

# **Existential Hypnotherapy**

**Mark E. King  
Charles M. Citrenbaum**

# Existential Hypnotherapy

**Mark King, Charles Citrenbaum**



## **Existential Hypnotherapy:**

**Existential Hypnotherapy** Mark King, Charles Citrenbaum, 1993-09-03 Existential philosophy provides a useful theoretical foundation for successful hypnotherapy because it stresses the importance of the client's experience over any preconceived notions or diagnoses. By using the client's reality as the basis of clinical work, the therapist can help the client break self-destructive habits and maintain healthy patterns of behavior without relying solely on behavioral techniques. Presenting an innovative approach to psychotherapy that is firmly rooted in philosophy, Existential Hypnotherapy bridges the gap between technique and theory. Addressing theoretical themes, the book's initial chapters discuss significant issues for psychotherapy in general and hypnotherapy in particular, with special attention paid to the nature of diagnosis and concepts of addiction. Chapters introduce the reader to the work of various existential philosophers including Kierkegaard, Nietzsche, and Sartre. Bound to stir controversy, the authors persuasively argue that hypnosis should not be considered a state or altered consciousness and that there is no such thing as self-hypnosis. Instead, they demonstrate that all clinical hypnosis belongs to the therapist-patient dialogue. The book then focuses on specific hypnotherapy techniques that may be linked to desired therapeutic outcomes. These strategies include ways to help patients manage anxiety and empower them to make needed life changes, methods for illuminating the existential meaning of symptoms to help patients break bad habits, and the utilization of patients' metaphors in treatment. Also discussed is the inadequacy of measurement scales that are supposed to determine a patient's ability to be hypnotized. Unique and thought-provoking, Existential Hypnotherapy is an important guide for any practitioner in the mental health field who uses clinical hypnosis as a tool, regardless of his or her training or orientation. Providing an accessible review of the basic principles of existential thought, it is also useful for instructors and students using philosophy to ground their psychological work.

**Existential Hypnotherapy** Mark King, 1993      **Existential Therapies** Mick Cooper, 2003-05-27 One can only applaud the bravery of an author who gently sends up Kierkegaard's wilful obscurantism and cleans out the acrid smoke of Gaulois from the room. With welcome clarity and sanity, Mick Cooper efficiently lays out the concepts, techniques, and directions adopted by several key figures in the broad field of existentially informed psychotherapy. In an excellent first chapter, Mick Cooper pointed out my ontic from my ontological, and I could see behind the long words with dashes the true resonance of these ideas with real human and therapeutic issues, dilemmas, and goals. Clinical Psychology This book proves to be a real treasure chest, what you always wanted to know about existential psychotherapy but failed to find anywhere else in such a comprehensive, clear, and concise manner. In that sense, this publication provides a missing link. One merit of the book is its systematic structure. As extensive and in part as heterogeneous as existential philosophy and therapy, it also maybe Mick Cooper had nevertheless been able to build convincing clusters with, on the one hand, an enormous understanding of details and on the other, a far-sightedness that like a map provides orientation in the diversity of existential therapy. I really appreciate this publication and can recommend it very

