

## Development of a Personal Style

This volume of *Classical Hypnosis Phenomena*, is both timely and timeless. It explores Erickson's own professional hypnosis development dating back to his publications in the 1930s. Erickson's explorations are annotated with Rossi's careful inquiry to find deeper meaning. Rossi's continual quest to understand Erickson's teachings helped develop his own personal and professional creativity. These two pioneers collaborated, bringing together new opportunities for research that spanned nearly half a century! In contrast with the times, Erickson's studies were influenced by the dominance of psychoanalytic and psychodynamic thinking, while Rossi's era emphasized adherence to scientific methodology. The result of their collaboration revealed the potential of neuroscience, emphasizing brain neuroplasticity creating a new dynamic evolution of therapeutic hypnosis.

Erickson and Rossi were drawn together by a mutual, insatiable, curiosity, and interest in the nature of conscious (explicit) and unconscious (implicit) processes. They developed deeper understanding of how to access hypnotic states which enhanced their own skills as psychotherapists. Rossi stood out from so many others who had studied Erickson's work as he never sought to imitate Erickson's style. Instead, Rossi sought to develop his own personal style, much as you do too.

These two trailblazers have the skills to guide our personal development and deeper understanding directly and pragmatically. The book sections are largely straightforward and useful including fundamental concepts of amnesia, age regression and automatic writing. Surprisingly, within discussions of these key elements, Rossi became aware that Erickson had some unfinished manuscripts. Excitedly they sifted through Erickson's files for partially done papers to revisit and update previously incubated ideas. Several of these papers are included in this volume and throughout *The Collected Works*.

Rossi's quest for personal growth nourished and inspired Erickson in his elder years. Together they went far beyond what either could have done independently. Through his own deep exploration into therapeutic hypnosis, Rossi spirited Erickson's discoveries into emerging neurosciences, chronobiology, and more, that were nonexistent in Erickson's lifetime. Rossi made profound contributions to the field all the way to the cellular genomic levels.

Although Erickson died in 1980 and Rossi died in 2020, their collaboration constitutes the body of these Works. We continue to include Rossi in the signature of the Editors' prefaces because he completed the original drafts. This strength of collaboration continues. Kathryn and Roxanna are dedicated to making these Erickson-Rossi *Works* available for people around the world. We treasure Bernhard Trenkle, who wrote the guest foreword to this volume that continues and expands our collaborative work. In today's atmosphere perhaps the greatest gift is the opportunity to work closely with our colleagues from around the globe. In so doing, we enhance our own growth and are gifted with a broader worldview. Trenkle's considerable work in Germany and Europe over the many decades significantly enhanced our views of these fundamental concepts. These ripples that expand new consciousness are ongoing and echo worldwide.

We are pleased and gratified to present you, dear readers and practitioners of today, with these ongoing explorations. We hope your personal curiosity and development will be stimulated through these *Works*. We fully appreciate the beauty and joy of your numinous experiences and discovering uplifting therapeutic hypnosis that is just right for you.

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