

FOCUS

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Letter from the President



Dear SCEH Members,

It amazes me we are already mid-way through 2022. Since the last **Focus Newsletter** in February, we have

watched the effects of the war in Ukraine and held space for those mourning the deaths of so many. The impact of the war has sent ripples of shock throughout the globe and led to an increased need for mental health services in a system already strained by the pandemic and other world events. In response, SCEH acknowledges this and has been actively involved in working alongside esteemed colleagues and professionals to offer aid, training, and other forms of assistance to the extent possible.

I wish to express gratitude to our Education Chair, Donald Moss, for all his efforts in organizing the 2022 Midyear Workshops. Our recent SCEH Midyear had, among other training selections, the option of attending Four Advanced Workshops (Trauma Theme). Janna Henning (SCEH Immediate Past President) not only presented a well-attended Advanced Workshop on Hypnosis to Enhance Evidence-Informed Treatment for Traumatic Stress, but she also helped secure speakers. I also extend my gratitude to the other Advanced Workshop presenters, including Wendy Lemke, Louis Damis, and David Spiegel. Each presenter contributed a great deal of knowledge and wisdom, and we continue to receive glowing feedback and appreciation!

Midyear Workshops were co-sponsored by SCEH and the Institute for Continuing Education, supported by APA Division 30 Society of Psychological Hypnosis, a valued partner. We appreciate their support. SCEH is fortunate to have so many accomplished colleagues taking the time to work and provide training to others on

our behalf. Please join me in extending a special thank you to Barbara McCann, Tova Fuller, Vivek Datta, Liz Slonena, Catherine McCall, Cassondra Jackson, Casey Applegate-Aguilar, who presented in the Introductory Workshop, and to David Reid, who presented in the Intermediate with me.

To those who attended the Midyear Workshops – we sincerely appreciate the time you took to provide us with feedback and ideas about future training topics you would like to see or ways we can help you enhance your skills. Please do not hesitate to [contact us and share your ideas!](#)

In response to world events, I am pleased to share that on **June 24, 2022**, the SCEH Executive Committee will be hosting a **Free Special Public Service Webinar** with TCSPP (our webinar series partner), entitled **Providing Psychological Support for Refugees and Displaced Populations**. Don Moss, who will moderate this webinar, took on the task of connecting and reaching out to a diverse group of professionals who provide support and care for refugee populations. I want to extend a very special thanks to Don Moss for his past and continued hard work, helping enhance ways to bring ‘value added’ to SCEH via involvement as well as membership. This is one of many examples.

Webinar Presenters will include SCEH Past President Don Moss; SCEH President-Elect Barbara McCann; Breeda McGrath; Kathleen Long, and Callie Hattingh. I want to thank these individuals for contributing their time, sharing their knowledge, and answering questions to help others provide mental health care for refugees and other displaced populations. Please be sure to mark your calendars and save the date for the **June 24, 2022 Free Webinar**. We look forward to seeing you there! Find complete details and registration info on the [SCEH Webinars page](#).

Next, as I am sure many of you are aware, SCEH is well into planning **Annual Workshops and Scientific Program** with the theme ***Next Steps and New Directions for Hypnosis Research and Practice***. Our 2022 Annual Overall Conference Chairs, Barbara McCann and Catherine McCall, are working with the section chairs to create this year's event. The respective session co-chairs are:

- **Introductory** – Tova Fuller and Barbara McCann;
- **Intermediate** – Ali Chadderdon and Deanna Denman;
- **Advanced** – Nina Mayr and Liz Slonena
- **Scientific Program** – Afik Faerman and Madeline Stein who all busy behind the scenes finalizing the program.

Note that although the **Call for Papers** is closed, we are still accepting posters on a rolling basis! Please consider submitting your work! Finally, if you are a student and planning to attend, please look into the scholarships we offer! SCEH offers generous student scholarships for those who qualify, as well as notable discounts for Presenters! Event information will be posted to our website and updated as it becomes available. We look forward to seeing you at the Annual Conference, and if you are as excited as we are about it, we encourage you to share news about the event with colleagues and on social media!

I also want to draw your attention to our exciting **SCEH Webinar Series**! These webinars, offered with our co-sponsor, The Chicago School of Professional Psychology, have been ongoing and continue to offer health care professionals high-quality online hypnosis training that is convenient, reasonably priced, and includes continuing education credit for licensure or certification. Another benefit of the webinars is the opportunity for participants to engage in lively Q&A with experts in the field, further adding to the richness of this experience.

