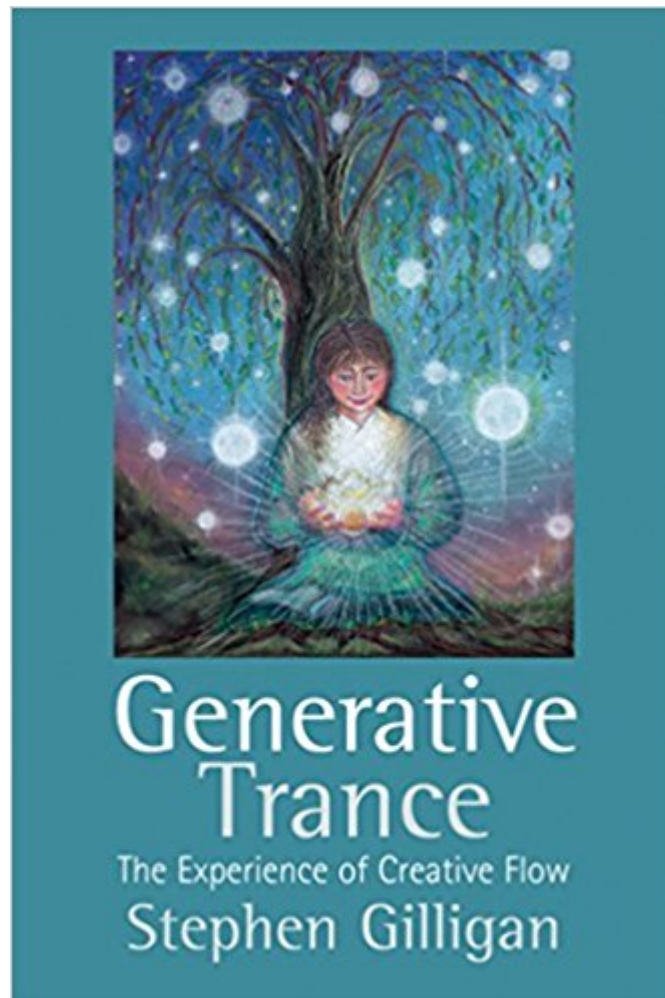




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Generative Trance: The Experience Of Creative Flow



Synopsis

This book describes an entirely new way of conducting hypnotherapeutic interventions - Stephen Gilligan's generative trance. The first generation of trance work, the traditional hypnosis that still holds sway in most places, considers that both the conscious mind and the unconscious mind of the client are, to put it bluntly, idiots. So trance work involves first 'knocking out' the conscious mind and then talking to the unconscious mind like a 2-year old that needs to be told how to behave. Milton Erickson created the second generation of trance work. He approached the unconscious as having creative wisdom and each person as extraordinarily unique. Thus, rather than trying to programme the unconscious with new instructions, Erickson saw trance as an experiential learning state where a person's own creative unconscious could generate healing and transformation. At the same time Erickson, for the most part, carried the same low opinion of the conscious mind. Thus, Ericksonian hypnosis looks to bypass the conscious mind with indirect suggestions and dissociation and depotentiate it with confusion techniques.

Book Information

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Customer Reviews

One of the best books I have ever read on trance/hypnotherapy, and I have read a lot on this topic. A pure joy to come across this amazing presentation of an approach to trance that is well reasoned and offered in a logical, clear writing style. There is so much depth and insight from a master clinician here. I am reading it a second time, and I almost never re-read books. I wish I could memorize almost every juicy bit of wisdom the author offers.

I have had the privilege of attending a week of Steve's annual Trance Camp, and many of the concepts and exercises in this book were familiar. Having this text helped deepen my understanding of and connection with these experiences, and added a conceptual framework that wasn't as clear in the moment. For anyone who has not been exposed to Steve's approach to therapy and trance, this is a deceptively simple and lucid introduction to his core ideas and techniques. It offers a powerful approach not only to helping others, but to living a more creative, mindful, and generative life. I highly recommend it to all students and practitioners.

I've enjoyed listening to Stephen Gilligan's trances on audio and the rationale given in this book is clear. I sometimes find the use of words such as "quantum" and "creative unconscious" and the diagrams to be a little pseudo-scientific. However, having said that, the trances do work in achieving a state that is quite different to traditional hypnosis. I'm half way through the book the second time (yes, it is definitely worth a second read) and am picking up a lot more. I followed up on some of his references and the science behind this area is considerably more controversial than the book would imply. Perhaps science is behind the curve because there is no doubt that Gilligan has provided a very fine blend of principles from Ericksonian hypnosis, aikido and other areas even if it doesn't all quite make sense at a rational level. I think that he describes the ego level of consciousness as "awareness without wholeness". That is probably the level of my current understanding :)

The best book of Gilligan. This books challenge yourself to go deeper and deeper.

ever wonder how to connect with that innate part of yourself that touches the creative center of your being?? this book talks about how to do that for yourself and others. As a hypnotherapist - this book has allowed me to take my clients to places they have not yet been. THANKS!

If you're interested in hypnotherapy, or just want to feel more whole, alive and at peace, there is a treasure trove in these words.

This is an excellent writing which combines theory with specific action steps to achieve the desired result. i would highly recommend to anyone in the field.

Great!

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