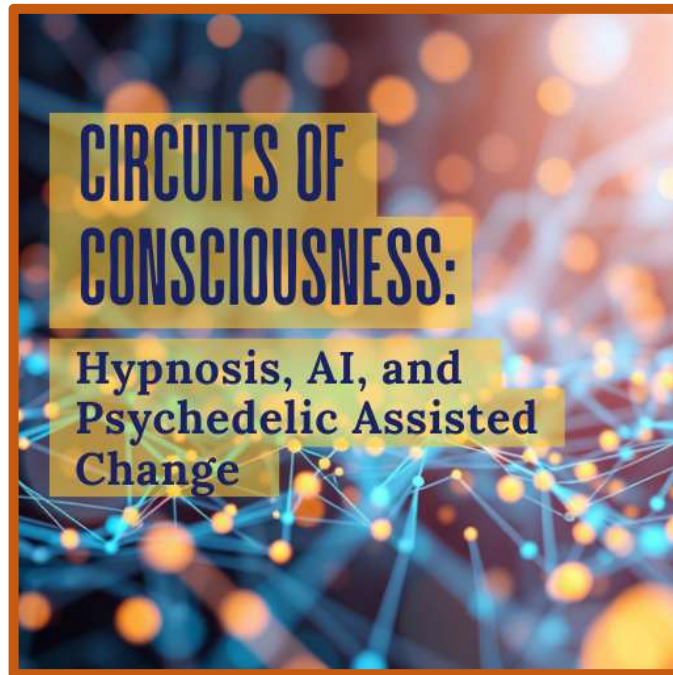




Conference Brochure

*Co-sponsored by the Society for Experimental and
Clinical Hypnosis and Amedco LLC*

2026 Annual Conference

77th Annual Workshops & Scientific Program

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

October 14-18, 2026 (Wednesday-Sunday) - Live online - #SCEH2026

- **October 14-16 -- Workshops**
- **October 17-18 -- Scientific Program**

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Acknowledgements

SCEH EXECUTIVE COMMITTEE

President: Donald Moss, PhD
President Elect: Jessie (Kittle) Markovits, MD
Secretary: Tova Fuller, MS, MD, PhD
Treasurer: Zoltan Kekecs, PhD
Immediate Past President: Barbara McCann, PhD

Voting Members at Large: Deanna Denman, PhD
Non-Voting Student Member: April Andrews, MS

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

CONFERENCE COMMITTEE

OVERALL MEETING CO-CHAIRS

Deanna Denman, PhD and Jessie (Kittle) Markovits, MD

WORKSHOP PROGRAM CO-CHAIRS

Introductory Workshop Co-Chairs:
Tova Fuller, MS, MD, PhD and Vivek Datta, MD, MPH

Intermediate Workshop Co-Chairs:
Barbara McCann, PhD and Cassandra Jackson, PhD

Advanced Workshops Chair:
Deanna Denman, PhD

SCIENTIFIC PROGRAM CO-CHAIRS

Cameron Alldredge, PhD and Vanessa Muniz, PhD

COMMITTEE MEMBERS

Donald Moss, PhD, President, George Glaser, MSW, LCSW
and Anne Doherty Johnson, Executive Director



About the Conference

The SCEH Annual Conference continues the Society's proud tradition of evidence-based professional development and educational sessions on clinical hypnosis. The Annual Conference provides attendees with the opportunity to explore new topics, learn best practices and tools, gain continuing education credits and engage in vibrant debate with instructors and colleagues. The five-day event includes both a workshops component and a scientific program. The Workshops feature clinical hypnosis training at introductory, intermediate and advanced levels. Workshops meet accepted Standards of Training in Clinical Hypnosis and count toward SCEH Hypnosis Certification. The Scientific Program features keynotes, research presentations and symposia that address empirical issues in hypnosis research and practice and related areas. Sessions often integrate research and practice in psychology, psychiatry, medicine and neuroscience to highlight issues that improve understanding of hypnosis. A Poster Session at the Scientific Program provides another glimpse into the latest scientific research in the field. Agenda is subject to change. Advance registration is required. Register early for the best rates. Agenda subject to change. Advance registration is required. Register early for the best rates.

Conference Theme

The theme of the conference will be *Circuits of Consciousness: Hypnosis, AI, and Psychedelic-Assisted Change*. This year's program explores the dynamic intersections between hypnosis, emerging technologies, and transformative mind–body therapies. We invite submissions that examine hypnosis within non-ordinary states, psychedelic-assisted treatment, or investigate innovative digital tools including AI-enhanced education, apps, and telehealth platforms. We also welcome work that advances clinical applications in trauma, pain management, medical and dental care, palliative care, and child and adolescent practice. Submissions highlighting interdisciplinary collaboration, ethical considerations in virtual practice, or the integration of hypnosis with other therapeutic modalities are strongly encouraged. Explore new avenues that enable us to rewire circuits-- of both human and machine-- to shape the future of consciousness and clinical innovation in healthcare.

Eligibility to Attend

The Annual Conference is open to individuals who are **eligible for membership in SCEH**, although one need not be a member to attend. Before registering, potential registrants who are not members should review [membership eligibility requirements](#). If you qualify and are interested in applying to join, please allow sufficient time (about 2 weeks) for our Membership Committee to review your application and materials. Please direct any questions about eligibility to info@sceh.us **before registering**. Thank you.

SCEH Policies

All attendees should be familiar with SCEH Policies which can be found on our website at: <https://www.sceh.us/bylaws-code-of-ethics-policies>.

Conference Format

The conference is being held live on the Zoom Meetings platform. Live participation is required.

Conference Time Zone

Please note that all posted times are in Pacific Daylight Time (PDT). [Click here for help converting time zones.](#)

Schedule at a Glance

77th Annual Workshops and Scientific Program

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

October 14-18, 2026 (Wednesday-Sunday)

- October 14-16 -- Workshops
- October 17-18 -- Scientific Program

Day	Introductory Workshop - taken as a cohort	Intermediate Workshop - taken as a cohort	Advanced Workshops - session times vary	Scientific Program	Networking Events & Audience	TIME
Wednesday	8:00 AM - 1:45 PM PDT	8:00 AM - 1:45 PM PDT	8:00 AM - 1:45 PM PDT		General - All attendees	2:00-3:00 PM PDT
Thursday	8:00 AM - 1:15 PM PDT	8:00 AM - 1:15 PM PDT	8:00 AM - 1:15 PM PDT		SCEH Members	2:00-3:00 PM PDT
Friday	8:00 AM - 1:15 PM PDT	8:00 AM - 1:15 PM PDT	8:00 AM - 1:15 PM PDT		Students / Early Career Professionals	2:00-3:00 PM PDT
Saturday				8:00 AM - 1:45 PM PDT	Women	2:00-3:00 PM PDT
Sunday				8:00 AM - 1:45 PM PDT		

Continuing Education: Application for CE/CME will be made. Check back for CE/CME status.

Breaks

Breaks are as shown on the respective section agendas.

Networking Events

Please note that we will host the following Networking Events at the end of the day on Wednesday through Saturday. We invite you to plan your day so that you can join us to network with colleagues.

EVENT CODE	DAY	DATE	NETWORKING EVENT / AUDIENCE	START TIME
601	Wed.	Oct. 14	General - All attendees	2:00 PM PT
602	Thurs.	Oct. 15	SCEH Members	2:00 PM PT
603	Fri.	Oct. 16	Students / Early Career Professionals	2:00 PM PT
604	Sat.	Oct. 17	Women	2:00 PM PT

Each networking session is scheduled for one hour.

Not Yet a Member of SCEH ?

We invite you to join! Visit our website to review member eligibility and submit an online application form. See <https://www.sceh.us/apply-for-membership>.

A promotional banner for SCEH membership. It features a blue and green geometric background. The text 'Apply for Membership' is in large blue font. Below it is the SCEH logo and a short paragraph about the society's premise. To the right, a list of invited groups is shown. At the bottom, a mission statement and the website URL are provided.

Apply for Membership

SCEH SOCIETY FOR CLINICAL & EXPERIMENTAL HYPNOSIS

A distinguishing feature of SCEH is our 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.

We invite:

- Clinicians!
- Academics!
- Researchers!
- Students!

Come be a part of our mission to promote excellence and progress in hypnosis research, education and clinical practice.

www.sceh.us

Continuing Education Information – CE and CME

Application for CE/CME is being made. Check back to our website for CE/CME status.

Accreditation Statement



In support of improving patient care, this activity has been planned and implemented by Amedco LLC and Society for Clinical & Experimental Hypnosis. Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

View our [conference web page](#) for the latest information and details on conference continuing education.

A Learner Notification will be posted on the conference web page as soon as it is available and provided to all registered attendees in advance of the conference in the Final Event Confirmation. The Learner Notification includes detailed continuing education information and instructions on how to obtain your Continuing Education Certificate.

Continuing Education Reminder for Presenters

Your assistance in reminding attendees to complete the continuing education online form for your session is appreciated. Please make an announcement at the start and conclusion of each workshop. Thank you.

Continuing Education Reminder for Attendees

A link to a CE/CME form will appear in the Learner Notification, sent to all registrants. Please refer to the Continuing Education section of our conference page for more information on continuing education.

Keynote Speakers Schedule

Keynotes are a part of the Scientific Program.



Left to right, in order of appearance: Peter Gardner, MD, Etzel Cardeña, PhD and Amir Raz, PhD

Saturday, October 17, 2026

9:45-10:45 AM PDT

Can Machines Think? Hypnosis, AI, and the Emerging World Model

Peter Gardner, MD

Sunday, October 18, 2026

8:00-9:00 AM PDT

An Expert, Multidisciplinary Phenomenologically-Based Taxonomy of States

Etzel Cardeña, PhD

12:15-1:15 PM PDT

The Iron Triangle: Altered Consciousness, Hallucinogens, and Health

Amir Raz, PhD

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. SCEH offers **Introductory**, **Intermediate** and **Advanced** level workshops. Workshops meet accepted Standards of Training in Clinical Hypnosis and count toward [SCEH Certification](#).

100 - Introductory Workshop

Application for CE/CME will be made.

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

Foundations of Clinical and Applied Hypnosis --

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. The Introductory Workshop follows established Standards of Training to provide attendees with a basic background and understanding to begin using hypnosis within the context of their scope of practice. Agenda subject to change. This is a three-day cohort; attendance all three days is required.

