
William Hudson O'Hanlon
Michael Martin



SOLUTION-ORIENTED HYPNOSIS

An Ericksonian Approach

Solution Oriented Hypnosis An Ericksonian Approach

Mary Banks Gregerson



Solution Oriented Hypnosis An Ericksonian Approach:

Solution-oriented Hypnosis Bill O'Hanlon, William Hudson O'Hanlon, Michael Martin, 1992 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

A Guide to Trance Land: A Practical Handbook of Ericksonian and Solution-Oriented Hypnosis Bill O'Hanlon, 2009-06-29 A friendly and brief guide to the essentials of hypnosis Popular author Bill O Hanlon offers an inviting and reassuring guide to the essentials of hypnosis alleviating the newcomer s anxieties about how to make the most of this clinical tool This brief book illustrates the benefits of solution oriented hypnosis which draws on the work of the pioneering therapist Milton Erickson with whom O Hanlon studied and emphasizes doing what is needed to get results which more often than not means trusting that the client holds within him or herself answers or knowledge that need only be tapped or released by the therapist O Hanlon covers the key aspects of hypnosis including using possibility words and phrases using passive language and inducing trance O Hanlon offers practical tips and friendly encouragement for the novice hypnotherapist in his characteristic warm reassuring and humorous style

Ericksonian Approaches Rubin Battino, 2005-05-31 This outstanding manual on Ericksonian hypnotherapy has been thoroughly revised and updated There are two new chapters one on Metaphor Therapy and Guided Metaphor and the other on Ernest Rossi s work on the psychobiology of gene expression The latter chapter also contains a section on the brain and hypnosis Thomas South has extended his chapter on utilization

with another section on pain control and the chapter on ethics and the law has also been significantly updated Finally there is a new foreword by Roxanna Erickson Klein and Betty Alice Erickson This work is the stately tree supporting individuality cooperation and diversity It is filled with common sense and uncommon sense with atmosphere and sunshine with metaphors for more individual growth with practice exercises for the present and with thoughts for the future It gives us all lessons in becoming better therapists better people and better members of our world Roxanna Erickson Klein and Betty Alice Erickson from the new foreword

Solution-oriented Social Work Practice Gilbert J. Greene, Mo Yee Lee, 2011 Too often in practice there is a tendency to pathologize clients requiring a diagnosis as part of the helping relationship Suppose however that most of the client problems that social workers encounter have more to do with the vagaries of life and not with what clients are doing wrong This powerful idea is the philosophy behind the strengths based approaches to social work This groundbreaking practice handbook takes this concept one step further combining the different strengths based approaches into an overarching model of solution oriented social work for greater impact The strengths perspective emphasizes client strengths goal setting and a shared definition of positive outcome Solution focused therapy approaches ongoing problems when they have temporarily abated amplifying exceptions as solutions This natural but rarely explored pairing is one component in the challenging and effective practice framework presented here by the authors two seasoned practitioners with over 50 years of combined experience By integrating the most useful aspects of the major approaches a step by step plan for action emerges With this text in hand you will Integrate elements from the strengths perspective solution focused therapy narrative therapy and the strategic therapy of the Mental Research Institute the MRI approach into an effective and eclectic framework Build and practice your skills using case examples transcripts and practical advice Equip yourself with the tools you need to emphasize clients strengths Challenge the diagnosis first medical model of behavioral health care Collaborate with clients to get past thinking first order change and more to acting outside the box second order change Learn to work with a wide variety of clients including individuals groups and families involuntary clients clients with severe mental illness and clients in crisis For any student or practitioner interested in working with clients towards collaborative and empowering change this is the essential text

Milton H Erickson Jeffrey K Zeig, W Michael Munion, 1999-09-14 Zeig and Munion have provided us with a lucid insight into the life and work of a 20th century giant and it is a book full of human warmth and humour I congratulate you who still have the adventure of exploring Milton H Erickson's story ahead of you Hypnos This new offering on Erickson does not set out to uncover new ground but more to introduce one to Erickson and the cases are so extraordinary they are worth repeating anyway It does this in a number of easy to read sections that gives a coherence but the structure seems to filter out some of the magic of Erickson's uncommon mind New Therapist This book is an easily accessible primer for those who are new

