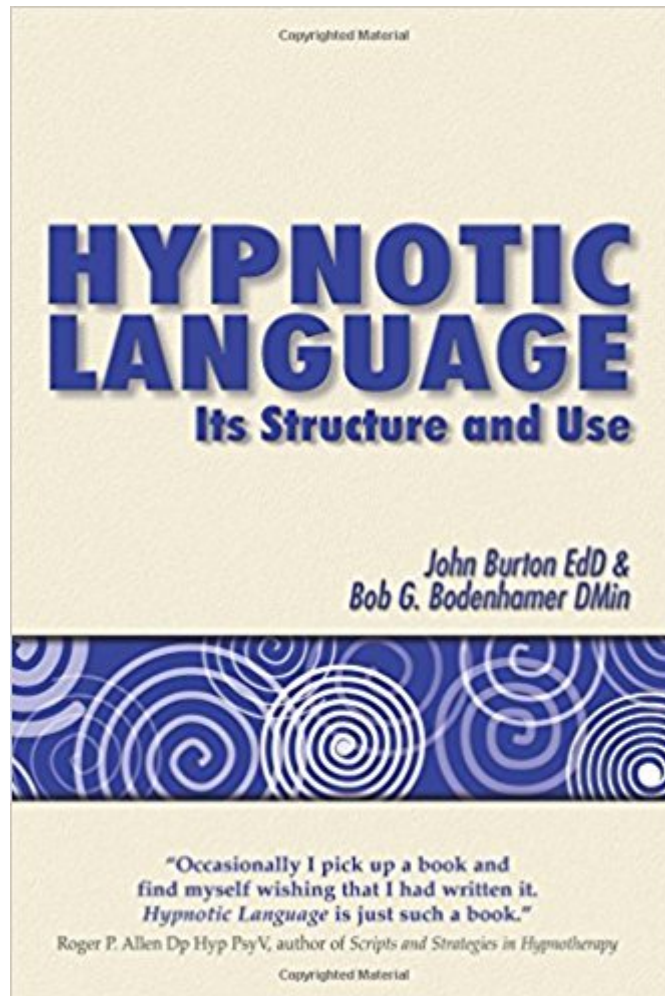




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# Hypnotic Language: Its Structure And Use



## Synopsis

We each shape our own reality. Perceptions and cognitive processes unique to each of us determine our individual perspective on the world, and we present to ourselves what we are programmed to see. But what if we could change our perceptions and cognitive processes and consequently our reality? One way of achieving this is by harnessing the power of hypnotic language. This remarkable book examines the structures of the hypnotic sentence, and the very cognitive dimensions that allow hypnotic language to be effective in changing our minds. Defining the three facets that allow the mind to be susceptible to hypnotic language patterns, Hypnotic Language puts these insights into practice in case examples that demonstrate the application and effect of hypnotic language. Teaching us how to create the most effective hypnotic scripts, it provides new language patterns that address beliefs, time orientation, perception, spiritual matters and states of mind, and devises new hypnotic language applications that emphasise the importance of Gestalt principles and cognitive factors. An invaluable resource for hypnotherapists, psychologists, NLP practitioners and counsellors, Hypnotic Language promotes a new and deeper understanding of hypnotic language, clearly defining the divide between the conscious and unconscious mind and those language paths that link the two. Providing a wealth of scripts for hypnotic trance, it presents innovative and original ways to induce cognitive change that enable you to access your unconscious mind and the infinite resources it holds. This volume replaces the hardcover edition.

