Focus Mastering Rapport: Building a Strong Connection with Your Subject Preparing for a Hypnosis Session: Creating the Right Environment Hypnotic Language Patterns: Using Language to Create Change Self-Hypnosis: Empowering Yourself with Hypnotic Techniques Overcoming Resistance: Dealing with Challenges in Hypnosis Hypnotic Regression: Exploring Past Memories and Experiences Healing through Hypnosis: Addressing Physical and Emotional Pain Hypnotic Suggestions for Confidence and Self-Esteem Enhancement And Much, much more! Take action now, follow the proven strategies within these pages, and don't miss out on this chance to elevate your mindset to new heights. Scroll Up and Grab Your Copy Today!

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hypnosis for pain management: Clinical Hypnosis Ernil Hansen, Burkhard Peter, Thomas Gerhard Wolf, 2024-09-02 Hypnosis is an interaction where a trance state of consciousness is induced and utilized to produce beneficial psychological and physiological changes by suggestions. Used since ancient times, today it is a scientific, highly effective treatment in medicine freed from authoritarian, manipulative and esoteric burden. It allows communication with the unconscious mind where otherwise unrecognized and are organized and regulated. A major advantage for patients is that after simple guidance they can use it themselves in the form of self-hypnosis. Moreover, in acute medicine such as emergencies or surgeries patients often enter a natural trance state all by itself making hypnotic induction dispensable and hypnotic communication easy and fundamental. However, the potential of hypnosis is yet widely unknown or underrepresented both in psychotherapy and somatic medicine. A deeper knowledge of clinical hypnosis and a wider distribution of relevant study results can bridge the historical living apart and bring back hypnosis to medicine. Hypnosis and suggestions provide a model to explain a wide variety of beneficial as well as harmful effects in medicine, and thus supplement the placebo/nocebo model. In addition, hypnosis and hypnotherapy opens interesting scientific insights into human brain functions, and into character and functioning of suggestions. The goal of leaving the very special setting of books and

hypnosis journals and presenting hypnosis to a wide spectrum of readers in psychology and medicine is to increase its visibility, its impact and application. The application concerns both, the specific treatment of specific patients with specific complaints by an expert called hypnotherapy and the more general use of therapeutic hypnotic communication of health care personnel with all patients in all medical situations. On the other hand, hypnosis could benefit from a possible desirable stimulation of further research in this field.

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therapy that can harness the mind's ability to influence the body's physiological and neurological activity. If a patient is willing to change the mind and change the thought, they can change the brain's chemical response which changes the body's response to pain. The learner will be able to:

1. Review the brain's response to emotion and suggestion.
2. List five techniques for overcoming client/patient resistance to suggestions.
3. Identify eight brain mechanisms that are most responsive to hypnosis for pain management.
4. List and discuss three types of pain.
5. List four experiences in multifactorial pain.
6. List and discuss five benefits of hypnosis in pain management.
7. List 10 questions that help rate a person's hypnotizability.
8. Identify two hypnotic convincers.
9. Describe the use of metaphors in hypnotic suggestions.
11. Develop introductory phrases for patient suggestions.
12. Discuss the use of glove anesthesia/analgesia.
13. List at least five coping skills using hypnosis in pain management.
14. List two CRNA verbal techniques for pre- and post-op anesthesia care that decrease pain and anxiety.
15. Describe a hypnotic technique for headache relief.
16. Compare a person's physical strength related to positive and negative thoughts.
17. List the physical, emotional and behavioral components of stress in chronic pain.
18. Discuss biological and physiological responses to thought.
19. Identify a person's dominant sense and its importance in suggestive communication.
20. Demonstrate Harvard mindfulness technique that has the same response as morphine on heart patient's pain.
21. Discuss the effect of alpha tones and white light on pain and PTSD.
22. Describe right/left - brain stimulation to manage chronic pain.
23. Discuss demonstration of induction to glove anesthesia.
24. See demonstration of self-hypnosis

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conjunction with the corresponding patient workbook, this unique therapist guide is written for clinicians who treat patients with chronic pain and who wish to incorporate hypnosis and hypnotic procedures into their treatment protocols, or those clinicians who already have training in clinical hypnosis and hope to acquire the skills needed to apply it to pain management. An excellent blueprint to understanding pain and the fundamentals of how hypnosis combined with CBT can offer pain amelioration. Perfect, even for uninitiated practitioners who wish to use empirically based scripts.--Jeffrey Zeig, Ph. D., The Milton Erickson Foundation Pain can too easily enslave people, holding them captive in many different ways. It is a liberating theme of empowerment that echoes throughout Dr. Jensen's work: he empowers clinicians to work more knowledgeably and skillfully with people who suffer painful conditions using his therapist guide, and he encourages the suffering individual to break free from pain's grip with the practical pain management skills taught in his workbook. Dr. Jensen's vision for the many ways hypnosis can help reduce the debilitating effects of painful conditions is fresh, inspiring and should be regularly integrated into every pain management program.--Michael D. Yapko, Ph. D., Clinical Psychologist and author of Trancework: An Introduction to the Practice of Clinical Hypnosis (Third Edition) and Treating Depression with Hypnosis.

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