

DEALING WITH THE DIVIDED SELF

Hypnotic and Ericksonian Hypnotherapy for
Post-Traumatic and Dissociative Conditions



Maggie Phillips & Claire Frederick

Healing The Divided Self Clinical And Ericksonian Hypnotherapy For Post Traumatic And Dissociative Conditions

Jeffrey K Zeig, W Michael Munion



Healing The Divided Self Clinical And Ericksonian Hypnotherapy For Post Traumatic And Dissociative Conditions:

Healing the Divided Self Maggie Phillips, Claire Frederick, 1995 Rich in case examples this book provides a step by step guide for the use of hypnotic techniques in the treatment of the entire spectrum of dissociative disorders **Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy** Carol Forgash, Margaret Copeley, 2007-12-17 This read truly does have something for everyone who works with trauma and dissociative processes American Journal of Clinical Hypnosis This volume which takes a multi perspective approach to the practice of EMDR and Ego State Therapy presents a wide variety of ways to integrate these two therapies both with each other and with other complementary methods in the treatment of trauma and dissociation European Association for Body Psychotherapy EMDRIA has approved this book for a Distance Learning Book Course for 8 EMDRIA credits This book pioneers the integration of EMDR with ego state techniques and opens new and exciting vistas for the practitioners of each From the foreword by John G Watkins PhD founder of ego state therapy This read truly does have something for everyone who works with trauma and dissociative processes American Journal of Clinical Hypnosis The editors have gathered many experts in the field who explain in clear informative ways how to expand the clinician s abilities to work with this terribly injured population This book blends concepts from neurobiology hypnosis family systems theory and cognitive therapy to enhance treating this population It is a well written book that the novice as well as the seasoned clinician can benefit from Mark Dworkin author of EMDR and the Relational Imperative This book conveys complex concepts that will be of interest to seasoned therapists with a clarity that will appeal to the novice as well This is really a wonderful text with many excellent ideas and I highly recommend it to anyone who treats trauma Sarah Chana Radcliffe M Ed C Psych Assoc Author Raise Your Kids without Raising Your Voice I believe that this book is a significant contribution to the fields of psychology and EMDR It is the first of its kind anyone who reads this will gain greater confidence in using EMDR and ego state therapy with highly dissociative and complicated clients Sara G Gilman in Journal of EMDR Practice and Research Volume 3 2009 This is a book about polypsychism and trauma It offers a number of creative syntheses of EMDR with several models of polypsychism It also surveys and includes many other models of contemporary trauma theory and treatment techniques The reader will appreciate its enrichment with case examples and very generous bibliographic material If you are a therapist who works with patients who have been traumatized you will want this book in your library Claire Frederick MD Distinguished Consulting Faculty Saybrook Graduate School and Research Center Training in EMDR seems to have spread rapidly among therapists in recent years In the process awareness is growing that basic EMDR training may not be adequate to prepare clinicians to effectively treat the many cases of complex trauma and dissociation that are likely to be encountered in general practice By integrating it with ego state therapy this book may just serve as a crucial turning point in the development of EMDR by providing a model for productively applying it to the treatment of this important and sizeable clinical population Steven N Gold PhD President Elect APA

