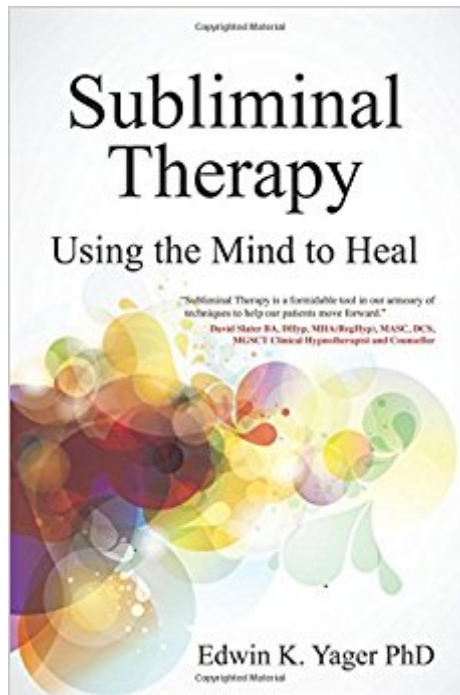




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# Subliminal Therapy: Using The Mind To Heal



## Synopsis

Subliminal therapy is a technique that utilizes hypnotic phenomena for therapeutic purpose without requiring a formal trance induction. The protocol is effective as a sole intervention or as an adjunct to other forms of treatment. In this volume, the reader is introduced to the concepts and applications of subliminal therapy and taught its protocol as well. This includes establishing identifiable communication with the unconscious domain, uncovering influences that are causing current problems, and resolving those influences. The logically applied protocol of subliminal therapy engages unconscious process to uncover the causes of presenting problems, whether manifesting physically emotionally intellectually or behaviorally and then to resolve that influence through re-framing and re-conditioning. The causes of psychogenic problems are usually not consciously recognized; only the resultant symptom the disability is apparent. Subliminal Therapy provides a practical, efficient, and logical way to identify the cause, as well as a practical, efficient, and logical way to resolve its influence. Although subliminal therapy may be a new concept for professionals, it has been evolving over the past 30 years into a most efficient protocol. The technique has proved especially effective in the treatment of anxiety and the effects of early abuse such as sexual dysfunction, unresolved anger and psychogenic medical problems.

## Book Information

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## Customer Reviews

The author clearly demonstrates how the methods and protocols of subliminal therapy utilizing hypnotic techniques without requiring a formal trance induction can be used to facilitate both

psychological and physical healing. This book checks many boxes: truly ground-breaking, yet highly practical; imaginative, yet rigorously researched; and accessible, yet intellectually satisfying. I highly recommend it. --John Perry, MA, principal teaching fellow in healthcare communication, University of Southampton  
Innovative and brilliant. I recommend that health care professionals and hypnotherapists alike read this book. --C. Roy Hunter, PhD, CHt, author of Hypnosis for Inner Conflict Resolution  
This book is written with great clarity and detail and will, and I am certain will be of enormous benefit to practicing therapist, whether or not they have already been contemplating the use of Subliminal Therapy in the treatment of those who consult them. --Ursula Markham, Founder and Principal of The Hypnolink Foundation

Edwin K. Yager PhD, is a clinical professor in the Department of Psychiatry, UCSD School of Medicine, and a staff psychologist for the UCSD Medical Group. He is certified as a consultant in hypnosis by the American Society of Clinical Hypnosis and is past-president and current board member of the San Diego Society of Clinical Hypnosis. Dr. Yager currently maintains a private practice in San Diego, California. He is the author of Foundations of Clinical Hypnosis

Being a professional hypnotist I'm wondering why this approach has been so under taught and under used. I read the book, got the basic process down, and applied it. I LOVE IT. It's a wonderfully simple process that 95% of my clients can and do respond to easily. The author goes overboard re-naming the subconscious mind but it's the concept that's so profound. It really does give my clients the experience that something beyond their conscious awareness is taking place, which gives them the expectation that the process works and they can make the changes they've come for. This insight is what allows folks to shift into resourceful states and find old patterns changed. Deserves a wider audience.

I am a longtime hypnotist and hypnotherapist so my understanding of this text came quite easy. I have just begin to use this method and at least preliminarily, my experience is totally consistent what I have found in the book. This appears to me at this point to be a tremendous breakthrough in healing. Conventional allopathic medicine has a pill to cover up almost any symptom, even if it has to render the patient unconscious or in a stupor. And many of the side effects are worse than the symptom. (ie. from Chantix website: "Some people have had changes in behavior, hostility, agitation, depressed mood, suicidal thoughts or actions while using CHANTIX to help them quit smoking. Some people had these symptoms when they began taking CHANTIX, and others

developed them after several weeks of treatment or after stopping CHANTIX.) This is only one example. Dr. Yager has had a 99% average success with Subliminal Therapy for smoking cessation with no chemicals whatsoever, hence, no chance of side effects. This is huge folks. Very few books I have ever read would I rate as highly as this one.

This is one of the best techniques I have ever used. I have been a hypnotist for almost 6 years, I have studied direct suggestion, parts therapy, regression to cause, UltraHeight, and much more, but this is the best technique I have used as yet. It is a wonder way to "hypnotize" your client without a formal induction, plus you can do changework without having to drag your client back through the emotional traumas that caused the problems in the first place. This technique will be a cornerstone in my practice from now on.

Really am enjoying it. Easy to understand.

A good man who pioneered a different Parts Therapy that several have copied

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Subliminal Therapy: Using the Mind to Heal Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) How to Heal Cavities and Reverse Gum Disease Naturally: a science-based, proven plan to heal teeth and gums using nutrition, balancing the metabolism, and natural therapies such as oil pulling The Power of Your Subconscious Mind: There Are No Limits to the Prosperity, Happiness, and Peace of Mind You Can Achieve Simply by Using the Power of the Subconscious Mind, Updated Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) Subliminal: How Your Unconscious Mind Rules Your Behavior Learn Spanish Faster, Open Your Mind to Foreign Language Help: Hypnosis, Meditation and Subliminal: The Sleep Learning System Featuring Rachael Meddows NLP: Persuasive Language Hacks: Instant Social Influence With Subliminal Thought Control and Neuro Linguistic Programming (NLP, Mind Control, Social Influence, ... Thought Control, Hypnosis, Communication) Treating Psychosis: A Clinician's Guide to Integrating Acceptance and Commitment Therapy, Compassion-Focused Therapy, and Mindfulness Approaches within the Cognitive Behavioral Therapy Tradition Light Therapy: Teach Me Everything I Need To Know About Light Therapy In 30 Minutes (Light Therapy - Season Affective Disorder - SAD - Vitamin D) Recover with GAPS: A Cookbook of 101 Healthy and Easy Recipes That I Used

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