SCEH 2025 Annual Conference

Scientific Program – Detailed Agenda

76th Annual Workshops and Scientific Program
The Future of Healing: Hypnosis in Multidisciplinary Care
October 8-12, 2025 – Live online (Wednesday-Sunday)

- ➢ October 8-9 - Scientific Program
- ➢ October 10-12 – All Workshops

Scientific Program - Earn 9 E/CME.

The Scientific Program includes Keynotes, Symposia, Research Presentations and a Poster Session. Sessions 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. Agenda subject to change.

Note: All posted event times are in Pacific Time (PT).*Click here to convert time zones.*

Co-chairs: *Deanna Denman, PhD and Jessie (Kittle) Markovits, MD*

Faculty: *Cameron Alldredge, PhD; Eva Banyai, PhD; Zsuzsanna Besnyo, BA; Vindhya Ekanayake, MS, MSCP; Youssef El-Allam, BA; Gary R. Elkins, PhD, ABPP, ABPH; Carol Ginandes, PhD, ABPP; Alex Hood, BA; Zoltan Kekecs, PhD; Nolwenn Marie, MA; Barbara McCann, PhD; Farnaz Moghaddamfar, MA; Donald Moss, PhD; Vanessa Muniz, MA; Victor Padilla, BS; David Patterson, PhD; Katherine Scheffrahn, BS ; Kaitlin Seidenberg, BS; Audrey Vanhaudenhuyse, PhD; Katalin Varga, PhD, DSc and Peter Whorwell, BSc, MD, PhD, FRCP*

Wednesday, Oct. 8

8:00-9:00 AM **Keynote**

Psychological Support Based on Positive Suggestions: Possibilities in Various Medical Settings

Katalin Varga, PhD, DSc, Psychologist, Department of Affective Psychology, Eötvös Loránd University, Budapest, Hungary

Research results will be presented proving that appropriate communication – called Psychological Support Based on Positive Suggestions can improve the medical care in various settings: intensive care, eye-surgery, orthopaedic surgery, obstetrics, etc.. The effect of these techniques is reflected in several parameters (shorter hospital stay, better cooperation, less medication, reduced side effects, etc.).

The approach is based on the observation that the patients in medical settings are in a state very close to the hypnotic state, so any comment may function as a powerful hypnotic suggestion.

In this presentation, apart from our research results, I will present some of those examples that we are using in training medical professionals. These are focusing on the importance of rapport, communicating in situations of emotional involvement, use of suggestive techniques in critical situations, applying simple metaphors, etc..

Learning Objectives

1) Describe the concept of “Psychological Support Based on Positive Suggestions” and the main principles of suggestive communication.
2) Describe how to identify and avoid negative messages in medicine.

9:00-9:30 AM PT **Research Presentations**

9:00-9:15 AM PT

Non-ordinary States of Consciousness to Improve Well-being in Cancer

Nolwenn Marie, MA. University of Liege,Liege, Belgium; Presented by Audrey Van Haudenhuyse

Many patients with cancer experience a common set of symptoms, including fatigue, emotional distress, sleep disturbances, pain, and cognitive difficulties. While hypnosis and meditation have shown promising results in oncology, existing studies have methodological limitations. Auto-induced cognitive trance (AICT) is another encouraging approach that engages the body more directly. This study aimed to evaluate the effectiveness of three group interventions (hypnosis, mindful self-compassion (MSC) meditation, and AICT) to improve the well-being of post-treatment cancer patients, compared to a control group (usual care). We hypothesized an improvement in clinical symptoms in all three intervention groups. This preference-based, longitudinal controlled study included 157 participants with various cancers (hypnosis = 41, meditation = 32, AICT = 38, and control group = 46). Participants completed clinical questionnaires at baseline (T0) and just after the intervention (T1). The evolution of the symptoms was assessed using an adjusted multiple linear mixed model with significance levels corrected. Results showed significant reductions of fatigue, anxiety and sleep disturbances in the three intervention groups. Depression also decreased after AICT and MSC meditation, while cognitive complaints decreased after hypnosis and MSC

meditation. No intervention had any effect on pain. Regarding psychological process variables (negative adjustment to cancer, psychological flexibility and inflexibility), all three intervention groups showed improvements. No change was found for the control group. This pioneering study suggested benefits of hypnosis, MSC meditation and AICT on many clinical symptoms in cancer survivors. It opens perspectives for future research and clinical applications of interventions based on non-ordinary states of consciousness.Keywords: hypnosis, self-compassion meditation, auto-induced cognitive trance, oncology, quality of life