Limited Spots Available: Registration for this Introductory Workshop will be limited to 36 paid participants, on a first-come, first served basis.

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.

Daily Schedule Overview

Note: All times in Pacific Daylight Time. [Click here for help converting time zones.](#)

October 14, 2026 - Day 1 of 3

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

Breaks: 9:30 AM PDT and 12:00 PM PDT - 15 minutes; 10:45 AM PDT - 45 minutes 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)

Breaks: 9:30 AM PDT and 12:00 PM PDT - 15 minutes; 10:45 AM PDT - 45 minutes 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)

Breaks: 9:30 AM PDT and 12:00 PM PDT - 15 minutes; 10:45 AM PDT - 45 minutes Day Three Workshop

Hours: 4 hours

Total Workshop Hours (3 days): 12.5 hours

Introductory Workshop Agenda and Learning Objectives

Wednesday October 14, 2026

Start/End Time (PDT)	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 minutes) 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 minutes) 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 (45 minutes) Faculty: Tova Fuller, Vivek Datta, Ciara Christensen Breakout rooms: Brief induction, deepening, re-alerting (45 minutes) 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.
1:00-1:45	Principles and Process of Rapport, Attunement, Trance Elicitation, and Reorientation (45 minutes) Faculty: Vivek Datta, Tova Fuller Demo: Another brief session, emphasis on signs of trance (participants may use an observation checklist to note rapport building, observable signs of trance, and how re-alerting was conducted) Small group leaders: Fuller, Datta, Ciara Christensen Rooms: Practice a brief hypnosis session: elicitation, intensification, re-alerting (if possible, groups of 3; one person always observing) Materials: Observer Checklist	• Articulate three effective strategies for building and reinforcing rapport in a therapeutic context, detailing the techniques, their practical implementation, and the impact on client relationships. • Describe at least four observable physiological and four psychological or behavioral signs indicative of trance, emphasizing the significance of each sign in recognizing and assessing the depth of trance. • Discuss the importance of removing hypnotic suggestions, exploring the ethical, practical, and psychological reasons why this step is crucial in hypnosis. • Demonstrate at least three methods of reorienting subjects from trance.
1:45	Workshop ends for the day	

Thursday October 15, 2026

Start/End Time (PDT)	Topic	Learning Objectives
8:00-8:45	Fundamental of Hypnotic Communication and Suggestion (45 minutes) 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 minutes) 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 minutes) 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 (PDT)	Topic	Learning Objectives
8:00-8:45	Ethical Principles and Professional Conduct (45 minutes) 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 minutes) 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 minutes) 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 minutes) Faculty: Core Faculty Breakout rooms, by closely aligned disciplines Small Group Leaders: Fuller, Datta, Liam Clark	• 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	

200 - Intermediate Workshop

Application for CE/CME will be made.

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

Refining Skills and Treatment Applications

The Intermediate Workshop includes many opportunities for practicing hypnosis with other workshop participants under the guidance of faculty. Therapeutic applications will span both psychotherapeutic and medical or procedural applications. The primary focus of Day One will be the treatment of anxiety in psychotherapeutic and medical settings. Day Two will cover a wide range of techniques for addressing somatic and mind-body concerns. Day Three will begin with a focus on helping people manage problematic habits. Strategies for combining hypnosis within various therapeutic frameworks and practices, including cognitive-behavioral therapy (CBT), behavior therapy (BT), motivational interviewing (MI), strategic therapy, and internal family systems therapy (IFS) will be discussed throughout this workshop. The Intermediate Workshop is, taken as a cohort, may be used toward SCEH certification or simply to refresh and expand hypnotic skills.

Daily Schedule Overview

Note: All times in Pacific Daylight Time. [Click here for help converting time zones.](#)

October 14, 2026 - Day 1 of 3

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

Breaks: 9:30 AM PDT and 12:00 PM PDT - 15 minutes; 10:45 AM PDT - 45 minutes

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)

Breaks: 9:30 AM PDT and 12:00 PM PDT - 15 minutes; 10:45 AM PDT - 45 minutes

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)

Breaks: 9:30 AM PDT and 12:00 PM PDT - 15 minutes; 10:45 AM PDT - 45 minutes

Day Three Workshop Hours: 4 hours

Total Workshop Hours (3 days): 12.5 hours

Co-Chairs and Faculty Leads: *Cassandra Jackson, PhD and Barbara McCann, PhD*

Additional Faculty: *Shawn Criswell, PhD, LPC; Samuel B. Lurie, MEd, MSW; Scott Hoyer, PsyD*

About the Presenters:

Barbara S. McCann, PhD, is Professor of Psychiatry and Behavioral Sciences and Mental Health Counseling and Hypnosis Endowed Chair at the University of Washington in Seattle, Washington (USA). Her clinical psychology practice is based out of Harborview Medical Center, where she treats individuals with depression, anxiety, functional seizure disorder, and insomnia and conducts research and scholarship in these areas. Dr. McCann teaches psychiatry residents, psychology residents, medical students, and fellows, and has received numerous teaching awards. She has published over 60 journal articles and book chapters. She is Immediate Past-President of the Society for Clinical and Experimental Hypnosis and Certified as an Approved Consultant by the American Society of Clinical Hypnosis. She is on the Board of Editorial Consultants for the International Journal of Clinical and Experimental Hypnosis, serves as an Advisory Editor for the American Journal of Clinical Hypnosis, and is an Associate Editor of the Encyclopedia of Hypnosis and Suggestion, published online by the International Society of Hypnosis. She is a founding member and Co-Chair of the FND Society's Hypnosis Special Interest Group.

Intermediate Workshop Agenda

Wednesday, October 14, 2026

Start-End Time	Topic/Presenters
Day 1	Treatment of Anxiety in Psychotherapeutic and Medical Settings (Criswell, Jackson, McCann)
8:00 - 9:30 AM PDT	Treatment of Anxiety Part 1
9:30 - 9:45 AM PDT	Break
9:45 - 10:45 AM PDT	Treatment of Anxiety Part 2
10:45 - 11:30 AM PDT	Lunch Break
11:30 - 12:00 PM PDT	Small Group Practice: Overview and Demonstration
12:00 - 12:15 PM PDT	Break
12:15 - 1:45 PM PDT	Small Group Practice, Wrap-up & Discussion
1:45 PM PDT	Intermediate Workshop ends for the day

Thursday, October 15, 2026

Start-End Time	Topic/Presenters
Day 2	Somatic and Mind-Body Applications (Lurie, Jackson, McCann)
8:00 - 9:30 AM PDT	Safe, Calm and Secure: Strengthening Safe-Place with Kinesthetic Anchoring
9:30 - 9:45 AM PDT	Break
9:45 - 10:45 AM PDT	Soothed, Calmed and Empowered: Inner Wisdom/Parts Therapy Technique for Anxiety Relief
10:45 - 11:30 AM PDT	Lunch Break
11:30 - 12:00 PM PDT	Small Group Practice: Overview and Demonstration
12:00 - 12:15 PM PDT	Break
12:15 - 1:15 PM PDT	Small Group Practice, Wrap-up & Discussion
1:15 PM PDT	Intermediate Workshop ends for the day

Friday, October 16, 2026

Start-End Time	Topic/Presenters
Day 3	Managing Problematic Habits (Hoye, Jackson, McCann)
8:00 - 9:30 AM PDT	Habits, Part 1
9:30 - 9:45 AM PDT	Break
9:45 - 10:45 AM PDT	Habits, Part 2
10:45 - 11:30 AM PDT	Lunch Break
11:30 - 12:00 PM PDT	Small Group Practice: Overview and Demonstration
12:00 - 12:15 PM PDT	Break
12:15 - 1:15 PM PDT	Small Group Practice, Wrap-up & Discussion
1:15 PM PDT	Intermediate Workshop ends

Intermediate Workshop Learning Objectives

- 1) Articulate the nature of anxiety, describing similarities and differences in anxiety in various psychiatric conditions and medical illnesses, and during medical procedures and performance situations.
- 2) Articulate the process-oriented model of anxiety — distinguishing it from symptom-focused and diagnosis-drive...n approaches — and explain how anxiety arises from identifiable cognitive and relational processes (e.g., global thinking, future-oriented rumination, poor discrimination strategies, attentional inflexibility) rather than from a single underlying pathology.
- 3) Construct experiential hypnotic exercises that build specific coping skills — such as compartmentalization, cognitive flexibility, distress tolerance, and self-soothing — rather than relying solely on relaxation or insight.
- 4) Construct effective hypnotic interventions to address anxiety common to various psychiatric and medical conditions, as preparation for distressing medical procedures or during their acute administration, and for use in performance applications.
- 5) Describe the clinical rationale for establishing a safe-place resource during hypnosis and trauma-informed treatment.
- 6) Explain the principles of kinesthetic anchoring and its role in strengthening emotional regulation, sense of safety and use as resource outside of session (future pacing) to improve patient outcomes and sense of control.
- 7) Apply safe-place and anchoring techniques through case discussion, demonstration, and supervised small-group practice.
- 8) Describe the key components of the Body Wisdom/Parts Therapy technique, including its relationship to Autonomic Nervous System regulation and its application in reducing anxiety and emotional distress.
- 9) Apply hypnosis within the Body Wisdom/Parts Therapy framework in clinical practice by identifying appropriate client presentations, integrating the intervention into treatment planning, and increasing confidence in using the approach to promote self-soothing, emotional regulation, and empowerment beyond the therapy session.
- 10) Assess habits to identify factors that maintain the habit, including mapping the habit loop, assessing readiness for change, evaluating the role of stress and emotion regulation in habit maintenance, and determining the contributions of impulse control issues, anxiety-driven compulsions, and conditioned behavioral patterns.
- 11) Design hypnotic interventions that target specific behavioral, cognitive, emotional, and contextual factors that maintain habits based on an initial assessment of habits.
- 12) Differentiate the role of direct suggestion, posthypnotic suggestion, and symptom substitution as distinct hypnotic strategies for habit modification and demonstrate the ability to select and construct the appropriate strategy based on the clinical presentation.
- 13) Crafting each type of suggestion (direct suggestion, posthypnotic suggestion, and symptom substitution) for at least two different habit presentations.
- 14) Describe the evidence base for the use of hypnosis across anxiety presentations, mind-body problems, and habit change.

300 - Advanced Workshops

Application for CE/CME will be made. Agenda subject to change.

