

## FOREIGN CD / AUDIO REVIEW

### *Program of Treatment for the Body*

Produced by the  
Centro Ericksoniano de Mexico

<http://www.hypnosis.com.mx>

A series of audio tapes and CDs are being produced and distributed by the Centro Ericksoniano de Mexico. The recordings, done in Spanish, provide the listener with an opportunity to experience trance while hearing suggestions of well-being.

The series include the titles, "Autohipnosis para recuperar tu fuerza de vida," "Yo so sanando," "Escuchando mi cuerpo, mis emo-

ciones y mi espíritu," "Apoyo para tratamientos estéticos," and "Salud y enfermedad." Listening to each of these elicits internal resources that bring harmony to the mind and body and brings forth healing energy from within one's self.

The recordings are done in a way that blends art with intellect. They each have accompanying music that complements and enhances the message of the words. The script is simple yet enchanting and effective. The two therapists who recorded the text, Teresa Robles and Iris Corzo, are both gifted with melodious voices and clear, precise enunciation. These features add greatly to the quality and value of the recordings as tools to experience a deepening trance.

Each tape includes general relaxation segments as well as specific exercises designed to sharpen the listener's skills in self-hypnosis. For those already skilled in auto-hypnosis, the artistic nature of the recordings provide a pleasurable and beneficial experience. In addition to being helpful to therapists of varying skills, they can be given to clients to help them become more adept at developing their own internal harmonies.

Additionally, these tapes can be an invaluable tool for any individual interested in building communication skills in the Spanish language. The breadth and repetitive nature of the suggestions of health and overall well-being in themselves offer an

exercise that is of exceptional value to the practitioners interested in working with the Spanish-speaking population.

Deceptively simplistic, the entire series contains valuable and sound tools presented in a lovely style as pleasing to listen to as it is useful. They provide a rare tool for those who speak Spanish. Tapes in a client's first language are difficult for most therapists in the United States to obtain. Even if a Spanish-speaking client is fluent in English, the use of hypnotic suggestions in the language of childhood is an extraordinarily powerful asset.

Robles and Corzo have created in their series a master presentation with easily understood content for enhancement of the whole person.

**Reviewed by:**

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