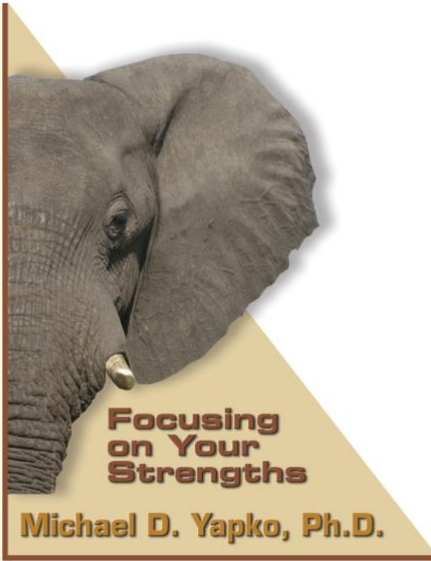


# Curriculum Vitae

**Michael D. Yapko, Ph.D.**  
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## 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 of 16 books and dozens of book chapters and articles regarding psychotherapy; Works have been translated into 10 languages (French, German, Polish, Russian, Italian, Spanish, Japanese, Portuguese, Dutch, and Chinese).
- Content provider and advisor to the digital 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 January, 2023, conducted workshops in over 30 countries on six continents and in 39 states across America.

1979-2007: Private clinical practice.

(Updated July, 2023)

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 format also available)
2. Yapko, M.D. *Trancework: An Introduction to the Practice of Clinical Hypnosis* (5<sup>th</sup> 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* (2<sup>nd</sup> 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 & K. Varga (Eds.), *International Handbook of Clinical Hypnosis*. New York: Routledge. (In press.)
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* (2<sup>nd</sup> 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. 2<sup>nd</sup> 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. Guest Editorial: "Hypnosis in Treating Depression: Applying Multidimensional Perspectives." Guest Editor, Special double issue of the *American Journal of Clinical Hypnosis* on the theme, "Hypnosis and Treating Depression." (In progress).
57. Yapko, M.D. "Addressing Global Cognition and Ineffective Depressogenic Discrimination Strategies with Clinical Hypnosis." *American Journal of Clinical Hypnosis* (In progress).
58. Kirsch, I. & Yapko, M.D. "Re-thinking the Treatment of Depression: Have We Been Misinformed About Antidepressants? A Webinar Discussion with Irving Kirsch, Ph.D. and Michael D. Yapko, Ph.D." *American Journal of Clinical Hypnosis* (In progress).
59. Yapko, M.D. "The 'Whack-a-Mole' Challenge of Hypnosis Research: A Commentary Regarding the 'Guidelines for the Assessment of Efficacy of Clinical Hypnosis Applications.'" *International Journal of Clinical and Experimental Hypnosis*, July, 2022.
60. Yapko, M.D. (July, 2022). "Encouraging Hindsight in Advance: Age Progression in Therapy – and Life." *American Journal of Clinical Hypnosis*, (July, 2022).
61. 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.
62. Ireland, R. & Yapko, M.D. (November, 2020). "Depression: Mistreatment or Maltreatment?" *Canadian Family Physician*, 66(11), 830-831.
63. Yapko, M.D. "Contemplating...the Obvious: What You Focus On, You Amplify." *International Journal of Clinical and Experimental Hypnosis*, April-June, 2020.
64. Yapko, M.D. "The New Division 30 Definitions Regarding Hypnosis: Is "Concise" Better?" *American Journal of Clinical Hypnosis*, April, 2015.
65. Yapko, M.D. "The Power of How: An Interview with Michael Yapko." *Psychotherapy Networker*, October/November, 2014.



