



Brief Cognitive Hypnosis: Facilitating the Change of Dysfunctional Behavior

Jordan Zarren MSW DAHB, Bruce Eimer PhD ABPP

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"...Zarren and Eimer integrate traditional psychodynamic models of the unconscious and symptom-formation with modern cognitive theory, the outcome of which is a new model for the change process in therapy. With lucid description of their clinical methods and rich case illustrations the authors show how the hypnotic trance, along with careful attention to the wording of the hypnotic scripts, enable the patient to open to the possibility of genuine change."

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Professor, Harvard Medical School and Simmons School of Social Work, Boston, Massachusetts

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