CONTENTS

Note from the Author	xi
Acknowledgments	xii
Other Works by Michael D. Yapko	xiii
Introduction	1
PART 1	5
Developing Your Perspective about Hypnosis	5
1. Discovering Hypnosis and the Reasons Why its Value Keeps Growing	7
2. Hypnosis Can Be Used in Many Different Contexts	11
3. The Myths about Hypnosis and Why Common Sense Matters	19
4. Models of Hypnosis: How You Think about Hypnosis Determines How You'll Use It	28
5. The Brain, the Mind, and the Body in Hypnosis	37
6. The Gift of Being Responsive to Hypnosis	44
7. The Changes in Your Experience during Hypnosis	54
8. Conditions for Conducting Hypnosis Sessions	63
PART 2	
Putting Hypnosis to Work	69
9. Structuring Suggestions	71

CONTENTS

10.	Helpful Hints for Constructing Hypnosis Sessions	86
11.	Strategies of Hypnotic Induction and Deepening	99
12.	Hypnotic Phenomena: Eliciting and Utilizing Hypnotic Resources	122
13.	Designing and Delivering Goal-Oriented Hypnotic Interventions	159
14.	Hypnotic Patterns Commonly Employed in Treating Common Problems	173
15.	Sample Hypnosis Session Transcripts for Common Problems	189
16.	Clinical Hypnosis and Managing Pain	200
17.	Utilizing Hypnosis with Children and Adolescents	212
18.	Rethinking "Resistance" to Hypnosis, Potential Hypnotic Hazards, and Ethical Guidelines	219
	Appendix: Key References and Suggested Readings Index	233 236