



**SOCIETY FOR CLINICAL &
EXPERIMENTAL HYPNOSIS**

A component
Society of ISH



69th Annual Workshops & Scientific Program
*Hypnosis in Integrated/Integrative Healthcare:
Collaborative, Connected and Creative Approaches*

October 10-14, 2018

**Embassy Suites by Hilton Convention Center Las Vegas
Las Vegas, Nevada**

The banner features a photograph of the Las Vegas skyline at dusk, with the Flamingo Las Vegas sign visible. The text is overlaid on a white background that is partially framed by green and blue geometric shapes.

Conference Program

Continuing Education credits provided by the Institute for Continuing Education



OUR MISSION: To promote excellence and progress in hypnosis research, education, and clinical practice.

Founded in 1949, the Society for Clinical and Experimental Hypnosis (SCEH) is an international organization of psychologists, psychiatrists, social workers, nurses, dentists and physicians who are dedicated to the highest level of scientific inquiry and the conscientious application of hypnosis in the clinical setting.

The membership represents a rare union of some of the finest academicians, researchers and clinicians whose collaboration is designed to support and inform the clinical work and research of its members and other professionals.

A distinguishing feature of the group is its premise that sound clinical practice is built upon serious scientific inquiry and that important empirical questions are often raised by those who care for patients.

Through workshops, lectures, publication of the International Journal for Clinical and Experimental Hypnosis (IJCEH), and other teaching activities of SCEH, members educate health care professionals, academicians, researchers, students and the general public about the nature and ethical uses of hypnosis and related phenomena. Learn more about membership on our website at www.sceh.us

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Welcome from the President

Dear Members and Attendees:

Welcome to the 69th Annual Conference of the Society for Clinical and Experimental Hypnosis at the Embassy Suites Hotel, Las Vegas, Nevada. On behalf of our Conference Committee and our SCEH officers, I hope you have a rich learning experience and a wonderful visit to Las Vegas.

We have an exciting line-up of speakers, providing keynotes, symposia, and workshops and our conference theme is a timely one. We believe this meeting reflects the dual mission of SCEH, to develop the science of hypnosis and to promote the evidence-informed practice of clinical and applied hypnosis.

If you are not already a member, consider joining this week. We invite your support.

We want you to feel welcome at SCEH, whether you are a first time attendee, student, early career professional, experienced researcher or clinician, or long time supporter. Our goal is to build a vibrant, open and inclusive hypnosis community that includes the many diverse faces of hypnosis. At the conference, you will see Inclusiveness Ambassadors (look for those with a special ribbon) whose role is to welcome newcomers and make our meeting a hospitable place.

As President of SCEH, I recently signed the ASCENT CEO Promise, a commitment to diversity and inclusivity supported by over 100 CEOs of corporations and non-profit organizations which reads:

As we face chronic and harmful inequities across the globe, we must work to mitigate tensions around gender, sexual orientation, race, ethnicity, and disabilities. We must promote inclusion and diversity within our organizations and also at the events we produce and attend. We believe greater inclusion will foster new voices to strengthen our leadership, our businesses, and our world. By working together, we will cultivate meaningful social change.

The three points in the pledge include:

1. We will make our workplaces and events open and trusting settings,
2. We will provide education on barriers to inclusivity, including unconscious bias, and
3. We will share what we know, what we learn, and what needs improvement.

Over the next few days, I hope I will have an opportunity to speak with each of you. Welcome!

Cordially,



Donald Moss, PhD
SCEH President for 2017-2019

P.S. Be sure to check out our list of Special Activities on Page 9.



Acknowledgements

SCEH EXECUTIVE COMMITTEE

President: Don Moss, PhD
President Elect: Janna Henning, JD, PsyD
Secretary: Zoltan Kekecs, PhD
Treasurer: Ciara C. Christensen, PhD
Immediate Past President: Gary Elkins, PhD, ABPP, ABPH

IJCEH Editor: Gary Elkins, PhD, ABPP, ABPH
Executive Director: Anne Doherty Johnson

CONFERENCE COMMITTEE

OVERALL MEETING CO-CHAIRS

Janna Henning, JD, PsyD and Carolyn Daitch, PhD

WORKSHOP PROGRAM CO-CHAIRS

Introductory Workshop Co-Chairs:
Eric Willmarth, PhD and Paul Larson, PhD

Skills /Intermediate Workshops Chair:
Don Moss, PhD

Advanced Workshops Co-Chairs:
Ciara Christensen, PhD and David Reid, PsyD

SCIENTIFIC PROGRAM CO-CHAIRS

Shelagh Freedman, MA and Zoltan Kekecs, PhD

Conference Theme

The 2018 Annual Meeting will celebrate the place of "Hypnosis in Integrated/Integrative Healthcare" and highlight the expanded integration of hypnosis into medical and mental healthcare settings. In addition, the meeting will showcase the collaboration between hypnosis practitioners and the complementary healthcare practitioners. The meeting will also include scientific presentations on the "Evidence Base of Clinical Hypnosis."

Meeting Objectives

Meeting objectives include providing a definition of hypnosis; reviewing clinical applications of hypnosis; reviewing the latest in hypnosis research; discussing hypnosis for pain management, hypnosis for ADHD, PTSD, hypnosis treatment for hot flashes, anxiety and substance abuse; use of hypnosis in health care settings; reviewing clinical applications of hypnosis; discussing hypnotizability; discussing hypnosis and mind-body communication, mindfulness; and meditation; ego state therapy; trance; hypnosis and dissociation; hypnosis and mind-body approaches; hypnotherapy treatment for a variety of medical and psychological conditions.

Who Should Attend

Our meeting brings together top experts in the field of hypnosis to share the latest in both research and clinical applications of hypnosis. The program is designed for Psychologists, Psychiatrists, Social Workers, Licensed Counselors, Marriage-Family Therapists, Physicians, Dentists, Chiropractors, Master's level Nurses and Clinical Nurse Practitioners, other Master's level licensed mental health and healthcare professionals, and clinical and experimental researchers in the field of hypnosis.

Workshops and training is offered at the introductory, intermediate and advanced levels. Workshops meet accepted Standards of Training in Clinical Hypnosis.

Conference Registration Desk

Conference Registration Desk – outside our Conference Meeting Rooms.

Hours: **Wednesday, October 10, 2018** -- 3:00 – 6:00 PM

Thursday – Friday, October 11-12, 2018 -- 8:00 - 9:30 AM; 3:00-4:00 PM

You may also email info@sceh.us with questions.



All attendees – including instructors – must check in at the Conference Registration Desk to receive a badge, CE forms and conference materials.

Presenters must pick up CE forms for their workshops when they register, and must return completed forms to SCEH at the conclusion of their session.

Conference Badges

Please wear your badge for all conference functions to identify yourself as an attendee. Thank you.

Continuing Education Info for Presenters

Your assistance in reminding attendees to sign in and out, and to complete CE info for your session, is appreciated. Please make an announcement at the start and conclusion of each workshop. Thank you.

Continuing Education Reminder for Attendees

Please pick up your CE packet at registration and sign in and out for each session you attend. It is your responsibility to submit completed, signed forms to SCEH before leaving the conference. We suggest writing your name on your CE packet right away should you misplace it. Please refer to CE section for more info.

Banquet and Banquet Guests

If you have registered for the Annual Banquet, you will see this indicated on your registration confirmation form. Guest banquet tickets are available at a cost of \$100 at the Registration Desk and are not transferable.

Scientific Program Guests

Additional tickets to the Scientific Program Only are available for \$90 per person at the Registration Desk. Guests must be accompanied by a registered attendee.

Are You a New Member or New to This Event?

Be sure to pick up a Member ribbon or First Time Attendee ribbon for your badge.

Not Yet a Member?

We invite to join! Ask at the Registration Desk for an application or more information, or visit our website at www.sceh.us/membership to explore member benefits or join online.

Meals and Coffee Breaks

Coffee Breaks

Attendees will have coffee service during scheduled breaks, generally around 10 AM and 3 PM. See the Scientific Program agenda for break times on Saturday and Sunday.

Meals

Meals are NOT included in the registration fee except for the Annual Banquet on Saturday evening for those who purchase a registration package containing this option.

Note: If you are staying at the hotel, please review P. 14 for details on what is included in your room rate.

SCEH members in good standing are invited to attend a Member Meeting and Luncheon on Saturday. Other scheduled activities include a complimentary Networking Reception, Student/Young Professionals Luncheon and Women's Breakfast. See program for more details.

Nearby Restaurants

The hotel's Fountain Grille Restaurant is open daily and excels in casual open-air dining that everyone can enjoy. View a list of Las Vegas area restaurants at www.visitlasvegas.com/food-drink

Special Events and Activities

- **Opening General Session & Conference Welcome:** 5:00 – 5:30 PM
- **Thursday Networking Reception:** All attendees invited; held 5:30 - 6:30 PM.
- **Friday Student and Early Career Professionals Luncheon:** For students and early career professionals, free, 12:00 - 1:15 PM.
- **Friday evening SCEH Executive Council Meeting:** Attendance by invitation, held at hotel.
- **Saturday morning Women's Breakfast:** For female-identified SCEH members, free, 7:30 - 8:30 AM.
- **Saturday Member Meeting & Luncheon:** Open to SCEH members, 12:30 – 2:00 PM.
- **Saturday evening Poster Session Reception, 6:30-7:30 PM and Saturday evening Awards Banquet, 7:30-9:30 PM:** included in some registration packages; guest tickets available for purchase.

Conference Schedule at a Glance

ACTIVITY	DATES	LOCATION
ANNUAL AWARDS BANQUET	Saturday, Oct. 13, 2018	Chancellor II
COFFEE BREAKS	Coffee service: Wed. 7:30 PM; Thurs. & Friday approx. 10 AM and 3 PM. See Scientific Program Agenda for coffee break times on Saturday and Sunday.	Lobby outside Consul
CONFERENCE REGISTRATION	Wednesday, Oct. 10 - Friday, Oct. 12, 2018	Lobby outside Consul
CONFERENCE WELCOME & OPENING GENERAL SESSION	Wednesday, Oct. 10, 2018	Ambassador A&B
KEYNOTES	Wednesday, Oct. 10 - Saturday, Oct. 13, 2018	Ambassador AB
MEMBER LUNCHEON	Saturday, Oct. 13, 2018	Chancellor I
NETWORKING RECEPTION	Thursday, Oct. 11, 2018	Atrium
POSTER SESSION	Saturday, Oct. 13, 2018	Chancellor I
SCIENTIFIC PROGRAM (including Keynotes)	Wednesday, Oct. 10 - Sunday, Oct. 14, 2018	Ambassador AB
STUDENT/ ECP LUNCHEON	Friday, Oct. 12, 2018	Consul
WOMEN'S BREAKFAST	Saturday, Oct. 13, 2018	Ambassador C
WORKSHOP: INTRODUCTORY	Wednesday, Oct. 10 - Saturday, Oct. 13, 2018	Envoy
WORKSHOPS: ADVANCED	Wednesday, Oct. 10 - Friday, Oct. 12, 2018	Ambassador A, B, C or Board Room
WORKSHOPS: SKILLS/INTERMEDIATE	Wednesday, Oct. 10 - Friday, Oct. 12, 2018	Consul thru Fri.; Sat. moves to Ambassador C

Keynotes Quick List

Complete details on Keynotes appear in the Scientific Program Agenda.

