



# Permanent Habit Control: Practitioner's Guide to Using Hypnosis and Other Alternative Health Strategies

*Brian S., Dr., PhD, ABPP Grodner, David B., PsyD Reid*

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## **Permanent Habit Control: Practitioner's Guide to Using Hypnosis and Other Alternative Health Strategies** Brian S., Dr., PhD, ABPP Grodner, David B., PsyD Reid

Grodner and Reid present the first professional book that attempts to permanently change health behaviors using Ericksonian Hypnotherapy. This book provides mental health professionals with a practical resource that will help them initiate permanent habit change in their clients' lives.

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Hypnotherapy has been proven to help people break poor eating habits, quit smoking, reduce alcohol and drug consumption, and manage stress. The book provides eclectic and innovative behavioral and naturalistic interventions that can be individually tailored to help clients regain control of their lives. The authors offer specific strategies, processes, metaphors, images, reframing techniques, task assignments, and other innovative techniques for managing unwanted habits beginning with the initial client contact and continuing through relapse prevention and follow-up reinforcement sessions.

- Assists practitioners in helping clients understand and access their internal resources to help them initiate permanent habit control
- Demonstrates how to employ the Enneagram's profound psychological and spiritual tool for understanding the self and offering pragmatic insight to initiate behavioral changes
- Presents case histories from the authors' own clinical work to illustrate the interventions in practical and strategic ways
- Includes end-of-chapter activities to improve skills such as generating individualized treatment plans and conducting personality assessments

Hypnotherapy serves as a less expensive alternative approach for improving the quality of life and helping people adopt healthier lifestyles through behavioral change.

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