
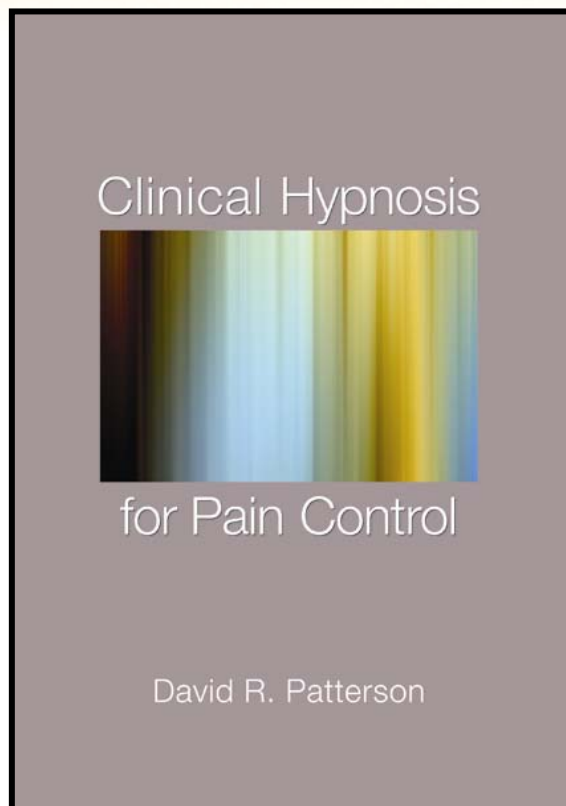


# APA BOOKS

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## Clinical Hypnosis for Pain Control

**David R. Patterson**

*Clinical Hypnosis for Pain Control* is a compelling argument for the use of hypnotic analgesia as a viable alternative to psychopharmacological interventions for controlling acute, chronic, and perioperative pain, as well as pain from nonsurgical procedures. Yet clinical hypnosis is not an “alternative” medicine, the author argues; rather, it is an innovative way of using a patient’s internal resources to distract, dislocate, or reduce pain in a variety of clinical settings—from the ER to the multidisciplinary pain clinic. As the staff psychologist at the University of Washington’s Harborview Medical Center’s Burn Unit and Rehabilitation Psychology Consultation and Liaison Service, Dr. Patterson draws on his experiences—and many hypnotic inductions—in helping patients deal with the kind of severe pain involved in treating burn wounds and in other types of acute and chronic pain, such as headaches, fibromyalgia, cancer, and neuropathy.

Written for a general clinical audience—but particularly for pain specialists—*Clinical Hypnosis for Pain Control* also provides a masterful survey of the psychological factors in acute and chronic pain, as well as a variety of easy-to-follow induction examples (and instructive commentary throughout) for the major types of pain syndromes. The book is also an excellent resource for students and researchers who want to explore hypnotic analgesia’s scientific basis


and its growing acceptance as an evidence-based practice, as well as those who are eager to be re-introduced to the clinical approaches of Milton Erickson. In the book’s penultimate chapter, Dr. Patterson outlines a groundbreaking approach of combining brief counseling techniques (e.g., motivational interviewing) and Ericksonian hypnosis for long-term pain management. 2010. 280 pages. Hardcover.

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### About the Author

**David R. Patterson, PhD, ABPP, ABPH**, is a professor in the Departments of Rehabilitation Medicine, Surgery, and Psychology at the University of Washington School of Medicine. Currently, he is head of the Division of Psychology of Rehabilitation and chair of the Ethics Committee at Harborview Medical Center. Dr. Patterson has been working as a clinical psychologist at Harborview Medical Center since 1983, particularly in the Burn Unit and the Psychology Consultation and Liaison program he created. He holds diplomate degrees in the areas of Psychological Hypnosis and Rehabilitation Medicine. Dr. Patterson has run psychology intern and postdoctoral training programs for more than 20 years and has mentored hundreds of students. His research has been funded by the National Institutes of Health since 1989, and he has more than 150 articles and chapters published in the area of hypnosis, pain control, and adjustment to trauma. His articles can be found in such journals as *Psychological Bulletin*, *Journal of Consulting and Clinical Psychology*, *Journal of Abnormal Psychology*, *Pain*, and the *New England Journal of Medicine*. He is a longtime soccer player and enjoys coaching his sons in the sport; he also plays drums for the rock band *Shrinking Head*.

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