

# Trancework

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 Process-Oriented Hypnosis: Focusing on the Forest, Not the Trees  
 Trancework  
 Clinical and Experimental Hypnosis in Medicine, Dentistry and Psychology  
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 Handbook of Hypnotic Suggestions and Metaphors  
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 Trancework  
 On Contemporary Seidr  
 The February Man

Trancework

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*Generative Trance* Weiser Books  
 Trancework, the most comprehensive guide to learning the fundamental skills of clinical hypnosis, is now available in an updated and improved third edition. Yapko clearly and dynamically introduces readers to a broad range of hypnotic methods and techniques that will greatly enhance the effectiveness of preferred modes of therapy. Chapters are filled with new and practical information, including extensive academic references, sample transcripts, thorough summary tables of key points, and interviews with leading figures in the field—Jay Haley, Theodore X. Barber, Ernest R. Hilgard, David Spiegel, Jeffrey Zeig, and Karen Olness, among others. This new edition specifically addresses the growing

emphasis within psychotherapy on proving efficacy through empirical data, the controversy of repressed memory that has divided the profession, and the advances in cognitive neuroscience that are stimulating new research. For newcomers, Trancework is an authoritative primer, demystifying hypnosis and offering step-by-step instruction for integrating it into clinical practice. Those familiar with hypnotic procedure will welcome Yapko's presentation of influential theories, controversies, treatment approaches, and rich case material. All readers alike are guided through personal and professional enrichment as they discover the art and science of clinical hypnosis as presented in this essential guide.

The Shamanic Witch Trancework

Would you like to be able to relax and still keep your edge? Would you like to feel in control of your life? Would you like to take

the pressure off and feel good? Then let Paul McKenna help you! Based on over 20 years of research, this book contains cutting-edge psychological techniques that will automatically create feelings of calm alertness for you to access whenever you choose. You will learn how to transform your life from a place of peace, freedom from worry, and inner strength. The book includes a downloadable guided hypnosis session that will help you reprogram your mind to control stress, build up your inner strength, and bring more joy, power, and happiness to everything you do. The book and audio session work together as a complete breakthrough system—a totally natural way to improve your quality of life. *Trance and Treatment* Weiser Books  
 This wonderful book is for anyone interested in making their life significantly better. It is a goldmine of insights and techniques from one of the greatest

geniuses of personal change. As you use the techniques in this book, you will exponentially increase your ability to make dramatic life-enhancing differences. It is by far one of the most entertaining and professionally stimulating books I have read. It will change your life!"--Paul McKenna, Ph.D, author of *I Can Make You Thin* and host of The Learning Channel's *I Can Make You More* than thirty years ago, Richard Bandler set out to discover how some therapists managed to effect startling change with their clients, while others were arguing about theories as their face patients waited in vain for help. Now widely regarded as the world's greatest hypnotist, Richard Bandler observed and developed patterns which became the foundation of neuro-linguistic programming (NLP), arguably one of the most profoundly effective approaches for self-development and change. Since coauthoring the internationally influential books, *The Structure of Magic Volume 1*, and *Patterns of the Hypnotic Techniques of Milton Erickson, M.D. Volume 1*, Bandler has traveled the world, honing his skills and helping people solve problems and achieve goals when other "experts" have been unable to help. Richard Bandler's *Guide to TRANCE-formation*, he returns to his roots: hypnotic phenomena, trancework, and altered states to provide a highly compelling prescription for personal change. According to Bandler, "trance" is at the very foundation of human experience. People are not simply in or out of trance, but are moving from one trance to another. They have their work trances, their relationship trances, their driving trances, and their parenting trances. Some of these states are useful and appropriate; others are not. With his signature wit and contrarian approach to therapy, Bandler shows how anyone can reset or reprogram problem behaviors to desired alternatives, with lasting and life-altering results. Peppered with case studies and more than thirty exercises, *Richard Bandler's Guide to TRANCE-formation*, is an intriguing, engaging, and often amusing, read for anyone, whether they are new to NLP, want to further their NLP training, or simply want to make a positive difference in their own lives.

