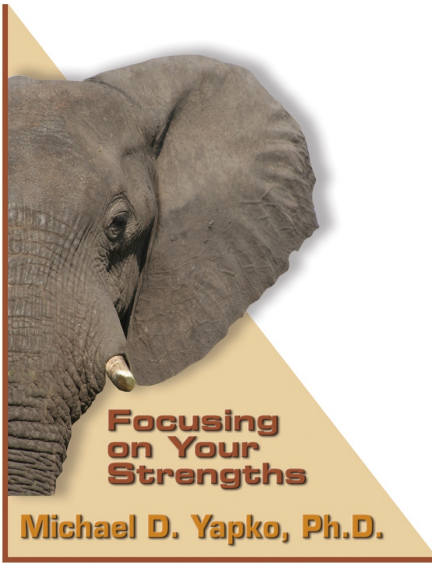


Curriculum Vitae

Michael D. Yapko, Ph.D.
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michael@yapko.com
www.yapko.com



SUMMARY OF CURRENT POSITIONS

- Clinical psychologist and marriage and family therapist (licensed in California).
- National and international trainer (more than 30 countries) in hypnosis and strategic approaches to psychotherapy.
- Author, numerous books, book chapters and articles regarding psychotherapy; Works have been translated into 10 languages (French, German, Polish, Russian, Italian, Spanish, Japanese, Portuguese, Dutch, and Chinese).
- Chief content provider and advisor to the digital self-help app *Mindset* (www.mindsethealth.com).
- Director, The Milton H. Erickson Institute of San Diego.
- Member, Board of Advisory Editors, *American Journal of Clinical Hypnosis*.
- Member, Board of Editorial Consultants, *International Journal of Clinical and Experimental Hypnosis*.

FORMAL EDUCATION

Doctoral: **Ph.D. in Professional Psychology, Clinical Specialization,**
United States International University, San Diego (1980).
Masters: **M.A. in Psychology,** United States International University, San Diego (1978).
Bachelors: **B.A. in Psychology,** University of Michigan, Ann Arbor (1976).
Received academic class honors.

PROFESSIONAL HISTORY

1985-present: Providing clinical trainings to health professionals all over the world on a variety of subjects relating to hypnosis and brief therapy methods. As of June, 2022, conducted workshops in over 30 countries on six continents and in 39 states across America.

1979-2007: Private clinical practice.

(Updated June, 2022)

1984-present: Director, The Milton H. Erickson Institute of San Diego.
2001-2004 Regularly featured columnist, *Blues Buster Newsletter* from *Psychology Today*; column called “Managing Your Mood.”
1987-1993: Editor, The Milton H. Erickson Foundation *Newsletter*.
1983-1989: Adjunct Faculty, United States International University, San Diego.
1979-1989: Core Faculty, National University, San Diego.
1985-1997: Member, Editorial Board, *Ericksonian Monographs*

LICENSURE AND CREDENTIALING

California licensed clinical psychologist. License No. PSY8962
California licensed marriage and family therapist. License No. MFT14422

