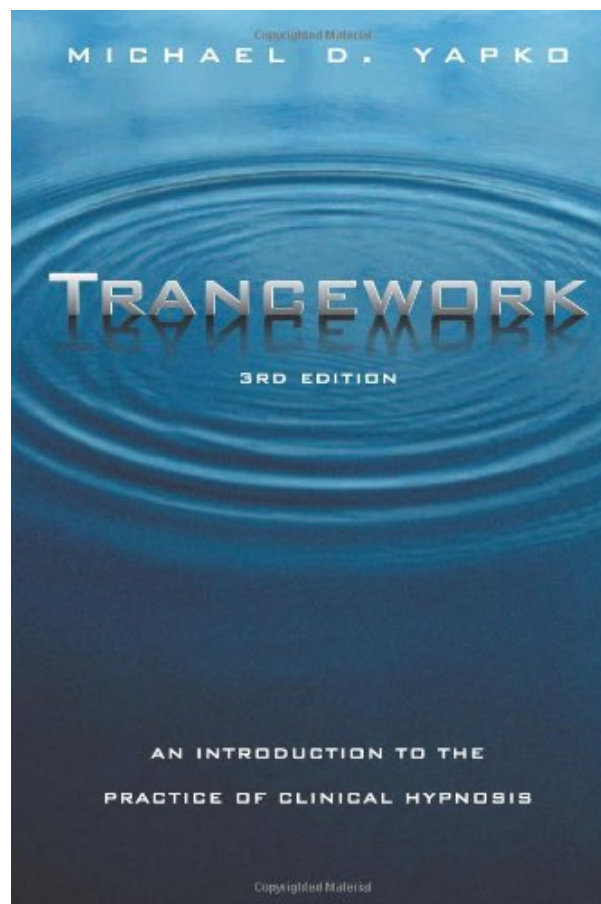
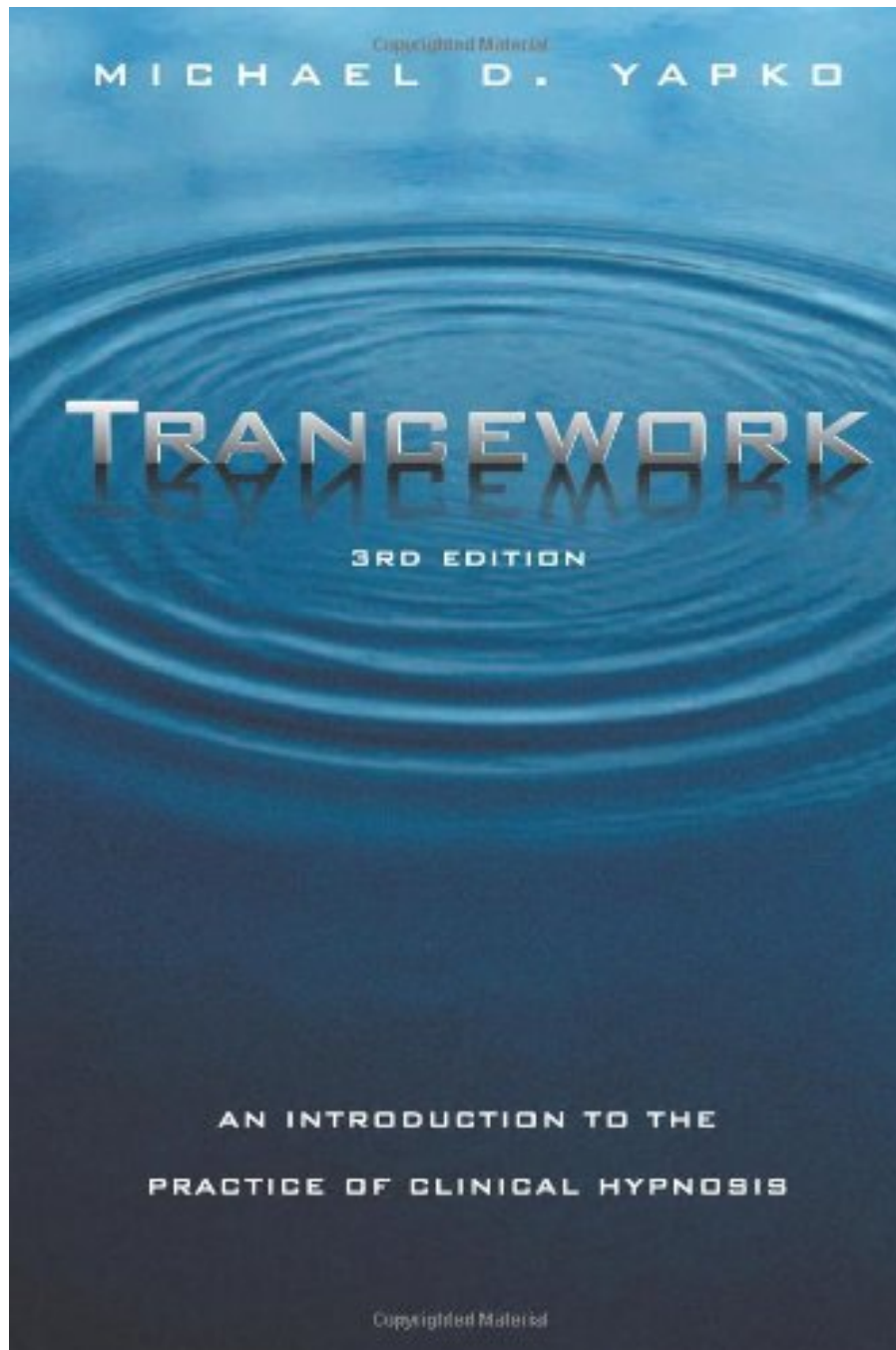