Wednesday, October 10, 2018 5:30-6:30 PM

It's About Time! Erickson & Hypnosis: Past, Present and Future -- Roxanna Erickson-Klein, PhD

Thursday, October 11, 2018 8:30-9:30 AM

Hypnosis, Zen and Suffering -- David R. Patterson, PhD, ABPH

Friday, October 12, 2018 5:30-6:30 PM

Hypnosis in the Age of Value-Based Medicine -- Elvira Lang, MS, FSCEH

Saturday, October 13, 2018 8:30-9:30 AM

Mood and Medicine: Depression's Stranglehold on Healthcare -- Michael Yapko, PhD

Saturday, October 13, 2018 2:40-3:40 PM

Hypnotic Relaxation Therapy: Research and the Future of Integrative Medicine -- Gary Elkins, PhD, ABPP, ABPH



Above, left to right: Gary Elkins, PhD, ABPP, ABPH; Roxanne Erickson Klein, PhD; Elvira Lang, MD, FSIR, FSCEH; David Patterson, PhD, ABPH and Michael Yapko, PhD

Invited Addresses:

- **Russell T. Hurlburt, PhD** -- Exploring Inner Experience in the Natural Environment

Vince Polito, PhD -- Cognitive and Physiological Markers of Altered Agency in Hypnosis

CONTINUING EDUCATION - CE Credit

The 69th Annual Conference is co-sponsored by the Society for Experimental and Clinical Hypnosis and The Institute for Continuing Education. The program offers continuing education credit as listed below. Continuing education credit is awarded on a session-by-session basis with full attendance required for the sessions attended. Partial session credit is not offered. There is no additional fee for continuing education credit. Conference attendees who wish to receive continuing education credit MUST check in at the continuing education desk to make formal application and receive CE materials for completion.

Target Audience: Psychologists, Psychiatrists, Social Workers, Licensed Counselors, Marriage-Family Therapists, Physicians, Dentists, Chiropractors, Master's level Nurses and Clinical Nurse Practitioners, other Master's level licensed mental health and healthcare professionals, and clinical and experimental researchers in the field of hypnosis.

Course Completion: To qualify to receive continuing education credit, attendees must complete the CE materials, sign in/out daily at designated locations, and complete an evaluation of the sessions attended. CE verification is mailed to attendees within 30-days following the receipt of completed CE materials.

Questions: If you have questions regarding continuing education, the program, faculty, grievance issues, or for a listing of learning objectives, comprehensive speaker bios, please contact *The Institute* at: 800-557-1950; e-mail: instconted@aol.com.

Learning Objectives: For a listing of learning objectives by session, contact The Institute at: instconted@aol.com

Commercial Support: The Institute for Continuing Education receives no funds from any commercial organization for financial support of its activities in providing continuing education sponsorship of the Colloquium. The Institute's sponsorship of this Conference does not imply endorsement of featured exhibits.

Note: It is the responsibility of attendees to determine if continuing education credit offered by The Institute for Continuing Education meets the regulations of their licensing/certification board.

Continuing Education Offered:

Psychology: The Institute for Continuing Education is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Institute for Continuing Education maintains responsibility for this program and its content.

Counseling: For counselors seeking CE credit, The Institute for Continuing Education will submit a co-sponsorship application to NBCC for this program.

New York: The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. Provider MHC-0016.

Ohio: The Institute for Continuing Education is recognized as a provider of continuing education by the Ohio Counselor, Social Worker Board, and Provider RCS 030001.

Florida: The Institute for Continuing Education is recognized as a provider of continuing education by the Florida Dept. Health, Division of Counseling, Social Work, MFT, Provider BAP 255, expiration 03/2019.

Social Work: The Institute for Continuing Education, provider #1007, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org, through the Approved Continuing Education (ACE) program. The Institute for Continuing Education maintains responsibility for the program. ASWB Approval Period: 4-13-2018 - 4-13-2021. Social workers should contact their regulatory board to determine course approval.

New York: The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers. Provider No. SW-0025.

Ohio: Counseling and Social Work Board, Provider RCS 030001.

Florida Dept. Health, Division Social Work, MFT, Counseling, Provider BAP 255, expiration 03/2019.

Marriage/Family Therapy: The Institute for Continuing Education, Provider 56590, is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs. The Institute for Continuing Education maintains responsibility for this program and its content. This Course meets the qualifications for 21.00 hours for the Introductory Workshop; 15.00 hours for the Advanced Workshops; 14.00 hours for the Scientific Program; and 20.00 hours for the Skills Workshops for LMFTs, LCSWs, LPCC, as required by the California Board of Behavioral Sciences.

New York MFT: The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists. Provider MFT-0012.

Ohio: Provider RTX 100501,

Texas: The Institute for Continuing Education is recognized as a provider of continuing education by the Texas State Board of Examiners of Marriage and Family Therapy, Provider 177.

Skill Level: Due to the interdisciplinary nature of this Conference, workshops have not been ranked for skills level (beginning, intermediate, advanced). Participants are urged to review session description for appropriateness for professional and personal development.

Instruction Methodology: May include lecture, audio-visual, demonstration, experiential practice of techniques, large and small group discussion

Non-Credit Activities: Credit is not offered for breakfast, luncheon, dinner, social events, poster sessions, networking sessions, tour activities. If you have questions, contact The Institute for Continuing Education at: instconted@aol.com

Ethics Hours / Academic Credit: The Conference offers no “academic” credit and CE hours awarded are not eligible toward fulfillment of a degree. No “ethics” hours are offered.

ADA: For accommodations on the basis of disability please contact the SCEH office at info@sceh.us.

Continuing Education Hours Offered:

Introductory Workshop: 21.00 hrs.

Advanced Workshops: 15.00 hrs.

Skills Workshops: 20.00 hrs.

Scientific Program: 14.00 hrs.

* Hrs. are awarded based on actual attendance

HOTEL INFORMATION

Embassy Suites by Hilton Convention Center Las Vegas

3600 Paradise Road | Las Vegas, NV 89169

Main: 702-893-8000 | Fax: 702-893-0378

Hotel Room Block

We encourage all attendees to stay at the conference hotel as part of our room block. Our "2018 SCEH Conference" room block is sold out.

Still need a room? Call the hotel at (702) 947-7166 or (888) 243-9146 for general availability.

A charge of \$10.00 per person per night will be added for each third and fourth adult sharing the same room. Maximum occupancy for a king suite is 4 people and for a double queen suite is 6 people.

Our rate includes a full cooked-to-order breakfast and evening reception as noted below:

Complimentary full Cooked-to-Order breakfast is served daily in the Fountain Grille Restaurant located on the main floor, 6:00 - 9:00 AM, Monday-Friday (Weekdays) and 7:00-10:30 AM, Saturday, Sunday (Weekends) and Holidays (New Year's Day, President's Day, Memorial Day, 4th of July, Labor Day, Thanksgiving Day and Christmas Day).

Hotel guests may also enjoy complimentary drinks and light snacks served daily 5:30 - 7:30PM at the Terrace Bar located on the 3rd floor.

All individual reservations must be guaranteed with a major credit card or first night's room deposit equal to the room rate plus tax. All guaranteed reservations cancelled 72 hours prior to the day of arrival are fully refundable to the individual. If guest(s) do not check in, each individual will be charged one night room and tax as a penalty to the credit card used to guarantee the reservation and reservation will be cancelled.

EARLY CHECK-IN and EARLY DEPARTURE FEES

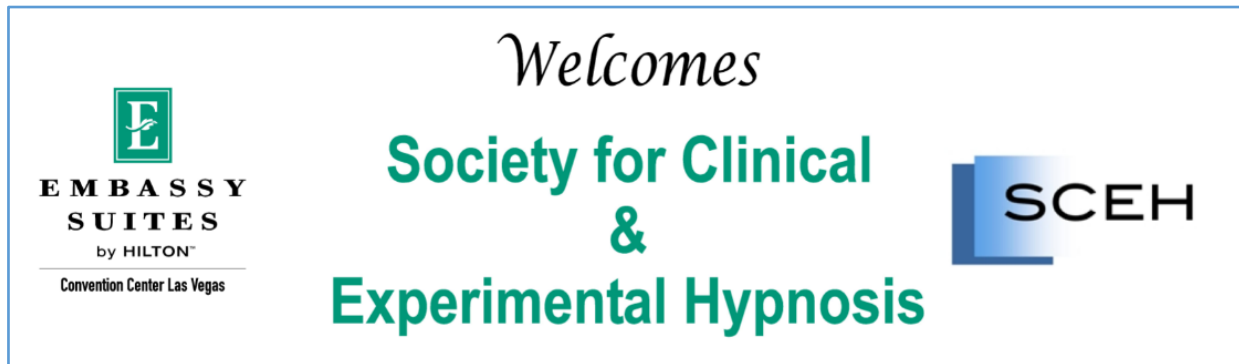
Check-In Time: 4:00 PM Check-Out Time: 11:00 AM

In the event that a conference attendee wants to check-in prior to 4:00 PM, and if rooms are available, the hotel will charge a \$25 early check in fee.

Changes in your departure AFTER check-in will result in an Early Departure fee of \$75.

For full details, view www.sceh.us/site-and-accommodations-las-vegas

Hotel Overview



Our non-gaming Las Vegas hotel is steps away from the Las Vegas Convention Center and monorail and is near a variety of popular tourist attractions including the Las Vegas strip. The hotel is only three miles from McCarran International Airport and near the best shopping, dining and entertainment Las Vegas has to offer.

Guest will enjoy a relaxing stay in a two-room suite featuring amenities to make you feel at home. Relax on a double or king-sized bed in the private bedroom, or unwind in the spacious living room with sofa and 37-inch flat-screen TV. The dining/work table and Wi-Fi access offer convenient work space to keep in touch with business and family.

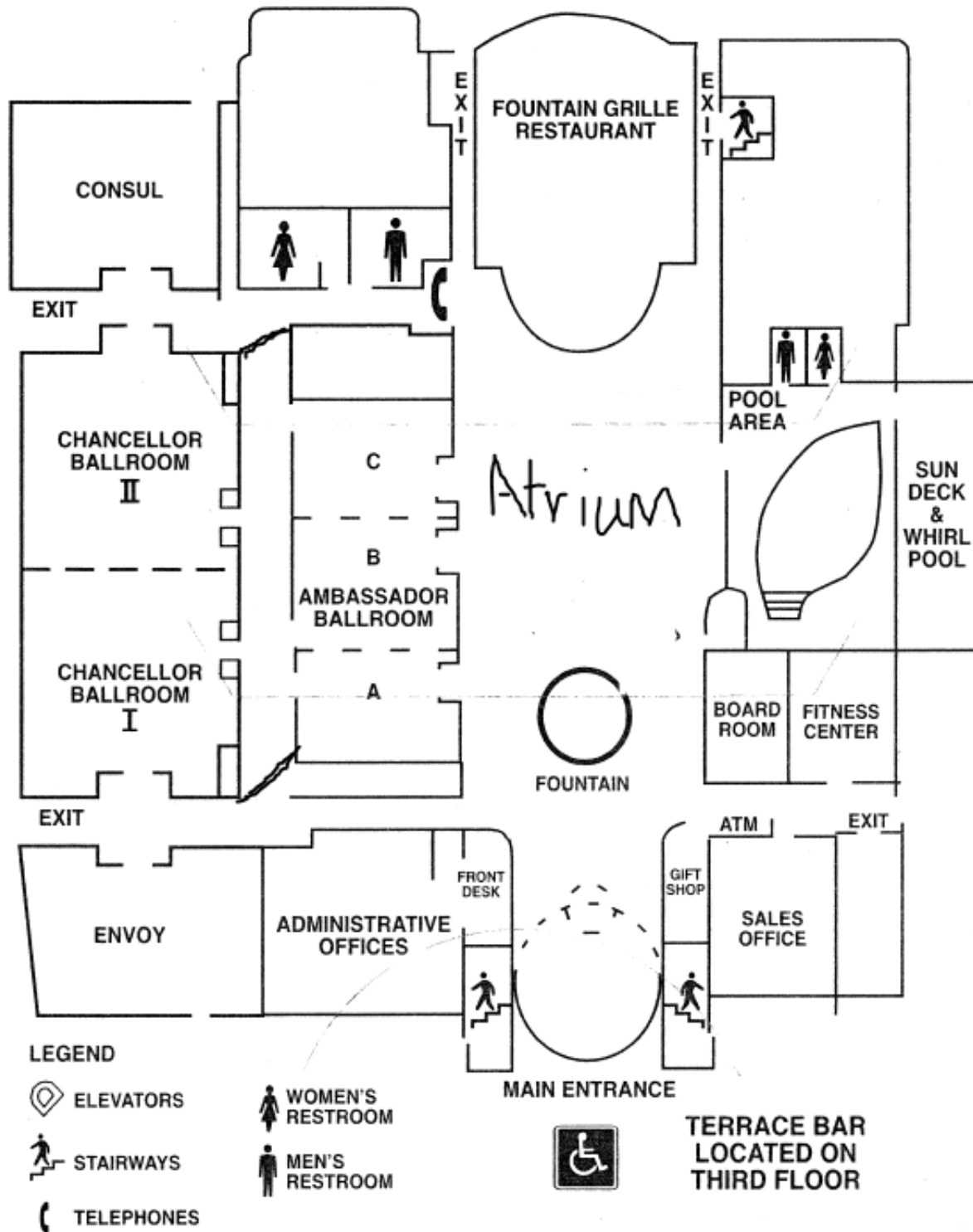
The hotel's Fountain Grille Restaurant is open for lunch and dinner.