In closing, I want to take this opportunity to thank everyone who has renewed your membership! We appreciate and value your help as together we work to promote excellence and advance hypnosis research, education and training, and clinical practice. We can't do it without you.

Society members receive discounted registration for the events mentioned above and many additional benefits, including access to the *International Journal of Clinical and Experimental Hypnosis (IJCEH)*. A special thank you to Gary Elkins, *IJCEH* Editor, and Joshua Rhodes, *IJCEH* Managing Editor, for their ongoing work promoting the journal, as well as continuing to publish high-quality hypnosis articles (i.e., clinical studies, experimental studies, theoretical papers, etc.).

Some recent examples of free access articles include:

Leonard S. Milling, Keara E. Valentine, Lindsey M. LoStimolo, Alyssa M. Nett & Hannah S. McCarley (2021). Hypnosis and the Alleviation of Clinical Pain: A Comprehensive Meta-Analysis, *International Journal of Clinical and Experimental Hypnosis*, 69:3, 297-322, DOI: [10.1080/00207144.2021.1920330](https://doi.org/10.1080/00207144.2021.1920330)

Zoltan Kekecs, Donald Moss, Gary Elkins, Giuseppe De Benedittis, Olafur S. Palsson, Philip D. Shenefelt, Devin B. Terhune, Katalin Varga & Peter J. Whorwell (2022). Guidelines for the Assessment of Efficacy of Clinical Hypnosis Applications, *International Journal of Clinical and Experimental Hypnosis*, 70:2, 104-122, DOI: [10.1080/00207144.2022.2049446](https://doi.org/10.1080/00207144.2022.2049446)

Elizabeth E. Slonena & Gary R. Elkins (2021). Effects of a Brief Mindful Hypnosis Intervention on Stress Reactivity: A Randomized Active Control Study, *International Journal of Clinical and Experimental Hypnosis*, 69:4, 453-467, DOI: [10.1080/00207144.2021.1952845](https://doi.org/10.1080/00207144.2021.1952845)

If you haven't already seen these publications, I encourage you to access and share them with colleagues interested in learning hypnosis and keeping their knowledge current!

As part of our efforts to strengthen our relationships with other hypnosis groups and increase awareness of SCEH globally, I am pleased to invite you to an upcoming the International Society of Hypnosis (ISH) event that SCEH will be co-hosting. I hope you will join us:

SCEH – ISH Coffee w/ the President, co-hosted with ISH President Mark Jensen, PhD

Thursday, September 1' - exact time TBA

[Sign up via the ISH website](#)


These are just a few things we have been working hard on to strengthen our hypnosis community and provide you with the services, training, and resources that help and fuel your work in hypnosis.

I hope this newsletter finds you well, and in parting, I'd like to share some words from Maya Angelou, **"You may not control all the events that happen to you, but you can decide not to be reduced by them."** In so many ways, I have seen these words manifest within our hypnosis community. Several colleagues have worked tirelessly to offer and extend personal time, resources, words of encouragement, and the list goes on to provide ongoing support and effective interventions to many in need. I hope we can continue to draw from the connections we have within our global hypnosis community and continue to support one another.

Sincerely,

Ciara Christensen, PhD

SCEH President



Hello! We want to learn more about you, dear reader! So please participate in a [small survey](#) (1-2 minutes).

Letter from the Executive Director

2022 Midyear Clinical Hypnosis Workshops

Thank you to all who attended and helped us deliver our 2022 Midyear Workshops.

Some 88 attendees participated in workshops across three levels of training, including Introductory, Intermediate and Advanced!



