

Eastern Illinois University

From the Selected Works of Steve Brantley

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Review of Handbook of Hypnotic Inductions

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1145. **Handbook of Hypnotic Inductions**, by George Gafner, Sonja Benson. New York, NY, W. W. Norton, 2000. 177p., bibliog., index. [ISBN 039370324X](#). \$29.00. LC Call no.: RC495.G27 2000.

Subjects: Hypnotism-Therapeutic Use-Handbooks, Manuals, etc.

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The **Handbook of Hypnotic Inductions** provides a concise, clear and wide ranging guide to techniques used to induce trance in Hypnotherapy. Each of the inductions provided correspond to four components of the hypotherapeutic process including: Inducing Trance, Deepening, Realerting, and Debriefing. The co-authors, George Gafner and Sonja Benson, both experienced hypnotherapists, wrote the handbook in response to the lack of resources available to students and professionals and intend the work to be a training guide and ongoing professional reference tool. While the handbook is intended for professionals, the language is refreshingly non-technical and accessible to the layperson interested in therapeutic methodologies or to a potential candidate for hypnotherapy who would like to understand more about the process. The terminology, while fairly accessible to the non-professional, is defined and expanded upon in a helpful glossary.

Absent from this volume are specific therapeutic techniques or detailed case studies. As the title states, The book is a collection of proven and successful inductions, rather than accounts of individual therapies. It is assumed that the audiences for this work are professional therapists or student trainees, experienced with different theoretical models. For this reason, the therapy

portion of any given induction example is conspicuously absent from their scripts and descriptions. The inductions are arranged in the order they are to be preformed; induction, deepening, realerting, and debriefing. "Therapy" is to be inserted between deepening and realerting in actual practice. Since the authors make clear their intentions from the start, this lack is not a criticism of the work, rather it is an alert to potential readership that case studies and specific therapies should be sought elsewhere.

A general discussion of hypnotherapy and its usage as one tool of many in clinical therapy introduces the book and in which the authors ground their practice in the work of Milton H. Erickson. Chapter one discusses the essential considerations in hypnotherapy which surround issues of comfort, relaxation, control. The use of practical metaphors by which to understand how the unconscious works are insightful. In these examples, the authors suggest hypothetical patients with common concerns about hypnotherapy in order to more realistically describe suggested practices and considerations.

The sets of inductions include: General Conversational Inductions, Embedded-Meaning Inductions, Confusional Inductions, Directive Inductions, and Inductions for Children. The chapters provide explanations of the context of the script's usage. The scripts are laid out in narrow columns on the page so as to include analysis of the different types of suggestive techniques in the right column. In addition to a well-defined glossary, the handbook includes a short list of American hypnosis organizations, an adequate list of references for further reading and an index of names and subjects.

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