

INTRODUCTION TO ERICKSONIAN APPROACHES IN HYPNOSIS

Brent B. Geary, Ph.D.
Director of Training
The Milton H. Erickson Foundation

Hypnosis is “a state of focused awareness”

- Naturalistic
- Attainable

Traditional versus Ericksonian Models

State versus Social-Psychological Perspectives

Hypnotizability

Utilization: “Take what the patient brings.”

The process of hypnosis:

/ _____ / _____ / _____ / _____ /
Prehypnotic Induction Utilization Termination Posthypnotic

(1) Prehypnotic: Education and expectancy
Myths & Misconceptions
Assessment

(2) Induction: Absorb in ...
Observe-suggest
Truisms and the “Yes Set”

(3) Utilization: Longiest phase, most of the therapy

(4) Termination: Posthypnotic suggestion (generalization) and reorientation

(5) Posthypnotic: Targeted and lasting effects

A

R

E

Characteristics of trance

Avolitional responding

Suspension of time/space tracking

Economy of response, movement, and expression

Time lag in response

Alterations in breathing, peripheral circulation, and muscle tone (relaxation)

Perseveration

Changes in information processing (“Trance logic”), reduced critical evaluation

Changes in body orientation and sensation

Changes in swallow and startle reflexes

Dissociation

(Braun, 1988)

(Geary, 2009)

B

M

A

O

S

R

K

E

The hypnotic phenomena: All rely on some form of dissociation

Create

Positive hallucination

Age regression

Posthypnotic suggestion

Automatic writing

Delete

Amnesia

Anesthesia

Negative hallucination

Distort

Analgesia

Catalepsy

Hypermnnesia

Time distortion

Indirection

Indirect suggestions

Anecdotes

Metaphors

Applications of hypnosis

Medical

Psychotherapeutic

Ethical considerations