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# HAND-ME-DOWN BLUES



HOW TO STOP

DEPRESSION

FROM SPREADING

IN FAMILIES

**Michael D. Yapko, Ph.D.**

# Hand Me Down Blues How To Stop Depression From Spreading In Families

**Dennis C. Daley, Antoine Douaihy**



## **Hand Me Down Blues How To Stop Depression From Spreading In Families:**

**Hand-Me-Down Blues** Michael D. Yapko, 2000-07-14 Depression often runs in families Often the behaviours and coping skills learned in families do not prepare us for challenges which life presents The author demonstrates practical methods for dealing with depression and improving your outlook to create healthy relationships **Depression Is Contagious** Michael Yapko, 2009-09-22 Depression is the world's most common mood disorder and it is spreading like a viral contagion You can't catch depression in the same way you catch a cold but the latest research provides overwhelming support that moods spread through social conditions defining depression as more a social problem than a medical illness Our social lives directly shape our brain chemistry and powerfully affect the way we think and feel and our brains can change for the better with healthy social circumstances as much as they can change with medication Drugs may address some of depression's symptoms but Dr Yapko convincingly argues that we need to treat depression at its root by building social skills and improving relationships in order to halt the spread of this debilitating disorder Filled with practical exercises and illustrative examples his groundbreaking plan guides readers to identify key social patterns that reinforce depression so they can learn the skills to overcome depression and even prevent new episodes from occurring Provocative and controversial as well as prescriptive and hopeful **Depression Is Contagious** investigates the social phenomenon of depression's epidemic like spread while offering a more realistic road to recovery **Treating Depression With Hypnosis** Michael D. Yapko, 2013-03-07 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 **Depression Can Be Fun** Helen McNallen, *Self-Help That Works* John C.

Norcross Ph.D., Linda F. Campbell Ph.D., John M. Grohol PsyD, John W. Santrock Ph.D., Florin Selagea M.S., Robert Sommer Ph.D., 2013-03-05 Self help is big business but alas not always a scientific one Self help books websites and movies abound and are important sources of psychological advice for millions of Americans But how can you sift through them to find the ones that work *Self Help That Works* is an indispensable guide that enables readers to identify effective self help materials and distinguish them from those that are potentially misleading or even harmful Six scientist practitioners bring careful research expertise and a dozen national studies to the task of choosing and recommending self help resources Designed for

both laypersons and mental health professionals this book critically reviews multiple types of self help resources from books and autobiographies to films online programs support groups and websites for 41 different behavioral disorders and life challenges The revised edition of this award winning book now features online self help resources expanded content and new chapters focusing on autism bullying chronic pain GLB issues happiness and nonchemical addictions Each chapter updates the self help resources launched since the previous edition and expands the material The final chapters provide key strategies for consumers evaluating self help as well as for professionals integrating self help into treatment All told this updated edition of Self Help that Works evaluates more than 2 000 self help resources and brings together the collective wisdom of nearly 5 000 mental health professionals Whether seeking self help for yourself loved ones or patients this is the go to research based guide with the best advice on what works

*Trancework* Michael D. Yapko,2012 The fourth edition of Michael Yapko s classic text *Trancework* continues to be the comprehensive guide for learning the fundamental skills of clinical hypnosis This new edition not only accommodates new studies and topics that have attained a level of importance worthy of their inclusion but also contains five new chapters on topics such as mind body therapy positive psychology and pediatric hypnosis

**Mindfulness and Hypnosis: The Power of Suggestion to Transform Experience** Michael D. Yapko,2011-08-23 How mindfulness and hypnosis in a clinical context work to help foster change

*Essentials of Hypnosis* Michael D. Yapko,2014-10-03 *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

*Addiction and Mood Disorders* Dennis C. Daley,Antoine Douaihy,2006-07-20 Millions of individuals diagnosed with severe mental illness also suffer from an equally powerful substance use disorder If you or someone you love has been diagnosed with dual disorders this book can help *Addiction and Mood Disorders A Guide for Clients and Families* is designed primarily to educate individuals with dual disorders and their families about mood and addictive use disorders It not only gives a message of hope but also provides practical suggestions on ways to manage these disorders The author provides guidelines and strategies for recovery from dual disorders based on and adapted from various treatments that have proven effective for addiction mood disorders or both This book is filled with case examples that show growth and positive change as well as the difficulties many individuals struggling with a dual diagnosis face Advocating a recovery model in which the affected individual takes responsibility for getting the most out of professional treatment and self help programs this book shows that being an active participant is the key to getting the most

