

Ericksonian Hypnosis

Milton Erickson was an American psychiatrist who specialized in medical hypnosis and family therapy. He taught that the unconscious mind was a vast resource for creative problem solving and maintained that the relaxed state – trance – was an everyday occurrence.

Hypnosis works well in conjunction with traditional therapy and can be used to augment the therapeutic process. Additionally, it can be used on its own to address specific issues such as fears, phobias, stress, relationship issues, and self-esteem among others. Relaxing the rational and cognitive processes of the brain enables the hypnotic process to fully engage the emotional parts of the brain, which creates a process of change that operates on a much deeper level. Hypnosis is a process of creating greater personal control of an individual's life.

It should be stated that while in a hypnotic (deeply relaxed) state, the client is fully aware of what is going on and in no way can be induced to do something that would go against their ethical or moral foundation.