



 Get Print Book

# Generative Trance: The experience of Creative Flow

*By Stephen Gilligan*



Download



Read Online

## Generative Trance: The experience of Creative Flow By Stephen Gilligan

This book describes an entirely new way of conducting hypnotherapeutic interventions - Stephen Gilligan's generative trance. The first generation of trance work, the 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 programme 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 depotentiate it with confusion techniques.



[Download Generative Trance: The experience of Creative Flow ...pdf](#)



[Read Online Generative Trance: The experience of Creative Fl ...pdf](#)

# Generative Trance: The experience of Creative Flow

*By Stephen Gilligan*

## **Generative Trance: The experience of Creative Flow** By Stephen Gilligan

This book describes an entirely new way of conducting hypnotherapeutic interventions - Stephen Gilligan's generative trance. The first generation of trance work, the 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 programme 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 depotentiate it with confusion techniques.

## **Generative Trance: The experience of Creative Flow** By Stephen Gilligan Bibliography

- Sales Rank: #76782 in eBooks
- Published on: 2012-09-30
- Released on: 2012-09-30
- Format: Kindle eBook

 [Download Generative Trance: The experience of Creative Flow ...pdf](#)

 [Read Online Generative Trance: The experience of Creative Fl ...pdf](#)

## Download and Read Free Online Generative Trance: The experience of Creative Flow 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:

##### Gerald Chisholm:

Nowadays reading books become more and more than want or need but also get a life style. This reading behavior give you lot of advantages. The advantages you got of course the knowledge even the information inside the book that improve your knowledge and information. The knowledge you get based on what kind of reserve you read, if you want attract knowledge just go with knowledge books but if you want experience happy read one along with theme for entertaining such as comic or novel. The Generative Trance: The experience of Creative Flow is kind of guide which is giving the reader unpredictable experience.

##### Elaine Davenport:

This Generative Trance: The experience of Creative Flow is great e-book for you because the content which is full of information for you who always deal with world and still have to make decision every minute. This specific book reveal it info accurately using great manage word or we can claim no rambling sentences included. So if you are read it hurriedly you can have whole information in it. Doesn't mean it only will give you straight forward sentences but difficult core information with attractive delivering sentences. Having Generative Trance: The experience of Creative Flow in your hand like finding the world in your arm, information in it is not ridiculous one. We can say that no e-book that offer you world throughout ten or

fifteen tiny right but this reserve already do that. So , this really is good reading book. Hello Mr. and Mrs. stressful do you still doubt that?

**Mae Mosley:**

Reading a book being new life style in this yr; every people loves to study a book. When you examine a book you can get a large amount of benefit. When you read guides, you can improve your knowledge, simply because book has a lot of information upon it. The information that you will get depend on what forms of book that you have read. In order to get information about your research, you can read education books, but if you want to entertain yourself read a fiction books, such us novel, comics, along with soon. The Generative Trance: The experience of Creative Flow will give you a new experience in reading a book.

**Tamela Campbell:**

That book can make you to feel relax. This kind of book Generative Trance: The experience of Creative Flow was multi-colored and of course has pictures around. As we know that book Generative Trance: The experience of Creative Flow has many kinds or variety. Start from kids until teens. For example Naruto or Private eye Conan you can read and believe that you are the character on there. Therefore not at all of book are usually make you bored, any it can make you feel happy, fun and unwind. Try to choose the best book for you personally and try to like reading in which.

**Download and Read Online Generative Trance: The experience of Creative Flow By Stephen Gilligan #TDAIVOUBFY5**

## **Read Generative Trance: The experience of Creative Flow By Stephen Gilligan for online ebook**

Generative Trance: The experience of Creative Flow 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: The experience of Creative Flow By Stephen Gilligan books to read online.

### **Online Generative Trance: The experience of Creative Flow By Stephen Gilligan ebook PDF download**

**Generative Trance: The experience of Creative Flow By Stephen Gilligan Doc**

**Generative Trance: The experience of Creative Flow By Stephen Gilligan Mobipocket**

**Generative Trance: The experience of Creative Flow By Stephen Gilligan EPub**