SCEH Education Chair and Past President Donald Moss, PhD, organized the four-day program. We extend our special gratitude and appreciation to our skilled and talented 2022 workshop presenters for sharing their time and expertise. Thanks to:

Introductory Workshop – two-day cohort

- Faculty Lead: Barbara S. McCann, PhD, Professor, Department of Psychiatry and Behavioral Sciences, University of Washington, Seattle, WA
- Faculty: Donald P. Moss, PhD, Dean, College of Integrative Medicine & Health Sciences, at Saybrook University, Pasadena, CA
- Faculty Assistants: Casey Applegate-Aguilar, MA, MS, LMHC, LSAA, CCHt, CMHIMP; Vivek Datta, MD, MPH; Tova Frani Fuller, MD, PhD; Cassandra Jackson, MA; Catherine McCall, MD and Liz Slonena, PsyD

Intermediate Workshop – two-day cohort

- Faculty Lead: David B. Reid, PsyD, Department of Applied Psychophysiology, Saybrook University, Pasadena, CA
- Faculty: Ciara C. Christensen, PhD, Private Practice, Milwaukee, Wisconsin

Advanced Workshops – individual sessions

Four workshops covered the following trauma-themed topics:

- Hypnosis to Enhance Evidence-Informed Treatment for Traumatic Stress. Presenter: Janna Henning, JD, PsyD, FT
- Ego State Therapy Applications for Phase-Oriented Trauma Treatment. Presenter: Wendy Lemke, MS
- The Unrepressed Unconscious, Complex PTSD, Attachment and Repair. Presenter: Louis Damis, PhD, ABPP, FASCH
- Trance and Trauma. Presenter: David Spiegel, MD

Plans are now underway for our 2023 Midyear Workshops, to be held in the spring. Stay tuned to our website as we finalize details.

[Learn more about our 2022 Midyear conference](#)

The SCEH Midyear is a great complement to our Annual Conference and monthly Webinar Series. Our expanded program calendar provides numerous training opportunities throughout the year. As a result, those pursuing our hypnosis certification programs can fulfill training requirements comparatively quickly. [Learn more about SCEH Certification Programs](#)

2022 Annual Conference

Elsewhere in this issue, you will read about our exciting plans for our 72nd Annual Workshops and Scientific Program. Our 2021 conference will take place online, over five days, from October 13-17, 2021.

The 2022 conference theme, Next Steps and Future Directions for Hypnosis Research and Practice, reflects the Society's commitment to research and practice and how each informs the other. The theme reflects the diverse clinical settings in which our clinical members practice and the wide range of research questions that arise from those interactions. Important work on elements fundamental to understanding hypnosis, such as the nature of consciousness, beliefs, and suggestion, point to the next steps and future directions for advancing our understanding of practical applications of hypnosis.

The conference will feature Introductory, Intermediate, and Advanced Workshops supported by research findings and a Scientific Program featuring keynotes, symposia, and research presentations addressing the scope of hypnosis in both psychological and medical settings. In addition, our poster session and various networking activities offer easy opportunities to establish or deepen connections with instructors, colleagues, and students.



Posters
Wanted

Posters will be accepted on a rolling basis until **August 1st**. To learn more about submitting a poster, see our [Call for Papers page](#).

Student and Early Career Professional Scholarships to the Annual Conference

Again in 2022, SCEH will extend scholarships to qualified students and trainees to help build the next generation of clinicians and leaders in the field of hypnosis. See our Call for Papers page to review eligibility and apply. Please pass this information along to those who may be interested.

[View scholarship information](#)

Conference attendees can opt to attend the entire five-day program or attend only the Workshops or Scientific Program components. Registration is due to open in July. Please plan to join us. Details will be added to our conference page as they are finalized. For more information, please bookmark [this page](#).

Please Update Your Member Profile

Has your mailing address changed? Have you earned a new degree or designation? Have your specialty practice areas or research interests changed or expanded? Are you now using a new email? We encourage you to take a few minutes to log in to ensure your member profile is current.

Note that your billing address is used for SCEH correspondence and your subscription to the International Journal of Clinical and Experimental Hypnosis. Therefore, please be sure your mailing address is up-to-date and complete.

To access your profile, click on Member Login in the upper right corner of our website. Then, just follow the prompts to retrieve your username or reset your password. Contact our office if you need additional assistance.

Thank you for helping us to keep your information up to date so we can better meet your needs!

Get More from Your SCEH Membership

When did you first hear about the Society? Many new members first hear about us by attending an event or through a word-of-mouth referral from a member colleague. We invite you to help us recruit eligible health care professionals who share your interest in hypnosis to become members. Is there someone who comes to mind as you read this? Would you be willing to send them a quick email about how belonging to SCEH has helped you? We appreciate it. Find a list of membership benefits on [our website](#) or invite them to attend our Annual Conference or an upcoming Webinar. Thank you.

