



# Hypnosis and Treating Depression: Applications in Clinical Practice

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Michael Yapko's seminal 1992 book, *Hypnosis and the Treatment of Depressions*, was the first book ever written on the subject of applying hypnosis in the treatment of depressed individuals. Since its publication, Yapko's work has not only withstood the test of colleagues previously dismissive of the merits of hypnosis as a tool of treatment, but has thrived in the face of it.

*Hypnosis and Treating Depression* diversifies the range of topics to consider and increases the number of knowledgeable contributors on the subject of treating depression with hypnosis. The book features chapter contributions by highly experienced and well-known experts on using hypnosis to treat specific forms of depression, with assessment and intervention strategies as well as sample transcripts of the use of hypnosis in therapy sessions. It discusses both broad and targeted applications of hypnosis in treatment, the treatment of depression with hypnosis in special populations, as well as special considerations regarding hypnotic treatment. As a practical guidebook for clinicians looking to add to their treatment protocols, *Hypnosis and Treating Depression: Applications in Clinical Practice* provides an updated and comprehensive volume on therapeutic uses of hypnosis in the treatment of depression.

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