

## **Ericksonian hypnotherapy and NLP\***

Milton H. Erickson was one of the most influential hypnotists of the 20th century. From around the 1950s onward, Erickson developed a radically different approach to hypnotism, which has subsequently become known as "Ericksonian hypnotherapy" or "Neo-Ericksonian hypnotherapy." Erickson made use of a more informal conversational approach with many clients and complex language patterns, and therapeutic strategies. However, this very divergence from tradition led some of his colleagues, most notably Andre Weitzenhoffer, to dispute whether Erickson was right to label his approach "hypnosis" at all.[3] Nevertheless, Erickson's work continues to be one of the most influential forces in modern hypnotherapy.

The founders of Neuro-linguistic Programming (NLP), a methodology similar in some regards to hypnotism, claimed that they had modelled the work of Erickson extensively and assimilated it into their approach called the Milton Model.

\*Wikipedia 2009

Many AAPHAN Registered Practitioners use the Ericksonian style of Hypnotherapy and NLP to create therapeutic changes in their clients, although they may use more traditional Hypnotherapy if circumstances indicate this is more appropriate for the specific client being treated.

A client's treatment plan is always tailored to suit the individual client. Remember, no two people are the same so treatments may vary considerably.

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