



# Essentials of Hypnosis (Basic Principles Into Practice)

*Michael D. Yapko*

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## **Essentials of Hypnosis (Basic Principles Into Practice)** Michael D. Yapko

Exceedingly clear, concise, and comprehensive, this volume sets forth the essential fundamentals of both the practice and theoretical underpinnings of clinical hypnosis. It will acquaint readers with a field that is dynamic, diverse, and constantly evolving, and one that offers superb therapeutic tools widely applicable in many clinical contexts. The book is designed as a basic text for graduate and undergraduate courses in clinical hypnosis as well as an information-packed refresher for practicing mental health professionals who wish to explore this provocative discipline. A valuable feature of the book is the comprehensive reference section at the end of each chapter for readers whose interest has been piqued for further exploration. Among the topics Essentials of Hypnosis addresses are: Myths and misconceptions, Prominent paradigms of hypnosis, Varied applications, Human suggestibility, and how to perform tests, How the mind processes hypnotic communication, Susceptibility, Psychological and physical characteristics of the hypnotic state, Environmental and physical variables, Patterns of hypnotic communication, Techniques for traditional and naturalistic inductions, Classical hypnotic phenomena and their inductions Self-hypnosis, Therapeutic utilization of the hypnotic trance-script, Clinical implications of memory, Suggestibility and repressed memory controversy, Overcoming resistance, Pitfalls to avoid, Ethical guidelines. Throughout Essentials of Hypnosis emphasizes the use of hypnotic processes as agents of effective communication and change. Lucid and thought provoking, it offers an integral prelude to the fascinating principles and practice of clinical hypnosis.

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