

# The ERICKSONIAN Hypnosis Mentoring Program



# Hypnotic Language Advanced Ericksonian Hypnosis

**Dan Jones**



## **Hypnotic Language Advanced Ericksonian Hypnosis:**

*Advanced Ericksonian Hypnotherapy Scripts* Dan Jones, 2014-12-29 The first edition of *Advanced Ericksonian Hypnotherapy Scripts* has remained a bestseller since its release in 2011. It remains essential reading on many top hypnotherapy and NLP training courses as well as recommended reading for all those interested in self hypnosis and creating their own hypnosis audio tracks. These hypnosis scripts can be used to make commercial audio tracks as long as credit is given to the author and the book. This new and expanded 2nd edition of *Advanced Ericksonian Hypnotherapy Scripts* contains additional hypnotic inductions and additional therapeutic scripts. Many chapters have also been expanded with new helpful content to help you be as effective as possible and to help you to understand the scripts, the hypnotic language and techniques being used and an overview of how to do hypnotherapy. This book of more than 100 Hypnotherapy scripts is based on over 20 years of experience that the author, one of the UK's leading hypnotherapists and hypnotherapy trainers, has had working with a wide range of clients and training other professionals in hypnotherapy, psychotherapy and the healing arts. There are scripts to help people stop smoking, lose weight, lift depression, calm anxiety, soothe pain, increase performance, enhancement, tackle insomnia and many more. This isn't just another hypnosis scripts book; the author hopes that readers will use these scripts as a starting point rather than just reciting scripts verbatim. This book shares ideas and suggestions on how to run hypnotherapy sessions from gathering information to carrying out the hypnotic work, ending a session and setting tasks. It also introduces Ericksonian hypnotic language patterns and script structure so that the reader can have a deeper understanding of what is being done in the scripts and why they are written the way they are. This all-round package makes this book a valuable resource for anyone wanting to learn more about Ericksonian hypnosis. Hypnotherapists in training can also read and analyse the hypnotherapy scripts and study the language structure and multi-level communication used to further their skill and knowledge. The ultimate goal is to help hypnotherapists move beyond scripts to regularly performing script-free hypnotherapy sessions that occur in response to the client in front of the therapist. This hypnotherapy scripts book can help the hypnotherapist develop ideas from the scripts that can come out spontaneously once mastered. The author, Dan Jones, has had over 50,000 books purchased, over 1.5 million views of his self-hypnosis and self-help videos, and over 500,000 of his self-hypnosis and self-help mp3s downloaded. Jones has been published in magazines worldwide and appeared on UK TV and radio. He has been described in the British press as Remarkable with Expert Insight and Personal Development Guru, the UK's Leading Personal Development Coach. Jones has also carried out extensive research into the effectiveness of using a Humanistic Solution Focused Approach with families to reduce youth crime and anti-social behaviour and has been published in the peer-reviewed journal *Human Givens*.

**Understanding Advanced Hypnotic Language Patterns** John Burton, 2007-02-24 This book dissects and describes the conceptual ingredients that construct hypnotic language. Clinical case examples and dozens of hypnotic language scripts are provided to illustrate the identified principles. ADVD

ERICKSONIAN HYPNOTHERAPY Dan Jones, 2017-01-13 The first edition of Advanced Ericksonian Hypnotherapy Scripts has remained a bestseller since its release in 2011 This new and expanded 2nd edition contains additional hypnotic inductions and therapeutic scripts Many chapters have also been expanded with new helpful content to help you be as effective as possible and to help you to understand the scripts the Ericksonian hypnotic language and techniques being used and an overview of how to do hypnotherapy and how to hold hypnotherapy sessions There are scripts to help people stop smoking lose weight lift depression calm anxiety soothe pain increase performance enhancement tackle insomnia and much more This all round package makes this book a valuable resource for anyone wanting to learn more about Ericksonian hypnosis Hypnotherapists in training can also read and analyse the scripts and study the language structure and multi level communication used to further their skill and knowledge

