

# Hypnotherapy For Childhood Trauma

**Thomas E. Dowd**

*Hypnosis, Dissociation and Survivors of Child Abuse* Marcia Degun-Mather, 2006-07-11 Hypnosis has not been fully appreciated in the treatment of trauma, largely due to it being implicated in the creation of false memories, which have previously led to false allegations of child abuse. This has led to a lot of misunderstandings about hypnosis. There is now a strong argument that the educated and professional use of hypnosis may be beneficial to the field of trauma, particularly in facilitating the resolution of trauma and processing of traumatic memories. This book re-introduces the importance of hypnosis in the field of trauma, with particular reference to survivors of child abuse. It covers theories of traumatic stress, theories of hypnosis and theories related to the long term effects of child abuse. As well as providing recent research in these areas, it offers practical therapy guidelines and case illustrations to assist qualified practitioners in treating their clients. The treatment described is predominately cognitive-behavioural, and uses hypnosis as an effective and powerful adjunct to this approach.

Healing Scripts Marlene E Hunter, 2007-11-27 Healing Scripts focuses on the use of hypnotherapy to help trauma victims recover as well as helping individuals who are suffering from acute stress disorders. The field of trauma and stress treatment is constantly searching for new ideas and solutions and the hypnotic interventions detailed in this volume are designed to treat the source of the pain and the anguish of trauma so that clients with long term problems can finally be offered some relief.

**The Routledge International Handbook of Clinical Hypnosis** Julie H. Linden, Giuseppe De Benedittis, Laurence I. Sugarman, Katalin Varga, 2024-02-02 The Routledge International Handbook of Clinical Hypnosis explores and clarifies the challenge of defining what hypnosis is and how best to integrate it into treatment. It contains state-of-the-art neuroscience, cutting-edge practice, and future-oriented visions of clinical hypnosis integrated into all aspects of health and clinical care. Chapters gather current research, theories, and applications in order to view clinical hypnosis through the lens of neurobiological plasticity and reveal the central role of hypnosis in health care. This handbook catalogs the utility of clinical hypnosis as a biopsychosocial intervention amid a broad range of treatment modalities and contexts. It features contributions from esteemed international contributors, covering topics such as self-hypnosis, key theories of hypnosis, hypnosis and trauma, hypnosis and chronic pain management, attachment, and more. This handbook is essential for researchers,

clinicians, and newcomers to clinical hypnosis, in medical schools, hospitals, and other healthcare settings. Chapters 4, 35, 62 and 63 of this book are freely available as a downloadable Open Access PDF at <http://www.taylorfrancis.com> under a Creative Commons Attribution-Non Commercial-No Derivatives (CC-BY-NC-ND) 4.0 license.

**The Handbook of Contemporary Clinical Hypnosis** Les Brann,Jacky Owens,Ann Williamson,2015-06-22 Covering theory and practice, The Handbook of Contemporary Clinical Hypnosis is an up-to-date, authoritative resource to support health professionals in their use of hypnosis in clinical settings. Provides an authoritative reference for practitioners and trainees on the diverse applications of hypnosis, published under the auspices of the British Society for Clinical and Academic Hypnosis (BSCAH) Combines a theoretical framework with material on a wide range of specific disorders including anxiety, stress phobias, eczema, oncology, eating disorders and infertility Shows how to adjust hypnotic techniques for different contexts e.g. when working with children, in emergencies and via a translator Features a variety of case studies that illustrate hypnosis techniques in action