We hope to see you online soon at an upcoming event!

Anne Doherty Johnson

Executive Director

Call for Awards Nominations

As a member of the Society, we invite your nominations for our Annual Awards Program. Help us to recognize deserving members of our hypnosis community,

DEADLINE: Nominations are due by August 1, 2022.

ELIGIBILITY PERIOD: July 1, 2021, through June 30, 2022

Recognizing Service to the Hypnosis Field
Every year, the Society for Clinical and

Experimental Hypnosis presents a number of awards to individuals in the world of hypnosis to acknowledge their service and scientific and clinical contributions to the field.

We seek nominations from SCEH members and the general community of hypnosis clinicians and researchers. Our goal is to encourage the widest breadth of nominations. Self-nominations are accepted.

Please suggest candidates for the following awards. We will announce award winners in October.

Award Categories

- Henry Guze Award - for the best research paper on hypnosis
- Hilgard Award - for the best theoretical paper on hypnosis
- Roy M. Dorcus Award - for the best paper in clinical hypnosis
- Crasilneck Award - for the best first paper presented by a graduate student or young scientist at a SCEH meeting
- Stanley Krippner Award - for efforts supporting the field of hypnosis by students or early career professionals
- Reviewer of the Year - for best International Journal of Clinical and Experimental Hypnosis reviewer
- Shirley Schneck Award - to a physician who has made significant contributions to the development of medical hypnosis
- Erika Fromm Award - for excellence in teaching
- Arthur Shapiro Award - for the best book on hypnosis
- Bernard Raginski Award - for leadership in the field of clinical hypnosis

To make a nomination, click on the link below to complete the nomination form by **August 1**.

[Submit a Nomination](#)

This year's Awards Celebration will occur during our 2022 Annual Conference on Friday, October 14, 2022, online via Zoom, 2:30-3:30 PM Pacific / 5:30-6:30 PM Eastern.

2022 SCEH Awards and Fellowships Committee

Chair: Don Moss, PhD, Immediate Past President

Members: Gary Elkins, PhD, David Reid, PsyD, Devin Terhune, PhD

LATEST NEWS FROM



Recent Issue: Volume 70, Issue 2

The most recent issue of the *IJCEH* features six articles covering a variety of topics, including guidelines for the assessment of the efficacy of clinical hypnosis applications, the impact of virtual reality hypnosis on pain and anxiety, and the feasibility of an online hypnosis intervention. This is the second issue of 2022, and we look forward to publishing many more outstanding articles throughout the year!



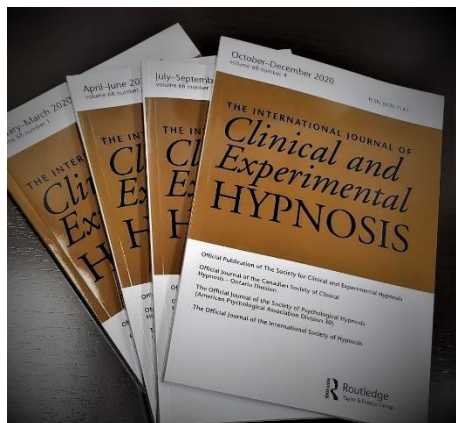
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Open Access publications are a great way to extend the reach of your work. Publishing your accepted article in the *IJCEH* is free, but some authors elect to cover the costs of publishing, making their paper freely available to anyone online. The number of authors electing to publish their articles with Open Access in the *IJCEH* has been increasing. Open Access papers have many more views, more readers, and usually more citations. This is beneficial to the authors and to the journal! If your manuscript is accepted, consider Open Access publishing, and email us with any questions.

Editor-in-chief: Gary R. Elkins, PhD

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The IJCEH accepts many types of papers, including: Empirical research (e.g., clinical trials, neurophysiological studies, mechanistic studies, feasibility studies, replications); Clinical papers (e.g., well-designed multiple or single case studies); systematic reviews, meta-analyses, research-informed theoretical papers, & significant historical or cultural material. **Topics can include:** Hypnosis, hypnotizability, and hypnotherapy in psychology, psychotherapy, psychiatry, medicine, dentistry, wellness, nursing, and related areas; and studies relating hypnosis to other phenomena (e.g., mindfulness, contemplative practices, & consciousness).

