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Treating Depression With Hypnosis: Integrating Cognitive-Behavioral and Strategic Approaches

Michael D. Yapko

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Depression is a debilitating human condition and a common cause of suffering worldwide. This elicits a sense of urgency for mental health professionals to meet this challenge of the treatment of depression. Hypnosis plays a vital role in that treatment and in the efficacy of psychotherapy.

This book focuses on the structuring and delivering of hypnotic interventions for major depression, with a substantial use of concepts and techniques from cognitive-behavioral and strategic approaches as a foundation. Current research on depression is used in this book to emphasize the still-growing knowledge of depression. Hypnosis has shown itself to be effective in not only reducing symptoms, but in teaching the skills (such as rationale thinking, effective problem-solving and coping strategies, and positive relationship skills) that can even prevent recurrences. Mental health professionals will find the detailed examples of hypnotic strategies invaluable to their own practice and application of hypnosis in the treatment of depression.

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