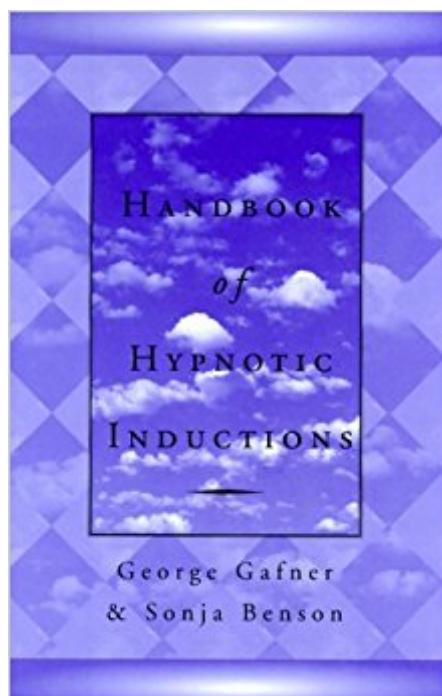


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# Handbook Of Hypnotic Inductions (Norton Professional Books)



## **Synopsis**

This useful resource provides over two dozen detailed scripts for inducing trance, deepening, realerting, and debriefing. It covers beginning to advanced hypnotic inductions in four main categories: conversational inductions, embedded-meaning inductions, confusional inductions, and directive inductions. A separate chapter provides inductions appropriate for use with children. The Handbook of Hypnotic Inductions includes numerous clinical vignettes and addresses treatment of depression, anxiety disorders (including PTSD), chronic pain, adjustment disorders, and other problems commonly seen in the office setting. It teaches vital principles and concepts in hypnosis, such as hypnotic language, seeding, amnesia, ideomotor signaling, and Ericksonian utilization. Rich in metaphor and therapeutic stories, this book includes helpful notes for practice and the creation of individually tailored inductions. Without a good induction, there can be no good hypnotherapy. With this ready-to-use manual, therapists can build their confidence and creativity and ensure good hypnotic experiences for their clients.

## **Book Information**

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## **Customer Reviews**

Clear, edifying, and encouraging language; In well under 200 pages, the authors present a readily useful handbook;a useful resource. -- The Milton H. Erickson Foundation Newsletter, Deborah Beckman, M.S.

Sonja Benson, Ph.D., is a licensed psychologist and works in the Employee Assistance Program at Progressive Casualty Insurance Corporation. She is certified in hypnosis by the American Society of Clinical Hypnosis. She resides in Phoenix. Gafner and Benson coauthored *Handbook of Hypnotic Inductions* (Norton, 2000). George Gafner, M.S.W., L.C.S.W., is director of the hypnosis training program and director of the family therapy training program at the Southern Arizona Veterans Affairs Health Care System, Tucson. He is the author of *Clinical Applications of Hypnosis* and co-author (with Sonja Benson) of *Handbook of Hypnotic Inductions and Hypnotic Techniques: For Standard Psychotherapy and Formal Hypnosis*.

This book is first class. All practising hypnotherapists, psychologists and psychiatrists, whether training or fully qualified, should own a copy of this book. Seriously, George Gafner and Sonja Benson provide a catalogue of detailed inductions that can be applied to virtually any patient. Not only are the scripts a great time saver in creating and using inductions, they are material that spark off and inspire the imagination for creating further inductions (you are only limited by your imagination). There are numerous inductions - and the inductions for children are particularly interesting. Apart from the book focusing on inductions, the authors draw on their own professional experiences when treating their patients, which is also another plus for this book. In the text, George Gafner and Sonja Benson also provide general information about psychology that will be of immeasurable assistance to the therapist who is in training and will act as a refresher for the professional practitioner - as well as an inspiration. There are many books written about the subject of hypnotherapy, many disappointing, but as a professional practitioner I can say that this book does live up to its title. Every therapist should own a copy and have it ready to hand. So what are you waiting for? Go get it!

I use it for stimulating my own inductions when stuck for a solution. Good reference.

Not helpfull

Great book Â¡

I am still reading this book. I havn't been able to put any thing into practical application as of yet. You need to wait at least 2 months before asking anything regarding a book like this.R.D.Y.

This book is a well-done compilation of induction techniques that can serve as models for practicing hypnotherapists. It is thoughtfully organized and a useful reference and learning tool. I was surprised by the review by "David Burns, Ph.D." who feels that hypnosis is unethical in psychotherapy. I put the name in quotes because I'm not sure whether that is his or her real name. Anyone with a Ph.D. in psychology would know that hypnosis is a well-validated and widely accepted medical technique. One would have to wonder where "David Burns" got his Ph.D. to be so unaware of the research evidence on hypnosis. Hartland's textbook Medical and Dental Hypnosis is well documented and gives references to countless studies showing its effectiveness in medical practice. As a psychiatrist who has used hypnosis as a tool in my practice for 30 years, I have found it to be an invaluable adjunct to both cognitive behavioral and psychodynamic approaches. If anything is unethical, it is depriving patients of a valuable tool because the therapist has a personal bias, ungrounded in scientific evidence, against hypnosis.

There is a great variety of types of inductions, many involving countdowns and relaxation techniques. I loved the section on "Embedding Meanings Inductions" as well reading stories about Ericksonian and other hypnosis pioneers. Everything you need to know about hypnosis is in this book. It's fantastic for hypnotists and psychologists of all levels and is a reference book worth keeping. The readability is VERY good and all topics are explained thoroughly and simply to avoid confusion. I love this very much!

As a hypnotherapist, I was intrigued by this small book focusing solely on hypnotic inductions. In Techniques of Hypnotic Induction, psychotherapist George Gafner, brings over 30 years of experience to bear, teaching hypnotherapists how to communicate with the unconscious mind skillfully, through story-telling inductions. Gafner begins with an overview of the applications and efficacy of clinical hypnosis, backed by research studies. Next, the author offers a metaphoric trance induction with helpful notes in the margin showing how he indirectly suggests various trance phenomena: time distortion, dissociation, hallucination, and catalepsy. Then he launches into a series of hypnotic story-telling scripts, which are whimsical, haunting, and amusing, --all designed to induce trance with indirect references to time distortion, opening the mind to discovery, considering options for problem-solving, acceptance, releasing, and dissociation. These scripts teach readers how to insert suggestions into fascinating stories that help clients experience the effects of hypnosis. The scripts obviously speak to the unconscious mind and the influence of Milton H. Erickson is evident. While the scripts are beautifully written, readers are reminded to adapt them to

their own circumstances and the preferences and sensitivities of their clients. Gafner includes a very nice chapter on the hypnotic voice--a subject I've not seen in other books on hypnotherapy. He follows with a chapter on guided imagery inductions, based on scenes from nature - mountain vistas, streams, and forests. He also presents confusional inductions for clients who are not easily hypnotized or who may be somewhat resistant to direct suggestions. The main text ends with a few practical recommendations for educating clients about hypnotherapy, introducing colleagues to hypnotherapy in clinical settings, and additional practice guidelines. The two appendices cover a range of techniques (with references to other books where each may be found) and a glossary. Techniques of Hypnotic Induction makes enjoyable reading for hypnotherapists who want to bring creativity and imagination to their inductions. The clever scripts are interspersed with instruction written with just enough hypnotic language to appeal to the conscious mind as well as the unconscious mind. The entire book makes for a truly entrancing learning experience.

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