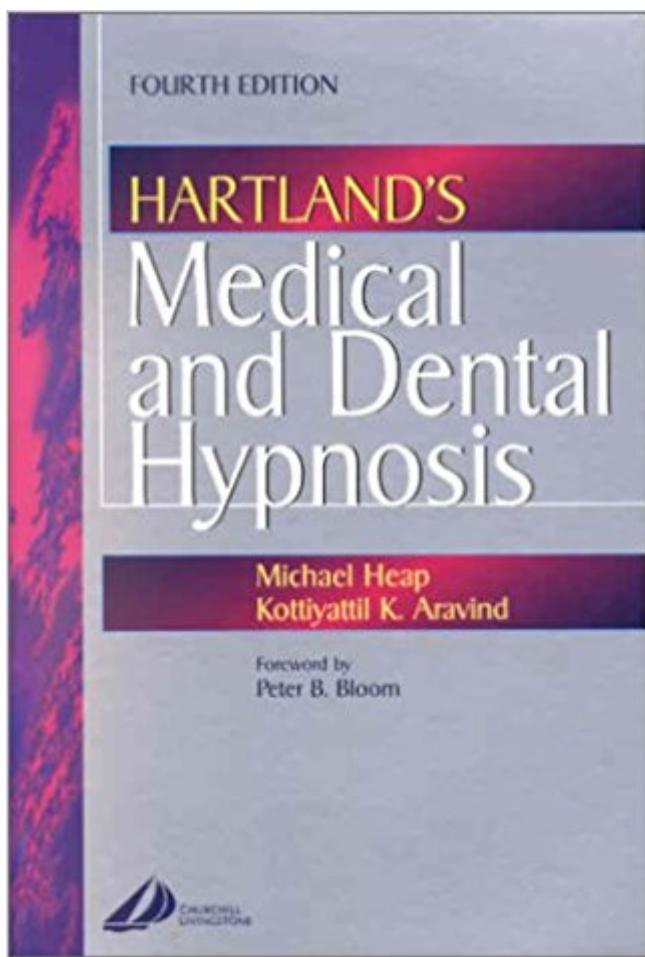


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# Hartland's Medical And Dental Hypnosis, 4e



## **Synopsis**

This book is an extensively revised edition of a highly successful and comprehensive introductory manual for the use of clinical hypnosis in the treatment of medical and psychological problems and disorders. Written with the interests and needs of the doctor or dentist in mind, its practical and clear approach maintains the tradition of high-quality information and usefulness established in previous editions of this book. After exploring the theoretical and historical background to hypnosis as well as key techniques and approaches, the book looks at specific clinical situations and problems in which hypnosis may have an impact, and offers specific practical management guidelines including possible scripts.

## **Book Information**

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## **Customer Reviews**

The authors set up and have taught the clinical hypnosis courses at the University of Sheffield (Dept of Psychiatry) and University College London (Dept of Psychology) since 1990, teaching GPs and psychiatrists as well as dentists and psychologists. Therefore, they are uniquely well placed to be able to carry on the "medical and dental" tradition of Hartland (although Dr Heap is a psychologist - but he is a fellow of the RSM), which is seen as crucial, while understanding the interest of the other readers who have certainly bought and used this book in the current and previous editions. In addition, Dr Heap is the current Editor of the journal "Contemporary Hypnosis" and has written and edited a number of books on hypnosis: Gibson & Heap, Hypnosis in Therapy, 1991, Laurence Erlbaum Associates; Heap, Hypnosis Current Clinical, Experimental and Forensic Practices, Croom

Helm 1988 Hawkins & Heap, Hypnosis in Europe, Whurr 1998 Both Drs Heap and Aravind are members of the Hypnosis and Psychosomatic Medicine section of the RSM, and Dr Heap is a recent past President of the British Society of Experimental and Clinical Hypnosis.

Hartland's book on hypnosis is a staple in the field. It has gone through many editions, this being the most recent and up-to-date. The information is scholarly, well presented, and clinically very useful. The authors do seem to have an academic bent and a bit of an anti-American bias. They question the importance of Milton Erickson's work and poo poo the NLP literature, while at the same time borrowing many clinical techniques from Erickson and NLP without giving due credit. That minor objection aside, I found this book to be richly clinically relevant and I would recommend it to anyone who uses hypnosis in clinical practice. It is one of the "Bibles" in the hypnotherapeutic literature.

This book was a text I required for a course I am doing and was \$16 cheaper than buying it through where I am doing my course. It is exactly the text I was told I needed. It is a very informative, easy to read, and explains all techniques in a practical easy to learn form. I will read and re-read this text.

I got this book as a text for a class, and it is one of the few textbooks I have ever read almost cover to cover. Well written, easy to understand, and highly informative.

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