*Understand Childhood Trauma & How To Let Go* Julian Demarco,2021-05-27 \*\*As featured in Publishers Weekly with A+ rating\*\* Clinical professionals will appreciate the boots-on-the-ground analysis of treatment options, while more casual readers will welcome the empowering messages, like the recommendations to let go of the belief that perfection equals happiness and to open up to significant others about their roles in the healing process. The overarching insight that trauma recovery must be individualized, with no set timetable for healing, pairs nicely with Demarco's goal to help readers reclaim control over their thoughts. The end result is as informative as well as inspiring. Book Description: Why are symptoms of panic attacks, anxieties, PTSD, and depression so tightly bound to trauma? Why does the traumatic memory feel so real, like it just happened? How do you regain control of your life and release the pain to feel symptom-free? Are you tired of being a slave to your emotions and triggered? Within this book, you will discover hope in regaining control of your emotions so that memories only serve as reflections of the past and no longer cause you pain. Discover how to ease yourself out of depression and release anxieties by rewiring your high-alert trauma brain. Brain chemistry changes from high cortisol levels, and science shows are directly connected to symptoms. By rewiring your brain, you bring yourself out from being associated with the memory and into the present moment, the now. You will be able to take your view out from the rear-view mirror behind you and onto the road ahead. You deserve better. Julian is a survivor of child sexual abuse and adult domestic violence and was diagnosed with complex PTSD, depression, and anxiety. Living in fear and a slave to her symptoms robbed her of being truly happy. She found NLP (neuro-linguistic programming) therapy that dramatically changed her outlook on life. This type of therapy assisted in releasing the painful memories by changing the emotional aspects of the memories from associated (feeling as if just happened) to dissociated (like watching a movie). By cognitive restructuring and changing the scene it changed the feeling response to the memory. It overcame her 40 plus years of trauma symptoms, and having a deep desire to

assist others led to becoming a certified NLP Practitioner. No one should have to suffer when there's hope. Not all people will respond to the techniques shared in this book, just as not all types of therapies are 100% effective. *Understanding Childhood Trauma & How To Let Go* is written from a survivor's view of some of life's cruelties as well as a practitioner on how to let go and find your joy again. Being a survivor also means Julian truly understands how hopeless you may feel because she has lived it. Most clinicians can't wholly understand the tribulation from symptoms that overshadows life and only see it from a sterile clinical perspective. Julian conveys compassion with empathy for what you've endured in your life. You're a survivor. Narrowed down are 11 techniques written in detail that, based on studies, were found to be most successful. This introduction to NLP is written in an easy-to-understand language and mindful not to trigger the reader with details of her traumas. This is the must-have book to ease you through your painful past and to assist you in becoming truly free. You deserve to be happy and take back control of your life.

*Mechanisms of Brain Function and Adaptive Potential* Liana Spytska, 2025-12-02 This book explores the relationships between brain function, hypnotic states, and neural networks, illuminating how these fields deepen our understanding of human consciousness, cognition, and therapeutic possibilities. It integrates historical context with modern research methodologies, demonstrating how advanced neuroimaging techniques transformed the ability to visualize and understand brain activity. It explores how alterations in brain activity correlate with changes in perception, attention, memory, and emotional regulation, providing insights into the malleable nature of consciousness. What distinguishes *Mechanisms of Brain Function and Adaptive Potential* is its emphasis on integrating knowledge across multiple disciplines—neurobiology, psychology, computer science, and clinical practice. This interdisciplinary approach enables a more holistic understanding of the brain and its functions. Such integration is essential for understanding complex mental processes and developing more effective treatments for neurological and psychological disorders. The practical applications of this research highlight how hypnotherapy can be used in treating conditions ranging from chronic pain and anxiety disorders to PTSD and addictions. The book examines how principles derived from neural networks can be applied to develop personalized hypnotherapeutic approaches. Virtual reality, artificial intelligence, real-time neural monitoring, and brain-computer interfaces are powerful tools that may enable more precise control of hypnotic states and lead to the development of hypnotherapy strategies with increased efficacy. The book establishes an ethical framework for researchers and practitioners that would ensure appropriate safeguards for patient welfare.

*Creative Mastery in Hypnosis and Hypnoanalysis* Margot L. Fass, Daniel Brown, 2013-10-31 The scope of Erika Fromm's profound contributions to the clinical and research literature in hypnosis and related areas is reflected in this volume, which consists of chapters written by those who have worked closely with the noted psychologist and/or have been significantly influenced by her. The subject matter presented here ranges from detailed accounts and personal observations relating to

Fromm's distinguished career, to some very new and valuable data on the psychophysiological correlates of hypnosis, the phenomenology of self-hypnosis, and an integrative model for short-term therapy. Several extensions of clinical technique for the treatment of trauma and severe psychopathology are also discussed. Professional therapists with an interest in personal growth, self-awareness, and creative mastery, whether or not they already have an interest in hypnosis, will derive significant benefits from this book. Readers who have previously eschewed hypnosis may find that this volume stimulates an interest that enriches their clinical practice and/or research.