Advanced Workshops are designed for those who have completed Introductory and Intermediate level clinical hypnosis training. Advanced Workshop registrants select from varied topics offered in concurrent sessions.

The total earned continuing education hours will vary depending on the sessions you attend. For an overview of sessions, see the [Advanced Workshops Summary](#) which follows descriptions.

Daily Schedule:

Wednesday, Oct. 14:	8:00 AM-1:45 PM PDT
Thursday, Oct. 15:	8:00 AM-1:15 PM PDT
Friday, Oct. 16:	8:00 AM-1:15 PM PDT

Scheduled Breaks: 9:30-9:45 AM PDT / 10:45-11:30 AM PDT / 12:00-12:15 PM PDT

Advanced Workshops Co-chair: *Deanna Denman, PhD*

Faculty: *Louis Francis Damis, PhD, ABPP, BCIA, FASCH; Philip D. Shenefelt, MD, ABMH; David R. Patterson, PhD, ABPP; Olivier Benarroche, DDS; Dan N. Short, PhD; Ron Bell, MC; Katherine A. Scheffrahn, BS; Gary R. Elkins, PhD, ABPP, ABPH; Zsuzsanna Besnyo, BA; Cameron Alldredge, PhD; Michael Spertus, MD; Jessie (Kittle) Markovits, MD*

Advanced Workshops Agenda

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

Wednesday, October 14, 2026

8:00 AM -12:00 PM PDT

301 - Applying the Ideal Parent Figure Protocol for Attachment Repair 3 hours

Louis Francis Damis, PhD, ABPP, BCIA, FASCH

This workshop focuses on applying the Ideal Parent Figure Potocol (Brown & Elliot, 2016) for attachment repair. The characteristics of the secure and three insecure attachment styles will be outlined, along with the caregiver behaviors that fostered them. The majority of the session will be dedicated to training techniques, with an emphasis on demonstrations. The Normative Implicit Clinical Hypnosis approach taught facilitates modification of implicit memory and Internal Working Models that underlie attachment disorders and Complex PTSD.

Demonstration and Practice: This workshop will include demonstrations of safe-place imagery and the Ideal Parent Figure protocol.

Learning Objectives

1. Delineate three criteria for adequate acquisition of attachment repair.
2. Outline two strategies for establishing a neurophysiological substrate for trauma processing and attachment repair.
3. Describe the importance of prioritizing neglect repair and related implicit memory modification hypnotic strategies.
4. Describe and apply positive opposites for the repair of specific attachment wounds.

8:00-10:15 AM PM PDT

302 - Altered Consciousness Related to Spiritual and Religious Factors for Skin and Skin Disorders

2 hours

Philip D. Shenefelt, MD, ABMH

Skin and skin disorders have spiritual and religious dimensions often associated with altered states of consciousness experiences since antiquity. The skin is a major sense organ and also expresses emotions detectable by others. How much skin is covered, scalp and beard hair cutting and styling, skin and nail and hair coloring and decorating, tattooing, and intentional scarring of skin continue to have spiritual and religious significance, often derived originally from visions or other altered state of consciousness experiences. Persons with visible skin disorders have often been stigmatized. Building resilience through spiritual and religious interactions with various skin disorders are discussed.

Demonstration and Practice: Shamanic drumming, breath meditation, hypnotic eyeroll

Learning Objectives

1. Explain the connection between building resilience and altered states of consciousness and spiritual and religious experiences.
2. Describe the culturally specific contexts in which the spiritual and religious experiences occur.
3. Describe the interaction between skin and psyche and their spiritual and religious dimensions.
4. Assess the influence of spiritual and religious dimensions on personal and cultural ramifications of skin disorders.

9:30-9:45 AM PDT

Break

10:45 AM-11:30 PM PDT

Break

11:30 AM-1:45 PM PDT

303 - Enhancing Motivational Interviewing With Hypnosis

2 hours

David R. Patterson, PhD, ABPP

This two-hour workshop will focus on combining motivational interviewing (MI) and hypnosis for managing addictions as well as changing lifestyle in managing chronic illness and pain. The first part of the workshop will focus on teaching the basics of MI with group practices. For example, participants will be trained to listen for potential for change and positive reframing, as well as to elicit such statements from clients. We will then introduce non-linear forms of inductions. The hypnotic sessions will be designed to reinforce positive change statements, affirmations and values, all which are instrumental to MI. At the end of the workshop participants should be comfortable conducting a hypnotic session that integrates the principles of MI

Demonstration and Practice: The instructor will model an induction that combines hypnosis and motivational interviewing, after breaking it down to components. Participants will “interview” a partner and focus on identifying statements of change and positive cognitive reframes. Participants will then practice the hypnotic induction on a fellow participant.

Learning Objectives

1. Describe the empirically based approaches that motivational interviewing (MI) uses to elicit change in addition and health care practices.
2. Perform hypnotic inductions that increase the effect size of MI interventions.

12:00-12:15 PM PDT

Break

12:15-1:45 PM PDT

304 - Hypnotic Modelisation: Awaken the Genius That Sleeps Inside of You! An Experiential Workshop Integrating Neuroscience, Hypnosis, and Learning Systems

1.5 hours

Olivier Benarroche, DDS

Human beings are learning machines. From birth, we continuously perceive, model, and integrate our environment, adapting and evolving through largely automatic processes. Much of this learning occurs through observation, imitation, and “identification” mechanisms now well documented in neuroscience, particularly through mirror neuron systems, attentional networks, imagination, empathy, and neuroplasticity. This advanced experiential workshop introduces Hypnotic Modeling, a structured hypnotic protocol designed to intentionally amplify these natural learning processes. Through deep trance and guided identification,

participants learn how to unconsciously and efficiently internalize capacities, skills, and creative states embodied by an inspiring model, whether a real person, an archetype, or a symbolic figure. In the context of this year's theme, Circuits of Consciousness, hypnotic modeling can be understood as a human analogue to artificial intelligence learning systems: much like AI analyzes, abstracts, and reproduces complex data structures, the hypnotic mind can absorb and reorganize patterns of perception, cognition, emotion, and behavior. Hypnosis provides access to these learning circuits at a depth where change becomes rapid, embodied, and enduring. The workshop also situates hypnotic modeling within its cross-cultural and historical roots. From shamanic shape-shifting rituals and ancient mystery traditions to mystical Christian practices and Balinese trance, humans have long used altered states of consciousness to "become someone else" in order to learn, heal, and transform. Modern hypnotherapy allows us to revisit these ancient mechanisms with contemporary scientific understanding and clinical precision. Participants will use a reproducible protocol, organized into three phases "Preparation, Modeling, and Application" unfolding across ten clearly defined steps. The workshop will emphasize both theoretical understanding and hands-on group practice, allowing participants to directly experience the method and develop clinical or personal applications.

Demonstration and Practice: This is an experiential workshop combining didactic segments with live demonstrations and guided group practice. Participants will leave with both a conceptual framework and practical tools they can immediately integrate into their professional or personal work.

Learning Objectives

1. Identify the neuroscientific foundations of learning through identification, including neuroplasticity, attention, memory, imagination, and empathy
2. Explore hypnotic modeling as a conscious activation of innate learning circuits
3. Utilize a complete, step-by-step hypnotic modeling protocol applicable in clinical, coaching, and self-development contexts
4. Experience how playful, imaginal, and seemingly "non-serious" processes -dreaming, symbolic play, rituals, and construction of a plot- are in fact powerful drivers of transformation and creativity
5. Apply hypnotic modeling ethically and safely for personal growth, patient work, and therapeutic change

1:45 PM PDT

Advanced workshop sessions end for the day.

Thursday, October 15, 2026

8:00 AM -12:00 PM PDT

305 - Temporal State Psychology: Meeting Clients Where They Are

3 hours

Dan N. Short, PhD

This workshop introduces Temporal State Psychology, a model for recognizing whether clients need to problem-solve in the past, present, or future. Through clinical cases and experiential exercises, participants learn how to meet clients in their operative temporal state and restore flexibility using hypnotherapeutic methods that expand choice and psychological mobility.

Demonstration and Practice: State-matched micro-interventions will be demonstrated intermittently throughout the talk. Sample mini-scripts will be provided. In dyads, participants practice:

- ◇ A brief age-regression prompt for past-privileged material.
- ◇ A future-self or age-progression prompt for future-privileged material.
- ◇ A contingency-based framing for present-privileged distress.

Learning Objectives

1. Accurately classify a client vignette as past-, present-, or future-privileged and justify their classification by citing at least two diagnostic indicators from the model, with 80% accuracy across three cases.
2. Select an appropriate temporal intervention (e.g., age regression, age progression, or hypnotic contingency) and articulate a state-matched rationale that links the client's operative temporal zone to the chosen method, as demonstrated in a structured role-play.
3. Design a three-step clinical sequence that restores temporal mobility for a stuck client by (a) meeting the client in their operative temporal state, (b) eliciting a state shift, and (c) expanding choice, producing a written plan that satisfies all three criteria in peer review.

8:00 AM-12:00 PM PT

306 - Conversational Hypnosis: Trance without Induction

3 hours

Ron Bell, MC

Goal: To bring awareness and interest to Conversational Hypnosis as a powerful and rapid set of therapeutic principles for problem solving and therapeutic healing.

Rationale: Advanced Conversational Hypnosis (ACH) demonstrates how naturally occurring mini-trances occur and can be utilized during the Hypnotic Interview (problem exploration) to effect change. Principles of ACH emphasize the governing position of the client's unconscious mind in problem resolution and the utility of the therapist accepting of one's secondary, yet essential, role as curious facilitator.

Outline:

- I. Explain the learning objectives
- II. List and define the eleven principles of ACH.
- III. Differentiate conscious from unconscious processing.
- IV. Demonstrate the hypnotic interview with a volunteer.
- V. Analyze demo for examples of ACH principles, particularly UMs, conclusions and contradictions.
- VI. Differentiate between conscious and unconscious directed questions. In triads, participants to practice using both types and analyze types of responses.
- VII. Differentiate between conscious responses and UMsa. In triads, participants restrict themselves to asking only unconscious questions, then observe and analyze responses and internal experience.
- VIII. Demonstrate UM enhancement (extended video or with volunteer): a) conduct hypnotic interview; b) gain feedback from volunteer and c) illustrate with examples of eleven principles includes use of clean language.
- IX. Evaluation, Questions, Resources.

