[EPUB] Ericksonian Approaches To Hypnosis And Psychotherapy

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Patterns of the Hypnotic Techniques of Milton H. Erickson, M.D.-Milton H. Erickson 1996
Taproots-William Hudson O'Hanlon 1987 "This is an essential primer of Ericksonian hypnotherapy and strategic psychotherapy. [...] O'Hanlon provides threads that will enable you to craft your own approach. Providing a fascinating history, this landmark guide to the essentials of hypnosis is packed with inspiring real-life stories and riveting and reassuring guides to the essentials of hypnosis, alleviating the newcomer's anxieties about how to make the most of this clinical tool. This brief book illustrates the benefits of solution-oriented hypnosis, which draws on the work of the pioneering therapist Milton Erickson (with whom O'Hanlon studied) and emphasizes doing what is needed to get results—which, more often than not, means trusting that the client holds within him- or herself answers or knowledge that need only be tapped or released by the therapist. O'Hanlon covers the key aspects of hypnosis, including language patterns and phrases, using passive language, and inducing trance. O'Hanlon offers practical tips and friendly encouragement for the novice hypnotherapist—in his characteristic warm, reassuring, and humorous style.

A Guide to Trance Land: A Practical Handbook of Ericksonian and Solution-Oriented Hypnosis-Bill O'Hanlon 2004-06-29 A friendly and brief guide to the essentials of hypnosis. Popular author Bill O'Hanlon offers an inviting and reassuring guide to the essentials of hypnosis, alleviating the newcomer's anxieties about how to make the most of this clinical tool. This brief book illustrates the benefits of solution-oriented hypnosis, which draws on the work of the pioneering therapist Milton Erickson (with whom O'Hanlon studied) and emphasizes doing what is needed to get results—which, more often than not, means trusting that the client holds within him- or herself answers or knowledge that need only be tapped or released by the therapist. O'Hanlon covers the key aspects of hypnosis, including language patterns and phrases, using passive language, and inducing trance. O'Hanlon offers practical tips and friendly encouragement for the novice hypnotherapist—in his characteristic warm, reassuring, and humorous style.

Treatment of Special Populations with Ericksonian Approaches-Stephen R. Lankton 1988


Hypnotic Realities-Milton H. Erickson 1976
The Induction of Hypnosis-Jeffrey K. Zeig 2014
The Ericksonian Approach-James Jones 2015-10-15 This book will teach you my perspective of the Ericksonian approach to hypnosis and therapy. It will demonstrate the simplicity that I believe underlies the Ericksonian approach and will teach Ericksonian hypnotic language patterns in a simple and easy to learn and understand way. In this book I share the skills to use so that you can take the knowledge you have from book one in the Hypnosis Revealed series about hypnosis, pattern-matching and the trance nature of reality and use this therapeutically with clients. The knowledge you will gain from this book can be mastered allowing you to be able to confidently hypnotise and therapeutically work with almost anyone using the approach that is right for them as an individual. You will be able to do what I think of as client-centred hypnotherapy. Learn the fundamental principles of the Ericksonian approach, hypnotic language patterns, paradoxical interventions and how to craft healing stories.

Advanced Ericksonian Hypnotherapy Scripts: Expanded Edition-Dan Jones 2017-01-13 This book of more than 100 hypnosis scripts is based on 20 years of experience. This book is expanded on the first edition to include more hypnotic inductions & 'quit smoking scripts & strategies' and additional description about using the scripts. This isn't just another hypnosis scripts book. It also gives the reader ideas and suggestions on how to run a Hypnosis session from gathering information to carrying out the hypnotic work, ending a session and setting tasks. It also introduces Ericksonian Hypnotherapy scripts, which are the ones that can be mastered allowing you to be able to confidently hypnotise and therapeutically work with almost anyone using the approach that is right for them as an individual. You will be able to do what I think of as client-centred hypnotherapy. Learn the fundamental principles of the Ericksonian approach, hypnotic language patterns, paradoxical interventions and how to craft healing stories.

Uncommon Therapy-Jay Haley 1898 Milton H. Erickson, M.D. is generally acknowledged to have been the world's leading practitioner of medical hypnosis. His "strategic therapy," using hypnotic techniques with or without actually inducing hypnosis, allows him to get directly to the core of a problem and prescribe a course of action that can lead to rapid recovery. This book provides a comprehensive look at Dr. Erickson's theories in practice, through a series of case studies covering the kinds of problems that are likely to occur at various stages of the human life cycle. The results Dr. Erickson achieves sometimes seem to border on the miraculous, but they are brought about by a finely honed technique used by a wise, intuitive, highly trained psychiatrist-hypnotist whose work is recognized as a major contribution to the field.

Innovative Hypnotherapy-Milton H. Erickson 1980
Generative Trance-Stephen Gilligan 2012-09-30 This book describes an entirely new way of conducting hypnotherapeutic interventions - Stephen Gilligan's generative trance. The first generation of trance work, the traditional hypnosis that still holds sway in most places, considers that both the conscious mind and the unconscious mind of the client are, to put it bluntly, idiots. So trance work involves first 'knocking out' the conscious mind, and then talking to the unconscious mind like a 2-year-old that needs to be told how to behave. Milton Erickson created the second generation of trance work. He approached the unconscious as having creative wisdom and each person as extraordinarily unique. Thus, rather than trying to programme the unconscious with new instructions, Erickson saw trance as an experiential learning state where a person's own creative unconscious could generate healing and transformation. At the same time Erickson, for the most part, carried the same low opinion of the conscious mind. Thus, Ericksonian hypnosis looks to bypass the conscious mind with indirect suggestions and dissociation and depotentiate it with confusion techniques.

My Voice Will Go with You-Milton H. Erickson 1991 Presents over one hundred "teaching tales" of the hypnotherapist Milton Erickson, which he uses to influence his patients on conscious and unconscious levels, and discusses his approaches to hypnosis and psychotherapy.

Tapping Forming: Ericksonian Methods- 2011
Hope & Resiliency-Dan Jones 2005-11-01 Milton H. Erickson is most commonly examined through the lens of hypnosis. This book takes a much broader approach and defines several key components that made him successful as a therapist. The fundamental strategies described are relevant to all mental health care professionals, regardless of their theoretical orientation.


Milton H Erickson-Jeffrey K Zeig 1999-07-28 'Zeig and Munion have provided us with a lucid insight into the life and work of a 20th century giant, and it is a book full of human warmth and humour. I congratulate you who still have the adventure of exploring Milton H Erickson's story ahead of you' - Hypnos 'This offering on Erickson does not set out to uncover new ground, but more to introduce one to Erickson (and the cases are so extraordinary they are worth repeating anyway). It does this in a number of easy to read sections - New Therapist 'This book is an easily accessible primer for those who are new to studying Ericksonian methods... its depth provides the reader with the experience of learning about the man, as well as the method' - Milton H Erickson Foundation Newsletter Milton H Erickson provides a unique insight into the life and experiences of this influential figure, and a clear account of his specific contributions to psychotherapy, both theoretical and practical. Erickson was the dominant force in legitimizing the use of clinical hypnosis. Through his research and practice, he developed a scientific understanding of hypnotic phenomena and devised many novel clinical applications. He took the view that psychotherapy should be formulated to meet the uniqueness of an individual's strengths and needs, rather than tailoring the person to fit a particular theoretical approach. His directive and strategic interventions contrasted substantially with the development of brief therapy approaches such as strategic therapy, solution-focused therapy, and the interactional approach.

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