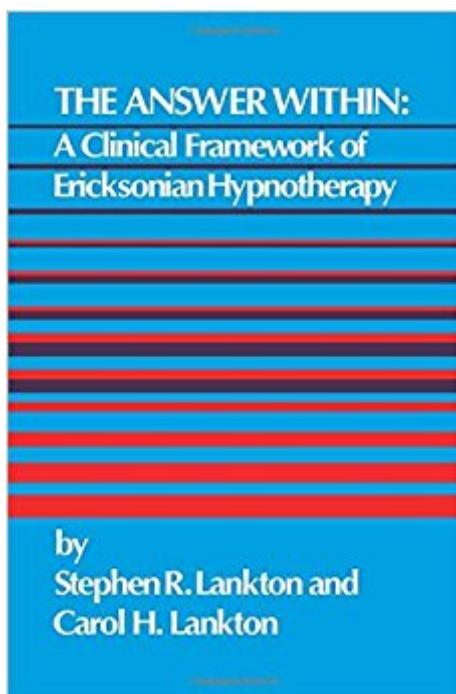


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The Answer Within: A Clinical Framework Of Ericksonian Hypnotherapy



Synopsis

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Customer Reviews

... "expands the boundaries of conventional clinical psychology... a treasure trove of new learnings and delightful experiences." --Ernest Rossi, PhD --This text refers to an out of print or unavailable edition of this title.

Stephen R. Lankton is a Licensed Clinical Social Worker, practicing in Phoenix, Arizona. Carol Hicks Lankton is a licensed marriage and family therapist who operates a private practice at the Wellness Institute of East Hill in Florida --This text refers to an out of print or unavailable edition of this title.

Milton Erickson believed that within everyone the needed capabilities and resources sufficient for changing their health and happiness are already present deep within. He is said to have been unique in his achievements even where others had failed, both in number and in effectiveness. The Lanktons were among those students who knew him well and are held in high esteem within the psychotherapeutic community. I enjoyed this very much and find it helpful within my work.

Many patterns present in these readings. Wonderful examples of meta for and Ericksonian teaching. I enjoyed the deep read. Excellent.

I am not going to write a great deal about this book. It speaks for itself and stands on its own. The Answer Within is also the answer that every practicing hypnotherapist must have. Must. With out the in depth knowledge of the precise techniques, so carefully detailed and skillfully analyzed by the Lankton's, especially the insightful and highly practical prose of Carol Lankton, it would take a life time to develop half of the knowledge contained in this delightfully written text. The great care and skill shown by Carol and Stephen Lankton make this text come alive and thereby allows the wealth of knowledge it contains flow easily to the reader. Although this book is specifically targeted to skilled professionals, the concepts, useful & practical concepts, can be grasped and used by the layperson. I also believe that there is little or no chance of harm or any difficulty arising by a non professional studying this work. In fact, if you spend the time to grasp and understand the basic framework and specialty specific vocabulary, it is one hell of a read. I recommend it to any person that is studying or practicing hypnotherapy - it is a MUST HAVE! To the interested layman - you can gain a keen insight into a world of treatment and knowledge of your inner self that you probably did not exist in this shape or form. Amazing! Buy the book. Grow. Learn. Find YOUR Answer. This is the seminal tome.

"The Answer Within,..." By Lankton is one of the best books ever published that analyses each step in Ericksonian method. It's the kind of book that every hypnotherapist, new or experienced must have under his/her pillow for daily reading. It's a book for all time. Saf

Great book for anyone interested in mastering Milton Erikson's style.

I'm very pleased with the depth and detail in this book. An excellent source of info about Dr Erickson, his work, the results and the methods of how to replicate such results in your own practice. Very highly recommended to budding hypnosis, NLP and EFT practitioners.

Came in great shape!

If you're like me, you may not be a Ph.D, or have gone to college, but you can nevertheless do as Zeig said, "... learn psychotherapy from books." Erickson himself insisted that his teachings not be taught to be people like me (the un-educated). His esoteric teachings are limited to persons with at least Masters degrees. I think that the world we live in now, things are different. Just as 15 years

ago, very few people could do a tailwhip in the air when jumping on their bmx bike -- if you landed this trick, it was a big deal, you were a big deal. Nowadays, kids are doing tailwhips without even thinking about. The collective consciousness itself has saturated with knowledge of how to do it. I have read at least 100 books on hypnosis, namely of the Ericksonian fashion. A number of those books focus on the use of hypnotic language patterns; you won't find any of that in this book. This book contains all the other secrets you need to do effective healing work with people. What I particularly enjoy are the insights they about their patients and their diagnostic acumen. A general motif of Ericksonians is that analysis is the least important factor in therapy. However, a chain is good only as its weakest part, and much in the past had been written stating that we should actively avoid analysing. Clearly, the very notion is a paradox, and I believe that was Erickson's practical joke. In this book, the Lanktons DO provide insight into the workings of the personality -- of the specific individual. This insight then plays a major role into the development of treatment plan. This particular perspective, for me, was really needed, and their naturalistic-analytic thought-processes, reflections of their Being-ness, have rubbed off on me. These are true Ericksonians who have followed closely in the footsteps of him, careful to stay within the path he laid so long ago in the snowy fields of the past, while remaining true simultaneously to their own true identity. Such is the great Way of Ericksonianism. One of the best I've read so far. Full of covert hypnosis that will have you reading one page for 3 hours (all the while going inward and giving your unconscious permission to give you the answers you deserve). The measure of good writing on hypnosis is how deeply it puts you into a trance without needing to be aware, so that you can learn without realizing or needing to be aware that you are.

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