



## Jay Haley On Milton H. Erickson

*Jay Haley*

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The first chapter provides a succinct biography of this extraordinary man, describing how Erickson overcame numerous adversities in early life, and how these events shaped his development as a highly innovative thinker. Commentaries on Milton Erickson, M.D. examines the practical and theoretical aspects of Erickson's methods, including his therapeutic posture, expectation of change, emphasis on the positive, acknowledgement of more than one solution to a problem, blocking of symptomatic behavior, change in relation to the therapist, use of anecdotes, and willingness to "let go" of patients. A Review of Ordeal Therapy focuses on a controversial therapeutic technique successfully used by Erickson. Haley cautions the reader, however, of the care with which this powerful technique should be exercised. A fascinating dialogue between Jay Haley and John Weakland,

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