**TRANCEWORK: AN INTRODUCTION TO
THE PRACTICE OF CLINICAL HYPNOSIS
BY MICHAEL D. YAPKO**



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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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TRANCEWORK: AN INTRODUCTION TO THE PRACTICE OF CLINICAL HYPNOSIS BY MICHAEL D. YAPKO PDF

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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Most helpful customer reviews

35 of 36 people found the following review helpful.

Excellent Intro text for Hypnosis study

By Jed Shlackman

This book is a great text to use for learning about hypnosis or to teach hypnosis to students. It is thorough, covering every significant issue that a typical hypnosis practitioner would deal with, and it presents a careful, balanced examination of many issues that are often misrepresented by either proponents or critics of hypnosis and hypnotherapy. The current edition (3rd) seems very well organized and conceptualized, and is pretty well updated about neuroscience correlates of hypnotic states. Yapko clearly wishes to make hypnosis a well-respected healing practice, and attempts to present hypnosis in a well-developed context that allows readers to see the many potential benefits of using hypnotic techniques as well as the possible hazards of misrepresenting or misapplying hypnosis. This is a well-researched, comprehensive, and well-rounded presentation of hypnosis which should serve many hypnosis practitioners well. It is hard to find a book on hypnosis of this quality, with most books on the topic focusing more on techniques and exalting the power of hypnosis than on addressing the many professional issues and contexts that practitioners will have to work with. The only significant fault in this book I can point out is the title, as Yapko proceeds to explain why he is not happy with the word "trance" as a descriptor for states of consciousness appearing during hypnosis. Perhaps he will decide on a new title the next time this text is updated. Meanwhile, *Trancework* is a book that sets a high standard for Hypnosis texts.

52 of 55 people found the following review helpful.

A sweeping, accessible overview of the hypnotic process.

By Richard A. Voit

Rick Voit, Ph.D. Co-author: *Hypnosis in Clinical Practice: Steps for Mastering Hypnotherapy*. (Routledge)

Trancework is a wonderful achievement in presenting a thorough conceptual framework and understanding of trance states, hypnotic communication and the rationale for technique. Through its clear language, thorough review of research, and the introduction of powerful and novel teaching formats, Yapko carefully carries the reader from this well-established framework into very practical applications for psychotherapy. Its progressive building of concepts and logical applications results in a comprehensive discussion of how hypnosis and hypnotic language serve as natural extensions of the therapeutic process to basic skills and clear-cut guidelines for the integration of hypnosis into practice.

This book certainly provides the reader with many practical ideas for hypnotic language, induction procedures and clinical treatment planning. Yet, this reviewer believes the book's strength lies in how effectively it lays the groundwork for why these methods make sense. His sections on the concepts behind trance and hypnosis, human suggestibility and responsiveness, brain function, and various contexts in which hypnosis is practiced give the reader a depth of understanding that fully restore this meaning to an extent that few other texts achieve.

This is a book with few if any weaknesses. If anything, it may have attempted to do too much and yet, should any of its elements be removed, it would not be the complete work that it is. Yapko's thorough examination of the myths surrounding hypnosis and how they reflect misinterpretations of the process involved serve to illuminate the alternative truths involved. He most effectively dispels myths about hypnosis by examining ways in which responsiveness and suggestibility create the potentials through which we induce trance. This assignment of responsibility and further discussion of normal hypnotic phenomena allow the reader to grasp the purpose of techniques as means of utilizing, not manufacturing, trance behavior. In short, it successfully replaces the mindset of "doing hypnosis" with one of "being hypnotic."

Unlike many other introductory books, *Trancework* carefully and clearly examines those conditions and characteristics in people and in the therapeutic setting that lay the groundwork for hypnotic communication. I would recommend this book for students of hypnosis at any level of training. For the serious beginner, there

is probably no more comprehensive and user-friendly text available. It has been my experience that many professionals who have completed advanced levels of training have not gained a comprehension of the hypnotic process sufficient to comfortably apply their skill with any range or effectiveness. In Trancework, these readers will discover an opportunity to expand their knowledge base while increasing the breadth of their hypnosis skills.

Because of its clarity and scope, this book would be of great interest to someone seriously curious about hypnosis.

11 of 12 people found the following review helpful.

Trancework

By knag

I have read multiple books on hypnotherapy and hypnosis. This is by far the best of the lot. Yapko's presentation of all the nuances of hypnotherapy and separating myth from reality is brilliant. The book takes you on a scholastic journey of hypnotherapy holding your hand all along. I wish I had read this book before as it would have saved me lot of time and energy trying to make sense out of theories and concepts that other books provide in a disjointed fashion. A "must have" book for a serious student of Hypnotherapy.

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