PUBLICATIONS

Book-Length Works

1. Yapko, M.D. *Process-Oriented Hypnosis: Focusing on the Forest, Not the Trees*. New York: W.W. Norton, 2021. (Audiobook also available).
2. Yapko, M.D. *Trancework: An Introduction to the Practice of Clinical Hypnosis* (5th edition). New York: Routledge, 2019.
3. Yapko, M.D. *Taking Hypnosis to the Next Level: Valuable Tips for Enhancing Your Clinical Practice*. Fallbrook, CA.: Yapko Publications, 2018.
4. Yapko, M.D. *The Discriminating Therapist: Asking “How” Questions, Making Distinctions, and Finding Direction in Therapy*. Fallbrook, CA.: Yapko, Publications, 2016.
5. Yapko, M.D. *Keys to Unlocking Depression*. Fallbrook, CA.: Yapko Publications, 2016.
6. Yapko, M.D. *Essentials of Hypnosis* (2nd edition). New York: Routledge, 2014.
7. Yapko, M.D. *Mindfulness and Hypnosis: The Power of Suggestion to Transform Experience*. New York: W.W. Norton, 2011.
8. Yapko, M.D. *Depression is Contagious: How the Most Common Mood Disorder is Spreading Around the World and How to Stop It*. New York: The Free Press, 2009.
9. Yapko, M.D. *Hypnosis and Treating Depression: Applications in Clinical Practice* (Ed.). New York: Routledge, 2006.
10. Yapko, M.D. *Treating Depression with Hypnosis: Integrating Cognitive-Behavioral and Strategic Approaches*. New York: Brunner/Routledge, 2001.
11. Yapko, M.D. *Keys to Understanding Depression*. Sydney, Australia: The Written Word, 2001. (Out of print)
12. Yapko, M.D. *Hand Me Down Blues: How to Stop Depression from Spreading in Families*. New York: St. Martin’s, 1999.
13. Yapko, M.D. *Breaking the Patterns of Depression*. New York: Random House/Doubleday, 1997. (Audiobook also available).
14. Yapko, M.D. *Suggestions of Abuse: True and False Memories of Childhood Sexual Trauma*. New York: Simon & Schuster, 1994.
15. Yapko, M.D. *Hypnosis and the Treatment of Depressions: Strategies for Change*. New York: Brunner/Mazel, 1992.
16. Yapko, M.D. *Free Yourself from Depression*. Emmaus, PA: Rodale Press, 1992 (Out of print.)

17. Yapko, M.D. *Brief Therapy Approaches to Treating Anxiety and Depression* (Ed.). New York: Brunner/Mazel, Inc., 1989.
18. Yapko, M.D. *When Living Hurts: Directives for Treating Depression*. New York: Brunner/Mazel, 1988.
19. Yapko, M.D. *Hypnotic and Strategic Interventions: Principles and Practice* (Ed.). New York: Irvington Publishers, 1986. (Out of print.)

Chapters in Books

20. Yapko, M. D. "Applying Hypnosis Strategically in Treating Depression." In J. Linden, G. De Benedittis, L. Sugarman and K. Varga (Eds.), *Handbook of Clinical Hypnosis*. New York: Routledge. (In progress.)
21. Yapko, M. D & Criswell, S. "Hypnosis and Treating Interpersonal Aspects of Depression." In L. Milling (Ed.), *Evidence-Based Practice in Clinical Hypnosis*. Washington, DC: American Psychological Association. (In press.)
22. Yapko, M.D. "The Induction of Hypnosis: An Invitation to the Client to Engage...Deeply." In M. Jensen (Ed.), *The Art and Practice of Hypnotic Induction*. Kirkland, WA.: Denny Creek Press, 2017.
23. Yapko, M.D. "Suggesting Mindfulness: Reflections on the Uneasy Relationship Between Mindfulness and Hypnosis." In A. Raz and M. Lifshitz (Eds.), *Hypnosis and Meditation*. Oxford, U.K.: Oxford University Press, 2016.
24. Yapko, M.D. "Applying Clinical Hypnosis in Treatment." In G. Nardone & A. Salvini (Eds.), *International Dictionary of Psychotherapies*. Milan, Italy: Garzanti Libri Publishing House. 2011.
25. Garnier, R. & Yapko, M.D. "Empowering Lisa: The Power of Metaphor for a Depressed and Suicidal Teen." In G. Burns (Ed.), *Happiness, Healing, Enhancement: Your Casebook Collection for Applying Positive Psychology in Therapy*. New York: John Wiley & Sons, 2010.
26. Yapko, M.D. "Hypnosis and Depression." In. S. Lynn, J. Rhue and I. Kirsch (Eds.), *Handbook of Clinical Hypnosis* (2nd ed.). Washington, D.C.: American Psychological Association, 2010.
27. Yapko, M.D. "The Merits of Applying Hypnosis in the Treatment of Depression." In D. Barrett (ED.), *Hypnosis and Hypnotherapy* (Vol. 2). Santa Barbara, CA: Praeger, 2010.
28. Yapko, M.D. "Hypnosis and Sleep." In A. Barabasz, R. Boland, S. Kahn & K. Olness (Eds.), *Evidence Based Medical Hypnosis: A Primer for Health Care Practitioners*. New York: Routledge, 2009.
29. Yapko, M.D. "You Don't Learn This Stuff in Graduate School." In J. Carlson & J. Kottler (Eds.), *Creative Breakthroughs in Therapy*. Hoboken, NJ: John Wiley & Sons, 2009.
30. Yapko, M.D. "Hypnotic Approaches to Treating Depression." In M. Nash and A. Barnier (Eds.), *The Oxford Handbook of Hypnosis: Theory, Research and Practice*. Oxford, UK: Oxford University Press, 2008.
31. Yapko, M.D. "Introduction to *Clinical and Experimental Hypnosis*" (Rev. 2nd ed.) by William S. Kroger, M.D. Philadelphia, PA: Lippincott Williams & Wilkins, 2008.
32. Yapko, M.D. "The Case of Carol: Empowering Decision-Making through Metaphor and Hypnosis." In G. Burns (Ed.), *Healing with Stories*. New York: John Wiley & Sons, 2007.

