



# Einführung in Die Hypnotherapie (German Edition)

*Bj Rn Riegel, Bjorn Riegel*

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Skript aus dem Jahr 2010 im Fachbereich Psychologie - Beratung, Therapie, Universität Hamburg (Fachbereich Psychologie), Veranstaltung: Einführung in die Hypnotherapie, Sprache: Deutsch, Anmerkungen: Es handelt sich um ein umfassendes Skript als Grundlage zum Seminar. Es sind sowohl deutsche als auch englische Texte, Artikel und Abhandlungen enthalten. Abgerundet wird das Skript durch Übungen und ein Glossar. , Abstract: Dieses Skript soll einen Überblick über die Entwicklung und die wichtigsten Anwendungsgebiete der Hypnotherapie geben. Dabei wurde auf eine Mischung aus praktischen Beispielen und wissenschaftlichen Texten geachtet, um den universitären Anspruch, aber auch den studentischen Erwartungen an „Handwerkszeug“ gerecht zu werden. Solch ein Spagat ist sicherlich nur durch die Akzeptanz von Redundanz möglich, kann aber gerade deswegen Neugier wecken, sich daran anschließend vertieft mit speziellen Gebieten dieses kreativen und konstruktiven Ansatzes zu beschäftigen. Inhaltlich ist das Skript dabei weitgehend an den Störungsgebieten der ICD-10 orientiert, ergänzt dies aber auch durch weitere Anwendungsgebiete, z.B. das Mentale Training.

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