

# THE FEBRUARY MAN

Evolving Consciousness and  
Identity in Hypnotherapy



MILTON H. ERICKSON M.D.

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# February Man Evolving Consciousness And Identity In Hypnotherapy

**Rick Voit, Molly Delaney**



## **February Man Evolving Consciousness And Identity In Hypnotherapy:**

**The February Man** Milton H. Erickson, Ernest Lawrence Rossi, 2012-01-26 This book is a fascinating case study that illustrates the use of multiple levels of consciousness and meaning to access and therapeutically reframe traumatic memories that were the source of very severe phobias and depression A rare record of Erickson s pioneering genius in facilitating the evolution of new patterns of consciousness and identity in a patient *The February Man* Milton H. Erickson, Ernest

Lawrence Rossi, 2012-01-26 This book is a fascinating case study that illustrates the use of multiple levels of consciousness and meaning to access and therapeutically reframe traumatic memories that were the source of very severe phobias and depression A rare record of Erickson s pioneering genius in facilitating the evolution of new patterns of consciousness and identity in a patient **Therapeutic Hypnosis with Children and Adolescents** Laurence L Sugarman, William Wester

II, 2014-02-02 In this completely revised updated and expanded volume the editors have brought together some of the field s most outstanding contributors to examine the wide ranging applications and promise of the use of hypnosis with children The book develops core principles of clinical hypnosis with children and adolescents and each contributor delineates how they apply these precepts in a range of psychological and medical settings The result is a constellation of perspectives and clinical applications that move the reader beyond literature review to practical advice **Hypnosis in Clinical Practice** Rick

Voit, Molly Delaney, 2013-02-01 This book is aimed at helping both newly trained and experienced mental health professionals become comfortable and adept in using hypnosis in their clinical practice Despite dramatic evidence of the effectiveness of hypnosis and its growing acceptance only a small percentage of psychotherapists employ their hypnotherapy training in their practices This under use of hypnosis is due to exaggerated misconceptions about its power and the resultant performance anxiety therapists experience after their training This text is designed to address therapist performance anxiety surrounding the use of hypnosis by exploring the myths surrounding its power and therapeutic potential The integration of a straightforward systematic hypnotic approach into therapeutic practice has value both in assessment and treatment Using clinical anecdotes and personal experience the authors of Hypnosis in Clinical Practice explain induction style and trance work in a way that is fundamental and highly accessible **The SAGE Encyclopedia of Theory in Counseling and Psychotherapy** Edward S. Neukrug, 2015-02-12 The SAGE Encyclopedia of Theory in Counseling and Psychotherapy is a two

volume source that traces theory and examines the beginnings of counseling and psychotherapy all the way to current trends and movements This reference work draws together a team of international scholars that examine the global landscape of all the key counseling and psychotherapy theories and the theorists behind them while presenting them in context needed to understand their strengths and weaknesses This is a quick one stop source that gives the reader the who what where how and why of contemporary counseling and psychotherapy theory From historical context in which the theories were developed to the theoretical underpinnings which drive the theories this reference encyclopedia has detailed and relevant information

for all individuals interested in this subject matter Features Benefits Approximately 335 signed entries fill two volumes available in a choice of print or electronic formats Back matter includes a Chronology of theory within the field of counseling to help students put individual theories within a broader context A Master Bibliography and a Resource Guide to key books journals and organizations guide students to further resources beyond the encyclopedia The Reader s Guide a detailed Index and the Cross References combine for effective search and browse in the e version and helps students take the next steps in their research journeys This reference encyclopedia serves as an excellent source for any individual interested in the roots of contemporary counseling and psychotherapy theory It is ideal for the public and professionals as well as for students in counselor education programs especially those individuals who are pursuing a Masters level degree Understanding Ericksonian Hypnotherapy Victor Kiaris,2019-12-06 This book is a collection of selected writings by Dr Sidney Rosen that aim to demystify the work of the leading clinical psychiatrist Dr Milton Erickson and illustrate Erickson s unconventional and life changing hypnotic techniques and strategic therapy An essential reading for those who seek to learn essential elements of psychotherapy this collection elucidates fundamental aspects of Erickson s approaches and outlines factors effective in all forms of psychotherapy It contains core teachings of many central elements in psychotherapy and stresses the importance of techniques such as therapeutic trance and hypnosis As a student and close friend of Dr Erickson Dr Rosen shares his own personal insights about Erickson s teaching methods in a direct and straightforward manner that allows readers easy access to Ericksonian philosophy and techniques Many therapists both psychoanalytic and others will find both Rosen s and Erickson s approaches compatible with their own and far removed from their preconceptions about hypnosis Providing guidelines for providers of individual and group therapy this book is an excellent guide to Ericksonian hypnotherapy