33. Yapko, M.D. "Limits of the Past." In J. Kottler & J. Carlson (Eds.), *Their Finest Hour: Master Therapists Share Their Greatest Success Stories*. Boston: Pearson Education, 2005.
34. Yapko, M.D. "The Woman Who Should Have Been Depressed." In J. Kottler & J. Carlson (Eds.), *The Mummy at the Dining Room Table*. San Francisco: Jossey-Bass, 2003.
35. Yapko, M.D. "The Power of Vision as an Antidepressant." In J. Zeig (Ed.), *Brief Therapy: Lasting Impressions*. Phoenix, AZ.: Zeig, Tucker & Theisen, Inc., 2002.
36. Yapko, M.D. Introduction to *Hypnosis and Suggestibility: An Experimental Approach* by Clark L. Hull. Williston, VT.: Crown House Publishing, 1933/2002.
37. Yapko, M.D. "What is Ericksonian Hypnosis?" In B. Geary & J. Zeig (Eds.), *The Handbook of Ericksonian Psychotherapy*. Phoenix, AZ: The Milton H. Erickson Foundation Press, 2001.
38. Yapko, M.D. "Jay Haley on Jay Haley." In J. Zeig (Ed.), *Changing Directives: The Strategic Psychotherapy of Jay Haley*. Phoenix, AZ.: Zeig, Tucker & Theisen, Inc., 2001.
39. Yapko, M.D. "Hypnose und Depression." In D. Revenstorf & B. Peter (Hrsg/Eds.), *Hypnose in Psychotherapie, Psychosomatik und Medizin: Manual fur die Praxis* (pp.457-467). Berlin: Springer-Verlag, 2001. (Translated into German.)
40. Yapko, M.D. "Revisiting the Question: What is Ericksonian Hypnosis?" In B. Evans & G. Burrows (Eds.), *Hypnosis in Australia*. Heidelberg, Victoria, Australia: The Australian Journal of Clinical and Experimental Hypnosis, 1999.
41. Yapko, M.D. "The Troublesome Unknowns About Trauma and Recovered Memories." In M. Conway (Ed.), *Recovered Memories and False Memories*. Oxford: Oxford University Press, 1997.
42. Yapko, M.D. "Hypnotherapy of Depression." In I. Kirsch, S. Lynn & J. Rhue (Eds.), *A Casebook of Clinical Hypnosis*. Washington D.C.: American Psychological Association, 1996.
43. Yapko, M.D. "Repressed Memories of Childhood Sexual Abuse are Dubious." In *Family Violence: Current Controversies*. San Diego: Greenhaven Press, 1996.
44. Loftus, E L. & Yapko, M.D. "Psychotherapy and the Recovery of Repressed Memories." In T. Ney (Ed.), *True and False Allegations of Child Sexual Abuse*. New York: Brunner/Mazel, 1995.
45. Yapko, M.D. "Hypnosis and the Repressed Memory Controversy." In G. Burrows & R. Stanley (Eds.), *Contemporary International Hypnosis*. Sussex, England: John Wiley & Sons, Ltd., 1995.
46. Yapko, M.D. "Memories of the Future: Regression and Suggestions of Abuse." In J. Zeig (Ed.), *Ericksonian Approaches: The Essence of the Story*. New York: Brunner/Mazel, 1994.
47. Yapko, M.D. "Hypnosis and Depression." In J. Rhue, S. Lynn & I. Kirsch, (Eds.), *Handbook of Clinical Hypnosis*. Washington, D. C.: American Psychological Association, 1993.
48. Yapko, M. D. "Are We Uncovering Traumas or Creating Them? Hypnosis, Regression and Suggestions of Abuse." In L. VandeCreek, S. Knapp & T. Jackson (Eds.), *Innovations In Clinical Practice* (Vol. 12). Sarasota, FL: Professional Resources Press, 1993.

