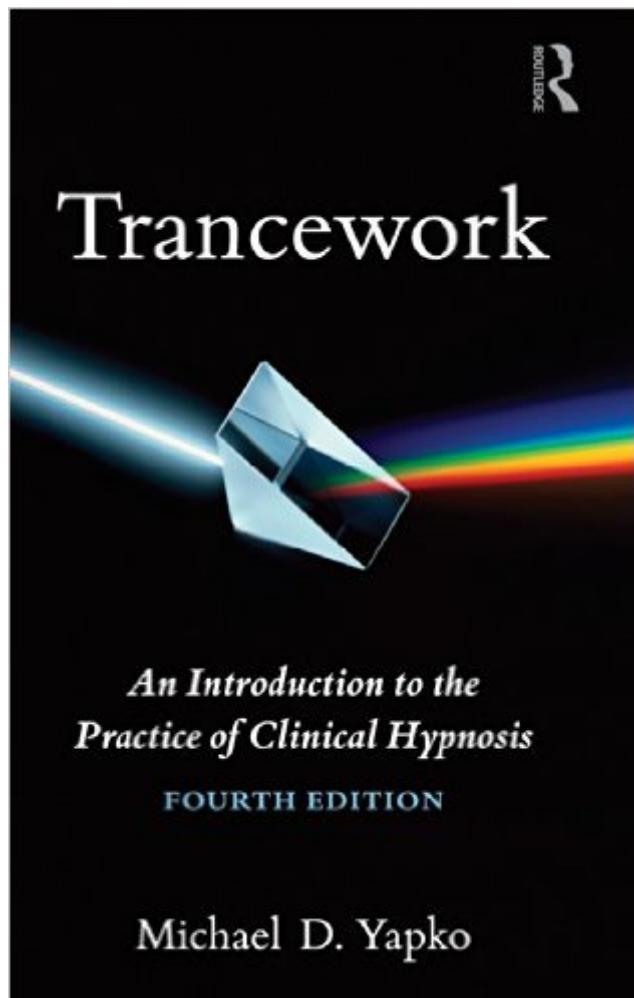


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# Trancework: An Introduction To The Practice Of Clinical Hypnosis



## 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 “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.routledgehealth.com/books/details/9780415884945/> is a 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.

## Book Information

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## Customer Reviews

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.

The previous editions of Trancework have been an essential resource for clinicians interested in broadening their understanding of hypnosis. The Fourth Edition adds not only the research and practice improvements of the intervening nine years but new chapters on Behavioral Medicine, Positive Psychology, Children and Adolescents, Pain Management, and Hypnosis across Modalities. Readers of previous editions who appreciated the transcript of "The Case of Vicki" will be grateful for the DVD of that entire session, a masterful use of confusion technique for pain relief in a woman with terminal cancer who wants to be fully conscious through her last months. There are expert clinicians and there are writers gifted enough to explain the subtleties of great therapy, but it's rare to find both skill-sets in the same person. Dr. Yapko is not only a gifted clinician, he is, as therapists around the world who have studied with him can attest, a great teacher. He makes the current research accessible and explains complex phenomena in clear and elegant fashion. While he is never shy about sharing his well-considered opinions he is also enormously gracious in detailing the contributions of other figures in the field whose views differ significantly from his own. This book is an excellent resource for therapists who are in search of practical guidance in constructing sessions and mastering the intricacies of hypnotherapeutic language. You'll be glad you bought it!

Dr. Micheal Yapko is brilliant! His latest edition of Trancework is an absolute must for anyone who wants to learn about hypnosis or continue to practice in the field of hypnosis. It is filled with entirely useful information and immediately applicable strategies. He writes in a clear and sensible way which make it easy for the reader to absorb the information easily. I expect anyone who reads this book will find it extremely useful.

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.

This is an authoritative reference work on the subject of hypnosis. It is not a self-help, or do it yourself, how-to guide. It is written on a professional level for professionals or researchers. It is not difficult to read, and there is a lot of extra information in the book related to psychology, that makes it a good psychology reference in general. Profiles of innovative psychologists are featured throughout.

This text on hypnosis is an outstanding guide for new and advanced students of clinical hypnosis. Yapko covers every dimension of hypnosis in his balanced, research focused, common sense style. The book is very well-organized and thoughtful. From one of the masters in the field, this book is necessary reading for those interested in clinical hypnosis.

Trancework is a comprehensive and refreshingly practical resource. It is bound to become the gold standard for clinicians utilizing the tools of clinical hypnosis. Dr. Yapko's extensive therapeutic experience and multi-faceted approach enables easy access of well researched hypnotic concepts and techniques. Sequenced learning and practical applications enable clinicians to broaden and enhance their work with children, adolescents and adults. Dr. Yapko's ongoing commitment to the field of hypnosis, to his clients, and readers is evidenced by his work and by his recognition of the contributions of leading experts in the fields of hypnosis and psychotherapy. Additionally, an extensive list of hypnosis organizations, journals, supplemental materials and references are provided. Read it...practice it...you'll like it!

Highly recommended. A very comprehensive and thorough, practical hand/work -book. Very well structured in a logical way. Information and discussions are clear, well researched and referenced.

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