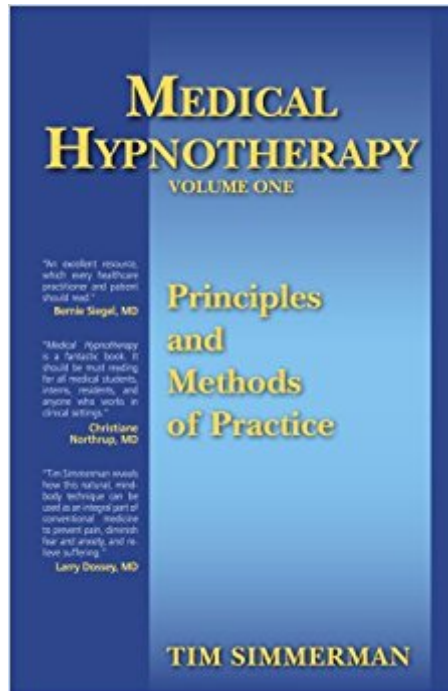




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# Medical Hypnotherapy, Vol. 1, Principles And Methods Of Practice



## Synopsis

Medical Hypnotherapy, Volume One, is an instructional manual and field guide for both practitioners and patients. With only minutes of instruction in specific hypnosis methods, healthcare providers of all levels can use hypnotherapy to help the overwhelming majority of sick or injured people reduce or even eliminate their pain and suffering, heal faster, and avoid potential complications from medical procedures. Also with the use of hypnosis, people respond better to medical treatments and are more likely and able to participate in their own recovery. Scientific data about medical hypnosis from various reputable researchers and institutions, such as the Mayo Clinic and the National Institutes of Health, have provided abundant evidence of the value of integrating hypnotherapy into our approach to wellness. The hypnotherapy methods presented in this book are all natural, gathered by observing people who naturally control pain and think and act in ways that lead to faster healing and illness prevention. From this information, systems and strategies have been created that everyone can learn and benefit from. Principles and Methods of Practice, volume 1 of Medical Hypnotherapy, has been organized according to the way I prepare people for hypnotherapy certification at the Hypnotherapy Academy of America. The material, however, has been condensed since it would not be possible to include every aspect of the certification program, which entails hundreds of hours of instruction and guided practice. Still, the book will lead you clearly and succinctly to an understanding of the fundamentals of medical hypnotherapy and Medical Hypnotherapy how to make use of its methods to benefit you and your clients or patients. The principals and methods described in this book are trusted by National Institutes of Health (NIH), which is the United States Department of Health and Human Services research wing. Some of the techniques found in this book are currently being used by the NIH in a research project.

## Book Information

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## Customer Reviews

I LOVED this book. It was well written, easy to follow, and informative. I am currently finishing up my training to become a certified hypnotist in my state (which is the most challenging state to become certified in... The training program I attend is taught by one person. It was nice to read this book and get a different perspective. Much of the material was, at its core, things I have heard before. But, with the way it was presented, it gave me a bigger, overall picture. Let's just say I feel much more well rounded after having read it. I would highly recommend it to anyone who is interested in the medical applications of hypnosis. In fact, I enjoyed the book so much it made me want to look into taking a class from the author (the one that corresponds to this book)--just to soak up any additional knowledge and experience he has to offer.

I heartily recommend this book. Simmerman presents concise information that every practicing hypnotherapist will find useful in their daily work. I am a medical support hypnotherapist with a full-time practice. I refer to Medical Hypnotherapy Vol. 1 on a regular basis. The scripts are written in a style that is easy to follow and Simmerman fully explains each and every process. He teaches how hypnosis supports the Mind-Body healing connection. Additionally, this is the only medical hypnosis book I have found that has photos, illustrations, and charts showing and explaining many of the techniques described in the book. It doesn't matter whether you are new to hypnotherapy or a veteran practitioner this book is a must have in your library. It's one of the best investments I made for my practice and the techniques I have incorporated into my sessions have made a permanent and positive contribution to the success of my clients.

This one volume provides a solid foundation in the practice of hypnotherapy. It is well written and very easy to understand. The author offers a world class education in therapeutic hypnotherapy in an intensive certification program at the Hypnotherapy Academy of America <http://hypnotherapyacademy.com/> This book is one of the main course volumes. I highly recommend both. Everyone practicing hypnosis should have a copy of this in their library.

This is a must-get book for anyone interested in using the mind to heal the body! This book was my bible when two surgeons told me that I may lose my left middle finger due to an accident. It showed me how our bodies do what we tell them to do, that ultimately we are in control of our mental,

emotional, and even our physical health. I learned one of the most important life lessons from this book - that we are, and can be, whatever we believe ourselves to be. This jewel of a book, not only helped to save my finger, more importantly, it revealed the pool of unlimited power and divine intelligence in me as well as in all things around me!

Well written, well organized basic book in a spiral bound format that makes it easy to use. All hypnotists take ideas from one another to improve their practice. This book may give you a few more. Looking forward to Vol 2.

Using the techniques, outlined in this easy to read manual, I have helped clients reduce their pain significantly, or eliminate their pain entirely. I have used the healing language, that Mr Simmerman provides, in this invaluable resource, to instill the belief in my clients minds, that they may rely on better health and well being continually. This is frankly, the best book on medical hypnosis that I have ever read. I recommend it highly. Alena Guest CHt

This is an excellent book which belongs in the library of every hypnotherapist, and really, of anyone interested in hypnosis and how it can help us heal our bodies. I had the honor of being instructed in hypnotherapy by Tim Simmerman-Sierra at the Hypnotherapy Academy of America. Tim is extremely knowledgeable and has a wonderful way of imparting his knowledge and techniques to his students. I am unable to say enough good things about Mr. Simmerman-Sierra, his school, and his book. I look forward to Volume 2!

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