Handbook Of Hypnotic Phenomena In Psychotherapy John H. Edgette, Janet Sasson Edgette, 2013-06-17 Despite their clinical utility hypnotic phenomena are vastly underutilized by

therapists in their work with patients Whether this is due to uncertainty about how to use specific techniques constructively or how to elicit particular phenomena or anxiety about not being able to obtain a desired result this volume will guide hypnotherapists toward higher levels of clinical expertise By describing varied hypnotic phenomena and how they can be used as vehicles of intervention The Phenomenon of Ericksonian Hypnosis takes the therapist beyond these fundamental applications toward a broader more sophisticated scope of practice This immensely readable book addresses the selection eliciting and therapeutic use of hypnotic phenomena that are natural outgrowths of trance It offers step by step instruction on eliciting age progression hypnotic dreaming hypnotic deafness anesthesia negative and positive hallucination hypermnnesia catalepsy and other hypnotic phenomena The book includes specific instruction on how to use the phenomena manifested in trance to provide more effective treatment Numerous case examples vividly illustrate intervention with anxiety disorders trauma and abuse dissociative disorders depression marital and family problems sports and creative performance pain hypersensitivity to sound psychotic symptomatology and other conditions The Phenomenon of Ericksonian Hypnosis will be used by therapists as a valuable clinical tool to expand their conceptualizations of hypnosis and thus enable them to offer a wider repertoire of skills with which they can confidently treat clients

Hypnobirth Yulia Watters, 2015-02-25 Hypnobirth Theories and Practice for Healthcare Professionals is a guide for healthcare providers who work with expecting mothers and their loved ones Yulia Watters applies the theory and application of Milton Erickson to hypnosis during pregnancy childbirth and post partum including an overview of the history of hypnosis Hypnobirth does not offer a magical way to a pain free birth but rather an understanding of how hypnosis can address certain symptoms as well as unexpected circumstances associated with pregnancy and delivery Healthcare professionals will develop a deeper understanding of the potential of hypnosis and how to practice its tools on a daily basis learning to view hypnosis as a state of mind and way of being as well as acquiring concrete techniques for its implementation This work is particularly important to healthcare professionals looking to learn about hypnosis and its specific tools which they can teach expectant mothers during pregnancy and birthing

The Cinematic Mirror for Psychology and Life Coaching Mary Banks Gregerson, 2009-12-12 Cinema both reflects life and contours life that is its psychological power And for decades clinicians and educators have recognized the value of this power using it to respectively heal in therapy and educate in the classroom The Cinematic Mirror for Psychology and Life Coaching mines the illustrative value of cinema offering therapists and life coaches access to ideas that can motivate and enlighten clients Although many movie guides exist this volume complements the available literature by adding positive psychology mental health and wellness perspectives to the clinical educational coaching mix The serious intent to cull from cinema its underlying psychological value has motivated noted clinicians life coaches and cultural critics to offer science based analysis and intervention strategies Readers may add their own movie insights and professional expertise to this rich foundation The volume covers international as well as domestic cinema in a variety of genres providing a range of film choices relevant to

clients lives Beyond this it expands on universal concepts of strengths capabilities and coping methods Chapters in The Cinematic Mirror analyze how movies can create and relieve trauma challenge Hollywood s portrayal of the American family overview the use of movies to examine relationships in therapy explore the acclaimed Up television cinema verite series as studies in personal growth and social change reinterprets images of disability in terms of positive psychology examines models or the lack thereof for the American adolescent rite of passage traces the history of mental illness stereotypes in film The collective wisdom found in The Cinematic Mirror for Psychology and Life Coaching will bring professionals involved in healing coaching counseling education and mentoring not only new applications but new appreciation for the transformative power of film That power already exists Readers just haveto SEE it

Buying Trances Joe Vitale,2011-01-06 Praise for Buying Trances The genius of Joe Vitale has never shone brighter This thoroughly documented and easy to read book is the first of its kind Vitale gives you the keys to their minds All you have to do is turn the keys They said yes to you long before you said a word and they were begging to buy from you shortly after you uttered your first sentence Buying Trances is an exciting ride to the edge of the mind His finest work to date Kevin Hogan author The Psychology of Persuasion and Covert Hypnosis This book maps marketing s final frontier the customer s mind and exposes the buying trance Frankly this may be the smartest marketing book ever written Dave Lakhani coauthor Persuasion The Art of Getting What You Want As with all of Vitale s books there are magical secrets chucked out like a mad Vegas poker dealer on every page Not only will you learn to put people into buying trances with this book the act of reading it will put you in a trance and force you to master it Mark Joyner 1 bestselling author The Irresistible Offer How to Sell Your Product or Service in 3 Seconds or Less Vitale s expertise in hypnotic marketing combined with his extensive research challenges the reader on many different levels He forces you to delve deeper into the benefits of creating a buying atmosphere and a trance like desire on the part of your prospect I found this an absolutelyfascinating book Joseph Sugarman President BluBlocker Corporation Buying Trances is not your run of the mill marketing book It s an exceptionally well written well thought out high level work that gives the reader unique insights into how to capture a prospect s attention Cutting edge stuff that is a must for every serious marketer to absorb and implement Robert Ringer author To Be or Not to Be Intimidated That Is the Question Vitale s understanding of how and why people think and act like they do is remarkable Byunscrambling complex ideas and explaining them in simple language he reveals how to fashion messages that will turn people into compulsive buyers of our products and services Now we can take control and create the buying trance It s a totally refreshing and very effective approach to hugely profitable sales and marketing Winston Marsh veteran Australian marketer

