

**HEALING SCRIPTS: USING HYPNOSIS TO TREAT
TRAUMA AND STRESS**

Lesley U. Dor

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If you are offered medication, it will typically be an antidepressant. If you have PTSD or if you know someone who does, it is important for the sufferer to seek help and support. The field of trauma and stress treatment is constantly searching for new ideas and solutions and the hypnotic interventions detailed in this volume are designed to treat the source of the pain and the anguish of trauma so that clients with long term problems can finally be offered some relief.

CBT is a talking therapy that focuses on what we think and believe, and how these are related to our feelings and actions. Here is a sample of the script used in this recording: Here is a sample of the Post Traumatic Stress Disorder PTSD script used in this mp3: And as you continue to relax, you realize just how powerful you are and that you have the ability and strength to heal any part of your body or mind.