out of your recovery This book is for use not only by those individuals who suffer from addiction and mental illness but also by their family friends and other members of their support system Professionals who work with these individuals will find this book to be a useful guide in their clinical work as well Ericksonian Approaches Rubin Battino,2005-05-31 This outstanding manual on Ericksonian hypnotherapy has been thoroughly revised and updated There are two new chapters one on Metaphor Therapy and Guided Metaphor and the other on Ernest Rossi s work on the psychobiology of gene expression The latter chapter also contains a section on the brain and hypnosis Thomas South has extended his chapter on utilization with another section on pain control and the chapter on ethics and the law has also been significantly updated Finally there is a new foreword by Roxanna Erickson Klein and Betty Alice Erickson This work is the stately tree supporting individuality cooperation and diversity It is filled with common sense and uncommon sense with atmosphere and sunshine with metaphors for more individual growth with practice exercises for the present and with thoughts for the future It gives us all lessons in becoming better therapists better people and better members of our world Roxanna Erickson Klein and Betty Alice Erickson from the new foreword *Handbook of Medical and Psychological Hypnosis* Gary Elkins,2016-07-25 A unique state of the art interdisciplinary resource on clinical hypnosis in psychology and medicine This is the only up to date comprehensive interdisciplinary resource on clinical hypnosis research and applications in psychology and medicine Authored by hypnosis experts worldwide it encompasses state of the art scholarship and techniques for hypnotic treatments along with hypnosis transcripts and case examples for all major psychological disorders and medical conditions In easily understandable language this desk reference addresses theories neurophysiology of hypnosis hypnotherapy screening measurement of hypnotizability professional issues and ethics Individual chapters present hypnotic inductions to treat 70 disorders including anxiety depression pain sleep problems phobias fibromyalgia irritable bowel syndrome menopausal hot flashes Parkinson s disease palliative care tinnitus addictions and a multitude of other common complaints The guide also examines the history and foundations of hypnosis myths and misconceptions patient screening dealing with resistance and precautions to the use of hypnosis It examines a variety of hypnotherapy systems ranging from hypnotic relaxation therapy to hypnoanalysis With each application the text includes relevant research specific induction techniques and an illustrative case example Additionally the resource covers professional issues certification hypnosis in the hospital and placebo effects Key Features Presents state of the art hypnosis research and applications for a wide range of psychological and medical disorders Encompasses information on 70 disorders with relevant research intervention techniques and case examples Authored by an international cadre of experts Provides an interdisciplinary perspective of both the mental health and medical communities Addresses certification ethics and other professional issues Hypnosis and Hypnotherapy Deirdre Barrett,2010-10-21 Once thought pure entertainment akin to magic acts hypnosis is now a growing field being practiced by psychologists psychiatrists and medical doctors Across all ages from children to adults and the elderly patients are finding professional

therapeutic hypnosis can help them recover from mental maladies ranging from addiction to depression and psychosis and from physical illnesses from chronic pain to obesity and skin disorders Studies show hypnosis can even speed healing from broken bones burns and surgery These unprecedented volumes including some of the best known experts in the field hailing from Harvard Stanford and other top universities cover the newest research and practice in this intriguing arena Edited by a psychologist at Harvard Medical School this set explains developments in hypnosis from its colorful if misguided inception with Anton Mesmer across clinical techniques developed for health care in the 20th century to emerging research showing new potential applications to aide mental and physical health Chapters also highlight what psychologists neurologists physicians and scientists have discovered about how personality cognition and brain functions affect and are affected by hypnosis An appendix explains how to tell the difference between an entertainer or charlatan and a practitioner who is trained credentialed and practicing research backed hypnosis Universities with hypnotherapy programs and courses are also included *Raising Depression-Free Children* Kathleen Panula Hockey, 2003-08-06 Raising Depression Free Children

**Hypnosis and Treating Depression** Michael D. Yapko, 2013-08-21 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

**Concreteness and Specificity in Clinical Psychology** Luciano L'Abate, 2015-04-10 This provocative volume updates L'Abate s signature ideas focusing in particular on the concepts of concreteness and specificity as basic tenets of evaluation and therapy Noting society s growing familiarity with technology current concerns about treatment accessibility and widespread interest in wellness promotion he argues for remote writing exercises targeted to specific client issues and monitored by the clinician instead of relying on traditional talk based therapy This attention to concreteness and specificity in baseline evaluation post treatment evaluation and follow up the author asserts is central to making treatment replicable less subject to impasses or missteps and more professional with the potential of changing how therapy is conducted as well as how clinicians are trained and practice The book s framework includes rationales models empirical data and examples of

prescriptive remote writing exercises Featured in the coverage Online interventions here to stay and to grow Verifiability in clinical psychology practices Present status and future perspectives for personality and family assessment Practice without theory combining theory with practice Toward a unifying framework of human relationships PIPES Programmed Interactive Practice Exercise and Prescriptions Concreteness and Specificity in Clinical Psychology will bring a new level of discussion and debate among clinical psychology practitioners and practicing psychotherapists in private practice and the public sector

**Their Finest Hour** Jeffrey Kottler, Jon Carlson, 2008-05-30 In Their Finest Hour therapists on the cutting edge of their profession detail their most professionally rewarding cases and share what they learnt from them These outstanding therapists define achievement in their field describe how therapy really works and speak frankly about how their cases shaped their ideas Each interview was recorded and then transcribed and written into narrative prose including re created dialogue that was based on case notes and recordings *After the Stork* Sara Rosenquist, 2010-10-01 In After the Stork a cognitive behavioral therapist dispels the myths about postpartum depression and offers a powerful program mothers and fathers can use to prevent and treat it both before and after the baby is born Back from the Front Aphrodite Matsakis, 2007 *The Oxford Handbook of Hypnosis* Michael R. Nash, Amanda J. Barnier, 2012-01-19 The Oxford Handbook of Hypnosis is the successor to Fromm and Nash's Contemporary Hypnosis Research Guilford Press which has been regarded as the field's authoritative scholarly reference for over 35 years For postgraduates researchers and clinicians this book is the definitive reference text in the field Dual Disorders Dennis C Daley, Howard B. Moss, 2009-07-31 The leading text on the biological and psychological relationship between mental illness and addiction Dual Disorders contains important resources for individuals and their families Depression Schizophrenia Post traumatic stress disorder Millions of individuals diagnosed with psychiatric or emotional disorders must battle an equally menacing and powerful disease chemical dependency First published in 1993 Dual Disorders is the leading text on the biological and psychological relationship between mental illness and addiction The third edition of this Hazelden best seller includes the latest research information about medications and an explanation of diagnostic criteria Key features and benefits outlines the relationship between chemical dependency and psychiatric disorders contains important resources for chemically dependent individuals and their families and presents practical relapse prevention strategies

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