Cognitive Hypnotherapy Assen Alladin, 2008-04-28 Cognitive Behavioural Therapy (CBT) is now in use worldwide, while hypnosis as a technique continues to attract serious interest from the professional community. Integrating the two, the field of cognitive hypnotherapy uses the natural trance states of clients to unlock unconscious thoughts and memory patterns that can generate and sustain problems. Cognitive hypnotherapists work within the client's model of the world, so that changes are more likely to be subconsciously accepted and become permanent. This practical guide shows how cognitive hypnotherapy can be used to treat a range of emotional disorders including depression, sleep disorders, anxiety, eating disorders and PTSD.

*Cognitive Hypnotherapy* Thomas E. Dowd, 2000-10 This book integrates cognitive therapy with hypnotherapy and provides principles and illustrations of hypnotic routines that can be used in changing cognitive self-statements, cognitive processing distortions, and tacit cognitive structures. It extends the imagery work previously used in cognitive therapy into a complete and comprehensive hypnotherapeutic approach to help people change negative and self-defeating cognitions into more positive and adaptive ones. Dr. Dowd demonstrates the use of cognitive hypnotherapy in treating various disorders, in reconstructing memories, and in helping normally healthy individuals overcome blocks to more effective performance.

**The Collected Papers of Milton H. Erickson on Hypnosis: Innovative hypnotherapy** Milton H. Erickson, 1980

*Hypnotherapy* Michael Heap, Windy Dryden, 1991 Assuming no prior knowledge of hypnosis, the handbook begins with a two-chapter introduction to the subject, followed by chapters on the use of hypnosis with psychological, sexual, and physical problems and in medicine and dentistry. There are also chapters on hypnotherapy with children, and on professional and legal issues. Distributed by Taylor and Francis. Annotation copyrighted by Book News, Inc., Portland, OR

**Clinical Hypnotherapy** David B. Cheek, Leslie M. LeCron, 1968

**Grendel and His Mother** Nicholas E. Brink, 2002 One cause of the behavioral, emotional and mental torment in a person's life is the psychological trauma that results from the actions and words of parents and others. This volume examines the effect of such trauma on a child's development and how the resulting torment eventually brings this child as an adult to psychotherapy.

**Child Sexual Abuse and False Memory Syndrome** Robert A. Baker, 1998-06-01 No Marketing Blurb

*The Hypnotism Handbook* Charles Edward Cooke, Alfred Elton Van Vogt, 1956

*Hypnosis and Hypnotherapy with Children* Karen Olness, 1988

*Trance & Trauma* Michael S. McGee Dch, 2019-10-20 Michael S. DCH, MS, LPC has been dedicated to helping people manage life's challenges for over 20 years. This book shares his extensive knowledge and successful techniques of using motivational counseling and hypnosis to assist clients in achieving Post Traumatic Strength. 25% of the U.S. Population has experienced some type of trauma, making them susceptible to Posttraumatic Stress Disorder (PTSD). PTSD occurs in greater numbers among our men and women serving in the military. *Trance and Trauma -Hypnotherapy for Combat Post Traumatic Stress Disorder* is an insightful guide for the treatment of PTSD. The book provides a roadmap for therapists using hypnosis to assist veterans and others who experience PTSD.----PRAISE-*Trance and Trauma* is an essential resource for any hypnotherapist working with PTSD. This concise manual expertly shares everything the practitioner needs to effectively and intelligently aid their client in recovery. Of particular use is the step by step guidance he provides for the hypnotic exposure therapy process. The author's unique transpersonal approach elevates this book above others by combining clinical expertise and heart-felt connection with those who suffer from the trauma of PTSD. I highly recommend this book to anyone who works in the therapeutic field. Desiree Holmes Scherini, CHt, Author of #1 bestselling, *Journey to Joy-The Written Path*, Top Hypnotherapist, Washington DC In *Trance and Trauma*, Michael McGee presents a complete methodology that operates from the realm of wholeness rather than the common place of labels and diagnoses. His methods are varied. Michael unhesitatingly employs techniques from a variety of healing modalities. By combining hypnosis, the principles of gradual desensitization, archetypes and myth, with more traditional motivational tools, Dr. McGee's approach moves beyond both hypnosis and talk therapies. His methods work in synergy; training both the conscious and subconscious mind of the sufferer concurrently. Applying his more diversified and integrative approach has greatly benefited my clients. *Trance and Trauma* has proven to be an effective and highly detailed guide for me; allowing me to work with clients suffering with issues of depression and substance abuse, as well as, childhood and military trauma. Dennis Lawson, MHT. - Transformational Coach and Consulting Hypnotist