strongly Person Centred and Experiential Psychotherapies Existential Therapies will I suspect suddenly make existentialism come alive The author Mick Cooper loves his subject it fascinates and enthrals him and we get to experience some of that even though the book is academic The connections and overlaps with person centred psychology are there for us to be but so are the differences Person Centred Practice As an overview of a number of different existential therapies the book is extremely welcome and manages in a relatively short space to cover a wide arena Overall I rate the book highly To pull together a large and somewhat disparate literature then make sense of it and finally retains the reader's interest is difficult Existential Analysis Mick Cooper has done an impressive job in writing a much needed current and user friendly survey of the field of existential therapies If I were to teach this course I would use this book I applaud Mick Cooper for having admirably achieved the aim he set out to achieve All this makes Mick Cooper's book a must read for anyone wishing to explore the topic of existential therapy Society for Laingian Studies Website What makes this book unique is that all the different strands of Existential philosophy are always clearly linked to practice Counselling and Psychotherapy Journal This is a very fresh book not treading well worn paths and genuinely informing us about a small but important field This is really an indispensable book for anyone who wants to understand existentialist approaches to therapy Self and Society This publication marks a milestone providing an excellent clear and critical overview of the contrasting forms of the approach as it is currently practised Emmy van Deurzen New School of Psychotherapy and Counselling Schiller University London This is a book of superb thoroughness and scholarship an unprecedented guide to existential therapy's chief positions and controversies Kirk J Schneider President of the Existential Humanistic Institute USA Combines scholarship with a writing style that makes difficult concepts accessible This book should be required reading on any course where the existential tradition plays a part and that includes person centred courses and all sympathetic to the idea that psychotherapy is in essence a human encounter where warmth understanding and a deep respect for the individual are key values Tony Merry University of East London What does it mean to practice in an existential way What are the different existential approaches What are their strengths and limitations Existential Therapies addresses these key questions and more by providing students and practitioners with an invaluable introduction to the diverse and multifaceted world of existential therapeutic practices Focusing on practical face to face work with clients the book introduces readers to six key existential therapies discusses key figures and their contributions including Irvin Yalom Emmy van Deurzen Ernesto Spinelli Viktor Frankl and R D Laing compares and contrasts the various approaches highlighting areas of commonality and difference outlines key debates within the existential therapy field provides detailed suggestions for further reading Existential Therapies offers students and practitioners of all orientations much that they can incorporate into their own therapeutic work and each approach is vividly brought to life through therapist client dialogues and case studies Written in an accessible warm and engaging manner Existential Therapies is an essential introduction to this rich vibrant and stimulating field **Medical Hypnosis Book - A**

**Practitioner's Guide to Clinical Hypnotherapy** Dr. Prof. Shaunak Ajinkya, Dr. Deepali Ajinkya, Medical Hypnosis A Practitioner's Guide to Clinical Hypnotherapy is a very comprehensive informative and clinically useful book for professionals as well as students Each chapter starts with an index of contents so that one can directly go to one's topic of interest It is supported by a large number of references which makes this book evidence based Most interesting is the chapter on Case Vignettes with session wise per verbatim descriptions of interactions with patients I congratulate both the authors for their hard work in bringing out this masterpiece and for their untiring contribution in this field of hypnosis DR PROF NILESH SHAH Professor Head Department of Psychiatry L T M Medical College and Sion Hospital Mumbai

**Integrative Hypnotherapy** Anne Cawthorn, Peter A. Mackereth, 2010-07-23 Many health care professionals and complementary therapists use hypnotherapy as part of their package of care Integrative Hypnotherapy provides fully evidence based instruction on how to integrate the theory and practice of hypnotherapy into a range of clinical settings It presents a combined approach of using hypnotherapy alongside other therapies and is authored by a multidisciplinary team nurses psychologists hypnotherapists and CAM therapists who use hypnotherapy in their practice and is edited by well known and popular educators in the field The book is divided into two sections key concepts and approaches in practice The second section covers the application of hypnotherapy to specific situations problems eg managing pain smoking cessation gastro intestinal disorders life threatening illness anxiety and weight management Students and practitioners will be taken on a journey of examination critical review and debate prior to reaching recommendations for best practice

**KEY FEATURES**  
 Relates hypnotherapy theory and practice to health care settings Provides research evidence to support and develop practice Presents combined approach of using hypnotherapy with other CAM therapies Provides practical clinical models and case studies to allow easy application of theory to practice Relates hypnotherapy theory and practice to health care settings Presents combined approach of using hypnotherapy with other CAM therapies Edited by well known and popular educators and lecturers in the field Provides research evidence to support and develop practice Multi contributed book which brings together a range of therapists nurses psychologists hypnotherapists and CAM therapists who use hypnotherapy in their practice and have a track record in integrating therapies in clinical settings

