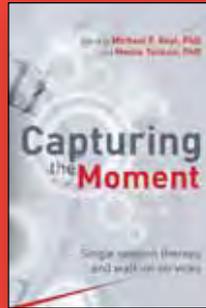


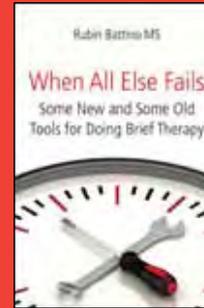
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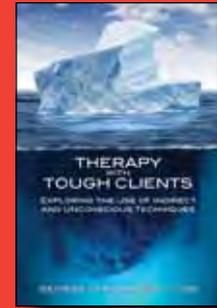
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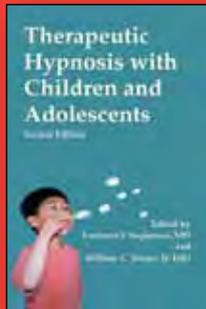
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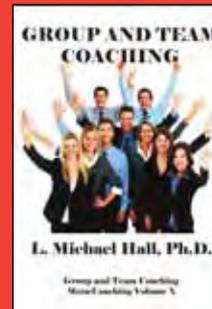
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- Hypnotherapy
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We have some outstanding new titles to offer you including *Capturing the Moment* (opposite), a remarkable new book on single session therapy and walk in services, *When All Else Fails* (p4), a brilliant new book on brief therapy from Rubin Battino, author of the bestselling *Ericksonian Approaches*. Also see p24 for the long awaited second edition of *Therapeutic Hypnosis with Children and Adolescents*.

Also hot off the press are *The Distracted Couple: The Impact of ADHD on Adult Relationships* (p6), *Therapy with Tough Clients* (p5), *Improve Your Writing with NLP* (p10), *The Origins of Neuro Linguistic Programming* (p19), new reprints of Jay Haley's books and CDs on Milton Erickson — *Conversations with Milton Erickson* and *Milton Erickson, In His Own Voice* (p11), a new series of *Relaxation Techniques* CDs (six titles) (p15), plus two new *Clean Language* titles (p13) — *Clean Language in Business* and *Clean Language in the Classroom*. In addition, we have a great selection of our classic bestsellers, as well as our *Home Study Programs* (p41 - 43), and much more. So take advantage of our special 20% discount to update your bookshelves now!

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See Complete Title Index on p53.

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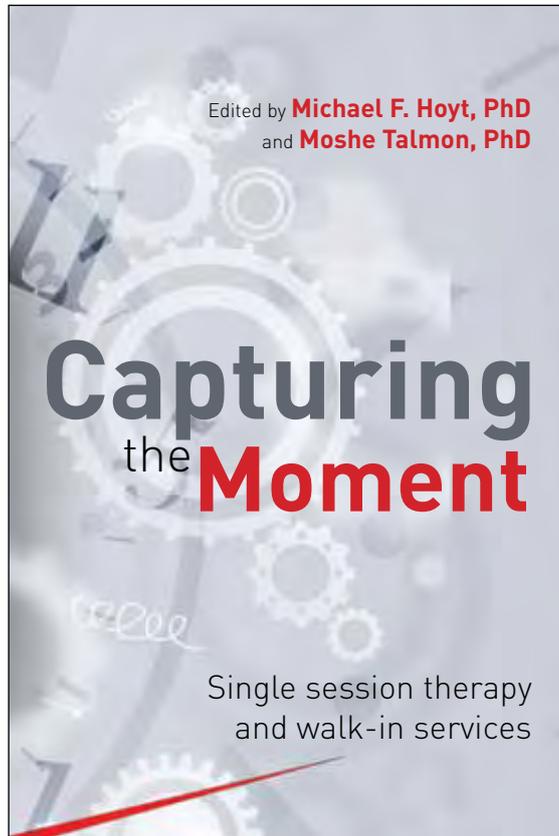
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## Capturing the Moment

Single session therapy and walk-in services

Edited by Michael F. Hoyt, PhD and Moshe Talmon, PhD

Can one session of therapy be enough for some people? The answer, is most definitely, yes. This volume brings together the latest information on single session therapy and walk-in services. It describes what can sometimes be accomplished in one visit, whether client and clinician set out in advance to have a single session therapy (SST) or if the therapy could have gone longer but client and clinician feel the one session was all that was needed.

This volume, *Capturing the Moment: single session therapy and walk-in services*, starts with an extensive overview of the field and includes contributions from over twenty experts who have practiced single session therapy. Contributors include Ernest Rossi, Steve Andreas, Dawson Church, Harvey Ratner, Douglas Flemons, James Gustafson, Ruben Battino, Bradford Keeney, Jeff Young, Arnie Silve, Monte Bobele, Moshe Talmon, Michael Hoyt and many, many others. The contributors draw on various brief therapy approaches involving a wide range of creative methods.

The book describes the history, theory, utility and practice (clinical and administrative) of single session and walk-in therapy. In keeping with the international scope of SST and walk-in services, the volume contains reports from the United States, Canada, Israel, Australia, England, Mexico and China. Each chapter stands alone with its contribution and the reader is able to choose those sections that are the most relevant to their practice.

In today's therapeutic milieu, when sometimes less is better than more, this volume will lead mental health professionals in the 21st Century to a knowledge of what works best for many people.

**Michael F. Hoyt, PhD** (Yale '76), is a psychologist based in Mill Valley, California. An internationally recognized teacher and supervisor, he has received numerous honors and awards. His publications include *Some Stories Are Better than Others*, *The Present is a Gift*, *Brief Psychotherapies: Principles and Practices*, *The Handbook of Constructive Therapies*, and *Therapist Stories of Inspiration, Passion, and Renewal: What's Love Got to Do with It?*

**Moshe Talmon, PhD** (University of Pennsylvania '82), is a psychologist based in Israel, where he is a Senior Lecturer at Tel Aviv Academic College. He is the founder and Director of the International Center for SST and teaches and supervises worldwide. He is the author of the bestselling *Single Session Therapy: Maximizing the Effect of the First (and Often Only) Therapeutic Encounter*, as well as the follow-up books *Single Session Solutions and (in Hebrew) Worthwhile for Every Soul: The Brief Way to an Effective Psychotherapy*.

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Rubin Battino MS

# When All Else Fails

Some New and Some Old  
Tools for Doing Brief Therapy



## When All Else Fails

Some New and Some Old Tools for Doing Brief Therapy

Rubin Battino MS

For a number of years, Rubin Battino has been presenting professional workshops on the art of very brief therapy. He defines very brief therapy as seeing clients only once or twice, with any additional sessions being the client's choice. In this new book, *When All Else Fails*, the emphasis is on the many approaches that can be used as rapid and effective methods for working with clients. The author feels that the essence of brief therapy is the expectation of the therapist (which is transmitted to the client one way or another) that only a few sessions will be needed to resolve realistically and satisfactorily the client's concerns.

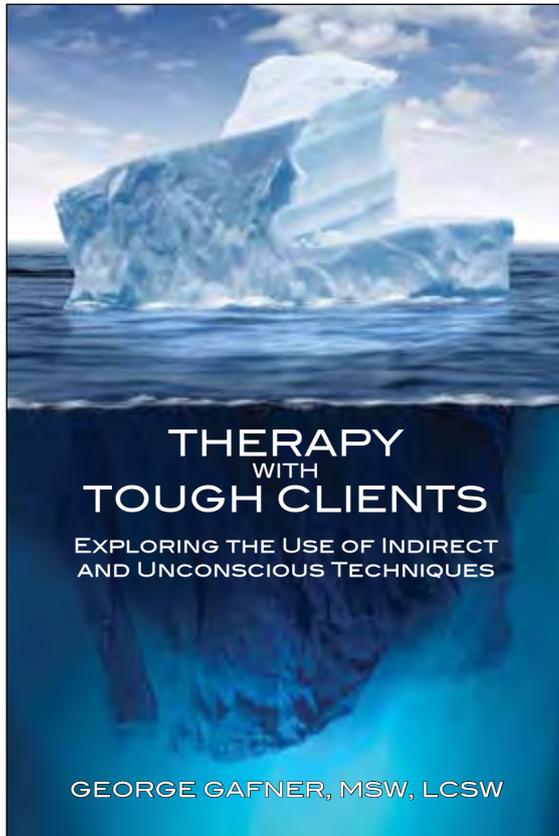
The book addresses both new and old ways of doing brief therapy. Some of the new ways include: expectation; the power of pauses; chatting as therapy; poetry; healing language; touch; laughter and others. Some of the old ways include: Gestalt therapy; Bioenergetic Analysis; Neurolinguistic Programming (NLP); Encounter Groups & Group Therapy; and Ideomotor Signalling; Psychodrama; Narrative Therapy, Provocative Therapy and Hypnosis. The last is an important part, both directly or indirectly, of all of the methods discussed. Whenever a client 'goes inside' during a session, they are effectively in a trance state.

A therapist who can choose among a variety of brief therapy techniques is more than likely to be in greater command of the therapeutic process as he or she will be able to choose exactly those techniques that fit their client's situation and their personality. This book offers the professional a myriad options that are open to them for a better, more well-rounded practice.

**Rubin Battino MS** has a private practice in Yellow Springs, Ohio. He is Adjunct Professor for the Department of Human Services at Wright State University, and has over ten years of experience as a facilitator in a Bernie Siegel style support group. He is President of the Milton H Erickson Society of Dayton and was co-chair of an ad hoc committee to establish certification standards for training in Ericksonian hypnotherapy. He is Professor Emeritus of chemistry.

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## Therapy with Tough Clients

Exploring the Use of Indirect and Unconscious Techniques

George Gafner MSW, LCSW

Every therapist has experienced a client whose problems seem to be only the “tip of the iceberg,” and that getting to the heart of the matter proves to be frustratingly hard to achieve. This volume, by George Gafner, revolves around two such fascinating cases, Maggie and Charles, who are very resistant in revealing their true problems.

Maggie is a Gulf War veteran and suffers from chronic problems, including irritable bowel syndrome and PTSD. Charles’s problem is even more acute. A clinical psychologist as well as a Vietnam veteran he is distraught over the guilt of a romantic attachment to one of his clients, however, as therapy goes on, something deeper and more pervasive is revealed. For both individuals, problem resolution resides in one place – their unconscious. Following these two cases offers a unique, revealing insight into how a master therapist deals with and confronts his clients in a way that best suits the client’s psyche.

“This book is intended as a hands-on resource and is replete with clinical wisdom. Wonderful-Serious-Wise, this is the work of a true master, and it should be required reading for all entry level therapists and most seasoned therapists as well.”

Stephen R. Lankton, MSW, author of *Tools of Intention*

“*Therapy with Tough Clients* was primarily written to be of help to the clinician by offering a variety of approaches to treating challenging cases. But the author challenges us to recognize and transcend our own limitations, encouraging a personal growth that will no doubt spill into performing more creative and effective psychotherapies. Read this book and you will be better in more ways than one!”