Learning Objectives

1) Identifying the therapeutic benefits of non-ordinary states of consciousness in oncology

9:15-9:30 AM PT

Benefits of an Intervention Combining Self-Hypnosis and Self-Compassion on the Well-Being of Children with Cancer and their Families

Farnaz Moghaddamfar, MA. University of Liege,Liege, Belgium

A childhood cancer diagnosis is associated with emotional repercussions, such as anxiety, depression and fatigue, impacting on the child's life habits and family dynamics. Self-hypnosis, sometimes combined with self-compassion learning, is increasingly used among children with cancer, with benefits on their well-being. In this quasi-experimental study, we proposed a group intervention combining self-hypnosis and self-compassion to children and adolescents with cancer, their siblings, and parents. The intervention consisted of six 1.5-hour group sessions combining self-compassion techniques (e.g., self-respect, assertiveness) and hypnosis exercises. We hypothesize improvements in terms of quality of life, fatigue and emotional distress after the intervention. The sample includes 17 children and adolescents with cancer, 7 siblings, and 24 parents, divided into two groups: one with the patients and their siblings, and the other with their parents. A semi-structured interview was conducted before the first session to gather participants' expectations, and after the final session for feedback and suggestions, in order to discuss both the format and content of the intervention. Participants also completed questionnaires regarding fatigue, quality of life, and emotional distress pre- and post-intervention. These data are currently being analyzed, and the results will be presented at the conference. They are expected to clarify the impact of an intervention combining self-hypnosis and self-compassion on the well-being of children and adolescents with cancer and their families.

Learning Objectives

1) Cite two benefits of combination of self-hypnosis and self-compassion in children with cancer and their families.

9:30-9:45 AM PT **Break**

9:45-10:45 AM **Keynote**

Modified States of Consciousness: From the Bench to the Bedside of Patients

Audrey Vanhaudenhuyse, PhD, Pr, Algology Interdisciplinary Center of the CHU of Liege and Conscious Care Lab-GIGA Consciousness of the University of Liege, Liege, Belgium

Complementary approaches based on modified states of consciousness (MSC) are gaining increasing interest among both clinicians and patients. MSCs are complex cognitive states characterized by modulation in self-awareness and perception of the environment. In addition, recent developments have highlighted a promising synergy between non-pharmacological interventions such as hypnosis or trance-like techniques and immersive technologies like virtual reality. These tools enable the induction of MSCs in clinical settings, allowing patients to experience beneficial dissociative states during invasive medical procedures.

This presentation will review clinical studies demonstrating the efficacy of hypnosis, virtual reality hypnosis, and related approaches in managing both acute and chronic pain. Additionally, it will provide an overview of the neurophysiological mechanisms involved in pain modulation under these altered states. The aim is to show how these complementary tools can be integrated into a personalized, multimodal strategy for improved patient care.

Learning Objectives

1) Understand the relevance of approaches based on modified states of consciousness in patient care
2) Integrate the current state of scientific knowledge regarding these complementary approaches
3) Open up the field of reflection on the growing interest in these practices within healthcare

10:45-11:30 AM PT **Break**

11:30 AM-12:00 Noon PT **Research Presentations**

11:30-11:45 AM PT

Psychophysiological Interventions, Optimal Hypnosis, and Optimal Psychotherapy

Donald P. Moss, PhD. College of Integrative Medicine and Health Sciences, Saybrook University, Pasadena, CA,West Olive, Michigan, USA

Current research in neuroscience and psychophysiology shows that autonomic and central nervous system processes correlate with interpersonal engagement, affect regulation, sense of safety/threat, cognitive flexibility, and perspective-taking. Psychotherapy and hypnotically-based psychotherapy pursue improvements in each of these areas. When successful, patients improve in their social engagement, affect regulation, and cognitive flexibility. They also establish greater zones of safety in their everyday life. Effective psychotherapy optimizes human caring and connection and enables patients to manage their

emotions and gain understanding and perspective in their lives.In turn, patients with at least minimal levels of social engagement, affect regulation, and cognitive flexibility participate more freely and benefit more from hypnosis and psychotherapy. Autonomic processes and brain processes interact here. Julia Wendt and Julian Thayer (2024) propose that heart rate variability (HRV) is an index of pre-frontal cortical functionality. Autonomic regulation enhances the function in our brain's control center and facilitates neural regulation of emotional brain centers such as the amygdala. This presentation will review conceptual models and current research on the integration of psychophysiology with psychotherapy. Specifically, the presentation will review the conceptual models and research of Stephen Porges, Julian Thayer, Kersten Uvnas Moberg, and Paul Larson, and explore their implications for practitioners of hypnosis and hypnotically-based psychotherapy..

