

In our ongoing effort to alleviate at least some of the pressure and stress these difficult times have put on us all we, the Milton Erikson Society for Clinical Hypnosis, have been producing a series of guided trance audio files designed for the purposes of self-care. They are in German and run from anywhere between fifteen to fifty minutes, with such titles as "Trancereise zu sich selbst" by Dr. Albrecht Schmierer, „Umgang mit Ungewissheit und Aktivierung gesundheitsförderlicher Kräfte“ by Dr. Gunther Schmidt and „Ein sicherer Hafen in stürmischen Zeiten“ by Dr. Cornelia Schweizer.

About one thousand people a day are currently listening to these guided trances and you can find them here, completely free and readily available for anyone in need, on our M.E.G.-Blog: <https://hypnose.de/blog/trancereihe-covid-19/>