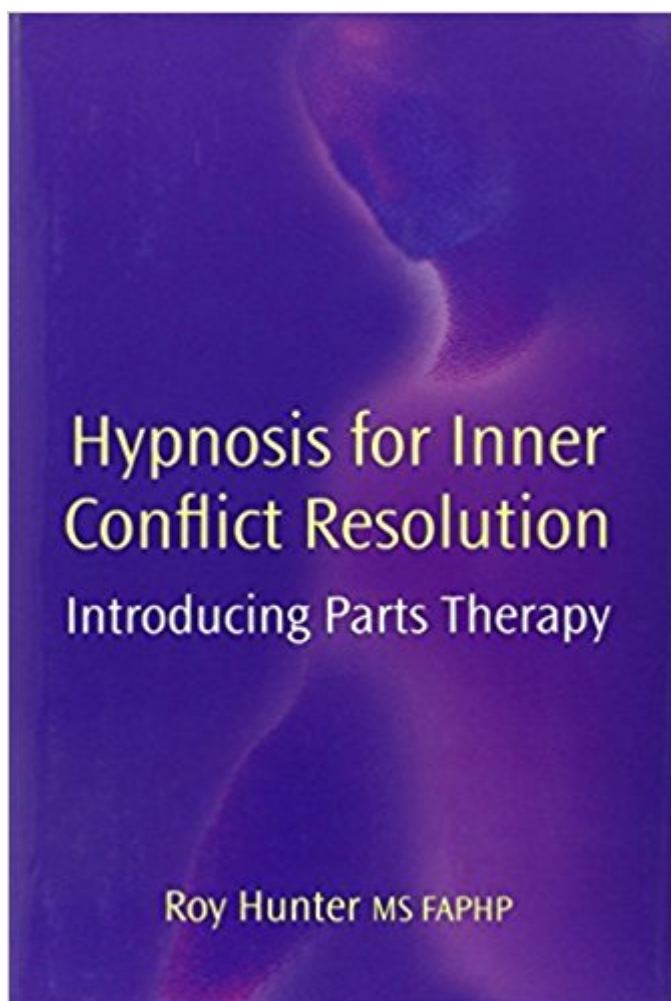


The book was found

Hypnosis For Inner Conflict Resolution: Introducing Parts Therapy



Synopsis

Why do so many clients experience inner conflicts that inhibit the successful attainment of important goals? Both counselors and hypnotherapists use techniques that help their clients change undesired habits or achieve personal and professional goals, yet, in spite of their best efforts, some clients still continue to experience unresolved inner conflicts that inhibit them from attaining their ideal empowerment. This book describes an elegant approach to reconciling the conflicting parts of a client's personality. Closely allied to ego state therapy and voice dialogue, parts therapy uses hypnosis to identify conflicting parts that are damaging the well being of clients. These parts are then directed to negotiate with each other through the therapist to bring about a resolution. Parts therapy continues to grow in popularity and is already used by many psychotherapists and psychologists who use hypnosis as an adjunct to their practices. Therapists who specialize in the use of hypnosis will find Hypnosis for Inner Conflict Resolution: Introducing Parts Therapy a most helpful technique to integrate into their practice.

Book Information

Hardcover: 220 pages

Publisher: Crown House Pub Ltd; Fourth Printing edition (May 31, 2005)

Language: English

ISBN-10: 1904424600

ISBN-13: 978-1904424604

Product Dimensions: 6.4 x 0.8 x 9.5 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 13 customer reviews

Best Sellers Rank: #301,298 in Books (See Top 100 in Books) #9 in Books > Textbooks >

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Customer Reviews

A 'must read' for any serious student of parts therapy, or for any hypnotherapist going beyond direct suggestion hypnosis. --Calvin D. Banyan, MA, CEO Banyan Hypnosis Center
A very readable book that is easy to follow and is quite readable even from the layman's perspective. --Paul Jones, Hypnotherapist
A very readable book that is easy to follow and is quite readable even from the layman's perspective. --Paul Jones, Hypnotherapist

Roy Hunter is the best selling author of "The Art of Hypnosis" and "The Art of Hypnotherapy," and has been teaching professional hypnotherapy for over 15 years. He studied hypnotherapy under Charles Tebbetts, who pioneered a client-centered approach to parts therapy.

This is the most detailed, pro-level book I've ever read on the subject of Parts Therapy. Roy Hunter is in my opinion one of the best hypnosis practitioners and teachers in the world. His writing is thorough, detailed and understandable... making it learnable for people at any level. He goes out of his way to not only teach you how to do parts therapy, but also what to do when things don't go "by the book". Plus, he provides solid, real-world examples of every step in the process. This will absolutely be my "go to" resource from now on when it comes to doing Parts Therapy.

This is a masterful work that step by step details the authors frame work for working on integrating the in congruent parts of our inner life. It can be used by hypnotherapists, as well as counselors and laymen for gleaning principles. But like most of these type works you will get the most from it by experimenting with it on your self with the questions and naming of those inner parts and listening to their voices, needs, motivations and wisdom. I believe you would be most able to be healing to others with these principles after making personal application for integrating your own inner voices and parts that conflict and help them to better negotiate. If you imagine a counseling session of a family and the different needs and parts and you helping their learning to understand each other and work together you get the gist of this book only the family is in side of each individual person. I instantly found myself becoming aware of deeper parts of myself and the naming the parts, list of questions and negotiation ideas are excellent to promote dialog and release. It seems that life challenges us continually to the experiences that must struggle with what is wisdom and balance. It many times involves the integrating of what first appears to be opposites but really reveal themselves to be balancing halves that when listened to and gleaned from open up a healing middle pathway and journey being all that you are. On another note there is excellent principles for using hypnosis for smoking cessation and getting past stuck points of the conflicting motivations of our inner parts.

This was a truly great book, everything was well explained but never long-winded. My only problem was that my copy was covered in ink dust, which gave me a rash. I ended up wearing gloves. This is obviously a printer issue, and has nothing to do with the excellent text.

I have been searching for a book on parts therapy for a long time and was surprised how few titles there are for a very popular modality in hypnotherapy. Roy Hunter's book handles the simplicity and complexity of the subject very well. Highly recommended for anyone who wants to get a good grasp on what parts are and how to work with them.

Comprehensive and clearly written, A must have for any hypnotist's library,

Once again Roy Hunter is on-the-mark. An outstanding tutorial of parts therapy. A must read for all hypnotists, and for those who are interested in finding out why they are blocking themselves from success. Hypnosis for Inner Conflict Resolution: Introducing Parts Therapy

excellent

Roy Hunter's book on parts therapy is a must have as part of your reference library for hypnosis. As always he writes well and with much experience in this field.

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