

Handbook of Cognitive Hypnotherapy for Depression: An Evidence-Based Approach (Lippincott Williams & Wilkins Handbook Series)

By Assen Alladin PhD

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This handbook is the first to provide a conceptual framework and rationale—based on scientific, theoretical, and empirical evidence—for combining cognitive behavior therapy with hypnotherapy in treating clinical depression. The conceptual framework—the Circular Feedback Model of Depression—allows clinicians to adopt an evidence-based practice in psychotherapy, integrating the best research with clinical expertise in the context of patient characteristics, culture, and preferences. The book offers detailed guidance in applying empirically supported principles of psychological assessment, treatment protocols, therapeutic relationship, and intervention.

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