*Phenomenology and Existentialism in the Twentieth Century* Anna-Teresa Tymieniecka, 2010-06-23 The discussion on the phenomenology of life will continue to be crucial to the general outlook and direction of phenomenological investigations The importance of it is not only the fact that it is an innovation in the philosophical circle but it is also an effort that contributes to the re-reading of the hitherto exaggerated differences between phenomenology and metaphysics What is new and significant about life is that even though it is evident in the flow of the history of philosophy no philosopher has seriously addressed it Not many philosophers have said something in particular about life in serious philosophical reflection The discussion on life by Henri Bergson attests to this and one can hardly point to other deep reflections elsewhere about the subject The advantage here about our area is not only that it has

extended the horizon of phenomenological thinking it has also helped to lead phenomenology from the constitutive analysis to a creative impetus that has brought a new point of view to the field hence raising questions about the general philosophical tradition from ancient times This is a reading which my philosophy attempts to investigate about Tymieniecka's thought The emphasis in philosophy till now has been more on reason in its intellectual and pure rational dimension based on the earliest conception of the human person distinguished by rationality

**Advanced Hypnotherapy** John G. Watkins, Arreed Barabasz, 2012-04-17 This book focuses on tested hypnoanalytic techniques with step by step procedures for integrating hypnosis into psychoanalytic processes In its examination of the latest thinking research and techniques the book discusses historical origins of hypnosis as well as how to apply it to current events such as using hypnosis in the treatment of trauma with soldiers coming out of the war in Iraq The text shows how hypnosis can be combined with psychoanalysis to make it possible to understand the subjective world of clients Its accessible nature rich detail and significant updates make the book an invaluable resource for the professional who wishes to incorporate hypnosis into his or her practice With the authors extensive and impressive knowledge careful updates and comprehensive coverage of the proper and appropriate techniques to use this volume is an indispensable addition to the field

**Essentials Of Hypnosis** Michael D Yapko, 2013-08-21 First Published in 1995 Routledge is an imprint of Taylor Francis an informa company

**The Art of Psychotherapy and the Liberation of the Therapist** Dr. Len Bergantino Ed.D. Ph.D., 2019-05-30 Do you think that some slug who looks very professional who whispers an occasional interpretation to you five times a week for 7 years can make one bit of difference in your life or does such a psychotoxic slug called a psychoanalyst merely stick you in an emotional toilet bowl for seven years having the cumulative result of turning you into a hopeless bastard who will never turn the tragic corner in his or her life Can your analyst analyze an archaic liquid symbiotic or an osmotic transference or can they even recognize this phenomena in order to analyze it If the psychoanalyst cannot analyze these transferences they can't do an analysis I used to get good faith patients who had the balls to work on the cutting edge at the same time I did because they had had combinations of twenty years of two seven year analyses plus several brief psychotherapies only to be as crazy as the day they walked in 200 000 As Dr Donald Rinsley M D fellow American College of Psychoanalysts wrote about me my work has both a healing effect and affect Patients used to pay me six months in advance to hold the time open because I was irreplaceable I was the only one who could analyze the psychotic core of the personality and I was the only who could actually do what Dr Wilfred R Bion MRCS Medical Royal College of Surgeons wrote about analyzing the psychotic core of the personality As I am seventy six years old I have written five books that must be read and digested in their entirety As these books are the thing in itself they will transform the reader into the kinds of analyst patient and psychotherapist who can make a difference in helping people turn the tragic corner in their lives In other words these five books are analysis These books were written to be around for a few hundred years and were directly guided by the Almighty By Dr LEN BERGANTINO Ed D USC Ph D A B P P The Art of

