Contents

About the Editors xi
About the Contributors xiii
Foreword xvii
Preface xix

Part One  Hypnosis: The Fundamentals  1

1. Hypnosis: The Theory behind the Therapy
   Dr Peter Naish  3

2. Hypnotic Phenomena and Hypnotizability
   Dr Ann Williamson  19

3. History of Hypnosis
   Dr Ann Williamson  31

4. Imagery and Visualization
   Mrs Jacky Owens  41

5. Use of Language and Metaphor
   Dr Ann Williamson  51

6. Safety
   Mrs Jacky Owens  77
vi Contents

Part Two  The Stages of Therapy

Dr Les Brann with contributions from Dr Geoff Ibbotson, Mrs Jacky Owens and Dr Ann Williamson

7. Initial Steps 89


9. Induction and Deepening 107

10. Establishing the Problem 123

11. Resolving the Problem 131

12. Ego Strengthening, Anchoring and Re-alerting 141

13. Self Hypnosis and Other Homework 151

Part Three  Specific Disorders

14. Self Esteem and Self Confidence 157
Dr Ann Williamson

15. Anxiety and Panic Disorder 169
Dr Ann Williamson

16. Depression 195
Dr Alastair Dobbin

17. Phobias 211
Dr Les Brann

18. Medically Unexplained Symptoms 229
Dr Michael E.Y. Capek

19. Specific Psychosomatic Disorders 247
Dr Les Brann

20. Dermatology 281
Dr Mhairi McKenna

21. Pain 293
Dr Les Brann
22. Anaesthesia, Surgery and Invasive Procedures  
   *Dr David Rogerson, Mrs Jacky Owens and Dr Les Brann*  
   315

23. Oncology  
   *Mrs Jacky Owens and Dr Leslie Walker*  
   333

24. Cancer Care  
   *Mrs Phyllis Alden and Mrs Jacky Owens*  
   351

25. Death, Dying and Loss  
   *Dr K K Aravind, Mrs Jacky Owens and Dr Ann Williamson*  
   375

26. Post-traumatic Stress Disorder (PTSD)  
   *Dr Geoff Ibbotson*  
   389

27. Adjustment Disorders  
   *Peter J Hawkins*  
   413

28. Eating Disorders  
   *Dr David Kraft and Dr Peter J Hawkins*  
   425

29. Habit Disorder and Addiction  
   *Dr David Medd and Dr Ann Williamson*  
   441

30. Obsessive Compulsive Disorder  
   *Mrs Phyllis Alden and Dr Ann Williamson*  
   457

31. Obstetrics  
   *Mrs Diana Tibble and Dr Les Brann*  
   463

32. Infertility  
   *Dr Les Brann*  
   483

33. Psychosexual Problems  
   *Dr Peter J Hawkins and Dr Les Brann*  
   493

34. Children  
   *Dr David Byron and Dr Sobharani R Sungum-Paliwal*  
   507

35. Learning Disability and Autistic Spectrum Disorder  
   *Mr Cliff Robins*  
   525

36. Sleep Disorders  
   *Dr Les Brann*  
   537
<table>
<thead>
<tr>
<th>Page</th>
<th>Title</th>
<th>Authors</th>
</tr>
</thead>
<tbody>
<tr>
<td>37</td>
<td>Performance Enhancement</td>
<td>Dr Barry Cripps</td>
</tr>
<tr>
<td>38</td>
<td>Informal Hypnotic Techniques</td>
<td>Dr Caron Moores, Dr Grahame Smith and Mr Martin Wall</td>
</tr>
<tr>
<td>39</td>
<td>Working Transculturally</td>
<td>Dr Geoff Ibbotson</td>
</tr>
<tr>
<td>40</td>
<td>Commissioning, Providing and Auditing a Hypnotherapy Service</td>
<td>Dr Les Brann</td>
</tr>
</tbody>
</table>

Appendix 1: Life History Inventory 591
Appendix 2: What Goes in Must Come Out 593
Glossary 595
Author Index 599
Subject Index 621
This book has been written by members of the British Society of Clinical & Academic Hypnosis (BSCAH).

National Office
Tel: 0844 884 3116
Email: natoffice@bscah.co.uk
Web: www.bscah.co.uk
Charity number 1108372
Registered in England 5120862
