

# Contents

<i>Foreword by Ernest L. Rossi, Ph.D.</i>	ix
<i>Preface by Theodore Xenophon Barber, Ph.D.</i>	xiii
<i>Introduction</i>	xvii
<i>Acknowledgments</i>	xxiii
PART I. VALIDATION	
1. The Influence of the New Nancy School	3
<i>The Teachings of the Nancy School (ca. 1920)</i>	3
<i>Different Types of Suggestions</i>	7
<i>Indebtedness to the New Nancy School</i>	11
<i>Conclusion</i>	13
2. The Paradox of the New Hypnosis	14
<i>The Understanding of Hypnosis</i>	18
<i>Application of Hypnosis</i>	23
<i>Conclusion</i>	31
3. Techniques for Inner Transformation	32
<i>Levels of Intervention</i>	33
<i>Somatic Techniques</i>	34
<i>Mind Techniques</i>	43
<i>Conclusion</i>	54
PART II. CHARACTERISTICS	
4. Client-centeredness	59
<i>A Clinical Case</i>	59
<i>The Process of Hypnotherapy</i>	65
<i>Conclusion</i>	72

5. Personal Experience	74
<i>Negative Self-hypnosis (NSH)</i>	75
<i>Self-hypnosis</i>	79
<i>Client-Therapist Interaction</i>	83
<i>Conclusion</i>	87
PART III. NEW DIRECTIONS	
6. Family Hypnotherapy	93
<i>Traditional Applications of Hypnosis With Families</i>	95
<i>Indirect and Non-traditional Hypnosis With Families</i>	97
<i>My Approach in Family Hypnotherapy</i>	111
<i>Conclusion</i>	118
7. Our Inner Healer	119
<i>Hypnotic Principles at Work</i>	123
<i>Focus on Health or Disease?</i>	126
<i>The New Hypnosis and Self-healing</i>	128
<i>An Attitude of Health</i>	132
<i>The Doctor Within</i>	137
<i>Conclusion</i>	138
PART IV. APPLICATIONS	
8. A "Model" Family	143
<i>General Background</i>	143
<i>First Session</i>	144
<i>Second Session</i>	153
<i>Third Session</i>	161
<i>Fourth Session</i>	166
<i>Conclusion</i>	172
9. A Father Like No Other	174
<i>General Background</i>	174
<i>First Session</i>	175
<i>Second Session</i>	180
<i>Third Session</i>	184
<i>Conclusion</i>	191
<i>Epilogue</i>	193
<i>References</i>	197
<i>Name Index</i>	207
<i>Subject Index</i>	211