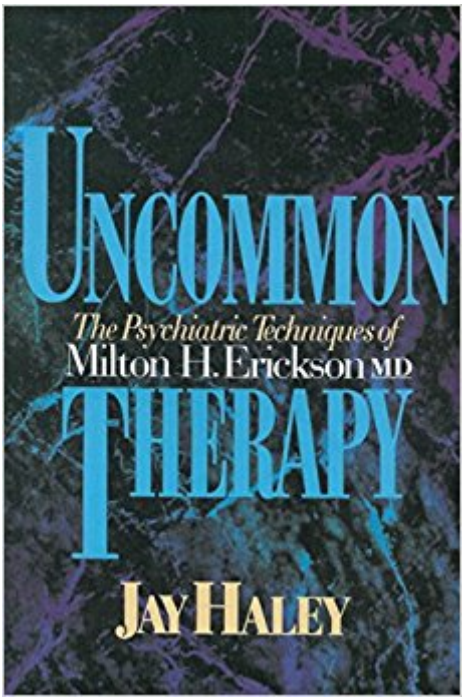
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Uncommon Therapy: The Psychiatric Techniques Of Milton H. Erickson, M.D.



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Synopsis

Milton H. Erickson, M.D. is generally acknowledged to have been the world’s leading practitioner of medical hypnosis. His "strategic therapy," using hypnotic techniques with or without actually inducing trance, allows him to get directly to the core of a problem and prescribe a course of action that can lead to rapid recovery. This book provides a comprehensive look at Dr. Erickson’s theories in practice, through a series of case studies covering the kinds of problems that are likely to occur at various stages of the human life cycle. The results Dr. Erickson achieves sometimes seem to border on the miraculous, but they are brought about by a finely honed technique used by a wise, intuitive, highly trained psychiatrist-hypnotist whose work is recognized as a major contribution to the field.

Book Information

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Customer Reviews

Jay Douglas Haley was one of the founding figures of brief and family therapy in general and of the strategic model of psychotherapy, and he was one of the more accomplished teachers, clinical supervisors, and authors in these disciplines.

Milton H. Erickson, MD has influenced generations of behavioral health practitioners. Among them was the great Jay Haley, perhaps the best known of all the strategic therapists. If you ever wondered where Haley’s greatest influences were and what in the great Erickson’s work most impressed him, you’ll find it in this classic.Among the many aspects of Milton Erickson’s work and therapeutic episodes described here includes the work he did with a woman with a weight problem (which Haley offers as an example of Erickson’s unparalleled flexibility in psychotherapy) which

serves as one of the finest examples of strategic thinking, assessment and taking into account the client's values and motivations in therapy I have ever encountered.You may find yourself quoting and/or thinking often about what Haley cites in this efficient read if you have worked or been involved in any part of behavioral health.

Great for understanding Erickson

Highly recommended reading for anyone who wants to gain a basic understanding of how hypnosis works.This is a great book for anyone who has been influenced unconsciously by this type of hypnosis. Particularly for those who have been involved with a cult leader or guru (Byron Katie, for example) who uses these methods to bypass their victims conscious mind and rational thought, in order to influence and control their behavior, thoughts, etc. This book is non-technical and non-specific enough to help victims of mind control identify methods used to persuade them, and to take control of their own lives again.Very interesting and enlightening read.

Ericson's methods and thought processes was truly uncommon. Casual reading usually causes a response, "wow, how clever. Take notes, understand the principles and put those principles into practice. The many volumes written about Erickson attest to the uniqueness and success of his techniques. Today, most "therapy" is conducted with the use of drugs. Erickson's therapeutic techniques have very few side effects and certainly faster than psychoanalysis.

Anything by Jay Haley is good, anything about Milton Erickson is good. This has both.

Hard to review a book like this, as it is a combination of biography and therapy tecnique. The author is not a Pulitzer Prize journalist but the subject is so intense and fascinating I could not put it down....if you are a therapist or in the healing arts you definately want to read this to see what one man can do, it is an inspiration as well as a text book.....lot of method given too....you can really learn from this book.

Uncommon Therapy is an introduction to the therapy work of famed Medical Hypnotist Milton Erickson. It is more readable than many of Erickson's writings. Haley also adds some of his perspective to the art of therapy. This book and others like it were written before Cognitive Behavioral Therapy became the dominant therapy in Psychology. They can still contribute insights

to therapists seeking a broad background for practicing psychotherapy. Graduate students and therapists in research settings should definitely read this book to help keep alive a more comprehensive approach to cognitive therapy than is promoted by formulaic cognitive and behavioral therapies that were largely forced on Clinicians by insurance companies pushing science-based, effective therapies; a good outcome for most consumers seeking psychotherapy in most settings. Haley, using a family life cycle approach (e.g. courtship, weaning parents from children, the pain of old age) uses Erickson's case studies to illustrate Erickson's approach. Nowadays it comes across as proof by anecdote. Experienced therapist do however, have examples of cases that were resolved quickly when the client restructured his/her view, Erickson's approach contibutes best by showing how a therapist can creatively propose an alternative constuction of a problem posed by the client and by inventing strategies for change. Erickson's own writings have many more detailed examples of cases.

This was recommended by a Coach who worked with M Ericson directlyGrateful to have the book & the coach.

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