



Bruce N. Eimer, Ph.D., A.B.P.P.
Licensed Clinical Psychologist
Certified School Psychologist

Board Certified Diplomate in Behavioral Psychology
Fellow with the American Society of Clinical Hypnosis

Dr. Eimer earned his Ph.D. degree in Educational Psychology and Statistics at the State University of New York at Albany in 1981. He interned in Child Psychiatry at the University of Louisville Medical School from 1981 to 1982 and completed a Research Fellowship in Developmental Psychology at Educational Testing Service in Princeton, NJ in 1983. Dr. Eimer then re-specialized in Clinical Psychology at Hahnemann Medical University in Philadelphia from 1983 through 1986 and earned a Postdoctoral Certificate of Re-specialization in Clinical Psychology from Hahnemann in 1986 approved by the American Psychological Association. He became licensed by the Pennsylvania Board of Psychologist Examiners to practice Psychology as a Licensed Clinical Psychologist in Pennsylvania in 1986.

Dr. Eimer is a Board Certified Diplomate in Behavioral Psychology with the American Board of Professional Psychology and a Fellow of the American Academy of Behavioral Psychology. He is also a Board Certified Diplomate in Pain Management with the American Academy of Pain Management.

He is a Fellow of the American Society of Clinical Hypnosis, and a Certified Approved Consultant in Clinical Hypnosis with this professional society. He serves on their Continuing Education, Ethics, Literature Review and Speakers' Bureau committees, and is on their regional and national work-shop faculty. He is a member of the Greater Philadelphia Society of Clinical Hypnosis and a life member of the American Psychological Association.

Dr. Eimer has authored or co-authored seven books and numerous professional journal articles and book chapters. He is the co-author of the clinical text, *Brief Cognitive Hypnosis: Facilitating the Change of Dysfunctional Behavior*, published by Springer Publishing Company, and the senior author of the clinical text, *Pain Management Psychotherapy: A Clinician's Guide*, published by John Wiley and Sons. He is also the co-author of the clinical text, *Ideomotor Signals for Rapid Hypnoanalysis* which is published by Charles C. Thomas Publishers.

Dr. Eimer is the author of the self help book, *Hypnotize Yourself Out Of Pain Now!* and senior author of the self help book, *Coping With Uncertainty: 10 Simple Solutions*, published by New Harbinger Publications.

Dr. Eimer was on the Department of Psychology staff at Eastern State School and Hospital in Trevoise, PA, a state children's psychiatric treatment facility. He was on the Department of Physical Rehabilitation Medicine Staff at Abington Memorial Hospital, in Abington, PA, and the Chief Psychologist and Director of Biofeedback and Behavioral Medicine in the Department of Psychiatry at the Philadelphia College of Osteopathic Medicine from 1987 to 1989. He was on the attending staff as an Allied Health Professional in Clinical Psychology at Frankford Hospital in Northeast Philadelphia and at Elkins Park Hospital in Elkins Park, PA. He also has been an Adjunct Faculty Member with the Institute for Graduate Clinical Psychology at Widener University in Chester, PA.

He has taught numerous workshops, by invitation, to Physicians, Psychiatrists, Psychologists, and other licensed Health Care Professionals.

WHAT IS CLINICAL HYPNOSIS?

Clinical Hypnosis is a treatment tool that makes psychological treatment more rapid and effective. Its competent use can quickly help identify the most significant psychological factors in an individual case, to give, confirm, or deny acceptance of suggestions, call up a part of the personality, and review and change subconscious imprints of information that do not come up in the conscious history.

The individual is helped to experience **hypnosis**, which is an altered state of awareness and focused attention with deep physical and emotional relaxation. The individual remains fully aware of everything that is happening, and has full memory of what occurs. The goal is to

communicate with the part of the mind, below the level of conscious awareness, that controls learned habitual behavior. Information to meet the individual's specific needs is then communicated to this inner part of the mind, in a language and form that it will accept, to restructure thoughts, beliefs, and behaviors for positive change.

Clinical Hypnosis is also a fast-working method for uncovering the root emotional causes of psychosomatic and other stress-related symptoms using specialized hypnotic techniques. Seemingly insurmountable problems can be understood in a different way that leads to new solutions.

WHAT IS BRIEF COGNITIVE PSYCHOTHERAPY?

BCP is a way to help individuals change the way they think about themselves, their world, their behavior, their relationships, and their situation, so change can take place. It helps people learn how to communicate with themselves and others in more constructive and positive ways.

WHAT IS COGNITIVE RELAXATION THERAPY?

Cognitive Relaxation Therapy is a tool for teaching individuals how to experience a state of deep physical and emotional relaxation, without medication. The process helps people become aware of how their body reacts to stress, and how to change the way they feel. Being able to change the way you feel means you are no longer trapped. Then you have choices and you can change what you do.

All of these techniques allow for a very brief therapy process that brings about change quickly and represents significant savings in expense.

FEES and OTHER INFORMATION

\$150.00 for a 50 minute session

We do not accept insurance or Medicare. We work very briefly and thus cost less because of fewer sessions.

24 hour TELEPHONE: 215-947-7867 (947-STOP)

24 hour FAX: 215-947-7860

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