**Hypnosis for Behavioral Health** David B. Reid, 2012-06-20 Winner of the Arthur Shapiro Award for the 2013 Best Book on Hypnosis The charm and value of Reid's book is that it is very personal Reid's persona emerges as a warm generous and enthusiastic colleague who is eager to share how he figured this clinical hypnosis stuff out and integrated it into his practice The book serves quite well to introduce the uninitiated and those who wish to guide them about using the power of trance and therapeutic communication in practical ways to become more effective in helping those for whom we care I wish I had read it in medical school Laurence I Sugarman M D F A A P A B M H Annals of Behavioral Sciences and Medical Education This is an excellent introductory book for any professional who deals with behavioral health issues and would like to add hypnosis to her arsenal of clinical tools American Journal of Clinical Hypnosis Clinical hypnosis has been proven through decades of rigorous research and practice to be an effective intervention in a wide range of mental behavioral and physical health issues This highly practical text demystifies clinical hypnosis by providing step by step guidance for using its techniques to enhance the repertoire of practitioners in other psychotherapeutic modalities It offers mental health providers with no formal training in hypnosis the requisite guidance and information they need to learn and confidently apply strategies to help their clients initiate constructive health oriented change in their lives Chapters progress from initial assessment through the development of treatment plans and actual hypnotic techniques with clients The author shows how to apply hypnosis to such clinical issues as anxiety stress somatic disorders pain and unwanted habits In addition the author shows clinicians how they can broaden their practice beyond mental or physical health parameters of treatment by applying hypnosis in areas of personal growth and wellness motivation athletic performance conflict resolution The text also covers ethical and professional issues related to clinical hypnosis which does not require special licensure when it is integrated into a psychotherapeutic practice Key Features Offers clinicians who have no or little background in clinical hypnosis clear accessible information on how to safely and effectively use basic techniques with clients Helps psychotherapists expand their practice by providing effective interventions with behavioral health issues that are also eligible for insurance reimbursement Includes sample guided scripts for specific problems as well as experiential exercises

and treatment plans Provides case histories drawn from the author s clinical work and those of the father of clinical hypnosis Milton Erickson Instructs therapists on the use of hypnosis for clinical and personal growth and wellness issues

**Mastering Covert Hypnosis:** Kelsey Lyons,2025-06-12 Become A Master of Influence Communication Unlock the power of influence persuasion and subconscious programming with Mastering Covert Hypnosis the most comprehensive and in depth workbook ever created on this transformative subject Whether you are a beginner looking to explore the world of conversational hypnosis or an experienced practitioner seeking to refine your skills this workbook will guide you through every aspect of the art step by step This extensive guide covers everything you need to know about hypnotic language patterns Ericksonian hypnosis nonverbal communication micro expressions and much more You will discover how to use subtle verbal cues body language and storytelling techniques to influence and persuade others all while bypassing their conscious resistance Key Features Advanced Hypnotic Techniques Learn how to use embedded commands hypnotic language patterns and Ericksonian metaphors to subtly guide others thoughts and actions Pacing and Leading Master the art of building rapport and guiding people s thoughts and behaviors by aligning with their current state and gently leading them to new perspectives Nonverbal Influence Understand how to read and use body language facial expressions and micro expressions to reinforce your hypnotic suggestions and enhance your influence Subconscious Programming Gain practical skills in embedding subconscious suggestions that create lasting behavioral changes and align people with your goals Real World Applications Discover how to apply these techniques in everyday life whether for professional success personal relationships or personal empowerment Practical exercises to build your comprehension and confidence This workbook is packed with actionable insights exercises and self assessments to ensure you can implement what you ve learned immediately With an easy to follow structure you ll progress from foundational knowledge to mastery in conversational hypnosis By the end of this workbook you will not only be equipped to persuade and influence anyone in conversation but you will also gain a deeper understanding of the subconscious mind and how to communicate with it effectively Elevate your ability to connect with others on a deeper level master the art of persuasion and unlock the limitless potential of your subconscious mind Whether you are a coach therapist business professional or someone who simply wants to communicate more powerfully Mastering Covert Hypnosis is your ultimate guide to mastering influence and persuasion Start your journey today and transform your communication skills forever Perfect for Coaches Therapists and Hypnotherapists Salespeople and Business Professionals Anyone interested in improving their influence persuasion and communication abilities Master the art Influence with ease Create lasting change Get your copy today      **Hypnosis and Hypnotherapy** Deirdre Barrett,2010-10-21 Once thought pure entertainment akin to magic acts hypnosis is now a growing field being practiced by psychologists psychiatrists and medical doctors Across all ages from children to adults and the elderly patients are finding professional therapeutic hypnosis can help them recover from mental maladies ranging from addiction to depression and

