

Uncommon Therapy: The Psychiatric Techniques of Milton H. Erickson, M.D.

By Jay Haley

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Milton H. Erickson, M.D. is generally acknowledged to have been the world's leading practitioner of medical hypnosis. His "strategic therapy," using hypnotic techniques with or without actually inducing trance, allows him to get directly to the core of a problem and prescribe a course of action that can lead to rapid recovery.

This book provides a comprehensive look at Dr. Erickson's theories in practice, through a series of case studies covering the kinds of problems that are likely to occur at various stages of the human life cycle. The results Dr. Erickson achieves sometimes seem to border on the miraculous, but they are brought about by a finely honed technique used by a wise, intuitive, highly trained psychiatrist-hypnotist whose work is recognized as a major contribution to the field.

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About the Author
Jay Douglas Haley was one of the founding figures of brief and family therapy in general and of the strategic model of psychotherapy, and he was one of the more accomplished teachers, clinical supervisors, and authors in these disciplines.

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