Learning Objectives

1) Identify autonomic and central nervous system processes impacting cognitive flexibility and perspective taking.
2) Identify autonomic and central nervous system processes impacting human caring, compassion, and social engagement.
3) Explain linkages between ventral vagal system, heart rate variability, and hormone oxytocin
4) Identify respiratory training that facilitates compassion, emotion regulation, and cognitive function
5) Identify psychophysiological interventions, including heart rate variability training and hypnosis, that optimize psychotherapeutic processes, in affective, social, and cognitive domains.

11:45 AM-12:00 Noon PT

Integrating Meditation and Hypnosis into Psychotherapy

David R. Patterson, PhD, ABPP. University of Washington,Mercer Island, Washington, USA

This 20-minute presentation for the Scientific part of the meeting will focus on integrating hypnosis and meditation into a course of psychotherapy, particularly for pain management. The model will be based on an eight-module approach to psychotherapy that is informed by hypnosis and published in a book by Patterson and Mendoza (2024). The approach is based on publication by the author and Mark Jensen PhD in the journal Pain that investigate combing hypnosis with cognitive therapy for pain management, as well as a comparison between hypnosis and meditation for chronic pain in veterans. The model follows a motivational approach in which a goal is to engage patients in therapy in pain. Meditation training involves a brief training in non-dualism approaches to understanding the neurophysiology of consciousness and then training in simple meditation as discussed by Herb Bensen and Akira Otani. An approach to using hypnosis to enhance meditative practices will also be discussed.

Learning Objectives

1) Describe the value of meditation practices for psychotherapy and pain management.
2) Articulate a model of non-dualism in a way the promotes patient engagement in learning meditation.
3) Describe methods to enhance mediation with hypnosis.

12:00-12:15 PM PT **Break**

12:15-1:15 PM PT **Workshop**

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

Vanessa Muniz, MA, and Gary R. Elkins, PhD, ABPP, ABPH, Baylor University, Waco, TX, USA

This workshop will offer foundational knowledge on hypnosis research. Topics include key considerations in designing case studies and randomized clinical trials of hypnosis and related concepts (i.e., relaxation, mindfulness, suggestion methods). Empirically-based research of clinical and experimental hypnosis will be discussed and guidance on the preparation of papers for submission for publication will be covered. Finally, updates of the International Journal of Clinical and Experimental Hypnosis such as current call for papers will be mentioned. This workshop will be of interest to 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 Objectives

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

1:15-1:45 PM PT **Research Presentations**

1:15-1:30 PM PT

Feasibility of Clinical Hypnosis for Sleep (CHS) for Improving Sleep Quality among Adults with Mild Cognitive Impairment: Secondary analysis from a randomized, controlled pilot study

Kaitlin A Seidenberg, BS and Alex Hood, BA, *Baylor University, Waco, TX, USA*

Mild cognitive impairment (MCI) represents a frequent intermediate phase between normal cognition and dementia that impacts millions of adults worldwide. Sleep disturbances accelerate cognitive deterioration in those with MCI. Previous research has suggested the suitability of hypnosis as a potentially effective alternative to existing sleep interventions for this population. A more detailed picture of hypnosis' effects on components of sleep quality and insomnia severity could help tailor hypnotic interventions for adults with MCI and guide future interventional research. The present results represent a secondary analysis of data from a randomized controlled trial to assess the feasibility of a self-administered hypnosis intervention for sleep improvement in 21 individuals with MCI and sleep disturbances. Participants were randomized into either Clinical Hypnosis for Sleep (CHS) or a Sham Hypnosis Control (SHC). Outcomes included the Pittsburgh Sleep Quality Index (PSQI) including subscales, Insomnia Severity Index (ISI), and the Perceived Stress Scale (PSS). Adults with MCI in the CHS condition experienced improvements in sleep quality and medication dependency subscales compared to the control group. Modest, non-significant

differences were also observed on ISI, and groups did not substantively differ on PSS scores. However, the study was only powered for feasibility and not to detect significant differences. A fully powered clinical trial comparing CHS to the innovative SHC is needed to determine efficacy and to understand how specific sleep mechanisms are impacted by hypnosis among this population. Studies are also needed to determine if CHS effects cognitive performance. The results indicate that clinical hypnosis is a promising intervention to improve sleep quality among adults with cognitive decline.