Michael D. Yapko, Ph.D., author of *Trancework, 4th Ed* and *Depression is Contagious*

George Gafner, MSW, LCSW recently retired from the Southern Arizona Veterans Affairs Medical Center where he was Director of Family Therapy and Hypnosis Training. He is the author of five previous books on clinical hypnosis as well as numerous journal articles.

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312 pages  
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"A treasure trove of clinical facts, pearls of wisdom, and theories sure to enrich, inform, and energize the practice of anyone who works with couples. Highly recommended!"  
Edward Hallowell, MD, co-author of *Married to Distraction*

# THE DISTRACTED COUPLE

## THE IMPACT OF ADHD ON ADULT RELATIONSHIPS

EDITED BY  
LARRY MAUCIERI, PhD  
AND JON CARLSON, PsyD, EdD  
Foreword by Pat Love, EdD



## The Distracted Couple

The Impact of ADHD on Adult Relationships

Edited by Larry Maucieri, PhD and Jon Carlson PsyD, EdD

The Distracted Couple identifies the aspects of adult ADHD that impact marriages and relationships, and provides a number of interventions, strategies and treatments to effectively address these challenges.

- The first section covers an overview of evolving diagnoses; how ADHD impacts marital dysfunction; the impact of Executive Functioning Weaknesses; and a one-on-one interview with a known expert in the field focusing on the impact of ADHD in couples.
- In section two the editors focus on diverse and less recognized populations such as African-American couples, women with ADHD and same-sex couples.
- Section three includes a section on working with couples with ADHD and emphasizes treatment protocols and solutions to problems in couples.

In total, this volume addresses many of the issues that couples face when either one or both partners has ADHD and the many ways that clinicians can help them in dealing with these issues.

Although historically the diagnosis and treatment of ADHD have focused on children, more recently clinicians and researchers have explored the impact of ADHD on adults. Few, however, have focused on the effects of adult ADHD on relationships and marriages, which makes this a must-read for all of those interested in and working with adults with ADHD.

"As ADHD becomes increasingly common in adults and couples, clinicians of all stripes will need to increase their understanding of this condition. This is the "go to" book that I'll highly recommend to my students and colleagues."

Len Sperry, MD, PhD, Clinical Professor of Psychiatry, Medical College of Wisconsin, author of *Handbook of Diagnosis & Treatment of DSM-5 Personality Disorders*

Larry Maucieri, PhD is an Assistant Professor of Psychology and Counseling at Governors State University and an affiliate clinical neuropsychologist at the Family Institute at Northwestern University.

Jon Carlson, PsyD, EdD, ABPP is Distinguished Professor of Psychology and Counseling at Governors State University and a psychologist at the Wellness Clinic in Lake Geneva, Wisconsin. He has authored 170 journal articles and 55 books.

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# Roadmap to Resilience

A Guide for Military, Trauma Victims and Their Families

Donald Meichenbaum, Ph.D.

## Roadmap to Resilience

A Guide for Military, Trauma Victims and their Families

Donald Meichenbaum, PhD

For the military veteran or anyone who has experienced a traumatic event, returning to normal living can be a challenge. Be that as it may, even after events such as natural disasters, accidents, or one of intentional human design (e.g. combat, a terrorist attack, a sexual assault, etc.), approximately 70 to 80 percent of individuals who are impacted adjust successfully. These individuals demonstrate resilience, and in some instances, even post-traumatic growth. But the remaining percentage will evidence lingering clinical disorders and adjustment problems, such as PTSD, anxiety, depressive, and substance abuse disorders that can result in suicidal acts, aggressive behavior, and divorce.

*Roadmap to Resilience* includes over 100 ways to develop individual and family resilience-bolstering action plans to help those experiencing adjustment problems. In addition, it includes numerous narrative examples of successful coping from resilient individuals, self-improvement activities, and a comprehensive resource guide designed to help the reader locate the exact information they need to address their situation. This guidebook highlights ways that returning service members can successfully reintegrate into civilian life and how other trauma victims can cope with loss. Clinicians will find it an invaluable resource for translating evidence-based interventions into specific guidelines for their clients.

"Roadmap to Resilience should be on the desk of every clinician, in the backpack of every soldier, and in the hands of every leader."

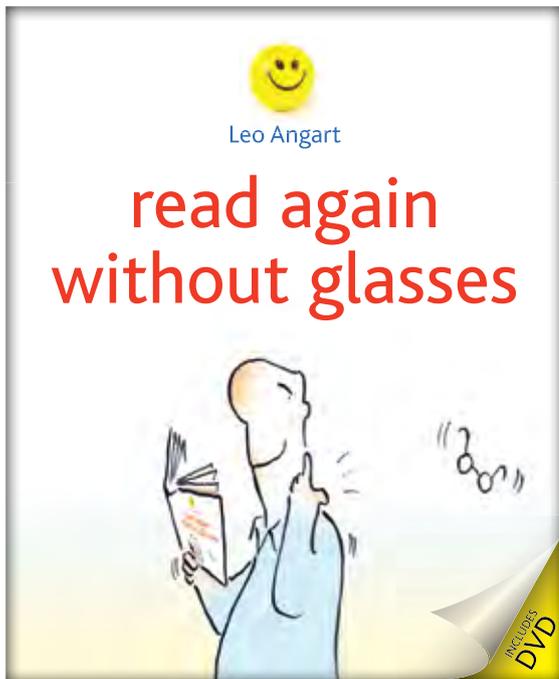
Bret Moore, PsyD, asst. professor of clinical psychiatry,  
University of Texas, Health Science Center

"This is a must read for any trauma victim and for any service member and their family members. Dr. Meichenbaum has hit a 'home run' with this guidebook, making it an invaluable reference for building resilience and assisting recovery from combat and any form of trauma-based injuries. Roadmap to Resilience is the trauma victim's and warrior's 'go to' handbook for psychological health and readjustment."

Sharon M. Freeman, PhD, MSN and  
editor of *Living and Surviving in Harm's Way*

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**Leo Angart** is a business consultant, author and trainer. Having worn glasses for more than 25 years he speaks from personal experience. It has now been more than 19 years since he threw away his glasses.

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## Read again without glasses

### Leo Angart

In this follow up to *Improve Your Eyesight Naturally*, Leo concentrates on curing presbyopia, the inability to focus on near objects. He explains what presbyopia is and how you can tone your eye muscles, release tension and build up energy in order to regain your natural eyesight. Vision Training is based on the presupposition that clear vision is a natural state and you can achieve natural clear vision via simple exercises. There are three main principles involved in Vision Training:

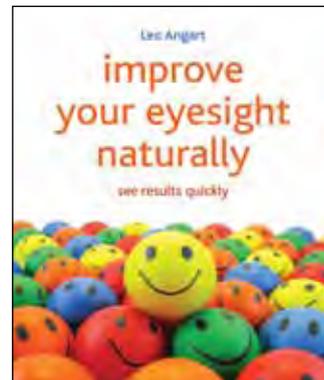
- Belief and emotions - believing that it is possible for you to have control over your eyes and restore your vision to normal
- Physical training of the eye muscles - when you wear glasses your eyes will automatically adjust to the lenses you wear
- Relaxation - natural clear eyesight is effortless. Many of our vision problems are due to functional factors such as constant focus on near work. To regain natural clear vision you need to learn to relax your eyes.

Exercise or relaxation alone will have an effect, but the real progress comes when all three of the above principles are used together.

The book includes simple vision tests that you can use yourself to verify your level of vision and monitor your improvements. The DVD that accompanies the book includes instructions and demonstrations.

"In this book, [Leo] shares exactly how you can restore eyesight back to normal, even if you are in your forties and in need of reading glasses. With supportive videos that come with the book, you get all the clarity and inspiration you need."

*Ann-Marie Naslund, Founder and CEO of Naturlig Syn*



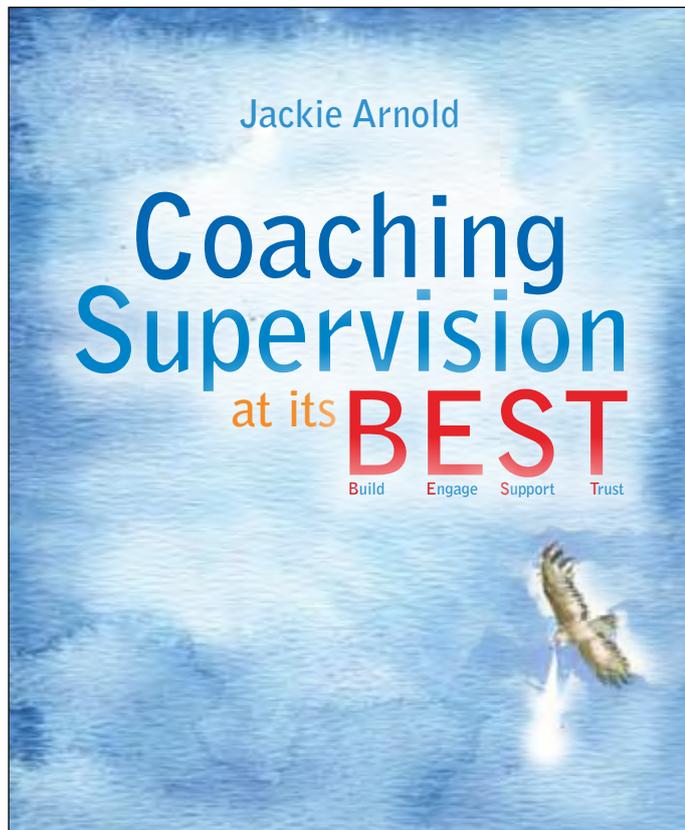
## Improve your eyesight naturally

See results quickly

### Leo Angart

*Improve Your Eyesight Naturally* details strategies designed to improve your eyesight by literally exercising your ability to see. Leo's approach is very specific and targets each degree of vision problem. He explains how you can tone your eye muscles, release tension and build up energy in order to regain your natural eyesight. Includes simple vision tests that you can use yourself to verify your level of vision and monitor your improvements.

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## Coaching Supervision at its B.E.S.T.

Jackie Arnold

*Coaching Supervision at its B.E.S.T.* contains clear strategies and real life case studies and can be used in all settings where there is a need for effective and efficient coaching supervision. The specific clean questioning technique allows the supervisor to remove assumptions and have an insightful and eagle eyed view of the whole supervision spectrum. The book follows closely the requirements for the Institute of Leadership and Management (ILM) Level 7 Masters level qualification in Coaching Supervision. The key topics covered are:

- The principles and practice of coaching supervision in organisations using clean language and clean space
- Before undertaking supervision
- The supervisee
- Supervision methods
- During supervision
- The internal versus external supervisor
- Supervision quality assurance and review
- Supervision scenarios

This practical guide can be used by leaders, coaches and supervisors in business, education, health and public services. It is highly recommended for ILM 7 Supervision Qualification Candidates at ILM Centres all over the UK and EU.