Division of Trauma The powerful benefits of EMDR in treating PTSD have been solidly validated In this groundbreaking new work nine master clinicians show how complex PTSD involving dissociation and other challenging diagnoses can be treated safely and effectively They stress the careful preparation of clients for EMDR and the inclusion of ego state therapy to target the dissociated ego states that arise in response to severe and prolonged trauma Healing the Fragmented Selves of Trauma Survivors Janina Fisher,2017-02-24 Healing the Fragmented Selves of Trauma Survivors integrates a neurobiologically informed understanding of trauma dissociation and attachment with a practical approach to treatment all communicated in straightforward language accessible to both client and therapist Readers will be exposed to a model that emphasizes resolution a transformation in the relationship to one s self replacing shame self loathing and assumptions of guilt with compassionate acceptance Its unique interventions have been adapted from a number of cutting edge therapeutic approaches including Sensorimotor Psychotherapy Internal Family Systems mindfulness based therapies and clinical hypnosis Readers will close the pages of Healing the Fragmented Selves of Trauma Survivors with a solid grasp of therapeutic approaches to traumatic attachment working with undiagnosed dissociative symptoms and disorders integrating right brain to right brain treatment methods and much more Most of all they will come away with tools for helping clients create an internal sense of safety and compassionate connection to even their most dis owned selves **Somatic Ego State Therapy for Trauma Healing** Silvia Zanotta,2024-08-08 This book integrates Ego State Therapy with body based therapies to present a multidimensional approach to working with clients who have experienced trauma Drawing upon a range of important modalities including Somatic Experiencing Polyvagal theory Hypnotherapy and Ego state therapy Silvia Zanotta lays out a practical view of what it means to navigate the internal and external world in the aftermath of trauma She provides an up to date applications oriented view that prepares the practitioner to move beyond a one size fits all treatment formula to meet the complexity of human experience This approach holds that issues such as resistance guilt and shame rejection and rage should be anticipated as a part of more than an obstacle to PTSD treatment Case vignettes transcript content and step by step instructions for specific interventions and activities take the content of the chapters from theory to practice This is a practical experiential book that will appeal to all professionals working with trauma including psychotherapists counsellors body workers and social workers *Criminal Conduct and Substance Abuse Treatment for Women in Correctional Settings: Adjunct Provider's Guide* Harvey B. Milkman,Kenneth W. Wanberg,Barbara A. Gagliardi,2008-07-29 This guide offers female clients the best possible chance to get back on the road to recovery This guide uses female focused examples exercises role plays and content enhancements that pinpoint women s treatment issues It targets the biological psychological and social roots of female substance abuse and crime Handbook of Medical and Psychological Hypnosis Gary Elkins,2016-07-25 A unique state of the art interdisciplinary resource on clinical hypnosis in psychology and medicine This is the only up to date comprehensive interdisciplinary resource on clinical hypnosis research and applications in psychology and medicine

Authored by hypnosis experts worldwide it encompasses state of the art scholarship and techniques for hypnotic treatments along with hypnosis transcripts and case examples for all major psychological disorders and medical conditions In easily understandable language this desk reference addresses theories neurophysiology of hypnosis hypnotherapy screening measurement of hypnotizability professional issues and ethics Individual chapters present hypnotic inductions to treat 70 disorders including anxiety depression pain sleep problems phobias fibromyalgia irritable bowel syndrome menopausal hot flashes Parkinson's disease palliative care tinnitus addictions and a multitude other common complaints The guide also examines the history and foundations of hypnosis myths and misconceptions patient screening dealing with resistance and precautions to the use of hypnosis It examines a variety of hypnotherapy systems ranging from hypnotic relaxation therapy to hypnoanalysis With each application the text includes relevant research specific induction techniques and an illustrative case example Additionally the resource covers professional issues certification hypnosis in the hospital and placebo effects Key Features Presents state of the art hypnosis research and applications for a wide range of psychological and medical disorders Encompasses information on 70 disorders with relevant research intervention techniques and case examples Authored by an international cadre of experts Provides an interdisciplinary perspective of both the mental health and medical communities Addresses certification ethics and other professional issues

Inner Strengths Shirley McNeal, 2024-01-11 Inner Strengths is the first book to meet the need for a comprehensive treatment of approaches to ego strengthening in psychotherapy It provides a historical breakthrough in the history of ego strengthening education and explores contemporary psychodynamic object relations self psychology ego state and transpersonal theoretical models for understanding how and why ego strengthening occurs Written by two experienced psychotherapists who were active in developing the newer projective evocative ego strengthening techniques this book emphasizes the utilization of patients inner resources They survey the history of ego strengthening efforts and show how that which has been considered intrinsically hypnotic connects with the great traditions of psychotherapy Additionally they offer step by step instructions for a diversity of ego strengthening methods that can be used for patient self care internal boundary formation and personality maturation in a wide range of clinical conditions Their discussion of the fundamental concepts of ego strengthening draws on their theoretical and clinical explorations of dynamic internal resources such as memory strength wisdom self soothing and love Throughout the book theory is balanced by an unusual richness of extended clinical examples and a wide variety of practical ego strengthening scripts This classic edition is essential reading for seasoned clinicians of hypnosis and beginners alike