**Handbook of Medical and Psychological Hypnosis** Gary Elkins,2016-07-25 A unique state of the art interdisciplinary resource on clinical hypnosis in psychology and medicine This is the only up to date comprehensive interdisciplinary resource on clinical hypnosis research and applications in psychology and medicine Authored by hypnosis experts worldwide it encompasses state of the art scholarship and techniques for hypnotic treatments along with hypnosis transcripts and case examples for all major psychological disorders and medical conditions In easily understandable language this desk reference addresses theories neurophysiology of hypnosis hypnotherapy screening measurement of hypnotizability professional issues and ethics Individual chapters present hypnotic inductions to treat 70 disorders including anxiety depression pain sleep problems phobias fibromyalgia irritable bowel syndrome menopausal hotflashes Parkinson s disease palliative care tinnitus addictions and a multitude other common complaints The guide also examines the history and foundations of hypnosis myths and misconceptions patient screening dealing with resistance and precautions to the use of hypnosis It examines a variety of hypnotherapy systems ranging from hypnotic relaxation therapy to hypnoanalysis With each application the text includes relevant research specific induction techniques and an illustrative case example Additionally the

resource covers professional issues certification hypnosis in the hospital and placebo effects Key Features Presents state of the art hypnosis research and applications for a wide range of psychological and medical disorders Encompasses information on 70 disorders with relevant research intervention techniques and case examples Authored by an international cadre of experts Provides an interdisciplinary perspective of both the mental health and medical communities Addresses certification ethics and other professional issues

**Inner Strengths** Shirley McNeal, 2024-01-11 Inner Strengths is the first book to meet the need for a comprehensive treatment of approaches to ego strengthening in psychotherapy It provides a historical breakthrough in the history of ego strengthening education and explores contemporary psychodynamic object relations self psychology ego state and transpersonal theoretical models for understanding how and why ego strengthening occurs Written by two experienced psychotherapists who were active in developing the newer projective evocative ego strengthening techniques this book emphasizes the utilization of patients inner resources They survey the history of ego strengthening efforts and show how that which has been considered intrinsically hypnotic connects with the great traditions of psychotherapy Additionally they offer step by step instructions for a diversity of ego strengthening methods that can be used for patient self care internal boundary formation and personality maturation in a wide range of clinical conditions Their discussion of the fundamental concepts of ego strengthening draws on their theoretical and clinical explorations of dynamic internal resources such as memory strength wisdom self soothing and love Throughout the book theory is balanced by an unusual richness of extended clinical examples and a wide variety of practical ego strengthening scripts This classic edition is essential reading for seasoned clinicians of hypnosis and beginners alike

**Hypnosis for Behavioral Health** David B. Reid, 2012-06-20 Winner of the Arthur Shapiro Award for the 2013 Best Book on Hypnosis The charm and value of Reid's book is that it is very personal Reid's persona emerges as a warm generous and enthusiastic colleague who is eager to share how he figured this clinical hypnosis stuff out and integrated it into his practice The book serves quite well to introduce the uninitiated and those who wish to guide them about using the power of trance and therapeutic communication in practical ways to become more effective in helping those for whom we care I wish I had read it in medical school Laurence I Sugarman M D F A A P A B M H Annals of Behavioral Sciences and Medical Education This is an excellent introductory book for any professional who deals with behavioral health issues and would like to add hypnosis to her arsenal of clinical tools American Journal of Clinical Hypnosis Clinical hypnosis has been proven through decades of rigorous research and practice to be an effective intervention in a wide range of mental behavioral and physical health issues This highly practical text demystifies clinical hypnosis by providing step by step guidance for using its techniques to enhance the repertoire of practitioners in other psychotherapeutic modalities It offers mental health providers with no formal training in hypnosis the requisite guidance and information they need to learn and confidently apply strategies to help their clients initiate constructive health oriented change in their lives Chapters progress from initial assessment through the development of treatment plans and

actual hypnotic techniques with clients The author shows how to apply hypnosis to such clinical issues as anxiety stress somatic disorders pain and unwanted habits In addition the author shows clinicians how they can broaden their practice beyond mental or physical health parameters of treatment by applying hypnosis in areas of personal growth and wellness motivation athletic performance conflict resolution The text also covers ethical and professional issues related to clinical hypnosis which does not require special licensure when it is integrated into a psychotherapeutic practice Key Features Offers clinicians who have no or little background in clinical hypnosis clear accessible information on how to safely and effectively use basic techniques with clients Helps psychotherapists expand their practice by providing effective interventions with behavioral health issues that are also eligible for insurance reimbursement Includes sample guided scripts for specific problems as well as experiential exercises and treatment plans Provides case histories drawn from the author s clinical work and those of the father of clinical hypnosis Milton Erickson Instructs therapists on the use of hypnosis for clinical and personal growth and wellness issues

