



2023 Midyear Clinical Hypnosis Workshops

Preliminary Agenda

*Check the SCEH website for final event details and registration information.
Registration will open in February.*

April 28-May 1, 2022 (Friday-Monday) – Live Online/ Virtual

Workshops meet accepted Standards of Training in Clinical Hypnosis and count toward SCEH Certification Programs. Workshops are being submitted for CE/CME credit hours as noted below. Check the SCEH website for final information.

Introductory/Basic – Foundations of Clinical and Applied Hypnosis – 12.5 CE/CME

April 28, 8:00 AM Pacific – 12:00 PM Pacific, 1:00 PM Pacific – 4:30 PM Pacific (6.5 hours. Two 30-minute breaks)

April 29, 8:30 AM Pacific – 12:00 PM Pacific, 1:00 PM Pacific – 4:30 PM Pacific (6.0 hours. Two 30-minute breaks)

Faculty Lead: Barbara S. McCann, PhD, Professor, Department of Psychiatry and Behavioral Sciences, University of Washington, Seattle, WA

Barbara S. McCann, PhD, is a Professor in the University of Washington's Department of Psychiatry and Behavioral Sciences, as well as a clinical psychologist with expertise in hypnosis. She holds the Mental Health Counseling and Hypnosis Endowed Chair at the University of Washington. She supports the brief behavioral interventions curriculum for the Integrated Care Training Program (ICTP) and provides individual supervision to the fellows. Dr. McCann has worked with patients from primary care clinics at Harborview Medical Center for the past 20 years, drawing on brief behavioral interventions to address anxiety, depression, and related problems.

Faculty Co-Lead: Donald P. Moss, PhD, Dean, Collage of Integrative Medicine and Health Sciences, at Saybrook University, Pasadena, CA

At Saybrook University, Dr. Moss has built training programs in biofeedback, clinical hypnosis, wellness coaching, integrative/functional nutrition, and integrative social work. He is the education chair of the Society for Clinical and Experimental Hypnosis (SCEH) and manages their professional hypnosis webinar series. He is also the ethics chair and international certification chair for the Biofeedback Certification International Alliance. He has served as president of SCEH, president of Division 30 (hypnosis) of the American Psychological Association, and president of the Association for Applied Psychophysiology and Biofeedback (AAPB).

Moss' most recent books are two co-authored books on integrative care and chronic illness, *Pathways to Illness, Pathways to Health* (Springer 2013), *Integrative Pathways* (Springer, 2018), one co-authored textbook, *A Primer of Biofeedback* (AAPB, 2022), and two co-edited books, *Physiological Technology and Applicants in Biofeedback and Neurofeedback* (AAPB, 2019) and *Mindfulness, Acceptance, and Compassion in Biofeedback Practice* (AAPB, 2020).

Intermediate – Intermediate Training in Clinical and Applied Hypnosis

April 28, 8:00 AM Pacific – 12:00 PM Pacific, 1:00 PM Pacific – 4:30 PM Pacific (6.5 hours. Two 30-minute breaks)

April 29, 8:30 AM Pacific – 12:00 PM Pacific, 1:00 PM Pacific – 4:30 PM Pacific (6.0 hours. Two 30-minute breaks)

Faculty Co-Lead: David B. Reid, PsyD, Department of Applied Psychophysiology, Saybrook University, Pasadena, CA.

David B. Reid, Psy.D., is a Licensed Clinical Psychologist, Fellow and Approved Consultant of the American Society of Clinical Hypnosis (ASCH). Dr. Reid is an award-winning author of *Hypnosis for Behavioral Health: Professional's Guide to Expanding Your Practice* (Springer Publishing Company), and co-author of *Permanent Habit Control: Practitioners' Guide to Using Hypnosis and Other Alternative Health Strategies* (Springer Publishing Company). Dr. Reid also serves as a Science Editor for the *American Journal of Clinical Hypnosis*, and Chair of the Society for Clinical and Experimental Hypnosis (SCEH) Certification Committee. Dr. Reid has received numerous awards from ASCH and SCEH for his contributions to both societies, as well as his peer-reviewed published papers on clinical hypnosis. He maintains a private practice at Augusta Psychological Associates in Virginia and is an Adjunct Instructor in the College of Integrative Medicine and Health Sciences at Saybrook University.