Other hotel amenities include a fitness center, heated indoor pool, an outdoor hot tub and sundeck. There is also a 24-hour BusinessLink™ Business Center with convenient business amenities and services.

Complimentary Standard Wireless High Speed Internet access is available in all guestrooms, per computer, per connection, per 24 hour cycle. Please note there is no free internet in meeting rooms.

For more information, see the hotel's website at www.lasvegasembassysuites.com.

Hotel Floor Plan



Hotel Directions

Embassy Suites by Hilton Convention Center Las Vegas

3600 Paradise Road | Las Vegas, NV 89169
Main: 702-893-8000 | Fax: 702-893-0378

From I-15 - Exit at Flamingo going east.

Turn left onto Paradise Road and the hotel is on the right just past Twain Avenue.

From the Las Vegas Strip - Take Sands Avenue going east to Paradise Road and turn left. The hotel is on the right, one block North of Sands Avenue.

Hotel Transportation and Parking

Complimentary Courtesy Shuttle Service is available to select destinations. This Shuttle Service is available daily at the bottom (:30) of the hour on request only from 7:30am to 10:30pm.

The hotel's Shuttle will transport guests to the Las Vegas Convention Center/Monorail Station and The Fashion Show Mall located on the "Strip". It can accommodate a maximum of 10 passengers per trip Pick up and drop off be arranged in advance with our Front Desk. Shuttle schedule is subject to change without notice.

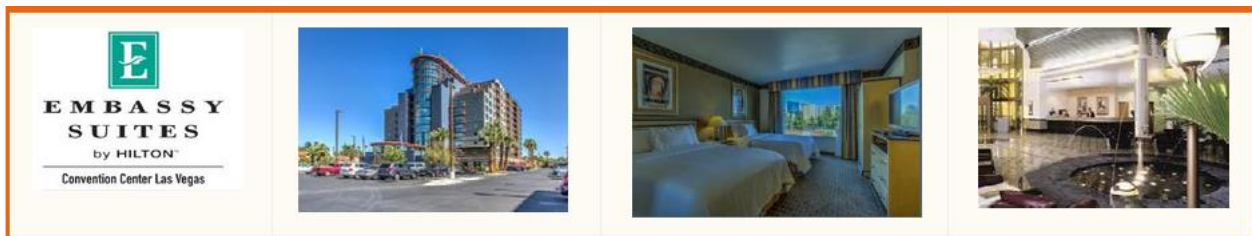
Enterprise Rent-A-Car offers a special 10% discount to all groups staying at the Embassy Suites. 15 Passenger Vans also available! Please use discount code L54H244 when contacting us for information, quotes, or reservations. For reservations, call 702-597-4535

The hotel offers free parking for SCEH conference attendees who are staying at the hotel.

Air Travel

The nearest airport to the hotel is McCarran International Airport, the primary commercial airport serving the Las Vegas Valley, a major metropolitan area in the U.S. state of Nevada. It is in Paradise, about five miles south of Downtown Las Vegas.

The hotel does not have an airport courtesy shuttle, but you may find transportation options at www.mccarran.com/Transportation.



Networking Reception

*Come mix and mingle with SCEH leaders,
fellow members and conference attendees!*

Networking Reception

Please Join Us!

**Thursday, October 11, 2018
Hotel Atrium Lobby**

5:30-6:30 PM

All attendees are invited.

A major benefit of conference attendance is the opportunity to network with peers, meet new friends and colleagues and renew relationships in the hypnosis community. Many professional collaborations -- as well as personal friendships -- have started at a SCEH meeting. We are confident this year's event will be no different.

There is no additional cost to participate. Cash bar and light refreshments.

Reception sponsored by:



Attention Students and Early Career Professionals

If you are a Student or Early Career Professional, SCEH invites you to lunch with peers, members, and leaders of the Society.

Special Friday Luncheon for Students and Early Career Professionals

Friday, October 12, 2018

12:00 Noon - 1:15 PM

Consul

Free to Students and Early Career Professionals

Under the leadership of Janna Henning, JD, PsyD, President-Elect, and Don Moss, PhD, President, this event affords the opportunity to network, meet clinicians and researchers in the field, and learn about SCEH activities. Dr. Henning has been developing a Student Advisory Committee and ideas for engagement of student members and is seeking your ideas.

There will also be information about the SCEH Mentorship program, led by Zoltan Kekecs, PhD. Members who are interested in serving as a research mentor or who may be seeking mentorship are invited to learn more at www.sceh.us/mentor-program.



WOMEN'S BREAKFAST

SATURDAY, OCTOBER 13, 2018

7:30 - 8:15 AM

Ambassador C

For Female-identified SCEH members.

The purpose of this event is to provide a safe space for women to discuss their professional goals, interests and concerns. Join us for an open-ended networking/community building event to strengthen our inclusion and support for one another. No formal program.

Hotel guests should pick up breakfast from the Atrium buffet. If not staying at the hotel, ask us for a breakfast ticket when arriving to the meeting room.

Hosted by Janna A. Henning, JD, PsyD, President Elect



The breakfast is offered free of charge thanks to the generous contributions of SCEH officers and current and past presidents to fund this event! We thank them for their support.



Member Meeting & Luncheon

Saturday, October 13, 2018

12:30 – 2:00 PM

Chancellor I

Open to SCEH members

Learn about SCEH membership activities and plans.

Get to know one another better.

Explore the benefits of membership.

Meet SCEH Leaders, Committee Chairs and fellow members.

Opening General Session: Wednesday, October 10

Conference Registration opens at 3:00 PM – lobby outside Consul



Join us for our Opening General Session at 5:00 PM, followed by our 5:30 PM Keynote.

Location: Ambassador A & B

Details – See Page 44

WORKSHOP PROGRAM OVERVIEW

SCEH workshops teach participants hypnotic theory and practical techniques for immediate use in professional practice. Educational approaches include lectures, audiovisual presentations, and skill-practice groups.

Workshops are scientifically based and of the highest teaching quality. Most workshops include demonstrations and/or practica or other experiential components. Workshops meet accepted Standards of Training in Clinical Hypnosis.

SCEH offers **Introductory**, **Skills-building** and **Advanced** level workshops.

- **Introductory (Basic) Workshop in Clinical Hypnosis** (Taken as a cohort)
- **Skills Workshops in Clinical Hypnosis** (Can be used toward intermediate certification or simply to refresh hypnotic skills).
- **Advanced Workshops in Hypnosis** (Choose from a selection of full or half day concurrent sessions or mix and match with Skills-building Workshop sessions.)

Introductory Workshop in Clinical Hypnosis — 20 CEs

Wednesday, October 10 through Saturday, October 13, 2018

Location for Introductory Workshop: Envoy

Co-chairs: Eric Willmarth, PhD and Paul Larson, PhD, JD

Faculty: *Eric Willmarth, PhD, Saybrook University; Paul Larson, PhD, JD; Don Moss, PhD, Saybrook University; David Reid, PsyD; Gary Elkins, PhD, Baylor University; Paul Larson, PhD, JD and Evelyn Segal, PhD.*

Introductory Workshop Overview

This class is taken as a co-hort.

This practically focused workshop will provide introductory training in the theory and application of clinical hypnosis in psychotherapy, dentistry, and medicine. A combined format of lecture, demonstration, and supervised practice is used to teach and develop clinical skills in the use of hypnosis. Topics include: types and principles of hypnotic induction; methods of hypnotic induction; self-hypnosis; anxiety management; pain management; addressing issues of resistance; hypnosis with habit disorders; exploration of unconscious dynamics; treatment planning and technique selection, and integration of hypnosis into clinical practice. Participants will have many opportunities for hands-on practice in supervised small-group sessions. The goal of the workshop is to provide the requisite training for attendees to begin utilizing hypnosis in their own clinical practices. Ongoing feedback and mentoring will be provided to support the development and applicability of new skills. The contents of the workshop comply with the Standards of Training in Clinical Hypnosis utilized by the American Society of Clinical Hypnosis.

Introductory Workshop Learning Objectives

- Define hypnosis based on current published definitions of hypnosis
- Identify at least three major figures in the historical development of hypnosis
- Identify at least three major theories of hypnosis
- Identify the major myths and misconceptions regarding hypnosis
- Identify three possible changes associated with hypnosis and memory.
- Discuss specific ethical/legal issues involving hypnotic restoration of memories, disqualification of testimony in court, and the “false memory” syndrome
- Cite three key points of hypnosis in a non-technical manner in educating a client or patient about hypnosis
- Summarize two or more important elements in obtaining informed consent regarding the use of hypnosis clinically
- Identify at least five phenomena associated with hypnosis and how they may be utilized in clinical practice and treatment planning

Introductory Workshop, continued

- Summarize at least two reasons for removing suggestions and for re-alerting clients; and demonstrate at least one method for re-alerting from hypnosis
- Define at least six principles of hypnotic induction and suggestion
- Demonstrate a hypnotic induction and provide a therapeutic suggestion to a volunteer client
- Participate in at least three separate hypnotic experiences as subject and as facilitator
- Cite evidence for the long-term stability of hypnotic responsivity and be able to identify the age range when hypnotic responsiveness peaks
- List the traditional "stages of hypnosis"
- Describe at least four traditional methods for deepening or intensifying hypnotic involvement
- Be capable of teaching self-hypnosis to patients/clients
- Differentiate when one might use a suggestive hypnotic approach and when an insight-oriented or exploratory hypnotic approach might be appropriate.
- Identify therapist, patient, and context variables that may contribute to resistance
- Identify the ethical-legal issues and standards for professional conduct in using hypnosis clinically

AGENDA

Location for Introductory Workshop: Envoy

Wednesday, October 10, 2018

6:30 PM	Intro to Fundamentals Eric Willmarth, PhD and Paul Larson, PhD, JD
7:00 PM	Intro to Hypnosis, Definitions, History, Myths Eric Willmarth, PhD and Paul Larson, PhD, JD
7:30 PM	Break
7:45 PM	Neurophysiology of Hypnosis and Hypnotic Phenomenon, Magnet Hands, Finger Lock, Eye Roll Paul Larson, PhD, JD and Donald Moss, PhD
8:30 PM	Small Group Practice Paul Larson, PhD, JD and Donald Moss, PhD
9:30 PM	Adjourn for the day

Introductory Workshop, continued

Thursday, October 11, 2018

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| 8:30 AM | Scientific Meeting Keynote |
| 9:30 AM | Rapport, Inductions and Re-alerting
Paul Larson, PhD, JD |
| 10:45 AM | Demo of Induction # 1 Levitation/Reverse Levitation
David Reid, PsyD |
| 11:15 AM | Break |
| 11:30 AM | Small Group #1 Rapport, Induction, Re-alerting
David Reid, PsyD |
| 12:45 PM | Lunch on your own |
| 2:00 PM | Fundamentals of Hypnotic Language and Formulating Suggestions
Paul Larson, PhD, JD |
| 2:45 PM | Deepening or Intensifying Trance - with demonstration
Paul Larson, PhD, JD |
| 3:30 PM | Break |
| 3:45 PM | Demo of Induction #2 - Diaphragmatic Breathing
Donald Moss, PhD and Evelyn Segal, PhD |
| 4:00 PM | Small Group #2 Rapport, Induction, Deepening, Re-alerting
Donald Moss, PhD and Evelyn Segal, PhD |
| 5:00 PM | Ethical Practice in Clinical Hypnosis
Donald Moss, PhD |
| 5:30 PM | Adjourn for the day |

