

Resources

The two most respected hypnosis societies that offer training for credentialed professionals and graduate students, with their peer-reviewed journals.

1. American Society of Clinical Hypnosis (ASCH)
The American Journal of Clinical Hypnosis
www.asch.net
2. Society for Clinical and Experimental Hypnosis (SCEH) www.sceh.us
International Journal of Clinical and Experimental Hypnosis <http://ijceh.com>

Worth Exploring:

Good papers and CDs from a leading scientist/clinician who wrote the Encyclopedia Britannica entries for both depression and hypnosis.

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

Milton H. Erickson Foundation. Promotes and advances work of the clinician/teacher often considered the father of modern hypnosis. Trains mental health professionals worldwide. erickson-foundation.org

References

I. Light Trance

Haley, J. and Richeport-Haley, M. (DVD) Milton H. Erickson, M.D. *Explorer in Hypnosis and Therapy*. Crown House.

An easy one-hour overview and commentary of Dr. Erickson's life by one of his best-known students, Jay Haley.

Haley, Jay. (1973). *Uncommon Therapy: The Psychiatric Techniques of Milton H. Erickson, M.D.*, New York: Norton, 1973.

The best introduction to Milton Erickson's challenging life and immense contributions to psychotherapy.

Lynn, S.J. and Kirsch, I. (2006). *Essentials of Clinical Hypnosis: An Evidence-Based Approach*. Washington, D.C.: American Psychological Association.

The definitive cognitive-behavioral view, by two eminent researchers; Lynn is a brilliant clinician and teacher.

Yapko, M. (1995). *Essentials of Hypnosis*. New York: Brunner/Mazel.

Video – [Rashomon](#), (1950). Japanese (subtitled). Directed by Akira Kurosawa.
Art house classic, won Academy Award for foreign film. Intense crime of passion, with twists unique in its time; intense puzzling demonstration of separate realities.

Rosen, S. (1982). *My Voice Will Go With You: The Teaching Tales of Milton H. Erickson*. New York: Norton. (paperback 1991).
Short stories Dr. Erickson told clients and trainees, and relied on in his later years -- charming, powerful clinical instructions via indirect/metaphorical suggestion.

II. Medium Trance

Yapko, M. (1994). *Suggestion of Abuse: True and False Memories of Childhood Sexual Trauma*. New York: Simon & Schuster.
The research and book that ended the mushrooming of false memories of abuse elicited by therapists unaware that they were leading entranced clients hypnotically to create “memories” without validity.

Yapko, M. (2011) *Mindfulness and Hypnosis*. New York: Norton.
Clear explication of the interesting relationship between mindfulness and hypnosis.

III. Deep Trance/Serious Study

Barber, J. (1996) *Hypnosis and Suggestion in the Treatment of Pain: A Clinical Guide*. New York: Norton.

Erickson, M.H., Rossi, E.L., and Rossi, S.I. (1976) *Hypnotic Realities: The Induction of Clinical Hypnosis and Forms of Indirect Suggestion*. New York: Irvington.
Extensive, exhaustive categorization of forms of indirect suggestion, and detailed annotation of two trance inductions by Dr. Erickson of Shelia Rossi, training her to experience and use clinical hypnosis.

Goleman, D. (1988) *The Meditative Mind: The Varieties of Meditative Experience*. New York: Jeremy P. Tarcher/Putnam.
Shows how the many best-known approaches to meditation, including insight and mindfulness, use different vocabulary to describe strikingly similar phenomena.

Yapko, M.D. (2003) *Trancework: An Introduction to the Practice of Clinical Hypnosis* (3rd Edition) New York, NY: Psychology Press.
The clearest presentation of clinically hypnotic technique – train with him when you can.