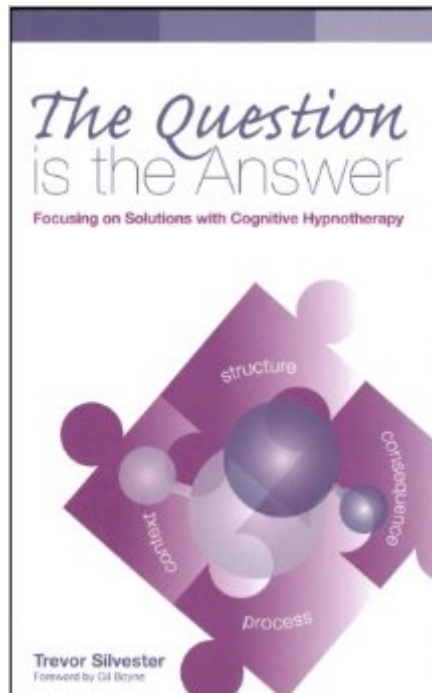


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The Question Is The Answer: Focusing On Solutions With Cognitive Hypnotherapy



Synopsis

Cognitive Hypnotherapy suggests that the solution to the problems people bring to counselors and therapists lie within the problem itself. Rather than seek to attach labels to people's issues, Cognitive Hypnotherapists use the unique way each client connects to the world to help them create solutions specific to them from a range of interventions drawn from many different approaches. Over three books the author has developed this approach to create a compelling and comprehensive model of therapy. In his first, *Wordweaving: The Science of Suggestion*, the author describes a modern approach to the use of hypnotic language which uses the client's own words to lead them towards their desired outcome. It frees you from the need for scripts and shows how to create unique suggestions that fit each client's way of thinking. In this book, *The Question is the Answer*, the framework of Cognitive Hypnotherapy is described in detail, taking you from the first session with a client all the way through to a successful conclusion. It teaches you questions that lead you to the heart of both the client's problem and solution, and shows you how to use the answers to create compelling suggestions and guide your choice of intervention. In the third book, *Cognitive Hypnotherapy: What's that about and How can I use it? Two simple questions for change*, the author closes the circle by describing a theory of mind that explains why we do the things that limit our lives, and why we can take control and change ourselves. It then goes on to explain how, by weaving a comprehensive selection of interventions into a creative model that assists therapists in making the most appropriate choices. Taken together, these books provide a vibrant new direction for therapy. This title was originally titled, *Wordweaving, Volume II*.(9780954366414)

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Customer Reviews

This is a well-researched book that combines hypnosis and NLP (Neurolinguistic Programming) and the author's analysis of how people get stuck and how to help them go beyond that to less troubled lives. Cognitive Hypnotherapy provides a framework for both understanding ourselves and our lives and many ways for therapists to tailor treatments to their clients. It is theoretical and pragmatic. Part One is about the science of ourselves, and Part Two gives the philosophy and practice of cognitive therapy. Silvester suggests (p. 4) "... that what we call memory is just part of a larger system that I call memoragination. It comprises our remembered past, our perceived present, and our anticipated future." He goes on to state that this is necessarily plastic, is being continuously updated, and that changing it can lead to new behaviours. Since memory is malleable it can be changed so that the "memories" which control our lives can be effectively reframed to lead to more satisfactory lives. Two critical observations provide the basis for this. The first was Ernest Rossi's about the fact that you cannot access a memory without changing it because your present perspective influences the emotional coloring of the event in your mind. The second is Joseph LeDoux's discovery that every time you recall a memory it renders it "unstable" in the sense that it can be changed. This means that the mood you're in when you remember something can affect the way you recall it next time. Silvester emphasizes the power of AS-IF, that is, the world that we live in becomes the one we anticipate, and we thus become the kind of person who lives in such a world. This is the essence of the effectiveness of the power to change clients via the use of the Miracle Question. Silvester summarizes this as (p. 35), "We create the future we anticipate, so be mindful of your language." Hypnosis is a major player in these changes, and the author rightly suggests that any time you are working with memories that the client is in a trance state. The goal of therapy is to go from problem to solution. One way of doing this is via Time-Line Therapy, and the author gives details as to how this may be done. (Incidentally, David Cheek's used ideomotor signalling as a way of effectively doing this.) Silvester's use of language to bring about change in these ways is precise and elegant, and is some of the most careful I have ever read. In Part 2.5 six methods are presented in pragmatic detail for effecting change via the use of submodalities. These can be considered to be the basic units of thoughts as in the variants in which we see (visual), feel (kinesthetic), and hear (auditory). The six methods are: headache cure, swish pattern, spinning, droptrough, visual squash, and rewind. There is not sufficient space in this review to adequately discuss these methods-suffice it to state that they need to be studied, and should be in the toolkit of every

therapist. Silvester's analysis of how people get to be who they are and how you can be an effective change agent in their lives is brilliant, and studying this book will change the way that you work.

This book is a part of the trilogy of books the author has named Cognitive Hypnotherapy, and you will get the most of them if you go through all three - Wordweaving, The Question is the Answer (previously called Wordweaving 2), and Cognitive Hypnotherapy: What's That About. The Question is the Answer continues where the first book, Wordweaving, volume 1 left off. While the first book, Wordweaving, is focused on explaining the elements used in the Wordweaving / Cognitive Hypnotherapy process, the second book is focused on putting together all those elements and applying them to problems states for the purpose of priming the client's mind with the evidence of the solution states.

I was taught cognitive hypnotherapy many years ago by Rebecca & Trevor Silvester. They opened my eyes, ears, mind and heart to a better way. Word weaving is a magical language of transformation and every therapist should read all about it.

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