Preface

It was approximately 35 years ago that I first came to Germany to conduct my first workshop on Ericksonian psychotherapy and hypnosis. I could not envision how widely Ericksonian methods would proliferate and incorporate the distinctive cast of German culture. It did not take much time before I met and befriended Dirk Revenstorf and Burkhard Peter, the editors of this compendium. Their international reputation is well deserved. They have contributed immensely to theory, practice, and research.

Because I return to German speaking countries each year to teach, I have met most of the authors of the chapters in this book. They have become esteemed friends and colleagues. As a group, the editors and contributors have made German Ericksonian practice among the most important and fertile in the world. The Milton Erickson Gesellschaft with 17 Regionalstellen is the world’s most organized Erickson Society. The Erickson groups in other German speaking countries also have had pervasive impact.

The first edition of Hypnose in der Psychotherapie, Psychosomatik und Medizin was notable, selling more than 6,000 copies, the second edition with additional 7000 copies. This newly revised, third edition contains important updates. A comprehensive work, Hypnose in der Psychotherapie, Psychosomatik und Medizin covers the fundamentals of hypnosis, and the utilization of trance in major aspects of medicine and psychotherapy. Readers will learn state-of-the-art techniques to address habits, psychological problems, pain control, and mind-body issues.

This important volume is user-friendly and practical. It will help health practitioners of all persuasions and all levels of experience to improve their practice. It is a revitalizing reference to which clinicians will return time and time again.

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