Learning Objectives

1.Discuss the specific impacts of a self-administered hypnosis intervention on components of sleep quality among adults with MCI

1:30-1:45 PM PT

Artificial Intelligence and Clinical Hypnosis: Ideas for Integration

Cameron Alldredge, PhD. Baylor University,Woodway, Texas, USA

As artificial intelligence (AI) and language models continue to improve and be applied in healthcare settings, an important consideration is how AI can specifically be integrated into the practice and delivery of clinical hypnosis. This paper explores ideas for integration and their potential to enhance both hypnosis apps and practitioner-based treatment. AI can address current limitations in hypnosis apps, such as the lack of personalization, by collecting and analyzing patient data to create and deliver individualized treatment approaches within the apps. Additionally, machine learning can lead to AI-generated hypnosis scripts that offer flexible, patient-specific suggestions, improving training and outcomes for both novice and experienced practitioners. The paper also highlights the potential of AI in aggregating and analyzing multisource biofeedback, which would provide real-time monitoring of patients' physiological and neurological responses during hypnosis. This integration offers clinicians valuable insights, enabling them to optimize hypnotic interventions with a greater understanding of patient experiences. Ethical considerations and training implications are also discussed. While AI can enhance accessibility and treatment efficacy, it should complement, rather than replace, human expertise in clinical settings.

Learning Objectives

1) Explore the potential integration of Artificial Intelligence (AI) into clinical hypnosis

1:45 PM PT **Scientific Program Ends for the Day**

Thursday, Oct. 9

8:00-9:00 AM PT **Symposium**

Safety in Hypnosis Research in the Era of Virtual Practice, online APPS, and Virtual Research

Moderator: *Donald P. Moss, PhD. College of Integrative Medicine and Health Sciences, Saybrook University, Pasadena, CA,West Olive, Michigan, USA*

Presenters: *Zoltan Kekecs, PhD, Assistant Professor, Institute of Psychology, Department of Affective Psychology, ELTE University, Budapest, Hungary; Gary R. Elkins, PhD, Professor, Department of Psychology and Neuroscience, Baylor University, Waco, TX; Peter Whorwell, BSc, MD, PhD, FRCP, Director of the South Manchester Neurogastoenterology Service, University of Manchester, Manchester, UK and Eva I. Banyai, PhD, Professor Emeritus, Institute of Psychology, Department of Affective Psychology, ELTE University, Budapest, Hungary*

Clinical hypnosis has undergone remarkable transformations in the past decade. The COVID-19 pandemic brought a shift to remote delivery of hypnosis treatment for over half of practitioners worldwide (Palsson et al., 2023). Simultaneously, both lay practitioners and respected leaders in professional hypnosis have created hypnosis apps, which deliver hypnotic solutions for stress, anxiety, sleep disturbance, smoking, and a variety of other problems. Hundreds of thousands of lay persons are learning hypnotic techniques on their own, with digital supports and no supervision. Parallel changes have developed in research, with many studies delivering interventions at a distance and in many cases showing similar efficacy for remote and face to face interventions. One pioneer in remote hypnosis, David Spiegel of Stanford university, reported that after 850,000 downloads of his Reveri app, only 10 instances of adverse effects were reported (Spiegel, 2025). Yet current ethical guidelines and a variety of past studies have highlighted the risk for adverse effects in both clinical hypnosis and hypnosis research (Bllinger, 2018; Faerman, no date; Kluft, 2012; Lang et al., 2008).

This symposium will discuss to what extent safety must remain a priority in hypnosis research and what approaches to safety will be effective in this new environment. What should be the new guidelines be for assuring safety in hypnosis research?

