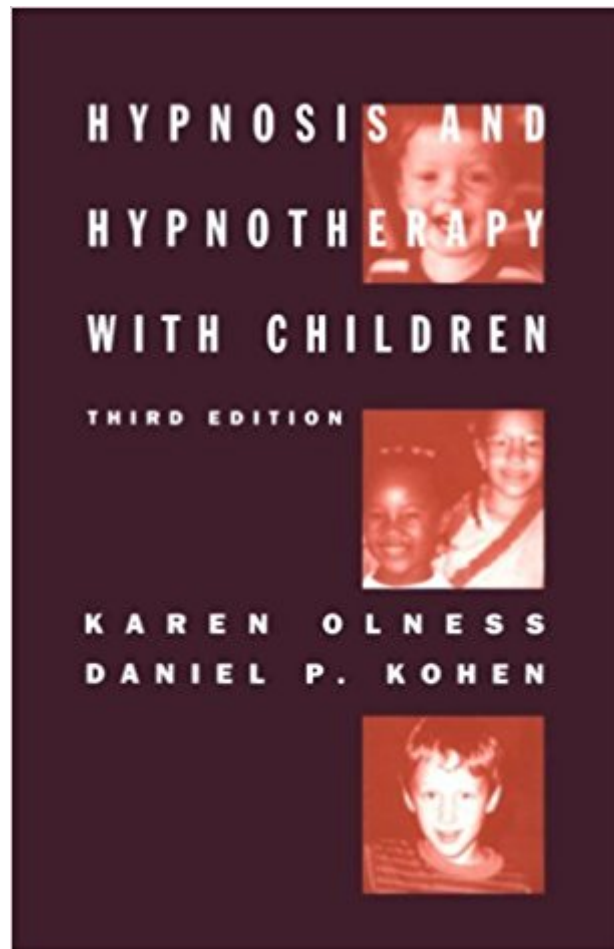




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# Hypnosis And Hypnotherapy With Children: Third Edition



## Synopsis

The definitive work in the field, this volume provides comprehensive coverage of the theory and practice of hypnosis and hypnotherapy with young patients. Within a developmental framework, chapters describe the wide variety of induction techniques and strategies currently available to the practitioner. Procedures are outlined for using hypnotherapy in the treatment of psychological disorders, habit disorders, learning and performance difficulties, grief, and other problems. Also addressed are pediatric medical and surgical applications, with discussions of over 40 different clinical situations in this area alone. Promising uses of child biofeedback and self-hypnosis techniques are reviewed, and guidelines for teaching child hypnotherapy presented. Throughout, the volume is richly illustrated with case examples and session vignettes.

## Book Information

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## Customer Reviews

"This new edition expands on the second edition's reputation as the gold standard in the field....The authors combine scholarly thoroughness and clinical compassion to produce a work that is as readable as it is useful." --Michael Nash, Ph.D., ABPP, Associate Professor, Fellow  
The new edition of *Hypnosis and Hypnotherapy with Children* by Karen Olness and Daniel Kohen is an important addition to the library of clinicians dealing with children and adolescents. The idea of using hypnotherapy in the management of diverse problems such as pain management, persistent cough, gastrointestinal symptoms, etc. opens new paths of treatment for the holistic physician. Giving the child and adolescent a degree of mastery over their body with its symptoms allows for a

collaborative participation in treatment between the physician and the young patient. It is this union that often improves health and/or diminishes problem symptoms. The new edition of their book is informative, exciting in concept and thorough and current in scope. These two behavioral pediatricians are clearing a dynamic new pathway through the previously unexplored forest of psychology within which very likely lies new treasures of helpful therapeutic advances. I use hypnotherapy in my consultation practice of behavioral and developmental pediatrics and have found it of considerable help with many children and adolescents with varying complaints, most particularly pain and anxiety/panic symptoms. Drs. Olness and Kohen are among the leaders in this field and offer us an important textbook source for knowledge and practice in their field of discovery." --Murray M. Kappelman, MD, Professor, Pediatrics and Psychiatry, Director, Division of Behavioral and Developmental Pediatrics, University of Maryland School of Medicine

"This book is an essential component in the library of either the pediatrician or the child psychiatrist. In this new edition, Drs. Olness and Kohen offer an elegant and comprehensive guide to the uses of hypnotherapy with children." --W. Thomas Boyce, MD, Division of Behavioral & Developmental Pediatrics, University of California at San Francisco

