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Process-Oriented Hypnosis

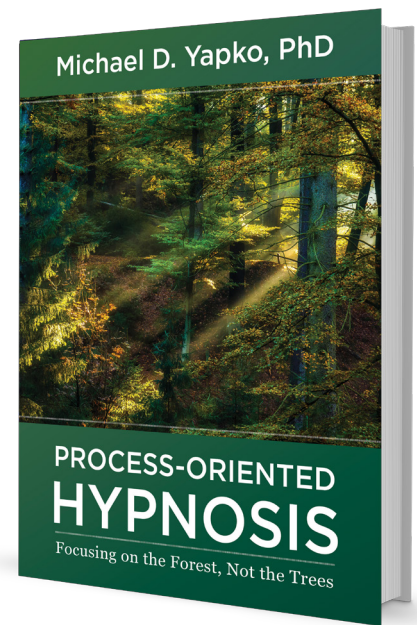
Focusing on the Forest, Not the Trees

by Michael D. Yapko, PhD

Getting at client issues by focusing on the process of symptom formation rather than on the details of the problem.

In Process-Oriented Hypnosis, internationally recognized psychologist Michael D. Yapko provides clinicians with a new framework for utilizing hypnosis with clients. Yapko encourages clinicians to take a broader perspective, in which patterns rather than individual symptoms are the emphasis of therapy. He offers numerous insights into ways clinicians can home in on the process of how people come to suffer various types of emotional distress. Beyond these insights, the book provides highly practical information and specific examples for integrating this innovative perspective into clinical work.

Process-Oriented Hypnosis offers clinicians a fresh perspective for working with clients that can be integrated into many different treatment models.



Visit the webpage: wwwnorton.com/rd/f3J4T

PRAISE FOR PROCESS-ORIENTED HYPNOSIS

“Once again Michael Yapko is proving himself to be a leader in the field of therapeutic hypnosis. This how-to book integrates practicing psychotherapy with salient and positive principles including ambiguity, expectancy, discrimination, impulses, compartmentalizing, acceptance, responsibility, action, integrity, and foresight—the major principles of modern therapeutic hypnosis.”

—Ernest L. Rossi, PhD, and Kathryn L. Rossi, PhD,
codirectors, Psychosocial Genomics Research Institute
and The Milton Erickson Institute of California Central Coast

Michael D. Yapko, PhD, is a clinical psychologist and author of 16 books, including *Mindfulness and Hypnosis*, which won the Society for Clinical and Experimental Hypnosis (SCEH) Author Shapiro Award for Best Book on Hypnosis, and the leading hypnosis textbook *Trancework* (now in its 5th edition).

Dr. Yapko has taught in more than 30 countries and received numerous awards for his contributions. He has also received lifetime achievement awards from the International Society of Hypnosis and The Milton H. Erickson Foundation.



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