Safety in Hypnosis Research and Practice: Implications for Training and Education

Zoltan Kekecs, PhD

Ensuring safety in hypnosis research and practice is crucial, particularly in an era of virtual applications and online research. This talk will discuss key advancements in training and education to enhance safety in hypnosis research. The talk will describe a newly developed training program, called the Standardized Hypnotizability Assessment and Rapport Education (SHARE). SHARE is designed for research assistants working with hypnosis, and incorporates training on safe hypnosis applications, risk factors, and handling adverse reactions. Findings on the safety of the program will also be shared. Additionally, we will also discuss new work by the Hypnosis Efficacy Task Force, focusing on emerging recommendations for the safe application of hypnosis in both research and clinical settings. These efforts aim to establish evidence-based guidelines to support ethical and responsible hypnosis practice in diverse settings.

Defining, Assessing, and Reporting Adverse Events in Clinical Hypnosis Research

Gary Elkins, PhD; ABPP, ABPH, Cameron Alldredge, PhD; Chris Corlett, MA; Donald Moss, PhD

Research into hypnosis and hypnotherapy interventions have generally failed to proactively assess or report on adverse events (AEs). The limited reporting has suggested that the rate of such events in clinical trials is less than 0.5%. However, clinicians integrating hypnotherapy into their clinical practice are more likely to encounter some adverse events due to work with patients with a history of psychopathology, techniques used, or factors in the patients' environment. Therefore, there is a need to determine adverse events in clinical hypnosis research. There are several factors that should be considered in assessing and reporting adverse events in clinical hypnosis research. First, to adequately determine potential AEs associated with hypnosis, it is important to clearly define exactly what the "hypnosis" being studied involves. A contemporary definition of hypnosis is that it is defined as a "state of consciousness involving focused attention and an enhanced capacity of suggestion" and hypnotherapy is defined as "the use of hypnosis in the treatment of a medical or psychological disorder or concern" (Elkins et al., 2015, p. 6). However, researchers have not always been clear about the exact definition of hypnosis and procedures being studied. Second, adverse events should be assessed in regard to (1) severity, (2) whether or not they are directly related to the experience of hypnosis, and (3) how and when the adverse event was resolved. This specificity is essential to maintain objectivity in assessment of adverse events. Third, adverse events should be reported in publications and presentations. This would allow for clearer understanding of both the incidence of adverse events and the factors that contribute to them so they can be minimized in future research and clinical practice. For example, it is possible that some adverse events in clinical hypnosis are not due to the experience of hypnosis itself but rather how the psychotherapy therapy is approached. For example, age regression hypnosis may have more risks than uses of hypnosis to facilitate relaxation. It is thus important to distinguish between AEs that are due specifically to hypnosis and those that are due to the therapeutic approach used in combination with hypnosis. Once this distinction is made, AEs can be assessed more precisely based on reports of content, psychological, and biological factors from participants, patients, or medical professionals. To continue the rigorous scientific inquiry and effective clinical use of hypnosis, it is increasingly important to accurately define, assess, and report adverse events. The framework for assessing and reporting hypnosis-related adverse events presented in this presentation makes a vital distinction between hypnosis as a state of consciousness and the use of hypnosis therapeutically to correctly assess the relative

Remotely Delivered Hypnotherapy in Gastroenterology: Advantages and Disadvantages

Peter Whorwell, BSc, MD, PhD, FRCP

Our unit is a tertiary care referral centre for disorders of gut brain interaction (DGBIs) such as irritable bowel syndrome (IBS). One of the most effective treatments that we offer is gut directed hypnotherapy for which there is now a strong evidence base. As patients are referred from all over UK, for over ten years we have been offering video consultations to save them having to travel and a natural extension of this approach is to also use it for delivering the hypnotherapy.

The results for the first twenty patients treated this way were published and showed that it was only marginally less effective than face-to face treatment. However, remote hypnotherapy is not suitable for everybody, and our experience is the subject of this presentation.

Safe Hypnosis Applications in Vulnerable Populations: Insights from Clinical Research and Cancer Patient Care

Eva I. Banyai, PhD

Patients usually perceive the diagnosis of cancer as a death sentence, and as a result of the emotional shock caused by the diagnosis, they spontaneously enter an altered state of consciousness. Since in this spontaneous negative trance state they become extremely susceptible to suggestions, hypnotherapy and suggestive techniques are especially useful in helping the patients to realize the chances of survival. In spite of this, although modern chemotherapeutic and radiotherapeutic procedures and psychotherapeutic interventions have been included in cancer care since the 1970s – when the bio-psycho-social model of cancer was developed by Engel – hypnotherapy is still missing from psycho-oncology textbooks. The reason for this absence is that there are relatively few well-controlled, randomized, prospective clinical trials demonstrating the positive effects of hypnotherapy in cancer patients.