49. Yapko, M.D. "Therapy with Direction." In S. Budman, M. Hoyt & S. Friedman (Eds.) *The First Session in Brief Therapy*. New York: Guilford Press, 1992.
50. Yapko, M.D. "Directive Psychotherapy." In J. Zeig & W. Munion (Eds.), *What is Psychotherapy?: Contemporary Perspectives*. San Francisco: Jossey-Bass, 1990.
51. Yapko, M.D. "Brief Therapy Tactics in Long-Term Psychotherapy." In J. Zeig & S. Gilligan (Eds.), *Brief Therapy: Myths, Methods and Metaphors*. New York: Brunner/Mazel, 1990.
52. Yapko, M.D. "Disturbances of Temporal Orientation as a Feature of Depression." In M. Yapko (Ed.), *Brief Therapy Approaches to Treating Anxiety and Depression*. New York: Brunner/Mazel, 1989.
53. Yapko, M.D. "Depression: Diagnostic Frameworks and Therapeutic Strategies." In M. Yapko (Ed.), *Hypnotic and Strategic Interventions: Principles and Practice*. New York: Irvington, 1986.
54. Yapko, M.D. "Ericksonian Hypnosis." In D. Araoz, B. Zilbergeld & M. Edelstein (Eds.), *Hypnosis: Questions and Answers*. New York: W.W. Norton, 1986.
55. Yapko, M.D. "The Erickson Hook: Values in Ericksonian Approaches." In J. Zeig (Ed.), *Ericksonian Psychotherapy* (Vol. I). New York: Brunner/Mazel, 1985.

Articles in Professional Journals and Magazines

56. Yapko, M.D. "The Whack-a-Mole Challenge of Hypnosis Research: A Commentary Regarding 'Guidelines for the Assessment of Efficacy of Clinical Hypnosis Applications.'" *International Journal of Clinical and Experimental Hypnosis*. (In press.)
57. Yapko, M.D. "Encouraging Hindsight in Advance: Age Progression in Therapy – and Life." *American Journal of Clinical Hypnosis*. (March, 2022).
58. Yapko, M.D. (January, 2021). "Backwards, Forwards, and Round-and-Round: Looking Back on 2021 and Looking Forward to 2021." *The Science of Psychotherapy*, pp.5-6.
59. Ireland, R. & Yapko, M.D. (November, 2020). "Depression: Mistreatment or Maltreatment?" *Canadian Family Physician*, 66(11), 830-831.
60. Yapko, M.D. "Contemplating...the Obvious: What You Focus On, You Amplify." *International Journal of Clinical and Experimental Hypnosis*, April-June, 2020.
61. Yapko, M.D. "The New Division 30 Definitions Regarding Hypnosis: Is "Concise" Better?" *American Journal of Clinical Hypnosis*, April, 2015.
62. Yapko, M.D. "The Power of How: An Interview with Michael Yapko." *Psychotherapy Networker*, October/November, 2014.
63. Yapko, M.D. "The Spirit of Hypnosis: Doing hypnosis vs. being hypnotic." *American Journal of Clinical Hypnosis*, January, 2014.
64. Yapko, M.D. "Treating depression with antidepressants. Drug-placebo efficacy debates limit broader considerations." *American Journal of Clinical Hypnosis*. January, 2013.
65. Yapko, M.D. "Suggesting Mindfulness: Awakening the Hypnotist Within." *Psychotherapy Networker*, September/October, 2011.
66. Yapko, M.D. "An Interview with Michael D. Yapko (Conducted by Mark Jensen, Ph.D.)." *Contemporary Hypnosis & Integrative Therapy*, January, 2011.

