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## Power of conversational hypnosis

Milton H. Ericksonicksonian indirect hypnosis Hypnosis is a method that is named after Dr. Milton Erickson. A prominent American psychiatrist and psychologist, Erickson is widely regarded as the À ¢ à,-À father of hypnotherapy. "His findings have influenced a wide range of therapy from strategic family therapy for neuro-linguistica.DR programming, Erickson found that the indirect suggestion would result in a therapeutic behavioral change. he preferred to converse with customers using metaphors, contradictions, symbols and antidotes to influence their behavior rather than direct orders. As a patient who has suffered extreme pain after contracted polio at an early age, he thought it was important "pazienteÀ yourself in the shoes" and really understand the client's current situation. Blike Freud À ¢ - " " Who encouraged the exploration of self © - Erickson has adopted a form of brief therapy in which the past history of a patient is not the focal point of cambiamento.Recalling a conversation with a patient with a patient with OCD who made a dozen times a day, he asked the patient the present rather than the past. In particular, asked the trial: À ¢ - "Washed from the neck down, or start with your feet washed? Or start with your head and wash down? À à - " He made it a point to show the patient that he was really interested. The patient, who had suffered five years of traditional psychoanalysis was first cured with Ericksonian hypnosis. History and etymology of the word À ¢ à,-À HypnotismoÀ ¢ à - was coined by a Scottish surgeon named James Braid. In a letter to the Lancet dated 1845 by Treva says: À ¢ - "I adopted the term À ¢ à,-À HypnotismoÀ ¢ à - to prevent my being confused with those who entertain those extreme notions, so how to get rid of the erroneous theory of a magnetic fluid or exoteric influence of any description is the cause of sleep. I stated clearly that hypnotism has not claimed to produce any phenomenon that was not "riconcillizzabile riconcillizzabile with the physiological and psychological principle well consolidated, Dr. Dr. Braid was referring to a French magnetist group that was using the terms À ¢ à,-À Hypnotique, hypnotism and ipnotistiteÀ ¢ - from 1820 onwards. The Mindbraid unconscious defined hypnotism as a state of extreme focus. However, Erickson knew from experience that patients in physical or mental pain are unlikely to be able to focus at all. Therefore, it is likely that the rapid hypnotic inductions are likely to meet with resistance and ultimately fail.erickson believed that the transition take place every day in varying degrees - for example, the mind wanders during a commute to work, during meetings and the day of day. Athletes enter even into a trance sometimes referred to as À ¢ à,-À Flow "or À ¢ à,-À Runner". List. If the subject is not in a deep trance, Erickson believed that the unconscious mind can still listen. He could make an indirect suggestion that, if the patient realizZÀ or not, he would lead therapeutic change in the patient. A frequent battogne, Erickson was able to also use humor in his conversations with patients. In fact the books of him are scattered with puns and subtle jokes. But this was not just to ease the situation of the patient suffering from severe addictions and mental condition ... was deeply strategic. Missing them off guard, he was able to open the unconscious mind to change. This works is a subtle and respectful method using body language, stories, metaphors and other hypnotic techniques to improve patient outcomes in its confusion.indirect vs Direct ipnosisinDirect hypnosis technique, hypnosis of Erickson has championship as a more ethical and effective alternative for clinical settings compared to direct hypnosis. Indirect hypnosis explicitly ordered a subject to get into a trance or change their behavior. Although direct hypnosis can be a powerful tool, it is commonly satisfied with resistance and is better known as a method for selfipnosis. IPhosisierickson. IPhosisierickson. It will lose weight ... "You may want to discuss the alternatives to eat, if you are ready to do it ... for example with direct hypnosis you could say, À ¢ à,- "I fell asleep asleep now ". On the other hand , with indirect hypnosis it could say a therapist, "he wanted to close his eyes, if you want to relax." The first is embarrassing both for the therapist and for the customer, as often encountered resistance and failure. The customer knows that hypnotity is trying to put them in a trance, and with that comes natural fear, skepticism and resistance. With the indirect method it is up to the patient to decide which suggestions choose to follow. Ontil Erickson, the prevailing thought was that direct hypnosis was the best way to get a subject to enter a trance. He believed that one cannot force the unconscious mind to change, but metaphors, contradictions, symbols can create openings. Direct hypnosis is ethically questionable because this authoritative approach takes power away from the customer, while indirect hypnosis authorizes them. And from a therapeutic point of view, the effect will be more powerful if it is the customer who decides to change from the inside with the help of indirect suggestions. Milton Modelrichard Bander and John Greniner gave a greater discovery of some psychotherapists more Of others. They assembled their results in a methodology called À ¢ à,- À "Neuro-Linguistic Programming". Erickson was one of the various therapists and communicators examined and created a model of his methodologies