

## Contents

Foreword — Milton H. Erickson: An Introduction to the cheerful work ethic of an American farm boy .....	Page ix
Editor's Neuroscience Edition Preface .....	Page xiii
Original foreword from <i>The Collected Papers of Milton H. Erickson</i> .....	Page xv

### I. Exploring the Nature of Consciousness and Hypnosis

1. The Neuroscience of Therapeutic Hypnosis, Psychotherapy, and Rehabilitation .....	Page 5
2. Initial experiments investigating the nature of hypnosis .....	Page 73
3. Further experimental investigation of hypnosis: Hypnotic and non-hypnotic realities .....	Page 89
4. A special inquiry with Aldous Huxley into the nature and character of various states of consciousness .....	Page 161
5. Autohypnotic experiences of Milton H. Erickson .....	Page 189

### II. Naturalistic and Utilization Approaches to Therapeutic Hypnosis

6. Historical note on the hand levitation and other ideomotor techniques .....	Page 223
7. Deep hypnosis and its induction .....	Page 229
8. Naturalistic techniques of hypnosis .....	Page 261
9. Further clinical techniques of hypnosis: utilization techniques .....	Page 271

**III. Minimal Cues, Mirror Neurons, and Rapport  
in Therapeutic Hypnosis**

- 10. Respiratory rhythm in trance induction: The role of minimal sensory cues in normal and trance behavior .....Page 307
- 11. An indirect induction of trance: Simulation and the role of indirect suggestion and minimal cues .....Page 313
- 12. The "surprise" and "my-friend-John" techniques of hypnosis: Minimal cues and natural field experimentation .....Page 321

**IV. Observation and Training in Therapeutic Hypnosis**

- 13. Expectancy and minimal sensory cues in hypnosis .....Page 349
- 14. Notes on minimal cues in vocal dynamics and memory .....Page 353
- 15. Clinical and experimental trance: Hypnotic training and time required for their development Page 359
- 16. Laboratory and clinical hypnosis: The same or different phenomena? .....Page 367
- 17. The experience of interviewing in the presence of observers .....Page 375
- Index** .....Page 379