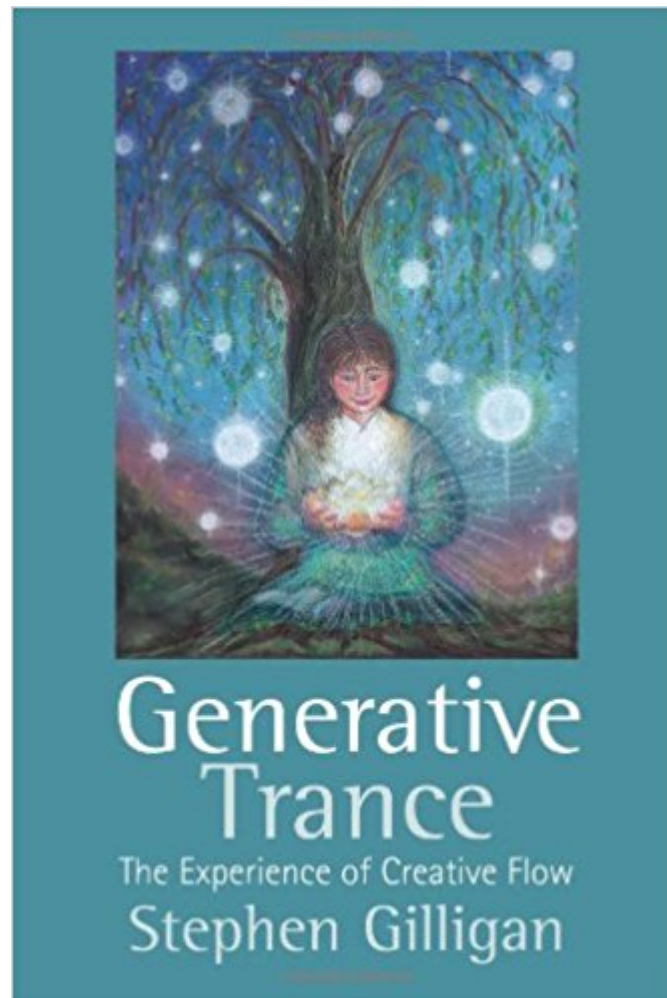




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# Generative Trance: Third Generation Trance Work



## Synopsis

This book describes an entirely new way of conducting hypnotherapeutic interventions through the use of Stephen Gilligan's concept of generative trance. The first generation of trance work, that is, 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 program 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 de-potentiate it with confusion techniques. Stephen Gilligan's third generation of trance work sees this negative attitude toward the conscious mind as unnecessary and ultimately unhelpful. Creative action requires a skillful conscious mind to realize the potential of the unconscious mind. The conscious mind is needed to set and maintain intention, to sense and evaluate multiple pathways of possibility, to properly name and represent experience, and to organize actions in a sequential and linear way.

## Book Information

Hardcover: 260 pages

Publisher: Crown House Pub Ltd; 1 edition (December 1, 2012)

Language: English

ISBN-10: 1845907817

ISBN-13: 978-1845907815

Product Dimensions: 9.2 x 6.1 x 1.1 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 13 customer reviews

Best Sellers Rank: #817,886 in Books (See Top 100 in Books) #27 in [Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Hypnotherapy](#) #74 in [Books > Health, Fitness & Dieting > Alternative Medicine > Hypnotherapy](#) #7131 in [Books > Medical Books > Psychology > General](#)

## Customer Reviews

There is a revolution taking place in psychotherapy that sheds the limitations of naive models of therapy and change. Stephen Gilligan is one of the most important leaders in this transformation of practice, particularly as it applies to hypnosis. His publication marks a major advance in helping us resourcefully relate to all that clients and therapists bring to a session. I enthusiastically recommend it to both your conscious and unconscious mind! --Bradford Keeney, Ph.D. & Hillary Keeney, Ph.D., co-authors, *Circular Therapeutics: Giving Therapy a Healing Heart* and *A Master Class in the Art of Performing Change* Steve Gilligan is the closest I've ever experienced to being with Milton Erickson since Erickson's death in 1980. His new book *Generative Trance* delivers a tour-de-force of the latest thinking of third-generation hypnosis in a charming and organized way. This is the definitive overview of a new approach in psychotherapy and change work. I continue to learn from Gilligan and look forward to returning to this book again and again to gain even deeper insights. --Bill O'Hanlon, author of *Taproots*, *An Uncommon Casebook*, *A Guide to Trance Land* and *Solution-Oriented Hypnosis*

Stephen Gilligan, PhD, has become a leading figure in Ericksonian hypnotherapy. He is the developer of the Generative Self approach to personal growth. A licensed Psychologist, Stephen maintains a private practice in Encinitas, California. He has published numerous books, the latest being *The Hero's Journey, A Voyage of Self-Discovery* (9781845902865) co-authored with Robert Dilts.

One of the best books I have ever read on trance/hypnotherapy, and I have read a lot on this topic. A pure joy to come across this amazing presentation of an approach to trance that is well reasoned and offered in a logical, clear writing style. There is so much depth and insight from a master clinician here. I am reading it a second time, and I almost never re-read books. I wish I could memorize almost every juicy bit of wisdom the author offers.

I have had the privilege of attending a week of Steve's annual Trance Camp, and many of the concepts and exercises in this book were familiar. Having this text helped deepen my understanding of and connection with these experiences, and added a conceptual framework that wasn't as clear in the moment. For anyone who has not been exposed to Steve's approach to therapy and trance, this is a deceptively simple and lucid introduction to his core ideas and techniques. It offers a powerful approach not only to helping others, but to living a more creative, mindful, and generative life. I highly recommend it to all students and practitioners.

I've enjoyed listening to Stephen Gilligan's trances on audio and the rationale given in this book is clear. I sometimes find the use of words such as "quantum" and "creative unconscious" and the diagrams to be a little pseudo-scientific. However, having said that, the trances do work in achieving a state that is quite different to traditional hypnosis. I'm half way through the book the second time (yes, it is definitely worth a second read) and am picking up a lot more. I followed up on some of his references and the science behind this area is considerably more controversial than the book would imply. Perhaps science is behind the curve because there is no doubt that Gilligan has provided a very fine blend of principles from Ericksonian hypnosis, aikido and other areas even if it doesn't all quite make sense at a rational level. I think that he describes the ego level of consciousness as "awareness without wholeness". That is probably the level of my current understanding :)

The best book of Gilligan. This books challenge yourself to go deeper and deeper.

ever wonder how to connect with that innate part of yourself that touches the creative center of your being?? this book talks about how to do that for yourself and others. As a hypnotherapist - this book has allowed me to take my clients to places they have not yet been. THANKS!

If you're interested in hypnotherapy, or just want to feel more whole, alive and at peace, there is a treasure trove in these words.

This is an excellent writing which combines theory with specific action steps to achieve the desired result. i would highly recommend to anyone in the field.

Great!

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