On the basis of the experiences of our research with breast cancer patients, the presentation will outline ethical and methodological considerations necessary to demonstrate the positive effects of hypnotherapy in cancer care in a way that avoids adverse effects. In the research design it is extremely important to avoid the feeling of exclusion of the members of the group used as a control for hypnosis. It is also essential to formulate suggestions positively in order to avoid negative effects. If, in spite of our due precaution, an unwanted negative reaction appears (as, for example, the sudden, unwanted emergence of an early trauma – making one biologically susceptible to hypoactive immune functioning), it is inevitable to ensure that the patient gets individual psychotherapeutic help to work through the trauma.

Learning Objectives

1) Identify the frequency and severity of adverse effects in hypnosis treatment and hypnosis research.
2) Identify elements in hypnotic interventions that may increase the risk of adverse effects.
3) Discuss current approaches to optimizing positive effects and assuring safety of participants in hypnosis research.

9:00-9:30 AM PT **Research Presentations**

9:00-9:15 AM PT

On the Gentle Waves of Words: The Phenomenological Complexity of Pain

Zsuzsanna Besnyo, BA. ELTE Eotvos Lorand University,Budapest, Hungary

In our study we intended to explore how the hypnotist and the participant have an impact on each other during cold pressor task in interaction approach framework.Our aim was to measure sensory perception during analgesia suggestions and hypnotic susceptibility separately later as well. The parallel electrodermal activity measuring has been applied to reveal the connection between the two persons. The relationship between pain management efficacy and hypnotic susceptibility was also analysed. We documented the strategies that participants used to induce hypnoanalgesia and assess the factors associated with the strategies which creates the individual phenomenological analgesia field.In my presentation I would like to show in several ways how the participant handled pain. Our findings suggest that there are gender differences in pain management. Keywords: analgesia, biofeedback, electrodermal activity, Elkins Hypnotizability Scale, gender, interaction approach, pain management

Learning Objectives

1) Describe three aspects of the scientific, methodological, ethical aspects of a research based on the Elkins Hypnotizability Scale (Elkins, G.R. 2014).
2) Describe the uniqueness hypnotizability measuring procedure combined with parallel electrodermal activity measuring, pain management –introducing the realm of interaction approach framework.

9:15-9:30 AM PT

Effect of Hypnosis in Perioperative Outcomes amongPatients undergoing a Non-cardiovascular Surgery: Systematic Review of Randomized Trials

Youssef El-Allam, BA. Hassan Fisrt University, Morocco,Marrakech, Morocco

The effect of clinical hypnosis in perioperative outcomes among patients undergoing non-cardiovascular surgeries: a systematic review of Randomized trials.EL-ALLAM Youssef, HAFYANI Yassine, KHALYFA Mohamed, BOUZID Jawad, MOUHAJIR Mohamed and HIMMOUCHE NaoufalLaboratory of Health Sciences and Technologies, Higher Institute of Health Sciences, Hassan 1st University, SETTAT, Morocco.Email address: Youssef.el-allam.doc@uhp.ac.maIntroduction: Surgery is a disturbing factor of perioperative outcomes in surgical patients. This study aims to explore effects of clinical hypnosis in diverse perioperative disturbances among non-cardiovascular surgical patients.

Methods: This is a systematic review according to PRISMA Lines, using following databases: Cochrane trials, Scopus, Web of science, PubMed and Google scholar with various keywords in English and French. Studies quality was assessed by Cochrane ROB2 tool.Results: Clinical hypnosis showed a significant effect on decreasing preoperative anxiety, medication consumption especially opioids and hypnotics per and postoperatively as well as risk of postoperative nausea and vomiting, a higher level of prolactin was also observed on post caesarean section in hypnosis group.Implications: This study recommends integration of

clinical hypnosis into preoperative care to reduce anxiety and improve patient outcomes. Reducing medication use, hypnosis could be a strategy for controlling many side effects of drugs and reducing risk of addiction, by this effect hypnosis can also implemented as an economic strategy for economising dispenses in terms of medications. Hypnosis helps also in enhancing patients' recovery by reducing risk of postoperative nausea and vomiting.Conclusion: Hypnosis is an interesting perioperative strategy, particularly in decreasing preoperative anxiety and medication consumption.Keywords: Hypnosis, surgery, perioperative effect, systematic review

Learning Objectives

1) Describe the effect of hypnosis in perioperative outcome: anxiety, pain, prolactin levels, confort, satisfaction ad hemodynamic parameters.

