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The Handbook of Clinical Hypnosis, Second Edition is the ultimate resource for clinicians, researchers, and anyone interested in the theory and practice of clinical hypnosis. About the Author Steven Jay Lynn is a professor of psychology and director of the Psychological Clinic at the State University of New York at Binghamton.

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He has written six books, including the Handbook of Hypnotic Suggestions and Metaphors. He coordinated a national task force on hypnosis and memory and is the primary author of Clinical Hypnosis and Memory: Guidelines for Clinicians and for Forensic Hypnosis and of ASCH's Standards of Training in Clinical Hypnosis.

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Hypnosis is a therapeutic technique in which clinicians make suggestions to individuals who have undergone a procedure designed to relax them and focus their minds.. Although hypnosis has been controversial, most clinicians now agree it can be a powerful, effective therapeutic technique for a wide range of conditions, including pain, anxiety and mood disorders.

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