

BOOK REVIEW

TRAUMA, TRANCE, AND TRANSFORMATION: A Clinical Guide to Hypnotherapy by M. Gerald Edelstien, MD. Brunner/Mazel Publishers, 19 Union Square, New York, NY 10003. 168 pages, \$15.

The test applied to this book was whether a psychiatric educator who only rarely performs hypnosis would nonetheless recommend the book to students and house staff. It is meant to be a "clinical guide to hypnotherapy." There is no theoretical discussion of how hypnosis works or the phenomenology of trances. Instead the book defines, offers specific inductions, and describes the use of hypnosis for uncovering techniques, eliciting affect, reactivating ego states, attenuating affect via direct suggestion or implosive desensitization, and relearning techniques. There is a discussion of cases not requiring uncovering techniques, such as overcoming bad habits, how to select patients, and how to select from among different techniques of hypnosis. There are eleven case illustrations, some of which are quite detailed and meant to show how use of hypnosis interacts with the usefulness and efficiency of hypnotic techniques versus "traditional modes of insight-oriented psychotherapy," the book is generally successful both in engendering interest in trying hypnosis on one's patients and in conveying how to use various techniques. Its length and practicality are appropriate for the somewhat scant amount of time devoted to hypnosis in the usual residency training program. It can be recommended to students and house staff for its lucidity, pragmatic approach, illustrations of diverse techniques for uncovering, and advocacy. It will not do for a theoretical or scholarly consideration, since all references are crowded into a 39-item bibliography, almost all of which are books.

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