

# The Answer Within:

A CLINICAL FRAMEWORK  
OF ERICKSONIAN  
HYPNOTHERAPY

*by*

*Stephen R. Lankton*

*and*

*Carol H. Lankton*



BRUNNER/MAZEL, Publishers • New York

## The Answer Within: A clinical framework of Ericksonian hypnotherapy

Stephen LANKTON

The Answer Within illuminates the genius of Milton H. Erickson as a psychotherapist and demonstrates how the principles that anchored his creativity can be incorporated into an effective therapeutic approach that is both flexible and grounded. A foundational work that continues to be fresh, the book takes the reader step by step from diagnostic assessment through treatment plan, illustrating each stage with clinical examples and transcripts. Clear and engaging, the informative case presentations include actual inductions and intricate metaphors accompanied by insightful commentary on therapeutic strategies and techniques.