This session follows a 2024 advanced workshop, Conversational Hypnosis: The Power of Unadulterated Curiosity, this time giving participants the opportunity to practice its principles through the Hypnotic Interview. Conversational hypnosis follows from the work of Milton Erickson who described it as a “reversal of the usual procedure of inducing hypnosis”. Erickson recognized that trance occurs naturally, and is not something imposed by the hypnotist, but can be facilitated by the hypnotherapist, recognizing and enhancing unconscious moments where the unconscious reveals itself. Training will focus on putting to the test the eleven principles of conversational hypnosis, utilizing the Hypnotic Interview, as demonstrated with volunteer subjects. Participants will have opportunity to practice the eleven principles in triads. Emphasis will be placed on which therapeutic practices do not play well with Conversational Hypnosis, including summarizing, interpreting, history taking and solution seeking. Particular attention will be given to recognizing how conscious conclusions by both clients and therapists inhibit discovery of root problems. Participants will practice testing in an environment of constant unconscious feedback, testing not only solutions but each conscious conclusion, new awareness, or potential insight that occurs in session. Finally, participants will assess whether demonstrations result in hypnotic trance, provide clear identification of root issues, spark unconscious processing and result in discovery of choice in problem resolution. Assessment will include determination of how much was resolved by the client alone and what role the therapist played.

Demonstration and Practice: The hypnotic interview will be demonstrated by the presenter with volunteer subjects. Time will be allotted for participants to practice the following skills:

- ◇ Utilizing clean language to elicit client descriptions of the problem
- ◇ Identifying and bringing to client awareness four types of unconscious moment (UM) including Visual, Auditory, Verbal and Kinesthetic.
- ◇ Enhancing UMs through selective repetition, related questions and process instructions
- ◇ The Emotional Trance Method to assist clients to stay with and learn from their emotions as they are safely experienced.
- ◇ Testing moment-to-moment realizations against shifting description of the initial problem.
- ◇ Testing problem resolution

Learning Objectives

1. Conduct the Hypnotic Interview employing eleven principles of Conversational Hypnosis
2. Find and utilize four types Unconscious Moments to create and enhance trance.
3. Utilize Unconscious Moments to test therapeutic results continuously in session.

9:30-9:45 AM PDT

Break

10:45 AM-11:30 PM PDT

Break

12:00-12:15 PM PDT

Break

12:15-1:15 PM PDT

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

1 hour

Katherine A. Scheffrahn, BS and Gary R. Elkins, PhD, ABPP, ABPH

This workshop, led by the editor and managing editor of the leading journal in hypnosis research, the International Journal of Clinical & Experimental Hypnosis (IJCEH), provides a comprehensive guide on designing rigorous hypnosis research and preparing manuscripts for successful publication. Attendees will learn about the various types of manuscripts considered for publication, including theoretical papers, pilot studies, efficacy studies, and clinical case studies. A significant portion of the presentation focuses on the requirements for designing rigorous case studies. While case studies are valuable for advancing scientific knowledge, identifying new interventions, and informing clinical practice, successful case study manuscripts in the field of hypnosis require meticulous planning and specific components. This presentation addresses how to conduct quality case studies that are suitable for publication. The second major area of focus in this workshop is preparing papers for publication. Attendees will receive specific guidance on scholarly writing style, the structure of research papers and preparation of papers for submission for publication. An outline of the process of submitting manuscripts for publication and navigating the peer review process, including expected timelines and procedures for responding to revision requests, will be discussed. This workshop will be of interest 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.

Demonstration and Practice: This workshop will provide demonstration on how to go through the process of manuscript submission for authors. Also, practice questions and Q&A/discussion portions will be used throughout to build individual skills.

Learning Objectives

1. Describe the distinct requirements and contribution potential of various manuscript types (i.e., Theoretical Papers, Case Studies, Pilot Studies, and Efficacy Studies) in advancing scientific knowledge and informing clinical practice in hypnosis research.
2. Identify skills in rigorous research reporting and design, including identifying the necessary components for successful manuscripts to avoid common reasons for manuscript rejection.
3. Describe how to apply appropriate academic writing standards and formatting conventions, specifically adhering to APA 7th Edition guidelines for style.

12:15-1:15 PM PDT

308 - On The Spectrum of Pain: The Riddle of the Needle-- Non-Pharmacological Interventions in Blood Drawing -- A Case Study of a Young Adolescent Autistic Visually Impaired Patient

1 hour

Zsuzsanna Besnyo, BA

The workshop presents the everyday life of an European blood draw clinic and the experiences of applying pain-relieving techniques acquired there, using the most modern pain theory models to describe the pain awareness processes from a developmental psychology approach, as well as the method of suggestive communication embedded in a bio-psycho-social theoretical framework. The workshop introduces a palette of international good practices addresses the challenges of working with sensitive groups in acute pain situations. In conclusion the age-specific application of non-pharmacological methods in an interdisciplinary approach with modern tools is effective in acute pain relief, creating a sense of security for children and parents, as well as in preventing conditions associated with chronic pain. The focus of the case study is on managing the support of a young blind autistic patient. The knowledge and effective application of these methods can serve as a stable basis for smoother ambulatory patient care.

This workshop will emphasize the scientific, methodological, ethical aspects of working with sensitive groups such as neurodivergent especially autistic children in medical settings. It will explore the uniqueness of non-pharmacological techniques in ambulatory care with short summary via rapid demonstration about effective suggestive techniques in blood draw, introducing some international good practices and suggestive communication adapted to the blood draw process to promote pain management.

Learning Objectives

1. Describe three key aspects of effective suggestive techniques in blood draw.
2. Explain differences between interventions for autistic and non-autistic young patients.
3. Identify three aspects of comfort promise.
4. Demonstrate effective use of non-pharmacological interventions to control acute pain in ambulatory care.

1:15 PM PDT

Advanced workshop sessions end for the day.

Friday, October 16, 2026

8:00-10:15 AM PDT

309 - A Practical Masterclass on Using AI in Hypnotherapy

2 hours

Cameron Alldredge, PhD

This workshop will provide clinicians with practical guidance on using artificial intelligence to reduce the administrative and repetitive aspects of clinical hypnosis, allowing greater focus on the art, presence, and delivery of hypnotic interventions. Through live demonstration, attendees will learn specific, pragmatic methods for integrating AI into their clinical workflow, including staying current with relevant research, generating customized background music for sessions and recordings, creating audio recordings for at-home practice, and developing personalized tools to help clients integrate hypnotic work into daily life and lasting change. In addition to instruction on the effective use of large language models (e.g., ChatGPT, Gemini, Copilot), the workshop will demonstrate the practical application of complementary AI tools such as ElevenLabs, Suno, and Notebook LM. The tone of the workshop will be informative, engaging, and experiential. Attendees will leave with concrete skills and a wide range of actionable ideas for thoughtfully incorporating AI into their own clinical practice in ways that enhance treatment.

Demonstration and Practice:

- ◇ Attendees will practice writing prompts for AI assistance.
- ◇ Demonstration provided on using Notebook LM for professional development.
- ◇ Demonstration provided on using ElevenLabs for audio sessions.
- ◇ Demonstration provided on using Suno for music generation.
- ◇ Demonstration provided on using ChatGPT for image generation and administrative tasks.

Learning Objectives

1. Describe clinically appropriate and ethically responsible applications of artificial intelligence that support the practice of clinical hypnosis by reducing administrative and preparatory tasks.
2. Demonstrate the practical use of AI-assisted tools for professional development and the creation of hypnosis-related clinical materials.
3. Integrate AI-assisted methods into hypnosis-based client follow-up in ways that support skill generalization, between-session reinforcement, and real-world change.

8:00-10:15 AM PDT

310 - Integrating Pain Reprocessing Therapy Principles with Clinical Hypnosis for Chronic Pain

2 hours

Michael Spertus, MD

Pain Reprocessing Therapy (PRT) is rapidly gaining recognition as a leading, evidence-based approach in pain psychology and chronic pain management, supported by emerging clinical research and real-world success. Clinical hypnosis has long been used to treat chronic pain with favorable, although sometimes variable results. This presentation aims to integrate PRT principles with clinical hypnosis to enhance both efficacy and scope. Attendees will learn how PRT's core principles of pain neuroscience education, safety reappraisal, addressing emotional threats, and positive affect induction can enhance hypnotic efficacy, and in turn, learn how using hypnotic language and techniques can deepen the effects of PRT.

Demonstration and Practice: Participants will practice describing neuroplastic pain to potential patients/clients in a breakout session. Participants will be guided as a group through a demonstration that integrates hypnotic techniques with somatic tracking

Learning Objectives

1. Describe the core principles of Pain Reprocessing Therapy (PRT)
2. Compare the theory, mechanistic basis, and research between PRT and clinical hypnosis in improving chronic pain.
3. Describe the concept of neuroplastic pain to others.
3. Apply the principles of PRT in hypnotic interventions and vice versa.

9:30-9:45 AM PDT

Break

10:45 AM-11:30 PM PDT

Break

11:30-1:15 PM PDT

311 - Hypnosis for Chronic Medical Conditions: A Brief, Action-Oriented Approach with Digital AI Platform Integration **1.5 hours**

Jessie (Kittle) Markovits, MD

This advanced workshop, led by an internist, moves beyond basic relaxation to equip clinicians with the skills to design targeted, brief hypnotic interventions for complex chronic conditions such as IBS, autoimmune diseases, and long-COVID. Grounded in neurophysiological theory and clinical case studies, the session explores how hypnosis can elicit physiological change and disrupt the cycle of chronic symptoms. Participants will focus on transforming patient "illness scripts" into personalized, empowering wellness narratives. Additionally, the workshop will demonstrate how to leverage AI-driven tools, specifically the Reveri App, to bolster complex symptom management and enhance self-hypnosis practice at home.

Demonstration and Practice: Participants will practice formulating scripts for complex symptoms in small groups. There will also be a live demonstration of the Reveri AI-integrated hypnosis app.

Learning Objectives

1. Explain how hypnotic interventions elicit specific neurobiologic changes to modulate the "bottom-up" sensory processing and "top-down" regulation of complex conditions like chronic fatigue and autoimmune dysfunction.
2. Formulate patient-specific hypnotic scripts by identifying key elements of a patient's chronic illness narrative and reframing them into personalized, wellness-oriented suggestions.
3. Integrate AI-based platforms like the Reveri App into a comprehensive treatment plan to facilitate consistent home practice and improve long-term symptom management.