67. Yapko, M.D., Guest Editor, Special Issue on Hypnosis and Depression: "Hypnosis in the Treatment of Depression: An Overdue Approach for Encouraging Skillful Mood Management." *International Journal of Clinical and Experimental Hypnosis*, April, 2010.
68. Yapko, M.D. "Hypnotically Catalyzing Experiential Learning Across Treatments for Depression: Actions Can Speak Louder Than Moods." *International Journal of Clinical and Experimental Hypnosis*, April, 2010.
69. Yapko, M.D. "The Elephant in the Therapy Room." *Family Therapy Magazine*. December, 2009.
70. Yapko, M.D. "Applying Clinical Hypnosis in the Treatment of Depression." *Frontiers in Neuroscience*, September, 2009.
71. Yapko, M.D. "Secondhand Blues." *Psychology Today*, October, 2009.
72. Yapko, M.D. "Hypnosis: An Expert Speaks." In L. Freeman, *Mosby's Complementary & Alternative Medicine: A Research-Based Approach* (3rd ed.). St. Louis, MO: Mosby Elsevier, 2009.
73. Yapko, M.D. "Skills or Pills? What MFTs Can Do Better Than Antidepressant Medications." *Family Therapy Magazine*, November/December, 2008.
74. Yapko, M.D. "Utilizing Hypnosis in Addressing Ruminative, Depression-Related Insomnia." *Psychological Hypnosis: A Bulletin of APA Division 30*. Summer, 2008.
75. Yapko, M.D. "The Art and Science of Clinical Hypnosis: What MFTs Should Know...at a Deeper Level." *Family Therapy Magazine*, July/August, 2008.
76. Yapko, M.D. "Happiness- What a Concept! Now, How to Market It?" *Family Therapy Magazine*, November/December, 2006.
77. Yapko, M.D. "Treating Depression Systemically: A Guest Commentary." *Journal of Systemic Therapies*. Fall, 2006.
78. Yapko, M.D. "Some Comments Regarding the Division 30 Definition of Hypnosis." *American Journal of Clinical Hypnosis*. October, 2005/January, 2006.
79. Yapko, M.D. "An Interview with André Weitzenhoffer." *American Journal of Clinical Hypnosis*. July, 2005.
80. Yapko, M.D. "My Work with Elephants: What Pachyderms Taught Me That I'll Never Forget." *Psychotherapy in Australia*. May, 2005.
81. Yapko, M.D. "Hypnosis in Treating Symptoms and Risk Factors of Major Depression." *American Journal of Clinical Hypnosis*. October, 2001.
82. Yapko, M.D. "Hypnotic Intervention for Ambiguity as a Depressive Risk Factor." *American Journal of Clinical Hypnosis*. October, 2001.
83. Yapko, M.D. "We Have Lots of Antidepressants, and Depression is Getting Worse." *Mental Health Australia: The Journal of the Mental Health Foundation of Australia*. Vol.2, No.2, 2000.
84. Yapko, M.D. "AAMFT Clinical Update: Depression." Volume I, Issue 2. Washington, D. C.: American Association for Marriage and Family Therapy, February, 1999.
85. Yapko, M.D. "Spotlight on Brief Therapy." *Encyclopedia Britannica Medical and Health Annual*, 1998.
86. Yapko, M.D., Barretta, N. & Barretta, P. "Clinical Training in Ericksonian Hypnosis." *American Journal of Clinical Hypnosis*. July, 1998.
87. Yapko, M.D. (May/June, 1997). "The Art of Avoiding Depression." *Psychology Today*, 30, 3, 37/75.
88. Yapko, M.D. "Stronger Medicine." *Family Therapy Networker*. January, 1997.

