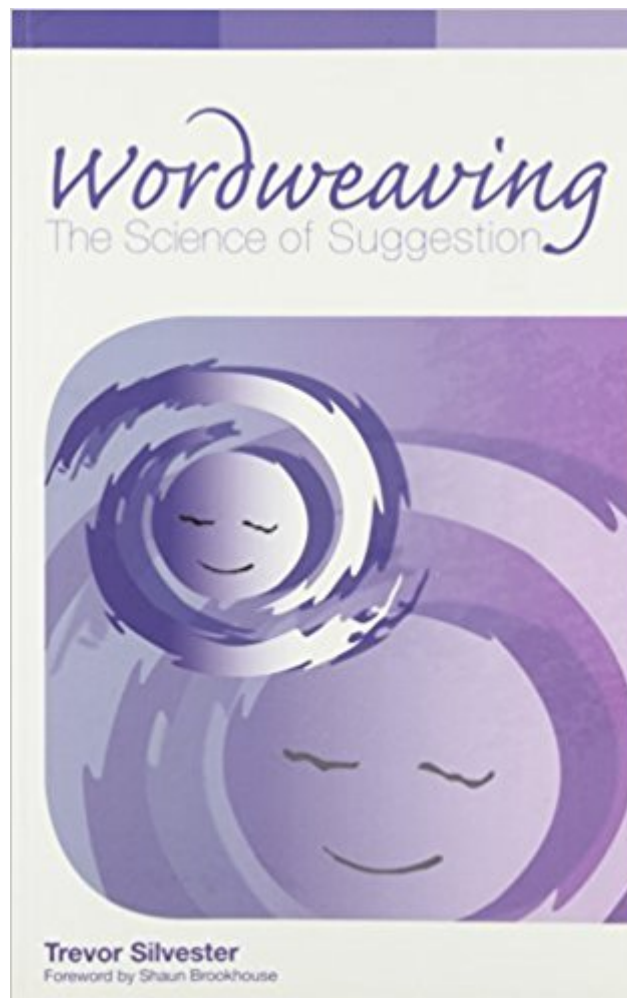




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Wordweaving: The Science Of Suggestion - A Comprehensive Guide To Creating Hypnotic Language



Synopsis

Wordweaving presents a radical new approach to the use of hypnotic suggestion. For years Hypnotherapists have used scripts which are aimed at a particular problem, like smoking or weight loss, rather than focusing on the client who smokes or has weight issues. A specific smoking script may stop one person from ever lighting another cigarette, but may have no effect on another person. Therapy is about transforming the nature of a client's experience into something that enhances the quality of his or her life. The three steps of Wordweaving are: 1. Identify what aspect of the client's experience your suggestion is aimed at changing. 2. Choose which mental processes, usually termed trance phenomena, should be used to achieve that shift in perception in your client. 3. Linguistically frame the suggestion to achieve that aim. Each person's reality is subjective as it is created in that person's mind, and the purpose of any hypnotic suggestion is to change that person's perception of that reality. Mastering this book will free you from the constraints of scripts and enable you to use your creative skill to weave suggestive words that empower your clients by changing their model of reality. It presents the science behind suggestion, and the means of using that science to create magical ways of influencing others.

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Customer Reviews

I would recommend this book unreservedly to anyone involved in the process of change, whether assisting others therapeutically, or simply for personal growth. It will prove invaluable! --Fionna Biddle, Executive Director, National Council for Hypnotherapy

Wordweaving is the most significant

advance in hypnotic language since *The Structure of Magic* by Bandler and Grinder in the 1970s. --Dr. Shaun Brookhouse
Wordweaving is the most significant advance in hypnotic language since *The Structure of Magic* by Bandler and Grinder in the 1970s. --Dr. Shaun Brookhouse

Trevor Silvester is a practising hypnotherapist in Berkshire, England. He is the editor of the *Hypnotherapy Journal*, and Training Director of The Quest Institute, a company that runs courses in cognitive hypnotherapy and neuro linguistic programming. He is a Fellow of the National Council for Hypnotherapy and the Hypnotherapy Society, and the present Chair of the United Kingdom Confederation of Hypnotherapy Organisations

I found this book to be very instructive in a fresh and novel kind of way. It gives a novice person wanting to learn about hypnosis and the use of suggestions a beginning point from where to start. It never leaves one in the dark about why one is using certain words or phrases and why they are put together in a certain way. Many questions are answered doing it this way. Good job.

This is a well written book with lots of good ideas. British author sounds too academic in places, but practicing hypnotists will recognize much of what Mr Silvester is highlighting. I like academic thinking; it made me consider what methods and why, rather than defaulting to habitual methods. I would recommend this book.

This book is a part of the trilogy of books the author has named *Cognitive Hypnotherapy*, and you will get the most of them if you go through all three - *Wordweaving*, *The Question is the Answer*, and *Cognitive Hypnotherapy: What's That About*. In this first book, *Wordweaving*, Trevor gives an overview of the process consisting of asking questions to find out what is the problem state and what would client like to experience instead, and then guiding the client from the problem to the solution using hypnotic language. If you've taken NLP Master Practitioner course, you are already familiar with hypnotic language patterns, working with submodalities and Robert Dilts' (or Gregory Bateson's) neurological levels. Trevor suggests asking questions related to the (1) context of the problem (in what context does the problem manifest), (2) structure of the problem (using submodalities), (3) process through which the problem manifests, and the (4) consequence of the problem state. He uses, what he calls a Matrix model to delineate the stages of the process through which the problem manifests, beginning with the (1) stimulus that starts the problem state, (2) memory matrix (in NLP usually referred to as transderivational search where the mind looks for any

related past experiences), (3) emotion that arises out of that information and results in a (4) response which manifests through some kind of behavior, (5) termination, where the person has stopped as it has fulfilled its usefulness, and finally (6) evaluation, which occurs on conscious and unconscious levels and where individuals evaluate the usefulness of the information. Interrupting the process of manifestation of the problem and altering it in some way would transform the problem, and it's one way that Trevor suggests for helping the client to overcome the problem. Another model that Trevor suggests for helping the client to overcome the problem is by addressing manifestation of the problem and the solutions to the problem through neurological levels - how does the problem manifest in the client's (1) environment, (2) in client's behavior, (3) on the level of capabilities, (4) client's beliefs, and on the level of (5) identity. Dilt's model incorporates the spiritual level or one's overall life purpose, which Trevor has omitted from his model, and which you may want to incorporate if you so prefer. The first book, *Wordweaving*, goes in greater depth over the hypnotic language patterns. The second book, *The Question is the Answer*, continues with helping you to refine your skill in asking the questions. This book may be the most appropriate for those involved in coaching, counselling or therapy and those who enjoy NLP and have previous NLP training may find it easier to understand due to the familiarity with a good portion of the material presented in this book. This book helps you to apply hypnotic language to the neurological levels, for the person of problem resolution.

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