The Virtuoso of Hypnotherapy

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Abstract

Originally published in Contemporary Psychology: APA Review of Books, 1981, Vol 26(7), 556. Reviews the book, Teaching Seminar With Milton H. Erickson, M.D edited by Jeffrey K. Zeig (1980). This book begins with a short essay by Zeig, on Erickson's use of anecdotes in hypnotherapy and teaching. The bulk of the book is a verbatim transcript of a one week seminar. Erickson gave in his inimitable anecdotal style. In the last section of the book Zeig interviews Erickson. Both the chapters preceding and following the verbatim record serve the didactic purpose of alerting the reader to look for the subtle, multilevel method of communication that is the Ericksonian hallmark. Erickson felt that patients in hypnosis had a much greater immediate unconscious grasp of therapeutic evocations, and that hypnosis was an effective way of circumventing resistance. (PsycINFO Database Record (c) 2006 APA, all rights reserved)
Hypnotherapy is the treatment of a variety of health conditions by hypnotism or by inducing prolonged sleep. Pioneers in this field, such as James Braid and James Esdaile discovered that hypnosis could be used to successfully anesthetize patients for surgeries. James Braid accidentally discovered that one of his patients began to enter a hypnotic state while staring at a fixed light as he waited for his eye examination to begin. Hypnotherapy's wiki: Hypnotherapy is type of complementary and alternative medicine in which the imagination is used in an attempt to help with a variety of problems, such as breaking bad habits or coping with stress. Definition. The Federal Dictionary of Occupational Titles describes the job of the hypnotherapist: "Induces hypnotic state in client to increase motivation or alter behavior patterns: Consults with client to determine nature of problem."