The SAGE Encyclopedia of Theory in Counseling and Psychotherapy Edward S. Neukrug, 2015-02-12 The SAGE Encyclopedia of Theory in Counseling and Psychotherapy is a two volume source that traces theory and examines the beginnings of counseling and psychotherapy all the way to current trends and movements This reference work draws together a team of international scholars that examine the global landscape of all the key counseling and psychotherapy theories and the

theorists behind them while presenting them in context needed to understand their strengths and weaknesses This is a quick one stop source that gives the reader the who what where how and why of contemporary counseling and psychotherapy theory From historical context in which the theories were developed to the theoretical underpinnings which drive the theories this reference encyclopedia has detailed and relevant information for all individuals interested in this subject matter Features Benefits Approximately 335 signed entries fill two volumes available in a choice of print or electronic formats Back matter includes a Chronology of theory within the field of counseling to help students put individual theories within a broader context A Master Bibliography and a Resource Guide to key books journals and organizations guide students to further resources beyond the encyclopedia The Reader s Guide a detailed Index and the Cross References combine for effective search and browse in the e version and helps students take the next steps in their research journeys This reference encyclopedia serves as an excellent source for any individual interested in the roots of contemporary counseling and psychotherapy theory It is ideal for the public and professionals as well as for students in counselor education programs especially those individuals who are pursuing a Masters level degree

Signs, Solidarities, & Sociology Blasco José Sobrinho, 2001-07-17 Signs Solidarities Sociology addresses the formation and fragmentation of identity in today s postmodern world Informed by the conceptual convergence in the theories of Durkheim Peirce Mead and Lacan this book surveys the range of twentieth century sociology to deconstruct those favored nostrums of subjective meaning personal power and autonomous selfhood that comprise its semantics of agency Revealed beneath this semantic screen is the triad of pragmatic codes premodern affiliation modern calibration and postmodern globalization that govern the social construction of the self While the ill comprehended confluence of these three signification codes in the present world situation can indeed fragment personal identity their formal structural linkages as shown in this book may inform a truly postmodern globally applicable science of culture

The Trinity of Trauma: Ignorance, Fragility, and Control Ellert Nijenhuis, 2017-04-03 Enactive trauma therapy is grounded in so called enactivism which holds that like anyone else traumatized individuals are 1 embrained embodied and environmentally embedded 2 constitute biopsychological organism environment systems that are essentially interested in preserving their existence 3 are primarily affective and oriented toward making sense of things Individuals exhibit a phenomenal self world and self of the world through self and world oriented actions They do not act on the basis of knowledge but possess knowledge on the basis of world engaged sensorimotor affect laden and goal oriented actions Whenever interpersonal traumatization by significant others occurs individuals may get caught up in affective and relational conflicts they cannot resolve on their own Their generation and maintenance of a trauma related dissociation of the personality involves a kind of sense making that supports their continued existence when their capacity to integrate traumatic experiences is still too low However what starts as a courageous effort to navigate a traumatizing life may at some point in time become a serious problem Enactive trauma therapy comprises the collaboration of two organism environment

