Transforming Performance Anxiety Treatment

By Elizabeth Brooker

This book looks at performance anxiety, a psychological problem which exerts such a negative effect on human behaviour. Illustrated with nine reflective case studies, the author examines two little used interventions, cognitive hypnotherapy (CH) and eye movement desensitisation and reprocessing (EMDR) which focus on such processes for the rapid reduction of anxiety. The book provides opportunities to analyse and critique the therapies adopted using a qualitative approach and also discusses the suitability of the treatment provided from a research standpoint.

Elizabeth Brooker is an experienced professional musician, a qualified hypnotherapist, EMDR practitioner and neuro-linguistic programmer. She has a PhD where the main focus of her research was reducing anxiety in music performance.

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