Friday, October 12, 2018

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| 8:30 AM | Ego strengthening
Donald Moss, PhD & Eric Willmarth, PhD |
| 9:15 AM | Self-Hypnosis
Donald Moss, PhD & Eric Willmarth, PhD |

Introductory Workshop, continued

10:00 AM	Demo of Induction #3 - Easy as 1 - 2 - 3 (Eye Roll) Donald Moss, PhD and Eric Willmarth, PhD
10:15 AM	Break
10:35 AM	Small Group #3 Rapport, Induction, Deepening, Hypnotic Phenomenon, Ego-strengthening, Suggestions, Re-alerting Donald Moss, PhD and Eric Willmarth, PhD
12:00 PM	Lunch on your own
1:30 PM	Hypnotizability, Stages of Hypnosis and Informed Consent Eric Willmarth, PhD
2:15 PM	Patient Orientation/Presenting Hypnosis to Patients/ Managing Resistance Janna Henning, JD, PsyD, FT
3:30 PM	Break
3:45 PM	Demo of Induction #4 Eye Fixation David Reid, PsyD
4:00 PM	Small Group #4 Rapport, Induction, Deepening, Suggestions, Re-alerting David Reid, PsyD
5:15 PM	Treatment Planning and Next Steps for Attendees Janna Henning, JD, PsyD, FT and Evelyn Segal, PhD
5:45 PM	Adjourn for the day

Saturday, October 13, 2018

8:30 AM	Keynote: Mood and Medicine: Depression's Stranglehold on Healthcare Michael Yapko, PhD
9:30 AM	Symposium: Hypnosis, Memory, and False Memory
10:30 AM	Break
10:45 AM	Symposium: Hypnosis in Integrative Care
12:00 Noon	Adjourn – Workshop Concludes

Skills (Intermediate) Workshops — 20 CEs

Wednesday, October 10 through Saturday, October 13, 2018

Location for Skills Workshops: Consul except for Saturday Morning when it moves to Ambassador C

Skills Workshop Chair: Donald Moss, PhD

Faculty: Don Moss, PhD, Saybrook University; Eric Willmarth, PhD, Saybrook University; Paul Larson, PhD, JD; David Reid, PsyD; Gary Elkins, PhD, Baylor University; Carolyn Daitch, PhD and Joe Green, PhD; Janna Henning JD, PsyD, FT, BCETS and Ciara Christensen, PhD and Evelyn Segal, PhD.

Skills Workshops Overview

If you wish to take the Skills Workshops to satisfy Intermediate level requirements for certification, please note that you must take all the Skills Workshops as a cohort, requiring full attendance for the duration of the workshop (Wednesday through Saturday).

Advanced Workshop registrants may choose from the Advanced Workshops list or may elect to take a Skills Workshops independently for CE credit. Please note that if taking a Skills Workshop separately, CEs are awarded only in full or half hours.

Skills Workshops consist of sessions that feature a variety of hypnotic techniques, for induction, deepening, and therapeutic application. Skills Workshops are designed to refresh and expand skills. These skills workshops will be at the intermediate level, and will serve for persons seeking certification. They will also provide useful opportunities for advanced professionals to refine hypnotic technique.

Wednesday, October 10

Skills Session 1 - 6:30-9:30 PM

Location: Consul

Advanced and Specialized Inductions and Small Group Practice - 2.75 CE

David Reid, PsyD

Some patient issues require treatment that call for more advanced or specialized hypnotic inductions. This session will introduce these inductions, and review specific instances where they may be best utilized. There will also be ample time for demonstration and small group practice.

Learning Objectives:

- Observe and identify three intermediate to advanced level inductions.
- Discuss disorders and conditions where these inductions may be indicated.
- Practice three types of induction, both as hypnotic operator and as subject.

Thursday, October 11

Skills Session 2 - 9:30 AM-12:45 PM

Location:Consul

Ego Strengthening and Small Group Practice - 3 CE

Donald Moss, PhD and Eric Willmarth, PhD

There are many clinical situations where ego strengthening can help your patient. Participants will learn *what is meant by ego-strengthening, review specific ego-strengthening procedures and discuss how and when they may be used in clinical practice.* There will also be ample time for demonstration and small group practice.

Learning Objectives:

- *Define what is meant by ego-strengthening.*
- *Discuss how ego-strengthening may be used in clinical practice.*
- *Observe and identify three different types of ego-strengthening suggestions.*
- *Practice/Demonstrate two ego-strengthening procedures*

Skills Session 3 - 2:00-5:30 PM

Location:Consul

Hypnotic Strategies and Techniques for Behavioral Medicine and Pain Management and Small Group Practice - 3.25 CE

David Patterson, PhD

A growing body of research has demonstrated the efficacy of hypnosis for improved behavioral health and pain management. Participants will learn hypnotic techniques for behavioral health and pain management. For pain management, we will also cover how and when to use hypnosis, and how to identify both precautions for its use and risk factors in using hypnosis prior to a medical and psychological evaluation. There will be ample time for demonstration and small group practice.

Learning Objectives:

- Clarify the importance of non-hypnotic methods of both medical and psychological evaluation for chronic pain and behavioral medicine patients.
- *Name three hypnotic techniques for use in behavioral health.*
- *Name four disorders or conditions in behavioral medicine for whom hypnotic techniques have demonstrated efficacy*
- Observe and identify at least five hypnotic strategies for use in pain management.
- *Identify risk factors in using hypnosis prior to a medical and psychological evaluation of a pain or behavioral medicine problem.*
- *Identify precautions in using hypnotic treatment methods for both behavioral medicine and pain relief.*

Friday, October 12

Skills Session 4 - 8:30 AM-12:00 NOON

Location:Consul

The Nature of Hypnosis and Memory: Principles and Techniques of Age Regression and the Working Through of Trauma and Small Group Practice – 3.25 CE

Janna Henning JD, PsyD, FT, BCETS and Ciara Christensen, PhD; Small Group Practice: Evelyn Segal, PhD

This session will review the nature of hypnosis and memory, principles and techniques of age regression, and strategies for working through trauma. There will be ample time for demonstration and small group practice.

Educational Objectives:

- Highlight and discuss current literature on hypnosis and memory, and its implications for clinical work.
- Discuss the legal implications of the “constructive” nature of hypnosis and memory.
- Identify 3 different techniques for facilitating age regression.
- Identify at least 3 contraindications for conducting age regression and abreactive work.
- Discuss how to facilitate therapeutic abreaction and methods for modulating affective intensity in age regression.
- Identify specific techniques for using hypnosis with trauma patients.

Skills Session 5 - 1:30-4:30 PM

Location:Consul

Hypnosis Applications: I.) Anxiety Disorders and II. Habit Disorders and Small Group Practice – 2.75 CE

Carolyn Daitch, PhD and Joe Green, PhD

This session will review how hypnosis can be used to help treat anxiety disorders and habit disorders. There will be ample time for demonstration and small group practice.

Educational Objectives:

- Name three hypnotic techniques for treating anxiety, along with a rationale for using each method.
- Identify research literature that demonstrates the efficacy of hypnosis for treatment of anxiety or habit disorders.
- Identify at least 3 different types of suggestions or hypnotic techniques that may be used in the treatment of smoking or obesity.
- Review how hypnosis may also be used to work with other habit disorders such as nail biting and trichotillomania
- Observe and practice at least one hypnotic technique for anxiety disorders and one for habit disorders.

Saturday, October 13

Skills Session 6 - 9:30AM - 12:30 PM

Location: Ambassador C

Applying Hypnosis in Psychotherapy and Small Group Practice – 2.75 CE

Gary Elkins, PhD, ABPP, ABPH

This session will review how to apply hypnosis in a psychotherapy practice. There will be ample time for demonstration and small group practice.

Learning Objectives:

- Identify three areas within a psychotherapy practice where hypnosis may be applied
- Identify ethics standards and concerns that apply with respect to using hypnosis in a clinical practice.
- Introduce ideas about how to construct therapeutic metaphors as a type of hypnotic suggestion.
- Observe and practice least 3 hypnotic strategies for use in psychotherapy.

Skills Session 7 - 3:15-5:30 PM

Location: Ambassador C

Case Consultation in Integrating Hypnosis into Clinical Practice, for Medical and Emotional Problems – 2.25 CE

Donald Moss, PhD and Eric Willmarth, PhD

Participants will learn how to integrate hypnosis into clinical practice for a variety of medical and emotional problems. Participants will review specific examples and learn how to evaluate situations where its use will be most effective. We will also identify precautions and risk factors for using hypnosis prior to a medical and psychological evaluation. There will be ample time for demonstration and small group practice.

Learning Objectives


- Name two medical and emotional problems where hypnosis is often effective.
- Identify risk factors in using hypnosis prior to a medical and psychological evaluation of a medical or emotional problem.
- Review one or more case narratives showing the use of hypnosis within an integrative treatment program for a medical or mental health patient.
- Identify precautions in using hypnotic methods for medical and emotional problems.

Advanced Workshops – 15 CEs

Wednesday, October 10 to Friday, October 12, 2018

Location for Advanced Workshops: Ambassador A, B or C or Board Room, according to topic.

Advanced Workshop Co-chairs: Ciara Christensen, PhD and David Reid, PsyD

 * Workshop attendees are invited to attend Keynotes on both Wednesday at 5:30 PM and Thursday at 8:30 AM, which provide additional CE hours.

Advanced Workshop registrants may select a mix of Advanced or Skills Building Workshops.

Wednesday, October 10, 2018

6:30-9:45 PM (3 CE)

Ambassador A

The Sweet Tooth Extraction and Its Connection

Eleanor Laser, PhD and Justine Olson, PsyD

Metaphor can be very powerful. The Sweet Tooth Extraction, hypnosis, is the missing link for clients seeking removal of sugar addiction. Sweet Tooth Extraction is a powerful, professional hypnotic technique that helps eliminate sugar addiction to support weight loss and health. It gives you and your business an innovative, value added tool that sets you apart from the competition.

Learning Outcomes

- Gain an overview of research and statistics on American sugar consumption.
- Utilize a hypnosis technique to remove the craving for sugar.
- Identify a clients problem through the use of their language and assist them in gaining back self control through use of suggestion.

6:30-9:45 PM (3 CE)

Ambassador B

Minding the Couple, Coupling The Minds: the Therapeutic Use of Hypnosis Strategies with Couples

Antonio Bustillo, PhD

This is a clinical presentation of a model that uses hypnosis in therapy with couples capitalizing on the dyad's natural and spontaneous hypnotic trance phenomena (HTP) to help them shift into more adapting states of consciousness. Spontaneous hypnotic trance phenomena(HTP) are used as internal and contextual cues for creating and/or enhancing self-regulatory process within the intra (mind) and interpersonal (couple) dynamics of the dyad's relational context.

Because hypnosis is part of the naturally occurring components of interpersonal dyads, it can be use in couple's therapy to help them use their natural hypnotic abilities to create healthier states of consciousness as an important skill. Shifting into more functional and creative states of consciousness the spouses can develop self-regulating skills while eliciting internal coping resources for conflict management and creating solutions.

These states of consciousness are useful for tapping into the client's biological, cognitive, interpersonal or spiritual active resources from previous experiences and memories or can be projected into expectations for future success within the relational context.

Wednesday, Oct. 10, Advanced Workshops, continued

The careful monitoring of the therapist while connecting with the couple during the hypnosis exercise is crucial for developing a caring and supportive therapeutic relationship and atmosphere, thus reinforcing and amplifying not only the internal positive alternative (a self-regulating one) state but also the interpersonal quality to the process.

Learning Outcomes

- Identify natural/spontaneous manifestations of three hypnotic trance phenomena in couple's conflicting patterns.
- Learn how to teach spouses how to use those hypnotic phenomena for shifting their conflicting or problem state to an internal positive trance state utilizing the same sensory process of their spontaneous trance phenomena as a concrete resource for self-regulating.
- Learn two practical hands on techniques to help guide the spouses to internal resourceful states to connect with past experiences with needed resources for creating solutions and use the self-regulating process as a future resource when tension arises within the relationship.

