

SCEH 2026 Annual Conference

Introductory Workshop

V. 7/14/2026

Please note all 2026 SCEH Annual Conference times are in Pacific Daylight Time (PT).

Three -day cohort; attendance all three days is required. Total training hours: 12.5

Application for CE/CME will be made.

Introductory Workshop: Foundations of Clinical and Applied Hypnosis

Co-Chairs and Faculty Leads: *Tova Fuller MD, PhD and Vivek Datta MD, MPH*

Additional Faculty: *Donald Moss PhD; Nicholas Olendzki PsyD; Zoltan Kekecs, PhD; Ciara Christensen PhD, Liam Clark, MD*

About the Presenters:

Tova Fuller, MD, PhD is Associate Clinical Professor of Psychiatry at the University of California, San Francisco where she is a transplantation psychiatrist. She is dual trained in internal medicine and psychiatry. She specializes in the use of hypnosis in critically ill and solid organ transplantation patients. She served as Co-Chair for the Introductory Workshops on several prior occasions. She is on the Editorial Board of the International Journal of Clinical and Experimental Hypnosis. She received a Presidential Award for her contributions to SCEH in 2023. She is Vice President of the San Francisco Bay Chapter of Physicians for Social Responsibility.

Vivek Datta, MD, MPH is Adjunct Clinical Associate Professor of Psychiatry at Stanford University and a clinical and forensic neuropsychiatrist in private practice in San Francisco. He is quintuple certified in psychiatry, forensic psychiatry, addiction medicine, brain injury medicine, and behavioral neurology & neuropsychiatry. He specializes in the treatment of functional neurological disorders, traumatic brain injury, psychiatric manifestations of neurological disease, chronic pain, complex trauma and dissociative disorders. He first trained in hypnosis 20 years ago as a medical student. He has taught about hypnosis at University College London, the University of Washington, UCSF and Stanford. He was Co-Chair of the SCEH Scientific Program Committee in 2020 and 2021 and co-chaired the advanced workshops in 2023.

Workshop Description

Hypnosis is a powerful tool that allows clinicians to assist patients or clients in making meaningful changes in their physical and mental health. Hypnosis is a fruitful area of research that allows for the study of the mind and human experience, as well as the nature of hypnosis itself. In this workshop, participants will be provided with foundations in hypnosis to begin using it within their scope of practice or research.

The workshop will include large and small group experiential sessions, in addition to didactic presentations and discussion. Faculty will present the historical context and neurobiological basis of hypnosis, discuss ethical use and practice integration, and demonstrate hypnotic techniques and phenomena. Participants will leave with a fundamental understanding of hypnosis and how to facilitate it. Participants will receive resources to help them use hypnosis in research and practice. Suggestions will be provided for further training and education in hypnosis, including practice and mentorship opportunities for SCEH members.

Introductory Schedule Overview

October 14, 2026 - Day 1 of 3

Workshop 8:00 AM – 1:45 PDT (includes two 15 minute and one 45 minute break)

Day One Workshop Hours: 4.5 hours.

October 15, 2026 - Day 2 of 3

Workshop 8:00 AM - 1:15 PM PDT (includes two 15 minute and one 45 minute break)

Day Two Workshop Hours: 4 hours.

October 16, 2026 – Day 3 of 3

Workshop 8:00 AM - 1:15 PM PDT (include two 15 minute and one 45 minute break)

Day Three Workshop Hours: 4 hours

Total Workshop Hours (3 days): 12.5 hours

Introductory Workshop Agenda

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Wednesday October 14, 2026

Start/End Time	Topic	Learning Objectives
8-8:30	Introduction to Clinical Hypnosis (30 minutes) Faculty: Vivek Datta MD MPH	• Identify and articulate widely accepted definitions of clinical hypnosis. • Define key terms related to hypnosis that are often used interchangeably and will be used throughout this workshop. • Recognize and elucidate prevalent myths and misconceptions about hypnosis and provide fact-based corrections for them.
8:30-9:15	Anatomy of the Hypnotic Experience (45 minutes) Faculty: Tova Fuller MD PhD Demo: Brief induction and re-alerting	• Describe each step involved in conducting a formal hypnotic encounter. • Identify and analyze characteristics commonly exhibited by subjects during a trance state, explaining how these characteristics manifest and their relevance to the hypnotic process. • Define and evaluate specific actions or interventions implemented by the facilitator during the re-alerting phase of trance, discussing their impact on the subject's transition out of the hypnotic state.
10:00-10:15	Break	
9:45-10:45	Hypnotic Phenomena (45) Faculty: Vivek Datta, Tova Fuller Demo: Video that shows trance logic; Demo with one participant showing eye closure	• Describe different types of hypnotic phenomena, detailing their unique characteristics. • Discuss and describe how hypnotic phenomena can be used therapeutically. • Describe several principles of eliciting hypnotic phenomena, emphasizing the techniques and conditions conducive to their effective implementation. • Define abreaction within the context of hypnosis and describe how it can be addressed therapeutically, including managing potential challenges and improving therapeutic outcomes.
10:45-11:30	Break	

11:30-12:00	Group Hypnosis Experience (30) Faculty: Tova Fuller	Engage actively in a clinical hypnosis session and subsequently identify and reflect upon three distinct aspects of their own personal experience during trance, focusing on the subjective perceptions, reactions, and sensations encountered.
12:00-12:15	Break	
12:15-1:00	Induction and Deepening of Hypnosis (60) Faculty: Tova Fuller, Vivek Datta, Ciara Christensen Breakout rooms: Brief induction, deepening, re-alerting (45) Small group leaders: TBD Give talking points (PowerPoint) after the experiential component	• Describe three distinct methods of hypnotic induction or trance elicitation, focusing on each method's techniques, rationale, and applicability in various scenarios. • Articulate three specific methods for deepening trance in hypnotic practice, outlining each • technique's steps, effectiveness, and situational appropriateness. • Demonstrate their capability to effectively deepen the hypnotic experience, employing techniques that are best suited to the unique needs and responses of their individual patient or client. • Identify and understand how fractionation can be used to deepen trance states.

