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

2. Society for Clinical and Experimental Hypnosis (SCEH) [www.sceh.us](http://www.sceh.us)

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](http://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](http://erickson-foundation.org)

References

I. Light Trance


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


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


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

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.

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

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.

Clear explication of the interesting relationship between mindfulness and hypnosis.

III. Deep Trance/Serious Study


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.

Shows how the many best-known approaches to meditation, including insight and mindfulness, use different vocabulary to describe strikingly similar phenomena.

The clearest presentation of clinically hypnotic technique – train with him when you can.