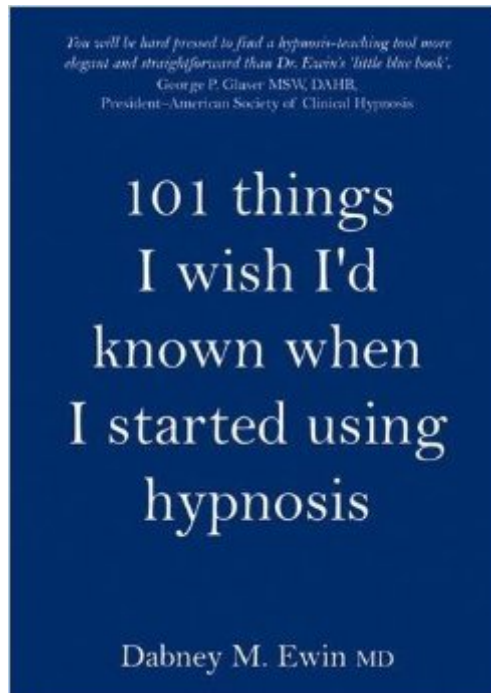


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# 101 Things I Wish I'd Known When I Started Using Hypnosis



## Synopsis

For the past thirty years, Dabney Ewin has been teaching medical hypnosis at Tulane University. In all that time, he has dealt with hundreds of patients but the one thing that stands out during this illustrious career is that he has never stopped learning something new. This succinct volume is a testament to all the ideas that Dr. Ewin wished he had known about when he first started practicing hypnosis. The words and phrases presented here are designed to give any beginning or experienced student a foundation about the working of hypnosis--this foundation of knowledge Dr. Ewin built up in his more than thirty years of practice. Dr. Ewin 'believes his patients can get well, because they do.' With his words, images and suggestions, noted throughout this little book of wisdom, he understands that the mind can change the way the brain functions and conversely, he also knows the brain can change the way the mind functions. In hypnosis, he makes this healing resonance between mind and body happen again and again. Simply put, his patients become whole again.

## Book Information

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## Customer Reviews

Dabney Ewin, a physician, intended 101 Things to be a small, simple book: easy to read and understand. And it is. Ewin is a Clinical Professor of Surgery and Psychiatry at Tulane Medical School in New Orleans, Louisiana. With a strong affinity for psychosomatic medicine, he began teaching and using medical hypnosis in 1970. Today he is a leading expert in medical hypnotherapy. His book is a compilation of observations for practitioners. Ewin's 101 Things are arranged in five categories: \*Connotations of words in hypnosis; why hypnotherapists should avoid

certain words.\*Suggestions for smoking cessation. Instead of "ex-smoker" or "non-smoker" use the phrase "normal person". After all, it's abnormal to derive pleasure from inhaling deadly substances!\*Helpful hints for pain management.\*Useful but little known hypnotic techniques.\*Miscellaneous pearls of wisdom.The book's most unique feature is a physician's view of medical hypnosis. Ewin enlightens readers on the placebo/nocebo effect, hypnoanalysis, trauma, pain, belief, laughter, prayer, suggestion, and ideomotor signals. Did you know, for instance that a surge of adrenalin creates a moment of maximum suggestibility? For this reason, anyone treating a patient in crises or fear should take care with what to say. Even seasoned hypnotherapists will learn something of value from this small book. I like it. I plan to read it again, reading one "thing" daily as a "thought for the day," rather than take in the entire book at a single setting. I recommend you do the same.

Dr. Dabney Ewin's book comes from the knowledge he has gained in more than 30 years as a medical practitioner and educator at Tulane University Medical School. He stated that he would jot down these insights to pass on to his medical students, and has now compiled them in this book. Some are very simple, such as insight #1, the word "Seems." While others are compelling, such as his discussion of the terms "ex-smoker" and "non-smoker" in smoking cessation. It is not often that one finds this much knowledge in such a concise package. I chose this book for my book report assignment in Clinical Hypnotherapy class because I can see the value of it for one starting out in practice as well as the seasoned professional.

I purchased this based on the title - and I wasn't sorry. It is so packed with useful information that I took it to my hypnotherapy class and presented it. My instructor's only issue with the book? That he hadn't written it himself. I've reread it several times and hope to commit most of the information to memory.

Dabney Ewin MD. does the Hypnosis world proud with his book "101 things I wish I had known when I started using hypnosis". His explanations of words used during hypnosis to make it easier for the client to achieve their goals is worth its weight in gold. A thoroughly interesting book for those practicing hypnosis.

Hypnosis has clinical use, and Dabney Ewin has learned much in the avenue of useful knowledge from his own use of the technique. "101 Things I Wish I'd Known When I Started Using Hypnosis" is

the ponderings of Dr. Ewin on the use of hypnosis in medical practice. Discussing medical hypnosis, what it can be used for and what its results can be. Fine and fascinating reading, "101 Things I Wish I'd Known When I Started Using Hypnosis" is highly recommended for any psychological or medical collection.

This book is a little gem. While some stuff we should all know if in Practice, Dabney offers many new and thought provoking ideas. Everything is useful. Think about it, meditate on it, adapt it, use it. Stimulates one to wonder just how best and in how many areas you can use his excellent advice. You will be re-reading this book for many years to come.

What a gem of a book! Readable, useful, and filled with truth and good science. Very helpful to the therapeutic hypnosis practitioner.

Fabulous insights into the nuances of hypnosis by a remarkable, wonderful, brilliant man! This book is chock full of condensed powerful insights into every detail of therapeutic hypnosis, an amazing compilation of years of deep thoughtful experience. Insights poetically and beautifully condensed!

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