



# Trancework: An Introduction to the Practice of Clinical Hypnosis

By Michael D. Yapko

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## Trancework: An Introduction to the Practice of Clinical Hypnosis By Michael D. Yapko

For three decades, *Trancework* has been the fundamental textbook for guiding professionals in learning hypnosis. Now in its fourth edition, this classic text continues to be the most comprehensive book for learning the fundamental skills of the field. This edition accommodates new studies and topics, and contains five new chapters on positive psychology, the management of pain, pediatric and adolescent hypnosis, behavioral medicine, and hypnosis across modalities. Readers can expect to receive a comprehensive overview of what is currently going on in the domain of hypnosis, an in-depth consideration of issues associated with the use of hypnosis, a greater appreciation for the diverse ways in which hypnosis can be applied, and a more detailed description of hypnotic methods and characteristics. Those new to the field will also appreciate the “*Frames of Reference*” sections found throughout the book, which provide insights into the work of some of the founders and leaders of clinical hypnosis. Each chapter concludes with suggestions from the author for things to consider and things to do, further emphasizing the importance of active learning. Included online at

<http://www.routledgebehavioralhealth.com/books/details/9780415884945/> is the video of Dr. Yapko’s session with Vicki, an emotionally powerful and technically excellent session. For those who wish to follow along, a PDF download containing the session transcript is also available. Clinical Hypnosis has the power to change clients’ lives for the better. *Trancework* gives professionals the skills to do just that.

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### Editorial Review

#### Review

*"Michael Yapko's 4th edition of Trancework: An Introduction to the Practice of Clinical Hypnosis, is a masterpiece. The book provides a balanced and thorough state of the science overview of the field, and is filled with practical approaches and effective techniques that clinicians using hypnotic approaches will find invaluable. Yapko's depth of knowledge, decades of experience, and high level of respect for the client and practicing clinician are evident on every page. He knows what works, and how to clearly communicate this to the reader. Trancework is a gift to all clinicians wishing to have a better understanding of hypnosis, and become more effective in its use."* - **Mark P. Jensen, PhD, Professor and Vice Chair for Research, Department of Rehabilitation Medicine, University of Washington Medical Center**

*"This is an almost encyclopedic compendium of information for anyone serious about studying hypnosis. Michael Yapko's presentations are always well received. It is inclusive and well indexed as both a study guide and reference book. I recommend it highly."* - **Dabney M. Ewin, MD, Clinical Professor of Surgery and Psychiatry, Tulane Medical School**

*"The art of therapy is the fusion of scientific understanding and clinical insight. Michael Yapko's 4th edition of Trancework is an artistic achievement. He presents the latest neuroscientific research in easy to understand fluid prose and he takes on the controversies in our field with wisdom and grace. He describes interpersonal communication with uncanny sensitivity and humor, and uses his insights to enhance the foundation of all our work—the doctor-patient relationship. In the end, he teaches us that the adjunctive use of clinical hypnosis opens our doors to wonderful possibilities of enhanced patient care. Dr. Yapko has done it again!"* - **Peter B. Bloom, MD, Past President, International Society of Hypnosis; Clinical Professor of Psychiatry, University of Pennsylvania Perelman School of Medicine**

*"Trancework 4th Edition exceeds the highest of expectations established from the previous editions. Michael Yapko has successfully accomplished the difficult task of blending extensive and current research with highly understandable, interesting, and clinically insightful text. This comprehensive book covers a wide range of topics that well represent the many facets of the field of hypnosis, and inspires readers to see the relevance of hypnotic principles and methods in virtually every clinical interaction. Yapko's depth of experience is evident on every page and gives everyone from the basic learner to the seasoned practitioner words for what they need to know as well as what they didn't know they knew. Trancework gets my highest recommendation."* - **Betty Alice Erickson, MS, in private practice, Dallas, TX**

*"For almost 30 years, Michael Yapko has been a leader in the field of clinical hypnosis, and Trancework has been the 'go-to' handbook for the novice and expert practitioner alike. A master clinician, with loads of practical experience and sage advice to share, Yapko is also attentive to scientific evidence—not just the results of studies of clinical effectiveness, but also the basic science, psychological and physiological, on which clinical practice must be based if it is going to succeed. This fourth edition is thoroughly updated, and belongs on the shelf of everyone who is interested in clinical hypnosis."* - **John Kihlstrom, PhD, Professor, Department of Psychology, University of California, Berkeley**

#### About the Author

**Michael D. Yapko, PhD**, is a clinical psychologist and marriage and family therapist. He is internationally

recognized for his work in clinical applications of hypnosis, treating depression, and developing strategic, outcome-focused psychotherapies. He routinely teaches to professional audiences all over the world, and is the author of numerous books, book chapters, and articles on the subjects of hypnosis, depression, and the use of strategic psychotherapies. He is a recipient of lifetime achievement awards from the Milton H. Erickson Foundation and the International Society of Hypnosis for his contributions to the fields of hypnosis and psychotherapy.

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#### **Jamie Lundquist:**

The book untitled Trancework: An Introduction to the Practice of Clinical Hypnosis contain a lot of information on it. The writer explains the woman idea with easy way. The language is very easy to understand all the people, so do not necessarily worry, you can easy to read the item. The book was written by famous author. The author will take you in the new time of literary works. It is easy to read this book because you can please read on your smart phone, or program, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official website as well as order it. Have a nice study.

#### **Kenneth Connolly:**

In this era which is the greater man or who has ability to do something more are more precious than other.

Do you want to become one among it? It is just simple approach to have that. What you have to do is just spending your time not very much but quite enough to experience a look at some books. Among the books in the top list in your reading list will be Trancework: An Introduction to the Practice of Clinical Hypnosis. This book and that is qualified as The Hungry Inclines can get you closer in growing to be precious person. By looking way up and review this publication you can get many advantages.

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