



Solution-Oriented Hypnosis: An Ericksonian Approach

By Bill O'Hanlon, Michael Martin

Download now

Read Online ➔

Solution-Oriented Hypnosis: An Ericksonian Approach By Bill O'Hanlon, Michael Martin

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, Mesmeresque 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, Bill 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.

↓ [Download Solution-Oriented Hypnosis: An Ericksonian Approach ...pdf](#)

📖 [Read Online Solution-Oriented Hypnosis: An Ericksonian Approach ...pdf](#)

Solution-Oriented Hypnosis: An Ericksonian Approach

By Bill O'Hanlon, Michael Martin

Solution-Oriented Hypnosis: An Ericksonian Approach By Bill O'Hanlon, Michael Martin

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, Mesmeresque 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, Bill 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.

Solution-Oriented Hypnosis: An Ericksonian Approach By Bill O'Hanlon, Michael Martin
Bibliography

- Sales Rank: #296736 in Books
- Published on: 1992-11-17
- Original language: English
- Number of items: 1
- Dimensions: 8.30" h x .60" w x 5.60" l, .60 pounds
- Binding: Paperback
- 224 pages

 [Download Solution-Oriented Hypnosis: An Ericksonian Approac ...pdf](#)

 [Read Online Solution-Oriented Hypnosis: An Ericksonian Appro ...pdf](#)

Editorial Review

Review

"O'Hanlon's books are always filled with precious clinical nuggets." (The Milton H. Erickson Foundation Newsletter)

From the Back Cover

"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.

About the Author

Bill O'Hanlon, is a founder of Possibility and Inclusive Therapies and is the author or coauthor of more than thirty books, including *Out of the Blue*, *Becoming A Published Therapist*, and *Quick Steps to Resolving Trauma*. He is a Diplomate, Board Member, Fellow and Master Therapist in the American Psychotherapy Association and was awarded the "Outstanding Mental Health Educator of the Year" in 2001 by the New England Educational Institute. He lives in Santa Fe, New Mexico. Visit his website for more information: BillOHanlon.com.

Users Review

From reader reviews:

David Patton:

What do you in relation to book? It is not important to you? Or just adding material when you want something to explain what your own problem? How about your spare time? Or are you busy particular person? If you don't have spare time to complete others business, it is make you feel bored faster. And you have extra time? What did you do? Every person has many questions above. They need to answer that

question simply because just their can do in which. It said that about guide. Book is familiar on every person. Yes, it is suitable. Because start from on kindergarten until university need this Solution-Oriented Hypnosis: An Ericksonian Approach to read.

George Lehman:

Do you among people who can't read pleasant if the sentence chained from the straightway, hold on guys this aren't like that. This Solution-Oriented Hypnosis: An Ericksonian Approach book is readable by you who hate those perfect word style. You will find the info here are arrange for enjoyable studying experience without leaving possibly decrease the knowledge that want to supply to you. The writer connected with Solution-Oriented Hypnosis: An Ericksonian Approach content conveys prospect easily to understand by many people. The printed and e-book are not different in the content but it just different as it. So , do you nevertheless thinking Solution-Oriented Hypnosis: An Ericksonian Approach is not loveable to be your top collection reading book?

Mary Blackwell:

Information is provisions for folks to get better life, information today can get by anyone in everywhere. The information can be a knowledge or any news even a huge concern. What people must be consider while those information which is from the former life are hard to be find than now could be taking seriously which one is acceptable to believe or which one typically the resource are convinced. If you get the unstable resource then you buy it as your main information we will see huge disadvantage for you. All of those possibilities will not happen with you if you take Solution-Oriented Hypnosis: An Ericksonian Approach as the daily resource information.

Patty Shield:

Are you kind of occupied person, only have 10 or even 15 minute in your day time to upgrading your mind skill or thinking skill possibly analytical thinking? Then you are having problem with the book in comparison with can satisfy your small amount of time to read it because this time you only find e-book that need more time to be examine. Solution-Oriented Hypnosis: An Ericksonian Approach can be your answer because it can be read by a person who have those short time problems.

Download and Read Online Solution-Oriented Hypnosis: An Ericksonian Approach By Bill O'Hanlon, Michael Martin #59AOF1USDPZ

Read Solution-Oriented Hypnosis: An Ericksonian Approach By Bill O'Hanlon, Michael Martin for online ebook

Solution-Oriented Hypnosis: An Ericksonian Approach By Bill O'Hanlon, Michael Martin Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Solution-Oriented Hypnosis: An Ericksonian Approach By Bill O'Hanlon, Michael Martin books to read online.

Online Solution-Oriented Hypnosis: An Ericksonian Approach By Bill O'Hanlon, Michael Martin ebook PDF download

Solution-Oriented Hypnosis: An Ericksonian Approach By Bill O'Hanlon, Michael Martin Doc

Solution-Oriented Hypnosis: An Ericksonian Approach By Bill O'Hanlon, Michael Martin Mobipocket

Solution-Oriented Hypnosis: An Ericksonian Approach By Bill O'Hanlon, Michael Martin EPub