



The International Society of Hypnosis

NEWSLETTER

Building Bridges of Understanding

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Book Review

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NÉRON, S., AND HANDEL, D. (2014). *HYPNOTIC APPROACHES IN CANCER AND PALLIATIVE CARE*. PRESSES DE L'UNIVERSITÉ DU QUÉBEC, 388 PP., \$89.99 (IOS E-BOOK), ISBN: 978-2-7605-3561-9.

“The term palliative is derived from the Latin word *pallium*: to cloak or cover. Palliative care’s core value is to maintain or restore the maximum quality of life to patients with life-threatening illness and their supportive care units.”

I have been exposed to the expertise of Drs. Neron and Handel by attending their workshops. This ebook is a remarkable combination not only of notes from the course, but with additional videos of actual therapeutic sessions illustrating the key issues in palliative care. These include “Clinical Hypnosis for Palliation of Symptoms and Its Role in the Spectrum of Patient Care” (Chapter 2), “Pain Relief and Palliation of Symptoms” (Chapter 3), “Symptom Relief, Emotional Containment, and Spiritual Enrichment” (Chapter 4), and “Self-Hypnosis: Dealing with Treatments, Medical Teams, and Procedures” (Chapter 5).

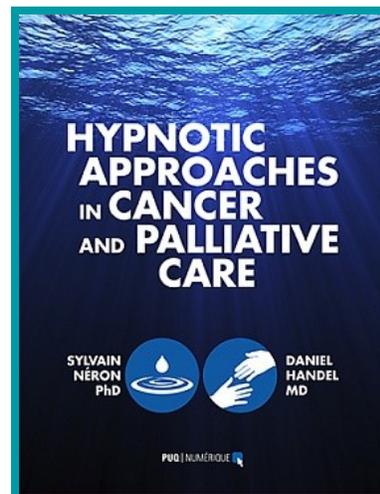
The series of videos of illustrative treatment sessions with patients who have consented to be shown cannot readily be duplicated in an on-site workshop, so this is a learning opportunity that is unique.

This ebook can truly serve as an entire advanced course on this particular use of hypnosis. It is very user-friendly, so the reader can easily choose between watching the entire eight hour in-depth hypnotic sessions, or a short video summary focused on key points, or verbatim written transcripts of the interaction.

The Table of Contents is comprehensive. There is an extensive Glossary that is linked to uses of the word in the text, and the Search function is helpful and easy to use. Many key words, themes, ideas, and constructs are hyperlinked.

With *Hypnotic Approaches in Cancer and Palliative Care*, Neron and Handel have opened a whole new world of learning using modern technology. After years of both attending and teaching in workshops, I feel that this type of teaching must be the wave of the future for those of us who teach hypnosis. My

students frequently request the opportunity to be present during a treatment session, but most of my private patients choose privacy. We have always been able to show video clips of one or two specific techniques at a workshop, but with this ebook



we take home a veritable encyclopedia on the titled theme that we can peruse in snippets or in depth, and easily review via the verbatim transcripts. I doubt this will replace workshops and the camaraderie they foster. But after the stimulation of a good workshop, what a blessing to take home and keep an

encyclopedic record and expansion of what was taught.

Cancer patients are surviving longer with advanced medical care, and the need for mental and spiritual (palliative) care is increasing.

I recommend this e-book without reservation to anyone in the field of hypnosis who wants to learn how to give quality care to this population of suffering humanity.