psychosis and from physical illnesses from chronic pain to obesity and skin disorders Studies show hypnosis can even speed healing from broken bones burns and surgery These unprecedented volumes including some of the best known experts in the field hailing from Harvard Stanford and other top universities cover the newest research and practice in this intriguing arena Edited by a psychologist at Harvard Medical School this set explains developments in hypnosis from its colorful if misguided inception with Anton Mesmer across clinical techniques developed for health care in the 20th century to emerging research showing new potential applications to aide mental and physical health Chapters also highlight what psychologists neurologists physicians and scientists have discovered about how personality cognition and brain functions affect and are affected by hypnosis An appendix explains how to tell the difference between an entertainer or charlatan and a practitioner who is trained credentialed and practicing research backed hypnosis Universities with hypnotherapy programs and courses are also included

**Ericksonian Approaches** Rubin Battino, 2005-05-31 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 Finally there is a new foreword by Roxanna Erickson Klein and Betty Alice Erickson This work is the stately tree supporting individuality cooperation and diversity It is filled with common sense and uncommon sense with atmosphere and sunshine with metaphors for more individual growth with practice exercises for the present and with thoughts for the future It gives us all lessons in becoming better therapists better people a and better members of our world Roxanna Erickson Klein and Betty Alice Erickson from the new foreword

**Awaken Your Inner Mind: A Guide to the Power of Conscious Thought** Pasquale De Marco, 2025-04-30 Embark on a transformative journey with Awaken Your Inner Mind A Guide to the Power of Conscious Thought your ultimate guide to unlocking the power of your subconscious mind through self hypnosis This comprehensive book empowers you with the knowledge and techniques to harness the extraordinary potential within you for personal growth healing and success Within these pages you will discover The gateway to your inner mind Understand the nature of hypnosis and how to prepare your mind for transformation The art of self hypnosis Master the techniques for inducing a hypnotic state deepening your experience and delivering profound changes to your life Rewiring your mind for success Learn to change negative beliefs build confidence overcome procrastination set and achieve goals and develop a growth mindset Healing the body and mind Discover how to manage stress and anxiety enhance sleep quality manage pain boost immune function and overcome addictions Exploring the power of your subconscious Uncover hidden memories connect with your inner wisdom explore dreams develop psychic abilities and embark on past life regression Advanced self hypnosis techniques Delve into hypnotic regression age regression progressive muscle relaxation autogenic training and hypnotic time distortion The language of

success and self mastery Harness the power of positive language affirmations NLP hypnotic storytelling and Ericksonian hypnosis Practical applications for self hypnosis Enhance relationships boost creativity achieve financial success attain physical fitness goals and experience spiritual growth The ethical use of self hypnosis Ensure responsible use avoid misuse protect yourself from negative influences use hypnosis to help others and explore the future of self hypnosis With *Awaken Your Inner Mind A Guide to the Power of Conscious Thought* you will not only gain theoretical knowledge but also embark on a practical journey of self discovery and transformation Inspiring stories of real life successes demonstrate the transformative power of self hypnosis empowering you to create a life of limitless possibilities If you like this book write a review on google books

