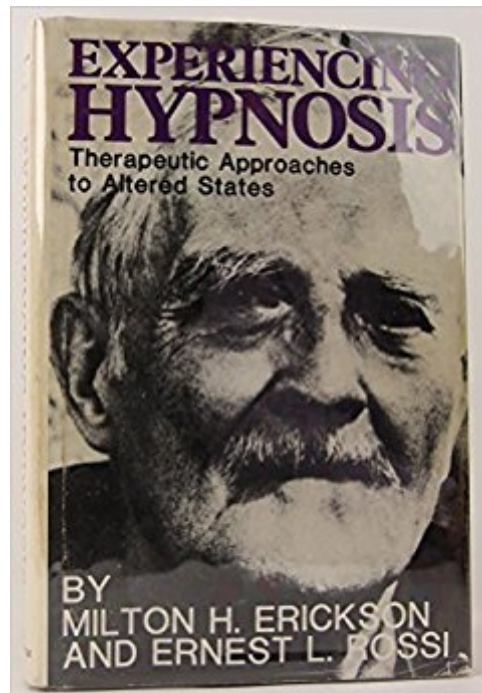




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# Experiencing Hypnosis: Therapeutic Approaches To Altered States



## Synopsis

The first section of this volume presents an historically important lecture on clinical hypnosis by the senior author wherein we witness his transition from the older authoritarian approach to hypnosis to the new permissive approaches, which he pioneered. The second and third sections of this volume focus on the phenomena of catalepsy and ideomotor signaling, two of the senior author's basic approaches to trance induction and hypnotherapy. The fourth section, dealing with the experiential learning of hypnosis, illustrates one of the senior author's favorite occupations in recent years: the training of professionals in the use of clinical hypnosis by allowing them to experience the process themselves.

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The first section of this volume presents an historically important lecture on clinical hypnosis by the senior author wherein we witness his transition from the older authoritarian approach to hypnosis to the new permissive approaches, which he pioneered. The second and third sections of this volume focus on the phenomena of catalepsy and ideomotor signaling, two of the senior author's basic approaches to trance induction and hypnotherapy. The fourth section, dealing with the experiential learning of hypnosis, illustrates one of the senior author's favorite occupations in recent years: the training of professionals in the use of clinical hypnosis by allowing them to experience the process themselves.

Erickson's tactile techniques for inducing rapid trance are just not possible for me to learn from a

book. I suspect that these techniques need to be passed down from teacher to student first hand (pun intended). However, every hypnotist/hypnotherapist should be somewhat familiar with this master.

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Just stop for a moment, and imagine you could listen to the master hypnotist Milton H. Erickson give descriptions and examples of applying hypnosis for change. Wouldn't it be great? In these 1981 audio tapes, that is what you get. The details and examples that Erickson gives apply to the use of hypnosis in any context, and he says as much at the start of the seminar. The sound quality is typical for seminar audio tapes recorded then - monaural w/slight hollow sound and tape hiss, but clear and distinct. Now, like me, if you're interested in persuasion, sales, NLP, hypnosis, and communication you already know Milton H. Erickson's incredible reputation for inducing trance. Whether you want these tapes and book to help in you refine your skills, because you want to hear Erickson's voice for yourself, are a student of the craft, or simply want to add to your collection, you'll definitely want to pick these up.

Yes!. You must have this book if you really are a serious hypnotherapist. Let me tell you that this book, *Hypnotic Realities* and also *Hypnotherapy*, the 3 books by Erickson himself and Dr Rossi has already been translated into the Spanish language and they are NOW available in the Milton H Erickson Foundation. I translated the 3 books with the help of Dr Ernest L. Rossi himself. Compre estos libros, apoyando a la Fundación y por favor evite su copia pirata. Es la palabra del Maestro mismo. Yo estoy seguro que los va a disfrutar. Luis David Guzmán-Moreno, M.D., Ph.D. The Milton H Erickson Institute of San Luis Potosí, SLP, México.

I have to admit, anything with or about Milton Erickson has my positive bias. That said, this was an outstanding book filled with information both educational and useful. I have personally used many of the inductions mentioned in the book and have adapted others as needed. I highly recommend this book to anyone, practitioner or interested "civilian."

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