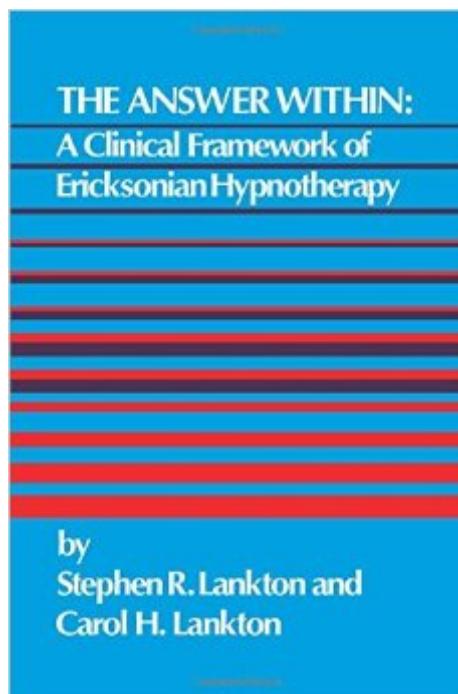


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The Answer Within: A Clinical Framework Of Ericksonian Hypnotherapy



Synopsis

First published in 1983. Routledge is an imprint of Taylor & Francis, an informa company.

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Customer Reviews

If you're like me, you may not be a Ph.D, or have gone to college, but you can nevertheless do as Zeig said, "... learn psychotherapy from books." Erickson himself insisted that his teachings not be taught to be people like me (the un-educated). His esoteric teachings are limited to persons with at least Masters degrees. I think that the world we live in now, things are different. Just as 15 years ago, very few people could do a tailwhip in the air when jumping on their bmx bike -- if you landed this trick, it was a big deal, you were a big deal. Nowadays, kids are doing tailwhips without even thinking about. The collective consciousness itself has saturated with knowledge of how to do it. I have read at least 100 books on hypnosis, namely of the Ericksonian fashion. A number of those books focus on the use of hypnotic language patterns; you won't find any of that in this book. This book contains all the other secrets you need to do effective healing work with people. What I particularly enjoy are the insights they about their patients and their diagnostic acumen. A general motif of Ericksonians is that analysis is the least important factor in therapy. However, a chain is good only as its weakest part, and much in the past had been written stating that we should actively avoid analysing. Clearly, the very notion is a paradox, and I believe that was Erickson's practical joke. In this book, the Lanktons DO provide insight into the workings of the personality -- of the specific individual. This insight then plays a major role into the development of treatment plan. This

particular perspective, for me, was really needed, and their naturalistic-analytic thought-processes, reflections of their Being-ness, have rubbed off on me.

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