12:00-12:15 PM PDT

Break

1:15 PM PT

Advance Workshops end

Advanced Workshops Summary

Note: All times in Pacific Daylight Time. [Click here for help converting time zones.](#)

DAY	DATE/ Time	TITLE	PRESENTER(S)	HOURS
Wednesday	October 14, 2026			
301	8:00 AM -12:00 PM PDT	Applying the Ideal Parent Figure Protocol for Attachment Repair	Damis	3
302	8:00-10:15 AM PM PDT	Altered Consciousness Related to Spiritual and Religious Factors for Skin and Skin Disorders	Shenefelt	2
303	11:30 AM-1:45 PM PDT	Enhancing Motivational Interviewing With Hypnosis	Patterson	2
304	12:15-1:45 PM PDT	Hypnotic Modelisation: Awaken the Genius That Sleeps Inside of You!: An Experiential Workshop Integrating Neuroscience, Hypnosis, and Learning Systems	Benarroche	1.5
Thursday	October 15, 2026			
305	8:00 AM-12:00 PM PT	Temporal State Psychology: Meeting Clients Where They Are	Short	3
306	8:00 AM-12:00 PM PT	Conversational Hypnosis: Trance without Induction	Bell	3
307	12:15-1:15 PM PDT	Hypnosis Research Workshop: Designing Case Studies and Randomized Clinical Trials and Preparing Papers for Publication	Scheffrahn and Elkins	1
308	12:15-1:15 PM PDT	On the Spectrum of Pain, the Riddle of the Needle - Non-pharmacological Interventions in Blood Drawing- a Case Study of a young adolescent autistic visually impaired patient	Besnyo	1
Friday	October 16, 2026			
309	8:00-10:15 AM PDT	A Practical Masterclass on Using AI in Hypnotherapy	Aldredge	2
310	8:00-10:15 AM PDT	Integrating Pain Reprocessing Therapy Principles with Clinical Hypnosis for Chronic Pain	Spertus	2
311	11:30- 1:15 PM PDT	Hypnosis for Chronic Medical Conditions: A Brief, Action-Oriented Approach with Digital AI Platform Integration	Markovits	1.5

500 - Scientific Program

8 hours

Application for CE/CME will be made.

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.

Daily Schedule:

Note: All posted event times are in Pacific Daylight Time (PDT). [Click here to convert time zones.](#)

Saturday, October 17:	8:00 AM-1:45 PM PT
Sunday, October 18:	8:00 AM-1:45 PM PT

Breaks: See agenda for scheduled breaks.

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

Faculty: *Donald Moss, PhD; Barbara McCann, PhD; Gary Elkins, PhD, ABPP, ABPH; Jessie Markowits, MD; Ciara Christensen, PhD; Peter Gardner, MD; Etzel Cardeña, PhD; Amir Raz, PhD; Zoltan Kekecs, PhD; Katherine Scheffrahn, BS; Elisabeth Harris, MA; Christopher Corlett, MA; Cameron Alldredge, PhD; Sharika Majeti, MS; Alexander Hood, MS; David Patterson, PhD, ABPP; Vanessa Muniz, PhD; Joseph Brodsky, MSW; Luis Miguel Gallardo, MA, MBA*

Scientific Program Agenda

Saturday, October 17, 2026

8:00-9:30 AM PDT Presidential Symposium 1.5 hours

Evidence-Based Hypnosis that Works

Each speaker will have 18 minutes.

Presenters and Topics

- Donald Moss, PhD – Introduction and Moderator
- Barbara McCann, PhD – The Efficacy of Hypnosis for Functional Seizure Disorders
- Gary Elkins, PhD – Research Update: Hypnosis Intervention in Women's Health during the Menopause Transition
- Jessie Markowits, MD – The Efficacy of Hypnosis for Medical Applications
- Ciara Christensen, PhD – The Efficacy of Hypnosis for Anxiety

Introduction to the Symposium

Donald Moss, PhD, SCEH President

For decades, the Society for Clinical and Experimental Hypnosis has emphasized the importance of research-informed clinical practice. The evidence base for hypnosis continues to grow, with an increasing number of studies published each year on applications of hypnosis for a wide range of disorders. In this symposium, several SCEH Past Presidents and the President-Elect will report on the applications of clinical hypnosis to clinical problems, ranging from women's health to medical applications to anxiety disorders to functional neurological disorders.

The Efficacy of Hypnosis for Functional Seizure Disorders

Barbara S. McCann, SCEH Immediate Past President

Functional (Dissociative) Seizure Disorder (FSD), referred to in the recent past as psychogenic nonepileptic seizure disorder, pseudoseizures, or conversion disorder, is characterized by paroxysmal events that resemble epileptic seizures without accompanying EEG changes seen in epilepsy. Between 20-30% of patients referred to epilepsy centers receive the diagnosis. FSD impacts social, occupational, academic, and role functioning, and impairs quality of life. Data regarding the efficacy of hypnosis in the treatment of FSD will be reviewed, along with a discussion of the ways hypnosis has been integrated into recent CBT-based treatment approaches for FSD.

Research Update: Hypnosis Intervention in Women's Health during the Menopause Transition

Gary Elkins, PhD, ABPP, SCEH Past President and Editor, International Journal of Clinical and Experimental Hypnosis

Hot flashes are a prevalent symptom after menopause (natural and surgical), but also after treatment for breast cancer. It is estimated that up to 80% of women in the general population experience hot flashes during the menopause transition. Hot flashes negatively impact health and well-being. Hot flashes can cause sweating, discomfort, anxiety, fatigue, and can interfere with sleep leading to adverse health outcomes. Over half of the women with a history of breast cancer report their hot flashes as severe. An update on empirical research on hypnotherapy for hot flashes will be presented. Research has shown hypnotherapy can reduce the frequency and severity of Hot Flash Scores (HFS) by approximately 50-70% in postmenopausal women and breast cancer survivors. In addition, emerging research shows hypnosis intervention reduces anxiety, stress and depression during the menopause transition. Clinical delivery and resources for providing hypnotherapy in women's health will be discussed and options such as self-administered hypnosis and digital hypnotherapy for hot flashes and sleep will be identified. The presentation will include opportunity for questions and answers to address specific areas of related interest.

The Efficacy of Hypnosis for Medical Applications

Jessie Markovits, MD, SCEH President-Elect

Clinical hypnosis is effective across a range of medical conditions, acting through shared mechanisms such as modulation of attention, expectancy, and autonomic arousal. Rather than altering underlying pathology, it targets how symptoms are processed and perceived. Many physical symptoms co-occur with anxiety, sleep disturbance, and depression; hypnosis is uniquely suited as a treatment that addresses both physical symptoms and the accompanying stress response. The strongest evidence is in pain and procedural distress, where randomized trials and meta-analyses show consistent reductions in acute procedural pain, chronic pain severity, and peri-procedural anxiety. Gut-directed hypnotherapy has demonstrated durable improvements in disorders of gut-brain interaction, including symptom severity and quality of life. There is also meaningful evidence for benefit in cancer-related fatigue, nausea, pain, and distress, as well as in adjunctive treatment of insomnia and smoking cessation. This session will highlight efficacy across domains and discuss practical factors, such as brief protocols and scalability, that influence uptake and effectiveness of self-hypnosis.

The Efficacy of Hypnosis for Anxiety

Ciara Christensen, PhD, SCEH Past President

Anxiety disorders are the most common mental disorder globally and frequently co-occur with other mental and medical disorders. The incidence of anxiety is higher in females. Adverse childhood experiences, chronic stress, genetics, and neurobiological factors all contribute to a higher risk for anxiety. Hypnosis is widely used in

the treatment of anxiety. A recent meta-analysis reported consistent reductions in anxiety symptoms with hypnosis across studies. The meta-analysis showed that hypnosis as a solo therapy was as effective as other therapeutic interventions, including cognitive-behavioral therapy and psychodynamic therapies. Further, hypnosis is more beneficial for anxiety when combined with other therapies.

Presenter Bios

Donald Moss, PhD, is Dean-Emeritus, College of Integrative Medicine and Health Sciences, at Saybrook University, Pasadena, CA. He is a clinical health psychologist, certified in hypnosis and biofeedback. He is the education chair and president for the Society for Clinical and Experimental Hypnosis (SCEH). He previously served as the president of SCEH, president of Division 30 (hypnosis) of the American Psychological Association, and president of the Association for Applied Psychophysiology and Biofeedback.

Dr. Moss earned his MA (1974) and PhD (1984) in existential and humanistic psychology at Duquesne University in Pittsburgh, PA. Moss is the Senior Editor for the *Encyclopedia of Hypnosis and Suggestion*, a virtual publication of the International Society of Hypnosis. He is also a guest editor for a new Special Hypnosis Collection for the journal *Scientific Reports* and lead editor for a special issue on Nature Immersion, Health, and the Community for the journal *International Journal of Environmental Research and Public Health*.

Moss is co-author with Angele McGrady of *Pathways through Long-Term Health Conditions: Lifestyle Medicine for your Wellbeing* (Pavilion, 2025), *Integrative Pathways: Navigating Chronic Illness with a Mind-Body-Spirit Approach* (Springer, 2018), and *Pathways to Illness, Pathways to Health* (Springer, 2013). He is co-editor of several scholarly books, including *The Integration of Psychotherapy and Psychophysiology* (Oxford University Press, 2024), and the author or co-author of over 80 book chapters and scholarly journal articles on topics in hypnosis, lifestyle medicine, health psychology, psychophysiology, and research best practices. His most recent journal article appeared in March 2026, "The relevance of heart rate variability for hypnotherapy and psychotherapy," in the journal *Brain Sciences*.

Barbara S. McCann, PhD, is Professor of Psychiatry and Behavioral Sciences and Mental Health Counseling and Hypnosis Endowed Chair at the University of Washington in Seattle, Washington (USA). Her clinical psychology practice is based out of Harborview Medical Center, where she treats individuals with depression, anxiety, functional seizure disorder, and insomnia and conducts research and scholarship in these areas. Dr. McCann teaches psychiatry residents, psychology residents, medical students, and fellows, and has received numerous teaching awards. She has published over 60 journal articles and book chapters. She is Immediate Past-President of the Society for Clinical and Experimental Hypnosis and Certified as an Approved Consultant by the *American Society of Clinical Hypnosis*. She is on the Board of Editorial Consultants for the *International Journal of Clinical and Experimental Hypnosis*, serves as an Advisory Editor for the *American Journal of Clinical Hypnosis*, and is an Associate Editor of the *Encyclopedia of Hypnosis and Suggestion*, published online by the International Society of Hypnosis. She is a founding member and Co-Chair of the FND Society's Hypnosis Special Interest Group.

