Teaching Self-Hypnosis: An Introductory Guide for Clinicians

David A. Soskis

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Exceptionally well-written, this book is based on the author's years of experience as a medical school faculty member, workshop leader, and supervisor. It is an ideal first book on hypnosis for professionals.

This introductory guide will enable all clinicians—psychiatrists, psychologists, clinical social workers, and other health-care professionals—to teach self-hypnosis to those patients who will benefit from it. Its aim is to take the beginner from an interest in hypnosis to the point where he or she has used it successfully with several patients.

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