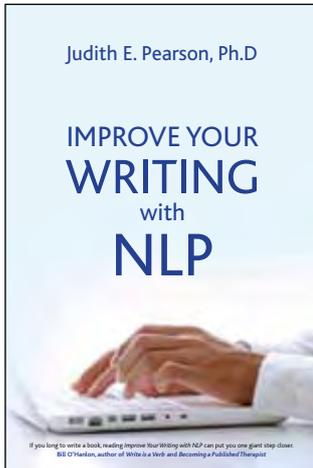
“The case studies and personal anecdotes are excellent and really draw you in to what actually happens in supervision. It is wonderful to see a coaching supervision book that takes a ‘clean’ approach and includes lots of valuable references to Clean Language.”

Angela Dunbar, *Clean coach, coach trainer and supervisor*

**Jackie Arnold** is a former board member of the UK ICF. She is also an associate coach/consultant for Notion & the Leadership Foundation for Higher Education, delivering executive coaching programmes and consulting on building a coaching culture. She uses Clean Language Methodology as a Coach Supervisor and is Ambassador for CSA and The Association Of Coaching Supervisors.

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## Improve Your Writing With NLP

Judith E. Pearson PhD

If you are new to the game of writing, if you feel intimidated by a blank page, if you have ever started a writing project but run out of steam, then this book is for you.

*Improve Your Writing with NLP* details the Neuro Linguistic Programming (NLP) strategies that can transform a tentative novice writer into a passionate, productive dynamo, adapting the resourceful states, beliefs, cognitive strategies and behaviours of highly accomplished writers.

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Read this book and you'll know how to write convincingly, hypnotically and prolifically.

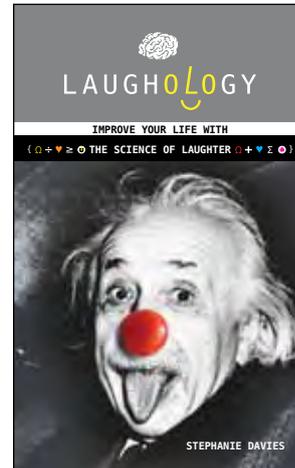
"To be able to write is to have a different kind of voice – one that can share a vision with the world. Judith E. Pearson offers a means whereby pretty much anyone can find their voice."

**Ian McDermott, Founder of International Teaching Seminars and author of numerous bestsellers including Principles of NLP, The NLP Coach and The Coaching Bible**

**Judith E. Pearson** holds a PhD in counseling and has published more than 200 reviews and articles on NLP, hypnotherapy and self-help and is the author of *The Weight Hypnotherapy* and *YOU Weight Reduction Program* and *Why Do I Keep Doing This!!!?*

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## Laughology

Improve your life with the science of laughter

Stephanie Davies

*Laughology* is a practical guide to using laughter and humour to make you feel better and enable you to communicate more effectively. This book explains simple techniques that will improve your ability to gain a more positive perspective in difficult situations and to increase your happiness through adopting the techniques from the Laughology model.

You will learn:

- The science behind humour and laughter
- The psychology of why we laugh
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"Laughology is a wonderful idea and gives people the tools to live life to the full by linking humour, emotion, psychology and health."

**Professor Richard Wiseman, University of Hertfordshire, author of 59 Seconds**

**Stephanie Davies** is recognised as one of the UK's leading voices in the psychology of laughter and humour. She has over ten years' experience of developing interventions that have been applied in a wide variety of settings, dealing with complex public and mental health issues and building teams in high profile organisations. She is an award-winning stand up comedian who has worked with world-renowned Dr Patch Adams exploring the relationship between health, humour, community and the arts.

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## Conversations with Milton H. Erickson MD

Edited by Jay Haley

The three volumes in this series present the lively discussions that took place over a period of 17 years and were recorded as part of Gregory Bateson's project on communication and therapy. Included in these conversations were John Weakland and Jay Haley who were specializing in the study of Erickson's ways of changing individuals and occasionally Gregory Bateson. The conversations presented here which were edited by Jay Haley were not conducted or recorded with any idea of publication or with an audience in mind and therefore they

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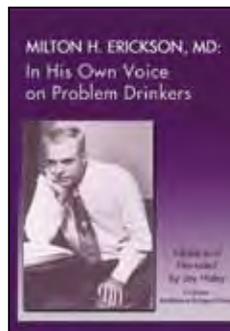
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## Milton H. Erickson, MD

Edited and Narrated by Jay Haley, Madeleine Richeport-Haley, co-editor

Dating back to the mid 1950s some of these recorded conversations (which have been greatly enhanced) took place as part of Gregory Bateson's research project on communication while others took place when Jay Haley consulted with Dr. Erickson about therapy. The primary value of these tapes lies in getting to listen to Erickson talk about how he did therapy and experience his style of communicating those ideas, his voice inflections, intonations and pacing.

Jay Haley, widely acclaimed as a pioneering therapist and master teacher was one of the founders of family therapy. He has degrees from the University of California and

Stanford University and served as Professor at the University of Maryland, Howard University, University of Pennsylvania and Alliant International University. He passed away in 2007. He was Director of Family Therapy Research at the Philadelphia Child Guidance Clinic and Co-Founder of the Family Therapy Institute of Washington, D.C.

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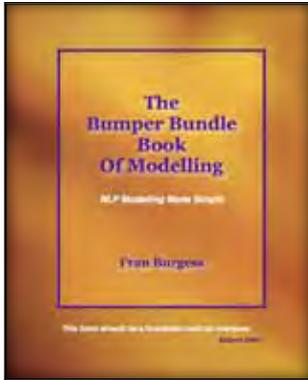
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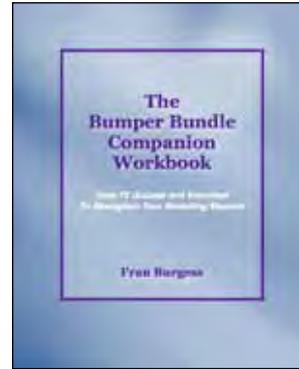
“The book looks very good! I’m impressed!”

**Stephen Gilligan PhD: author *Generative Trance*, co-author *The Hero’s Journey***

**Fran Burgess** is director of The Northern School of NLP, has over 25 years’ experience within the world of NLP. She is a UKCP registered NLPt Psychotherapist and was a Board Member of NLPtCA. She was a founder member of The Professional Guild of NLP, and has been a regular contributor to the NLP Conference.

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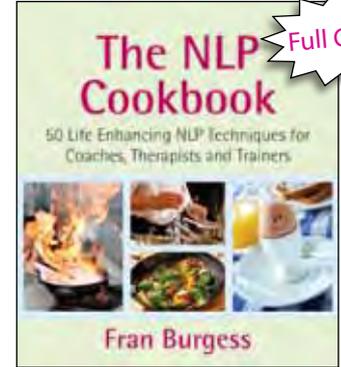
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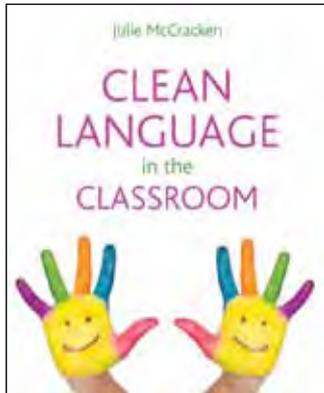
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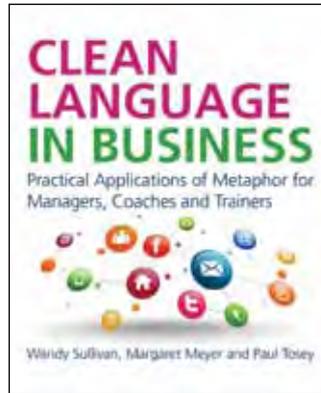


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This book provides a comprehensive selection of step-by-step instructions, case studies, clean questions for SEN and examples of how to effectively introduce Clean Language practice within the classroom. It aims to improve communication and inclusion to develop a productive learning environment for students and teachers alike. It encourages children, teachers and parents to respect the others and their needs. This innovative new book gives teachers the tools on how to include effective clean questions in their lesson planning based on a mini-research project undertaken by Julie in her own classroom with her pupils to discover the benefits of using clean language in the classroom.

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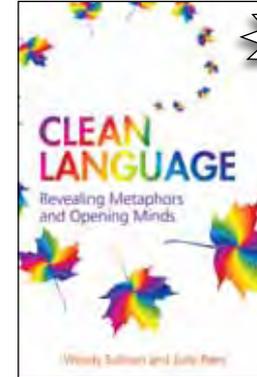
Practical Applications of Metaphor for Managers, Coaches and Trainers

Wendy Sullivan, Margaret Meyer and Paul Tosey

*Clean Language in Business* is a resource book of simple, practical ideas for anyone who wants to make a positive difference in organisations. Written by experts in an innovative approach called 'Clean Language', this book embraces the latest findings of cognitive science on the role of metaphor in thought. It is accessible and easy to use, containing 30 tried and tested applications of Clean Language.

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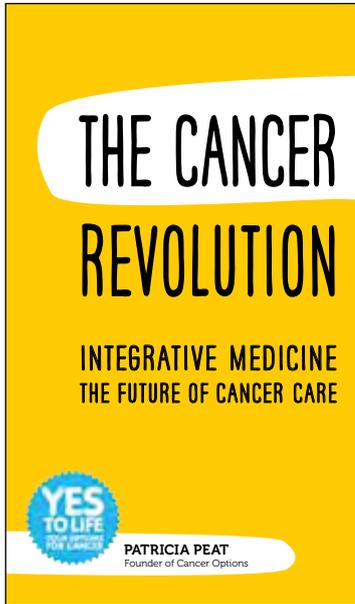
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## The Cancer Revolution

Integrative Medicine (IM) The Future of Cancer Care

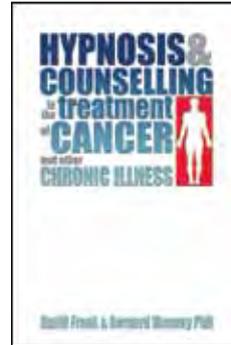
Introduced and presented by Patricia Peat RGN

The Cancer Revolution lays out the territory of the developing science of Integrative Medicine (IM) that can be a resource to those who have, or have had, cancer or indeed those wishing to avoid cancer.

IM is an emerging science that combines the use of orthodox approaches such as surgery, chemotherapy and radiotherapy with Complementary and Alternative Medicine (CAM) therapies to provide the broadest possible approach to a condition that is largely defying the efforts of orthodox medicine alone.

This book aims to empower people, with an overview of IM from specialists in the field that will enable cancer sufferers to take matters into their own hands and make choices for their own healthcare that have the potential significantly to impact the course of their lives.

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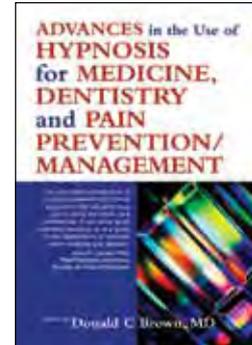


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This important work discusses the therapeutic properties of hypnosis in the treatment of life-threatening diseases and provides crucial insights into the body's healing abilities.

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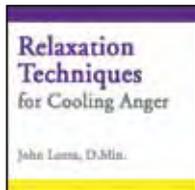
Edited by Donald C. Brown, MD

This comprehensive volume explores the biology of hypnosis and its applications in medicine, dentistry, and pain prevention and management. Drawing from presentations at the 6th Annual Frontiers of Hypnosis Assembly held in Halifax, Nova Scotia, Canada. The original material has been copiously updated and expanded for this volume.