6:30-9:45 PM (3 CE)

Ambassador C

Let's Get Started - Private Practice Nuts and Bolts

Nancy Faye, LCSW

Nancy Faye, LCSW and ASCH Consultant, is a licensed clinical social worker who has a private practice in Las Vegas, NV. With the encouragement of a hypnosis experience she established her practice over 10 years ago. Through trial and error she learned easy methods for getting her practice up and running. In this workshop she will share her experiences to provide you with solid information while answering questions regarding your own practice. Bring your fears along with your successes to confidently go the next step with your private practice.

Learning Outcomes

- Understand how to set up a private practice, including simple marketing tools and webpage development so that you can increase the number of people you see. Valuable handout of resources will be included.
- Be informed regarding insurance billing, billing companies, coding and even doing your own billing should you want to. Each state is different, so your own research can begin after this presentation.
- Boost your number of clientele by learning new ways of integrating hypnosis into your practice through current and new contacts in medical and mental health professions.
- Expand your practice by integrating your current skills, such as CBT, mindfulness, sports medicine, pain management, etc. with hypnosis.
- Experience a hypnosis session which will have the capacity to create your own vision for your private practice.

Thursday, October 11, 2018

9:30 AM-5:15 PM (6 CE)

Ambassador A

Resolution and Restructuring of Traumatic and Key Decision Memories Utilizing Hypnosis and Deep Structure CBT

James Straub, EdD

The workshop will review current understanding of memories, neurological structures and implications for rapid resolution and restructuring of memories without prolonged exposure.

Specific approaches drawing upon hypnosis, deep structure CBT, timeline therapy, NLP, triple dissociation and the work of Roberto Assagioli, Alfred Adler and Robert Goulding will be presented.

These techniques often can lead to resolution of a memory in a single session.

Learning Outcomes

- Describe and apply a deep structure grounding technique.
- Describe methods of extracting parts/neuropatterns from traumatic memories.
- Describe and apply methods of restructuring limiting beliefs.
- Identify "hotspots"/neuropatterns and disidentify from them.
- Describe and apply triple dissociation from memories.
- Describe and apply techniques for reframing memories.

9:30 AM-5:15 PM (6 CE)

Ambassador B

Hypnosis and Relationship Therapy

Carolyn Daitch, PhD

In this workshop, participants will learn a range of hetero and self-hypnotic interventions that aid in enhancing treatment goals through more effective use of the couple's innate resources. Participants will learn specific hypnotic approaches that enhance the couple's work. Clinical hypnosis incorporates the science of neurobiology and brain plasticity, and its principles are trans-theoretical. Since suggestion is an inevitable part of any treatment, and visualization is commonly incorporated into relationship therapy, learning hypnosis provides increased understanding of suggestive language in treatment approaches and more powerful and effective visualizations.

In addition, the skills learned will help clients enhance connection, empathy and attunement. Special attention will be on teaching self-hypnosis to promote affect regulation to avert unrestrained escalation of discord can undermine trust and intimacy.

Thursday, Oct. 11, Advanced Workshops, continued

Self-hypnotic approaches that mediate the psycho-physiological flooding that impedes appropriate interaction will be presented. Also included will be traditional hypnotic approaches such as age regression and age progression to elicit positive affect; ego-state therapy to help access the mature part of self and hypnotic visualization to rehearse the use of communication approaches.

Of the many tools used to help clients respond more intentionally in the face of interpersonal triggers, three that will be emphasized are:

1. Taking an immediate "time out" to practice self-hypnosis .
2. Contacting more mature, compassionate parts of the self.
3. Rehearsing and transferring skills learned in the therapy office to stressful relational moments in daily life.

Used together, these hypnotic tools can make the difference between over-reacting in an intense interpersonal encounter and responding with a measure of calm, consciousness and even wisdom.,

Learning Outcomes

- Describe how self-hypnosis can be used to elicit self-regulation for couples.
- Apply hypnotic phenomena in couples therapy.
- Learn hypnotic interventions that amplify positive affect and enhance emotional connection.
- Describe how to identify precursors to flooding responses.
- Describe how to use hypnotic rehearsal to promote transfer of effective communication.

9:30 AM -12:45 PM (3 CE)

Ambassador C

Hypnotically Enhanced Addictions Treatment

Joseph Tramontana, PhD

In this time of what is being called the "opioid epidemic," working with pain patients to reduce their dependence on drugs is of utmost importance. While most hypnosis advanced workshops having to do with addictions focus on smoking and weight loss, this presentation also covers alcohol abuse, drug abuse, and gambling. Smoking and weight loss will be covered, as well, with strategies for packaging sessions. The presentation will include demonstrations, scripts, strategies, and ample case studies, including successes and failures.

Learning Outcomes

- Learn techniques to expand their practices into the addictions field.
- Learn strategies for working with pain patients to reduce dependence on opioids will be covered.
- Develop scripts to use with addicted clients.

Thursday, Oct. 11, Advanced Workshops, continued

9:30 AM -12:45 PM (3 CE)

Board Room

First Things, First! ADHD as a Primary Foundational Disorder and Comorbids as Secondary! Let's Assess & Integrate ADHD and Comorbids Utilizing Clinical Hypnosis Applications with Proven Positive Results!

Maureen Turner, MEd, LCMHC, RN-BC, LCSW

As a result of the last 30 years of scientific research of ADHD, a new paradigm has emerged -- the concept of attention is expanding from being the singular focus to defining ADHD as a complex, often inherited (70%) syndrome of impairments of the brain's cognitive management system and its executive functions (Barkley, 2015) -- to instead, being viewed as an impairment with a cluster of chronic difficulties with the brain's self-management system. The new paradigm defines ADHD as a foundational disorder in that executive function impairments of ADHD also underlie many other disorders (Brown, 2017),

An estimated 11 million U.S. adults have ADHD; 80% are unaware. A literature review of the following comorbids clinical hypnosis applications will be included in this workshop: addictions (such as: alcohol; marijuana; nicotine; opioids; risk-taking behavior; sugar; worry, and procrastination); anxiety (including ruminating, catastrophizing and panic); depression; obsessive compulsive disorder(OCD); oppositional defiant disorder(ODD), and post-traumatic stress disorder (PTSD).

Diagnosis: Whether genetic or environmentally caused-the most recommended and validated Adult ADHD Screening Tools for ADHD are: 1. DSM-5 Criteria (2013) and 2. The World Health Organization ADHD Self-Report Scale (ASRS-v1.1) (2003, 2018) which will be reviewed (JAMA, Oct. 2017) and included in the handouts.

Researching the efficacy of Clinical Hypnosis applications to ADHD and its comorbids is of considerable interest to this presenter. Fortunately, there has been a burst of shared interest in the past 8 years, which she will be presenting along with tested proven application techniques (Turner, 2013, 2017).

Learning Outcomes

- Discuss the role of ADHD's new paradigm from a syndrome of impairments to a foundational disorder of underlying impairment with clusters of chronic difficulties with the brain's self-management system.
- Identify three common comorbid disorders with ADHD as a foundational disorder.
- Identify three Clinical Hypnosis applications specific to the enhanced management of ADHD.

Thursday, Oct. 11, Advanced Workshops, continued

2:00-5:15 PM (3 CE)

Board Room

The Hypnotic Induction in Clinical Practice: a Measure of Hypnotizability and a Means for Exploring Personality Types and Relational Styles to Enhance the Therapeutic Alliance and Improve Clinical Outcomes

John Alexander, PhD

With the advent of evidenced-based practices in medicine and psychology, hypnosis is gaining increasing acceptance as a valuable therapeutic modality. Before deciding to include hypnosis in a treatment plan, however, it behooves the clinician to first determine whether the individual has the requisite hypnotic responsiveness to benefit from hypnotherapy. It is also important for the clinician to develop a basic understanding of the patient or client with the problem in order to engage the individual most effectively in the treatment process.

The Hypnotic Induction Profile (HIP) is a brief and effective procedure for rapidly assessing hypnotic responsiveness in clinical practice. What is less known is that an individual's performance on the HIP also provides insights into their personality type and relational style---how they relate to the themselves and to the world around them--as well as their relative mental health and capacity to change. The purpose of this presentation is to demonstrate: (1) how the HIP is administered, scored, and interpreted to determine a patient or client's level of hypnotizability; (2) how findings from the HIP can help foster a therapeutic alliance with a patient or client by providing the clinician with insights into their personality type and relational style; (3) how a treatment strategy can be developed from these findings which is both aesthetically pleasing to the individual and compatible with their unique personal characteristics ; (4) how HIP findings can provide an estimate of an individual's overall mental health and capacity to change.

Learning Outcomes

- Discover how the Hypnotic Induction Profile is structured, administered and scored to determine a patient or client's level of hypnotizability.
- Learn how an individual's personality type and interpersonal relational style can be inferred from the HIP.
- Learn how findings from the HIP can be used to foster a therapeutic alliance and inform the development of a treatment strategy for a given individual.
- Discover how an individual's hypnotic responsiveness, as determined by the HIP, can provide an estimate of their overall mental health and capacity to change.

Thursday, Oct. 11, Advanced Workshops, continued

2:00-5:15 PM (3 CE)

Ambassador C

Hypnotherapeutic Techniques Refresher: Live Demonstrations

Arreed Barabasz, PhD and Ciara Christensen, PhD

This workshop is for clinicians who wish to increase their range of hypnotic techniques. Using the Barabasz and Watkins (2005) and the Watkins and Barabasz (2008) books, this workshop will include a range of induction techniques. Brief lecture and discussion will include demonstrations.

Learning Outcomes

- Recognize and apply components of hypnotic inductions.
- Minimize compliance.
- Provide pre-induction tests using hypnotic-like procedures.

Friday, October 12, 2018

8:30 AM-4:15 PM (6 CE)

Ambassador A

A Biopsychosocial and Ericksonian Approach to Hypnosis for Chronic Medical Conditions

David Patterson, PhD

This is a full day workshop that combines a Powerpoint presentation, didactics, demonstrations and experiential practice. It will focus on conceptualizing complex chronic health problems in a way that they are amenable to hypnotic induction. We will review the biopsychosocial framework for conceptualizing a health condition and understand its component. We will then review and practice the elements of hypnosis that is driven by both Ericksonian conceptualizations and motivational interviews. In the afternoon, we will select a volunteer and go through a clinical work up, as well as an example of an advanced, non-linear hypnotic suggestion. Participants will be given the opportunity of practice the concepts and language either through dyads or small groups. Thus this workshop will be roughly be 1/3 didactics, 1/3 demonstration and Q&A and 1/3 experiential practice.

Friday, Oct. 12, Advanced Workshops, continued

Learning Outcomes

- Articulate the components of a biopsychosocial conceptualization for chronic health problems (e.g., pain, obesity, diabetes).
- Describe and demonstrate the concepts behind Ericksonian hypnosis and motivational interviewing.
- Perform a hypnotic induction that applies multilayered suggestions that capture the components of a biopsychosocial approach.
- Conduct a hypnotic induction that is non-linear in nature.
- Work with a participant with the group that has a health problem and conceptualize for hypnotic intervention.
- Demonstrate giving suggestions through the pacing leading induction model.

8:30 AM-4:15 PM (6 CE)

Ambassador B

Treatment of Dissociative Identity Disorder and Allied Conditions

Richard Kluft, MD, PhD

After an overview of the diagnosis and treatment of chronic complex dissociative disorders this course will explore the combination of psychodynamic psychotherapy and hypnotic interventions associated with the most successful treatments of these conditions. Treatment phases and characteristic transferences, enactments, reenactments, a countertransference pressures will be reviewed. "Verbatim process notes" generated from reconstructed and disguised sessions will be presented for discussion to illustrate the interface of the psychodynamic and the hypnotic. Specific techniques for accessing the alter system, crisis resolution, abreaction, and the safe termination of sessions will be taught.

Learning Outcomes

- List 20 hypnotic techniques for use in treating dissociative disorders.
- List the components of a fractionated abreaction.
- Define the "Rule of Thirds".
- List and describe three aspects of the safe termination of a trauma treatment session.
- List the four points of Nathanson's Compass of Shame.
- Define Luborsky's Symptom Context Method.