Faculty Co-Lead: Ciara C. Christensen, PhD,

Ciara Christensen, PhD, completed her doctoral degree in 2012 from Washington State University located in Pullman, Washington. She is a licensed Clinical Psychologist in Idaho and Wisconsin. Previously, she was a hospital psychologist at St. Luke's Clinic, Behavioral Health Services, in Twin Falls, Idaho. She is the President Elect for the Society of Clinical and Experimental Hypnosis (SCEH). She is past President of the Society of Psychological Hypnosis

(D30) of the American Psychological Association and a past Editor of FOCUS, a publication of the SCEH. Prior to completing her PhD, she was Managing Editor of the International Journal of Clinical and Experimental Hypnosis.

Dr. Christensen has published over 17 refereed journal articles, as well as presented research papers and clinical hypnosis workshops with Arreed Barabasz world-wide. Dr. Christensen has over a dozen awards for her research including the Ernest R. Hilgard Best Graduate Thesis Award from the American Psychological Association (APA) and Early Career Achievement awards from the American Society for Clinical Hypnosis and from APA.

Four Advanced Workshops

Advanced Workshop I. Sunday April 30, from 9:00 AM to 1:00 PM Pacific (12:00-4:00 PM Eastern), 3.5 hours CE/CME, two 15-minute breaks.

Title: Hypnosis and Hypnosis-Related Techniques for Labor, Delivery, and other Obstetrics Applications

Presenter: Katalin Varga, PhD, Eötvös Loránd University · Department of Affective Psychology

Presentation Summary: In this workshop I will introduce the concept of quality of labour/birth. I will explore how and why it is that even in cases where both mother and baby are 'well' (i.e., alive), the labor/birth can still be of poor quality. I will start from the premise that, in addition to their known physical effects, the hormones associated with childbirth also have a number of emotional, motivational and mind-altering effects on the woman giving birth. In natural cases, psycho-affective effects allow the experience of childbirth to be euphoric and ecstatic, despite/alongside the strong physical-physical sensations in natural childbirth.

My hypothesis is that synthetic substances used to induce and accelerate labor, as well as pharmacological painkillers used to medicate, do not bring these emotional-motivational changes, but at the same time they have a violent effect on the physical processes. Thus, the alteration of the state of consciousness will most often be an increasingly sharpened negative trance.

It follows from all this that the main thing to do is to support the natural alteration of consciousness and psycho-affective changes. This can be done by counteracting the negative suggestion that inhibits this, and hypnotic suggestion can be used effectively to convey positive content.

We will analyze several case vignettes, identifying the suggestive effects. Case-descriptions will also be used to follow the application of these techniques during a process.

Presenter Biosketch: Dr. Katalin Varga is a professor at Eötvös Loránd University (ELTE), the head of the Department of Affective Psychology, past president of the Hungarian Association of Hypnosis, and board member of the International Society of Hypnosis.

As a member of the “Budapest hypnosis research laboratory,” she is investigating hypnosis in an interactional framework, and in this multilevel approach she is focusing on the phenomenological data.

For the past 30 years she has been working with patients in a hospital setting – mostly critically ill patients – applying suggestive and hypnosis techniques. She is the founder and professor of the postgraduate training of suggestive communication in somatic medicine, co-organized by the Hungarian Association of Hypnosis and Semmelweis University School of Medicine, Budapest. She has published numerous articles and books which present her research findings on hypnosis, and clinical experiences on the application of suggestive techniques with the critically ill.

Advanced Workshop II. Sunday Evening, April 30, from 2:00 – 5:30 PM Pacific (5:00-8:30 PM Eastern), 3 hours CE credit, two 15-minute breaks

Title: Hypnosis for Hot flashes and other Common issues for Healthy Women.