Gary Elkins, PhD, ABPP, ABPH, 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 hypnotherapy for management of hot flashes, sleep disturbances, and smoking cessation. Dr. Elkins is the leading researcher and expert on hypnosis for hot flashes and sleep disturbances as well as other clinical applications in women's health. He is a Medical Associate, with Baylor Scott and White Hillcrest Medical Center. He 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 150 publications which include five books: *Handbook of Medical and Psychological Hypnosis: Foundations, Applications, and Professional Issues*; *Introduction to Clinical Hypnosis: The Basics and Beyond*; and *Complementary and Alternative Medicine for Psychologists: An Essential Resource*. 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 (Society for Psychological Hypnosis) of the American Psychological Association.

Jessie Markovits, MD, is a Clinical Associate Professor of Medicine and of Psychiatry and Behavioral Sciences (by courtesy) at Stanford University School of Medicine. She is a board certified internist and surgical co-management hospitalist and practices outpatient medical hypnosis at Stanford's Center for Integrative Medicine. Dr. Markovits is an internationally recognized clinician-scientist whose work focuses on perioperative hypnosis, translational pain research, and scalable behavioral interventions. Her work has been presented at national perioperative, pain, and hypnosis meetings, and featured in mainstream media outlets including *The Economist*.

Dr. Markovits is President-Elect of the Society for Clinical and Experimental Hypnosis (SCEH) and has held numerous leadership roles, including Scientific Program Co-Chair and Annual Meeting Co-Chair. She currently serves as Public Relations Committee Chair for SCEH, is an Associate Editor for the *International Society of Hypnosis Encyclopedia of Hypnosis and Suggestion* and serves on the Editorial Consultant Board of the *International Journal of Clinical and Experimental Hypnosis*. Her practice centers on the evidence-based use of hypnosis for symptom management, including pain, procedure-related anxiety, gastrointestinal disorders, sleep disturbance, vasomotor symptoms, and health behavior change. She is committed to expanding clinician education and utilization to advance the practice, science, and integration of hypnosis across multidisciplinary patient care.

Ciara Christensen, PhD, is a licensed psychologist who earned her doctoral degree from Washington State University in 2012. She is licensed in Idaho, Colorado, Wisconsin, and Washington and has practiced in both hospital-based and private practice settings. Dr. Christensen has held leadership roles in the field of clinical hypnosis, including serving as President of the Society for Clinical and Experimental Hypnosis (SCEH), and is the current President of the American Psychological Association's Division 30, Society of Psychological Hypnosis.

Dr. Christensen is recognized for her contributions to hypnosis research, education, and clinical practice, with publications in peer-reviewed journals and presentations and workshops delivered nationally and internationally. Her advanced training includes Psychedelic-Assisted Therapy through the Integrative Psychiatry Institute, including the first phase of MAPS MDMA-assisted therapy training, as well as advanced experiential training in the Netherlands with an emphasis on psilocybin and ketamine.

Learning Objectives

- 1) Explain the difference between clinical efficacy and clinical effectiveness.
- 2) Identify three clinical disorders for which research documents the efficacy for hypnosis.
- 3) Summarize the evidence for efficacy for women's health, functional neurological disorders, and anxiety.
- 4) Describe the evidence and mechanisms of clinical hypnosis and identify when brief, scalable interventions can be used to reduce pain, procedural distress, and symptom burden.
- 5) Summarize the current efficacy research on hypnosis for functional neurological disorders.
- 6) Identify the efficacy of hypnotherapy for hot flashes based on empirical research.

9:30-9:45 AM

Break

9:45-10:45 AM PDT

Keynote

1 hour

Can Machines Think? Hypnosis, AI, and the Emerging World Model

Peter Gardner, MD

Artificial intelligence has changed dramatically over the past several years, progressing from relatively narrow systems that mainly recognized patterns and predicted text into increasingly sophisticated models capable of adapting dynamically to users, integrating multiple forms of information simultaneously, and simulating aspects of human interaction in ways that would have seemed unrealistic not very long ago. While many clinicians have heard terms such as “large language models,” “neural networks,” and more recently “world models,” there remains understandable confusion about what these systems actually are, how they function, and why they may become increasingly relevant to psychotherapy and clinical hypnosis.

This presentation will discuss where AI was only a few years ago, where it is currently, and where many researchers believe it may be heading next, particularly the emerging concept of the “World Model,” systems that move beyond simply predicting the next word and increasingly attempt to predict “what happens next” within human interaction, behavior, and emotional experience. The presentation will also explore some of the overlap between these emerging AI systems and several mechanisms central to hypnosis itself, including expectancy, selective attention, how expectations shape perception, and the stories people tell themselves about who they are. Clinical examples will be used throughout, both to help explain the technology itself and to illustrate how future AI systems may eventually influence therapeutic interaction and hypnotic communication while still remaining fundamentally different from the human experience of emotional attunement, therapeutic presence, and relationship.

Learning Objectives

- 1) Discuss possible implications of emerging AI systems for hypnosis and psychotherapy, including attention, expectancy, identity, and adaptive therapeutic interaction.
- 2) Discuss how emerging AI systems may eventually influence hypnosis and psychotherapy through attention, expectancy, identity, and personalized therapeutic communication.

10:45-11:30 AM PDT

Break

11:30 AM-12:00 PM PDT

Poster Session 1

.5 hour

Poster presenters will be allocated 5-10 minutes each, depending on the total number of accepted posters.

View the list of [Accepted Posters](#) for 2026.

12:00-12:15 PM

PDT

Break

12:15-1:45 PM PDT

Research Presentations

1 hour

Note: Each research presentation is for approximately 14 minutes, including Q&A.

[Suggestibility of Large Language Models](#)

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

Suggestibility was long thought to be a human-specific attribute. However, with the rise of very capable Large Language Models (LLMs), this might no longer be the case. LLMs are known to be prone to confabulation, just like humans, and the direction and extent of confabulation can be influenced by the words used in the prompt. In humans this tendency is measured by scales of interrogative suggestibility. In our project we set out to measure the suggestibility of different AI models, and to assess what factors (other than model type) influence how suggestible a model is. In this exploratory project we have tested several approaches to measuring LLM suggestibility and its influencing factors. We have tried using existing scales for measuring human interrogative suggestibility, as well as creating new scales, for example one using spatial reasoning tasks, and one using legal

judgement tasks, optimized for LLMs. We also assessed the influence of emotional context and authority queues on suggestion effectiveness. The presentation will describe the results of this ongoing research project.

Learning Objectives

- 1) List the primary findings of our research group related to the suggestibility of large language models.

App-Delivered Hypnotherapy for Menopausal Symptoms: Findings from a Randomized Clinical Trial

Vanessa Muniz, PhD, Baylor University, Waco, TX

Hot flashes and sleep disturbances are among the most prevalent symptoms experienced by menopausal women and breast cancer survivors. Hot flashes occur as a result of the decline in estrogen and can occur during natural menopause (average age 52 years) or as a result of treatment for breast cancer. In-person and self-administered hypnotherapy for hot flashes has been shown to be an efficacious treatment for hot flashes across several clinical trials, with women experiencing on average of 50 - 70% reductions in hot flashes and improved sleep quality. A mobile app (Evia) has been developed to facilitate the delivery and dissemination of the hypnosis intervention. Evia is an app that delivers a 5-week program for hypnotic sessions, tracking symptoms, and educational information for hot flashes based upon the standardized programs used in previous studies (Elkins, 2014; Elkins et al., 2025). In the present study, 67 participants were randomly assigned to the Evia app (N = 31) or to a daily habit tracker app (N = 36). Participants in both arms were asked to engage with their assigned app for 5 weeks and maintain a hot flash daily diary throughout the duration of the study. The results were consistent with previous studies showing efficacy of the app delivered hypnosis intervention for the management of hot flashes and improving sleep quality in participants relative to the active control arm of the study. Results are discussed in regard to integration of digital hypnotherapy into clinical practice.

Learning Objectives

- 1) Describe the findings from a randomized clinical trial on the efficacy of an app-delivered clinical hypnosis for the relief of hot flashes and sleep quality in postmenopausal women

Effect of Hypnosis Intervention on Anxiety in Post-Menopausal Women: Secondary Analysis of a Randomized Clinical Trial

Katherine Scheffrahn, BS and Gary R. Elkins, PhD, ABPP, ABPH, Baylor University, Waco, TX

Many women experience heightened anxiety during the menopause transition. Chronic anxiety can be detrimental to women's health and wellbeing and is associated with increased risk of cardiovascular disease, vasomotor symptoms, depression, and sleep disturbances. Therefore, there is a pressing need for safe and effective interventions that can decrease anxiety in women in the menopause transition. This presentation is a secondary analysis of a randomized clinical trial conducted to address the research question: "Does a self-administered clinical hypnosis intervention significantly improve anxiety outcomes when compared to a sham hypnosis control condition?" The participants were postmenopausal women recruited from Texas and Michigan. The hypnosis intervention consisted of daily audio-recorded clinical hypnosis sessions for 6 weeks. The control condition was sham hypnosis that involved audio recordings with instructions to focus attention (as in the hypnosis intervention), followed by pleasant white noise sounds, but no hypnotic suggestions. Primary study results found significant decreases in hot flashes at endpoint and 3-month follow-up. It was hypothesized that the intervention may also result in secondary outcomes of decreased anxiety. This presentation reports

anxiety outcomes at baseline, after the conclusion of the intervention at Week 6, and at a 12-week follow-up. Anxiety was measured with the PROMIS Emotional Distress - Anxiety Scale, which is a 29-item measure of 5 domains of anxiety: Affective, cognitive, somatic, behavioral, and need for treatment. Additionally, this analysis explores hypnotizability as a potential moderator. This presentation will discuss the implications of these findings for future hypnosis intervention research, clinical practice, digital delivery of interventions, and anxiety research.

Learning Objectives

- 2) Describe the key findings regarding anxiety outcomes of a secondary data analysis of a large-scale randomized control trial of self-administered hypnosis and to discuss the implications of these findings for future research.

