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# Medical Hypnotherapy: Techniques, Scripts And Processes For Effective Hypnosis And Healing



## MEDICAL HYPNOTHERAPY

Techniques, Scripts and Processes  
for Effective Hypnosis and Healing

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## Synopsis

Professional hypnosis is a first line intervention for many medical conditions and the research shows medical patients respond to hypnotic suggestion with health, healing and hope. This book is your guide to specific applications of hypnosis with a variety of medical conditions. Its purpose is to help you help others, by effectively providing solutions to support success in medical treatment and to promote healing through hypnosis. In this book you will learn: An eight-step process for pain control, How to integrate proven strategies, like Autogenic Training, into medical hypnosis, How to structure suggestions for medical conditions, Specific visualizations for cancer patients, How to utilize hypnotic phenomena, like time distortion, to help patients manage difficult medical procedures, Techniques for managing depression, fear and anxiety among medical patients, and How to market services to medical clients and build medical referrals. Richard K. Nongard is a Certified Professional Hypnotist in private practice. He is the author of many hypnotherapy training textbooks and is also the author of *Medical Meditation: How to Reduce Pain, Decrease Complications and Recover Faster from Surgery, Disease and Illness*. He is the president of the ICBCH and has devoted most of the past 20 years to educating nurses, mental health professionals and clinical hypnotherapists.

## Book Information

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## Customer Reviews

Good book, lots of good ideas. I have studied and used hypnosis on myself and family and clients for years. His format is such that you can read a page at a time, which I appreciate. He has some nice free sessions on YouTube too. I have several of his books.

Once again, Richard Nongard has put together a product that adds tons of value. There are often situations that I run into as a practicing hypnotist that I haven't had experience with and wish I had a mentor with whom I could consult. After 30 years in the business, it seems that Richard has seen it all and is willing to share his wisdom and experience with anybody that will take the time to read his books. If you are a general hypnotist then this book is an excellent resource to add to your collection. If you are looking for a niche then this book will give you all the tools you need to position yourself as an expert in Medical Hypnotherapy.

Great book for beginning practitioners. Easy to read and enjoyed very much the personal stories. I think it helps to normalize the use of hypnosis by a qualified licensed practitioner. The only change I would make is to use the word "hypnotherapist" rather than "hypnotist". It certainly has a different connotation. I purchased this book from .

I'm not a hypnotherapist by trade, but I did find this book very useful as a source of ideas, that I used to create a couple new hypnosis scripts for myself and my family. I a few more planned, as well.

Fantastic book written by Richard Nongard showing both the application and evidence behind hypnosis and it's application to medical applications and effectiveness in procedure. I would recommend this as a must have on any aspiring and even qualified medical hypnotists shelf by 100%.

Richard Nongard writes material that is immediately applicable and this book is a stellar example. He offers many useful techniques that even an experienced hypnotherapist will find fresh and highly effective.

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