Call for Papers: Systematic Reviews & Meta-Analyses

The IJCEH has issued a call for systematic reviews and meta-analyses of hypnosis interventions for psychological and health-related conditions. Meta-analyses and systematic review papers can help enrich our understanding of key topics and can help to advance clinical research. They can provide an accessible resource for clinicians and researchers on existing research and evidence. Review articles serve to provide an up-to-date overview of the current state of knowledge of hypnosis interventions for a particular disorder or domain. Submit your systematic review or meta-analysis to the IJCEH using the submission instructions below!

If you have a paper to submit, go to mc.manuscriptcentral.com/ijceh and create a username. Everything you submit will be conveniently available for you to view on the online system.

Contact us at: IJCEH@baylor.edu



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Managing Editor: Joshua R. Rhodes, MA

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- [@ElkinsGary](https://twitter.com/ElkinsGary) – Follow the Editor of the IJCEH
- [@tandfonline](https://twitter.com/tandfonline) – Taylor & Francis Research Insights' Official Twitter Account

Find us online at: www.IJCEH.com or www.tandfonline.com/nhyp

We are pleased to share abstracts from the articles published in the most recent issue of

THE INTERNATIONAL JOURNAL OF
*Clinical and
 Experimental*
HYPNOSIS

Evidence-Based Practice and Clinical Hypnosis (Editorial) – OPEN ACCESS

Gary Elkins

The lead article of this issue of the *International Journal of Clinical and Experimental Hypnosis* (IJCEH) is a landmark report from an international task force that provides contemporary guidelines for evaluating the efficacy of clinical hypnosis interventions. This is a very important article that can inform clinical practice as well as future research. Further, this issue of the *IJCEH* includes a study of the role of hypnotizability in wellbeing and health which has implications for positive psychology interventions integrating clinical hypnosis. Also, another study in this issue of the *IJCEH* reports the impressive results from the one year follow-up from a randomized clinical trial of self-hypnosis and self-care among cancer patients. The findings from these studies point to the role of clinical hypnosis in wellbeing and self-care. Additional articles provide insights from virtual reality hypnosis in pain research and the relationship between beliefs and hypnotizability. The final article presents new research on the feasibility of an online hypnosis intervention for women with persistent pelvic pain.

Guidelines for the Assessment of Efficacy of Clinical Hypnosis Applications – OPEN ACCESS

Zoltan Kekecs, Donald Moss, Gary Elkins, Giuseppe De Benedittis, Olafur S. Palsson, Philip D. Shenefelt, Devin B. Terhune, Katalin Varga, & Peter J. Whorwell

Research on the efficacy of hypnosis applications continues to grow, but there remain major gaps between the science and clinical practice. One challenge has been a lack of consensus on which applications of hypnosis are efficacious based on research evidence. In 2018, 6 major hypnosis organizations collaborated to form the Task Force for Establishing Efficacy Standards for Clinical Hypnosis. This paper describes a Guideline for the Assessment of Efficacy of Clinical Hypnosis Applications developed by the Task Force, which makes 10 specific recommendations. The guideline is intended to be a tool for those who want to assess the quality of existing evidence on the efficacy of clinical hypnosis for any particular indication. The paper also discusses methodological issues in the interpretation and implementation of these guidelines. Future papers will report on the other products of the Hypnosis Efficacy Task Force, such as best practice recommendations for outcomes research in hypnosis and an international survey of researchers and clinicians on current practice and attitudes about hypnosis.

Well-Being in Highly Hypnotizable Persons

Edith Biscuola, Marianna Bongini, Iacopo Belcari, Enrica L. Santarcangelo, & Laura Sebastiani

Both hypnotizability and wellbeing are relevant to health. This study aimed to investigate whether high hypnotizability was positively associated with wellbeing and whether the latter was related to the activity of the behavioral inhibition/approach system (BIS/BAS). ANOVA revealed significantly higher scores on the General Well-Being Index (PGWBI) in highly hypnotizable (highs, $n = 31$) compared with low hypnotizable participants (lows, $n = 53$), with medium hypnotizable participants (mediums, $n = 41$) exhibiting intermediate values. This finding was discussed in relation to other hypnotizability-related traits, such as morpho-functional brain characteristics, equivalence between imagery and perception, and interoceptive sensitivity. A secondary finding was a nonsignificant gender difference in scores on the PGWBI. The highs' higher wellbeing could be considered a favorable prognostic factor for physical and mental health.

