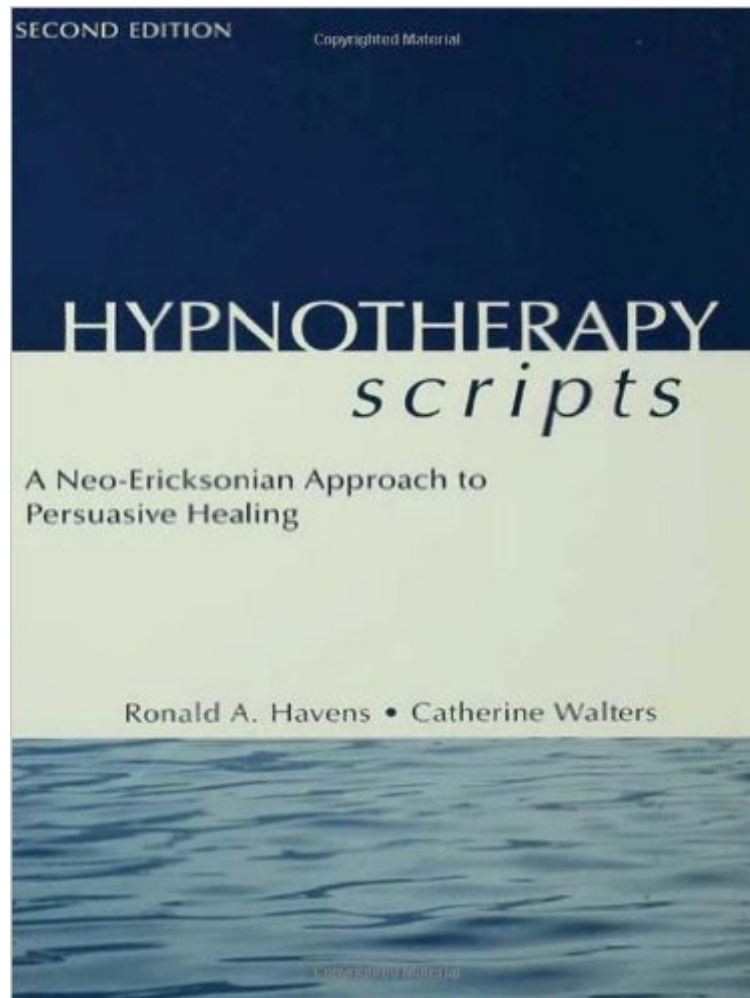


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# Hypnotherapy Scripts 2nd Edition



## Synopsis

Hypnotherapy Scripts, 2nd Edition is a straightforward, practical guide for doing Ericksonian hypnotherapy. This book not only explains the rationale for every step in the hypnotherapeutic process, it also contains sample scripts for each step. This edition of Hypnotherapy Scripts guides professionals through the construction of their own hypnotherapy induction and suggestion scripts. Verbatim sample transcripts of various induction and therapeutic suggestion procedures with detailed guidelines for creating one's own hypnotherapeutic inductions and metaphors are included. Recent research and writings on the role of unconscious processes, wellness, and positive psychology have been added to this edition. Also included is a detailed review of the diagnostic trance process, a therapeutic procedure unique to this text.

## Book Information

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## Customer Reviews

This second edition of the book is about one third bigger than the original edition. It has all the contents the first book has, plus much more. The book has a variety of inductions, emerging scripts and scripts for dealing with assortment of situations a hypnotherapist may encounter in his practice. Most scripts contain metaphors which may work more effectively in one-on-one practice if they are adapted to the one's that may be more meaningful for the client. Here's a sample script from this collection: SWEET DREAMS SCRIPT Tonight, perhaps tomorrow too, your unconscious mind can give you a dream, a very special dream that clarifies the problem, indicates the source perhaps, but tells you quite clearly how to solve that problem now. And each night afterwards, until you

understand it, until you decide to do it or not, that dream can return to you in one form or another. And every day as you go about your business, your unconscious can find something, some thought, perception, awareness, a taste perhaps or a sensation, or even a color, that seems familiar and reminds you of something, reminds you of what your unconscious mind is trying to tell you, until you fully understand and use that understanding for you.

The authors present a simplistic notion of therapy and hypnosis. Their talk of "mini-minds" reminded me of the movie Austin Powers. You won't find sophisticated theory here, but there is much of practical value. This book is definitely worth owning as a reference manual, but it is overpriced for what you get.

Here's the book for all those who need to understand their client's "categories of prescription". A simple and concise method for indirect induction, and metaphor "scription". I liked this book a great deal, and have utilized many of the scripts verbatim! Keep this book handy as a reference no matter what your style of practice.

Although the companion tape is definitely geared more for the beginning student or practitioner of hypnosis, the book itself is an invaluable resource of scripts for use either as-is, or by "adding salt to taste." The categorization of the scripts allows for both ease of use as well as learning by example the difference between induction, deepening, therapeutic, and session ending phases of trance work. If you don't have this one on your shelf, get it

I really began appreciating this book after attending an Ericksonian hypnotherapy workshop. The induction scripts are good examples of the different kinds of inductions and are usable as written. The metaphors (where the work gets done) are also very useful as is but as you get more experienced they make great bases for customized scripts. The chapter "on doing hypnotherapy" is one of the best introductions to the art I've seen. This is the one book I use regularly while doing therapy with clients.

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SCRIPT Tonight, perhaps tomorrow too, your unconscious mind can give you a dream, a very special dream that clarifies the problem, indicates the source perhaps, but tells you quite clearly how to solve that problem now. And each night afterwards, until you understand it, until you decide to do it or not, that dream can return to you in one form or another. And every day as you go about your business, your unconscious can find something, some thought, perception, awareness, a taste perhaps or a sensation, or even a color, that seems familiar and reminds you of something, reminds you of what your unconscious mind is trying to tell you, until you fully understand and use that understanding for you.

As a newcomer to self-hypnosis, and something of a skeptic, I found the book to provide a clear and sensible explanation of the underlying philosophy of Ericksonian hypnosis, with excellent scripts for various uses of self-hypnosis, which can be rewritten as needed. The tape, which has two trance-inducing talks, is an essential companion. I listen to one of the trance procedures and then read the appropriate script while still in something of a trance state, and have experienced beneficial changes. For me, the changes have been gradual, however, not the dramatic epiphanies some associate with hypnosis.

I use at least one of these scripts with every client that I have. In addition, the way the book is organized into induction scripts, direct & metaphor scripts, and a termination script, allows you to select different inductions from your own work or from another script book and still use the direct and termination scripts in this book that others do not have. I have yet to find a termination script as useful as this one.

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