

Ericksonian Hypnotic Forms

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Comfort is Key!	
<i>Analogy, metaphor, saga, etc.</i>	<i>Music (lullaby, etc.)</i>
<i>Anecdotes, myths & stories, etc.</i>	<i>Negating (implicit priming)</i>
<i>Apposition of the opposites</i>	<i>Not doing & not knowing</i>
<i>Binds & double binds</i>	<i>Observe</i>
<i>Body language (mirroring behavior)</i>	<i>Open-ended suggestions</i>
<i>Burdon of effective therapy is on the client</i>	<i>Pantomime & non-verbal cues</i>
<i>Compound suggestions</i>	<i>Paradoxical intention</i>
<i>Contingent suggestions</i>	<i>Partial & incomplete suggestion</i>
<i>Covering all possibilities of response</i>	<i>Pauses</i>
<i>Dissociation (therapeutic)</i>	<i>Poetry, Rhyme & Song</i>
<i>Expectancy</i>	<i>Priming before induction</i>
<i>Hints (implicit/explicit)</i>	<i>Questions evoking wonder</i>
<i>Ideomotor & Ideo-sensory signaling</i>	<i>Surprise, psychological shock</i>
<i>Implication</i>	<i>Test resolve & commitment</i>
<i>Implied directive</i>	<i>Thought Experiments</i>
<i>Inter-contextual cues</i>	<i>Truisms (facilitating "Yes" sets)</i>
<i>Multiple communication levels</i>	<i>Utilization</i>
<i>Humor & Jokes, etc.</i>	<i>Vocal locus & dynamics</i>
<i>Multiple & serial tasks</i>	<i>"Yes" Sets</i>

Erickson M & Rossi E (2010) (Rossi E, Erickson-Klein R & Rossi K, Eds). *The Collected Works of Milton H. Erickson, Volume 10: Hypnotic Realities: The Induction of Clinical Hypnosis and Forms of Indirect Suggestion*. Phoenix: AZ: The Milton H. Erickson Foundation Press. Adapted from Pg. 336