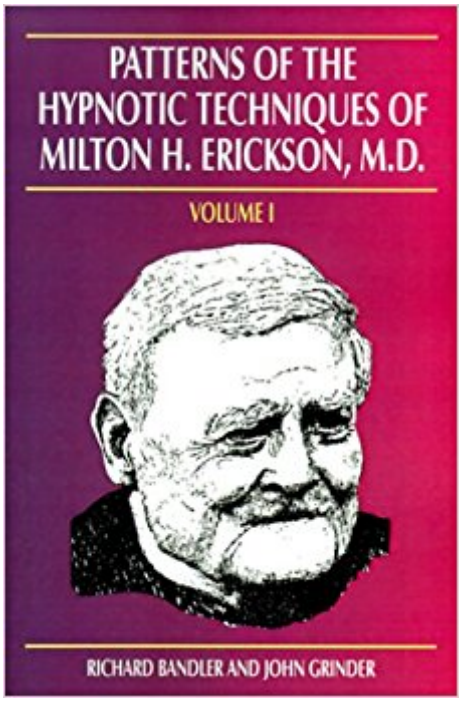
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# Patterns Of The Hypnotic Techniques Of Milton H. Erickson, M.D, Vol. 1




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## Synopsis

This volume is the first in a series of studies of the patterns of hypnotic techniques employed by Milton H. Erickson. In this first volume, we have focused primarily on the verbal patterns which Erickson uses in his work. Furthermore, our emphasis here has been on the portions of his work dealing with the induction of trance and the use of suggestion for assisting the client in accomplishing the objectives of trance work. We intend to shift the emphasis of the furture volumes to other patterns. The Table of Contents which we include for Volume II of Patterns will give the reader some notion of this future emphasis. By R. Bandler --This text refers to an alternate Paperback edition.

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## Customer Reviews

This book is the inverse of The Structure of Magic. That book was about how to be relentlessly specific, which functions as a BS filter. For example, "my wife doesn’t love me anymore" requires mind-reading, so you could ask "how do you know she doesn’t love you anymore?". That question doesn’t call the original statement into question, but asks for the evidence for the claim, based in sensory experience. Usually the answer is something like "she doesn’t look at me in some particular way that I never told her I liked", which gives you something to work with.As for THIS book, this is the opposite--essentially how to BS for constructive purposes. You can use it to catch on to a politician’s game, or--should your own thinking begin to sound a bit too much like what this book shows you how to do--to catch your OWN BS and knock it off. This book is about how a brilliant

hypnotist talked, which is actually pretty simple in theory. He would mention things to shift your attention. Like this: did you notice just how much of your weight is going into your chair? You probably didn't before, now you do. You do that with enough things and in a certain way, you have people in a different state of mind. If you're good (and trying to help) you can talk them into not actively thinking/feeling bad about their problems, and have them in a state of mind where they can see things differently.Then you can say things that don't have any actual meaning to help them. Like this: there was an experience some time in your past, where you learned a very valuable lesson, and your subconscious knows the one, and I want you revisit that experience as you remember all you have learned since, because there is something very, very important that you have yet to learn from that experience. I don't know if your subconscious will prefer to tell you about it in consciousness, or to keep it to itself as a secret, but it will help you in the upcoming weeks and months as you go about your daily life in a new way you didn't know was possible.See? No meaning whatsoever, but it can still be life changing, because--and this is what this book shows you--it takes advantage of the fact that we all need things to make sense, so that if nothing is really being said, we'll invent the meaning ourselves. By saying meaningless things that suggest categories of having a better life, people rummage through their brains and find wonderful things pretty easily. It's a particularly respectful way of doing therapy, because you can help the person without imposing your own "stuff" on them. They just go in and find whatever they need themselves.

Anyone that is interested in Erickson Milton method (Milton Model), and learning his Linguistic pattern breakdown for hypnosis, this book is invaluable. It is must book to have. It's simply written and easy read. It analysis and breaks down complex hypnotic patterns in a simple way.I loved the section Inquiry with Aldous Huxley, this section is the encounter of two titans, two geniuses, and two highly creative intellectual. This section was like reading a profound entertaining story. Every session between these two is filled with hypnotic sessions that can be use as reservoir of reference.Terms like Meta-Tactic III and Huxley deep reflection,and somnambulate trance.This book is definitely one of the top ten books I ever read. Every page is filled with nectar of mind altering information. Every section Dominant Hemisphere, non-Dominant Hemisphere, construction and use of Linguistic Causal Modeling Processes, and Transderivational Phenomena.As I was reading this book, specially in the Huxley section, I fell into this magical trance and my neuropath way of my brain, my map of the world was changing and becoming more flexible. This really help me to view the world in the more flexible way. It helped me to improve my thinking process as well.Highly recommended for everyone that is interested in how the brain encodes our five senses and process

these signals.

Brilliant man, way ahead of his time and our time too.

Erickson was a genius at what he did. check him out onthe many PDF files on the internet and then read this book.what an amazing little elf of a devilsh creative little healer...i wish i could be as good as he was and do as much good in the worldand then too.... get paid to create the miracles he did for patients!

Excellent book!

This book (Volume I) is worth reading by anyone interested in hypnosis. The authors present the major linguistic techniques that Erickson used to induce and maintain hypnosis, as well as his methods of doing hypnotherapy. They approach Erickson from the discipline of linguistics, so the reading is a bit technical at times, but perfectly understandable if you stick with it. They review the same material many times to make it very clear to the reader. I wish there were an accompanying audiotape of Erickson so that the reader could hear the analogical markings that Erickson uses with his speech to clients. Anyone seriously interested in Erickson’s approach to hypnosis should read this book.Volume II is nearly incomprehensive to someone who does not have a Ph.D. in linguistics. The authors in Volume II appear incapable of expressing their valuable ideas in simple English, which may be a sign that they really don’t understand what they are saying well enough to communicate it to others. Rather than spending your hard-earned money on Volume II, you might read other authors like Steve Gilligan (Therapeutic Trances) who covers the same material in plain English rather than quasi-mathematic formulas and mumbo-jumbo about 4-tuples, etc.

As always, a Great Book From the Founders!

Great!

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