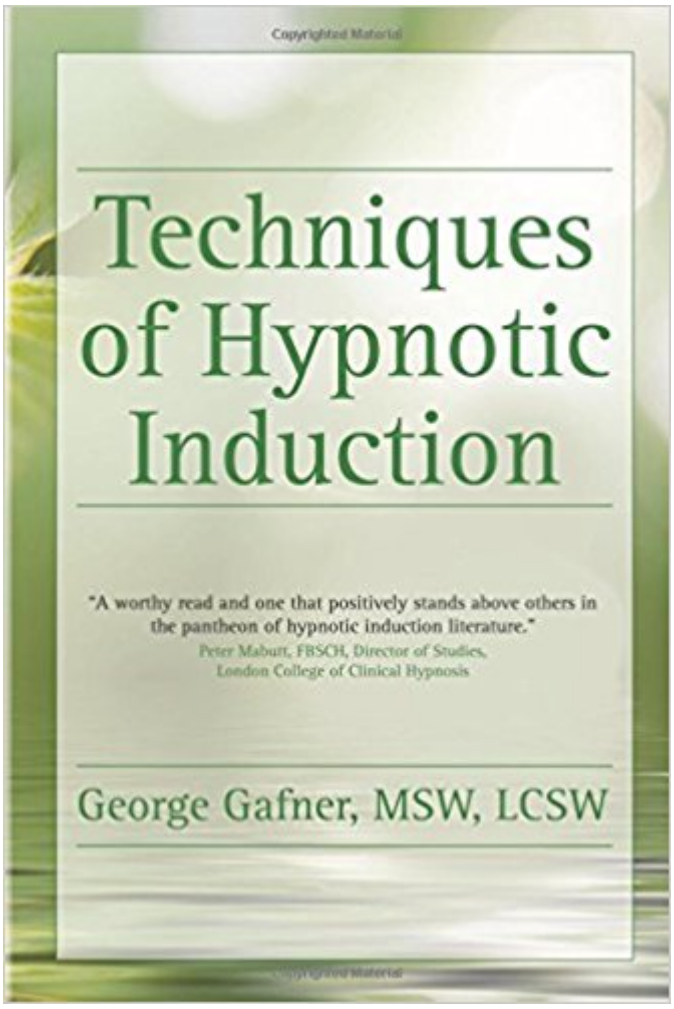
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Techniques Of Hypnotic Induction



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Synopsis

One of the most challenging parts of the practice of clinical hypnosis is the creation and use of hypnotic inductions. The therapy phase of the hypnotic process can consist of a story, an age regression, or any one of a myriad number of techniques. The bottom line is, the therapist must successfully induce trance so that the client is prepared for what follows. That’s what this book is about, the induction and how to use them in clinical practice effectively.This book contains both direct and indirect inductions. The direct inductions are guided imagery experiences that invite clients to imagine immersing themselves in a structured experience. Other clients though, appreciate less structure or they may be wary of hypnosis, or resistant to letting go. They do not like to be told what to feel. These clients may not like guided imagery inductions but instead, respond well to story inductions, as they appreciate an approach that permits them to experience any variety of hypnotic phenomena of their choosing.Metaphors are used in both types of inductions. With story inductions, trance occurs when you read your client a story about someone else who develops interesting sensations in his or her body. These inductions are easy, non-threatening, and usually fail safe. Such a metaphorical approach gets in underneath the radar and cannot be defended against. When clients don’t respond to a story or guided imagery induction, the author introduces confusion induction.

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Customer Reviews

Techniques of Hypnotic Induction makes enjoyable reading for hypnotherapists who want to bring creativity and imagination to their inductions. The entire book makes for a truly entrancing learning

experience. --Judith E. Pearson, PhD, Psychotherapy and Life CoachAs an experienced teacher and practitioner of hypnotherapy spanning two decades, George Gafner’s work has offered me enourmous insights into the therapeutic work that is seldom seen. This book is highly recommended! --Tom Barber, MA, Director, Contemporary College of Therapeutic Studies, UKAs an experienced teacher and practitioner of hypnotherapy spanning two decades, George Gafner’s work has offered me enourmous insights into the therapeutic work that is seldom seen. This book is highly recommended! --Tom Barber, MA, Director, Contemporary College of Therapeutic Studies, UK

George Gafner, MSW, LCSW, 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 four previous books on hypnosis and hypnotic inductions.

I am a seasoned psychotherapist and hypnotherapist, and I couldn’t disagree more with Judith Pearson’s review--and I bought this book on the strength of her review. This book is short, weak, misleading, and seriously lacking in meaningful content: I wouldn’t even recommend it to beginners, even though beginners seem to be the author’s target audience.The book makes several very good points in the first section, "Getting Started," and it has references to research that supports hypnosis as a treatment. And he lists some of the most useful hypnotic approaches for various conditions, which is useful.But I bought the book hoping for a quick and authoritative overview of various types of inductions, for easy reference and review. After all, it is called "Techniques of Hypnotic Induction," not "One Technique of Hypnotic Induction Hammered into You until you are Senseless." The author spends far too much time belaboring the basics of his own peculiar style, and the vast bulk of the book is taken up with written narrative story-telling scripts, with the recommendation that the therapist read them to the paying client. Though he makes valid points about the hypnotic value of story-telling technique, I don’t know why anyone would pay a therapist to read to them when they can much more cheaply and conveniently purchase audio materials online. It seems to me of far greater value for the therapist to study hypnotic semantics and develop languaging of her own. After all of his narrative scripts (plus notes and discussion on them), on page 83 of a 104 page book (not counting glossary and references), he gives 7 pages on "confusional inductions," leaving 11 pages for his afterword and the appendix that contains a "Compilation of Techniques." Only a few of the techniques listed in the compilation are described or explained. Perhaps I wasn’t paying attention, but, though the author touts "ego-strengthening" techniques throughout the book, nowhere did I

notice him explaining, describing, or teaching any, by that name. Inductions other than narrative story-telling techniques are given very short shrift in this book, being merely listed in the appendix/compilation at the end of the book, as if the author was running out of time and in a hurry and didn't have time to do an informative job of it. He does allude to his other books, though, which seems pretty cheesy, considering I bought this one. There are better books than this available for both the beginner and the experienced professional. I hate to say it (maybe I'm angry that I wasted my money), but his attitude toward beginners (and the reader in general) seems patronizing. This book should be marketed solely to beginners, but it is of limited value even to them.Not recommended.

Does not deliever what the title promises induction methods only few and not helpful. Expected a review of inductions and really not found that

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. The applications include gastro-intestinal disorders, skin disorders, anesthetic-free surgery, nausea associated with chemotherapy, asthma, gender identity disorders, cystic fibrosis, and of course, smoking and weight management, as well as pain management, insomnia, substance abuse, and anxiety and mood disorders.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.

Hypnosis is more than a myth, it has true clinical use. "Techniques of Hypnotic Induction" is a scholarly exploration into the uses of hypnotism in modern psychotherapy. But first, one must induce a hypnotic state, and psychotherapist George Gafner hopes to help others of his trade with many techniques he has found quite effective in the matter. Images, confusion, telling stories, and more, "Techniques of Hypnotic Induction" is an insightful and valuable reference, a choice pick for psychology collections.

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