



# Trancework: An Introduction to the Practice of Clinical Hypnosis

By Michael D. Yapko



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*Trancework*, the most comprehensive guide to learning the fundamental skills of clinical hypnosis, is now available in an updated and improved third edition. Yapko clearly and dynamically introduces readers to a broad range of hypnotic methods and techniques that will greatly enhance the effectiveness of preferred modes of therapy. Chapters are filled with new and practical information, including extensive academic references, sample transcripts, thorough summary tables of key points, and interviews with leading figures in the field-Jay Haley, Theodore X. Barber, Ernest R. Hilgard, David Spiegel, Jeffrey Zeig, and Karen Olness, among others. This new edition specifically addresses the growing emphasis within psychotherapy on proving efficacy through empirical data, the controversy of repressed memory that has divided the profession, and the advances in cognitive neuroscience that are stimulating new research. For newcomers, *Trancework* is an authoritative primer, demystifying hypnosis and offering step-by-step instruction for integrating it into clinical practice. Those familiar with hypnotic procedure will welcome Yapko's presentation of influential theories, controversies, treatment approaches, and rich case material. All readers alike are guided through personal and professional enrichment as they discover the art and science of clinical hypnosis as presented in this essential guide.

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### Editorial Review

#### Review

**'Yapko has made the best text on hypnosis even better. His commitment to sound science, clarity of reason and pragmatic applications is communicated with a passion in this new edition of Trancework. The freshness of information and skills, built on the wisdom of former editions, make this a state-of-the-art book for every therapist who wants to be (and shouldn't we all be?) a state-of-the-art practitioner.'** - *George W. Burns, clinical psychologist, Author, 101 Healing Stories and Standing Without Shoes*

#### About the Author

Michael D. Yapko is a clinical psychologist and marriage and family therapist in private practice. He is a national and international trainer in brief therapy approaches to psychotherapy and director of The Milton H. Erickson Institute of San Diego. Yapko is internationally recognized for his work in the active treatment of depression, the use of clinical hypnosis and his advancement of the use of outcome-focused, short-term psychotherapy.

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