89. Yapko, M.D. "Depression: Perspectives and Treatments." *Encyclopedia Britannica Medical and Health Annual*, 1997.
90. Yapko, M.D. "An Interview with David B. Cheek, M.D." *American Journal of Clinical Hypnosis*. July, 1996.
91. Yapko, M.D. "An Interview with William Kroger." *American Journal of Clinical Hypnosis*. January, 1996.
92. Yapko, M.D. "Hypnosis: Treatment in a Trance." *Encyclopedia Britannica Medical and Health Annual*, 1996.
93. Yapko, M.D. "Repressed Memories." *Encyclopedia Britannica Book of the Year*, 1995.
94. Yapko, M.D. "Suggestibility and Repressed Memories of Abuse: A Survey of Psychotherapists' Beliefs." *American Journal of Clinical Hypnosis*. 1994.
95. Yapko, M.D. "The Seductions of Memory." *Family Therapy Networker*. Sept./Oct., 1993.
96. Yapko, M.D. "A Therapy of Hope." *Family Therapy Networker*, June, 1991.
97. Yapko, M.D. & Campbell, W. "Safety Issues in Elephant Management." *Humane Innovations and Alternatives in Animal Experimentation*, 1990.
98. Yapko, M.D. "Confusion Methodologies in the Management of Pain." *Hypnos: The Swedish Journal of Hypnosis in Psychotherapy and Psychosomatic Medicine*. December, 1988.
99. Yapko, M.D. "Hypnotic and Strategic Interventions in the Treatment of Anorexia Nervosa." *American Journal of Clinical Hypnosis*. April, 1986.
100. Yapko, M.D. "Therapeutic Strategies in the Treatment of Depression." *Ericksonian Monographs*. New York: Brunner/Mazel, 1985.
101. Yapko, M.D. "Implications of the Ericksonian and Neuro-Linguistic Programming Models for Responsibility of Therapeutic Outcomes." *American Journal of Clinical Hypnosis*. October, 1984.
102. Yapko, M.D. "A Comparative Analysis of Direct and Indirect Hypnotic Communication Styles." *American Journal of Clinical Hypnosis*. 1983.
103. Yapko, M.D. "The Effect of Matching Primary Representational System Predicates on Hypnotic Relaxation." *American Journal of Clinical Hypnosis*. January, 1981.

Video/Audio Publications

104. Yapko, M.D. Plenary Address: "Hypnotically Catalyzing Resilience: The Merits of Encouraging Vision. American Society of Clinical Hypnosis Annual Meeting, March, 2022. Available at www.asch.net
105. Yapko, M.D. Plenary Address: "Where's the Strength in Ego Strengthening?" American Society of Clinical Hypnosis Annual Meeting, March, 2019. Available at www.asch.net.
106. Yapko, M.D. "Keynote Address: The Future Orientation of Milton H. Erickson, M.D." Phoenix, AZ.: The Milton H. Erickson Foundation. 13th International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy. Phoenix, AZ: The Milton H. Erickson Foundation, 2019.
107. Yapko, M.D. "Hypnosis and Experiential Learning." A clinical demonstration of hypnosis with a woman wanting to "find her voice" and express herself more forcefully both personally and professionally. Phoenix, AZ: The Milton H. Erickson Foundation, 2019.

