



Generative Trance: Third Generation Trance Work

By Stephen Gilligan

Download now

Read Online 

Generative Trance: Third Generation Trance Work By Stephen Gilligan

This book describes an entirely new way of conducting hypnotherapeutic interventions through the use of Stephen Gilligan's concept of generative trance. The first generation of trance work, that is, traditional hypnosis that still holds sway in most places, considers that both the conscious mind and the unconscious mind of the client are, to put it bluntly, idiots. So trance work involves first knocking out the conscious mind and then talking to the unconscious mind like a 2-year old that needs to be told how to behave. Milton Erickson created the second generation of trance work. He approached the unconscious as having creative wisdom and each person as extraordinarily unique. Thus, rather than trying to program the unconscious with new instructions, Erickson saw trance as an experiential learning state where a person's own creative unconscious could generate healing and transformation. At the same time Erickson, for the most part, carried the same low opinion of the conscious mind. Thus, Ericksonian hypnosis looks to bypass the conscious mind with indirect suggestions and dissociation and de-potentiate it with confusion techniques.

Stephen Gilligan's third generation of trance work sees this negative attitude toward the conscious mind as unnecessary and ultimately unhelpful. Creative action requires a skillful conscious mind to realize the potential of the unconscious mind. The conscious mind is needed to set and maintain intention, to sense and evaluate multiple pathways of possibility, to properly name and represent experience, and to organize actions in a sequential and linear way.

 [Download Generative Trance: Third Generation Trance Work ...pdf](#)

 [Read Online Generative Trance: Third Generation Trance Work ...pdf](#)

Generative Trance: Third Generation Trance Work

By *Stephen Gilligan*

Generative Trance: Third Generation Trance Work By Stephen Gilligan

This book describes an entirely new way of conducting hypnotherapeutic interventions through the use of Stephen Gilligan's concept of generative trance. The first generation of trance work, that is, traditional hypnosis that still holds sway in most places, considers that both the conscious mind and the unconscious mind of the client are, to put it bluntly, idiots. So trance work involves first knocking out the conscious mind and then talking to the unconscious mind like a 2-year old that needs to be told how to behave. Milton Erickson created the second generation of trance work. He approached the unconscious as having creative wisdom and each person as extraordinarily unique. Thus, rather than trying to program the unconscious with new instructions, Erickson saw trance as an experiential learning state where a person's own creative unconscious could generate healing and transformation. At the same time Erickson, for the most part, carried the same low opinion of the conscious mind. Thus, Ericksonian hypnosis looks to bypass the conscious mind with indirect suggestions and dissociation and de-potentiate it with confusion techniques.

Stephen Gilligan's third generation of trance work sees this negative attitude toward the conscious mind as unnecessary and ultimately unhelpful. Creative action requires a skillful conscious mind to realize the potential of the unconscious mind. The conscious mind is needed to set and maintain intention, to sense and evaluate multiple pathways of possibility, to properly name and represent experience, and to organize actions in a sequential and linear way.

Generative Trance: Third Generation Trance Work By Stephen Gilligan Bibliography

- Sales Rank: #958645 in Books
- Published on: 2012-12-01
- Released on: 2012-12-01
- Original language: English
- Number of items: 1
- Dimensions: 1.10" h x 6.10" w x 9.20" l, 1.55 pounds
- Binding: Hardcover
- 260 pages



[Download Generative Trance: Third Generation Trance Work ...pdf](#)



[Read Online Generative Trance: Third Generation Trance Work ...pdf](#)

Download and Read Free Online Generative Trance: Third Generation Trance Work By Stephen Gilligan

Editorial Review

Review

There is a revolution taking place in psychotherapy that sheds the limitations of naive models of therapy and change. Stephen Gilligan is one of the most important leaders in this transformation of practice, particularly as it applies to hypnosis. His publication marks a major advance in helping us resourcefully relate to all that clients and therapists bring to a session. I enthusiastically recommend it to both your conscious and unconscious mind! --Bradford Keeney, Ph.D. & Hillary Keeney, Ph.D., co-authors, *Circular Therapeutics: Giving Therapy a Healing Heart and A Master Class in the Art of Performing Change*

