Praise for The Practitioner’s Guide to Mirroring Hands

Picasso once remarked that “art is the elimination of the unnecessary.” Ernest L. Rossi’s Mirroring Hands method is brilliant in its simplicity and elimination of the unnecessary, yet is complex beyond belief in the results it can engender. This method can eliminate any resistance you may encounter in the change process and can evoke deep inner wisdom, often in a very short time.

Richard Hill has facilitated and expanded this guide to using Mirroring Hands in such a way that makes it accessible for all.

Bill O’Hanlon, author of Solution-Oriented Hypnosis and Do One Thing Different

In The Practitioner’s Guide to Mirroring Hands, Richard Hill and Ernest L. Rossi honor the wisdom of the courageous people who come to us seeking healing. They offer deep wisdom about the inherent health that lies within our clients and the support we can provide to allow that health to come forward. A wonderful contribution!

Bonnie Badenoch, Ph.D., marriage and family therapist, author of Being a Brain-Wise Therapist and The Heart of Trauma

Within the crucible of a technique Hill and Rossi call Mirroring Hands, The Practitioner’s Guide to Mirroring Hands shares a storehouse of practical insight, scientific theory, and clinical wisdom. In the process they challenge accepted assumptions and synthesize complex principles, all the while encouraging clinicians to learn to listen to their inner voice.

The Practitioner’s Guide to Mirroring Hands is a warm and fascinating adventure in which you get to know two explorers of the mind and learn about the history of psychotherapy while gaining practical knowledge. You may not agree with everything the authors say, but I suspect that you will respect and enjoy their unique blend of complexity, depth, and self-insight – so often missing from contemporary discussions.


What a fascinating book! Starting as an easy read, it gently descends to deep levels. Richard Hill brings straightforward clarity to Ernest L. Rossi’s genius, and their combined work brings contemporary insight into ideas pioneered by my father, Milton H. Erickson.

The Practitioner’s Guide to Mirroring Hands will inspire ongoing discoveries by others and carry this important work into tomorrow.

Roxanna Erickson-Klein, Ph.D., R.N., author of Hope and Resiliency and Engage the Group, Engage the Brain, editor of The Collected Works of Milton H. Erickson
Mirroring Hands is a practical therapeutic technique that can be utilized by all practitioners for the benefit of their clients.

With a tranquil state of focused attention as the starting point, the practitioner invites the client to explore an issue by projecting it into their hands – with one hand representing the difficulty or disturbance, the other becomes a natural container for resolution and comfort.

In this instructive and illuminating manual, Richard Hill and Ernest L. Rossi show you how Mirroring Hands enables clients to unlock their natural problem-solving and mind-body healing capacities to arrive at a resolution in a way that many other therapies might not. Delving further into the technique and its origins, Hill and Rossi punctuate their detailed description of how Mirroring Hands is conducted with insightful exploration of the framework of knowledge and understanding that surrounds and supports the process.

An ideal progression for those engaged in mindfulness and meditation, this practitioner’s guide is the first book on the subject specially written for all mental health practitioners and is suitable for students of counseling, psychotherapy, psychology, and hypnotherapy, as well as anyone in professional practice.

In many ways The Practitioner’s Guide to Mirroring Hands sets a new standard for texts in psychobiological care. I will buy copies as gifts and will cite and recommend it whenever I teach.

Laurence Irwin Sugarman, M.D., Research Professor and Director, Center for Applied Psychophysiology and Self-regulation (CAPS), author of Therapeutic Hypnosis with Children and Adolescents

The Mirroring Hands approach is an elegant, rapid, and effective way to guide a client to meaningful changes.

Professor Emeritus Rubin Battino, Wright State University, author of When All Else Fails, Expectation, and Healing Language

Therapists would do well to read The Practitioner’s Guide to Mirroring Hands and expand their views on the ways in which the client’s inner resources can be mobilized in the service of change.

Michael D. Yapko, Ph.D., clinical psychologist and author of The Discriminating Therapist and Trancework (4th edition)

The Mirroring Hands technique can be extremely useful. Kudos to Richard Hill and Ernest L. Rossi for providing such an excellent guide to its use and application.

Michael F. Hoyt, Ph.D., author/editor of Brief Therapy and Beyond, Capturing the Moment, Brief Therapy, and Therapist Stories of Inspiration, Passion, and Renewal

Richard Hill, M.A., M.Ed., M.B.M.Sc., D.P.C., is acknowledged internationally as an expert in human dynamics, communication, the brain, and the mind. He is an international lecturer and keynote speaker on the topics of neuroscience and psychosocial genomics, has developed special training courses for suicide prevention, and is the originator of the Curiosity Approach. As well as giving lectures to the psychological profession in Australia and the rest of the world, Richard has a strong ongoing engagement with the coaching and business community.

Ernest L. Rossi, Ph.D., holds a diploma in clinical psychology and is the recipient of three lifetime achievement awards for outstanding contributions to the field of psychotherapy. He is a Jungian analyst, the science editor of Psychological Perspectives, and the author, co-author, or editor of more than 50 professional books and more than 170 peer-reviewed scientific papers in the areas of neuroscience, psychotherapy, dreams, and therapeutic hypnosis, many of which have been translated into a dozen languages. Ernest is internationally recognized as a polymath, a gifted psychotherapist, and a teacher of innovative approaches to facilitating the creative process.