

HYPNOSIS AND EXPLORING OPTIONS

A Clinical Demonstration/Teaching Session with Consuelo

Michael Yapko, Ph.D.

For those who are interested in learning about the construction and delivery of hypnotic and strategic interventions, this 60-minute videotape is one of the best.

Consuelo, who describes herself as feeling stuck, wants to devote more time to writing but cannot get herself to do it. A live session shown in real time, this therapeutic interaction proves to be as effective as it is instructive -- a powerful teaching vehicle as well as demonstration. The addition of subtitles and commentary helps to further clarify the underlying themes addressed by Dr. Yapko and the way in which they are received at different junctures.

ISBN: 1-891944-14-2 • 1999 • \$39.95 • VHS

HYPNOTICALLY GENERATING THERAPEUTIC POSSIBILITIES

A Clinical Demonstration/Teaching Session with Bob

Michael Yapko, Ph.D.

Hypnosis, according to Michael Yapko, is about focusing, about helping clients to create a frame of mind in which they may accomplish their goals. In this compelling 60-minute teaching demonstration of a formal induction, we see Dr. Yapko, a master listener and storyteller, find effective ways to empower Bob, a fellow clinician struggling with issues of professional competence.

The tape includes captioned commentaries in which Dr. Yapko explains his goals for the session and the significance of moment-by-moment interventions. The concluding Q&A sheds additional light on the approach. "Hypnotically Generating Therapeutic Possibilities" offers a very clear view of how metaphor, humor, confusion, and storytelling can be combined with permissive suggestions to open up new possibilities for clients.

ISBN: 1-891944-44-4 • 1999 • \$39.95 • VHS

THE CASE OF SOL

NEW!

**Hypnotic Intervention for a Man Suffering Co-Morbid Depression and Anxiety
-- Michael Yapko, Ph.D.**

Sol is a psychologist seeking help for his long-term depression. Sol's depression has intensified over the years as he has come to face the painful reality that his fantasies of professional and financial success -- culminating in an early retirement -- will go unfulfilled. Sol is deeply self-critical, anxious about how he will cope with his predicament, and doubtful that he can do anything to change his feelings or his circumstances.

Sol identifies his "history of being humorous" as his principal means of coping, a resource Michael Yapko uses liberally in his hypnotic intervention. Throughout the hypnosis session, Dr. Yapko highlights Sol's personal resources. In addition, he clarifies the importance not only of having goals and fantasies, but also of having the internal mechanism for making sure they are realistic, with specific, identifiable steps to eventually bring them to fruition. Michael Yapko's pragmatism is evident in his ability to empathetically "push" Sol into redefining who he is and who he can be, quite apart from who he once fantasized about being.

The session is professionally videotaped, and enhanced with helpful introductory graphics describing the patterns of depression/anxiety co-morbidity and the value of hypnosis as a means of intervention. Throughout the tape are numerous subtitles explaining key points in the intervention, and the tape concludes with follow-up information on Sol's subsequent progress. This is an outstanding teaching tape for all those interested in the skilled application of hypnosis in the treatment of complex co-morbid cases.

ISBN: 1-891944-77-0 • 2001 • \$39.95 • VHS



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BREAKING PATTERNS OF DEPRESSION: Hypnosis and Building Resources -- Michael D. Yapko, Ph.D.

From Zeig, Tucker & Theisen's Brief Therapy *Inside Out* Series, this demonstration videotape shows Dr. Yapko at work with a real client in a session that unfolds in real time. Using a combination of skills-building and a mix of direct and indirect hypnotic suggestions, the client is shown how to "tune out" the barrage of negative thoughts maintaining his depression -- and "tune into" more positive experiences. The demonstration session is preceded by an interview in which Yapko lays out some of the precepts and goals of his work and is followed by a discussion about what went right (and not so right) within the session. Actual excerpts are revisited so that viewers have the chance to consider specific choices made at various points in the interaction.

ISBN: 1-891944-26-6 • 1999 • \$79.95 • VHS • 95 minutes

Michael D. Yapko, Ph.D., is renowned worldwide for his work in outcome-focused psychotherapy. Clinical psychologist, marriage and family therapist, international workshop leader, and author, Dr. Yapko is especially recognized for his contributions in the area of hypnosis and its clinical applications and for his in-depth investigation into the derivations, meanings, treatment, and impact of depression.

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