Solution-Focused Case Management Robert G. Blundo,Joel Simon,2015-11-06 Blundo and Simon have successfully outlined how a solution focused perspective can be a powerful tool for case managers Their understanding and presentation is based upon practice scenarios that are real and applied They clearly demonstrate the impact of thinking and language and the importance of building a collaborative relationship with clients

Their work challenges the traditional theory driven interventions that focus on problems and arrive at a diagnosis. They encourage a shift to a co-constructive partnership that requires a practitioner to respect that clients are experts of their own lives. They provide a clear step-wise discussion of techniques and strategies that can be employed working with individuals and families in case management settings. This book is a must-read. Lawrence T. Force PhD LCSW R Professor of Psychology Mount Saint Mary College Newburgh NY. From the Foreword: Solution-focused practice is a paradigm that stresses client abilities, strengths, and individual goals rather than disability. Written by a team of educator-practitioners noted for their expertise in solution-focused therapy, this how-to text for social work counseling and psychology students guides current and future case managers in learning this strengths-based collaborative approach to case management. It discusses both the philosophical basis for solution-focused casework and demonstrates how it is ideally suited for the case management process. The book is based on teaching materials the authors have developed and used in their classes and workshops with undergraduate and graduate students and professionals. The text incorporates new research and theoretical developments in solution-focused therapy as well as actual practice scenarios demonstrating the process of building a collaborative relationship with individual clients and families. Replete with strategies and tools for practicing solution-focused case management, the text describes such essential skills as identifying goals, monitoring progress, working with other agencies, and transitioning out of treatment. It discusses issues related to ethical practice and presents strategies for self-care. Additionally, the book addresses diversity and social justice and their relationships to solution-focused practice. Student exercises help to reinforce knowledge. The text will assist case managers in a variety of settings: hospitals, nursing homes, rehabilitation facilities, community-based mental health agencies, schools, prisons, court systems, and shelters for the homeless and victims of domestic violence, to partner with their clients towards finding strengths-based and solution-focused approaches to resolving issues in a positive way.

Key Features: Authored by noted experts in solution-focused education and practice. Facilitates a reframing of casework and case management around client strengths and resources. Provides specific case examples that allow readers to troubleshoot and apply solution-focused principles to practice. Includes student exercises throughout the book.

Therapist as Life Coach Patrick Williams, Deborah C. Davis, 2002. At last a book for mental health professionals considering a transition into the new and dynamic field of life coaching. *Therapist as Life Coach* explores life coaching as a profession, examines the relationship between life coaching and therapy, and details the variety of options for professionals considering either a transition into coaching or expanding their practices to include coaching. This book is one-stop shopping for the therapist wishing to explore the coaching field. Chapters include: The History and Evolution of Life Coaching; Therapy and Coaching: Distinctions and Similarities; Getting Started as a Life Coach; The Basic Life Coaching Model; Developing and Marketing Your Life Coaching Practice; Self-Care for Life Coaches.

The Philosophy and Practice of Coaching Diane Brennan, Kim Gortz, 2008-04-30. The *Philosophy and Practice of Coaching* will help to advance the global

conversation about the future of coaching The book is organized into three key sections Foundations for Coaching Applications of Coaching and Organizations and Coaching and the focus is on enabling the reader to astutely link theory and practice *Speak Ericksonian* Richard Nongard, 2014-06-24 You are holding in your hands the keys to Ericksonian approaches to hypnotherapy they unlock how to apply the solution oriented strategies of Milton Erickson M D to a modern application of his ideas This book will teach you how to tap into the treasure trove of resources Milton Erickson left us through his writings case studies and books The book provides scripts resources and a clear understanding of what Ericksonian hypnotherapy is all about You will learn the language patterns that create the foundation for conversational hypnosis indirect suggestion and the creation of sensorial experiences After you read this book and complete the exercises you will be able to speak Ericksonian fluently This book is a practical guide and an instructional manual that will lead you into success Therapist as Life Coach: An Introduction for Counselors and Other Helping Professionals (Revised and Expanded) Patrick Williams, Deborah C. Davis, 2007-10-17 An expanded up to date revision of the leading introductory resource for therapists turned coaches Every chapter in this second edition has been revised reflecting the growth of the coaching field and its increasing appeal to therapists and all helping professionals New material includes an overview of recent coaching developments updated liability concerns new business opportunities and a new section on the research about coaching **Interviews With Brief Therapy Experts** Michael F. Hoyt, 2013-05-13 This book is a compilation of twelve interviews with brief therapy experts and some of the field s most influential innovators O Hanlon de Shazer White and Meichenbaum to name a few The interviews conducted to explore technical theoretical and ethical aspects of the theory and practice of brief therapy offer the give and take spontaneity that can only be found in an interview style The selection of the content is based on both the expertise of the interviewees as well as those issues of most concern to the field managed care and economics ethics and being solution focused *Hypnosis for Behavioral Health* David B. Reid, 2012-06-20 Winner of the Arthur Shapiro Award for the 2013 Best Book on Hypnosis The charm and value of Reid s book is that it is very personal Reid s persona emerges as a warm generous and enthusiastic colleague who is eager to share how he figured this clinical hypnosis stuff out and integrated it into his practice The book serves quite well to introduce the uninitiated and those who wish to guide them about using the power of trance and therapeutic communication in practical ways to become more effective in helping those for whom we care I wish I had read it in medical school Laurence I Sugarman M D F A A P A B M H Annals of Behavioral Sciences and Medical Education This is an excellent introductory book for any professional who deals with behavioral health issues and would like to add hypnosis to her arsenal of clinical tools American Journal of Clinical Hypnosis Clinical hypnosis has been proven through decades of rigorous research and practice to be an effective intervention in a wide range of mental behavioral and physical health issues This highly practical text demystifies clinical hypnosis by providing step by step guidance for using its techniques to enhance the repertoire of practitioners in other psychotherapeutic