**Psychobiology of Gene Expression** Ernest Lawrence Rossi, 2002-09-24 The new understanding of the relationships between gene expression and human experience emerging from the Human Genome Project is setting the stage for a profound expansion of our understanding of life The new neuroscience discoveries about enriching life experiences neurogenesis and gene expression are poised to profoundly expand our understanding of psychotherapy and the holistic healing arts We are just beginning to learn how the brain the body and our genes interact in ordinary everyday life to create our lives Here acclaimed author and pioneer of new approaches to mindbody communication Ernest Rossi introduces the new science of psychosocial genomics and explores how it will profoundly change our understanding of the pathways of communication among mind body and spirit Integrating modern molecular medicine with traditional holistic healing art and spiritual rites Rossi documents dramatically new approaches to optimize creativity in psychotherapy and therapeutic hypnosis with both individuals and groups Part I reviews significant leading edge neuroscience research on the psychobiology of gene expression and neurogenesis that leads to a new vision of the role of consciousness and creativity in the humanities and the healing arts Part II explores how to creatively facilitate the psychodynamics of gene expression neurogenesis and healing in therapeutic hypnosis psychotherapy and human relationships in general The Psychobiology of Gene Expression illustrates step by step how to facilitate the natural four stage creative process on all levels from mind to molecule in our daily work of building a better brain The book demonstrates how we can use our consciousness and our perception of free will to co create ourselves in cooperation with nature Rossi proposes practical approaches to optimize the natural cycles of gene expression in normal consciousness sleep dreaming meditation and the arts of daily living that are experienced by everyone A case study spanning two chapters containing dialog and explanatory commentary brings the author s work to life and gives readers a deeper appreciation of its clinical application Rossi s lucid writing style and vivid illustrations inspire this text with a new vision of the creative arts humanities

and culture in facilitating the optimal development of health performance and consciousness      **Difficult Contexts For Therapy Ericksonian Monographs No.** Stephen R. Lankton, Jeffrey Zeig, 2013-08-21 First published in 1995 The

Ericksonian Monographs publish only original manuscripts dealing with Ericksonian approaches to hypnosis family therapy and psycho therapy including techniques case studies research and theory This is No 10 and contains 11 articles from internationally recognised experts on Ericksonian therapy      Hypnosis in the Realm of De-Sign Maurício S.

Neubern, 2025-01-23 This book presents a new theoretical framework for the study of hypnosis based on an innovative epistemological approach called De sign This approach transcends the opposition subjectivity objectivity and presents itself as a metaknowledge that integrates design and semiotics and proposes a phenomenological method of inquiry that helps overcome some of the traditional challenges to create theoretical models to explain hypnosis Both hypnosis and De sign are critical practices against absolute notions of reality especially regarding time space and otherness Both of them consider the importance of epistemological notions such as imagination feelings and desire that modern science commonly marginalizes Hypnosis and De sign implicate people in partnership being critical to a dominant notion of control Thus the book presents in depth discussions on major themes of hypnosis bringing clinical practice closer to the reflections brought by De sign Hypnosis in the Realm of De Sign shows how to integrate semiotic systems pragmatism and De sign principles to analyze actual hypnotherapeutic experiences As with every De sign situation each patient requires a unique therapeutic strategy and approach that is individually appropriate for them The author thereby encourages therapists to become de signers working with not for their subjects to create a context within which their subjects can awaken their therapeutic potential By doing so patients can then bring into focus that which could be rather than focusing on that which is      **Hypnosis and Stress** Peter

J. Hawkins, 2006-06-14 Hypnosis and Stress provides a practical approach to using hypnosis with patients suffering from a wide range of stress related problems Innovative in its approach this book integrates traditional approaches in hypnosis with Ericksonian and Rossi's approach to hypnotherapy The most up to date research is discussed and a flexible hands on framework is provided for practicing hypnotherapy including detailed guidelines on conducting clinical interviews examples of preparing the patient for hypnosis templates of clinical scripts for use in sessions solutions for dealing with catharsis discussion of inter professional collaboration Interventions are suggested for a wide range of stress problems in both adults and children including anxiety sexual dysfunctions sleeping problems pain and other psychosomatic conditions This practical guide provides a useful introduction to hypnotherapy for professionals such as counsellors psychotherapists psychiatrists psychologists and physicians The breadth of information included ensures it will also appeal to the more experienced clinician      *Essentials Of Hypnosis* Michael D Yapko, 2013-08-21 First Published in 1995 Routledge is an imprint of Taylor Francis an informa company      **Milton H Erickson** Jeffrey K Zeig, W Michael Munion, 1999-07-28 Zeig and Munion have provided us with a lucid insight into the life and work of a 20th century giant and it is a book full of human warmth and