108. Yapko, M.D. "Hypnosis and Building Resources." A clinical demonstration of hypnosis with a woman who suffers high anxiety when having to teach to groups. Phoenix, AZ: The Milton H. Erickson Foundation, 2018.
109. Yapko, M.D. "How to Recover from Depression." A public lecture sponsored by the Australia Psychological Society. Available on YouTube. Viewed more than 3.9 million times as of June, 2022.
110. Yapko, M.D. "Hypnosis as a Context of Empowerment." A clinical demonstration of hypnosis with a woman feeling out of control in her eating habits. Phoenix, AZ: The Milton H. Erickson Foundation, 2017.
111. Yapko, M.D. *Better Focus, Better Life: Paying Attention with Intention to Positive Possibilities* (Vol. 1). Fallbrook, CA: Yapko Publications, 2014.
112. Yapko, M.D. *Better Focus, Better Life: Paying Attention with Intention to Transcending the Usual* (Vol. 2). Fallbrook, CA: Yapko Publications, 2014.
113. Yapko, M.D. "Attention with Intention: Hypnosis in Problem Solving." A clinical demonstration of hypnosis with a woman feeling hurt and betrayed by others, especially family members. Phoenix, AZ: The Milton H. Erickson Foundation, 2013.
114. Yapko, M.D. "Hypnosis as a Catalyst for Taking the Next Growthful Step." A clinical demonstration with a woman feeling overwhelmed by academic challenges couple with the impending moving away of her daughter. Phoenix, AZ: The Milton H. Erickson Foundation, 2011.
115. Yapko, M.D. "Hypnosis for Coming to Terms with a History of Extreme Trauma." A master class clinical demonstration with a woman reporting a history of ritual child abuse. Phoenix, AZ: The Milton H. Erickson Foundation, 2011.
116. Yapko, M.D. *Hypnosis as a Context for Developing Inner Resources*. A clinical demonstration with a woman feeling blocked by perfectionism. Phoenix, AZ: The Milton H. Erickson Foundation, 2009
117. Yapko, M.D. *Hypnosis to Overcome a Fear of Driving the Freeway: The Case of Susan*. A clinical demonstration on DVD with a woman with a driving phobia. Fallbrook, CA: Yapko Publications, 2009 (Out of Print).
118. Yapko, M.D. *Hypnosis as a Context for Problem-Solving*. A clinical demonstration with a woman experiencing enduring guilt from a mismanaged interaction. Phoenix, AZ: The Milton H. Erickson Foundation, 2008.
119. Yapko, M.D. *Calm Down! A Self-Help Program for Managing Anxiety*. (Audio CD program.) Fallbrook, CA: Yapko Publications, 2008.
120. Yapko, M.D. *The Case of Myra*: A clinical demonstration on DVD with a woman suffering hopelessness and social isolation. Phoenix, Arizona: The Milton H. Erickson Foundation, 2008.
121. Yapko, M.D. *Trancework: An Introduction to the Practice of Clinical Hypnosis*. (Audio CD version.) New York: Routledge, 2005.
122. Yapko, M.D. *Sleeping Soundly: Enhancing Sleep with Hypnosis* (Audio CD program). Fallbrook, CA: Yapko Publications, 2005.
123. Yapko, M.D. *The Case of Terri: Mobilizing Resources in Hypnosis*. A DVD demonstration of a single session hypnotic intervention with a woman suffering difficulties walking and maintaining her balance. Phoenix: AZ: The Milton H. Erickson Foundation, 2004.
124. Yapko, M.D. *Hypnosis and Goal-Oriented Therapy*. A video demonstration of a single session intervention with a woman wanting to learn a new skill more patiently. Phoenix, AZ: the Milton H. Erickson Foundation, 2002.

