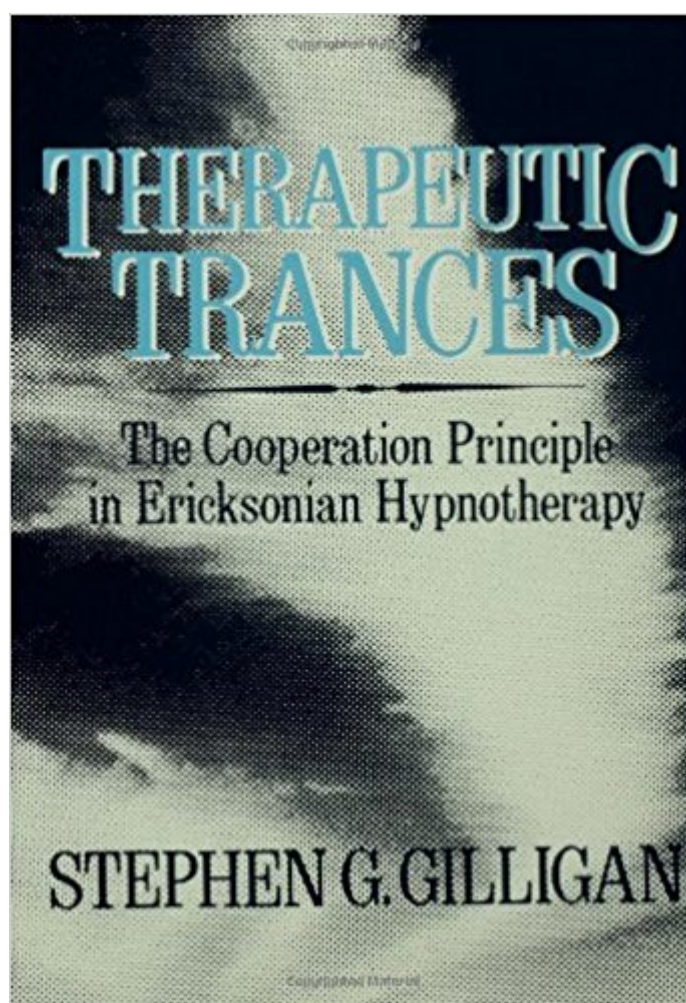


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# Therapeutic Trances: The Co-Operation Principle In Ericksonian Hypnotherapy



## Synopsis

First published in 1987. Routledge is an imprint of Taylor & Francis, an informa company.

## Book Information

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## Customer Reviews

This should be the text book for Ericksonian Hypnosis. This book is amazing! Other than reading Erickson's work itself this is the closest that you will ever come to what Erickson actually did when he hypnotized people. The cooperation principle is not something that people really talk about but if you look at Erickson's work closely it was never something that he was doing to something so much as it was something he was doing with them. I remember one well known NLP Trainer saying that when they met Milton Erickson that they could hear his embedded commands when he spoke to them and that in fact they thought that perhaps David Gordon or John Grinder were better at them than Erickson was but then they went on to say that when they heard them they could have disobeyed them but didn't want to because their rapport was so deep that they were afraid of breaking it by not carrying them out. That's the cooperation principle at its finest. Absolutely amazing book I would recommend it to anyone that wants to know from someone other than Erickson's work itself how he operated!

Fantastic in understanding Erickson's method.

Steve Gilligan is a remarkable healer (although he probably wouldn't choose that label himself) and

teacher and *Therapeutic Trances* lays out the principles and practice of creating rapport, accepting and utilizing the patient's worldview and symptoms, and joining with the patient in order to create a hypnotic environment in which true healing can take place. The one thing that strikes me as slightly challenging about *Therapeutic Trances* is the academic tone of the book. That said, this is an indispensable manual for understanding Ericksonian hypnosis from someone who started studying with Erickson at age 19. *Therapeutic Trances* is not an easy read, but what you learn in the pages will probably change not only your practice but the way you see the world. A great book by a master practitioner and compassionate teacher.

Hypnotic instructions are written hypnotically. NLP is intertwined casually. I enjoyed this book thoroughly and would recommend it to anyone that wants to learn more about themselves.

If you want to learn about Ericksonian hypnosis this is a must have. It covers major important skills that a hypnotherapist should have. Most books out there just give you techniques after techniques but this one does more, sharing the inside states, attitudes, beliefs a therapist should have. People just don't understand that it's not knowing the techniques that makes a great therapist but it's more of the characteristic and personality of the therapist that makes the techniques work. The same applies with all fields of interactional service. You will learn about flexibility and treat each client anew based on their needs and to be in the moment with the client and not recite scripted inductions like most schools teach you. This book is sure worth getting if you are seriously into hypnotherapy. It covers so much more important areas for a hypnotherapist that isn't emphasized in most schools. You'll learn more about being a hypnotherapist from this book than from any other book. Another cool thing about this book is that Stephen is a great writer who is clear, concise and organized, not fluffy. I've gotten books from great hypnotherapists but was very disappointed because they couldn't write. Stephen isn't one of them. You can tell he cares about people learning about hypnosis and he doesn't hold back like most people.

Requested gift

If you are tired of the sparse explanations of how to induce confusion to facilitate hypnotic trance, you are in for a treat here. The entire book is rich with new insights in hypnosis and hypnotherapy, but the section on confusion is stellar.

Heavy reading. Makes the brain think

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