



Hypnotically Enhanced Treatment for Addictions: Alcohol Abuse, Drug Abuse, Gambling, Weight Control and Smoking Cessation

Joseph Tramontana

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This book offers new strategies, techniques, and scripts as well as reviewing traditional methods of treating addictions. The five key addictions addressed are: alcohol abuse and dependency; drug abuse and addiction; gambling compulsions/obsessions and addiction; tobacco addiction (including cigars, pipes and chew); food addiction/compulsions. Many of the techniques and strategies incorporate a variety of therapeutic modalities, including: cognitive behavioral techniques, reframing and other NLP techniques, systematic desensitization, covert sensitization, 12-step programs, guided imagery and meditation, and more. The techniques described can be employed both in and out of trance.

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