**Hypnosis: Understanding the Power of the Mind and How to Use It (Discover the Secret Hypnotic Techniques and Language Patterns to Hypnotize)** Jeffrey Oakley, 101-01-01 Along the way there are instructions and exercises All you have to do is read the instructions follow the exercises and then make some notes somewhere convenient such as in a notebook or in a document on your phone I've provided questions for you to answer that will guide your thinking with the aim that you can become a hypnotist as quickly as possible This book been designed so that you can start at the beginning even if you know nothing about hypnosis at all and within a short amount of time gain the skills necessary to hypnotize others Here's what's in store for you Understanding hypnosis Direct suggestion hypnosis Conversational hypnosis 4 basic hypnosis Progressive relaxation induction Hypnosis using the eyes and visualization hypnotherapy gIn this book you'll learn everything you need to know to hypnotize anyone using a step by step process from induction to deep trance to speaking to the subconscious as well as ending the session and setting up goals This guide will give you all the materials you need if you're starting from scratch as well as more advanced scripts and hypnotic techniques to progress further You'll get a strong understanding of the history of hypnosis the different styles philosophies methods and procedures that will open doors for you in your own practice

**Ad and Jo's Guide to Hypnosis and Hypnotherapy** Jo Biggs, Adam Vile, 2006-07-01 This is a book about how to be a hypnotherapist It will take you on a journey towards becoming competent and confident and teaches you the tools techniques and attitude that you need to practise as a professional hypnotherapist In conjunction with tutor lead study and hands on practical training and assessment this material forms a full General Hypnotherapy Register accredited training course Written by experienced hypnotherapists and trainers and based on the successful Semillion hypnotherapy and NLP training this book is both a training and reference manual

*Advanced Techniques of Hypnosis and Therapy* Milton H. Erickson, 1967

Milton H Erickson Jeffrey K Zeig, W Michael Munion, 1999-09-14 Zeig and Munion have provided us with a lucid insight into the life and work of a 20th century giant and it is a book full of human warmth and humour I congratulate you who still have the adventure of exploring Milton H Erickson's story ahead of you *Hypnos* This new offering on Erickson does not set out to uncover new ground but more to introduce one to Erickson and the cases are so extraordinary they are worth repeating anyway It does this in a number of easy to read

sections that gives a coherence but the structure seems to filter out some of the magic of Erickson's uncommon mind New Therapist This book is an easily accessible primer for those who are new *Hypnosis: Unlocking Your Mind's Potential With Simple Techniques (Discover the Secret Hypnotic Techniques and Language Patterns to Hypnotize)* Nicholas Peterson, 2011-01-01 The history of hypnosis is discussed bringing you all the way to how you can hypnotize someone anywhere, anytime. You will learn the definition of hypnotism as well as how it was used historically and how it is used today. The book will give you an overview of some of the terrible and frightening ways that hypnotism has been and is being used to control what you see, hear, and say and how it can be used to get you to submit to the ultimate surrender of your mind. In this book you will learn What is hypnosis and how it works 3 steps to induce a trance with exact scripts you can use Hypnotic techniques world's top hypnotists use 5 techniques to focus anyone's attention and sneak into the subconscious The staircase how to use metaphors to speak to the subconscious Hypnotic tips, tricks, and secrets that most people don't know Are you frustrated with the constant tug of war between your conscious desire to lose weight and your subconscious drive to reach out for unhealthy snacks Are you fed up with the emotional turmoil and relentless self-doubt that chip away at your resolve to lead a healthier lifestyle Finally there is a revolutionary guide to break down those barriers This powerful book combines the transformative potential of affirmations, guided meditations, and hypnosis techniques, boosting your self-confidence and enabling you to take control **Improve Your Writing with NLP** Judith E. Pearson, 2013-08-05 The secret to great writing lies in learning how to alternate between three mindsets: Dreamer, Realist, and Critic. The author will tell you exactly how to get into each mindset and how to apply it. This book will teach you the NLP models for creativity, tenacity, and meticulous attention to detail. Read this book and you will know how to write persuasively, hypnotically, and prolifically.

