



Integrative CBT for Anxiety Disorders: An Evidence-Based Approach to Enhancing Cognitive Behavioural Therapy with Mindfulness and Hypnotherapy

Assen Alladin

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DESCRIPTION

Integrative CBT for Anxiety Disorders applies a systematic integrative approach, Cognitive Hypnotherapy (CH), to the psychological treatment of anxiety disorders; it demonstrates how simple techniques can be used to create a therapeutic context within which CBT is more effective.

- An evidence-based approach to enhancing CBT with hypnosis and mindfulness when treating anxiety disorders shows how simple techniques can be used to create a therapeutic context within which CBT can become more effective
- Offers detailed and comprehensive coverage for practitioners, with specific protocols for each anxiety disorders covered and a short case study per treatment chapter in order to demonstrate the approach in action
- Anxiety disorders is an area where the interaction between conscious and unconscious processes is especially important, and where the use of hypnotherapeutic and mindfulness techniques can therefore be especially effective
- Builds on the author's research and experience and develops his significant earlier work in this area – notably *Cognitive Hypnotherapy: An Integrated Approach to the Treatment of Emotional Disorders* (Wiley, 2008)

ABOUT THE AUTHOR

ASSEN ALLADIN is a clinical psychologist and adjunct associate professor at the Department of Psychiatry, University of Calgary Medical School, Canada. He has practiced and taught both hypnosis and clinical psychology for three decades. Dr Alladin has published over 30 chapters and papers on clinical hypnosis, and is the author of *Handbook of Cognitive-Hypnotherapy for Depression: An Evidence-Based Approach* (Lippincott Williams & Wilkins, 2007), *Hypnotherapy Explained* (Radcliffe Publishing, 2008) and *Cognitive Hypnotherapy: An Integrated Approach to the Treatment of Emotional Disorders* (Wiley-Blackwell, 2008).

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