that called the model À ¢ à,-À-tonà ¢ à,- à "¢. This model is often taught as an added to NLP courses by organizations that mainly teach ANP. Similarly the abilities and NLP techniques are often taught as added hypnotherapy courses aside Organizations who mainly teach hypnotherapy organizations.nlp tend to teach Milton Milton model of hypnosis (if they teach hypnosis) and Ericksonian hypnosis organizations prefer to teach Ericksonian hypnotherapists like Ernest Rossi, Jay Haley, Bill OÀ ¢ à "¢ Hanlon, Stephen Gilligan, Bhrti founder Stephen Brooks and others. This Erickson teaching approach is generally plus complete than the Milton model, Which is mainly a model based on language models. The Ericksonian Foundation has been avoided by the Erickson family that has been avoided associated with NLP but the BHRTI believes that the PNL has much offered, but nevertheless, has always insisted that to be truly effective, the enables and the NLP techniques modeled by Erickson They should always be taught and applied in the context of hypnosis, as it is as well as Erickson originally expected, and not taught as separate NLP techniques without hypnotic trance techniques. The Milton model focuses on three aspects: Report À ¢ à,- "Building an empathic connection with the customer. In addition to verbal communication this can include À ¢ à,- À " mirroringÀ ¢ à,- the body language of the subjects avoiding "Mimicia" that could have opposite effect. Overling the careful of attention conscious - distracting the conscious mind with the vagueness and ambiguous, one is able to open the unconscious to change. See also, the technique of confusion and l 'Handshake induction. Communication communication communication À ¢ à,- "Customers can satisfy only a direct order in two ways: with acceptance or dismissal (most likely the latter). The indirect suggestion is a more subtle and successful way to invoke change. See also, indirect hypnosis.about Milton Ericksonmilton H. Erickson grew up on the farm of his parents in Wisconsin. The influence of this environment on him is clear, while often used the farm in stories and metaphors. The tender ages of 17 Erickson was paralyzed by polio. Shady knew that this difficult event would model the of his life. When he was forced to bed, the boy could do little more than moving his eyes and hear. Talking was difficult and he moved was out of question. From this experience he has learned to read the language of the body and the indirect behavior of his families and nurses. He listened carefully, carefully. Example, if his parents faced a brother in completing his tasks, he could see his sister's body language say "no" when they spoke the word À ¢ à,- À "yes. "After graduating from the university of Wisconsin with a but in psychology and a MD. Erickson continued his medical education in various New England and Michigan hospitals. He continued to become the clinical director of the 1948 Arizona University. He left a year later to start a private practice, partially due to the paralysis he confined him to a wheelchair. He served as a consultant for the United States Olympic rifle team and the United States government in the Second World War. During this time it was well known in clinical circles. However, it was not until 1973 - when the former student Jay Haley has published uncommon therapy - which Erickson became famous for the rest of the world. He started offering seminars for Teaching the principles of his work, until he died in 1980. Settasing ipnosiscesso and given until the morning to live at the age of 17, Erickson asked for a mirror to be established in the The room of him. He was determined to see another sunset, as reflected through the mirror. The next morning he was still alive, and he asked him father of him because the fence and the trees had been removed out. Presumably, he was concentrated in the mirror so long that he had not understood that the unconscious mind of him was able to block all the objects between himself and the sunset! Polio left Erickson paralyzed and faced extreme pain attacks throughout his life. He adopted a routine of self-hypnosis to effectively manage the pain for which he sitting in a chair pushing the spine in the back for an hour every morning.Erickson sometimes hypnotise during customer sessions to increase his awareness and better Listen to customers. AUTOPNOSI by a therapist during a session was and is still highly controversial.ericksonian hypnotherapy technical hypnotherapy in a departure from classical psychotherapy. Erickson discouraged the authoritative use of À ¢ à,- "the patient is encouraged for Holding the information and discuss only what they wanted. This passive method has helped customers eventually share more information with him. The customer was authorized rather than the therapist. They felt they needed to save this special capacity to retain information for something of important below. At the end of the conversation they had told him everything. A famous example of using the resistance and a À ¢ à,- À ¢ à,- À "Double BindÀ ¢ à,- has occurred when Erickson was a boy . One day Erickson was helping her father coaxing a stubborn calf in the barn for the family. Try how they could pull the calf in the barn, it wasn't SP Dealed. He realized that the calf wanted to resist, accepted, and pulled the end opposite on the tail of it.