Randomized, Controlled Trial of an Intervention Combining Self-Care and Self-Hypnosis on Fatigue, Sleep, and Emotional Distress in Posttreatment Cancer Patients: 1-Year Follow-Up

Charlotte Grégoire, Marie-Elisabeth Faymonville, Audrey Vanhaudenhuyse, Guy Jerusalem, Sylvie Willems, & Isabelle Bragard

Cancer can provoke fatigue, sleep disturbances, and emotional distress. Hypnosis interventions have shown positive short-term effects on these symptoms. However, less is known about their long-term effects. This study assessed the short- and long-term effects of a group intervention combining self-care and self-hypnosis on these symptoms in posttreatment cancer patients. Ninety-five female cancer survivors were randomized to either a hypnosis group intervention or wait-list control. Results showed significant decreases in fatigue, sleep difficulties and emotional distress after intervention for the hypnosis group intervention in comparison to the wait-list control. Most of these positive effects were maintained at 1-year follow-up. Most participants received the hypnosis group intervention approximately 10.65 months after diagnosis, and it is possible that delivering the intervention earlier after diagnosis could have achieved a more robust impact. Further studies are needed to replicate these results in comparison to an active control condition and investigate the best time postdiagnosis for initiating the intervention.

The Impact of Virtual Reality Hypnosis on Pain and Anxiety Caused by Trauma: Lessons Learned from a Clinical Trial

Shelley A. Wiechman, Mark P. Jensen, Sam R. Sharar, Jason K. Barber, Maryam Soltani, & David R. Patterson

This randomized, controlled trial tested the impact that hypnosis delivered through immersive virtual reality technology on background pain, anxiety, opioid use, and hospital length of stay in a sample of patients hospitalized for trauma. Participants were randomly assigned to receive either virtual-reality-induced hypnosis, virtual reality for distraction, or usual care during the course of their hospitalization. Mean number of treatment sessions was 3. A total of 153 patients participated in the study. Results indicated no significant differences between the experimental and control conditions on any outcome measures. This study used an early version of virtual reality technology to induce hypnosis and highlighted several important lessons about the challenges of implementation of this technology and how to improve its use in clinical settings.

God Locus of Health Control, Paranormal Beliefs, and Hypnotizability

Joseph P. Green & Spencer R. Hina

Belief in the paranormal (e.g., spirits, extrasensory perception, fortune telling, extraterrestrials) is common. Extraordinary and magical beliefs have been linked with hypnotizability. A total of 167 undergraduates completed measures of paranormal and magical beliefs, locus of control, absorption, fantasy proneness, expectancy about being hypnotized, and the God Locus of Health Control scale (GLHC) and were hypnotized with the HGSHS:A. High and medium hypnotizable participants more strongly agreed with statements reflecting paranormal and magical beliefs and the assertion that God directly controls their health, relative to those less responsive to hypnosis. Using stepwise regression, we found that expectations about hypnosis along with scores on the GLHC scale accounted for 26% and 30% of the variance in behavioral and subjective scores on the HGSHS:A, respectively. The authors discuss paranormal beliefs and the link between the GLHC and hypnotizability.

Potential Feasibility of an Online Hypnosis Intervention for Women with Persistent Pelvic Pain

Tiffany Brooks, Rebecca Sharp, Susan Evans, Sonia Scharfbillig, John Baranoff, & Adrian Esterman

This study aimed to examine the potential feasibility of an online hypnotic intervention for women with persistent pelvic pain. The secondary aim was to explore the effect of the hypnosis intervention on anxiety, depression, pain severity, coping, pain catastrophizing, and pain disability in comparison to a no-intervention control. Twenty women with persistent pelvic pain completed assessment questionnaires and were recruited from a variety of social media sites related to persistent pelvic pain and randomized to either control or hypnotic intervention groups. The intervention group completed a 7-week online hypnotic intervention. Results found a 30% dropout rate and modest compliance (90%-40%) with practice of audio recordings. Comments from the 7 participants who completed the hypnosis intervention indicated it was acceptable. Significant reductions in screening measures of anxiety and depression were found; however, there were no significant effects shown for pain severity, avoidant coping, pain catastrophizing, or pain disability. The intervention is potentially feasible, but further refinement and optimization is needed to increase retention, compliance, and potential effects.