Thursday October 15, 2026

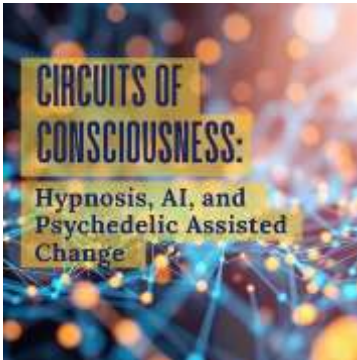
Start/End Time	Topic	Learning Objectives
8:00-8:45	Fundamental of Hypnotic Communication and Suggestion (45) Faculty: Tova Fuller, Vivek Datta	- Explain at least two ways hypnotic communication creates positive expectancy. - Discuss Erickson's Principle of Individualization and Utilization as it pertains to language and suggestion. - Name at least four commonly used words/phrases to reinforce the patient's hypnotic experience. - Discuss types of suggestions (content/process oriented; direct/indirect).
8:45-9:30	When Hypnosis Doesn't Work (45) Faculty: Tova Fuller, Vivek Datta	- Describe various scenarios and signs that may indicate hypnosis is not working, emphasizing the distinction between actual failure and common misconceptions about the hypnotic process. - Identify and formulate several effective strategies for addressing situations where hypnosis appears to be ineffective, including alternative approaches and techniques to enhance the hypnotic experience.
9:30-9:45	Break	
9:45-10:45	Patient/Client Assessment, Introducing Hypnosis to the Patient/Client (15 minutes with 30 minute breakout) Faculty: Vivek Datta, Tova Fuller, Zoltan Kekecs Small group leaders: TBD Breakout Rooms: Practice introducing hypnosis to someone unfamiliar with it	- Summarize at least three key points about hypnosis to discuss in a non-technical manner with a client or patient/client. - Review important elements and recommended procedures in obtaining informed consent regarding the use of hypnosis clinically. - Discuss the fallibility of memory.
10:45-11:30	Break	

11.30-12:00	Self-Hypnosis Faculty: Nicholas Olenzski	• Define self-hypnosis and explain the difference between self-hypnosis and hetero-hypnosis, • Describe at least three therapeutic applications of self-hypnosis in clinical practice • Explain how to teach self-hypnosis to a patient.
12:00-12:15	Break	
12:15-1:15	Hypnosis, Ego Strengthening, and Empowerment (15/45) Faculty: Vivek Datta, Tova Fuller, Nicholas Olendzki Breakout Session: Practice induction and Hartland's script Small group leaders:	• Define what is meant by ego strengthening. • Discuss related concepts to ego strengthening, including self-efficacy and empowerment. • Describe how hypnosis can be used to empower patients and enhance self-efficacy.
1:15	Workshop Ends for the Day	

Friday, October 16, 2026

Start/End Time	Topic	Learning Objectives
8:00-8:45	Ethical Principles and Professional Conduct (45) Faculty: Donald Moss, PhD	• Describe at least two ethical-legal issues, and • Discuss standards for professional conduct in using hypnosis clinically. • Discuss pathways to professionalism, including best practices for clinical work. • Discuss evidence-based, research-informed clinical practice, and resources to provide access to current research on clinical protocols. • Discuss available sources of quality training in clinical hypnosis for continuing education, clinical certification, and re-certification.

8:45-9:30	Neurophysiology of Hypnosis (45) Faculty: Tova Fuller MD	- Describe how hypnosis affects the autonomic nervous system and the stress response. - Detail three implications of neurophysiological research on the practice of clinical hypnosis.
9:30-9:45	Break	
9:45-10:45	Treatment Planning, Strategy and Technique Selection in Clinical Hypnosis (60) Faculty: Tova Fuller, Vivek Datta	- Execute a thorough case assessment to elucidate the information necessary to develop a quality treatment plan, - Design a treatment plan for a patient/client who presents with anxiety. - List at least 4 hypnotic techniques/application that may be best suited to achieve the specific therapeutic goal in the case presented.
10:45-11:30	Break	
11:30-12:00	Managing Resistance Faculty: Vivek Datta	- Describe 3 types of resistance when using hypnosis - Demonstrate the ability to use 4 strategies to manage resistance
12:00-12:15	Break	
12:15-1:15	Integrating Hypnosis into Clinical Practice (45) Faculty: Core Faculty Breakout rooms, by closely aligned disciplines Small Group Leaders: Fuller, Datta, Liam Cla	- Describe situations of uncertainty that might occur as clinical hypnosis is included in practice and identify strategies for managing/resolving such, - List at least three uses of hypnosis to your discipline that you have been taught and are ready to apply and three applications of hypnosis that require more training. - Describe three ways that he or she will begin to incorporate hypnotic communication, hypnosis and hypnotic techniques into his/her practice.
1:15	Introductory Workshop ends	



2026 Annual Conference

77th Annual Workshops & Scientific Program

Circuits of Consciousness: Hypnosis, AI, and Psychedelic-Assisted Change

October 14-18, 2026 (Wednesday-Sunday)

Virtual - live online via Zoom - #SCEH2026

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