À ¢ à,- "away from the barn. The new boy's input pulling on the tail denied the father who pulled on the head and calf He entered the barn. He used this as a classic psychological example of a double bond - where the subject becomes overwhelmed and is emotionally À ¢ à,- "pulledÀ ¢ à,- in two conflicting directions. Therefore, the confused individual accepts Successful a form of resistance and fails to respond to the other. In the context of family therapy, if a family member will resist to engage in conversation, could ignore that member until they finally answered frustration. Indirect hypnosis Erickson would be ¢ à,- "idea ideas" in the unconscious mind through metaphors and stories. A less subtle example would be, À ¢ à,- "have you ever been in a trance before? À à,- "Now, the idea of a trance is in the mind even if the subject is not yet in another. Inductionone of hypnosis Famous techniques are the induction of handshake. As the first interaction with a customer, and a daily common event Erickson showed that it was a subtle way to change the accepted behavior of the mind. When someone performs a handshake in their mind is virtually on autopilota - you might never have realized A trance. It is the most widespread social norm to shake hands at the beginning of a meeting; We don't even think about it. Interrupting this subconscious process, Erickson was able to open the mind for the suggestion. This is a classic example of À ¢ à,- À "interruption pattern". Erickson's handshake technique is well documented in his books and those who met him. He started with a strong, normal shock for Start the induction. So it would interrupt the process by loosening the strength of the grip and brushing the specific fingers against the subject's hand. It is quite complicated to learn, but a powerful induction. Ifaizing the posidractickson has always found the good side of the disabilities of A patient. After all it was the blind color, dyslexic, dull tone and partially paralyzed. Yet these seemingly negative difficulties were the same things that allow him to become an expert to read the language of the body. But this does not apply only to disabilities. a More common example would be a child who refuses to go to bed. Here a parent could combine two Ericksonian therapy techniques - emphasizing the poses resistance Tiva and encouraging. Before they could compliment the child about their energy and then encourage them to stand up later. This would end the resistance in the child as they no longer need to show that they can stay until late. If they accept the suggestion and remain standing later, they will be even more tired the next day and go to bed early.confusion that distracts the conscious mind, Erickson was able to open the unconscious mind in hypnotic language. According to Erickson, almost each of him's techniques he employs confusion in some form. For example, it would intentionally use blurred language models, complex topics, confusion words, confusion words, metaphors and jokes to distract the conscious train of his patient of thoughts.Shock therapy in some cases, Erickson would use the psychological therapy of shocks to help A customer faced their fear directly. For example, he once shocked a man with a fear of driving the elevator by convincing an elevator attack to try to kiss the man in a stopped elevator (he was married). The man denied the kiss, and asked her to turn on the elevator and take him to the lobby! She had overcome her fear of moving the elevators. In one case, he actually trampled the foot of a woman who refused to leave the house of her because she thought she had little feet! The shock of her caused her to open her mind to the induction she followed. Exclaimed: À ¢ à,- "how should man marry a woman with his feet so big?" From then on he was treated. The use of shock therapy was frowning with therapists and controversial - À " His only technique that we do not teach Bhrti. Socket 120 Bookover 120 cards and 5 books were published on all his career. And this is just what was written by him. There are dozens of books published by colleagues And students documenting its techniques. Books include: hypnotherapy - a hypnotherapy case - an exploratory case the practical application of medical and dental hypnosistime distortion in hypnosiappllicationshypnosis can help people with mental dependencies, disorders and psychological problems. Some uses Municipalities include but are not limited to: LoSo LuTditionRelationShipSocDfobiaSanXietyYypoin ManagementHabit ControlPoFessional Neutario is a wide variety of professionals who use aspects of hypnosis in their work as: PsychologistsPchiatris tcounorsfamily therapistsnushurshorsefamily therapississississurse used in a clinical environment from psychoanalysts, are not strictly limited to it. Nurses, commercial, political leaders and even yoga instructors benefited from incorporating hypnosis into their work. Even hypnosis Meditation and even leisure activities are forms of selfIPNOSI.Stage and street hypnosis À ¢ à,- "This type is purely for entertainment purposes. A common representation of stage hypnosis is As a hypnotist who wears a foolish hat, waving a taschinowatch, barking orders and snapping his fingers for the subject to fall asleep. Often the public member is a confederate or an assistant for the hypnot, and the whole thing is false. Hollywood exaggerated how really works, perpetuated wrong ideas and caused some of neglecting true therapeutic benefits. Traditional hypnosis À ¢ à,- "Another term for direct hypnosis. This is the way throughout the opposite what Erickson Advocates. Supporters. power of conversational hypnosis pdf. power of conversational hypnosis home study program. power of conversational hypnosis book. what is conversational hypnosis. how to do conversational hypnosis

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