## Book Information

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## Customer Reviews

Drs. Burton and Bodenhamer's book should be part of every therapist's tool chest. The clear explanation of techniques and processes for change make it invaluable for those seeking to address the basis of problem issues to achieve swift resolution. --Jeanie Phillips, MA, LPC  
This book demystifies hypnotic language and makes one aware of its everyday presence. Using hypnotic language in therapy and communication can be a shortcut to understanding and change. A very useful and practical guide. --Michelle Quartermaine, MA, LPC  
Hypnotic Language: Its Structure and Use is a useful addition to the therapist's bookshelf. Chapter Nine alone is worth the price of the book, and some of the scripts offer fine metaphors. Further, it may encourage readers to explore the very useful and helpful territory mapped in the NeuroLinguistic Programming Model-a valuable application of Ericksonian Hypnosis. --American Journal of Clinical Hypnosis, Vol. 46, No. 3, January 2004  
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John Burton works as a counsellor in a private practice, teaches graduate school, and conducts workshops on various human relations and growth topics. He lives in Greenville, South Carolina.  
Bob G. Bodenhamer DMin is a highly regarded trainer and innovative theorist in the field of NLP. As a teacher at Gaston College, North Carolina, he provides certified NLP training for Practitioners and Master Practitioners, and he is also a therapy consultant. He is pastor of a mission church, and also runs his own private therapy practice.

This a book on hypnosis therapy not creating speech patterns that can help your public speaking.  
this was not what I was expecting.

"You can, by just saying some words, send people into wild and wonderful places and give them altered experiences, and possibly change their lives, empower them with new abilities and much more."  
This is a well-researched book on hypnotic language patterns. The first part of the book

provides an in-depth analysis of perception, communication, hypnotic language and trance states. The rest of the book provides examples demonstrating applications and effect of hypnotic language patterns. The purpose of hypnotherapy is to help the individual dissolve inner limitations which are creating the problem. Since these limitations arise from one's perception, hypnotic language is for the most part directed at altering one's perception, helping the individual to rise above the limitation and become aware of the solution. Many examples in this book include metaphors where specific hypnotic language patterns have been incorporated. The author provides an insightful analysis of the problems presented together with hypnotic language patterns used and the solutions that manifested as a result of them. At the end of the book is an overview of the Milton Model - meta-model violations: deletions, distortions, generalizations, complex equivalences, cause-effect, etc. followed by specific language patterns for artful vagueness: double binds, phonological ambiguities, embedded commands, conversational postulates, etc.

After reading a lot of books on hypnosis and NLP, I would have to say that this is by far the best one when it comes to learning the depth of language of it. I think page for page there is just far more intricate language than most other books on hypnosis. I believe this book is very thorough and stands out for its ability to teach an array of hypnosis language unlike some other books which teach things like very basic guided meditation. I think if you own this book, *Wordweaving Volume One* by Trevor Silvester and *The Language Pattern Bible* by Kerin Webb, I think you're well on your way to getting a thorough understanding of how the language of hypnosis really works.

I bought this book after reading the rave reviews. Maybe I was expecting too much but I found the book overly academic, abstruse, rarefied, laden with jargon and poorly written. It begins with a review of some developmental psychology (Piaget, Gestalt theory, etc.). I had not read anything this dry and boring since my college intro psych course. The authors present a model of hypnotic language that appears to be their personal theory with little reference to any evidence. The case examples are somewhat more interesting but the proposed dialogue is so academic that it's hard to imagine anyone in the real world talking like that. I suppose this book would appeal to overly intellectualized NLP nerd types who get off on playing with jargon somewhere up above cloud 9 and with little grounding in reality. For us practical, flesh-based, earth folk, this book is a jargonized disappointment. Can you imagine saying the following to a living, breathing human being: "Just how is it that you know what you think you know...and before that? You must find some reference to which you pay deference. ... Now you know you must contain the where with all within for

performing as desired because you know you are not yet you will, won't you?" Got it? Then buy the book and you can read a lot more sentences like the ones quoted above.

The keynote of this book is to show and explain the elements of hypnotic language and how to blend and develop them for healthy psychotherapeutic interventions. For anyone reading this title will become alert to how many forms of persuasion are used to (mis)direct our judgments and even the constructs of a healthy self. The strength of this title is that it provides practical instruction and concrete exercises so that the mystification of need not be that hypnosis works or how it works but that it works so well we resist learning about it.

The structural and academic (rather clinical) approach adopted by the author successfully chunk down rather coarse and large concepts into tasty , easy to swallow chewy bits. A must have text for further practice of both the meta and Milton model interventions. Tons of examples that you can use even on yourselves...now...won't you?

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