Presenter: Gary Elkins, PhD

Presentation Summary: Hot flashes are a prevalent symptom after menopause (natural and surgical), but also after treatment for breast cancer. It is estimated that over 25 million women in the United States have hot flashes (HFs),] with up to 80% of women in the general population reporting hot flashes during the menopause transition. Hot flashes negatively impact health related quality of life. Over half of the women with a history of breast cancer report their hot flashes as severe. Hot flashes can cause sweating, discomfort, anxiety, fatigue, and can interfere with sleep leading to adverse health outcomes. Hypnosis is an effective option for hot flashes. Dr. Elkins and colleagues have developed a hypnosis intervention involving standardized audio recordings of hypnosis for home practice and individualized hypnosis inductions delivered by a clinical researcher. This treatment reduced the frequency and severity of Hot Flash Scores (HFS) by approximately 80% *on average* in postmenopausal women with and without a history of breast cancer, which is comparable in efficacy to that of hormone replacement therapy. In this webinar, participants will learn about the research on hypnosis for hot flashes and improving sleep in post-menopause women and breast cancer survivors. The methods of assessment of hypnotizability, session-by-session hypnotherapy, scales to measure progress, and the use of available apps to encourage home practice of self-hypnosis to reduce hot flashes. A combination of lecture, PowerPoints, case examples, and demonstration will be utilized.

Presenter Biosketch: Dr. Gary Elkins is a Professor of Psychology and Neuroscience at Baylor University and the Director of the Mind-Body Medicine Research Laboratory where he conducts research into mind-body interventions including hypnosis, mindfulness, and music for sleep, pain, and hot flashes. Dr. Elkins is the leading researcher and expert on hypnosis for hot flashes and sleep disturbances as well as other clinical applications. He is an Adjunct Professor, Texas A&M University College of Medicine and a Medical Associate with Baylor Scott and White Hillcrest Medical Center. Dr. Elkins is the co-developer of the *Evia app* that provides hypnosis intervention for hot flashes and sleep provided by Mindset Health. Dr. Elkins serves as Editor-in-Chief of the *International Journal of Clinical and Experimental Hypnosis*.

Dr. Elkins has over 100 publications which include five books: *Handbook of Medical and Psychological Hypnosis: Foundations, Applications, and Professional Issues*; *Hypnotic Relaxation Therapy: Principles and Applications*; and *Complementary and Alternative Medicine for Psychologists: An Essential Resource*; *Relief from Hot Flashes*. In recognition of his research, he has received major awards: the Society of Behavioral Medicine (2012, Complementary and Integrative Medicine Investigator Research Award), and the Distinguished Contribution to Science Award from Division 30 of the American Psychological Association.

Dr. Gary Elkins and his wife, Guillerma Elkins live in Waco, Texas and have a large family in the Austin, Texas area. He enjoys fly fishing, horseback riding, hiking, exercise, and research and teaching. He is enthusiastic about teaching and mentoring students, and improving health care through mind-body medicine.

Advanced Workshop III. Monday May 1, from 9 AM to 12:00 PM and 1:00-3:00 PM Pacific (12-3:00 PM and 4:00-6:00 PM Eastern), 4.5 hours CE credit, two 15-minute afternoon breaks.

Title: Using Rational-Emotive Behavior Therapy and Hypnosis to Help Individuals Manage Cancer-Related Fatigue: An Evidence-Based Approach to Breast Cancer Symptom Management

Presenter: Julie B. Schnur, PhD, & Guy H. Montgomery, PhD, Center for Behavioral Oncology at the Icahn School of Medicine at Mount Sinai

Presentation Summary: Fatigue is one of the most common and challenging side-effects associated with cancer and its treatment. In 2014, our group published the results of an RCT (n=200) showing that women undergoing breast cancer radiotherapy, who received an intervention combining cognitive-behavioral therapy (CBT, specifically Rational-Emotive Behavior Therapy) and hypnosis, had significantly less fatigue for up to six months after radiotherapy than women who received an empathic listening condition. In today's workshop, we'll be reviewing the guidelines and evidence supporting the intervention and the combination of CBT and hypnosis more broadly, and we'll be teaching you: how to conduct this CBTH intervention according to the treatment manual. We will role-play how to conduct each component of the intervention (e.g., how to conduct an REBT thought record worksheet, how to encourage the use of behavioral techniques to manage fatigue, and how to conduct our fatigue-focused hypnosis intervention), and how to move beyond the manual and beyond the radiotherapy setting to apply it to your patient populations. Our goal is for this to be a relaxed, informative, and fun workshop for anyone interested in oncology settings.

