



# Trancework: An Introduction to the Practice of Clinical Hypnosis

*Michael D. Yapko*

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## **Trancework: An Introduction to the Practice of Clinical Hypnosis** Michael D. Yapko

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.routledgejournalhealth.com/books/details/9780415884945/> is the 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.

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