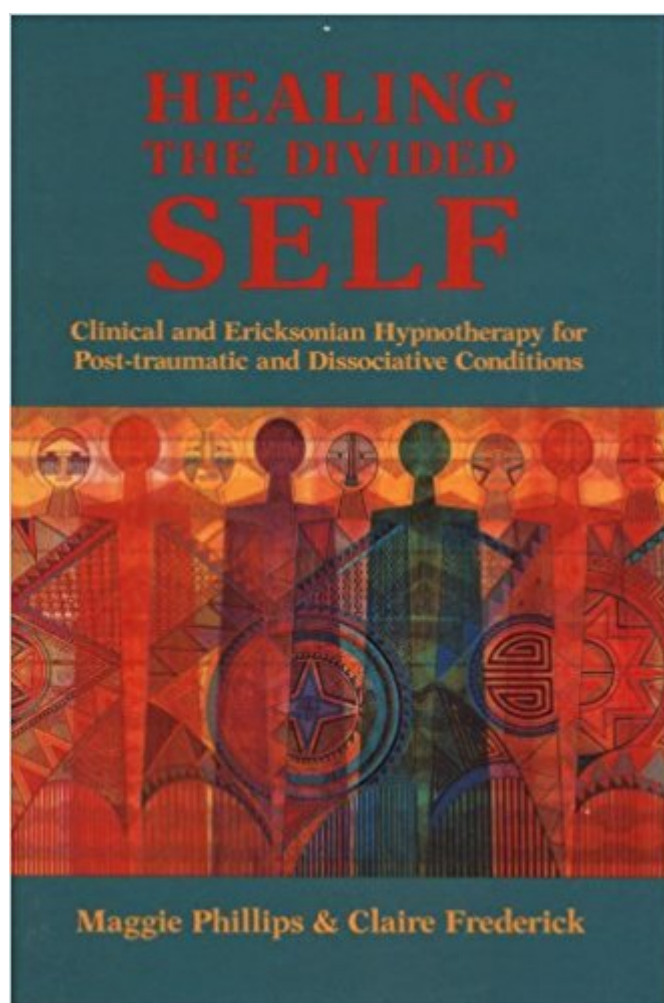


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# Healing The Divided Self: Clinical And Ericksonian Hypnotherapy For Dissociative Conditions (Norton Professional Book)



## 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

The authors synthesize traditional and Ericksonian styles of hypnosis in practical methods that work consistently within their four-stage model of treatment. Detailed instructions are given for utilizing hypnotherapeutic techniques for beginning treatment, ego strengthening, uncovering and abreaction, the reworking of uncovered material, the facilitation of the integrative process, the creation of a new identity, and the enhancement of spiritual development. Close attention is given to common pitfalls of therapy and how to avoid them, as well as how to deal with them effectively when they occur. The book is rich in clinical examples that illustrate the methods used. The authors have carefully considered the integration of various hypnotherapeutic techniques and the patient's internal resources with valuable external resources. The roles of adjunctive therapies, such as medication and hospitalization, body-oriented therapies, family and group approaches, and support groups, in the implementation of the treatment plan are thoroughly explored. Psychotherapy combined with hypnotic techniques is believed by many to be the treatment of choice today in

working with dissociative patients. Unless therapists are adequately trained in the appropriate uses of hypnotic approaches when working with traumatic memory material, this can be a territory fraught with danger. Phillips and Frederick give readers both a map and a guidebook for this challenging journey in *Healing the Divided Self*.

Maggie Phillips, Ph.D., is a psychologist in Oakland, California, where she has a private practice. She is the author, with Claire Frederick, of *Healing the Divided Self: Clinical and Ericksonian Hypnosis for Dissociative Disorders* (Norton, 1995). She has been a recipient of the Cornelia B. Wilbur Award from the International Society for the Study of Dissociation.

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.

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!

6 out 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)

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