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John Lentz Relaxation Techniques CDs enable listeners to relax and use more of their own internal resources to improve their lives. By learning and applying new relaxation techniques in your life you will also be calmer, more confident and effective. The CDs are most effective if played repeatedly for a week or two, and then periodically once or twice a month for a few months.

John D. Lentz, D.Min, is both a licensed therapist and an ordained minister in Hardin County, Kentucky. His ministry includes directing the Ericksonian Institute of Jeffersonville, Indiana, where he practices marriage and family therapy and teaches hypnosis for use in clinical settings. Note: The CDs may contain some religious references.



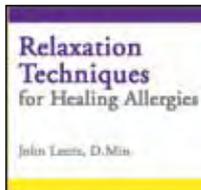
### Relaxation Techniques for Cooling Anger

This CD will help you calm down enough to repair marriages, avoid road rage and, in general, become proud of how well you can

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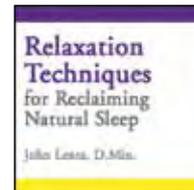
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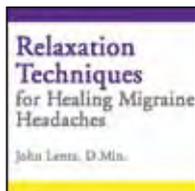
### Relaxation Techniques for Reclaiming Natural Sleep

When normal sleep patterns have been interrupted, learning to relax in some

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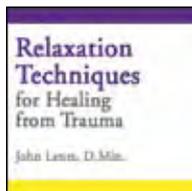
### Relaxation Techniques for Healing Migraine Headaches

Learning the relaxation techniques on this CD, which are designed especially

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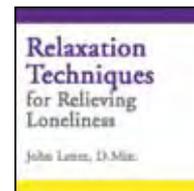
### Relaxation Techniques for Healing from Trauma

Traumas such as car crashes, accidents, sexual abuse, physical abuse and illness,

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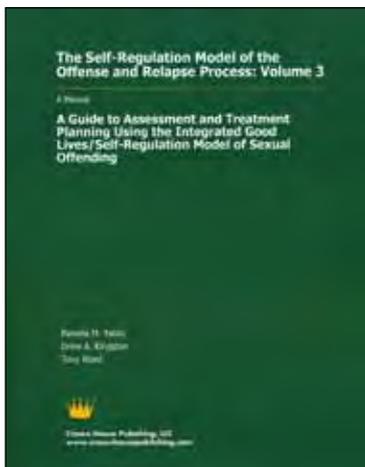
### Relaxation Techniques for Relieving Loneliness

Designed to teach and evoke relaxation in order to eliminate the sting of

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## The Self-Regulation Model of the Offense and Relapse Process: Volume 3

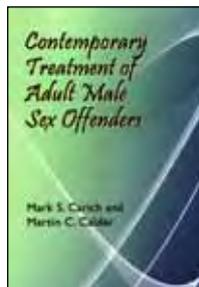
Pamela M. Yates, Drew A. Kingston, and Tony Ward

This manual is a guide to assessment and treatment planning using the integrated Good Lives/Self-Regulation Model of sexual offending. It is the companion text to Volume I (Assessment) and Volume II (Treatment) of this series. It is designed for use by clinicians who are experienced in risk assessment and cognitive-behavioral treatment of sex offenders and who are well-versed in both the GLM and SRM. It is intended for use as part of a broad, comprehensive assessment protocol for the treatment of sexual offenders that also includes assessment of risk and other clinical factors associated with offending and with treatment planning.

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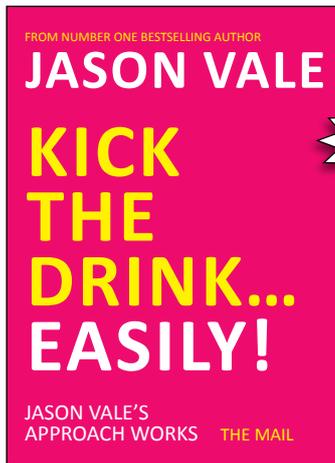


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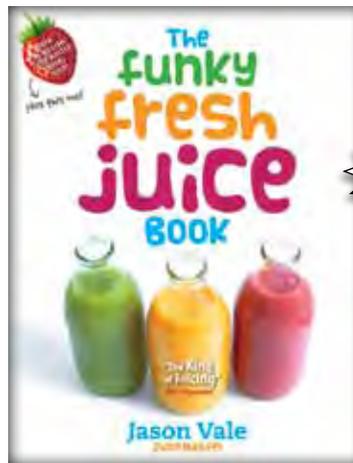
"It is difficult to know exactly where to start so I guess simplest is best...THANK YOU. It seems such a small word for what you've helped me achieve - TOTAL FREEDOM from alcohol."

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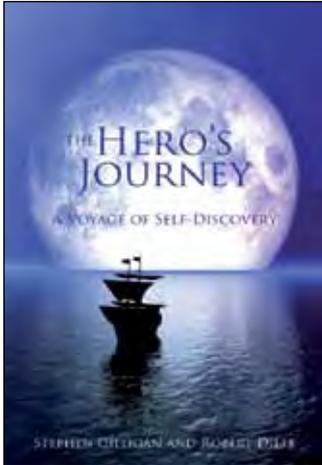
Jason Vale is a number one best-selling author of 7lbs in 7 Days Super Juice Diet (978-000777165-3). His books have sold over 2 million copies worldwide. He is a leading authority on addiction, health and most importantly juicing. He regularly features on TV, radio and press.

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A Voyage of Self-Discovery

Stephen Gilligan and Robert Dilts

Stephen Gilligan and Robert Dilts take you on a voyage of self-discovery. The Hero's Journey examines the questions: How can you live a meaningful life? What is the deepest life you are called to live, and how can you respond to that call?

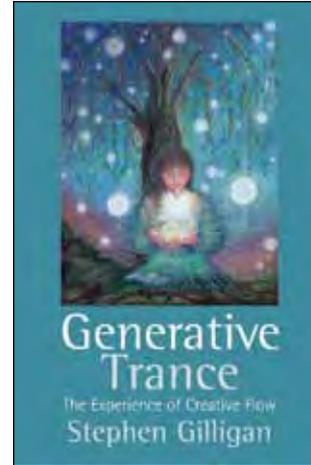
This book is about how to discover your calling and how to embark on the path of learning and transformation that will reconnect you with your spirit, transform limiting beliefs and habits, heal emotional wounds and physical symptoms, deepen intimacy, and improve self-image and self-love. The challenges we inevitably meet along this path compel us to develop and think in new ways and push us outside our comfort zone.

*The Hero's Journey* takes the form of a transcript of a four day workshop conducted by Stephen and Robert. You will become so absorbed by the experiences of the participants that you will feel you are actually there. Here you will find a wonderful voyage of discovery for everyone who thinks that, 'there must be more to life than this'.

Stephen Gilligan and Robert Dilts were among the first group of students that gathered around John Grinder and Richard Bandler at the foundation of Neuro-Linguistic Programming at U. C. Santa Cruz in the mid 1970s. They both had the privilege of having Milton Erickson and Gregory Bateson as teachers and mentors.

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## Generative Trance

The Experience of  
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Stephen Gilligan



This major new work from renowned author and trainer Stephen Gilligan reveals how life can be lived as a great journey of consciousness. The author emphasizes that reality and identity are constructed by ourselves, and explains how generative trance is crucial in creating new realities and possibilities for clients. It is a view that differs markedly from the traditional hypnosis ideas of a client losing control, as well as from Ericksonian approaches that feature a benevolent hypnotist who bypasses the conscious mind to work with a client's unconscious mind. Instead, generative trance stresses a "disciplined flow" process in which a person's conscious and unconscious minds cooperate to weave a higher consciousness capable of transformational change.

*Generative Trance* offers a framework for developing this creative consciousness, including a step by step processes for creating it. Stephen Gilligan has been developing this work over the past thirty five years, first as a protégé of the great hypnotherapist Milton Erickson, and then as the originator of the post-Ericksonian approaches of Self-Relations and Generative Self.

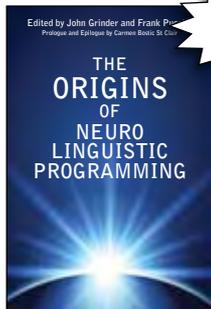
William James used to say that 'the unconscious mind is the horse and conscious mind is the rider: it's the relationship between the two that is most important.' This book shows you how to harness the relationship for a much more powerful and effective therapeutic intervention.

"Steve Gilligan is the closest I've ever experienced to being with Erickson. He delivers a tour-de-force of the latest thinking of third generation hypnosis in a charming and organized way. I continue to learn from Gilligan and look forward to returning to this book again and again."

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New

## The Origins of Neuro Linguistic Programming

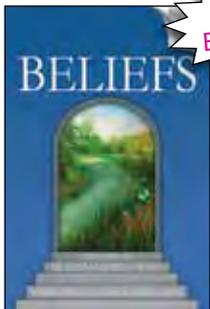
Edited by John Grinder and Frank Pucelik

prologue and epilogue by Carmen Bostic St Clair

This book brings together the recollections and thoughts of some of the main protagonists from the very early days of NLP.

John and Frank have each contributed their own substantial chapters, John has written two commentaries and has been somewhat forthright in his views about how the methods and the work of the early pioneers are not reflected in much of today's practice. We also have chapters from Terry McClendon, Judith Delozier, David R. Wick, Byron Lewis, Stephen Gilligan, James Eicher and Robert Dilts.

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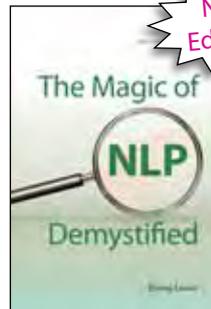
Robert Dilts, Tim Hallbom and Suzi Smith

BELIEFS are the foundation of everyone's personal outcomes. This second edition of *Beliefs: Pathways to Health & Well-Being* includes new and updated material and offers leading edge technologies that rapidly and effectively identify and remodel limiting beliefs.

"The combined work of the three authors with their vast experience will be of benefit to sufferers, carers and professional therapists alike."

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David Shephard, Certified Master Trainer Of NLP, President of The American Board Of NLP

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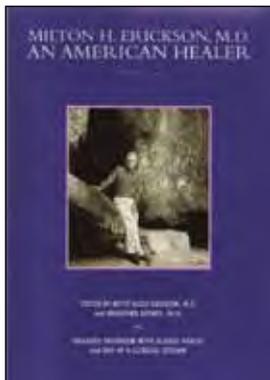


## The Early Days of NLP

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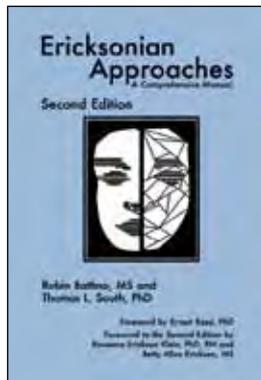
## Milton H Erickson MD

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and Bradford Keeney

The spirit of Milton Erickson lives in this book by his family and colleagues. It is written from a different perspective as it is the first book written by a member of the family about Milton H Erickson. It talks about Milton, the man, rather than his psychotherapeutic techniques. A perfect book for therapists, doctors, teachers, and parents - showing them how to see deeply into another's situation and find the words, sensible or serendipitous, to calm and heal.