A Clinical Framework for Hypnotically Facilitated Mystical Experiences

Elisabeth Harris, MA; Chris Corlett, MA and Cameron Alldredge, PhD, Baylor University, Waco, TX

Mystical experiences (MEs) are often defined as profound encounters characterized by unity, transcendence of time and space, positive mood, ineffability, and a noetic quality. A growing body of research indicates MEs can have clinical utility and psychotherapeutic benefits contributing to symptom reduction and improved well-being in individuals experiencing depression, anxiety, PTSD, and substance use disorders. Further, research has shown that a hypnosis-based intervention can facilitate mystical experiences in some individuals. However, a unifying conceptual framework is needed to guide therapeutic application. This presentation will provide a conceptual framework for the clinical utilization of hypnotically facilitated ME. The conceptual framework proposes that hypnosis is a non-ordinary states of consciousness and that hypnotically facilitated MEs are contingent on three pre-state factors: invitation (such as hypnosis, meditation, breathwork, or psychedelics), context (set and setting), and individual aptitude (innate traits including absorption and the capacity to surrender). Integral to the framework, the process of integration serves as a potential mediator by translating intense experience into lasting beneficial change. Keywords: “mystical experience, hypnosis, conceptual framework, non-ordinary states of consciousness, integration, framework

Learning Objectives

- 1) Describe the three pre-state factors and the role of integration within the framework mystical experiences.
- 2) Identify hypnosis as a non-ordinary state of consciousness and how it may facilitate mystical experiences in a clinical context.

Pilot Study of Guided Invocation for a Mystical Experience

Christopher Corlett, MA; Cameron Alldredge, PhD; and Gary R. Elkins PhD, ABPP, ABPH, Baylor University, Waco, TX

Recent research into psychedelic-assisted psychotherapy (PAP) has suggested outcomes often include wellbeing and spiritual growth immediately post-session. However, more long-term benefits may be enhanced by post-session integration interventions that are relevant to the individual and culturally responsive. For example, Christian participants may experience profound spiritual growth, but integration may need to be in alignment with Judeo-Christian beliefs. The present study reports findings from a pilot randomized control study of

Christian participants who received a Guided Invocation for a Mystical Experience (GIME) session. Participants provided baseline data on human flourishing and spiritual growth measures including: the PERMA Well-Being Scale, the Ryff Psychological Wellbeing Scale, the Multidimensional Existential Meaning Scale, the Flourishing Scale, the Quality of Life Rating Scale, the Self-Compassion Scale, the Spiritual Transcendence Scale, the Religious and Spiritual Struggles Scale, the Attachment to God Scale, and the Persisting Effects Questionnaire. After the GIME session, participants received either a one-month Christian-oriented integration program or a one-month structured control integration program. After the integration program, participants completed measures at a one-month follow-up. Findings from this pilot randomized clinical trial will be presented and discussed with implications for future research into drug and non-drug facilitated mystical experiences.

Learning Objectives

- 1) Describe the effects of a Christian-oriented integration program compared to a structured control integration program as it relates to self-report outcomes on validated human flourishing measures.

1:45 PM PDT

Scientific Program Ends for the Day

Sunday, October 18, 2026

8:00-9:00 AM PDT

Keynote

1 hour

An Expert, Multidisciplinary Phenomenologically-Based Taxonomy of States of Consciousness
Etsel Cardeña, PhD

This address centers on a phenomenologically-based taxonomy of altered states of consciousness, created by a multidisciplinary, international group. We distinguish between eight distinct phenomenological/behavioral states: proto and transitional, delirium, minimal to no awareness, experiential detachment, enhanced physicality, altered identity, imaginary/fantasy/visionary, and unity/mystical. I will also discuss why an induction/trigger based classification of states (e.g., the "hypnotic state") has many problems, and how our new taxonomy can advance the phenomenological, psychological, cultural, and neuroscientific understanding of alternate or non-ordinary states.

Learning Objectives

- 1) Distinguish between an induction or trigger and potential alternate states of consciousness.
- 2) Distinguish between 8 different states of consciousness.

9:00-9:30 AM PDT

Research Presentations

.5 hours

Note: Each research presentation is for approximately 14 minutes, including Q&A.

Hypnosis-Based Intervention for Mystical Experiences: A Qualitative Analysis

Sharika Majeti, MS; Chris Corlett, MA; Cameron Alldredge, PhD and Gary Elkins, PhD, ABPP, ABPH, Baylor University, Waco, TX

Mystical experiences or peak spiritual experiences have been shown to be of potential benefit in facilitating personal growth and ameliorating anxiety and depression. A previous clinical trial demonstrated the feasibility of hypnotically inducing mystical experiences. The previous study (Corlett et al., 2025) found that 70% of college students had a complete mystical experience, as measured by the MEQ30, after a single session. However, participants' qualitative experiences were not reported. The present study presents a thematic analysis of findings from semi-structured interviews about individuals' subjective experiences following the hypnosis intervention for mystical experience. Results revealed that participants described their experiences as personally significant, marked by intense emotion (crying, compassion, perceived release), hallucination-like phenomena (vivid imagery, synesthesia, sensed presence of deceased relatives), and profound insight regarding self-love, values, and life decisions. Additional themes included feelings of divine love, unity, and ego dissolution. These experiences closely resembled those reported in psychedelic contexts, while also featuring elements, such as spontaneous feelings of being loved, not fully captured by existing instruments. Future research on hypnosis, mental imagery, and guided meditations for mystical experience should include both standardized measures as well as subjective reports.

Learning Objectives

- 1) Identify the benefits of hypnosis-induced mystical experiences/peak spiritual experiences

Psilocybin-Assisted Psychotherapy for Anxiety Symptoms: Review and Implications for Clinical Hypnosis

Alexander Hood, MS, Baylor University, Waco, TX

Introduction. Psilocybin-assisted psychotherapy (PAP) is a novel, transdiagnostic treatment in which the 5-HT_{2A} receptor agonist psilocybin is combined with psychotherapy. Studies to date have evaluated PAP's effects on depression, substance use, and end-of-life adjustment. Relatively less attention has been given to its effects on anxiety symptoms. Prior meta-analysis has demonstrated clinical hypnosis intervention can significantly reduce anxiety. Emerging research also indicates hypnosis interventions and promote mystical experiences similar to psilocybin. This study reviews existing studies regarding psilocybin-assisted psychotherapy and discusses implications for clinical hypnosis practice and research. **Method.** A systematic review was conducted following PRISMA guidelines. Searches were completed in six databases and independent reviewers screened records. Study quality was assessed and data extracted on participant demographics and intervention features. Random-effects models estimated within- and between-group effects from baseline to primary endpoint.

Results. Twenty-five studies were determined eligible for inclusion. Considerable heterogeneity was observed in psychotherapy format, dosing, session structure, and outcome timing. Pooled results showed a large within-groups effect on anxiety after controlling for measurement artifacts (Hedge's $g = 0.96$) and a small between-

groups effect (Hedge's $g = 0.48$). High heterogeneity persisted even after controlling for the influence of different anxiety measures and moderators related to intervention formulation and delivery.

Conclusions. PAP shows promise for reducing anxiety across primary diagnoses. However, variability in study quality, interventional design, sample representativeness, and high heterogeneity warrant caution in interpretation. Clinical hypnosis may be particularly well-suited as a therapeutic adjunct for PAP across preparation, drug, and integration sessions. Furthermore, hypnosis' ability to induce mystical experiences at a comparable rate to psychedelics suggest it could be a crucial tool in investigating PAP's mechanisms of action. More research is needed both to explore the potential efficacy of integrating hypnosis into PAP and to analyze the effect of hypnotically elicited mystical experiences without the use of psychedelic compounds.

Learning Objectives

- 1) Describe the quantity and quality of the current evidence of psilocybin-assisted psychotherapy (PAP) to alleviate anxiety symptoms.
- 2) Identify key unanswered questions and future research directions pertaining to PAP's mechanism(s) of action.

9:30-9:45 AM PDT

Break

9:45-10:45 AM

Research Presentations

1 hour

Note: Each research presentation is for approximately 14 minutes, including Q&A.

Hypnosis Induced Mysticism Vs. Psychedelics

David Patterson, PhD, ABPP, Professor Emeritus, University of Washington, Seattle, MA

This 20 minute research presentation briefly reviews the surging body of literature on creating mystical (often subtly compared to psychedelic) effects to hypnotic sessions designed to create this experience in experimental studies. We then discuss the neurophysiological and clinical outcome studies on psychedelics and MDMA on brain fMRIs and randomly controlled clinical outcome studies. The advantages of achieving effects without pharmacologic agents will be discussed as well as the challenges to rivaling many of the current findings with psychedelic agents.

Learning Objectives

- 1) Describe the studies that have been published on the impact of hypnosis on creating mysticism.
- 2) Summarize the fMRI studies on psychedelics and studies on psychedelics and MDMA on brain neurophysiology and clinical outcome with significant mental health challenges.

- 3) Discuss the contrast between having a mystical or hallucinatory and experiencing significant mental health improvements.

Clinical Hypnosis' Effect on Hot Flashes: A Meta-Analysis

Vanessa Muniz, PhD, Baylor University, Waco, TX

Hot flashes are a highly prevalent and disruptive symptom of menopause, characterized by sudden, intense sensations of heat often accompanied by heart palpitations, headaches, anxiety, and fatigue. These episodes can interfere with daily activities, sleep, and overall quality of life. Clinical hypnosis is an increasingly recognized non-pharmacological intervention used to treat a range of conditions, including chronic pain, insomnia, irritable bowel syndrome, and hot flashes. Randomized controlled trials suggest that hypnosis can reduce the frequency and severity of hot flashes by up to 70%, while also decreasing their disruption of daily life activities. Despite consistent evidence supporting its efficacy, there has not been a systematic review and meta-analysis to-date to synthesize these findings and assess the efficacy of clinical hypnosis in the treatment of hot flashes. The primary aim of this study is to conduct a systematic review of all published randomized controlled and single-arm trials examining clinical hypnosis for hot flash treatment. Extracted data provides a review and to perform a meta-analysis evaluating its efficacy compared to control conditions. This presentation reports the findings from the systematic review and meta-analysis. Overall, this study provides an overview of the empirical articles published to-date and informs on the use of clinical hypnosis as an effective, non-hormonal treatment option for hot flashes during the menopausal transition.

Learning Objectives

- 1) Assess the current literature available to-date and inform on the efficacy of clinical hypnosis for the reduction of hot flashes across all RCTs published to-date.

