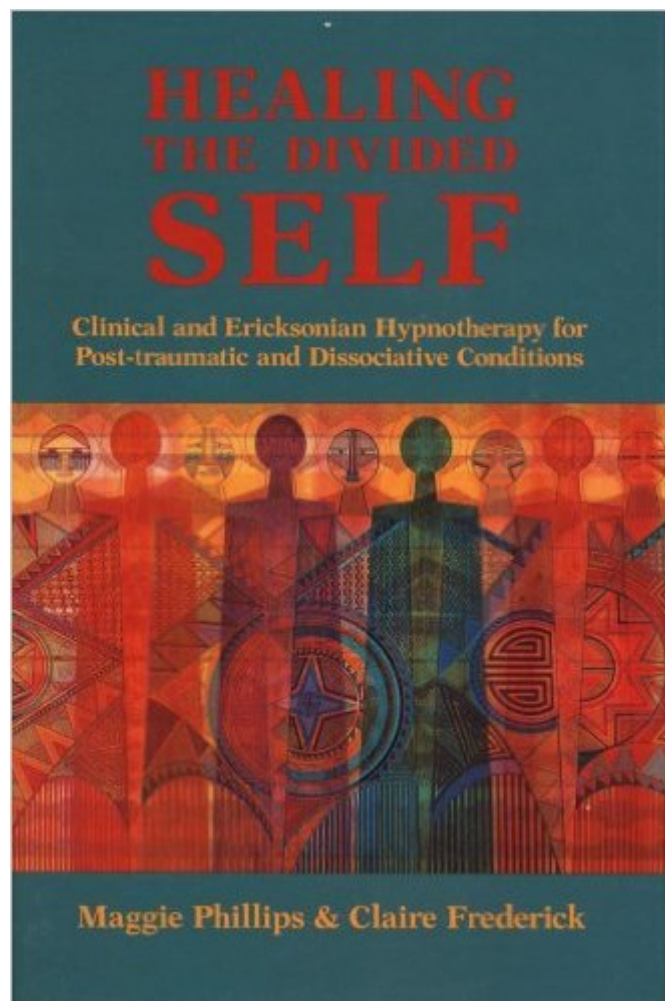


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# Healing The Divided Self: Clinical And Ericksonian Hypnotherapy For Dissociative Conditions (Norton Professional Book)



## Synopsis

Rich in case examples, this book provides a step-by-step guide for the use of hypnotic techniques in the treatment of the entire spectrum of dissociative disorders. The authors synthesize traditional and Ericksonian styles of hypnosis in practical methods that work consistently within their four-stage model of treatment.

## Book Information

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## Customer Reviews

6 out of 5 stars Excellent! Healing the Divided Self is a necessary resource for any therapist or student of modern psychotherapy. I also would recommend it as a textbook for advanced psychology classes. I particularly liked how Phillips and Frederick integrated ego-state therapy and hypnotherapy with other forms of therapy such as psychodynamic and cognitive-behavioral. Their use of case examples and sample scripts give the reader a sense of being in the therapy process and the ability to practice and replicate steps that initially would seem overwhelming to a novice therapist. Healing the Divided Self is a complete resource - covering the topic of dissociation and integration from diagnosis, the hypnotherapeutic relationship, the stages of personality integration, transference and countertransference issues, emergencies, the use of medication, and spirituality and the generative self. As a therapist, myself, I have found this book invaluable, not only with patients suffering with severe dissociative disorders, but with the "normal" range of daily disorienting experiences that split us from our adult achievements and confidence. Those working with less

complicated cases, or simply personnel issues, know that all of us dissociate somewhat under pressure, stress, loss, or simply having buttons pushed by parents and loved ones. Anyone interested in gaining a greater understanding the very human experience of splitting from one's central, strong self, and how to help themselves and others, will benefit from reading *Healing the Divided Self*. Neil Fiore, licensed psychologist, former president of the Northern California Society of Clinical Hypnosis and author of *The Road Back to Health: Coping with the Emotional Aspects of Cancer*. [neil@neilfiore.com](mailto:neil@neilfiore.com)

This is an excellent textbook written by two medical professionals who really know their stuff. One reason I like this book is that it is steeped in the scientific literature, it is not just two people's opinions. At the same time, both authors know the subject from the inside out, so it is not just an academic treatise, it is full of good information. As a clinician in the field of hypnotherapy, I have found this textbook a valuable resource for developing a model of client care that focuses on safety, stability, and a gentle integration of old traumatic material. I use this as one of the two textbooks for the hypnotherapy training course I teach as it is so well organized and complete. In other words, if you're interested in hypnotherapy, Ericksonian or otherwise, you'll find a balanced presentation which will teach you many useful things!

I wanted to read this book to be more effective with my clients with trauma. I would suggest this book to anyone working with adults with trauma and/or high anxiety.

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