



The Deep Trance Training Manual: Hypnotic Skills

By Igor Ledochowski

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This book blends the Utilization Approach of Milton Erickson with the Person-Centered Approach of Carl Rogers with brief solution-based therapy. This eclectic foundation serves to act as a catalyst to increase the effectiveness of whatever primary therapy the reader is using such as Adlerian, analytic, cognitive behavioral, eclectic, Gestalt, Jungian, Rational-Emotive, Reality, or any of the brief therapies

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Review

Provides many examples of value to the beginner, as well as offering challenging new inspiration for the seasoned therapist. --Danielle Howell, Pacific Graduate School of Psychology

Many counselors are afraid of hypnosis. Helps dispel these fears and shows the effective nature of hypnosis in counseling settings. --Bill O Hanlon, co-author of Solution-Oriented Hypnosis

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About the Author

After graduating from Law School, Igor Ledochowski worked with the leading global law firm Linklaters & Alliance. He now runs his own coaching consultancy, "iledo". Utilising the principles of NLP and hypnosis he trains business leaders from blue-chip organisations and conducts specialised Masterclasses at the London College of Clinical Hypnosis. He is a full member of the British Society of Clinical Hypnosis, the Association for Neuro-Linguistic Programming and the International Network for Humanistic Neuro-Linguistic Programming.

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