



uncommon knowledge

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CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness
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In this month's Clear Thinking...

- 1: FREE! - Personal Development Planner
- 2: Myth Buster: One problem - one cause
- 3: The Random Element

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1: Your Online [Personal Development Plan](#) Guide

Have you checked out the personal development planner posted at our motivation [forum](#) by Lyndsay Swinton?

Lyndsay has extensive blue-chip experience as a team leader and manager and has distilled her knowledge into this down-to-earth, easy-to-read, 'how to' of personal development.

You can read it online at:

<http://www.uncommonforum.com/viewforum.php?f=3>

It will be coming out in e-book format shortly, so if you want a *complementary* advance copy, send an email to:

mailto:FREEpdp@uncommon-knowledge.co.uk

(Only available to our much-loved subscribers...

oh OK, if you know a friend or colleague who would like an advance copy of the planner, go ahead and forward them this email - we don't mind ;-)

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2: Myth Buster: One problem - one cause

One assumption, so engrained in our thinking that we don't notice it, causes much emotional distress.

Thanks to [Freud](#), many of us think that any problem we have is caused by one event, probably in our childhood, and the way to fix it is to find 'that one cause'.

It's simply not true.

Freud came up with this idea because at the same time as he was developing his theories, medicine discovered that many diseases were caused by a single pathogen - a cold for example.

Freud, ever on the lookout for something that would make him famous, grasped this idea and imported it wholesale into psychology.

No research, and 130 years later - still no proof. And plenty of evidence to the contrary.

It is widely accepted now that most emotional problems are caused and maintained by multiple factors, but our thinking hasn't caught up yet.

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3: The Random Element - Book Review

:: Reviews of: 'When Living Hurts - Directives for treating depression' and 'Treating Depression with Hypnosis', both by Michael D Yapko. ::

Michael Yapko is well known as a worldwide authority on depression and with these two highly

practical books he has created an illuminating overview of his clinical strategies.

Both books give a similar outline of depression, shifting the reader away from biological and historical explanations towards practical solutions, supported by research in Yapko's usual rigorous way.

But the real value of these books, from a practitioner's perspective, lies in their real-life examples and intervention suggestions.

'When Living Hurts' contains 91 behavioural interventions, or tasks, with explanations for when each should be used. Also, the most common elements of depressive causal factors are discussed, such as inflexibility of thought, past focus and self-defeating behavioural patterns.

'Treating Depression with Hypnosis' features transcripts of real sessions where hypnosis has been used, plus extended induction scripts which can serve to provide a wealth of useful ideas.

Yapko also discusses how to use hypnosis to help clients develop new, more helpful ways of approaching life situations that will leave them less open to depression.

Above all, Yapko is process-oriented, and forces the reader to adopt an aerial view of depression and its associated processes. This in itself is an invaluable by-product of these excellent books, whether you are a sufferer or a helper.

['When Living Hurts'](#)

http://www.uncommon-knowledge.co.uk/book_review/living_hurts.html

['Treating Depression with Hypnosis'](#)

http://www.uncommon-knowledge.co.uk/book_review/depression_hypnosis.html

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