#### **Hypnosis and the Treatment of Depressions** Routledge

What is hypnosis? Despite widespread misconceptions, hypnosis is not a treatment in itself; instead, it is a facilitator -- a useful diagnostic tool that can help the practitioner choose an appropriate treatment modality and accelerate various primary treatment strategies. The second edition of this

remarkable work (first published 25 years ago) is written to provide both beginning and seasoned practitioners with a brief, disciplined technique for mobilizing and learning from an individual's capacity to concentrate. Putting to rest both exaggerated fears about hypnosis and overblown statements of its efficacy, this compelling volume brings scientific discipline to a systematic exploration of the clinical uses and limitations of hypnosis. The challenge was to develop a clinical measurement that could transform a fascinating amalgam of anecdotes, speculations, clinical intuitions and observations, and laboratory advances into a more fruitful and systematic body of information. Thus was born the authors' Hypnotic Induction Profile (HIP), a crucial 10-minute clinical assessment procedure that relates the spectrum of hypnotizability to personality style, psychopathology, and treatment outcome. Structured to reflect the flow of a typical evaluation and treatment session and highlighted by case examples throughout, this remarkable synthesis describes how to use the HIP, reviews relevant literature, and details principles and short- and long-term treatment strategies for smoking control; eating disorders; anxiety, concentration, and insomnia; phobias; pain control; psychosomatic disorders and conversion symptoms; trichotillomania; stuttering; and acute and posttraumatic stress disorders and dissociation. Meticulously referenced and indexed, this in-depth work concludes with an appendix on the interpretation and standardization of the HIP. This unique work stands out in the literature because it is written both as an introduction for practitioners new to hypnosis and as an in-depth guide for practitioners with wide experience in hypnosis. Unlike current clinical works, it emphasizes the importance of performing a systematic assessment of hypnotizability to identify, measure, and utilize a given patient's optimal therapeutic potential -- a process that, until now, has been relegated to clinical intuition. It describes human behavior phenomenologically as it relates to hypnosis in a probable rather than an absolute fashion. It reviews only specific portions of the literature that are particularly relevant to the important themes presented by the authors. Wherever possible, the authors apply statistical methods to test their hypotheses. The realm of scientific investigation encompassing hypnosis and psychological dysfunction is comparatively new. This exceptional volume, with its profusion of systematic data, will spark controversy and interest among scientific

students of hypnosis everywhere, from psychiatrists, psychologists, and psychoanalysts to physicians, dentists, and other interested clinicians.

#### *Process-Oriented Hypnosis: Focusing on the Forest, Not the Trees* Routledge

The knowledge and use of magical images was once a closely guarded secret of initiates and adepts in the Mystery Schools. Gareth Knight gives easy-to-follow classifications of the various kinds of magical image, along with instructions for their use as agents of self-realisation and spiritual service. Indispensable for beginners and advanced practitioners alike, this book presents the theory and techniques of creative visualisation and meditation. These practical teachings range from the circulation of force within the aura for the purpose of balancing the personality to the development of a full magical system of pathworking, enabling deep contact with inner sources of wisdom. Now in its third edition, a new section is included on the magical images of the Tarot, plus an extensive chapter on Qabalistic pathworking in the Western Mystery Tradition.

W. W. Norton & Company

*George Gafner's Handbook of Hypnotic Inductions* provided clinicians with inductions ready-made for practice. Here, in response to the overwhelming success of that book, he provides more brand-new inductions for the beginning and advanced hypnotherapist. After briefly summarizing the theoretical foundations of hypnosis, Gafner presents the inductions in five main categories: story inductions, inductions for sleep, inductions for children, directive inductions, and confusional inductions. Detailed scripts for inducing the hypnotic state are presented, as well as strategies for deepening, re-alerting, and debriefing--all followed by insightful clinical comments, making this book a comprehensive and invaluable hypnosis resource for clinicians.

#### *Trancework* John Hunt Publishing

*Naming the Goddess* is written by over eighty adherents and scholars of Goddess and Goddess Spirituality, and includes contributions from Selena Fox, Kathy Jones, Caroline Wise and Rachel Patterson. Part 1 is a series of critical essays focusing upon contemporary Goddess issues. Part 2 is a spiritual gazetteer featuring over seventy Goddesses.

#### **Clinical and Experimental Hypnosis in Medicine, Dentistry and Psychology** Routledge

A practical guide to the magic of the feminine side of the Norse pantheon • Provides invocations and rituals to call each goddess forth for personal and group

spirit work • Details the author's trancework to discover the personalities and powers of Frigg the Allmother, wife of Odin, and the 12 lesser-known Aesir goddesses associated with her • Offers a comprehensive guide to tranceworking to connect with the deities Combining traditional research on folklore and the Eddas with trancework and meditation techniques, Alice Karlsdóttir was able to rediscover the feminine side of the Norse pantheon and assemble working knowledge of 13 Norse goddesses for both group ritual and personal spirit work. Detailing her trancework journeys to connect with the goddesses, the author reveals the long-lost personalities and powers of each deity. She explores the Norse goddess Frigg the Allmother, wife of Odin, along with the 12 Asynjur, or Aesir goddesses, associated with her, such as Sjofn the peacemaker, Eir the Healer, and Vor the Wisewoman. She shares their appearances in the Eddas and Germanic mythology and explains the meanings of their names, their relationships to each other, and their connections to the roles of women in Old Norse society. She provides detailed instructions for invocations and rituals to call each goddess forth for personal and group spirit work. She also offers a comprehensive guide to ritual tranceworking to allow anyone to directly experience deities and spiritual beings and develop spirit-work relationships with them.