humour I congratulate you who still have the adventure of exploring Milton H Erickson's story ahead of you Hypnos This offering on Erickson does not set out to uncover new ground but more to introduce one to Erickson and the cases are so extraordinary they are worth repeating anyway It does this in a number of easy to read sections New Therapist This book is an easily accessible primer for those who are new to studying Ericksonian methods its depth provides the reader with the experience of learning about the man as well as the method Milton H Erickson Foundation Newsletter Milton H Erickson provides a unique insight into the life and experiences of this influential figure and a clear account of his specific contributions to psychotherapy both theoretical and practical Erickson was the dominant force in legitimizing the use of clinical hypnosis Through his research and practice he developed a scientific understanding of hypnotic phenomena and devised many novel clinical applications He took the view that psychotherapy should be formulated to meet the uniqueness of an individual's strengths and needs rather than tailoring the person to fit a particular theoretical approach His directive and strategic interventions contributed substantially to the development of brief therapy approaches such as strategic therapy solution focused therapy and the interactional approach      *Using Guided Imagery and Hypnosis in Brief Therapy and Palliative Care* Rubin Battino, 2020-11-16 *Using Guided Imagery and Hypnosis in Brief Therapy and Palliative Care* presents a model for effective single session therapy Chapters include more than a dozen case studies with transcripts and commentary Readers will learn how to use an adapted model of Remen's healing circle for preparing patients for surgery and guided imagery and other approaches are presented for enhancing palliative care Extensive appendixes provide a wide variety of valuable tools that psychotherapists can use with clients concerned with end of life issues      *Evolving Possibilities* Stephanie O'Hanlon, Bob Bertolino, 2013-05-13 First Published in 1999 When we attend a workshop or read a book we usually encounter the end result of someone's research theorizing or contemplation However it is often true that the process of reaching that end point is just as informative as the end point itself *Evolving Possibilities* is just such a look at the process In a way it offers a behind the scenes look at Bill O Hanlon's approach to therapy This book is a collection of twenty essays and articles written or co written by Bill O Hanlon They span a time period from 1986 to the present The articles are grouped into four different approaches to psychotherapy Ericksonian Strategic Approaches Solution Oriented Therapy Possibility Therapy and Inclusive Therapy Moving through these four groups of essays the reader has the unique opportunity to witness the evolution and transformation of a therapist's thoughts regarding a variety of therapeutic issues The book offers a refreshing open look at one therapist's attempts to make sense of psychotherapy including views that have sparked debate within the professional community By offering a private look into Bill O Hanlon's public persona *Evolving Possibilities* provides the reader with a thought provoking study in professional development that is of interest to anyone engaged in the pursuit of more effective psychotherapeutic techniques and approaches      *Integrating Hypnosis with Psychotherapy* Daniel L. Araoz, 2012-05-07 Psychotherapy is a scientifically proven form of treatment and neuroscience has justified hypnosis as a



convenient method to train our minds to change our brains However hypnosis remains widely misunderstood This volume clears up many misconceptions surrounding the practice by exploring it as a part of psychodynamic psychotherapy In this context hypnosis involves the activation of the patient s fantasy to create a new inner reality of the self so that this reality can take the place of the old one for personal enrichment of the individual Presenting new evidence from neuroscience and the ancient wisdom of Buddhism and detailing many short case studies this work reveals the essence of hypnosis and demonstrates the benefits of this often misunderstood mind activity

**Brain Change Therapy: Clinical Interventions for Self-Transformation** Carol Kershaw,J. William Wade,2012-02-06 Helping clients control their own emotional reactivity

Some Stories are Better than Others Michael F. Hoyt,2013-08-21 There are stories that we use to explain what happened to us twenty years ago or last wee those we use to explain why the world works the way it does and those that we sue to fix the world when it doesn t work the way other stories said it should And as the author points out in this collection of essays and interviews some of these stories are better than others This book is an investigation into which might be the better stories and how they can help clients reach their goals in therapy This book contains fifteen essays and interviews written or co written by Michael Hoyt The collection represents Dr Hoyt s recent thinking on helping clients with the brief future orientated therapeutic approaches

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