Friday, Oct. 12, Advanced Workshops, continued

8:30-11:45 AM (3 CE)

Board Room

Flying Hands and Floating Fingers: Hypnotizability and Ideomotor Signaling as Diagnostic and Treatment Tools

Jeff Sugar, MD and Charles Pace, MFT

This workshop focuses on the clinical utility of ideomotor signaling and measuring ability to enter hypnosis (hypnotizability). Measuring hypnotizability, often essential in research, provides a seamless path from assessment to treatment of clinically challenging conditions, including Dissociation misdiagnosed as Psychosis, and Conversion. For cases of misdiagnosed psychosis, treatment can then focus on dissociated experience and therapy, rather than on antipsychotic medication. For Somatic Symptom Disorders, including Conversion, hypnosis helps patients become more aware of their own symptom process, and, along with this awareness gain a sense of control, providing symptomatic relief. We use the Hypnotic Induction Profile (HIP) as a model, because it is brief, involves direct and indirect suggestion, fosters a sense of relationship (rather than of being an experimental subject) and was the only measure in a landmark study that differentiated within and between patient and non-patient groups. The HIP uses both verbal and non-verbal cues to separate subjects' willful initiation of an action from the action itself. Thus, the hypnotized hand is not raised, but "levitates". Patients can learn to use these same, "non-willed" bodily movements as ideomotor signals to communicate important clinical information.

We will demonstrate (live and with patient video): Chevreul Pendulum, Finger Signaling and the HIP. Examples are drawn from work with Dissociative Disorders and Somatic Symptom Disorders, including Conversion. Participants will practice from scripts when appropriate, improvisation will be encouraged. Hypnosis experience is required, though not necessarily with these conditions. Presenters are clinician-researchers, experienced with adults and children in medical and non-medical settings.

Learning Outcomes

- Learn (through observation and practice) how to use a structured script to measure hypnotizability as standardized in the Hypnotic Induction Profile (HIP), modified for use with both adults and children.
- Explain how the HIP can be a useful tool in working clinically with Somatic Symptom Disorders, and has a unique ability to differentiate the phenomenologically similar states of Dissociation and Psychosis.
- Learn (through observation and practice) how ideomotor signals can help assess non-conscious motivation and lead to useful clinical information.

Friday, Oct. 12, Advanced Workshops, continued

1:15-4:45 PM (3 CE)

Ambassador C

Hypnosis Research Workshop: Designing Case Studies and Randomized Clinical Trials and Preparing Papers for Publication

Gary Elkins, PhD, ABPP, ABPH, Baylor University, Editor, International Journal of Clinical and Experimental Hypnosis (IJCEH) and Lynae Roberts, BA, Baylor University, Managing Editor, IJCEH

This workshop is intended to provide foundational knowledge regarding hypnosis research. Topics include discussion of the evolving body of research into clinical and experimental hypnosis. Also, key considerations in design of case studies and randomized clinical trials of hypnosis and related concepts (relaxation, mindfulness, suggestion methods, etc.) will be discussed. Topics will also include assessment of hypnotizability and cognitive expectancies, participant selection in clinical and experimental studies, experimental designs and control conditions. Empirically-based research will be discussed and preparation of papers for submission for publication. Participants will be encouraged to bring and develop hypnosis research ideas. This workshop will be of interest to empirically minded clinicians, researchers, experimental and clinical graduate students, interns, fellows, and residents, as well as professionals in the field who wish to learn more about the potential of hypnosis research to inform clinical practice.

Learning Outcomes

- Identify key components of well-designed case studies of hypnosis interventions.
- Discuss purpose and design of pilot studies.
- Identify three components of randomized clinical trials of hypnosis interventions.

Friday, Oct. 12, Advanced Workshops, continued

1:15-4:45 PM (3 CE)

Board Room

Hypnotic Like Practices of Dzogchen Meditation

Ian Wickramasekera II, PsyD

The tradition of Dzogchen meditation has been practiced by both the Bonpo and the Buddhist communities of Tibet for at least the last 1,500 years. The term Dzogchen refers to an experiential and philosophical understanding of the boundless nature of human potential which is often translated as 'the great self-perfection' (Reynolds, 2008). The term Dzogchen also refers to hypnotic-like methods of meditation and other experiential yogic exercises that help one to fully realize their true nature from the self-delusion that is said to commonly plague human beings.

The philosophical viewpoints and experiential practices of Dzogchen are very similar to many traditions of hypnosis. In particular, there are many aspects of the Ego State Therapy, Social Cognitive, and Transpersonal traditions of hypnosis that easily demonstrate the hypnotic-like (Krippner, 2004) nature of the tradition of Dzogchen meditation. In particular, the Dzogchen model of mind is polypsychic like some traditions of hypnosis (Frederick, 2005; Hilgard, 1977) which posit that the human mind has at least two psychic structures which refers to the conscious and unconscious nature of mind. The Dzogchen model posits that the polypsychic nature of human beings is caused by a psychic structure referred to as the Kunzi-Namshe which divides the seamless nature of experience into deluded conceptual categories that become the "parts" of people. This idea has a number of interesting parallels in the Neo-Dissociative, Ego States, and Social Cognitive positions on the nature of the self. Dzogchen techniques also utilize many hypnotic-like practices of selective attention, visualization, and post-hypnotic suggestion to help their practitioners develop an experiential understanding of the illusion of self that is also frequently spoken of in Transpersonal Psychology (Wickramasekera, 2013).

We will practice several introductory forms of Tibetan Yoga and meditation that are foundational to Dzogchen in this workshop. Please wear comfortable clothes and consider bringing a yoga mat and/or a meditation cushion so that you can learn the practice personally. We will then discuss the experience and the philosophy of Dzogchen theory in light of hypnosis research with the remaining time. Ian Wickramasekera II has written about and practiced these techniques from the perspective of hypnosis for over fifteen years and was authorized to teach these practices by the Bon lineage of Dzogchen by Khenpo Yungdrung Rinpoche, the Abbott of a Bon monastery in Kathmandu, Nepal.

Learning Outcomes

- Demonstrate the Nine Breathings practice of Tibetan yoga.
- Demonstrate the Five Tsa Lung practice of Tibetan yoga.
- Discuss research perspectives on the relationship between Tibetan yoga and Hypnosis.

Scientific Program – 14 CEs

Wednesday, October 10 - Sunday, October 14, 2018

Location for Advanced Workshops: Ambassador ABC

Overall Meeting Co-Chairs: *Donald Moss, PhD and Janna Henning, JD, PsyD*

Scientific Program Co-Chairs: *Zoltan Kekecs, PhD and Shelagh Freedman, PhD candidate*

The Scientific Program features presentations or symposia that address empirical issues in hypnosis research and practice and related areas. Research presentations shine the light on novel empirically based findings, including experimental studies, case reports, clinical trials, meta-analyses, and systematic reviews. Symposia bring together top-notch researchers as they critically discuss empirical findings pertaining to a specific theme of relevance to the hypnosis community. Many symposia integrate research and practice or draw upon research in psychology, psychiatry, or neuroscience to highlight issues that improve our understanding of hypnosis. Our poster session provides another glimpse into the latest research in the field.



The Scientific Program is a general session.

* Workshop attendees are invited to Scientific Program Keynotes on Wednesday at 5:30 PM and Thursday at 8:30 AM, which provide additional CE hours.

Scientific Program Agenda and Session Descriptions

Wednesday, October 10, 2018

5:00 - 5:30 PM

Ambassador A&B

Welcome and Opening General Session

The Place of Hypnosis in Integrative Healthcare

Donald Moss, PhD, SCEH President and Dean, Graduate College of Integrative Medicine and Health Sciences, Saybrook University

Integrative healthcare combines the best of mainstream medicine with a variety of evidence-based complementary therapies, including hypnosis, biofeedback, acupuncture, nutrition, and lifestyle change into a comprehensive package of interventions. Integrative healthcare utilizes a holistic person-centered approach, emphasizing the collaborative relationship between patient and professional. Integrative healthcare also follows an interprofessional model, meaning that the physician, the psychologist, the nutritionist, and other health professionals plan treatment in conjunction with the patient, who plays an active role in treatment decisions. Hypnosis and hypnosis-trained professionals have much to offer within integrative healthcare, including preparation for medical procedures, pain management, and effective hypnotic treatments for many common medical and mental health disorders.

5:30 - 6:30 PM

Ambassador A&B

Keynote

It's About Time! Erickson and Hypnosis: Past, Present and Future

Roxanna Erickson-Klein, PhD

This hour-long address will give a synopsis of Milton Erickson's pivotal role in bringing hypnosis into the hands of professional health care providers around the world. Adaptation to the context of the times played a central role in his success. We have a responsibility to adapt to the influences of today's professional climate, yet many of the same stressors and limitations of decades past continue to impede progress we seek today. By raising our own awareness of what is new, and what represents a century-old struggle, we can more effectively open doors for future growth. It is up to us to promote responsible use of tools available today while attending to our most important role of passing the torch to the leaders of tomorrow. Together we embrace a shared journey to enlighten the path, to bring a bright future to the powerful potential of hypnosis as a clinical tool.

Learning Outcomes:

- Identify three historic factors that contributed to Milton Erickson's success at bringing hypnosis into professional acceptance.
- List two features that support or impede ongoing professional hypnosis work in today's world.
- Prioritize actions individual professionals can promote for responsible ongoing future expansion of hypnosis.

Thursday, October 11, 2018

8:30 - 9:30 AM

Ambassador A&B

Keynote

Hypnosis, Zen and Suffering

David R. Patterson, PhD, ABPH

This presentation challenges the assumptions behind a mind-body dualistic approach and instead present the notion that the brain/mind is a process that often contains the essence of human suffering. We will discuss the science behind a conceptually driven egoistic mind and how it is possible to teach our patients how to step out of this domain, at least for brief moments. An integration of Zen-Buddhism and hypnosis will be presented. This will both provide a context in which the therapist can hold a relationship with the patient (through Zen) as well as direct influences on the clinical (hypnotic) process.

The ways in which hypnosis and Zen can be mutually facilitative will be discussed.

Learning Outcomes:

- Articulate a model of the mind/brain as process rather than a dualistic entity.
- Describe how Zen can provide a context for a clinical relationship as well as the basis to induce and induction.
- List at least three hypnotic techniques that arise out of Zen-Buddhism.

Friday, October 12, 2018

4:30 - 5:30 PM

Ambassador A&B

Invited Address

Cognitive and Physiological Markers of Altered Agency in Hypnosis

Vince Polito, PhD

Hypnotized individuals often experience agency alterations whereby their actions feel effortless. Similar alterations in agency are also seen in a range of clinical conditions. I will describe two studies that investigated cognitive and physiological markers of altered agency in hypnosis, using suggestions based on the features of clinical agency distortions. In one study, participants were presented with a series of very easy quiz questions, but were told to answer all questions randomly. Suggestions based on thought insertion and alien control significantly altered the degree to which participants could inhibit knowledge of the correct answers and instead generate a random sequence of responses. In a second study, we explored anticipatory joint movements and muscle activity during self-generated actions, externally generated actions, and hypnotic responses to a suggestion of alien control. Physiological profiles from these three conditions revealed

Friday, October 12, 2018, Scientific Program, continued

the impact of hypnosis on low-level motor activity. Overall, these studies demonstrate the capacity, and also the constraints, of influencing 'automatic' processes using hypnotic suggestion. These findings also highlight the strengths and limitations of differing theories of hypnosis for explaining response to suggestions in different contexts.

Learning Outcomes:

- Identify the features of agency change in hypnosis.
- Analyse the predictions major theories of hypnosis make regarding executive functioning.
- Explain how laboratory research on agency can inform clinical hypnosis interventions.

5:30 - 6:30 PM

Ambassador A&B

Keynote

Hypnosis in the Age of Value-Based Medicine

Elvira Lang, MD, FSCEH

Value-based healthcare services take both costs and benefits into consideration with the patient experience increasingly determining payments by insurers. Challenges arise when increasing patient expectations and greater efficiency are to be reconciled with cost reductions. The resulting shift in medical care away from the physician-centric model to teams and medical assistants can only work if a corresponding practice culture can be built. Interestingly, this is possible with staff training in hypnotic techniques.