66. Yapko, M.D. "The Spirit of Hypnosis: Doing hypnosis vs. being hypnotic." *American Journal of Clinical Hypnosis*, January, 2014.
67. Yapko, M.D. "Treating depression with antidepressants. Drug-placebo efficacy debates limit broader considerations." *American Journal of Clinical Hypnosis*. January, 2013.
68. Yapko, M.D. "Suggesting Mindfulness: Awakening the Hypnotist Within." *Psychotherapy Networker*, September/October, 2011.
69. Yapko, M.D. "An Interview with Michael D. Yapko (Conducted by Mark Jensen, Ph.D.)". *Contemporary Hypnosis & Integrative Therapy*, January, 2011.
70. 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.
71. 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.
72. Yapko, M.D. "The Elephant in the Therapy Room." *Family Therapy Magazine*. December, 2009.
73. Yapko, M.D. "Applying Clinical Hypnosis in the Treatment of Depression." *Frontiers in Neuroscience*, September, 2009.
74. Yapko, M.D. "Secondhand Blues." *Psychology Today*, October, 2009.
75. Yapko, M.D. "Hypnosis: An Expert Speaks." In L. Freeman, *Mosby's Complementary & Alternative Medicine: A Research-Based Approach* (3<sup>rd</sup> ed.). St. Louis, MO: Mosby Elsevier, 2009.
76. Yapko, M.D. "Skills or Pills? What MFTs Can Do Better Than Antidepressant Medications." *Family Therapy Magazine*, November/December, 2008.
77. Yapko, M.D. "Utilizing Hypnosis in Addressing Ruminative, Depression-Related Insomnia." *Psychological Hypnosis: A Bulletin of APA Division 30*. Summer, 2008.
78. Yapko, M.D. "The Art and Science of Clinical Hypnosis: What MFTs Should Know...at a Deeper Level." *Family Therapy Magazine*, July/August, 2008.
79. Yapko, M.D. "Happiness- What a Concept! Now, How to Market It?" *Family Therapy Magazine*, November/December, 2006.
80. Yapko, M.D. "Treating Depression Systemically: A Guest Commentary." *Journal of Systemic Therapies*. Fall, 2006.
81. Yapko, M.D. "Some Comments Regarding the Division 30 Definition of Hypnosis." *American Journal of Clinical Hypnosis*. October, 2005/January, 2006.
82. Yapko, M.D. "An Interview with André Weitzenhoffer." *American Journal of Clinical Hypnosis*. July, 2005.
83. Yapko, M.D. "My Work with Elephants: What Pachyderms Taught Me That I'll Never Forget." *Psychotherapy in Australia*. May, 2005.
84. Yapko, M.D. "Hypnosis in Treating Symptoms and Risk Factors of Major Depression." *American Journal of Clinical Hypnosis*. October, 2001.
85. Yapko, M.D. "Hypnotic Intervention for Ambiguity as a Depressive Risk Factor." *American Journal of Clinical Hypnosis*. October, 2001.
86. 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.

87. Yapko, M.D. "AAMFT Clinical Update: Depression." Volume I, Issue 2. Washington, D. C.: American Association for Marriage and Family Therapy, February, 1999.
88. Yapko, M.D. "Spotlight on Brief Therapy." *Encyclopedia Britannica Medical and Health Annual*, 1998.
89. Yapko, M.D., Barretta, N. & Barretta, P. "Clinical Training in Ericksonian Hypnosis." *American Journal of Clinical Hypnosis*. July, 1998.
90. Yapko, M.D. (May/June, 1997). "The Art of Avoiding Depression." *Psychology Today*, 30, 3, 37/75.
91. Yapko, M.D. "Stronger Medicine." *Family Therapy Networker*. January, 1997.
92. Yapko, M.D. "Depression: Perspectives and Treatments." *Encyclopedia Britannica Medical and Health Annual*, 1997.
93. Yapko, M.D. "An Interview with David B. Cheek, M.D." *American Journal of Clinical Hypnosis*. July, 1996.
94. Yapko, M.D. "An Interview with William Kroger." *American Journal of Clinical Hypnosis*. January, 1996.
95. Yapko, M.D. "Hypnosis: Treatment in a Trance." *Encyclopedia Britannica Medical and Health Annual*, 1996.
96. Yapko, M.D. "Repressed Memories." *Encyclopedia Britannica Book of the Year*, 1995.
97. Yapko, M.D. "Suggestibility and Repressed Memories of Abuse: A Survey of Psychotherapists' Beliefs." *American Journal of Clinical Hypnosis*. 1994.
98. Yapko, M.D. "The Seductions of Memory." *Family Therapy Networker*. Sept./Oct., 1993.
99. Yapko, M.D. "A Therapy of Hope." *Family Therapy Networker*, June, 1991.
100. Yapko, M.D. & Campbell, W. "Safety Issues in Elephant Management." *Humane Innovations and Alternatives in Animal Experimentation*, 1990.
101. Yapko, M.D. "Confusion Methodologies in the Management of Pain." *Hypnos: The Swedish Journal of Hypnosis in Psychotherapy and Psychosomatic Medicine*. December, 1988.
102. Yapko, M.D. "Hypnotic and Strategic Interventions in the Treatment of Anorexia Nervosa." *American Journal of Clinical Hypnosis*. April, 1986.
103. Yapko, M.D. "Therapeutic Strategies in the Treatment of Depression." *Ericksonian Monographs*. New York: Brunner/Mazel, 1985.
104. Yapko, M.D. "Implications of the Ericksonian and Neuro-Linguistic Programming Models for Responsibility of Therapeutic Outcomes." *American Journal of Clinical Hypnosis*. October, 1984.
105. Yapko, M.D. "A Comparative Analysis of Direct and Indirect Hypnotic Communication Styles." *American Journal of Clinical Hypnosis*. 1983.
106. Yapko, M.D. "The Effect of Matching Primary Representational System Predicates on Hypnotic Relaxation." *American Journal of Clinical Hypnosis*. January, 1981.