Everything But The Narrative: Utilizing Ericksonian Hypnosis as a Pedagogical Framework to Maximize the Implicit Therapeutic Potential of Forensic Interviews of Minor Victims

Joseph Brodsky, MSW

Forensic Interviewing is an evidence-based, investigative interviewing practice designed to minimize trauma while maximizing quality of information via narrative disclosure in investigations of child or adolescent physical or sexual abuse, trafficking, neglect, or exposure to violence. Forensic interviewers are highly-trained, neutral fact-finding parties who utilize trauma-informed and developmentally/culturally appropriate open-ended questions, rapport, narrative practice, and other techniques within structured, generally single-session interventions to provide a supportive environment for children to disclose possible abuse or maltreatment, while avoiding eliciting either false positive or negative disclosures. Hypnosis as a technique to improve recall ability is incontrovertibly discouraged in forensic interviews due to the suggestibility inherent in memory. However, there are under-researched areas of facilitating ancillary reduction of traumatic stress within the forensic interview, even as the practice of forensic interviewing remains neutral, investigative, and non-psychotherapeutic. Ericksonian hypnosis, with its focus on implicit communication and intentional usage of language/storytelling, offers a pedagogical framework within which to understand the therapeutic potential inherent in the forensic interview. By examining each of the distinct phases of the forensic interview process via the NCAC (National Children's Advocacy Center) model through an Ericksonian lens, this paper may assist

practitioners in secondarily ameliorating the effects of post and peri-traumatic stress disorder in minor victims while yielding similar or higher quality disclosures. Even single-session psychotherapy interventions can create profound benefits for children; utilizing an Ericksonian framework to bolster the forensic interview process may both yield immediate benefits and lower the effect of adverse childhood experiences over a victim's lifetime.

Learning Objectives

1) Identify therapeutic opportunities within each stage of a child forensic interview

10:45-11:30 AM PDT

Break

11:30 AM-12:00 PM PDT

Research Presentations

.5 hours

Note: Each research presentation is for approximately 14 minutes, including Q&A.

Circuits of Fundamental Peace: Network-Based Mechanisms of Hypnotic Emotion Regulation

Luis Miguel Gallardo, MA, MBA, Bajhol, Shoolini University

Background: Hypnosis demonstrates robust efficacy for emotion regulation (effect sizes $d=0.6-0.8$), yet mechanistic understanding remains incomplete. We propose "Fundamental Peace" as a novel construct representing the integrated state of emotional coherence, cognitive flexibility, and reduced self-referential rigidity that emerges through hypnotic reorganization of large-scale brain networks.

Theoretical Framework: Our triple-network model posits that hypnosis operates through three temporal stages: (1) Induction quiets the Default Mode Network, reducing rumination and self-referential processing; (2) Absorption enhances Salience Network activity, increasing interoceptive awareness and present-moment focus; (3) Therapeutic suggestions reorganize network integration, producing Fundamental Peace. This framework synthesizes evidence from 15+ neuroimaging studies and provides mechanistic explanation for hypnotic emotion regulation across anxiety, depression, and trauma presentations.

Clinical Translation: We developed a manualized 10-session protocol targeting Fundamental Peace through stage-specific interventions. Preliminary outcomes demonstrate significant improvements: Fundamental Peace Scale scores increased 15-25 points; symptom reduction 30-50% across anxiety ($d=0.68$), depression ($d=0.58$), and PSD ($d=0.75$); effects maintained at 6-month follow-up. Four case examples illustrate protocol adaptation for diverse clinical presentations including emotional flooding, rumination, self-criticism, and dissociation.

Operationalization: The Fundamental Peace Scale (FPS-15) measures three components across 15 items. Pilot data show strong psychometric properties: internal consistency $\hat{I}\pm=0.89$, test-retest reliability $r=0.82$, convergent validity with mindfulness $r=0.45$, and sensitivity to change $d=0.73$ pre-post intervention. Implications: This symposium integrates neuroscience, clinical practice, and measurement,

providing a comprehensive framework for understanding and enhancing hypnotic emotion regulation. We present testable predictions, evidence-based clinical applications, and a research agenda for validating network-based mechanisms of therapeutic change.

Learning Objectives

- 1) Explain the triple-network neuroscience model of hypnotic emotion regulation, including the roles of the Default Mode Network, Executive Control Network, and Salience Network.
- 2) Describe the three components of Fundamental Peace (emotional coherence, cognitive flexibility, reduced self-referential rigidity) and their neural substrates.
- 3) Apply the three-stage hypnosis process (Induction-Absorption-Suggestion) to facilitate network reorganization in clinical practice.
- 4) Assess Fundamental Peace using the FPS-15 scale and behavioral observation protocols.
- 5) Implement evidence-based clinical strategies for cultivating Fundamental Peace across diverse presentations including anxiety, depression, and trauma.

Q&A with Research Presentation Presenters

Engage in a dialog with authors who have presented their research presentations.

12:00-12:15 PDT

Break

12:15-1:15 PM PDT

Keynote

1 hour

The Iron Triangle: Altered Consciousness, Hallucinogens, and Health
Amir Raz, PhD

Hypnosis, artificial intelligence, and transformative mind-body interventions converge on a central scientific question: how do expectation, attention, meaning, and context reshape brain function and human behavior? Drawing on *The Suggestible Brain* and nearly 700 peer-reviewed publications referenced therein and spanning more than four decades of my own research, this keynote address examines suggestibility not as a clinical curiosity, but as a core feature of the human nervous system—one that we can study, measure, and therapeutically harness.

This address reviews the scientific foundations of hypnosis and altered consciousness, including the neural mechanisms through which suggestion can modulate perception, agency, emotion, pain, and behavior. It will also consider renewed interest in psychedelic and hallucinogenic agents, emphasizing that their clinical promise

depends not only on pharmacology, but on expectancy, set, setting, integration, and the therapeutic frame. These same principles illuminate the potential role of emerging technologies and artificial intelligence in mental health care: not as replacements for human practitioners and clinicians, but as tools for modeling cognition, personalizing intervention, and extending access to evidence-based behavioral change strategies.

Informed by early graduate training in artificial intelligence at Yale University in the 1980s, and thereafter by an academic career across psychiatry, neurology, neurosurgery, neuroscience, and psychology, this keynote presentation offers an integrative framework for understanding consciousness and change. The future of hypnosis and mind-body medicine lies in linking brain circuits, subjective experience, therapeutic relationship, and intelligent technologies into a more precise science of transformation.

Learning Objectives

- 1) Describe the scientific basis of hypnosis and altered consciousness, including how suggestion, expectancy, attention, and context can modulate perception, emotion, agency, pain, and behavior.
- 2) Explain how hypnosis, psychedelic-assisted approaches, and other transformative mind-body interventions may share common mechanisms of change, including neuroplasticity, therapeutic framing, set and setting, integration, and meaning-making.
- 3) Evaluate the emerging role of artificial intelligence and related technologies in advancing the science and clinical application of hypnosis, consciousness studies, and personalized behavioral health interventions.

1:15-1:45 PM PDT

Poster Session 2

.5 hours

Poster presenters will be allocated 5-10 minutes each, depending on the total number of accepted posters.

View the list of [Accepted Posters](#) for 2026.

1:45 PM PDT

Scientific Program Ends

Conference Registration

Registration rates vary depending on the registration package you select and your membership status. See pricing details that follow.

Registration deadline: *October 6, 2026, 5 PM Eastern Time.*

ALL ATTENDEES AND PRESENTERS MUST REGISTER BY COMPLETING A CONFERENCE REGISTRATION FORM.

DISCOUNTED PRICING FOR MEMBERS: Members of SCEH receive discounted pricing for Society events. To be eligible for member rates, you must be a member in good standing at the time you register.

LOOKING TO JOIN OR REJOIN? If applying for membership or reinstatement, please allow 2 weeks for the Membership Committee to review your completed application or request for reinstatement. Learn more about SCEH membership requirements and apply to join at: www.sceh.us/apply-for-membership.

THE EARLY BIRD REGISTRATION DISCOUNT is In effect to **September 13**. All registration prices above increase by \$75 after this date. Pay before this date to get the best pricing.

CANCELLATION AND REFUND POLICY: *Cancellations received on or before September 13 at 5:00 PM EST USA will be issued a refund, minus a \$75 processing fee. No refunds will be made after this date.* Exceptions will only be granted due to death of participant or immediate family member, severe illness/injury of participant or immediate family member, or the inability of participant to travel due to legal or governmental restrictions/obligations and will require written notification and appropriate documentation. Registration fees are not transferable to another workshop.

PAYING BY INVOICE OR CHECK: Your registration is not confirmed until payment is received. Please pay invoices upon receipt, and if paying by check, ensure it is received no later than two weeks prior to the registration deadline. Make checks payable to: Society for Clinical and Experimental Hypnosis and mail to the address on our website.

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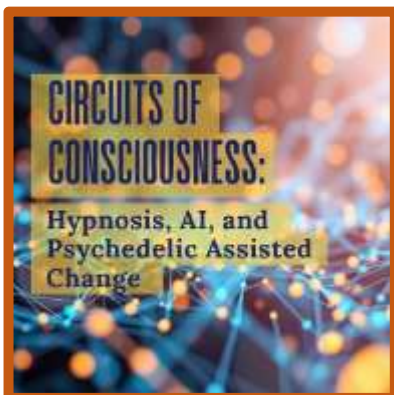
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COMPLETE MEETING PACKAGE						
Full Meeting -- includes Workshops, Scientific Program and all Networking Events	\$280	\$330	\$380	\$430	\$110	\$130
Presenter/Faculty	\$99	\$149	\$199	\$249		
Student Presenters or Poster Authors					FULL SCHOLARSHIP	FULL SCHOLARSHIP
WORKSHOP TRACKS						
Intro Workshop only	\$230	\$300	\$330	\$400	\$110	\$130
Intermediate/Skills Workshop only	\$230	\$300	\$330	\$400	\$110	\$130
Advanced Workshops only	\$230	\$300	\$330	\$400	\$110	\$130
SCIENTIFIC PROGRAM						
Scientific Program only	\$170	\$240	\$270	\$340	\$110	\$130

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(opens link to registration form; login required)



2026 Annual Conference

77th Annual Workshops & Scientific Program

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

October 14-18, 2026 (Wednesday-Sunday) - Live online - #SCEH2026

Conference details: www.sceh.us/2026-annual-conference-info

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