



# **Inner Strengths: Contemporary Psychotherapy and Hypnosis for Ego-strengthening (Lea Series in Personality and Clinical Psychology)**

By Claire Frederick, Shirley A. McNeal

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However it is conceived and described by psychotherapists with different orientations, a stronger ego is a universally-acknowledged goal of therapeutic work. Inner Strengths is the first book to meet the need for a comprehensive treatment of approaches to ego-strengthening in psychotherapy. It provides contemporary psychodynamic, object relations, self-psychology, ego state, and transpersonal theoretical models for understanding how and why ego-strengthening occurs.

The authors are experienced psychotherapists who integrate hypnosis into their own practice of psychotherapy. They have been active in developing the newer, projective-evocative ego-strengthening techniques emphasizing the utilization of patients' inner resources. They survey the history of ego-strengthening efforts and show how that which has been considered intrinsically hypnotic connects with the great traditions of psychotherapy. Additionally, they offer step-by-step instructions for a diversity of ego-strengthening methods that can be used for patient self-care, internal boundary formation, and personality maturation in a wide range of clinical conditions. Their discussion of the fundamental concepts of ego-strengthening draws on their theoretical and clinical explorations of dynamic internal resources such as memory, strength, wisdom, self-soothing, and love. Throughout the book, theory is balanced by an unusual richness of extended clinical examples and a wide variety of practical ego-strengthening scripts.

Clinicians need not be trained in hypnosis to find Inner Strengths clarifying and helpful reading; the fundamental points so vividly made by the authors are relevant to many nonhypnotic-therapeutic interventions and issues.

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## **Editorial Review**

Review

*This is an outstanding book which combines thoughtful scholarship with clinical utility. While primarily conceptualizing egomastery techniques from a contemporary psychodynamic perspective, the book is transtheoretical with applicability to both hypnotherapy and to more general psychotherapy. Enhanced self stability, self efficacy and self esteem form the heart of nearly every psychotherapeutic encounter and process. I suspect that this book will prove to be a central text for any psychotherapist's library. I recommend it with enthusiasm.*

—Elgan L. Baker, PhD, ABPH<sup>^L</sup>

President, Society for Clinical and Experimental Hypnosis; Indiana Center for Ps

*In a book that ranges from psychoanalytic to transpersonal perspectives, and from treating dissociative disorders to facilitating patients' self-care, Claire Frederick and Shirley A. McNeal present a treasury of concepts, techniques, and examples that will enrich any practitioner who explores them. **Inner Strengths** is an inspirational commentary on the human condition, its resilience, and how divided, broken, and violated selves can be mended through the wise application of psychotherapeutic procedures that are at the cutting edge of clinical practice.*

—Stanley Krippner, PhD

Saybrook Graduate School; Coauthor, *The Mythic Path*; Coeditor, *Broken Images*, Br

*Inner Strengths* is an important book for all clinicians working with traumatized patients. Drs. Frederick and McNeal draw upon the major psychotherapeutic and hypnotic traditions to present an integrative approach to ego-strengthening treatment that is grounded in both respect and compassion for the client. In easily read prose, important concepts are robustly defined, linked to the theoretical literature, and clinically explained and illustrated by means of detailed case examples. The authors' considerable scholarship and clinical acumen guide both novice and experienced clinicians through an informative and wide-ranging exploration of both hypnotic and non-hypnotic ego-strengthening techniques.

—Francine Shapiro

EMDR Institute

## From the Inside Flap

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#### **About the Author**

Claire Frederick, M.D. is a psychiatrist in private practice in the Boston, Massachusetts area. A Fellow of the American Society of Clinical Hypnosis and of the International Society for the Study of Dissociation, she received an American Society of Clinical Hypnosis Presidential Award, and as corecipient, the Craslinck Award for excellence in writing in the field of clinical hypnosis. She is the coauthor of *Healing the Divided Self: Clinical and Ericksonian Hypnotherapy for Post-Traumatic and Dissociative Conditions*. She presents, publishes, and consults nationally and internationally.

Shirley McNeal, Ph.D. is a licensed psychologist in private practice in San Francisco and Berkeley, California, and an affiliate staff member of the California Pacific Medical Center in San Francisco. She offers hypnosis and psychotherapy. Her work on ego-strengthening and ego-state therapy has been presented in journal articles and at national and international conferences.

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##### **David Eaton:**

Spent a free time for you to be fun activity to try and do! A lot of people spent their sparetime with their family, or their own friends. Usually they carrying out activity like watching television, going to beach, or picnic within the park. They actually doing same every week. Do you feel it? Will you something different to fill your current free time/ holiday? Could possibly be reading a book can be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to try look for book, may be the publication untitled *Inner Strengths: Contemporary Psychotherapy and Hypnosis for Ego-strengthening* (Lea Series in Personality and Clinical Psychology) can be very good book to read. May be it may be best activity to you.

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