"Since its first edition in 1981, Hypnosis and Hypnotherapy with Children has been the first, the most comprehensive and the most widely used text for practitioners of hypnotherapy with children. Now in its third edition, Drs. Olness and Kohen have written a book that is both an excellent text for reference on using hypnotherapy with pediatric problems and an inspiring guide on how to be inventive, using this age-old art to bring about needed change. Written with warmth, humor, and a presiding appreciation of the imaginative world and playful work of children, this book is rich in clinical vignettes and the language to use to promote children's recovery and well-being. For clinicians working with children its emphasis on mind-body techniques will be very helpful in developing therapeutic methods for the 21st Century." Leora Kuttner, PhD, Assoc Clin Professor, Dept of Pediatrics, University of British Columbia

Karen Olness, M.D., is Professor of Pediatrics, Family Medicine, and International Health at Case Western Reserve University. A member of the General Academic Pediatrics Division, she is Director of International Child Health and Co-Director of the Behavioral Pediatrics Fellowship training at Rainbow Babies and Children's Hospital in Cleveland, Ohio. She is Principal Investigator for Pediatric HIV Studies in Uganda and Director of a Faculty Development project in Laos. Past President of the Society for Developmental and Behavioral Pediatrics, the American Society of Clinical Hypnosis, the Society for Clinical and Experimental Hypnosis, the American Board of Medical Hypnosis, and the Northwestern Pediatric Society, Dr. Olness has also served as a medical

volunteer in refugee camps in Thailand and in Goma. Daniel P. Kohen, M.D., is Director of the Behavioral Pediatrics Program in the Division of General Pediatrics and Adolescent Health at the University of Minnesota. An Associate Professor of Pediatrics and Family Practice and Community Health, he directs the Fellowship Program in Behavioral/Developmental Pediatrics, and also has an active consulting clinical practice. The current President of the American Board of Medical Hypnosis, he is a Diplomate of the American Board of Pediatrics and the American Board of Medical Hypnosis. Widely published, Dr. Kohen is a Fellow of the American Academy of Pediatrics, the American Society of Clinical Hypnosis, and the Society for Clinical and Experimental Hypnosis, and he has conducted pediatric hypnosis workshops in the United States, Canada, Europe, the Middle East, and Australia.

Unaware this is a book on case studies, I was disappointed when I purchased it hoping to learn the methods in helping my own children. This book is great for reading past studies and the end results of how other doctors feel, but the paragraphs and examples they give are not in depth enough to assist in understanding. Perhaps breaking the book down and going more into detail would work better, but this book appears as a compilation of other doctors' theories wrapped up with these doctors' opinions.

As it states, at the time of publishing (1981) there was only one other book written on the topic, 20 years ago, and it was only a brief overview. As this literature was long overdue, the authors were highly motivated in writing it, as you can imagine. This is one of the better books on hypnosis; the information is still true today. I have not read any newer books on this particular subject, but if you're looking for an excellent place to start, you can feel totally confident in purchasing this book. And unlike so many other books I have read, which deal with theory and clinical considerations ... this book includes the complete hypnotic pattern for administering suggestibility tests. That alone makes it worth the purchase (I think I paid a penny for mine); but you will find much more than that. This book is a fantastic resource and if you're a practicing hypnotist, it ought to be on your bookshelf, in your mind. Go on now, reach for it. That's it, you've got it!

Great book for hypnotherapists.!!!

This book's first edition was published in 1981, describing itself as a "comprehensive text...[providing] an up-to-date survey of the available information on child hypnotherapy...a detailed,

thorough, and stimulating source of ideas and creative approaches to understanding children and helping them develop their potential to the fullest." The revised and expanded third edition includes new material, but hasn't changed substantially from the first edition - it is hard to improve on perfection. In its latest incarnation, this third edition remains the "gold standard in the field." For more specifics, do see my published review on this book in the Journal of the American Academy of Child and Adolescent Psychiatry, 36:12, December, 1997, pages 1782-3

Truely the most comprehensive review of the medical/psychological literature on the topic of hypnosis in children. Dr.'s Kohen and Olhness have done it again.

Disappointed the cover is a bland silver and not the cover as shown on . Content is useful.

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