Psychotherapy and the Liberation of the Therapist This is a book for professional psychotherapists psychoanalysts and counselors students in those areas of specialty and lay persons who are interested in the essence of effective therapy and how some of the people who do it best practice their art For professionals the book presents a personal way of viewing therapy that can add pleasurable options Each of the therapists with whom I worked and myself all had a feeling of enjoyment that we hope will carry over to the office and practices of the readers For students of therapy the book offers a search for a professional stature and working posture that may be of value in the development of each student s unique personal style For lay persons the book speaks of therapy that can make an impact and speaks of how some of the most potent therapists practice I wrote the book with the intention of having it be both an experience and an explanation I have presented it according to my developmental needs while maturing personally and professionally This was done so the book might be informative at the conscious level entertaining at the child level and persuasive at the unconscious level The existential moment is the thread that ties the book together it is a moment of therapeutic potency While all moments are existential by definition there are certain moments that are more powerful in helping patients live happier and healthier lives Positive results whether they be from one session or over the long haul are partially if not fully a result of existential moments

Mental Health Care Issues in America Michael Shally-Jensen, 2013-01-07 This two volume encyclopedia examines the social cultural and political dimensions of mental illness in America Americans are becoming more cognizant of the importance of mental wellness as incidents of bullying random shootings and eating disorders pervade our society This comprehensive resource provides an expansive overview of mental health and illness in the United States analyzing the current state of the health care system and objectively examining the therapies and treatment options traditionally recommended by the medical community Mental Health Care Issues in America An Encyclopedia covers major mental disorders theories and treatments delves into major advances and ongoing controversies in the field and shares the most current research on the subject in varied disciplines including ethnic studies criminal justice education and social work Each entry features a clear definition of the issue along with a brief review of its history Additionally the author situates the material within the mental health field as well as within society in general Organized alphabetically topics include advocacy legal issues media portrayals of psychological disorders and homelessness and mental illness

*The Cumulative Book Index*, 1995 A world list of books in the English language

**Hypnosis** Ronald E. Shor, 2017-07-12 This thorough revision of the first edition updates and expands with 25 percent new material what was generally recognized as a major survey of contemporary scientific research in hypnosis In this edition also a classic the editors include three new essays in modern hypnosis studies They also provide a new conceptual framework cognitive ego psychological and phenomenological with which to examine hypnosis This edition is divided into six sections Theoretical and Historical Perspectives New Theories Surveys of Broad Areas Lines of Individual Research Individual Researches within Specific Areas and Anticipations for Future

Research The entire book was completely revised in the light of additional research since publication of the original edition Thirteen of the twenty chapters in the first edition were updated by their authors six so extensively that they amount to new chapters with changes in title and order of authors in the case of coauthored chapters Hypnosis Developments in Research and New Perspectives is intended for researchers in hypnosis and clinical practitioners in medicine and psychology The focus as indicated by the changed subtitle is on developments since publication of the original editions empirical studies experiments with physiological indicators of hypnosis and theoretical uses associated with use of hypnosis as a research tool Altogether this second edition is a valuable overall guide to an intriguing topic Hypnosis Robert Shor,2017-09-08

Although research and practice in hypnosis has seen unprecedented expansion there has been a definite lack of inclusive and comprehensive surveys to aid the student and researcher This collection of original chapters written by leading experimental investigators is the first work to offer a current state of the art in hypnosis research A compendium of the historical background theories issues and trends in hypnosis this volume represents all major experimental viewpoints while providing a virtual who's who in the field of hypnosis The first two chapters written by the editors establish the current theoretical base of the field and review the historical background Seventeen contributions focus directly on key aspects of present day hypnosis research These contributions are organized as surveys of broad topic areas descriptions in depth of individual investigator's programmatic lines of research and reports on research within specific areas especially those representing new viewpoints and holding promise for programmatic development A final chapter develops questions for future research Offering an inclusive survey of the field from its historical inceptions to its current and predictive state this book presents many new ideas while updating established positions in research and theory The vital areas covered in connection with hypnosis include psychophysiology creativity dreams imagination suggestibility simulator controls cognitive activity and ego psychological theory In addition there are chapters on hypnosis as a research method the measurement of altered states of consciousness and hypnotic programming techniques in psychological experiments Hypnosis Research Developments and Perspectives is written for researchers in hypnosis and clinical practitioners in medicine and psychology The book will serve as a basic text in all courses in hypnosis at the graduate level *Metaphor Therapy* Richard R. Kopp,2013-06-17 First published in 1995 Routledge is an imprint of Taylor Francis an informa company **After Psychotherapy** Miles Groth,2016-04-02 The seven essays were written between 1989 and 2007 and published in peer reviewed journals between 1995 and 2008 with the exception of Eros in Existential Analysis which was given as an invited lecture at the annual International Human Science Research Conference at Ramapo College All have been revised for this collection The concluding chapter contains a series of notes on therapeutic phenomenology from 2015 2016 on the existential approach to therapy Love, Sex & Hypnosis : Secrets of Psychotherapy Bryan M. Knight,1992 *The Handbook of Psychotherapy* Petruska Clarkson,Michael Pokorny,2013-11-19 Psychotherapy is a fast growing profession and The Handbook of



