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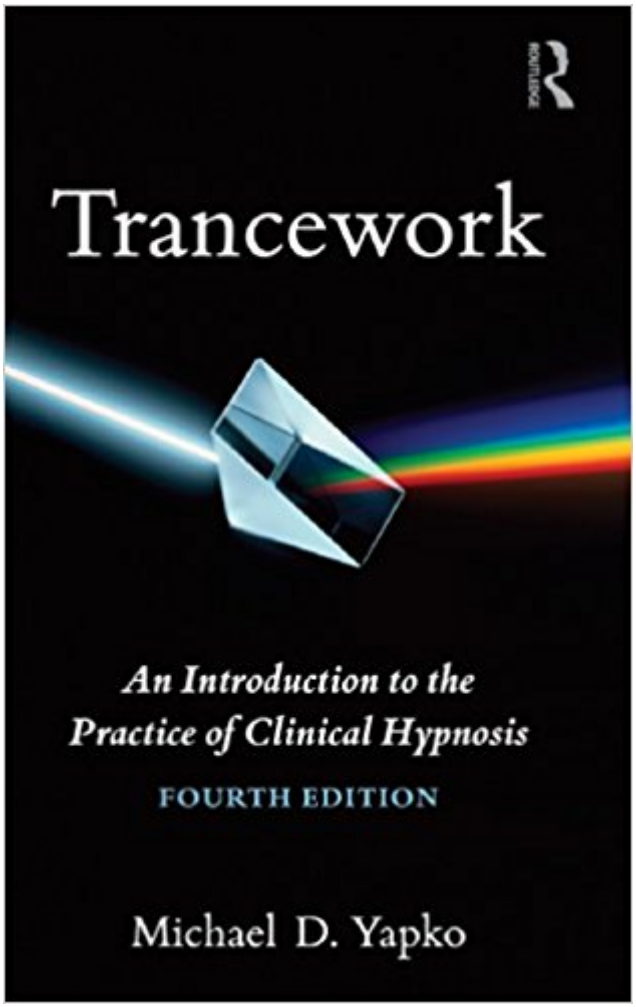
Trancework: An Introduction To The Practice Of Clinical Hypnosis



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Synopsis

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 â œFrames of Referenceâ • 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.routledgementalhealth.com/books/details/9780415884945/Â isÂ the videoÂ of Dr. Yapkoâ ™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 clientsâ ™ lives for the better. Trancework gives professionals the skills to do just that.Â

Book Information

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Customer Reviews

"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 hi insights to enhance the foundation of all our workâ “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 evidenceâ “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

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.

This book is a great read and an essential reference resource for beginners and experts alike. Far more than an introduction, Dr. Yapko’s well researched book is packed with information, anecdotes, instructions and even a demonstration DVD that are all very helpful for developing and honing hypnotic and therapeutic skills. This version added a lot of new material and was well worth purchasing even though I already had the 3rd edition. I enjoyed reading this book and am already using things that I learned from it in my practice. Dr. Yapko’s book has that rare combination of being impressive (e.g., the transcripts and DVD show him for the world class therapist and hypnotist that he is) and instructive in a way that is easy for the reader to apply. I am a better thinker and a more inspired hypnotist from having read Trancework.

After reading many books written by amateurs, it was refreshing to read a scholarly work, that was, for me, easy to understand. I would consider this book, mandatory, for any serious student of hypnotism.

a must have for anyone’s interested in hypnotherapy. Highly recommended.

it was a course requirement, but will become a valued resource in an area of increasing popular alternative therapy.

great insight into workings of the subconcious mind

Good book to have for your collection

A must have for new and old hypnotist. Glad to see a new version, the prices for the old version were getting out of hand.

very well written and great book for training and instruction

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