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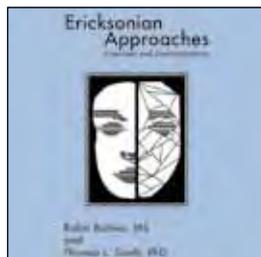
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This outstanding manual on Ericksonian hypnotherapy has been thoroughly revised and updated. There are two new chapters - one on Metaphor Therapy and Guided Metaphor and the other on Ernest Rossi's work on the psychobiology of gene expression. The latter chapter also contains a section on the brain and hypnosis. Thomas South has extended his chapter on utilization with another section on pain control and the chapter on ethics and the law has also been significantly updated.



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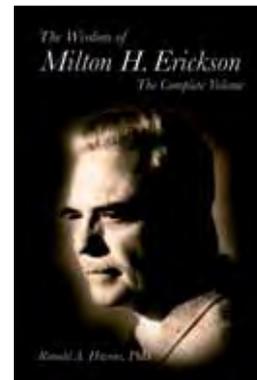
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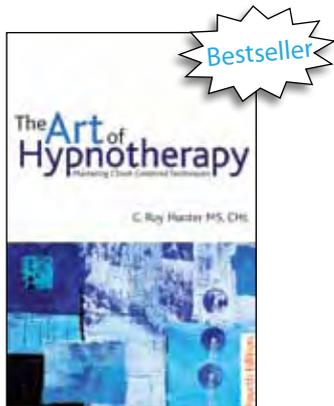
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Milton H. Erickson was one of the most creative, dynamic and effective hypnotherapists and psychotherapists of the twentieth century. Gleaned from the records of over 140 publications and lectures given by Erickson during his career, this outstanding work of research extracts the core wisdom of his life-long work.

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## The Art of Hypnotherapy - Fourth Edition

Mastering Client-Centered Techniques

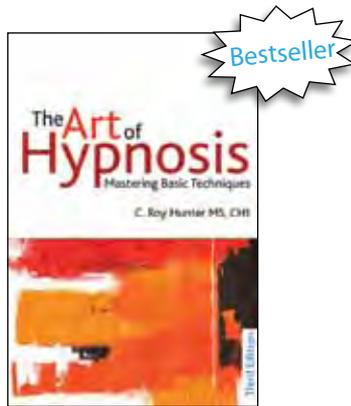
C. Roy Hunter MS, CHT

Now in its fourth edition, this classic text is a comprehensive guide to the practice of client-centered hypnotherapy.

The Art of Hypnotherapy shows students how all hypnotic techniques revolve around four main therapeutic objectives: Suggestion and Imagery; Discovering the Cause; Releasing and Subconscious Relearning.

New features in this edition include sections on anger, impotence, stuttering and tinnitus, and a section on how to help a client establish a safe place and why this is important. Also covered is the use of hypnosis in habit control and motivation and how triggers impact habits.

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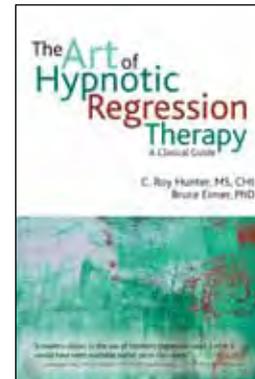
Mastering Basic Techniques

C. Roy Hunter MS, CHT

The 'Grand Master' of Hypnotherapy, the late Charles Tebbetts, was a master teacher of hypnosis and hypnotherapy. Tebbetts' training has formed the basis of a large number of hypnotherapy courses taught in America and Europe. Roy Hunter, expert in the field of hypnosis, has based this book on the first part of Tebbetts' hypnosis training, Mastering Basic Techniques.

Easy to read and understand, even for the novice, the book starts with the fundamentals of hypnosis, introduces the reader to the many facets of hypnotic technique and also provides in-depth and practical information on achieving maximum results in a hypnotic session.

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## The Art of Hypnotic Regression Therapy

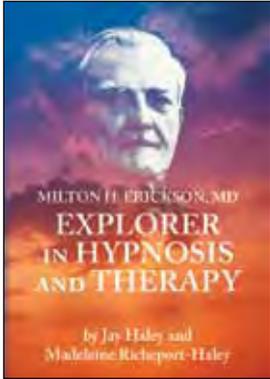
A Clinical Guide

C. Roy Hunter MS CHT and Bruce Eimer PhD

Hypnotic Regression Therapy, or HRT, is a type of hypnotherapy in which, following the induction of a good trance state, specialized suggestions are given to guide the client in reviewing and emotionally reframing earlier experiences that have either caused or contributed to the client's current symptoms. HRT is considered one of the most valuable hypnotherapy techniques available today, yet it remains controversial, partly due to inadequate training of psychotherapists and hypnotherapists which has contributed to numerous cases of false memory syndrome.

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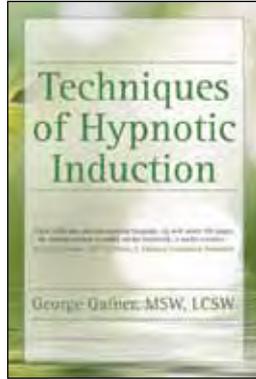


## Milton H. Erickson, MD Explorer in Hypnosis and Therapy

Jay Haley and  
Madeleine Richeport-Haley

Narrated by Jay Haley, this 60-minute documentary offers an intimate and far-reaching portrait of this remarkable individual's life and work. You'll learn how Erickson overcame numerous adversities in his early life – dyslexia, complete paralysis from polio at age 17, and chronic pain – and how these events formed the genesis of his development as an innovator in hypnosis and therapy.

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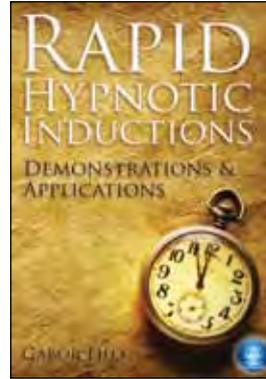


## Techniques of Hypnotic Induction

George Gafner, MSW, LCSW

Contains both direct and indirect inductions. The direct inductions are guided imagery experiences that invite clients to imagine immersing themselves in a structured experience. Other clients though, appreciate less structure. They do not like to be told what to feel. These clients may not like guided imagery inductions but instead, respond well to story inductions, as they appreciate an approach that permits them to experience any variety of hypnotic phenomena of their choosing.

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## Rapid Hypnotic Inductions Demonstrations and Applications Gabor Filo

In this era of instant gratification, sound bites, and technology driven attention deficits, five minutes is an eternity. Hypnosis has been considered time intensive, but does it have to be? This fascinating series of nine actual demonstrations by Dr. Filo includes some verbal, non-verbal, and physical inductions. Also included is a 16 page Learning Guide explaining each of the demonstrations. Although some of the filming and sound quality are not of the highest quality, this is still an extremely useful guide to rapid inductions.

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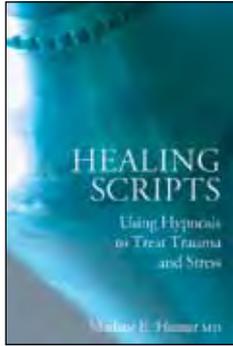
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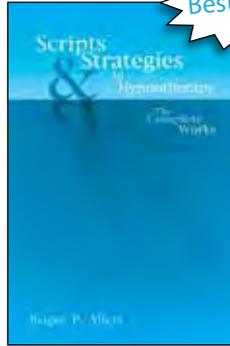
## Healing Scripts

Using Hypnosis to Treat Trauma and Stress

Marlene E. Hunter

Healing Scripts focuses on the use of hypnotherapy to help trauma victims recover as well as helping individuals who are suffering from acute stress disorders. The field of trauma and stress treatment is constantly searching for new ideas and solutions and the hypnotic interventions detailed in this volume are designed to treat the source of the pain and the anguish of trauma so that clients with long term problems can finally be offered some

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## Scripts & Strategies in Hypnotherapy

The Complete Works

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A comprehensive source of scripts and strategies that can be used by hypnotherapists of all levels of experience to build a successful framework for any therapy session. It covers inductions, deepeners and actual scripts for a wide range of problems from nail-biting to insomnia, sports performance to past life recall, pain management to resolving sexual problems. There is a particularly comprehensive section on smoking cessation. All scripts can be used as they stand or adapted for specific situations.

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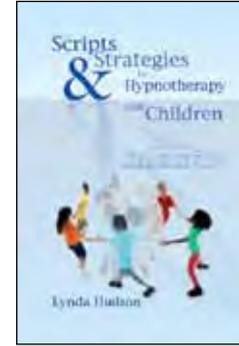


## More Scripts & Strategies in Hypnotherapy

Lynda Hudson

This collection of brand new general scripts is from Lynda Hudson. The book comprehensively covers many areas. In addition, Lynda covers the use of hypnotic language and suggestions for varying scripts for particular clients. Unique to this book is a narrative detailing what each script is doing and how it is designed to work. This volume is an outstanding complement to Roger Allen's now classic Scripts and Strategies in Hypnotherapy and will be welcomed by beginner and

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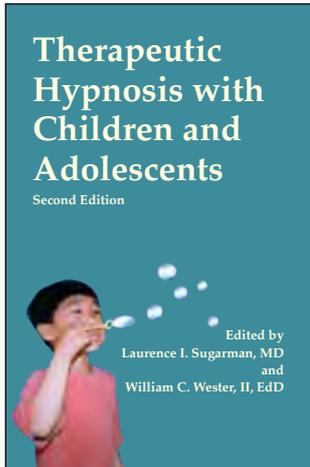
## Scripts & Strategies in Hypnotherapy with Children

for use with children and young people aged 5 to 15

Lynda Hudson

A handbook for therapists that contains everything needed when using hypnotherapy with children and young people. In addition to providing a collection of highly usable hypnotic scripts for children from six to sixteen, it offers an easy to follow, solution - focused way to structure treatment sessions.

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**Therapeutic Hypnosis with Children and Adolescents – Second Edition**

**New Edition**

Edited by Laurence I. Sugarman MD & William C. Wester II EdD

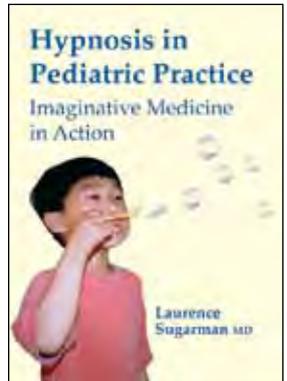
In this completely revised, updated and expanded volume, the editors have brought together some of the field's most outstanding contributors to examine the wide-ranging applications and promise of the use of hypnosis with children. The book develops core principles of clinical hypnosis with children and adolescents and each contributor delineates how they apply these precepts in a range of psychological and medical settings. The result is a constellation of perspectives and clinical applications that move the reader beyond literature review to practical advice.

