



## Handbook of Hypnotic Inductions (Norton Professional Books)

By Sonja Benson Ph.D., George Gafner

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A separate chapter provides inductions appropriate for use with children. *The Handbook of Hypnotic Inductions* includes numerous clinical vignettes and addresses treatment of depression, anxiety disorders (including PTSD), chronic pain, adjustment disorders, and other problems commonly seen in the office setting. It teaches vital principles and concepts in hypnosis, such as hypnotic language, seeding, amnesia, ideomotor signaling, and Ericksonian utilization. Rich in metaphor and therapeutic stories, this book includes helpful notes for practice and the creation of individually tailored inductions. Without a good induction, there can be no good hypnotherapy. With this ready-to-use manual, therapists can build their confidence and creativity and ensure good hypnotic experiences for their clients.

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#### Review

Clear, edifying, and encouraging language...In well under 200 pages, the authors present a readily useful handbook...a useful resource. -- *The Milton H. Erickson Foundation Newsletter*, Deborah Beckman, M.S.

#### About the Author

Sonja Benson, Ph.D., is a licensed psychologist and works in the Employee Assistance Program at Progressive Casualty Insurance Corporation. She is certified in hypnosis by the American Society of Clinical Hypnosis. She resides in Phoenix. Gafner and Benson coauthored *Handbook of Hypnotic Inductions* (Norton, 2000).

George Gafner, M.S.W., L.C.S.W., is director of the hypnosis training program and director of the family therapy training program at the Southern Arizona Veterans Affairs Health Care System, Tucson. He is the author of *Clinical Applications of Hypnosis* and co-author (with Sonja Benson) of *Handbook of Hypnotic Inductions and Hypnotic Techniques: For Standard Psychotherapy and Formal Hypnosis*.

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