

# The Anatomy of Experiential Impact through Ericksonian Therapy

By Jeffrey K. Zeig

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This book is one of a trilogy presented by Jeffrey Zeig. Each of the three books is designed to be read independently or in sequence with the others. The other two, *The Induction of Hypnosis (2014)*, and *Psychoaerobics (2015)* each emphasize different elements of the psychotherapeutic connection. For me, this is the best of the set.

In the preface Zeig tells a bit about his own journey. Having met Milton Erickson while he was still in graduate school, the meeting changed his trajectory in ways that were unimaginable to the young professional he once was. Yet, it is clear that Zeig has not forgotten what it is like to be fresh, full of ideas, and hungry for wisdom to fulfill a greater vision. What seemed beyond reach in 1976 has now been surpassed many times over, more quickly and more expansively than initially envisioned. It is Zeig who now reaches out to those who seek wisdom, and he artistically draws from his own experiences to explain. Here, Zeig's artistry as a teacher, his deep familiarity with the concepts and expansive awareness of other approaches to psychotherapy come together with sense of clarity.

The book is fundamentally Ericksonian --- meaning that while based on the principle ideas of Milton Erickson, it actually goes beyond the foundations and the style of Erickson himself. Zeig does a beautiful job of crediting Erickson for what and how he learned from his great teacher--then goes on to develop his own perspective on what Erickson taught and how to put in into a pragmatic form. Following the heartfelt front matter, Zeig presents a dozen chapters in which he uses a plethora of ways to explain the concepts: models, examples, exercises, constructions and deconstructions, discussions, comparisons reflections and even a transcript. Each approach offers different facets of the larger whole. Readers are left with a buffet of choices to serve their own desire to learn from a great master. What shines throughout is the strong intellect of Zeig, his exceptional ability to soak in new ideas, to ponder a diverse input of phenomenological perspectives and to bring together opportunities to learn with a combined depth and clarity that is rare to find.

This book is surprisingly comprehensive for its size. In addition to the integration of expansive perspectives, Zeig has tied together his own explanations of hypnosis, therapy, models and Ericksonian principles with a tight efficiency. In what seems to be an easy read, even a seasoned clinician can find information, food for thought, techniques and ideas to enhance clinical practice. Erickson learned to become more and more efficient as his age advanced; Zeig too illustrates the beauty of ongoing learning over time. What is presented here looks simple and even easy, but it is the facet of Zeig's own mastery that creates such an impression.

Reviewed by Roxanna Erickson-Klein

Dallas, Texas