### **Video/Audio Publications**

107. 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](http://www.asch.net)

108. 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](http://www.asch.net)
109. Yapko, M.D. "Keynote Address: The Future Orientation of Milton H. Erickson, M.D." Phoenix, AZ.: The Milton H. Erickson Foundation. 13<sup>th</sup> International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy. Phoenix, AZ: The Milton H. Erickson Foundation, 2019.
110. 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.
111. 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.
112. 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.
113. Yapko, M.D. *Better Focus, Better Life: Paying Attention with Intention to Positive Possibilities* (Vol. 1). Fallbrook, CA: Yapko Publications, 2014.
114. Yapko, M.D. *Better Focus, Better Life: Paying Attention with Intention to Transcending the Usual* (Vol. 2). Fallbrook, CA: Yapko Publications, 2014.
115. 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.
116. 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.
117. 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.
118. 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
119. 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.
120. 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.
121. Yapko, M.D. *Calm Down! A Self-Help Program for Managing Anxiety*. (Audio CD program.) Fallbrook, CA: Yapko Publications, 2008.
122. 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.
123. Yapko, M.D. *Trancework: An Introduction to the Practice of Clinical Hypnosis*. (Audio CD version.) New York: Routledge, 2005.



124. Yapko, M.D. *Sleeping Soundly: Enhancing Sleep with Hypnosis* (Audio CD program). Fallbrook, CA: Yapko Publications, 2005.
125. 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.
126. 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.
127. 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.
128. 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.
129. 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.
130. 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.
131. 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.
132. Yapko, M.D. *Focusing on Feeling Good*. A self-management audio CD program for overcoming depression. Fallbrook, CA: Yapko Publications, 1997.
133. 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.
134. Yapko, M.D. *Hypnotically Accessing Resources (to Cope with a Possible Divorce)*. Phoenix, AZ: The Milton H. Erickson Foundation, 1994.
135. Yapko, M.D. *Hypnotically Accessing and Contextualizing Resources*. A video demonstration of age regression, deframing and reframing. Phoenix, AZ: The Milton H. Erickson Foundation, 1993.
136. Yapko, M.D. *Building Expectancy*. A video demonstration of a therapy session involving hypnotic age progression. Phoenix, AZ: The Milton H. Erickson Foundation, 1992.
137. Yapko, M.D. *Using Hypnosis in Treating Depression*. A four volume audiotape program illustrating the hypnotic interventions described in my books. New York: Brunner/Mazel, 1992.

138. Yapko, M.D. *The Case of Vicki*. A DVD presentation of a therapy session with a terminal cancer patient. On the Routledge Publishers website.
139. 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).
- 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).