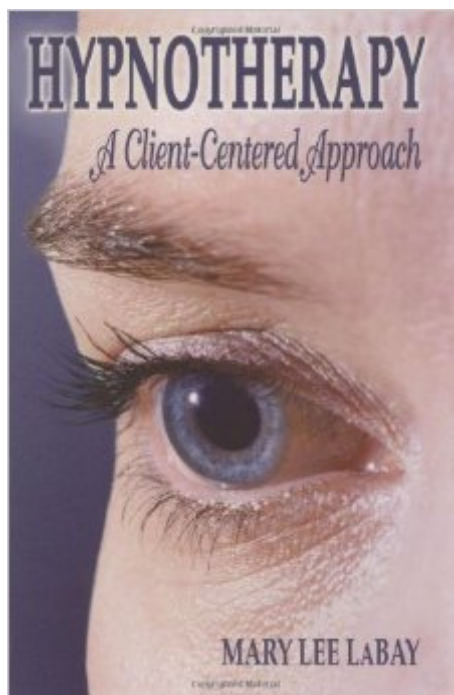


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# Hypnotherapy: A Client-Centered Approach



## Synopsis

Explores various clinical techniques used to help patients overcome fear, chronic pain, and addiction.

## Book Information

Hardcover: 304 pages

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## Customer Reviews

When I first studied for my hypnotherapists license several years ago the field was very practitioner driven - you took the client where you wanted them to go. Ms. LaBay's book turns this process around 180 degrees and instructs the reader how to create a client-driven session. This produces remarkable results because the client takes themselves to precisely where they need to go to deal with their issue. The book itself is written in a clear and logical format with the different techniques explained in detail and then through analogy and case studies. Very helpful depending on your learning style - and guess what? NO SCRIPTS! After reading Ms. LaBay's book I was so intrigued that I took her certification class in Seattle a week ago and am already applying her techniques in my practice with great results!

This book is comprehensive, logically organized and, best of all, well-written. As a new hypnotherapist I've waded through dozens of books on the subject and this book is the best I've encountered so far. It will be my first resource. Ms. LaBay uses a client centered approach and provides many strategies in part 2 that allow the hypnotherapist to tailor the session to the unique needs of the client. Using the information in this book, in particular parts therapy, I've significantly improved my success with helping smokers quit. Hypnosis is an evolving art and I applaud Ms.

LaBay for her contribution to its evolution.

As a professional hypnotherapist, I hold Mary Lee's information in this book in great esteem. She has done a marvelous job in presenting information that the novice to the professional can use at any time. It's a wonderful reference book that I continue to use in my practice. I'd highly recommend this book to anyone interested in the wonderful and natural tool of hypnosis and hypnotherapy. Jackie Foskett

This is THE handbook for learning the fundamentals of Hypnotherapy, setting up a practice, and keeping your sessions completely client centered. This book is clear, concise, easy and interesting to read. I highly recommend it for anyone interested in learning or expanding their skills as a hypnotherapist.

This book is one of the most readable books on Hypnotherapy that I have ever read. It is well organized, and accessible and I would recommend it to practitioners as well as to anyone interested to discover more about hypnotherapy. Mary Lee's client-centered approach makes the practice of Hypnotherapy easy and effective. I never do a hypnotherapy session without this book by my side!

I highly recommend Mary Lee LaBay's book for any practicing hypnotist. I was impressed by the wide range of approaches and techniques she covers, and the detail she provides for the use of each method. The book includes step-by-step instructions that make the techniques easy to implement, even for the beginner. Dr. LaBay discusses each method in a way that helps practitioners at every level of experience choose the right tool for a particular client need. Case studies put the methods in context and provide a framework for understanding her overall client-centered approach. I will be referring to it often in my practice.

Mary Lee LaBay's writing style is so elegant and accessible, she enabled even this intrepid explorer to grasp the most complicated philosophical concepts. The focus of this book on the Client is a refreshing change from the more common focus on the Therapist's agenda. Could leading someone into trance using these methods really be that easy? In my experience, with a relaxed tone of voice and safe environment, the answer is YES. This is one book that will remain front-and-center on my bookshelf!

This is a highly informative book without being overly technical just for the sake of it. It is written in an easily accessible way and clearly explains different techniques within each chapter. This would be useful for anyone working in the field of hypnotherapy.

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