The talk illustrates the evolution of Comfort Talk® as a technical compendium and training model that enables the training of entire departments and hospitals. This was achieved through continuous validation in comprehensive clinical trials: first, through correlations of patient outcomes and observable, instructable behavior of staff; then by correlation of instructional content and methodology to staff behavior; and finally by demonstrating the ability to scale through development of trainers who can deliver the standardized, validated teaching content, which in turn produces the desirable patient outcomes. This process also allowed for the most favorable cost and quality data to be obtained in prospective studies involving >125,000 patient interactions. Healthcare reform with a focus on patient experience is THE way to promote the training of thousands and hundreds of thousands of health care professionals in hypnotic techniques - an opportunity not to be missed.

Learning Outcomes:

- Explain the value-based healthcare concept.
- Recognize the challenges of healthcare staff.
- Identify approaches that produce value and staff resilience through training in hypnotic techniques.

Saturday, October 13, 2018

7:30 - 8:15 AM

Ambassador C

Women's Breakfast

Start your day by joining us for an open-ended networking/community building event (no formal program) to strengthen our inclusion and support for female-identified SCEH members. All are invited.

Breakfast hosts: Janna A. Henning, JD, PsyD, FT, BCETS, SCEH President Elect and Donald Moss, PhD, SCEH President.

8:15 - 8:30 AM

Ambassador AB

Morning Remarks

Shelagh Freedman, MA and Zoltan Kekecs, PhD, Scientific Program Chairs

8:30 - 9:30 AM

Ambassador AB

Keynote

Mood and Medicine: Depression's Stranglehold on Healthcare

Michael Yapko, PhD

The World Health Organization (WHO) recently proclaimed depression as the number one cause of human suffering and disability. The complex effects of depression on health are becoming better understood and warrant more consideration than ever before. This is especially true for the hypnosis community that not so long ago adamantly advised against utilizing hypnosis in treating depression. In this keynote address, we will consider some of the key things we've learned about depression: why it continues to increase in prevalence, how it affects the decision to seek treatment (or not), how it shapes clinical response to medical and psychological interventions, and what role hypnosis practitioners can play in providing true integrated care.

Learning Outcomes:

- Identify at least two specific ways depression can affect physical health.
- Recognize and discuss the relationship between expectancy and treatment response.
- List at least three reasons why prescribing antidepressant medications can exacerbate rather than help treatment.

9:30 - 10:45 AM

Ambassador AB

Symposium

From Training to Practicing Hypnosis in Integrative Medicine: An Empirical Case Study

Chairs: Lindsey C. McKernan, PhD and David Patterson, PhD

Presenters: Alexandra Chadderdon, PhD; Landrew S. Sevel, PhD; and Shelby Reyes, PhD

Training and sustaining early career professionals in the practice of hypnosis is fraught with challenges including initial anxiety with “first” cases, a lack of referrals, and access to ongoing supervision leading to attrition following initial training. We present the result of a highly successful year-long training model at the Osher Center for Integrative Medicine in Nashville, TN, that evolved into a hypnosis program serving between 15-40 patients concurrently. Following an intensive weekend workshop, students were invited to a monthly supervision group, which received extensive referrals with unique and complex cases in an Integrative Medicine setting. Each student will discuss a case, with empirical data assessing patient-reported outcomes when available. Students will also offer information on what has been most helpful in their training, lessons learned, and initial barriers to practicing hypnosis to inform continued iteration and extension of this training model over time.

Significance: Integrative medicine (IM) clinics serve patients referred from orthopedic, spinal, oncology, rehabilitation, gastrointestinal, cardiovascular, and neurology settings (Griffin et al., 2014; Rhee et al., 2016). A primary IM focus is to manage musculoskeletal and neurologic pain-related conditions, emphasizing prevention and wellness (Eisenberg et al., 2016). Overwhelming evidence supports the use of clinical hypnosis for chronic pain (Patterson, 2010). In addition to reductions in pain intensity over time, the benefits of hypnosis extend far beyond pain relief with patients reporting improved affect, relaxation, and increased energy, regardless of whether they experienced pain relief as a result of the treatment (Patterson & Jensen, 2014). IM environments are ideal for training and practice, where evidence-based hypnotic techniques can be applied to a variety of conditions to assist patients with pain, reducing suffering, and improving quality of life. This symposia offers a series of case presentations in IM, with newly-trained practitioners, and a focus on trainees’ overcoming barriers to engagement in hypnosis following initial training.

Learning Outcomes:

- Identify evidence-based hypnotic techniques that are most helpful to assist patients with pain, reducing suffering, and improving quality of life.
- List three initial barriers to practicing hypnosis.
- Identify empirical evidence sources that cite positive outcomes using clinical hypnosis to reduce chronic pain.

Saturday October 13, 2018, Scientific Program, continued

10:45 - 11:05 AM

BREAK

11:05 AM - 12:30 PM

Ambassador AB

Symposium

Hypnosis and Memory

Chair: Shelagh Freedman, MA

Presenters: Arreed Barabasz, PhD, EdD, ABPP; Janna Henning, JD, PsyD, FT; Richard Kluff, MD; and Michael Yapko, PhD

Hypnosis has long been used to enhance memory recall. What do we know about the effects of hypnosis on memory? While research has armed us with new knowledge, many questions are still unresolved. This symposium will address the history of the practice, current research, clinical effectiveness and legal cautions. Our expert panelists will present their perspectives and discuss issues at the heart of the matter.

Learning Outcomes:

- Identify key issues concerning hypnosis and memory.
- Cite current research concerning false memory.
- Identify the pros and cons of using hypnosis to access memory.

12:30 - 2:00 PM

Chancellor I

Member Luncheon

Join fellow SCEH members for an update on SCEH activities and a chance to network with colleagues.

Don Moss, PhD, SCEH President, and members of the SCEH Executive Committee

Saturday October 13, 2018, Scientific Program, continued

2:00 - 2:40 PM

Ambassador AB

Poster Blitz Session

Moderated by Shelagh Freedman, MA and Zoltan Kekecs, PhD, Scientific Program Chairs

Poster authors participate in the Poster Blitz Session, and in the Poster Session later that evening. At the Poster Blitz Session, each poster presenter has 2-3 minutes to describe his or her poster. After hearing this preview, please join us later in the evening for our Poster Session, where attendees will have the chance to speak to poster authors.

For details on approved posters, see next page.

Learning Outcomes:

- Cite three examples of recent topics and data in hypnosis research.

2:40 - 3:40 PM

Ambassador AB

Keynote

Hypnotic Relaxation Therapy: Research and the Future of Integrative Medicine

Gary Elkins, PhD, ABPP, ABPH

Hypnotic Relaxation Therapy (HRT) is a flexible, manualized hypnotherapy intervention with implications for research and clinical practice. Hypnosis is defined as “a state of consciousness involving focused attention and reduced peripheral awareness characterized by an enhanced capacity for response to suggestion” (Elkins, Barabasz, Council, & Spiegel, 2015). HRT involves the use of hypnosis in the treatment of a medical or psychological disorder or concern. New evidence suggests that HRT is effective in improving sleep, reduction of symptoms in breast cancer survivors, reducing hot flashes in post-menopausal women, pain, and decreasing anxiety. Research has also indicated that hypnotizability is a moderator of response to HRT and can be reliability measured with the Elkins Hypnotizability Scale (EHS). Randomized clinical trials have demonstrated the efficacy of HRT in reducing symptoms of hot flashes, sleep disturbance, sexual self-image, and anxiety. Other research has suggested that hypnotic suggestion may be combined with music to reduce chronic pain. HRT is a mind-body intervention that can be relevant in integrative medicine and potentially self-administered to increase accessibility to patients and to expand the efficacy and enhance the future of integrative medicine.

Learning Outcomes:

- Identify the process of hypnotic relaxation therapy (HRT) as a manualized treatment.
- Identify key research findings on HRT for sleep, pain, hot flashes, sexual health, and anxiety.
- Identify the measurement of hypnotizability.
- Address the implications for the future of integrative medicine.

SCEH 2018 Conference Posters

On Saturday, poster authors participate in a Poster Blitz Session and a Poster Session later that evening. At the Poster Blitz Session, each poster presenter has three minutes to describe the poster.

- 1. Clinical Hypnosis to Promote Mindfulness**
Samuel Kohlenberg, MA
- 2. Hypnosis for Perioperative Symptom Management in Elective Orthopedic Surgery**
Jessie Kittle, MD; Katy Stimpson, BS; Danielle DeSouza, PhD; Eric Neri, BS; David Spiegel, MD
- 3. Hypnosis and Children: Context and Considerations**
Joanie Terrizzi, MLS, PhD Student
- 4. Hypnosis in the Relational Field: The Impact of Attunement on the Hypnotic Experience**
Joanie Terrizzi, MLS, PhD Student
- 5. Hypnosis for Pain Management during Childbirth- A Literature Review**
Abigail M. Percifield, BS, BA
- 6. The Use of Clinical Hypnosis for Dental Anxiety and Specific Dental Phobia: A Literature Review**
Shelby Robinson, MEd, MA
- 7. Utilizing Hypnosis to Treat Chronic Headaches or Migraines: A Review of the Literature**
Christianna Flynn-Christianson, MA, LPC
- 8. Effect of Hypnosis on Stress: A Conceptual Framework**
Audrey Stevens, BS and Gary Elkins, PhD
- 9. Examining the Feasibility of the Elkins Hypnotizability Scale (EHS) as a Therapeutic Measure**
Samuel Stork, BA; Ming Hwei Yek, MSCP; Gary Elkins, PhD
- 10. Preliminary Findings on the Elkins Hypnotizability Scale: Validity, Reliability, and Factor Structure within a Targeted Clinical Sample**
Lauren Simicich, BS; Kimberly Hickman, PsyD; Gary Elkins, PhD
- 11. Taking the Direct Route: Treating Soft Addictions in a Family Medicine Clinic through Collaboration and the Practice of Clinical Hypnosis**
Evelyn Segal, PhD
- 12. Using Hypnosis to Facilitate or Inhibit Rational Thought and Belief Bias**
Stephanie Howarth, PhD; Vince Polito, PhD; Amanda Barnier, PhD; Simon Handley, PhD; Max Coltheart, PhD
- 13. Implausible Memories: The Role of Hypnotic Age Regression and Source Amnesia**
Erika Rossi, BA; Shelagh Freedman, MA and Jean-Roch Laurence, PhD
- 14. Insomnia in Integrated Care Settings: A Brief Behavioral and Hypnotic Intervention**
Barbara McCann, PhD; Anna Ratzliff, MD, PhD and Margaret A. Cashman, MD, FAASM
- 15. Hypnotic Trance Dance for Healing**
Brandi Phillips, MA
- 16. Digital Application of the Spiegel's Hypnotic Induction Profile**
John Alexander, PhD

Saturday October 13, 2018, Scientific Program, continued

3:40 - 4:00 PM

BREAK

4:00 - 5:30 PM

Ambassador AB

Symposium

What Can We Learn from Stage Hypnosis?

Chair: Shelagh Freedman, MA

Invited Guests: Michael DeSchalit; Catherine Hickland; Richard Nongard and Marc Savard

Las Vegas is a hub for stage hypnotists, mesmerizing audiences with their powers! Here, some of the great Las Vegas hypnotists will join us for a behind the scenes peek at what goes into a performance. Presenters will share their knowledge and experiences and discuss their views on hypnosis. We anticipate a lively discussion and an informative question and answer session. This will be a rare opportunity to learn about stage hypnosis in a scientific setting.

Learning Outcomes:

- Identify the similarities and differences of stage hypnosis from other uses of hypnosis.
- Explain how stage hypnotists assess hypnotizability and work with their participants.
- Learn how stage hypnosis can inform clinical and research practices.

5:30 - 6:30 PM

Free Time

Freshen up and then join us for our Poster Session and Cocktail Party, followed by our Annual Banquet.

6:30 - 7:30 PM

Chancellor I and II

Poster Session & Networking Cocktail Hour

Meet with poster authors and enjoy our cocktail reception prior to our Annual Banquet. Cash bar.

