



Healing from Within: The Use of Hypnosis in Women's Health Care (Dissociation, Trauma, Memory, and Hypnosis Book Series)

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This volume presents a guide on how to use hypnosis and guided imagery to enhance women's health. Written by experienced clinicians and distinguished researchers, each chapter focuses on a disease, disorder or life-stage challenge, identifying essential clinical issues and detailing appropriate hypnotic interventions. These techniques address the interrelated psychosocial and medical determinants of illness and are used to complement and enhance ongoing clinical treatments. Areas covered include breast and gynaecological cancer, cardiac disorders, body image concerns in physical illness, chronic pelvic pain, childbirth preparation and delivery, infertility and pregnancy loss, menopause, anxiety, eating disorders and smoking.

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