systems the patient and the therapist Together they spawn new meaning and adequate actions an interaction that resembles dancing It takes pacing mutual attunement good timing a sensitivity to balance movement and rhythm courage as well as the ability and willingness to follow and lead Rhythms of Recovery Leslie E. Korn,2021-09-28 The classic edition of Rhythms of Recovery sheds light on rhythm one of the most important components of our survival and well being It governs the patterns of our sleep and respiration and is profoundly tied to our relationships with friends and family But what happens when these rhythms are disrupted by traumatic events Can balance be restored and if so how What insights do eastern natural and modern western healing traditions have to offer and how can practitioners put these lessons to use Is it possible to do this in a way that s culturally sensitive multidisciplinary and grounded in research Rhythms of Recovery examines and answers these questions and provides clinicians with effective time tested tools for alleviating the destabilizing effects of traumatic events It also explores integrative medicine East West medicine herbal medicine psychedelic medicine complex trauma yoga and somatic and feminist therapies For practitioners and students interested in integrating the insights of complementary alternative medicine and 21st century science this deeply appealing book is an ideal guide Hypnosis and Treating Depression Michael D. Yapko,2013-08-21 Michael Yapko s seminal 1992 book Hypnosis and the Treatment of Depressions was the first book ever written on the subject of applying hypnosis in the treatment of depressed individuals Since its publication Yapko s work has not only withstood the test of colleagues previously dismissive of the merits of hypnosis as a tool of treatment but has thrived in the face of it Hypnosis and Treating Depression diversifies the range of topics to consider and increases the number of knowledgeable contributors on the subject of treating depression with hypnosis The book features chapter contributions by highly experienced and well known experts on using hypnosis to treat specific forms of depression with assessment and intervention strategies as well as sample transcripts of the use of hypnosis in therapy sessions It discusses both broad and targeted applications of hypnosis in treatment the treatment of depression with hypnosis in special populations as well as special considerations regarding hypnotic treatment As a practical guidebook for clinicians looking to add to their treatment protocols Hypnosis and Treating Depression Applications in Clinical Practice provides an updated and comprehensive volume on therapeutic uses of hypnosis in the treatment of depression *The Handbook of Complex Trauma and Dissociation in Children* Ana M. Gómez,Jillian Hosey,2025-03-31 The Handbook of Complex Trauma and Dissociation in Children Theory Research and Clinical Applications is a comprehensive and truly vital text for both experienced professionals and novice clinicians alike In these pages dozens of experts and pioneers thoroughly cover the complex nuances of theory assessment research and clinical practice Specific sections cover etiology neurobiology and various theoretical and conceptual models for working with the complexities of cumulative and chronic traumatization in childhood Additional sections cover standardized and non standardized assessment and diagnostic tools as well as the formulation and organization of the clinical interview with children and caregivers Other chapters provide systematic and

comprehensive reviews of current treatment modalities and effective approaches for treating children with complex trauma and dissociation across different stages of early development The book's co editors bookend the volume with thorough explorations of the nuanced and multifaceted issues impacting children with complex trauma and dissociative symptoms and features *The Handbook of Contemporary Clinical Hypnosis* Les Brann, Jacky Owens, Ann Williamson, 2015-06-22 Covering theory and practice The Handbook of Contemporary Clinical Hypnosis is an up to date authoritative resource to support health professionals in their use of hypnosis in clinical settings Provides an authoritative reference for practitioners and trainees on the diverse applications of hypnosis published under the auspices of the British Society for Clinical and Academic Hypnosis BSCAH Combines a theoretical framework with material on a wide range of specific disorders including anxiety stress phobias eczema oncology eating disorders and infertility Shows how to adjust hypnotic techniques for different contexts e g when working with children in emergencies and via a translator Features a variety of case studies that illustrate hypnosis techniques in action

Trancework Michael D. Yapko, 2004-06-01 Trancework the most comprehensive guide to learning the fundamental skills of clinical hypnosis is now available in an updated and improved third edition Yapko clearly and dynamically introduces readers to a broad range of hypnotic methods and techniques that will greatly enhance the effectiveness of preferred modes of therapy Chapters are filled with new and practical information including extensive academic references sample transcripts thorough summary tables of key points and interviews with leading figures in the field Jay Haley Theodore X Barber Ernest R Hilgard David Spiegel Jeffrey Zeig and Karen Olness among others This new edition specifically addresses the growing emphasis within psychotherapy on proving efficacy through empirical data the controversy of repressed memory that has divided the profession and the advances in cognitive neuroscience that are stimulating new research For newcomers Trancework is an authoritative primer demystifying hypnosis and offering step by step instruction for integrating it into clinical practice Those familiar with hypnotic procedure will welcome Yapko's presentation of influential theories controversies treatment approaches and rich case material All readers alike are guided through personal and professional enrichment as they discover the art and science of clinical hypnosis as presented in this essential guide