Bridges Between Worlds Oxford University Press

This book with its free accompanying CD gives an overview of clinical hypnosis and its applications in medical settings, including self-hypnosis and inducing hypnosis in others

Medical Hypnosis Primer Simon and Schuster

The ability to move from the ordinary into an altered state of consciousness is one of the most valuable skills in both magic and religion. From the ceremonial magician to the shaman, using trance work to explore inner realms is essential to the magical process of healing, transcendence, and wisdom desired throughout diverse occult and spiritual traditions. Trance-Portation offers a comprehensive and multi-spirited way to enter the inner realm. Blending the modern world with the ancient arts, Trance-Portation's first three chapters, Travel Planning, Crossing the Threshold, and Getting Started, offer preparatory suggestions including meditations and relaxations, breathing, warding, shifting gears, and returning. Drawing on examples from varied traditions, from Western Mystery to Native American,

Ancient Celtic to Eastern Mysticism, and peppered with folk lore and tales from popular science fiction stories, Trance-Portation explores spiritual journey work extensively, offering readers the chance to find their own ways into the inner realm, encounter their own guides and fellow travelers, and create divine relationships with the deities and gods and goddesses that they meet.

More Hypnotic Inductions W. W. Norton & Company

This is not your Great Aunt Betsy's seidr. From total novice to experienced practitioner, there should be plenty to find with an interest in Contemporary Seidr. Starting with the basics of how to go into trance and introducing more advanced exercises, the reader will be certain to learn something. As a Contemporary Seidr worker, one can learn to travel the Nine Realms, heal others, and much more. Explore the terrains of the Norse worlds and of your own inner psyche.

**Richard Bandler's Guide to Trance-formation** W. W. Norton & Company

This book is aimed at helping both newly trained and experienced mental health professionals become comfortable and adept in using hypnosis in their clinical practice. Despite dramatic evidence of the effectiveness of hypnosis and its growing acceptance, only a small percentage of psychotherapists employ their hypnotherapy training in their practices. This under-use of hypnosis is due to exaggerated misconceptions about its power and the resultant performance anxiety therapists experience after their training. This text is designed to address therapist performance anxiety surrounding the use of hypnosis by exploring the myths surrounding its power and therapeutic potential. The integration of a straightforward systematic hypnotic approach into therapeutic practice has value both in assessment and treatment. Using clinical anecdotes and personal experience, the authors of Hypnosis in Clinical Practice explain induction style and trance work in a way that is fundamental and highly accessible.

Magical Images and the Magical Imagination American Psychiatric Pub

For three decades, Trancework has been the fundamental textbook for guiding professionals in learning hypnosis. Now in its fourth edition, this classic text continues to be the most comprehensive book for learning the fundamental skills of the field. This edition accommodates new studies and topics, and contains five new chapters on positive psychology, the management of pain, pediatric and adolescent hypnosis, behavioral medicine,

and hypnosis across modalities. Readers can expect to receive a comprehensive overview of what is currently going on in the domain of hypnosis, an in-depth consideration of issues associated with the use of hypnosis, a greater appreciation for the diverse ways in which hypnosis can be applied, and a more detailed description of hypnotic methods and characteristics. Those new to the field will also appreciate the "Frames of Reference" sections found throughout the book, which provide insights into the work of some of the founders and leaders of clinical hypnosis. Each chapter concludes with suggestions from the author for things to consider and things to do, further emphasizing the importance of active learning. Included with the book is a DVD of Dr. Yapko's session with Vicki, an emotionally powerful and technically excellent session. For those who wish to follow along, a PDF download containing the session transcript is available as an online resource. Clinical Hypnosis has the power to change clients' lives for the better. Trancework gives professionals the skills to do just that. *National Library of Medicine Audiovisuals Catalog* Routledge

This brief Primer, assembled by top recognized hypnosis authorities, briefly presents the basic concepts of modern medical hypnosis and encourages mental health care practitioners to learn how to use hypnosis as an adjunct to standard medical care. It also lays the groundwork for the teaching and practice of hypnosis as part of the required syllabus for every medical and nursing school as well as graduate programs in clinical and counseling psychology. Medical Hypnosis Primer goes far in advancing the medical and factual aspects of this still greatly misunderstood field, and is of great value to practitioners, teachers, and students. Treating Depression With Hypnosis Simon and Schuster