Steve Gilligan is the closest I've ever experienced to being with Milton Erickson since Erickson's death in 1980. His new book *Generative Trance* delivers a *tour-de-force* of the latest thinking of third-generation hypnosis in a charming and organized way. This is the definitive overview of a new approach in psychotherapy and change work. I continue to learn from Gilligan and look forward to returning to this book again and again to gain even deeper insights. --BILL O'HANLON, author of *Taproots, An Uncommon Casebook, A Guide to Trance Land and Solution-Oriented Hypnosis*

About the Author

Stephen Gilligan, PhD, has become a leading figure in Ericksonian hypnotherapy. He is the developer of the Generative Self approach to personal growth. A licensed Psychologist, Stephen maintains a private practice in Encinitas, California. He has published numerous books, the latest being *The Hero's Journey, A Voyage of Self-Discovery*(9781845902865) co-authored with Robert Dilts.

Users Review

From reader reviews:

Brenda Schweiger:

This Generative Trance: Third Generation Trance Work is brand new way for you who has attention to look for some information since it relief your hunger details. Getting deeper you into it getting knowledge more you know otherwise you who still having little bit of digest in reading this Generative Trance: Third Generation Trance Work can be the light food for you personally because the information inside this specific book is easy to get by anyone. These books produce itself in the form that is reachable by anyone, yes I mean in the e-book form. People who think that in publication form make them feel drowsy even dizzy this e-book is the answer. So there isn't any in reading a guide especially this one. You can find actually looking for. It should be here for you. So , don't miss the idea! Just read this e-book kind for your better life and also knowledge.

Robert Stitt:

Within this era which is the greater particular person or who has ability in doing something more are more precious than other. Do you want to become certainly one of it? It is just simple way to have that. What you should do is just spending your time not much but quite enough to possess a look at some books. Among the books in the top list in your reading list is definitely Generative Trance: Third Generation Trance Work. This

book and that is qualified as The Hungry Hills can get you closer in getting precious person. By looking up and review this publication you can get many advantages.

Michael Sheridan:

Do you like reading a publication? Confuse to looking for your favorite book? Or your book ended up being rare? Why so many concern for the book? But almost any people feel that they enjoy regarding reading. Some people likes reading through, not only science book but additionally novel and Generative Trance: Third Generation Trance Work or perhaps others sources were given knowledge for you. After you know how the truly great a book, you feel need to read more and more. Science e-book was created for teacher or even students especially. Those books are helping them to add their knowledge. In various other case, beside science e-book, any other book likes Generative Trance: Third Generation Trance Work to make your spare time more colorful. Many types of book like here.

Mark Klein:

Reading a reserve make you to get more knowledge from the jawhorse. You can take knowledge and information from your book. Book is published or printed or created from each source this filled update of news. Within this modern era like now, many ways to get information are available for a person. From media social such as newspaper, magazines, science publication, encyclopedia, reference book, book and comic. You can add your understanding by that book. Isn't it time to spend your spare time to spread out your book? Or just trying to find the Generative Trance: Third Generation Trance Work when you needed it?

Download and Read Online Generative Trance: Third Generation Trance Work By Stephen Gilligan #749BVJPO2N1

Read Generative Trance: Third Generation Trance Work By Stephen Gilligan for online ebook

Generative Trance: Third Generation Trance Work By Stephen Gilligan Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Generative Trance: Third Generation Trance Work By Stephen Gilligan books to read online.

Online Generative Trance: Third Generation Trance Work By Stephen Gilligan ebook PDF download

Generative Trance: Third Generation Trance Work By Stephen Gilligan Doc

Generative Trance: Third Generation Trance Work By Stephen Gilligan Mobipocket

Generative Trance: Third Generation Trance Work By Stephen Gilligan EPub

749BVJPO2N1: Generative Trance: Third Generation Trance Work By Stephen Gilligan