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Healing Scripts: Using Hypnosis to Treat Trauma and Stress

Marlene Hunter

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Healing Scripts: Using Hypnosis to Treat Trauma and Stress Marlene Hunter
Healing Scripts focuses on the use of hypnotherapy to help trauma victims recover as well as helping individuals who are suffering from acute stress disorders. The field of trauma and stress treatment is constantly searching for new ideas and solutions. The uses of hypnotic interventions outlined in this volume are designed to treat the source of the pain and the anguish of trauma that will finally offer some relief to long-suffering clients.

Subjects covered include:
Pain (in all its forms)
Post Traumatic Stress Disorder (PTSD) with sections on denial, hyper-vigilance
and hyper-arousal
Acute Stress
Sleep Disorders
Dissociation Disorders, including ego-strengthening and integration.

The book also contains a separate section devoted to helping children suffering from acute stress and trauma. In total this volume will provide the hypnotherapist with practical suggestions for both the content and context of hypnotic interventions. Furthermore, the rationale for using any one particular script is fully explained through a detailed and illuminating commentary. All practitioners will find the scripts more than just practical as these have been used and found to be valid in real life situations and therefore can be used as they are written or adapted for the client s specific needs.

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