Essentials of Hypnosis Second Edition provides a warm and rich introduction to the fascinating field of hypnosis by one of its leading experts. Readers may be surprised to discover that some of the most important methods in modern integrative health care have a foundation in hypnosis, and that modern neuroscience is regularly learning new things about brain functioning from brain scanning studies of hypnotized individuals. The emphasis in Essentials of Hypnosis Second Edition is on the use of hypnosis as an effective tool of treatment. Thus, readers will enjoy and benefit from the wealth of clinical insights and helpful hints Dr. Yapko offers for the skilled use of hypnotic principles and methods. The



essentials of this dynamic field are well captured in this practical volume  
*Trancework* Routledge

This notebook offers 100 pages to document your Trancework Journeys and astral adventures. Discover more at [akashictrance.com/initiation](http://akashictrance.com/initiation)

**Handbook of Hypnotic Suggestions and Metaphors** Independently Published  
Exceedingly clear, concise, and comprehensive, this volume sets forth the essential fundamentals of both the practice and theoretical underpinnings of clinical hypnosis. It will acquaint readers with a field that is dynamic, diverse, and constantly evolving, and one that offers superb therapeutic tools widely applicable in many clinical contexts. The book is designed as a basic text for graduate and undergraduate courses in clinical hypnosis as well as an information-packed refresher for practicing mental health professionals who wish to explore this provocative discipline. A valuable feature of the book is the comprehensive reference section at the end of each chapter for readers whose interest has been piqued for further exploration. Among the topics *Essentials of Hypnosis* addresses are: Myths and misconceptions, Prominent paradigms of hypnosis, Varied applications, Human suggestibility, and how to perform tests, How the mind processes hypnotic communication, Susceptibility, Psychological and physical characteristics of the hypnotic state, Environmental and physical variables, Patterns of hypnotic communication, Techniques for traditional and naturalistic inductions, Classical hypnotic phenomena and their inductions Self-hypnosis, Therapeutic utilization of the hypnotic trance-script, Clinical implications of memory, Suggestibility and

repressed memory controversy, Overcoming resistance, Pitfalls to avoid, Ethical guidelines. Throughout *Essentials of Hypnosis* emphasizes the use of hypnotic processes as agents of effective communication and change. Lucid and thought provoking, it offers an integral prelude to the fascinating principles and practice of clinical hypnosis.

[The Self-Hypnosis Diet \(EasyRead Large Bold Edition\)](#) Simon and Schuster  
Winner of the 2021 Arthur Shapiro Award for "Best Book on Hypnosis" from the Society for Clinical and Experimental Hypnosis. In *Process-Oriented Hypnosis*, internationally recognized psychologist Michael D. Yapko provides clinicians with a new framework for utilizing hypnosis with clients. Yapko encourages clinicians to take a broader perspective, in which patterns rather than individual symptoms are the emphasis of therapy. He offers numerous insights into ways clinicians can hone in on the process of how people come to suffer various types of emotional distress. Beyond these insights, *Process-Oriented Hypnosis* provides highly practical information and specific examples for integrating this innovative perspective into clinical work. The key patterns of human experience are central to the first section of the book, providing a sound conceptual foundation and a wide range of examples. In the second section, Yapko provides ten richly structured hypnosis session transcripts for clinicians to insightfully adapt to their clients' needs. *Process-Oriented Hypnosis* offers clinicians a fresh perspective for working with clients that can be integrated into many different treatment models.

**Trance-Portation** Routledge  
This book describes an entirely new way of conducting hypnotherapeutic interventions

- Stephen Gilligan's generative trance. The first generation of trance work, the traditional hypnosis that still holds sway in most places, considers that both the conscious mind and the unconscious mind of the client are, to put it bluntly, idiots. So trance work involves first 'knocking out' the conscious mind and then talking to the unconscious mind like a 2-year old that needs to be told how to behave. Milton Erickson created the second generation of trance work. He approached the unconscious as having creative wisdom and each person as extraordinarily unique. Thus, rather than trying to programme the unconscious with new instructions, Erickson saw trance as an experiential learning state where a person's own creative unconscious could generate healing and transformation. At the same time Erickson, for the most part, carried the same low opinion of the conscious mind. Thus, Ericksonian hypnosis looks to bypass the conscious mind with indirect suggestions and dissociation and depotentiate it with confusion techniques.  
*Trancework* Radcliffe Publishing  
In this book, Yapko not only demonstrates hypnosis is a viable and powerful approach to the treatment of depression but also confronts traditional criticism of its use head on. He first lays the groundwork for the book's dual focus, opening with a discussion of depressions. He then focuses on the historical perspective of depression and hypnosis as "forbidden friends," shedding new light on old myths about the use of hypnosis leading to hysteria, and even suicide. The result is a definition of hypnosis as a flexible and enlightened tool that offers precisely the multidimensionality that the problem demands.

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