Saturday October 13, 2018, Scientific Program, continued

7:30 - 9:30 PM

Chancellor I and II

Annual Awards Banquet

Join us for our Annual Awards Banquet to celebrate colleagues and enjoy the camaraderie of the SCEH community.

Sunday, October 14, 2018

8:45 - 9:00 AM

Ambassador AB

Morning Remarks

Donald Moss, PhD, SCEH President, Zoltan Kekecs, PhD and Shelagh Freedman, MA, Scientific Program Chairs

9:00 - 10:15 AM

Ambassador AB

Symposium

Assessing Hypnotizability in a Clinical Setting

Chair: Zoltan Kekecs, PhD

Presenters: John Alexander, PhD; Ciara Christensen, PhD; Gary Elkins, PhD and Elvira Lang, MD, FSCEH

Our panelists will discuss various methods for assessing hypnotizability in a clinical setting, recent trends and the benefits and barriers to using an assessment tool.

Learning Outcomes

- Identify key benefits and barriers of hypnotizability assessment in a clinical context.
- Name several tools for assessing hypnotizability, with pros and cons for clinical use.
- Name two current trends in assessing suggestibility in a medical setting.

10:15 - 10:35 AM

Networking Break

10:35 - 11:00 AM

Ambassador AB

Research Presentation

Paper #1 -- Hypnotic Relaxation Therapy Reduces Anxiety Among Post-Menopausal Women

R. Lynae Roberts, BS and Gary Elkins PhD, ABPP, ABPH

This study reports on anxiety reductions following a hypnosis intervention for hot flashes. Hypnosis is an effective intervention for hot flash reduction and is generally a relaxing experience for individuals. However, the anxiety reducing effects of hypnosis that treats hot flashes has yet to be fully determined.

In this randomized, controlled trial involving 187 post-menopausal women, hot flashes significantly reduced within the hypnosis intervention group. In the present study, secondary analysis was completed analyzing anxiety measures.

Preliminary results show a significant anxiety reduction as measured by the Hospital Anxiety and Depression scale, anxiety subscale (HADS-A) and the State-Trait Anxiety Inventory (STAI) for those in the hypnosis group. Pre- and post-treatment VAS anxiety ratings also significantly reduced at each visit for those receiving the hypnosis intervention, with the pre-treatment rating significantly declining from baseline to endpoint.

Factors mediating the strength of response and implications for future research are discussed. Although anxiety is not always a primary symptom that women in menopause present with, it is strongly correlated with hot flash severity and frequency. Hypnosis can effectively reduce hot flashes, but the degree to which a hypnotic treatment for hot flashes can affect anxiety has not been examined. This study analyzes the anxiety measures in a randomized controlled trial of a hypnosis intervention designed for hot flash amelioration. Future studies of hypnotic interventions should examine whether reduction in anxiety is a mediator of therapeutic response, or whether anxiety decreases as the primary symptom improves.

11:00 - 11:25 AM

Ambassador AB

Research Presentation

Paper #2 -- Expectancy of the Effectiveness of Unconventional Hypnosis Techniques

Zoltan Kekecs, PhD; Nils Arlinghaus, MA; Daniel P. Johnson and Alice Kathryn O'Donnell

Our current study represents the first stage of a larger project aiming to develop minimally effective control conditions for hypnosis research that can be used to control for the expectancy of undergoing hypnosis (either in a clinical or a laboratory setting). We have developed three new methods that are not used for hypnosis induction by clinicians or researchers ('unconventional hypnosis techniques'), and that we presumed would be acceptable for naïve participants as potentially effective ways to induce hypnosis. In a three parallel group online study, we will present participants with a leaflet describing two 'hypnoanalgesia' methods to relieve pain during dental procedures. One of the techniques will be a regular hypnosis induction while the other will be one of the three unconventional hypnosis techniques selected randomly. We will contrast the expected effectiveness of the unconventional and regular hypnosis inductions through a series of questions about expected effects.

The effective components of an intervention can be uncovered by using a dismantling design. In this design, important components of the treatment are isolated and are removed or added to different versions of the therapy, which be contrasted to measure the impact of the component on treatment outcomes. One of the effective components of hypnosis is thought to be expectancy, a treatment component the effectiveness of which is routinely tested in medical research using sham/placebo procedures. Our current project addresses the need in hypnosis research for a well-established control condition that could effectively match the expectancy of 'being in hypnosis'.

11:25 - 11:50 AM

Ambassador AB

Research Presentation

Paper #3 -- Relatedness in Hypnosis Phenomenology: Integrating Dimensions of Experiencing

Michael T.M. Finn, PhD; Lindsey C. McKernan, PhD; Connor L. Smith; and Michael R. Nash, PhD, ABPP

Shor advocated for a "theoretical approach" account of hypnosis experience as opposed to the one-dimensional "traditional approach" of hypnotic depth (1979). He promoted an approach to describing hypnosis experience along his eight theorized dimensions notably including archaic relational involvement. Recent work has demonstrated two stable subtypes of experiencing hypnosis from an individual stance: dissociated control and inward attention (Kihlstrom, 2015; Terhune & Cardea, 2010).

Sunday October 14, 2018, Scientific Program, continued

We propose to explore these subtypes using Phenomenology of Consciousness Inventory (PCI; Kumar, Pekala, & Cummings, 1996) and Archaic Involvement Measure (AIM; Nash & Spinler, 1989), which both assess hypnosis experience following an induction -- the PCI from the first-personal dimension and the AIM from a relational dimension. We expect to replicate known typologies of hypnosis experience and elaborate upon these profiles with their differential experiences of their relationship to the hypnotist.

Replication of previous subtypes of hypnosis experience would provide strong indications toward the major ways that hypnosis acts on the first-person perspective, giving important distinctions to be incorporated into applied, clinical settings. Exploring corresponding experiences of the hypnotist would add to our knowledge of how this might play a role in the quality of the first-person experience as well as have direct implications for treatment (e.g., therapeutic relationship).

11:50 AM - 12:50 PM

Ambassador AB

Invited Address

Exploring Inner Experience in the Natural Environment

Russell T. Hurlburt, PhD

Do people silently speak to themselves most of the time? What goes on in the inner experience of women with bulimia nervosa just before they purge? When people describe emotion by saying, "I feel it in my heart," what do they mean? Do people with OCD constantly think repetitive thoughts or do they just mistakenly believe they do? When people silently read, do they "innerly" speak the text? Is it possible to have multiple simultaneous images? Is it possible to have visual experience with no figure/ground phenomena? Is it possible (or frequent) to think without experiencing words, visual images, or any other symbols? When people describe their inner experience, do they use a shared language? Such questions would seem to be important to psychology, neuroscience, poetry, art, and the human condition in general, yet they draw almost no study.

Psychologist Russ Hurlburt, widely regarded as perhaps Western science's leading expert in the exploration of naturally occurring, spontaneous inner experience, will show that people likely do not know the characteristics of their own experience (even though they are immersed in it their entire waking lives) and will provide provocative answers to some of these questions.

Learning Outcomes:

- Learn the frequent characteristics of everyday inner experience.
- Explain why inner experience is difficult to study.
- Explain if it is possible to experience thinking without words.

12:50 - 1:00 PM

Ambassador AB

Closing Remarks

Shelagh Freedman, MA and Zoltan Kekecs, PhD, Scientific Program Chairs

SCEH Membership Benefits

SCEH - Global Hypnosis Community

As a member of SCEH, you are part of a selective society that contains some of the best and most productive hypnosis researchers and clinicians in the field. In the past four decades, the majority of the important English language publications in the field of scientific hypnosis have been written by members of SCEH. As a member, you have opportunity to ask questions, exchange ideas and collaborate with those who are most experienced with a variety of clinical problems and techniques in hypnosis.

SCEH Workshops & Scientific Session – CE Credit Opportunities

SCEH provides professional development opportunities that include an Annual Conference and periodic workshops. Members receive a discounted registration fee.

SCEH Scholarly Journal

Your membership includes a subscription to our peer-reviewed publication, *the International Journal of Clinical and Experimental Hypnosis (IJCEH)*. This prestigious publication is among the 10 most cited journals in the psychological literature and is mailed to you. IJCEH is the leading voice in hypnosis worldwide for researchers, scholars, and clinicians in psychiatry, psychology, social work, dentistry, and medical specialties. Contributors include some of the most prominent scholars in the field, with articles covering topical trends and the latest findings from well-designed studies for 'students' of hypnosis.

Online Journal Access

Members have online access to the International Journal of Clinical and Experimental Hypnosis as well as the American Journal of Clinical Hypnosis, the journal of the American Society of Clinical Hypnosis. To access the journals online log in to the web site with your username and password and select Online Journals from the Members Area.

SCEH Focus, Our Quarterly Member Newsletter

Members receive our quarterly newsletter, Focus, with news and updates about Society members and articles about how SCEH is working to advance the field of hypnosis. Submissions from members are invited. Focus is emailed to all members. Current and past issues are also available online.

SCEH Member Directory

The Member Directory is a great resource for networking with colleagues and for finding referrals. You can use it to search for members by keyword, location or other parameters. The SCEH Member Directory is visible only to current members, and to access it, you must be logged in to the Members Only portion of our website.

SCEH Mentor Program

The Mentorship Program is designed to boost the professional growth of early career professionals engaged in research within the society. The Society is devoted not only to accommodating accomplished clinical and experimental researchers, but also to fostering the next generation of scientists. This *member only program* connects early career professionals looking for guidance with senior Society members who are intent on supporting new talent. The Mentor-Mentee pairs will be matched based on their research interests, needs and expertise.

Apply for membership today at www.sceh.us/apply-for-membership.

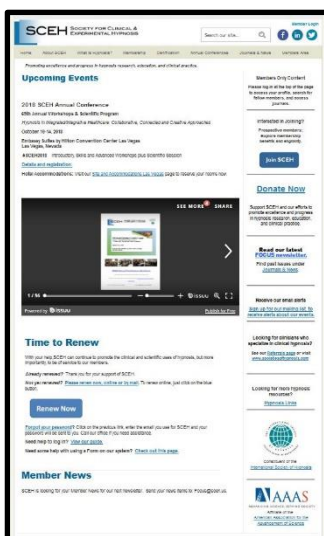
SCEH Publications & Website



For over 50 years, the *International Journal of Clinical and Experimental Hypnosis* (IJCEH) has been the leading voice in hypnosis for researchers, scholars, and clinicians in psychiatry, psychology, social work, dentistry, and medical specialties. The IJCEH is the official publication of the Society for Clinical and Experimental Hypnosis. Our Journal has been ranked consistently as one of the most influential publications in these respective fields, according to citation impact statistics (Source: SSCI Journal Citation Report). Whether you are involved in clinical work, counseling, research, or teaching, the IJCEH is your single essential resource to stay informed on the latest developments in hypnosis. Each quarterly issue offers clinical and experimental studies, discussions of theory, book reviews, and seminal work by clinical masters. For details, please contact Gary Elkins, PhD, ABPP, ABPH, IJCEH Journal Editor, GaryElkins@baylor.edu.



Focus is the quarterly newsletter of the Society. It contains updates on Society issues and activities and news about SCEH members. Past issues are available online. Members are encouraged to share their news for publication in the newsletter. For more information, please contact FOCUS editors at Focus@sceh.us.



Learn more about the Society and its programs on our website, www.sceh.us. Here you will find information on the Society's: membership requirements; leadership; annual conference; calendar of events, scholarship program; mentor program and more. Bookmark the site to check periodically to learn about our activities and programs.

SCEH Upcoming Events -- Save the Dates!

2019 Annual Conference

70th Annual Workshops & Scientific Program

*Clinical and Applied Hypnosis:
Evidence-based Practice and the Therapeutic Relationship*

October 16-20, 2019

Ace Hotel

New Orleans, LA

Introductory, Skills and Advanced Workshops plus Scientific Session.
Workshops meet accepted Standards of Training in Clinical Hypnosis.

2019 Midyear Workshops

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Workshops meet accepted Standards of Training in Clinical Hypnosis.
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Founded in 1949, SCEH is an international organization dedicated to the highest level of scientific inquiry and the conscientious application of hypnosis in the clinical setting.

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