Presenter 1 Biosketch: Dr. Julie Schnur is an Associate Professor in the Department of Population Health Science and Policy at the Icahn School of Medicine at Mount Sinai, co-Director of the Dubin Breast Cancer Psychology Clinic, a member of the Center for Behavioral Oncology, and a licensed clinical psychologist. Her overall program of research is focused on understanding patients' experiences of cancer and its treatment, developing psychological interventions to help patients manage symptoms and side-effects associated with cancer and its treatment, and to training cancer care providers in sensitive practice and evidence-based psychological interventions. Her clinical work is focused on supporting women with breast cancer throughout the cancer continuum, from diagnosis, through treatment, through

survivorship and during end of life. Her clinical work integrates psychotherapeutic approaches including cognitive-behavioral therapy and mind-body techniques (e.g., hypnosis).

Presenter 2 Biosketch: Dr. Guy Montgomery is a Professor in the Department of Population Health Science and Policy at the Icahn School of Medicine at Mount Sinai, Director of the Center for Behavioral Oncology, and a licensed clinical psychologist. His research, training, and clinical efforts are focused on improving patients' quality of life associated with cancer and its treatment. In particular he is focused on developing and testing mind-body interventions to reduce the symptoms and side-effects associated with cancer and its treatment, including pain, nausea, and fatigue. His work recognizes that how we think (e.g., how we evaluate situations, our expectations about how we'll react to medical treatment), and how we feel emotionally (e.g., anxiety, distress) can have profound effects on how we feel physically. His goal is to provide all cancer patients with the tools and skills they need to enhance their quality of life during the rigors of cancer treatment. He is a past president of the American Psychological Association's Society for Psychological Hypnosis (Division 30), and a Fellow of the American Psychological Association. He has published more than 100 peer-reviewed empirical articles, and has received funding from the National Cancer Institute, the National Center for Complementary and Integrative Health, and the American Cancer Society for his research and training efforts. Most importantly, he loves teaching about hypnosis.

Advanced Workshop IV. Monday Evening, May 1, from 4:00 – 5:30 PM Pacific (7:00-8:30 PM Eastern), 1.5 hours CE credit

Title: Mind Matters: Psychosocial Oncology, Women's Health, and Hypnosis

Presenter: David Spiegel, MD, Professor, Stanford University, Department of Psychiatry/Major Laboratories and Clinical & Translational Neurosciences Incubator

Presentation Summary: We are thoughtful, emotional, and social as well as physical beings. Even serious problems such as cancer that clearly damage the body can be best handled by attending to cognition, emotion, and social support as well as the use of surgery, chemotherapy, radiation, and newer immunomodulatory and other treatments. Marital status affects survival time with cancer – in large scale studies being married is associated with an overall 4-month longer survival time -equivalent to the overall effect of chemotherapy. Depression, abnormal diurnal cortisol levels, and lower heart rate variability predict shorter cancer survival. This means that addressing psychosocial problems has the potential to add to both quality and quantity of life. Interventions involving enhancing social support, hypnosis for assistance with pain, insomnia, and stress will be presented and evaluated. With cancer it is not simply mind over matter, but mind matters.

Presenter Biosketch: Dr. David Spiegel is the Willson Professor and Associate Chair of Psychiatry and Behavioral Sciences, Director of the Center on Stress and Health, and Medical Director of the Center for Integrative Medicine at Stanford University School of Medicine, where he has been a member of the academic faculty since 1975 and was Chair of the Stanford University Faculty Senate from 2010-2011. Dr. Spiegel has more than 40 years of clinical and research experience studying psycho-oncology, stress and health, pain control,

psychoneuroendocrinology, sleep, hypnosis, and conducting randomized clinical trials involving psychotherapy for cancer patients. He has published thirteen books, 404 scientific journal articles, and 170 book chapters on hypnosis, psychosocial oncology, stress physiology, trauma, and psychotherapy. His research has been supported by the National Institute of Mental Health, the National Cancer Institute, the National Institute on Aging, the National Center for Complementary and Integrative Health, the John D. and Catherine T. MacArthur Foundation, the Fetzer Institute, the Dana Foundation for Brain Sciences, and the Nathan S. Cummings Foundation. He was a member of the work groups on stressor and trauma-related disorders for the DSM-IV and DSM-5 editions of the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders. He is Past President of the American College of Psychiatrists and the Society for Clinical and Experimental Hypnosis and is a Member of the National Academy of Medicine. He was invited to speak on hypnosis at the World Economic Forum in Davos in January 2018.