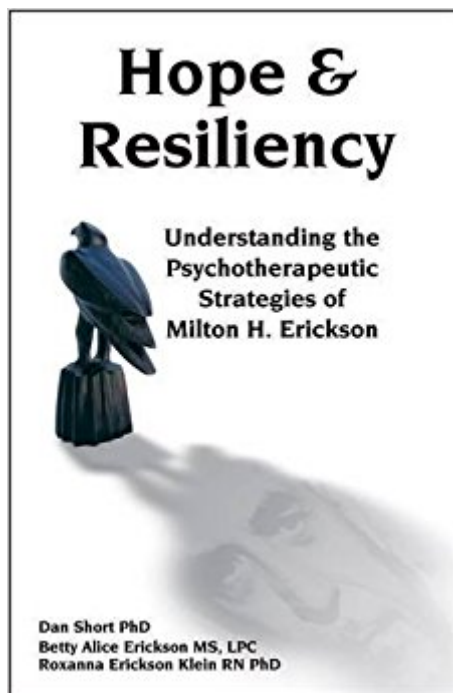




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Hope & Resiliency: Understanding The Psychotherapeutic Strategies Of Milton H. Erickson



Synopsis

Milton H. Erickson is recognised as one of the most innovative clinicians of our time. Known as the father of modern hypnosis and the source of inspiration for many forms of family therapy and brief therapy (including the increasingly popular solution-focused therapy) Erickson's influence has reached far beyond the perimeters of any one country or culture. Much of the scientific and popular literature is beginning to focus on the themes of hope and resiliency - Erickson worked from a philosophical position that is best explained using these two concepts. Although Erickson is most commonly examined through the lens of hypnosis, this book takes a much broader approach and defines several key components that made him successful as a therapist. The fundamental strategies described are relevant to all mental health care professionals, regardless of their theoretical orientation. The book is written by leaders and experts in the field of Ericksonian therapy.

Book Information

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Customer Reviews

A delightful and deeply moving experience that facilitated peace and well-being within my own heart and mind. --Ernest Rossi, Ph.D. In this age of standardized treatments, this volume provides a refreshing reminder about the importance of honoring everyones uniqueness. --Michael D. Yapko, Ph.D., author of *Trancework* In this engaging book the authors shed new light on fundamental patterns in the work of Milton H. Erickson, MD. --Jeffrey K. Zeig, PhD, Director, The Milton H. Erickson Foundation

Dan Short is currently in private practice in Scottsdale Arizona and a member of the graduate faculty at Ottawa University. He was Associate Director and Chief Archivist for the Milton H. Erickson Foundation in the USA, former Editor for the Milton H. Erickson Foundation Newsletter and was the Editor and Designer for Milton H. Erickson: The Complete Works. Betty Alice Erickson is a licensed professional counselor, and marriage and family therapist in private practice for over 25 years in Dallas, TX and an International teacher of Ericksonian psychotherapy and hypnosis. Additionally, she was Editor, including Executive Editor and Editor-in-Chief of the Milton H. Erickson Foundation Newsletter for over 10 years. Roxanna Erickson Klein PhD is a member of the Board of Directors of the Milton H. Erickson Foundation. She is also co-editor of the 17 volume set of Collected Works of Milton H. Erickson

Dan Short, and his co-authors, both daughters of Milton Erickson, deliver an excellent book that brings new meaning and insight into the work of the legendary psychiatrist. With carefully selected case examples, they examine not only the methods in which Milton Erickson employed, but more importantly the principles that he utilizes to deliver the most benefit for his patients. While this book is targeted at mental health professionals, anyone who seeks to get a better understanding of the ways in which the mind works would benefit from reading this book. Likewise, this book can provide managers greater insight into dealing with their subordinates and assist in creating a better, more sustainable work environment.

This is a wonderful reference for therapists and healers of all kinds. It is well written and to the point. Erickson is a highly regarded and effective strategist who has inspired the likes of Tony Robbins. This book entails many of the strategies used by the NLP community. Its top notch!

I'm not a psychology professional, just an interested reader, but I've read a number of books and articles by and about Milton Erickson over the years. This is by far the most insightful I've found. It looks at the underlying principles of Erickson's work with clear language and fascinating examples, instead of obscuring things with mumbo-jumbo (NLP, I'm looking at you) or focusing excessively on specific techniques. The underlying principles seem suited to any school of therapy, not just hypnotherapy or Ericksonian therapy. Overall, a very enjoyable and inspirational read.

I have read several books both by, and about Milton H. Erickson. Putting this book down was a chore, and reaching the end, disappointing. Erickson's material is clearly explained, compelling in

form. I will be reading this book again.

Dr. Dan Short has constructed a very cohesive system of describing Milton H. Erickson's therapeutic techniques, perhaps the best I have ever seen. Short's six therapeutic strategies of progression, partitioning, distraction, suggestion, reorientation and utilization are elegant constructs that I believe may well organize all human helping behavior. This is an extremely well organized and easy to understand treatment of Erickson's ingenious methods and may inspire the reader interested in psychotherapy and other forms of human empowerment to consider the ways in which he or she is practicing the craft.

The book was exactly as described and it was the correct edition as well. Thanks for providing books for us college students who refuse to pay hundreds of dollars at the campus bookstore.

All my qualification for reading this and reviewing this, is simply the amount of reading I've done in nearly two years now. Covering NLP, hypnosis, REBT and some other odds and ends. So professional, I am not. The 6 strategies covered, I can see operate in a wider realm. The realm of social influence in fact. Having reread the book several times now, I can see in other therapy modalities these threads running through. From my own limited understanding, this is certainly an addition to my library that goes way beyond techniques, cookbook formulas and "how-to's". Instead, you have a wider overarching set of concepts to inform therapy in a more flexible, responsive and creative way. The 6 strategies (it is noted that these are *not* exhaustive, just the main ones to be discussed) are Distraction, Progression, Reframing, Suggestion, Partitioning and Utilisation. On later reflection, I realised where some of these apply to rapport building, persuasion as well as engineering social attitudes. At the time I was reading Cialdini's Influence, and found that the two books together do give me a way to understand propaganda, advertising and sales. Yet this is certainly not the aim of the book in itself. Like any excellent work, it has wider applications than the authors discuss, or where perhaps consciously aware of at the time? I highly recommend this to hypnotherapists and therapists of any stripe in actual fact. I also recommend it highly to any student of psychology, counselling, advertising (yes, it's way off the curriculum I'm sure) and any agent of influence. This of course, is only my perspective as one criticism I've had is the sheer number of books I've read in only 2 years means that surely I can't have processed the skills in them properly. Quite right, but I've enjoyed trying :-).

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