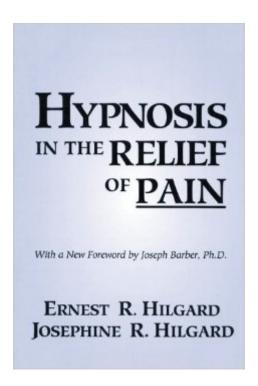
# The book was found

# **Hypnosis In The Relief Of Pain**





## **Synopsis**

Written by a psychologist and a psychiatrist noted for their expertise as both practitioners and researchers, the book illustrates how hypnosis can significantly alleviate the pain of childbirth, medical or dental surgery, burns or other accidental injuries, cancer, and chronic syndromes. With over 600 references covering the field of modern research into the mechanisms of pain, the authors convey a thorough understanding of findings and limitations of available empirical studies. Yet the book remains exceptionally clear and non-technical and will appeal not only to professionals involved with pain reduction but to lay people as well. The Hilgards address a broad spectrum of topics relating to hypnosis and pain, ranging from an historical review to a consideration of future areas for investigation. They thoughtfully tackle the controversy still surrounding the nature of hypnosis -Â is it an altered state of consciousness or a pattern of behaviour adopted by both subject and hypnotist? The concluding section presents the Hilgards' neo-dissociation theory of hypnosis as well as a highly useful technique for assessing susceptibility in clinical situations. Pain has been called the greatest unsolved problem in medicine. Hypnosis in the Relief of Pain, with its honest and complete appraisal of the role of hypnosis on pain reduction, will contribute significantly to the understanding and broader use of this noninvasive and natural healing phenomenon.

#### **Book Information**

Paperback: 294 pages

Publisher: Brunner/Mazel Publishers; Revised ed. edition (March 3, 1994)

Language: English

ISBN-10: 0876307004

ISBN-13: 978-0876307007

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â See all reviews (3 customer reviews)

Best Sellers Rank: #471,879 in Books (See Top 100 in Books) #7 in Books > Health, Fitness &

Dieting > Diets & Weight Loss > Hypnosis for Diets #14 in Books > Textbooks > Medicine &

Health Sciences > Alternative Medicine > Hypnotherapy #43 in Books > Health, Fitness & Dieting

> Alternative Medicine > Hypnotherapy

### **Customer Reviews**

The perfect foundation text for utilization of hypnosis, and suggestion for pain relief. This text will take you through background studies in pain relief, as well as the laboratory results of the Hilgard's

own research. Very informative, many graphs, and statistical data are provided for the scientifically inclined. This book is a cornerstone in any practitioner's library.

Ernest Hilgard was one of the first researchers to take hypnosis seriously and show scientifically that it has tremendous merit in the relief of pain. While hypnosis has many other uses as well, its use in the relief of pain is probably the most documented, with many studies now in the literature. Hilgard's book is unique in being readable enough for a non-scientist to grasp how such research is done, and the meaning and usefulness of the results uncovered.

The Kindle edition is an updated version of an old book. Not a lot has been changed in this edition, but it does have some good information on "the hidden observer" which can be useful.

#### Download to continue reading...

Hypnosis In The Relief Of Pain Pain Relief: Manage and Eliminate Pain, Accelerate Recovery, and Feel Better Hypnosis Beginners Guide: Learn How to Use Hypnosis to Relieve Stress, Anxiety, Depression and Become Happier Handbook of Clinical Hypnosis (Dissociation, Trauma, Memory, and Hypnosis) The Calming Collection-The Weight is Over: Hypnosis/Meditation for Lasting Weight Loss\*\*Guided Meditation and Hypnosis CD Clinical Hypnosis for Pain Control Wall & Melzack's Textbook of Pain: Expert Consult - Online and Print, 6e (Wall and Melzack's Textbook of Pain) Bonica's Management of Pain (Fishman, Bonica's Pain Management) You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being---An Eight-Week Program Mindfulness Meditation for Pain Relief: Guided Practices for Reclaiming Your Body and Your Life The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief The Pain Relief Breakthrough: The Power of Magnets to Relieve Backaches, Arthritis, Menstrual Cramps, Carpal Tunnel Syndrome, Sports Injuries, and More Mindfulness Meditation for Pain Relief Creative Oceans Coloring Book: Adult Coloring Book of Stress Relief Sea Animal Patterns and Designs (Ocean Coloring Book, Lost Ocean, Stress Relief Coloring Book, Anti Stress Coloring Book) (Volume 1) Focus and Concentration, Brain Power Boost: Hypnosis, Meditation, and Subliminal: The Sleep Learning System Featuring Rachael Meddows Learn Spanish Fast: Become Fluent in Spanish, Increase Desire to Learn and Develop a Positive Attitude with Hypnosis and Meditation Spiritual Cleanse: Train Your Brain to Stop Negativity with Self-Hypnosis, Meditation and Affirmations Pre-Menstrual Syndrome: Subliminal Persuasion/Self-Hypnosis Trance-Formations: Neuro-Linguistic Programming and the Structure of Hypnosis 101 Things I Wish I'd Known When I Started Using Hypnosis

