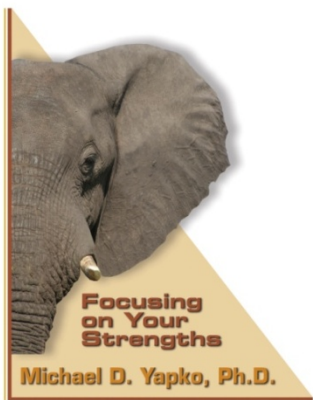


The Merits of Applying Hypnosis in Brief psychotherapy

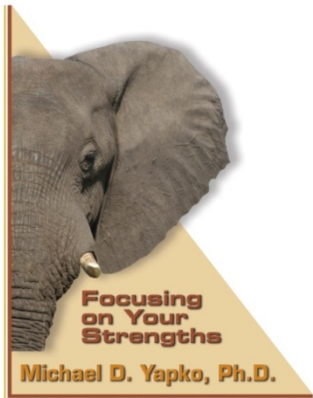
With

Michael D. Yapko, Ph.D.

December 8, 2018



The value of experiential learning is critically important, especially in the clinical context



Hypnosis Highlights the Malleability of Perception

- Suggested alterations can take place in memory, cognitive, sensory, temporal, relational, or affective realms of personal awareness.
- These may give rise to dramatic and seemingly spontaneous experiences of insight, transcendence, and personal transformation.

Thus, you have to ask yourself
what you believe about people
and their innate abilities

Do you believe people have more resources than they consciously
realize?

Hypnosis as the original *positive psychology*?

People in the field often decry the lack of a good definition of hypnosis

That's understandable, but how do you define something so abstract with precision? This inherent ambiguity gives rise to the wide range of views about the nature of hypnosis and hypnotic phenomena

Think in these terms: What *frame of mind* does someone need to be in in order to achieve the goal?

Hypnosis is about building frames of mind

Lesson #1:

What You Focus on, You Amplify in Your Awareness

The salient clinical questions are, “What do we want the client to focus on? and why?”

Can people's problems be viewed as problems of focus?

Consider the Role of Detachment in Different Therapies

Detach from:

- the pain in order to manage it
- the emotion and be more rational
- the past and be more present
- the fear and do it anyways
- situational triggers and react differently
- the wish and be more accepting
- the inner critic and be more compassionate

Does Hypnosis Cure People?

NO! What's helpful is what happens ***DURING***
hypnosis - the new and beneficial
associations the client forms

Why Learn Hypnosis?

- Empirical evidence ***it works***, i.e., hypnosis objectively enhances treatment outcomes
- All therapy involves the use of suggestion
- Provides insights into subjective experience
- Highlights the malleability of experience
- Enhances one's sense of personal control
- Multi-dimensional applications
- Enhances cognitive, behavioral and emotional flexibility

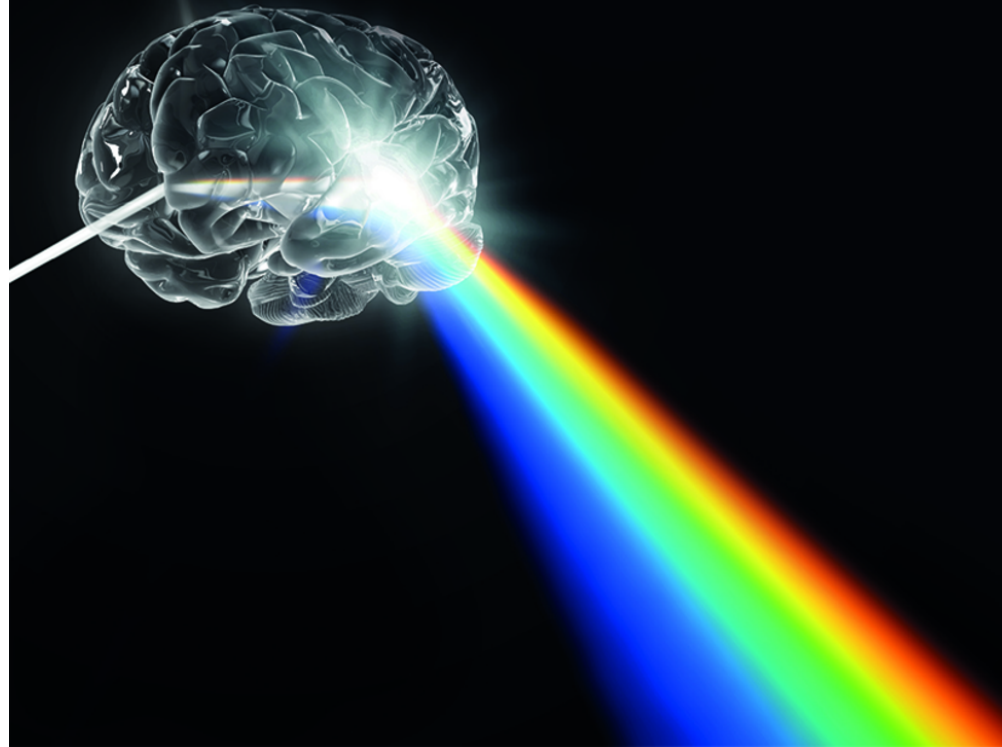
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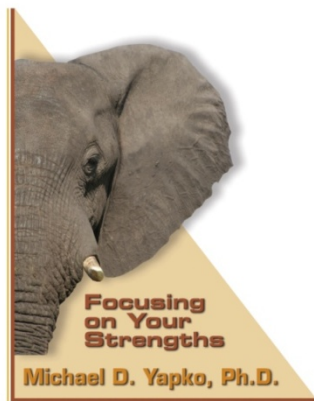
TRANCEWORK

An Introduction to the Practice of Clinical Hypnosis

Michael Yapko



Time for Q & A



THANKS FOR COMING!

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