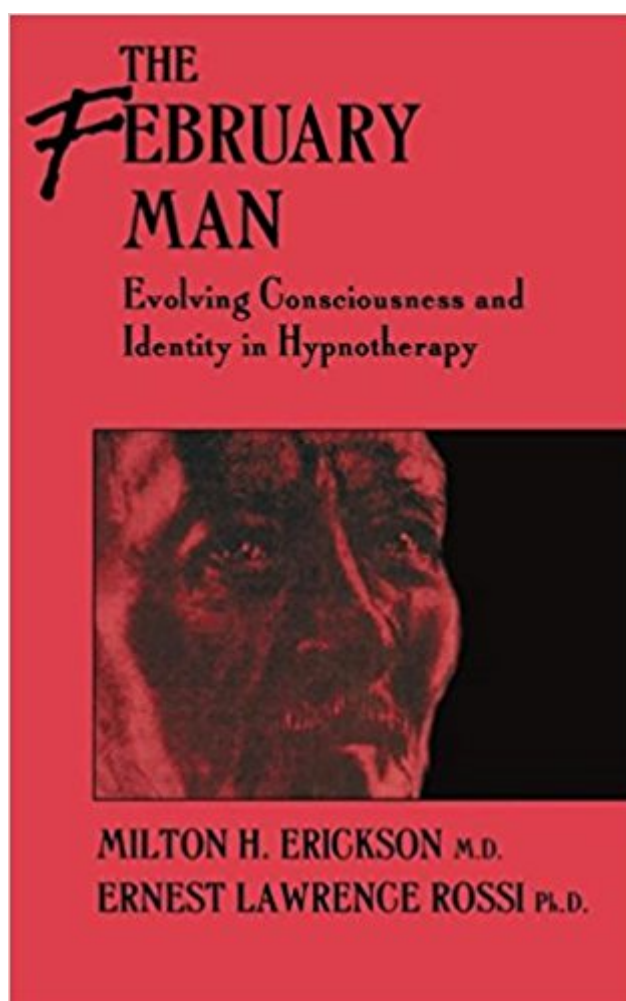




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# The February Man: Evolving Consciousness And Identity In Hypnotherapy



## Synopsis

From the front flap: "This volume is a rare record of Milton H. Erickson's pioneering genius in facilitating the evolution of new patterns of consciousness and identity in a young woman. It is the only completely documented report of an entire hypnotherapeutic case from the middle phase of Erickson's career, when his innovative approaches were being developed. [It] brilliantly illustrates the actual words and methods used by Erickson that are currently transforming the meaning and essence of the entire field of psychotherapy. Therapists of all persuasions will appreciate the detailed commentaries offered by Erickson himself on the whys, ways, and means of his naturalistic and permissive approaches to healing. 'The February Man' is a fascinating case study which illustrates the use of multiple levels of consciousness and meaning to access and therapeutically reframe traumatic memories that were the source of very severe phobias and depression. Erickson's masterful use of minimal cues and indirect suggestion enable him to assume the supportive role of the 'February Man' who 'visits' the patient many times during profound states of age regression. During these sessions Erickson evokes and utilizes many classical hypnotic phenomena (such as automatic writing, time distortion, and amnesia) to facilitate that 'reassociation and resynthesis' of the inner life which he regards as the essence of cure. As the February Man, he provides the patient with the seeds for new developments in her adult personality and with a more complete view of herself and the world in transition. 'The February Man' makes available for the first time the complete, verbatim transcripts and commentaries of a life in transformation that is a Rosetta stone for understanding 'the new hypnosis'. This intimate portrait will be treasured by all who seek to grow along with one of the most humane therapists of our time."