modalities It offers mental health providers with no formal training in hypnosis the requisite guidance and information they need to learn and confidently apply strategies to help their clients initiate constructive health oriented change in their lives Chapters progress from initial assessment through the development of treatment plans and actual hypnotic techniques with clients The author shows how to apply hypnosis to such clinical issues as anxiety stress somatic disorders pain and unwanted habits In addition the author shows clinicians how they can broaden their practice beyond mental or physical health parameters of treatment by applying hypnosis in areas of personal growth and wellness motivation athletic performance conflict resolution The text also covers ethical and professional issues related to clinical hypnosis which does not require special licensure when it is integrated into a psychotherapeutic practice Key Features Offers clinicians who have no or little background in clinical hypnosis clear accessible information on how to safely and effectively use basic techniques with clients Helps psychotherapists expand their practice by providing effective interventions with behavioral health issues that are also eligible for insurance reimbursement Includes sample guided scripts for specific problems as well as experiential exercises and treatment plans Provides case histories drawn from the author s clinical work and those of the father of clinical hypnosis Milton Erickson Instructs therapists on the use of hypnosis for clinical and personal growth and wellness issues ul

Invitation To Possibility Land Bill O'Hanlon, Robert Bertolino, 2013-06-17 For many years mental health professionals have attended the seminars of Bill O Hanlon The author and co author of over a dozen books has captivated audiences with his informative humorous and interactive teaching style An Invitation to Possibility Land takes participants a step further In the context of a week long training limited to 10 participants O Hanlon moves to a new level of experience that cannot be duplicated in his large workshops The author shares riveting stories metaphors interchanges with participants transcripts of therapy sessions during the week and many more teaching points that allow this book to read like a novel The book explores many current issues facing therapists in today s climate such as how to make therapy briefer and how to work with abuse victims It offers the reader a chance to experience along with the participants an in depth training where subjects such as hypnosis brief Ericksonian solution oriented and narrative therapies and the use of language are explored Welcome to Possibility Land

Neurolinguistic Psychotherapy Lisa Wake, 2008-03-31 Neurolinguistic Psychotherapy offers a unique and exciting postmodern perspective on an advancing model of therapy It places neurolinguistic psychotherapy in context and considers the history of NLP and its relationship to psychotherapy Presented as an effective model for facilitating neurological change through the therapeutic relationship this book challenges therapists to incorporate a psychodynamic approach within their work In addition the book also presents A model of the developing personality and the relationship to attachment theory and emerging theories of neuroscience A discussion of the linguistic components of NLP and the effectiveness of utilising the language patterns offered by NLP A challenge to neurolinguistic psychotherapists asking them to consider the benefits of including relational approaches to therapy above that offered by a programmatic model of change

This book will be of great interest to all psychotherapeutic practitioners and trainers students and academics *Making Hostile Words Harmless* Kate Cohen-Posey, 2008-07-21 Infused with wisdom and a strong dose of humor Making Hostile Words Harmless offers therapists and their clients a unique collection of effective exercises and bully busting responses guaranteed to diffuse difficult exchanges Filled with helpful tools the book uses the martial art of Aikido or the way of harmony to teach the verbal arts of confirming inquiring understanding and evoking **The Neurophysics of Human Behavior** Mark E. Furman, Fred P. Gallo, 2000-06-22 How do brain mind matter and energy interact Can we create a comprehensive model of the mind and brain their interactions and their influences Synthesizing research from neuroscience physics biology systems science information science psychology and the cognitive sciences The Neurophysics of Human Behavior advances a unified theory of

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