In Part 1 the broad framework of hypnosis with children is elucidated: concepts, developmental considerations, approaches to induction, hypnotic ability, hypnosis with families and ethical considerations are reviewed. Additionally, the implications of a developmental perspective in hypnosis are extrapolated to work with adults. Parts 2 and 3 illuminate key psychological and medical applications of hypnosis. In the psychological realm, trauma, habit disorders, somatoform disorders, depression, anxiety and behavioural disorders are scrutinized. A particularly original chapter explores the use of clinical hypnosis with the family as the patient. The medical section describes the integration of hypnosis from acute care settings to the operating room; in pain management, chronic diseases, elimination disorders, recurrent pain and palliative care.

This unique combination of literature review, diverse clinical perspective, and 'how-to-do-it' clinical integration makes the second edition an essential book required on the desk of all clinicians who strive to build person-centred, creative, mind-body therapies into their clinical care of children and adolescents. It will be of immeasurable value to both the experienced clinician and the beginning practitioner.

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**A Child in Pain**

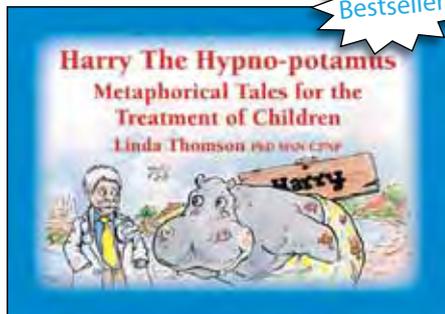
What Health Professionals Can Do to Help

Leora Kuttner, PhD  
Foreword by Lonnie Zeltzer, MD,  
Afterword by Neil L. Schechter, MD

This comprehensive book will help professionals gain understanding and skill in how to approach and treat children's pain, and how to help children make sense of and deal with their own pain. Pain is the most common reason for children to seek a medical consultation - and sometimes a common reason for avoiding it.

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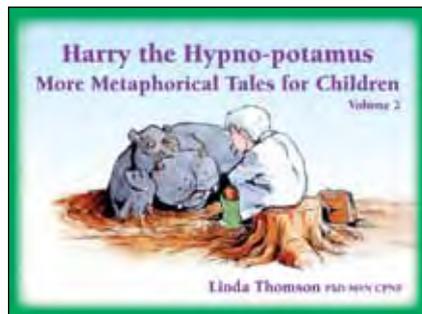
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Harry the Hypno-potamus is a collection of metaphorical stories that rely on hypnosis and other relaxation techniques to deal with a wide variety of physical and behavioural problems faced by children of all ages. The 32 illustrated stories feature animals in the Ashland Zoo that rely on the guidance and support of Dr. Dan, the zoo's vet, to help master their problems.



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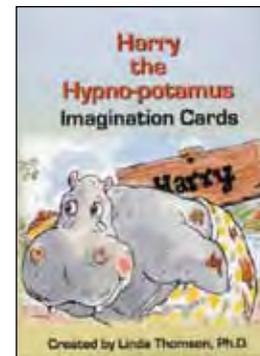
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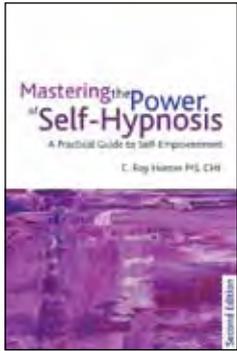
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Based on the best-selling 2 volume set, Harry the Hypno-potamus: Metaphorical Tales for Children, this deck of playing cards features animals found in a zoo. But it is more than just animal pictures. Each card has a unique self-regulation skill for children that include breathing techniques, muscle relaxation techniques, mental imagery or ego-strengthening – all of which are designed to be non-threatening to a child.

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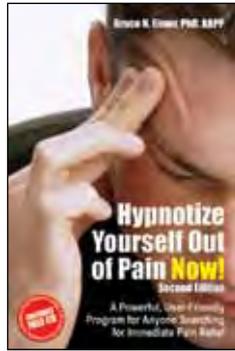
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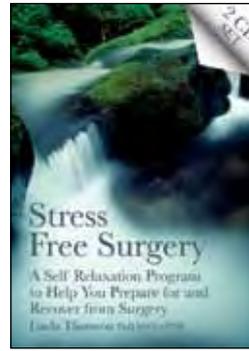
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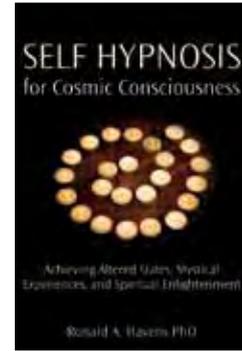
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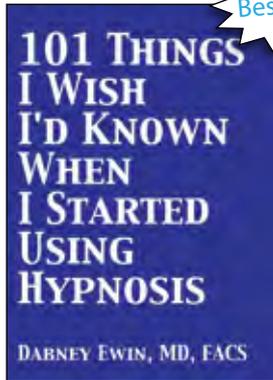
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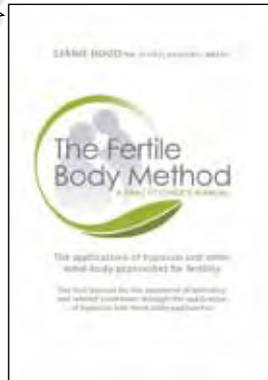


## 101 things I wish I'd known when I started using hypnosis

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This simple but immensely powerful book is a testament to all the ideas that Dr Ewin wished he had known about when he first starting practising hypnosis. He has sought to make this publication as little as possible, consistent with the message of seeking to take a complicated idea and presenting it in the simplest way.

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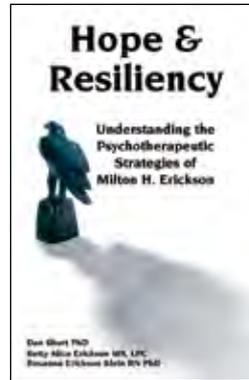
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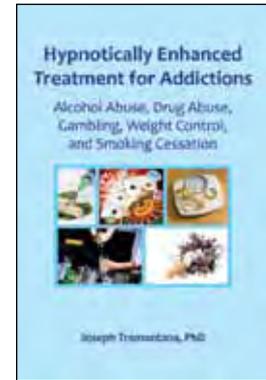
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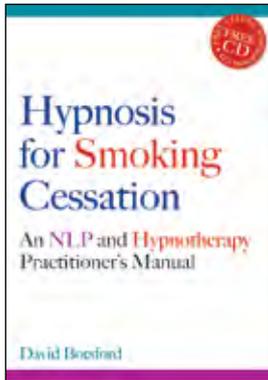
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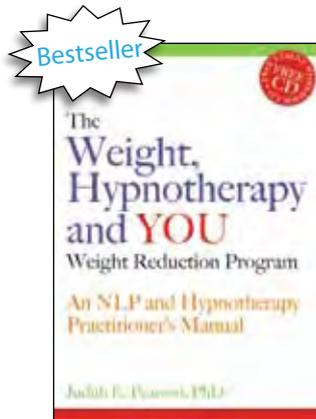
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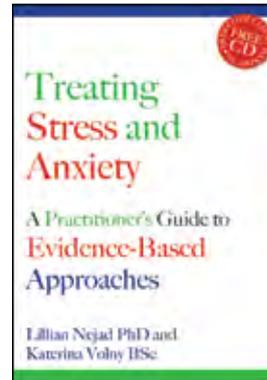
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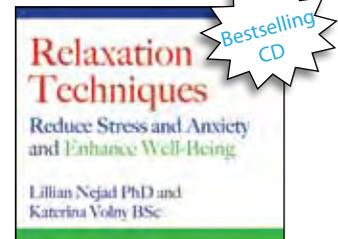
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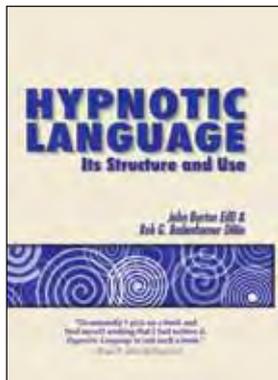
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## Hypnotic Language

Its Structure And Use

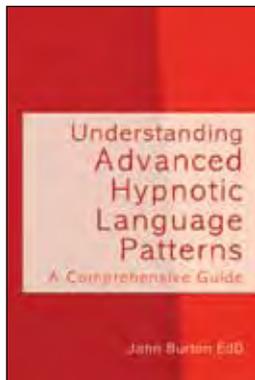
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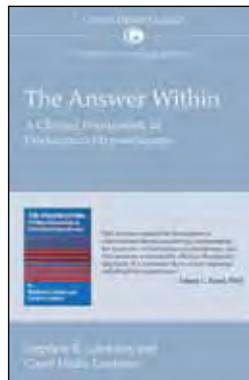
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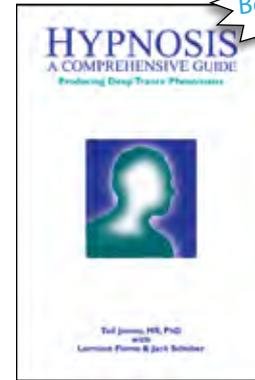
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## Hypnosis

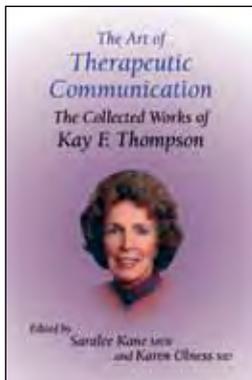
A Comprehensive Guide

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This practical book makes three radically different types of hypnosis easy to use in daily hypnotic work, exploring the methods of Milton H. Erickson, George Estabrooks and David Elman, presenting them in such a way as to allow a clear and accessible understanding.

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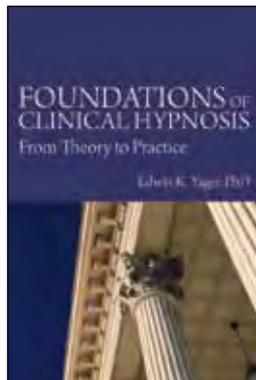
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The Collected Works of Kay F. Thompson

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Karen Olness MD

Here are some of Kay Thompson's most comprehensive discussions on the use of hypnosis in medical and dental settings, representing some of the best material available for the practicing clinician on the use of hypnosis in pain management and pain control. Included are numerous case studies and clinical vignettes. Also includes a 60-minute CD of her most important lectures and teachings.

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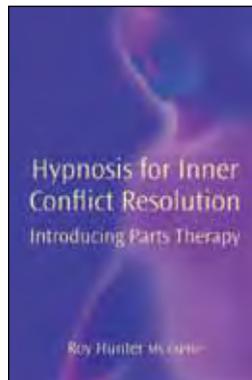


## Foundations of Clinical Hypnosis

From Theory to Practice  
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This comprehensive volume is certain to become an invaluable textbook in the burgeoning field of clinical hypnosis. Dr. Yager has put together an impressive table of contents covering much of everything there is to know about how to translate theory into practice across the range of clinical settings. His clear and thoughtful perspective will inform those who are new to the field and expand the understanding of those who have more experience.