**Advanced Hypnotherapy** John G. Watkins, Arreed Barabasz, 2012-04-17 This book focuses on tested hypnoanalytic techniques with step-by-step procedures for integrating hypnosis into psychoanalytic processes. In its examination of the latest thinking, research, and techniques, the book discusses historical origins of hypnosis as well as how to apply it to current events such as using hypnosis in the treatment of trauma with soldiers coming out of the war in Iraq. The text shows how hypnosis can be combined with psychoanalysis to make it possible to understand the subjective world of clients. Its accessible nature, rich detail, and significant updates make the book an invaluable resource for the professional who wishes to incorporate hypnosis into his or her practice. With the author's extensive and impressive knowledge, careful updates, and comprehensive coverage of the proper and appropriate techniques to use, this volume is an indispensable addition to the field.

**Bulletin of the British Psychological Society** British Psychological Society, 1987 *Handbook of Hypnotic Suggestions and Metaphors* D. Corydon Hammond, 1990-06-17 Designed as a practical desktop reference, this official publication of the American Society of Clinical Hypnosis is the largest collection of hypnotic suggestions and metaphors ever compiled. It provides a look at what experienced clinicians actually say to their patients during hypnotic work. A book to be



savored and referred to time and again this handbook will become a dog eared resource for the clinician using hypnosis

*Hypnosis with Children* Daniel P. Kohen, Karen Olness, 2022-12-19 Updated and revised in response to developments in the field this fifth edition of *Hypnosis with Children* describes the research and clinical historical underpinnings of hypnosis with children and adolescents and presents an up to date compendium of the pertinent world literature regarding this arena The authors focus on the wide variety and scope of applications for therapeutic hypnosis including an integrated description of both clinical and evidence based research as it relates to understanding approaches to various clinical situations case studies of practical aspects and how to elements of teaching therapeutic hypnosis skills to clients This new edition includes new chapters on helping children in disasters and pandemics with hypnosis and helping parents This book is essential for therapists and students who wish to gain a complete overview of hypnosis with children and adolescents

*Making Hostile Words Harmless* Kate Cohen-Posey, 2008-07-21 Infused with wisdom and a strong dose of humor *Making Hostile Words Harmless* offers therapists and their clients a unique collection of effective exercises and bully busting responses guaranteed to diffuse difficult exchanges Filled with helpful tools the book uses the martial art of Aikido or the way of harmony to teach the verbal arts of confirming inquiring understanding and evoking

*The Dark Psychology and Manipulation Bible* Cooper Rand, 2025-01-19 Do you want to protect yourself from psychological manipulation or would you rather wield the power of influence to get what you want without anyone even realizing it Imagine being able to read people like an open book uncovering their true intentions within seconds Picture yourself effortlessly steering conversations persuading others to see things your way and maintaining complete control in any social or professional setting These skills are not just for master manipulators they are essential for anyone who wants to thrive in a world filled with hidden agendas and mind games Inside *The Dark Psychology and Manipulation Bible* you will unlock the secret techniques used by politicians CEOs master persuaders and even con artists to subtly influence and control others Whether you seek to shield yourself from deception or harness these techniques for your own advantage this book is your ultimate guide Here s just a glimpse of what you ll discover

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Unlike other books that only scratch the surface this guide dives deep into the psychological mechanisms behind manipulation arming you with both offensive and defensive strategies Whether you want to become a master persuader outsmart manipulators or simply understand human psychology on a deeper level this book is

your key to unlocking unstoppable influence Start mastering these powerful techniques today get your copy now

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