9:30- 9:45 AM PT **Break**

9:45-10:45 AM **Keynote**

Traveling in the Land of Trance: A Personal Odyssey"

Carol Ginandes, PhD, ABPP, Health Psychologist, Private Practice, Watertown, MA, Clinical Associate in Psychology, McLean Hospital, Assistant Professor of Psychology, Department of Psychiatry, Harvard Medical School, Boston, MA, USA.

Generally, scientific meetings present accounts of clinical and experimental methods, randomized trials, and their findings. In contrast, this session will detail a single case study -- that of the presenter herself. In it, she will share a narrative of her own developmental trajectory in the domain of hypnosis and mind/body healing.

The talk will include her "pilgrim's progress" along the winding path of hypnosis education, through the travails of initiating unconventional research, to climbing the rocky terrain of introducing hypnosis to medical colleagues, and on to forging educational inroads in the territory of the academic establishment. She will also share anecdotes of hypnotic self-healing and the meeting of wise sages along the route.

In addition, she will describe her efforts to devise a generalizable model for working with mind/body patients, to create a biologically paced, phase-oriented approach for augmenting hypnotic healing, and to the recording of original medical hypnosis audio programs.

It is hoped that this sharing of one individual's professional developmental journey may invite other hypnosis clinicians to engage in greater self-reflection on their own personal history in which they have committed to the pursuit of an area of practice that continues, to this day, to be a far off the beaten path professional itinerary.

Learning Objectives

1) Describe create a "biologically- paced, strategically phased hypnotic intervention protocol" to treat how to various conditions.
2) Describe a customizable multi-modal hypnotic model integrating various strategies to facilitate mind/body healing.

10:45-11:30 AM PT **Break**

11:30 AM-12:00 Noon PT **Research Presentations**

11:30 AM-11:45 PM PT

The Role of Deepening in Determining Hypnotic Depth in Different Hypnotic Induction Procedures

Zoltan Kekecs, PhD. Eotvos Lorand Tudomanyegyetem,Budapest, Hungary

Our previous research on the effectiveness of different conventional and non-conventional hypnosis induction procedures has found some indication that placebo induction procedures such as â€œwhite noise inductionâ€ or â€œembedded hypnosis inductionâ€ produced slightly lower of hypnosis depth subjective reports compared to conventional induction procedures, such as induction via hypnotic relaxation. Our present study aimed to investigate whether this difference was due to the presence of deepening (and â€œdeepâ€ words in particular) in the hypnotic relaxation induction.Participants underwent one of four hypnosis induction procedures in a 2 x 2 factorial design. The two factors were 1. Induction type (hypnotic relaxation or white noise induction) and 2. The presence of the words â€œdeepâ€ and â€œdeeperâ€ (present vs. absent in the induction).In a multiple regression model, hypnotizability and expectancy had significant positive effects on hypnosis depth. In the same model, neither induction type, nor deep words had significant added predictive value. However the interaction of these two factors when added to the model was significant. Specifically, hypnotic relaxation induction together with deep words resulted in the greatest hypnotic depth.This result contradicts the notion that the previous difference in subjective hypnotic depth was solely due to a priming effect from the frequent occurrence of â€œdeepâ€ words in hypnotic relaxation induction.

Learning Objectives

1) Describe the differential effect deepening, and â€œdeepâ€ words play in different types of hypnosis induction procedures.

11:30 AM-12:00 Noon PT

Exploring Anxiety and Receptivity to Hypnosis Among College Students: A Survey Study

Katherine A Scheffrahn, BS. Baylor University Mind-Body Medicine Research Laboratory,Fort Worth Texas, Texas, USA

In recent years, anxiety prevalence has risen in the United States, especially among young adults. In 2022, the National Health Interview Study reported that anxiety symptoms in the past two weeks were the most prevalent in young adults (aged 18-29) compared to older adults. In young adults, 26.6% experienced any anxiety symptoms in the two-week period, 16.9% experienced mild symptoms, 5.3% moderate, and 4.5% experienced severe anxiety symptoms. This nationwide study demonstrates that many individuals

experience anxiety. When not managed properly, anxiety among college students can have negative effects such as affecting sleep, grades, and emotional wellbeing. However, many young adults who experience anxiety may not have adequate tools at their disposal to manage anxiety. Thus, there is a need for safe and effective interventions that can reduce anxiety symptoms. This study aims to determine 1) the prevalence and characteristics of anxiety among a sample of college students, 2) potential and most prevalent triggers, 3) current coping strategies for anxiety, 4) willingness and interest in engaging with a hypnosis intervention for anxiety reduction, and 5) barriers and benefits college students see in an optimized hypnosis intervention for anxiety. A survey will be conducted among university students at a mid-size, private university in Central Texas. Study participants will answer questions on demographics and questions relating to the study aims. This study is ongoing, and preliminary findings will be discussed.