I Don't Want to Talk About It Terrence Real, 1999-03-11 A bestseller for over 20 years I Don't Want to Talk About It is a groundbreaking and hopeful guide to understanding and destigmatizing male depression essential not only for men who may be suffering but for the people who love them Twenty years of experience treating men and their families has convinced psychotherapist Terrence Real that depression is a silent epidemic in men that men hide their condition from family friends and themselves to avoid the stigma of depression's unmanliness Problems that we think of as typically male difficulty with intimacy workaholicism alcoholism abusive behavior and rage are really attempts to escape depression And these escape attempts only hurt the people men love and pass their condition on to their children This groundbreaking book is the pathway out of darkness that these men and their families seek Real reveals how men can unearth their pain heal

themselves restore relationships and break the legacy of abuse He mixes penetrating analysis with compelling tales of his patients and even his own experiences with depression as the son of a violent depressed father and the father of two young sons 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 *Understanding and Treating Dissociative Identity Disorder* Elizabeth F. Howell, 2011-06 Building on the comprehensive theoretical model of dissociation elegantly developed in *The Dissociative Mind* Elizabeth Howell makes another invaluable contribution to the clinical understanding of dissociative states with *Understanding and Treating Dissociative Identity Disorder* Howell working within the realm of relational psychoanalysis explicates a multifaceted approach to the treatment of this fascinating yet often misunderstood condition which involves the partitioning of the personality into part selves that remain unaware of one another usually the result of severely traumatic experiences Howell begins with an explication of dissociation theory and research that includes the dynamic unconscious trauma theory attachment and neuroscience She then discusses the identification and diagnosis of Dissociative Identity Disorder DID before moving on to outline a phase oriented treatment plan which includes facilitating a multileveled co constructed therapeutic relationship emphasizing the multiplicity of transferences countertransferences and kinds of potential enactments She then expands the treatment possibilities to include dreamwork before moving on to discuss the risks involved in the treatment of DID and how to mitigate them All concepts and technical approaches are permeated with rich clinical examples

Trauma-Informed Approaches to Eating Disorders Andrew Seubert, Pam Viridi, 2024-03-27 The most comprehensive and practical book examining the relationship between trauma dissociation and eating disorders This hands on clinical guide delivers a trauma informed phase model that promotes effective treatment for individuals with all forms of eating disorders The second edition includes the addition of new chapters addressing the impact of a variety of contemporary issues such as racism LGBTQIA bias COVID 19 and neurodiversity on eating disorders as well as the treatment of eating disorders and trauma on children and teens Case studies are also included throughout the text to illustrate these issues among all types of clients with eating disorders Underscoring its effectiveness the book describes in depth a four phase treatment model encompassing team coordination case formulation and a trauma informed dissociation and attachment sensitive approach to treating eating disorders Authored and edited by noted specialists in eating and other behavioral health disorders the text examines these maladies from neurological medical nutritional and psychological perspectives Dedicated chapters address

each treatment phase from a variety of orientations ranging from Eye Movement Desensitization and Reprocessing EMDR and Cognitive Behavioral Therapy CBT to body centered and creative therapies Recognizing the potential pitfalls and traps of treatment and recovery it also includes abundant psychoeducational tools for the client New to the Second Edition Delivers updated content throughout the text and new chapters addressing the impact of racism LGBTQIA bias COVID 19 and neurodiversity on eating disorders Presents an EMDR ED protocol as an innovative approach for treating eating disorders New chapter on the presence and treatment of eating disorders and trauma among children and teens Key Features Provides an understanding of eating disorders from neurological medical nutritional and psychological perspectives Maps out a proven trauma informed four phase model for approaching trauma treatment in general and eating disorders specifically Illuminates the approach from the perspectives of EMDR therapy ego state therapy somatosensory therapy trauma focused CBT and many others Provides abundant psychoeducational tools for the client to deal with triggers and setbacks Offers the knowledge and expertise of over 25 international researchers medical professionals and clinicians

A Guide to Trance Land: A Practical Handbook of Ericksonian and Solution-Oriented Hypnosis Bill O'Hanlon, 2009-06-29 A friendly and brief guide to the essentials of hypnosis Popular author Bill O Hanlon offers an inviting and reassuring guide to the essentials of hypnosis alleviating the newcomer s anxieties about how to make the most of this clinical tool This brief book illustrates the benefits of solution oriented hypnosis which draws on the work of the pioneering therapist Milton Erickson with whom O Hanlon studied and emphasizes doing what is needed to get results which more often than not means trusting that the client holds within him or herself answers or knowledge that need only be tapped or released by the therapist O Hanlon covers the key aspects of hypnosis including using possibility words and phrases using passive language and inducing trance O Hanlon offers practical tips and friendly encouragement for the novice hypnotherapist in his characteristic warm reassuring and humorous style

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