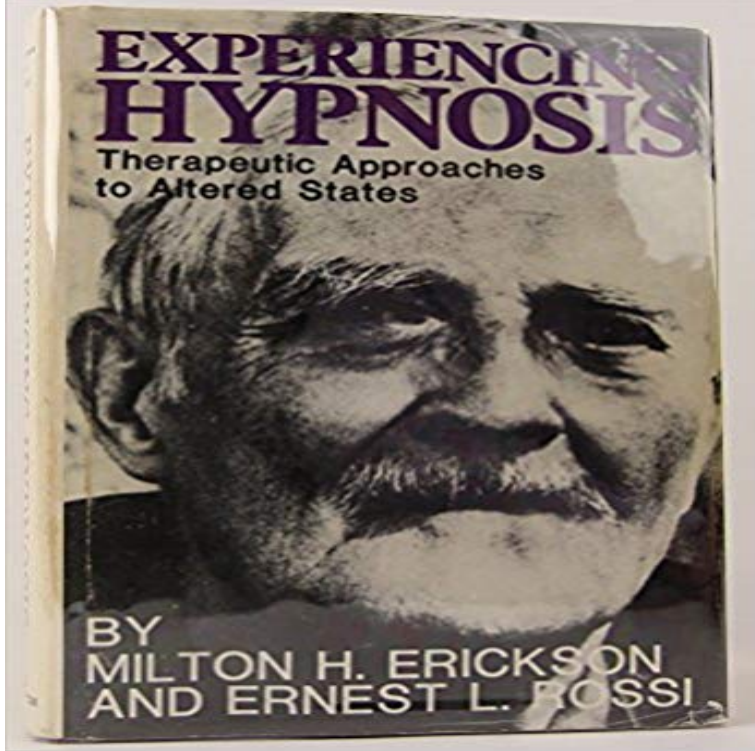


# Experiencing Hypnosis: Therapeutic Approaches to Altered States



The first section of this volume presents an historically important lecture on clinical hypnosis by the senior author wherein we witness his transition from the older authoritarian approach to hypnosis to the new permissive approaches, which he pioneered. The second and third sections of this volume focus on the phenomena of catalepsy and ideomotor signaling, two of the senior authors basic approaches to trance induction and hypnotherapy. The fourth section, dealing with the experiential learning of hypnosis, illustrates one of the senior authors favorite occupations in recent years: the training of professionals in the use of clinical hypnosis by allowing them to experience the process themselves.

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