



# **A Guide to Trance Land: A Practical Handbook of Ericksonian and Solution-Oriented Hypnosis**

*Bill O'Hanlon*

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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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