125. Yapko, M.D. *Hypnosis in the Relief of Pain*. An audio CD program for facilitating analgesia, dissociation, and pain relief. Fallbrook, CA: Yapko Publications, 2002.
126. Yapko, M.D. *The Case of Sol: Hypnosis for a Man Suffering Co-Morbid Depression and Anxiety*. A demonstration on DVD of a single session hypnotic intervention with an anxious and depressed man struggling with the realization that he will not meet his life goals. Phoenix: AZ: Zeig, Tucker & Theisen, Inc. Publishing, 2001.
127. Yapko, M.D. *Breaking Patterns of Depression*. A one day clinical workshop on the topic of Major Depression, including sections on epidemiology, diagnosis, gender differences, coping styles, attributional styles, marriage and family issues, treatment and prevention. Fallbrook, CA: Yapko Publications, 2000.
128. Yapko, M.D. *Hypnosis in Treating Depression*. A video demonstration of a single session intervention with a moderately depressed man with a history of abuse. Transcribed with commentary and analysis in *Treating Depression with Hypnosis*. Phoenix, AZ: Zeig, Tucker & Theisen, Inc., Publishing, 1999. Part of the "Brief Therapy Inside Out" series.
129. Yapko, M.D. *Hypnosis and Exploring Therapeutic Possibilities*. A video demonstration of a hypnosis session with someone feeling inadequate about his career choice. Phoenix, AZ: Zeig, Tucker & Theisen, Inc., Publishers, 1998.
130. Yapko, M.D. *Focusing on Feeling Good*. A self-management audio CD program for overcoming depression. Fallbrook, CA: Yapko Publications, 1997.
131. Yapko, M.D. *Hypnosis and Exploring Options*. A video demonstration of a reframing session for someone feeling "stuck." Transcribed with commentary and analysis in *Treating Depression with Hypnosis*. Phoenix, AZ: Zeig, Tucker & Theisen, Inc., Publishers, 1996.
132. Yapko, M.D. *Hypnotically Accessing Resources (to Cope with a Possible Divorce)*. Phoenix, AZ: The Milton H. Erickson Foundation, 1994.
133. Yapko, M.D. *Hypnotically Accessing and Contextualizing Resources*. A video demonstration of age regression, de-framing and reframing. Phoenix, AZ: The Milton H. Erickson Foundation, 1993.
134. Yapko, M.D. *Building Expectancy*. A video demonstration of a therapy session involving hypnotic age progression. Phoenix, AZ: The Milton H. Erickson Foundation, 1992.
135. Yapko, M.D. *Using Hypnosis in Treating Depression*. A four volume audiotope program illustrating the hypnotic interventions described in my books. New York: Brunner/Mazel, 1992.
136. Yapko, M.D. *The Case of Vicki*. A DVD presentation of a therapy session with a terminal cancer patient. On the Routledge Publishers website.
137. Yapko, M.D. *Trancework: Patterns of Clinical Hypnosis*. A videotaped demonstration of three hypnotic patterns. New York: Irvington Publishers, 1983 (Out of Print).

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

American Psychological Association (Fellow; member since 1982)

(Fellow status awarded in 2015)

American Society of Clinical Hypnosis (Fellow; member since 1984)

(Fellow status awarded in 1991)

Chair, Liaison Committee, 1992-1993

Co-Chair, Public Relations Committee, 1989-1991

Co-Chair, Advanced Workshop Track for Annual Meeting in 2013

International Society of Hypnosis (Member, since 1989)

AWARDS RECEIVED

- The “**Arthur Shapiro Award**” from the Society for Clinical and Experimental Hypnosis for the “best book of the year on hypnosis” for *Process-Oriented Hypnosis: Focusing on the Forest, Not the Trees* (2021)
- The Los Angeles County Psychological Association “**Distinguished Service to the Profession of Psychology Award**” (2018)
- The “**Arthur Shapiro Award**” from the Society for Clinical and Experimental Hypnosis for the “best book of the year on hypnosis” for *Taking Hypnosis to the Next Level* (2018)
- “**Presidential Award,**” The American Society of Clinical Hypnosis (2016).
- The American Society of Clinical Hypnosis “**Award of Merit in Recognition of Steadfast Commitment to Further the Knowledge, Understanding and Applications of Hypnosis**” (2014).
- The American Psychological Association Division 30 Award for “**Distinguished Contributions to the Practice of Professional Hypnosis**” (2012).
- The “**Arthur Shapiro Award**” from the Society for Clinical and Experimental Hypnosis for the “best book of the year on hypnosis” for *Mindfulness and Hypnosis: The Power of Suggestion to Transform Experience* (2011).
- The Milton H. Erickson Foundation “**Lifetime Achievement Award for Outstanding Contributions to the Field of Psychotherapy**” (2007).
- The “**Arthur Shapiro Award**” from the Society for Clinical and Experimental Hypnosis for the “best book of the year on hypnosis” for *Hypnosis and Treating Depression: Applications in Clinical Practice* (2006).
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- The “**Pierre Janet Award for Clinical Excellence**” from the International Society of Hypnosis, a lifetime achievement award (2003).
- The “**Arthur Shapiro Award**” from the Society for Clinical and Experimental Hypnosis for the “best book of the year on hypnosis” for *Treating Depression with Hypnosis: Integrating Cognitive-Behavioral and Strategic Approaches* (2001).
- “**The Milton H. Erickson Award for Scientific Excellence in Writing**” from the Editorial Board, *American Journal of Clinical Hypnosis* (1994).