Psychotherapy offers a unique and comprehensive overview of its many aspects. The editors and contributors are all highly experienced practitioners who articulate singularly or jointly a particular viewpoint, approach or opinion to produce an overall perspective on psychotherapy today. Each brings a different emphasis to the relevant issues and the creative tension of this dialogue contributes to a lively and well informed picture of theory and practice. Presented under five main headings, the nature of psychotherapy and its research, its culture, modalities, settings and issues, the book offers a rich source of information and reference. It has been written for all health professionals including nurses and general practitioners, for social workers, for psychotherapists in training, for anyone considering psychotherapy as a career or seeking psychotherapy for voluntary organizations, in short for all those who need or wish to know more about psychotherapy.

Petruska Clarkson is a consultant clinical psychologist, Head of School and Founder Director of both the metanoia Psychotherapy Training Institute and of metanoia Organisations International. Michael Pokorny is a psychoanalyst and psychoanalytic psychotherapist, past Chair of the UK Council for Psychotherapy and currently Chair of the Registration Board.

Spiritual Diversity and Social Work Edward R. Canda, 2003. Edward Canda and colleagues have gathered more than 750 references on spirituality and social work in this comprehensive bibliography with more than 200 references new to the second edition. Entries are organized according to topics so scholars, students and practitioners can easily identify reference materials matching their interests. The compilers have also written more than 150 paragraph length annotations that highlight a wide range of works within each topic. Growing awareness among social workers of the role of spirituality in practical life makes this bibliography especially timely. The volume's broad coverage of topics in spirituality makes it an excellent resource for readers with diverse interests in the field.

**Hypnosis and Hypnotherapy** Deirdre Barrett, 2010-10-21. Once thought pure entertainment, akin to magic acts, hypnosis is now a growing field being practiced by psychologists, psychiatrists and medical doctors. Across all ages, from children to adults and the elderly, patients are finding professional therapeutic hypnosis can help them recover from mental maladies ranging from addiction to depression and psychosis and from physical illnesses from chronic pain to obesity and skin disorders. Studies show hypnosis can even speed healing from broken bones, burns and surgery. These unprecedented volumes, including some of the best known experts in the field, hailing from Harvard, Stanford and other top universities, cover the newest research and practice in this intriguing arena. Edited by a psychologist at Harvard Medical School, this set explains developments in hypnosis from its colorful, if misguided, inception with Anton Mesmer across clinical techniques developed for health care in the 20th century to emerging research showing new potential applications to aid mental and physical health. Chapters also highlight what psychologists, neurologists, physicians and scientists have discovered about how personality, cognition and brain functions affect and are affected by hypnosis. An appendix explains how to tell the difference between an entertainer or charlatan and a practitioner who is trained, credentialed and practicing research backed hypnosis. Universities with hypnotherapy programs and courses are also

included     **Hypnosis** Bhupendra Maganlal Palan,2011 Papers presented at the National Conference on Hypnotherapy the  
Therapy of New Millennium held at Vadodara during 9 11 January 2009

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