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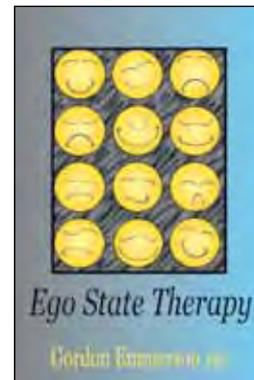


## Hypnosis for Inner Conflict Resolution

Introducing Parts Therapy  
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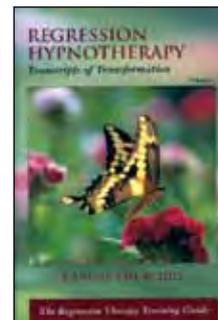
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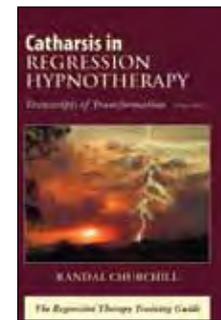
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## Ericksonian Hypnosis Cards

Jamie Smart

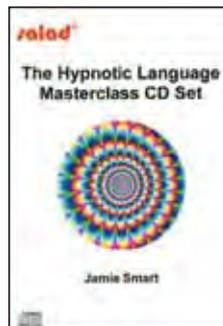
Inspired by the great hypnotic language product called "Zebu cards," this set of Ericksonian language cards is an invaluable tool for those wishing to learn the verbal magic of Milton H. Erickson, MD. Includes 52 casino-quality game cards with the patterns you will learn, examples of how to use them, and commentary about how and why these work.



## Ericksonian Hypnosis Cards Unpacked CD

Jamie Smart

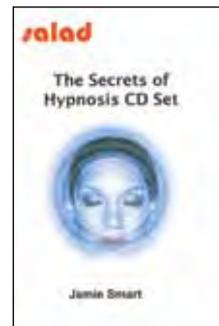
This CD will explain (unpack) for you the wisdom presented on the very successful Ericksonian Hypnosis Cards (Zebu Cards). It outlines all of the 52 powerful Hypnotic Language Patterns and demonstrates how to say them for maximum effect.



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Jamie Smart

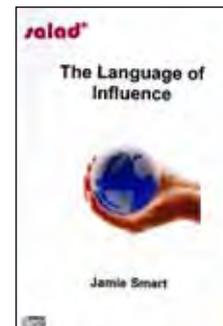
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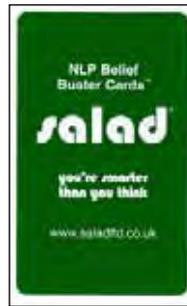
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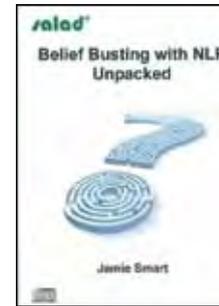
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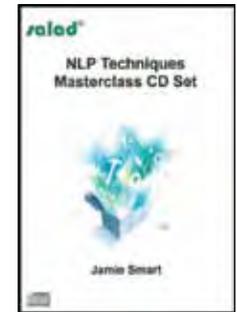
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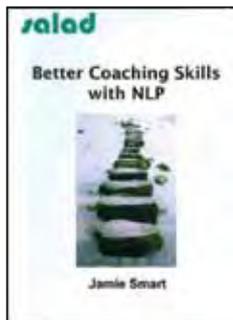
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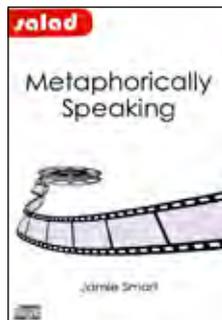
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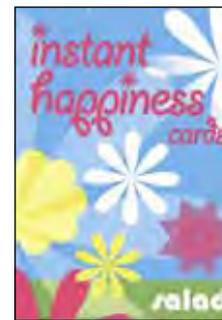
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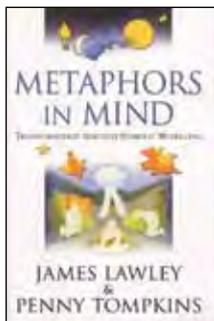
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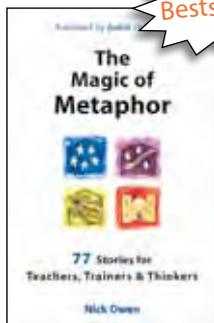


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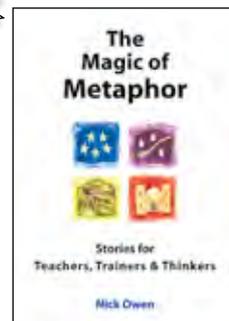


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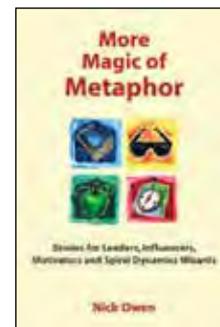


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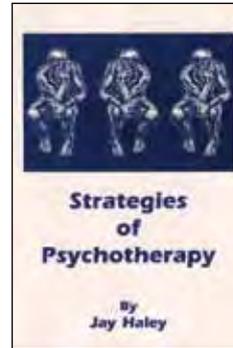
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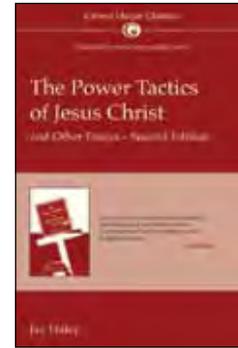
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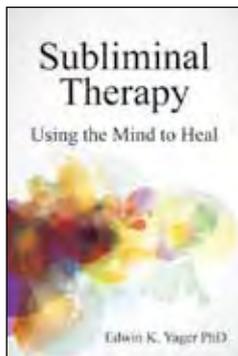


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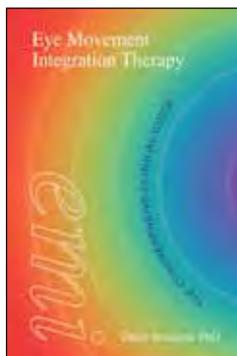
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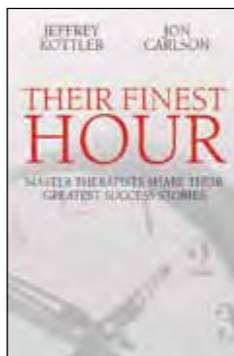
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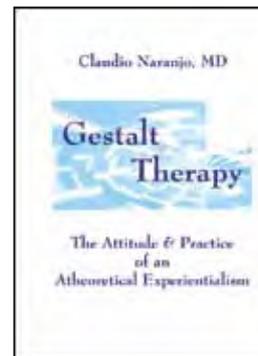
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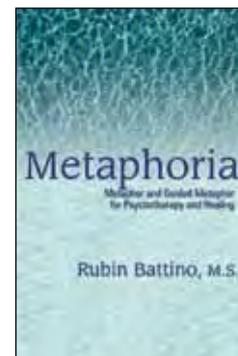
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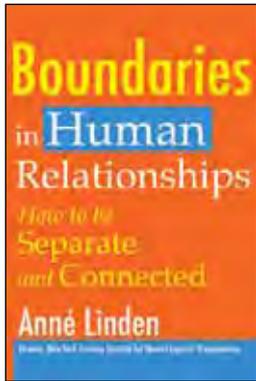
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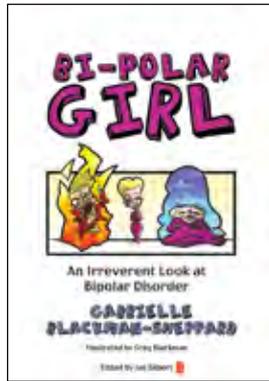


