

## **RESOURCE MATERIALS for GROUP STUDY**

TITLE	Rapid Hypnotic Inductions, Demonstrations and Applications
PRESENTER	Gabor Filo DDS
FORMAT	DVD + learning guide
DISTRIBUTION	Crownhouse Publishers
YEAR MADE	2012, case filmed in 2005
LENGTH	1 hour

**CONTENTS** This learning guide and video demonstrated rapid and instantaneous hypnotic inductions that creative insightful clinicians can adapt to clinical settings. These actual inductions by Dr. Filo include some that are verbal, some that are non-verbal, and some that are physical inductions. Careful observations will reveal that each induction contains the basic of all professional interactions: Rapport, Focusing, deepening, re-alerting, and debriefing. Since these inductions are ultimately for clinical use appropriate generic suggestions are demonstrated. In addition, a real world application is demonstrated with a patient who is dental phobic, showing replacement of a filling without local anesthetic. The learning Guide gives basic information on inductions and explains each of the demonstrations.

**STRENGTHS** Filo is clearly a clinician with the confidence, skills and experience to use these unfamiliar techniques to achieve rapid effective responses within his subjects. Few educational videos are available to show this style of inductions. This introduction to Non-Ericksonian approaches provides a useful context for historical appreciation as well as for expanding possibilities to ones own repertoire. Seeing work on an actual patient undergoing dental work was also very useful.

**WEAKNESSES** The technical quality of the film is poor, the explanations are sparse, and the techniques so different from most available materials that the professional audience would have benefited from a longer introduction and more commentary.

**GROUP COMMENTS** Shown in a study group setting, this video demonstration provided a dynamic backdrop that was interesting, distinctly different, and humorous at times. The video led to active discussion and a very useful practice opportunity wherein each participant chose a style to demonstrate to the group.

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