## Book Information

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## Customer Reviews

"It was with considerable excitement that I realized that...this volume has been recently reissued. The value of *The February Man* is that it consists of the transcript of an entire course of hypnotherapy, conducted by Erickson in 1945, long before he became known to the therapeutic community at large. This is a decided advantage for the reader, permitting careful examination of what Erickson actually said and did with this particular client. In structuring the repeating episodes of hypnotic age regression in the transcript of [this book], Erickson tells the client, 'You are going to see me...again and again.' With any luck, the same will be true for current and future generations of therapists through continued access to his writings." -Steven N. Gold in *PsycCRITIQUES* December 2009, Vol.54 --This text refers to the Paperback edition.

This book is absolutely wonderful. Milton Erickson was a genius, and Rossi here has and is showing how in dialogs with Erickson the ways he helped people. It is useful for many different clients because the offerings and approaches are shown to be useful for a variety of issues. It is teaching me a lot. This is the second time for me to read it and this time I am getting a lot more from it because I am taking more time and have a better understanding of how he was doing what he was doing.

These hypnosis sessions took place in 1945, when Erickson was still developing some of the approaches that made him the greatest hypnotist of his time. Erickson and Ernest L. Rossi went over the session transcriptions in detail many years later, and Erickson explained what he was doing and why, and how the patient got such extraordinary results from her sessions. The sessions themselves are a virtual education in hypnotic approaches to time, as Erickson inserts his presence into "S"'s life and adds a parental voice and a trusted advisor to a childhood already lived. The book is like a nested series of conversations: Milton and "S" in 1945, Milton and Rossi in 1978, and Rossi and the reader as Rossi adds in metacomments on his earlier conversations with Erickson. Even the side comments by the rather clueless (IMO) Dr Fink added to my enjoyment of this extraordinary work. I consider this book a must for the library of anyone interested in hypnosis/nlp.

Many moons ago I happened to come across what one might call a condensed version of this case,

and I read it, and I was FLOORED! It read like a gripping psychological detective thriller---and I'm sure that Dr. Erickson had to be a detective as well as a hypnotherapist--- now I'm looking forward to this complete account of one of his most fascinating cases ever set down on paper. Thanks for making it available for me, as well as all the other followers of Erickson, to enjoy and learn from.

This is the only full written transcript with commentary of Erickson working with someone from start to finish that I know of. I'm amazed at how few people have read this book. I love watching how he worked so long ago. At first it was hard for me to track what he was doing but when I got used to how he worked I could see the genius of what he was doing. Erickson was the master of metaphors and pattern interrupts. If you read closely you can use how he masterfully made use of these two tools to assist his client in making change. The 'Decision Destroyer' by Richard Bandler was based on this work from what I have been told. There is so much to this work that if you were to spend just the time reading it and breaking down what Erickson did AND ultimately put it to use in your work then it would ONLY up your game. Absolute must read for any serious student of Erickson!!

There are 4 seminal books from Dr. Erickson himself. They were written with the collaboration of his student Dr. Ernest L. Rossi and they are a must for every student of Ericksonian hypnosis. Unfortunately only the last book, this book, The February Man was the only translated to the Spanish (by Amorrortu, an Argentinian publisher since 1992) and, sorry I really do not like this translation, I think this book must be read in English. So you must buy it now!. But wait, let me give you very good news, The Milton H. Erickson Foundation will publish soon the translation to Spanish (the Spanish of Mexico) of the first 3 books, i.e.: Realidades hipnóticas, Hipnoterapia y Experimentando la hipnosis, so you will be able to broaden your understanding of clinical hypnosis. I proudly contributed in the translation of those books. Recommended!. Luis David Guzmán-Moreno, M.D., Milton H. Erickson Institute of SLP, México.

The book is excellent for those who want to explore more than just hypnosis or just therapy.

Very weird. The cover says the book is the February Man by Erickson and Rossi. However inside, the book title is "Trauma-Centered Group Psychotherapy for Women, A clinician's Manual by Lubin and Johnson. It's a completely different book!!!! I am assuming this was a completely one-off situation and will re order.

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