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Ericksonian Hypnosis Cards-Salad: Do What You Love



Synopsis

Ericksonian Hypnosis Cards are language cards designed to help you, the clinician, to steer your clients in the directions you would like to go. Whether for putting people into trance or guiding them to access the resources that will help them make certain changes these cards will help you whenever you are using formal hypnosis, speaking in public, or want to tell more engaging stories and metaphors. Based on the work of Milton Erickson, they also include techniques for wiring in the infamous NLP Milton Model, the world's most powerful hypnotic communication tool there is.

Book Information

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Customer Reviews

The title for this deck of cards is somewhat ambiguous, which is congruent with Ericksonian techniques. It implies that they are a self-help tool that will help you do what you love. If you love Ericksonian hypnosis techniques, they will help you practice and learn them for hypnosis scripting and therapeutic conversational patterns. They were designed to be used by hypnotherapists, or those who have extensively studied Erickson language patterns and/or NLP. Any practicing psychotherapist, social worker, or other healthcare professional would benefit from learning Ericksonian techniques. While the deck is somewhat expensive, it provides a handy way to practice and learn a variety of useful language patterns. Along with the "Handbook of Hypnotic Suggestions and Metaphors" by D. Corydon Hammond, this deck will provide you with many ideas for clinical applications.

I always wanted these cards but never got them because they seemed a frivolous purchase. I finally

broke down and got them and have since realized that the concepts that you read on the cards actually stick. There's something about them being 'morsals or wisdom' and game-like that takes the pressure off learning the patterns. At least for me, I can play with them a bit, or just read a card or two and then get back to them days/weeks later when I'm in the mood. And in the meantime the patterns/language stays with me without having to memorize anything.

Just don't get these if you already have "Zebu" cards - they are the same. I have a set of Zebu cards and assumed these would be new "patterns" of speech - wrong - all exactly the same. Great cards - just didn't need two sets of the same thing.

Milton Ericksonian was a virtual god when it came to Hypnotherapy and these are many of his tried and true techniques. These are the same founding techniques that form the basis for Neuro-Linguistic Programming (NLP), along with Virginia Satir and Fritz Perls. His techniques are used in NLP again and again. Take it from a C.HT and NLP practitioner that these cards are worth every penny you spend and are useful all around whether you are into NLP, Hypnosis, or not.

This is a great way to learn hypnotic language techniques! There are tons of books, but only a few flash card options. This is one of the most widely-praised products of its kind. Jamie Smart knows this material - I wish there was a less expensive way to get all of the word salad offerings.

Anyone who wishes to be a better coach or speaker can learn a lot from Eriksonian hypnosis cards. These cards truly allowed me to integrate these patterns and I am a much better coach for it.

I pick up these cards twice a day and read a few. I'm finding that I'm already starting to adapt some of the language patterns in my everyday speech patterns. They are a very easy way to learn.

I am completely enjoying this deck. I am a NLP practitioner and these help drive home the patterns I am familiar with and showing me new patterns to play with. Any time I have some down time, I pick this deck up and just start going through them.

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