Learning Objectives

1) Describe two factors about anxiety prevalence, triggers, and characteristics in college students as well as their implications for a potential hypnosis intervention.

12:00-12:15 PM PT **Break**

12:15-12:45 PM PT **Research Presentations**

12:15-12:30 PM PT

Pain and Tonic Immobility in Rabbits: A Potential Framework for an Animal Model of Hypnosis

Katherine A Scheffrahn, BS. Baylor University Mind-Body Medicine Research Laboratory,Fort Worth Texas, Texas, USA

Clinical hypnosis for pain relief is a thriving field of research, yet there is a lack of conclusive research on the neurobiological mechanisms underlying hypnosis for pain attenuation. This lack of knowledge is partly due to the limitations of the kinds of research that can be conducted on the neurobiological mechanisms underlying hypnosis. An animal model of hypnosis for pain would allow many of the current gaps in research to be explored by allowing for different methods of investigation than have previously been accessible. To that end, this presentation examines tonic immobility (TI) in rabbits as a potential framework for an animal model of hypnosis for pain attenuation as well as presenting a systematic review of the literature on pain and TI in rabbits, thus providing context for the animal model framework. TI is a reversible state where rabbits become still for an extended period of time in response to external stimulus. TI in rabbits is well researched, but the phenomena has yet to be fully evaluated as a potential animal model of hypnosis. A total of fifteen studies are included in the systematic review and the results will be presented. The animal model framework explores differences and similarities in physiological effects, characteristics, and moderators between TI in rabbits and human hypnosis and investigates whether the evidence supports or denies the possibility of an animal model of hypnosis for pain

attenuation. This study has significant implications for future research. A groundbreaking new research method such as an animal model in the hypnosis field may be able to provide great insight into the neurobiological effects of the hypnosis phenomena which have been, until now, obscured.

Learning Objectives

1) Identify components of the proposed animal model of hypnosis and understand its potential implications for clinical and translational research for pain management.

12:30-12:45 PM PT

Digital Hypnotherapy for Smoking Cessation: Preliminary Findings and Lessons Learned

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The Finito app is a hypnotherapy-based mobile app for smoking cessation. A prior retrospective study found that the Finito app is generally well received and a majority of users reported significantly reducing or stopping smoking. However, there has yet to be a prospective randomized clinical trial (RCT) of this app delivery for smoking cessation. The present study is an RCT comparing use of the Finito app to wait-list control (usual care condition). Preliminary analyses were conducted to understand the current study sample. Descriptive statistics and frequencies were calculated based on demographic data gathered during baseline. Approximately 34.5% (n = 19) of participants reported having a Bachelor's degree and 29.1% (n =16) completed some college. About 58.2% (n = 32) of participants were employed full-time and 21.8% (n =12) were employed part-time. Participants reported smoking an average of 15.73 years (SD = 12.87) and smoked an average of 13.11 (SD = 6.86) cigarettes at baseline. Study participants reported a mean of 6.22 (SD =13.64) previous quit attempts. Approximately 36.4% (n = 20) of participants learned about the study through social media (e.g., Facebook), 14.5% (n = 8) via email, and 10.9% (n = 6) from a friend. Preliminary results in regard to smoking cessation will be presented. In addition, lessons learned in regard to accrual, randomization, and study procedures will be discussed, with implications for both research and clinical practices. Findings from the present study can inform future investigations on the efficacy of using hypnotherapy based mobile apps for smoking cessation.

Learning Objectives

1) Describe lessons learned in regard to accrual, randomization, and study procedures in conducting an RCT comparing use of a hypnotherapy-based mobile app to usual care.

12:45 – 1:45 PM **Poster Session**

Selected Poster Authors will highlight their posters.

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1:45 PM PT **Scientific Program Ends**

NOTE: 2025 Conference Workshops will take place from Friday through Sunday.

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