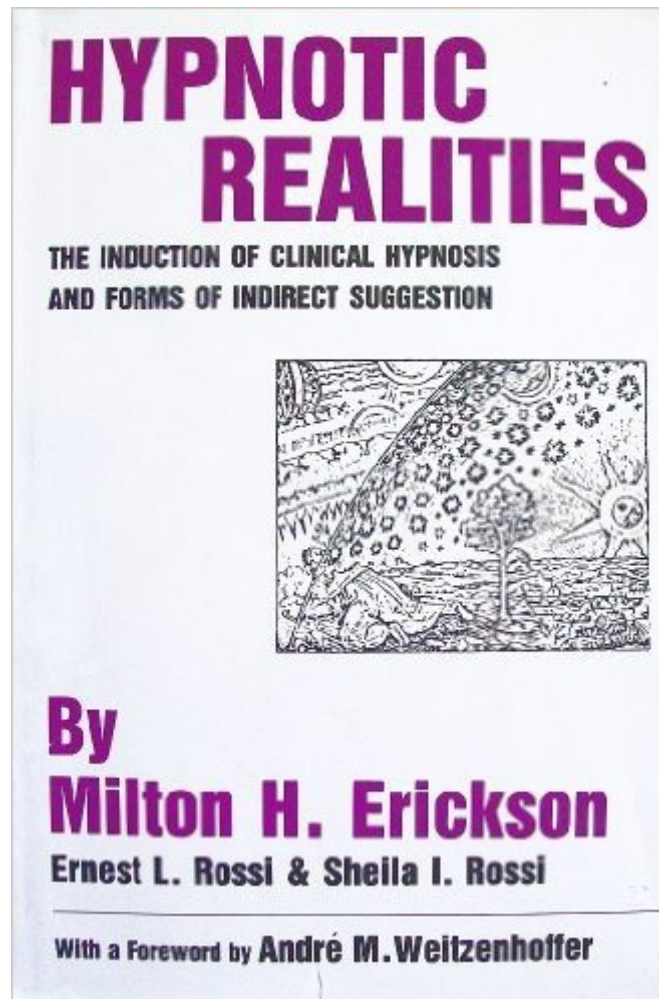


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# Hypnotic Realities: The Induction Of Clinical Hypnosis And Forms Of Indirect Suggestion



## Synopsis

... Hypnotic Realities is a verbatim transcript of Dr. Erickson's induction of clinical hypnosis and his approaches to trance training. It provides students and professionals with clear examples of the evolution of clinical hypnotic phenomena. Two major innovations in this volume are the utilization theory of hypnosis and indirect forms of suggestion....Each chapter includes an essay by Ernst Rossi which clarifies and elaborates on the relevant issues of Dr Erickson's work just illustrated. In these essays, Dr. Rossi analyzes Dr. Erickson's approach in order to uncover some of the basic variables that can be isolated and tested by future experimental work. These sections are a bridge between the clinical art of Dr. Erickson's hypnotherapy and the systematic efforts of the science of psychology to understand human behavior. --- excerpts from book's dustjacket

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## Customer Reviews

I have read this book many times and continue to learn more and more each time. This book is a definite must for the student learning indirect suggestion

My continued reading on the subject of Ericksonian hypnotherapy has often taken me over the same familiar territory. It's a good territory, and there's no denying the satisfaction of having my opinions validated by more experienced heads, but Hypnotic Realities took me a step above that. Erickson and Rossi's analysis of how Erickson approached hypnosis, language, calibration, and the unique individuality of every hypnotic subject managed to strike me as fresh and new, even after I'd consumed dozens of books on the subject, and taught me delightful new ideas on almost every

page. If you're learning hypnosis and/or NLP, this is a valuable book to read and absorb and make your own. This book was written before (but published after) *Patterns of the Hypnotic Techniques of Milton H. Erickson, M.D.*, so the linguistic insights explored by Bandler and Grinder in *Patterns* will form a good background for appreciating *Hypnotic Realities* even more in light of what those volumes added to the understanding of Erickson's work.

At last! The Milton H. Erickson Foundation has published this text in Spanish. It has even been updated. This new edition must be in your library and with you in your practices. This is a handbook in how to use Ericksonian hypnosis so it is not easy to read because it is a training book!, it is not a slight reading for the weekend. I do not recommend to read first the second book on this series (*Hypnotherapy* 1979) as it was suggested by someone, because you will not understand it: The books are logically sequenced! I am the president of the Milton H. Erickson Institute of San Luis Potosi, S.L.P., Mexico and I have been teaching clinical hypnosis for more than 30 years so I know how useful is this book. I have proudly translated the 3 books of Dr Erickson and Dr Rossi with the kind authorization of the MHE Foundation. The translation of *Experiencing Erickson* by Jeffrey K Zeig is ready and it will be offered later. Luis David Guzmán-Moreno, MD, PhD.

I had read this book years and years ago, back in the nineties, way before starting to study seriously hypnosis. I can also say with confidence after reading and studying more than sixty books later on, about the subject that this is one of the very best. The Rossies, have an excellent job in elucidating the modus operandi of Dr. Erickson. A good working relationship can be also noted between Erickson himself and the Rossies. This I believe also helped in producing such a fine work. The book explains the mechanics of Conversational Hypnosis, other methods of Indirect Hypnosis and debunks many hypnosis myths, such as depth of trance, or that a proper trance state is much different or should be much different from a proper waking state. The book also focuses on the idea or more properly the fact that the trance state is a wonderful state of communion of two or more distinct individual minds under one frequency - The trance state. Such wonderful insights on hypnosis give this book its real value. Insights from a man who was 'Hypnosis Itself', and spent much of his life in altered states, taking with him hundred and thousands of people. Even after his death. Thank you Milton. Similar valuable books along the same line, and having no less value for the serious student of hypnosis are '*Patterns of the techniques of Milton Erickson Book One and Two*' by Bandler and Grinder.

As usual, I wasn't disappointed with this latest book in my collection of Erickson books. Easy to read and understand, it presents new (and old) information to strengthen the therapists skills and abilities to help clients. Highly recommended for any level of expertise.

This was the very first book I read, many years ago, by Milton Erickson et al. I don't know what happened to it. but I just received another copy---hardcover, in excellent condition, and I've started re-reading it. And now I'm getting even more out of it than I did the first time!

This book is the first in a 3-volume set. The stuff inside is good but not very well-organized which is not easy to search for info inside and also bit confusing. Get "Hypnotherapy: An Exploratory Casebook" (which is the second in the series) instead; I think it's the best in the 3-volume set. "Experiencing Hypnosis", the 3rd book is also better than "Hypnotic Realities".

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