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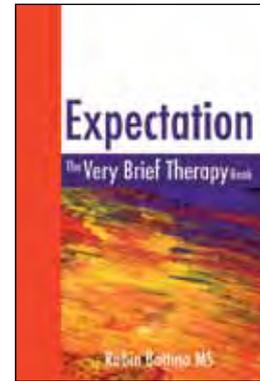
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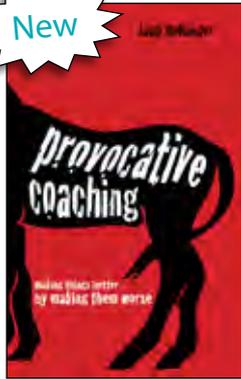
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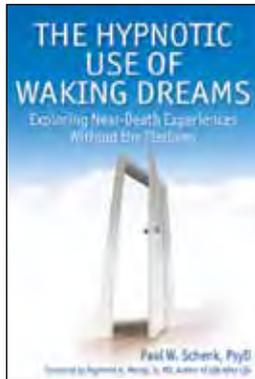
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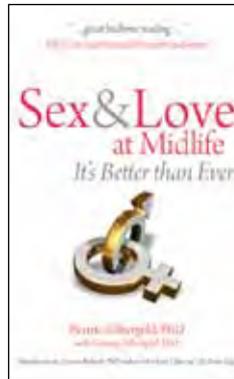
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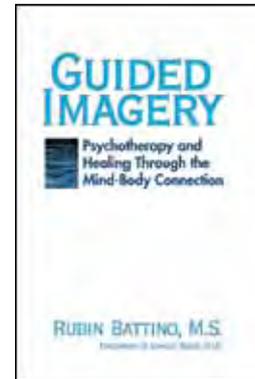
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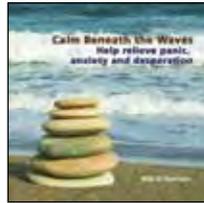
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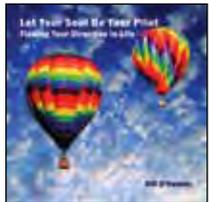
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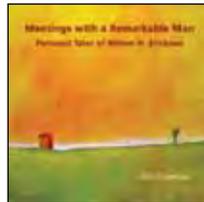
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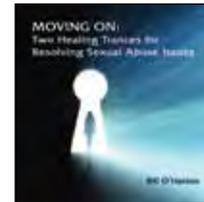
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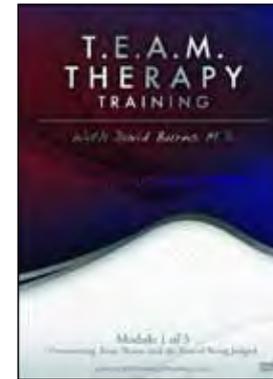
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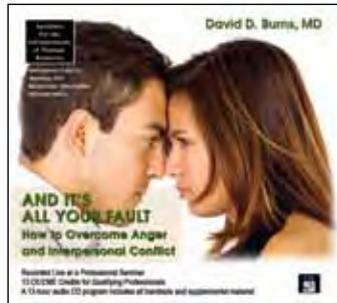
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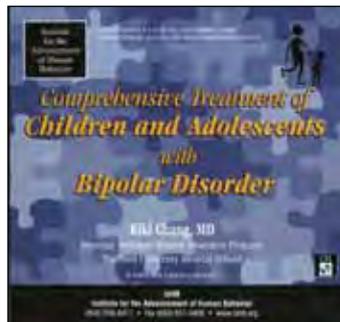
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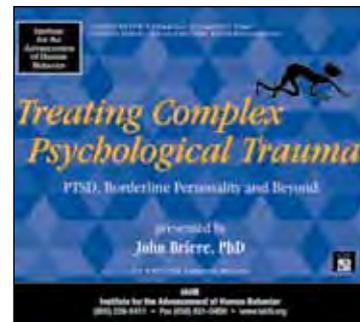
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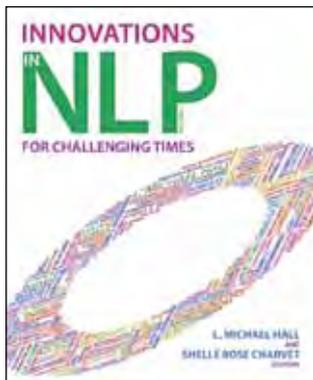
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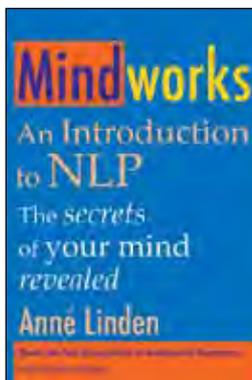
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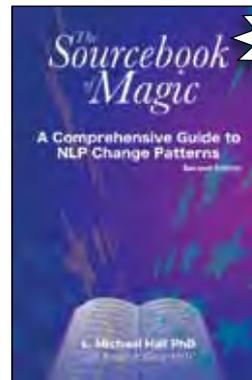
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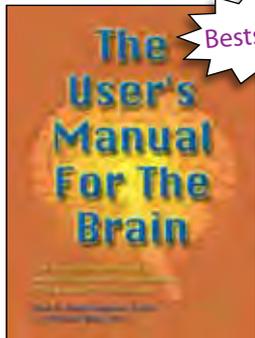
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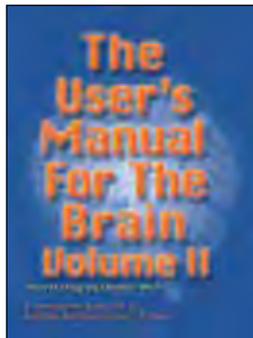
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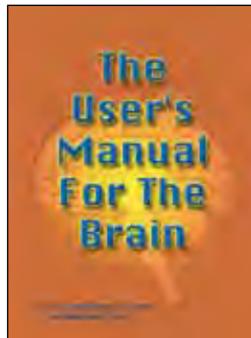
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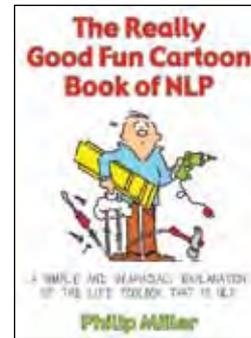
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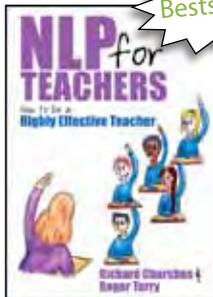
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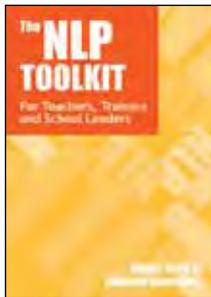
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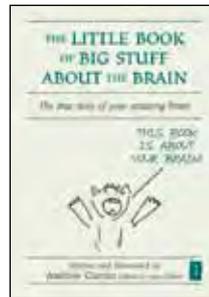
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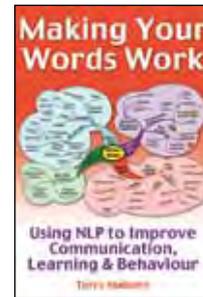
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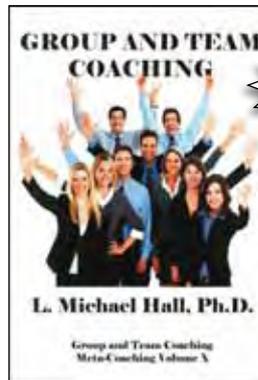
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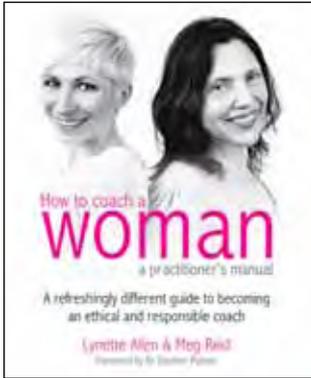
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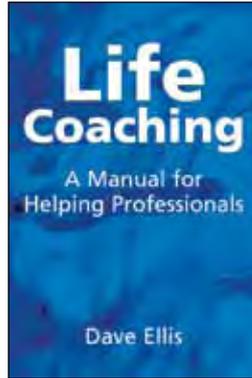


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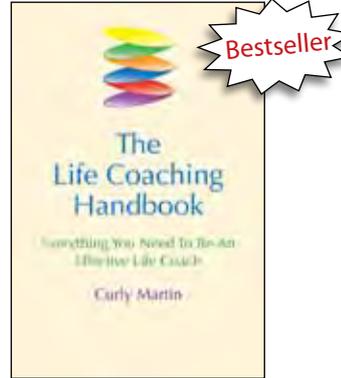


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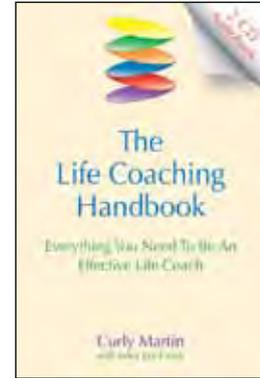


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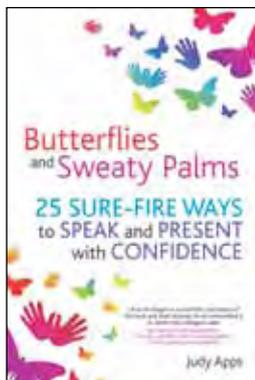
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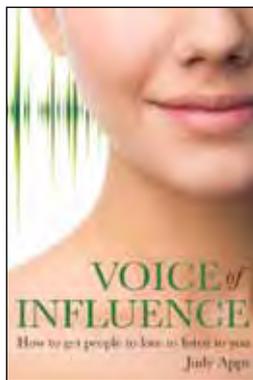
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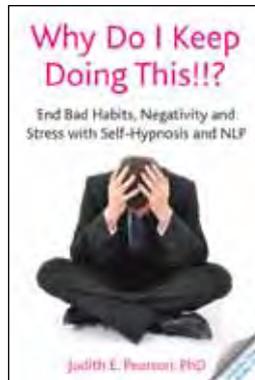
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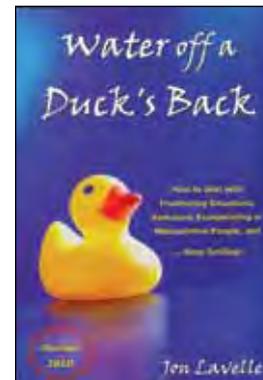
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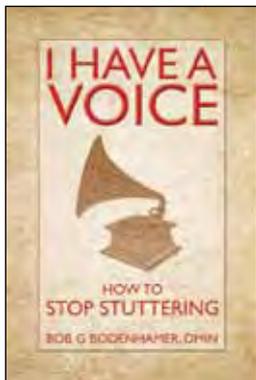
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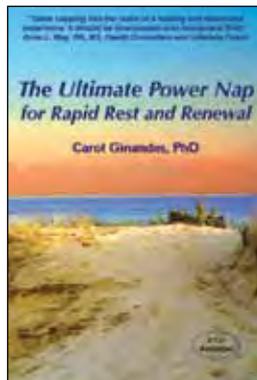
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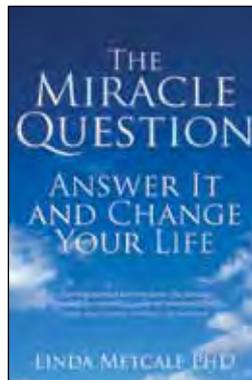


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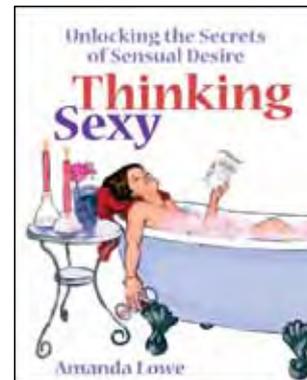
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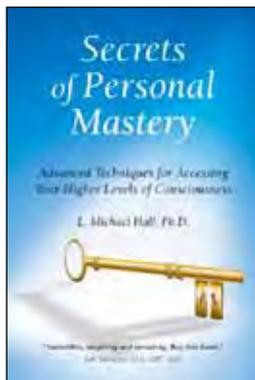
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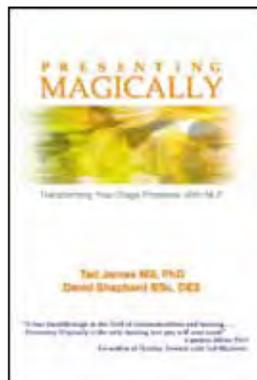
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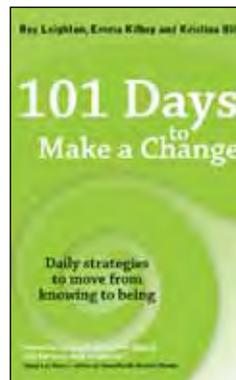
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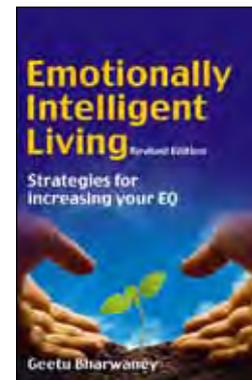
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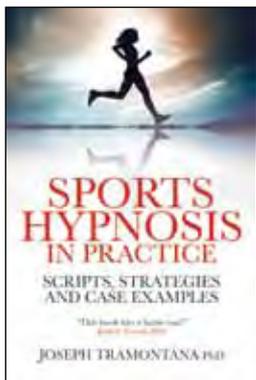


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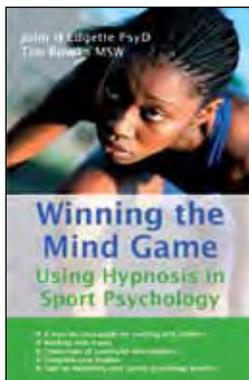
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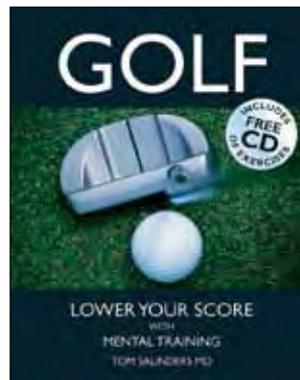
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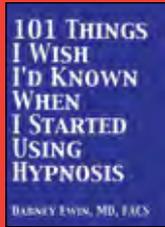
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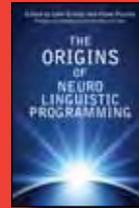
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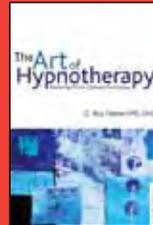
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