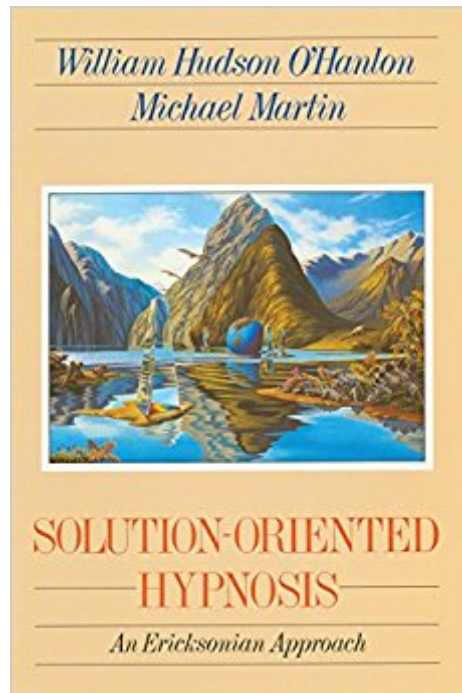




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# Solution-Oriented Hypnosis: An Ericksonian Approach



## Synopsis

Demystification has become an intellectual buzzword; finally, we have a book that accurately fits the definition. When most people think of "hypnosis" they imagine either a sinister, Mesmeresque figure declaring to his subject "you're getting sleepier and sleepier ... your eyelids are getting heavier and heavier, you will go into trance," or an entertainer compelling a subject to "cluck like a chicken." In this comprehensive introduction to hypnosis based on the pioneering work of Milton H. Erickson, Bill O'Hanlon demystifies the concept of "trance" and "hypnosis." He goes to the heart of the subject by answering the question: "What is trance?" But be forewarned: This is no dry, formal discourse on trance induction techniques. Rather, readers are invited to share the experience of attending one of O'Hanlon's lively and popular two-day workshops on Ericksonian hypnosis. In an energetic and often humorous manner, O'Hanlon takes his audience through the basics of trance induction and explains the how, what, and why of hypnosis. Readers familiar with Erickson's work will be delighted at the author's Class of Problems/Class of Solutions approach, which deconstructs Ericksonian interventions and provides a powerful new tool in directing clients toward solution. Each individual element of trance induction is explained clearly, through the use of case examples, demonstrations, and audience participation exercises. The book's gradual approach takes readers through the hypnotic process in a step-by-step fashion, increasing their skills and confidence.

## Book Information

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## Customer Reviews

"O'Hanlon's books are always filled with precious clinical

"Demystification" has become an intellectual buzzword; finally, we have a book that accurately fits the definition. When most people think of "hypnosis" they imagine either a sinister, Mesmer-esque figure declaring to his subject "you're getting sleepier and sleepier ... your eyelids are getting heavier and heavier, you will go into trance", or an entertainer compelling a subject to "cluck like a chicken". In this comprehensive introduction to hypnosis based on the pioneering work of Milton H. Erickson, William O'Hanlon demystifies the concept of "trance" and "hypnosis". He goes to the heart of the subject by answering the question: "What is trance?" But be forewarned: This is no dry, formal discourse on trance induction techniques. Rather, readers are invited to share the experience of attending one of O'Hanlon's lively and popular two-day workshops on Ericksonian hypnosis. In an energetic and often humorous manner, O'Hanlon takes his audience through the basics of trance induction and explains the how, what, and why of hypnosis. Readers familiar with Erickson's work will be delighted at the author's Class of Problems/Class of Solutions approach, which deconstructs Ericksonian interventions and provides a powerful new tool in directing clients toward solution. Each individual element of trance induction is explained clearly, through the use of case examples, demonstrations, and audience participation exercises. The book's gradual approach takes readers through the hypnotic process in a step-by-step fashion, increasing their skills and confidence. An integral part of the presentation is O'Hanlon's belief in the importance of respect for client-therapist boundaries and for individual differences with regard to experience with and reaction to trance. This sensibility pertains especially to the section on survivors of sexual abuse, but also informs all of his trance work. In the end, it is this respect for others that makes solution-oriented hypnosis and therapy so effective and successful.

This is an engaging and extremely readable introduction to Ericksonian Hypnotherapy. Profoundly less "technical manual" than the Grinder Bandler stuff, yet is certainly not dumbed down. Written with humor and understanding in the informal style of a seminar in a manner that anyone could learn from. I would recommend this to anyone interested in Ericksonian Hypnosis.

Transcribed from conducting an actual workshop on hypnotic techniques, particularly Ericksonian techniques, the book flows well, is packed w/good info and usable scripts and suggestions; and I now have copious notes and 20 pages of protocol-matrix photocopies to put in my Erickson binder. I will say O'Hanlon offered the best exploration and explanation of Erickson's techniques that I've

read thus far. The actual scripts putting the techniques into practical use are worth the book cost. Good reference book.

I had a good laugh while reading about the giggler and how O'Hanlon told him he could giggle his way into trance. This is delicious as well as being most informative. At last, after so many years, I'm catching up with Milton Erickson and his approach to hypnosis and therapy, and I find that I'm getting more out of it than ever. Merci beaucoup, and thanks again.

Very nearly everyone has had the experience of driving down the freeway for a long distance and pretty much focusing. so that they may not have heard something on the radio or failed to notice something in a field they were driving by. These are natural phenomena that most of us experience. We can call it deep focus\_, or trance, or not. Interested folks may allow themselves a fresh life experience reading \_Solution-Oriented\_\_Hypnosis:\_, \_An\_\_Ericksonian\_\_Approach\_, by Bill O'Hanlon, who also offers a fine 20 hr course. I did. As a board certified distance therapist, of course it was of extreme interest to me. deep focus or no.

O'HANLON IS THE BEST. PERIOD. HAVE ORDERED HIS TAPROOT !!!

Case study based. In short this book could also be called, ' what would Milton do?' Great for therapists looking for fresh yet tried ideas to use with their clients. If you are comfortable with the Ericksonian style then this is a great guide book.

Great book - easy to understand and practical YEA!

This book offers a look at hypnosis that focuses on a permissive technique rather than suggestive approach to hypnosis to helping a client resolve their problems. The author believes we all know what we need to do within us but sometimes it's a matter of bring ones subconscious to the conscious.

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