**Hypnotherapy Handbook** Kevin Hogan, 2000

**New Hope Through Hypnotherapy** Monica O'Hara, 1980

Counselling Adult Survivors of Child Sexual Abuse Christiane Sanderson, 1995 `Counselling Adult Survivors of Child Sexual Abuse addresses the myths and mysteries while propelling a lifeline to both the health professional and the adult survivor. This is probably the most complete book on sexual abuse in publication." - Nursing Ethics `If you're looking for a comprehensive overview of theory and practice in this hugely important area of work then look no further...a useful resource book which would make a thoughtful and thorough introduction for trainee clinical and counselling psychologists, or those

looking to familiarise themselves with the range of issues in this area of work." - Changes - An International Journal of Psychology and Psychotherapy `...significant in its frank, honest explication of the problem society faces when children are sexual victims and challenges psychologists to treat this systemic problem with all the resources available to them... The significance of this work is the comfort it provides to those who are searching for normalization of their experiences, the honesty in addressing the very existence of ongoing sexual abuse of children, our shared societal responsibility for potentially or inadvertently tolerating abuse, and a sense that there is a group of persons with whom survivors can identify." - Contemporary Psychology `a comprehensive guide to the background, theory and treatment of survivors of abuse which tackles the thorny issue of false memories, with sound advice about the role of the counsellor. It has an easy, readable style with just enough summarising of previous chapters to allow them to be read separately, making it an enjoyable and worthwhile book to read or refer to... I particularly liked the separation of objectives, approaches and techniques in dealing with treatment, which gave the book enormous clarity." - Counselling `...comprehensive and useful...very readable and would be especially useful for anyone who is just entering this field and wishes to explore all the options and provide their client with the best possible service." - Community Care `...gives an overview of the literature on theories of sexual abuse, its impact and long-term psychological consequences and an examination of different models of treatment." - Journal of Family Therapy `...this excellent book...strikes a good balance between theory, data and practical advice for workers and includes illustrative case material and practical strategies for counsellors... It conveys both the experiences of survivors and the enormous amount that can be achieved. It is a stimulating and optimistic book which would be suitable for all workers in this important area." - Criminal Behaviour and Mental Health `This book is academically sound and is all-embracing in its treatment of its subject matter. It is an excellent resource book and would be recommended reading for any person wishing to embark on research in this field... All counsellors may indeed learn something from it." - Counselling Newsletter `well-organized, clear, carefully reasoned and documented...a thorough, helpful, and sensible book, providing a readable overview of knowledge on the topic. While the text is aimed at professionals, Sanderson's style appeals to other concerned individuals including survivors and those who support them." - FVSAB This revised edition includes new information and data on the incidence of child sexual abuse and looks more closely at the complexities of sexual abuse by female abusers. An entirely new chapter on `False Memory Syndrome' is included in this edition which presents both clinical and scientific arguments pertaining to the retrieval of memories, as well as analysing the impact of the application of this syndrome not only on victims and survivors, but also on therapists and society as a whole. Counselling Adult Survivors of Child Sexual Abuse \* examines the theories which attempt to account for the occurrence of child sexual abuse \* explains the traumatic impact of child sexual abuse \* looks at the ways in which these effects can be ameliorated and the adult healed. Treatment techniques and the role of the counsellor in employing these techniques are also discussed in such a way that the counsellor can make

use of the book not only as a review of current theory, but also as a practical handbook for use with clients who may be adult survivors of child sexual abuse.

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