An Interview with Dr. Liz Slonena

Interviewed by Lauren Simicich, MSCP

Clinical Psychology Doctoral Student, Baylor University

Tell me a little bit about yourself and your work.

I'm located in Asheville, North Carolina, and I own a thriving private practice and consulting business. My specialties include adult ADHD, perfectionism, burnout, insomnia, and complex PTSD in creative professionals.

I enjoy using an integrative approach to healing, merging mindfulness with clinical hypnosis. My colleagues (Drs. Gary Elkins and Nik Olendzki) and I created Mindful Hypnotherapy and Brief Mindful Hypnosis as novel interventions to reduce stress and increase mindfulness. I have found Mindful Hypnosis to be effective and versatile with my clients, incorporating the modality with Eye Movement Desensitization and Reprocessing (EMDR), Internal Family Systems, Compassion-Focused Therapy, and Acceptance and Commitment Therapy.

Having prior clinical research experience in ketamine for treatment-resistant depression, I'm hoping to expand and provide psychedelic-assisted therapy with hypnotherapy in the near future.

In addition to clinical work, I love providing consultation to hypnotherapists and teaching workshops on Mindful Hypnotherapy and integrating clinical hypnosis into other modalities.

Among many other things, you've also been an active consultant to various sleep and wellness apps producing hypnosis tracks. Could you tell us more about this work?

I frequently use mindfulness apps for my personal meditation practice and wondered why hypnosis wasn't offered on these platforms. I believe the popularity of mindfulness skyrocketed with the help of apps because of the affordability, portability, and capability of "practicing" with mindfulness gurus. Hypnosis could learn many things from the marketing strategies of

mindfulness.

My mission for being a consultant to

wellness apps is two-fold: to demystify clinical hypnosis to help it gain popularity as well as provide quality hypnotic interventions to people across the world who may not have access to this care.

As a consultant for sleep and wellness apps, I write and record new hypnosis and meditation tracks to be listened to on the apps and provide feedback to the app developers to enhance the user experience. This may include applying research to enhance the utility of the app, such as identifying what rating scales to incorporate in the app to track progress over time, to designing new courses on the app to improve wellbeing. This is one of my favorite aspects of my job because it's equal parts fun, creative, and innovative.

What do you find most fascinating about the practice of clinical hypnosis?

Where to begin! I love how clinical hypnosis is scientific poetry. The endless creativity and unique capability of the unconscious to heal is a joy to witness and experience. And as much as we know about the psychoneuroimmunology of clinical hypnosis, there is still so much to discover and research in the field. It's also pretty cool to be the closest thing to a modern-day wizard with your words.



You are at the forefront of a wonderful new SCEH program called HIPNOSISE. Could you please describe what this program is and how individuals might go about signing up for it?

Hypnotic Induction Practice Network of Students Interested in Skill Enhancement (HIPNOSISE) is a new SCEH membership perk to enhance confidence, competence, and community with professionals using hypnosis. After completing a hypnosis workshop, it is not uncommon to feel hesitancy using new hypnosis techniques with clients. Maybe there is a dearth of colleagues even interested in clinical hypnosis at your workplace. Or, you have the itch to connect with other clinicians to exchange ideas and build community.

HIPNOSISE is an exclusive, members-only program that connects professionals looking to hone their hypnosis skills by practicing online in a safe and supportive environment. Eligible online practice pairs are matched based on their preferences, clinical interests, needs, and expertise. Expected benefits of the HIPNOSISE Program include feeling more confident using hypnosis, having access to evidence-based scripts to learn new hypnotic inductions and suggestions, and building strong connections with other hypnotherapists across the country.

If you are interested in this program, email hipnosise@gmail.com to be put on the interest list. We are hoping to launch this program later this year!

What part of your current work do you personally find most meaningful?

It's incredibly meaningful to help clients finally find relief after suffering for years or even decades. It's also amazing to have helped over 150k people around the world via mindful hypnosis tracks on various apps.

As an early career professional who utilizes clinical hypnosis, do you have any words of wisdom to those members of SCEH who are just beginning to explore the world of hypnosis?

Keep practicing, write your own scripts, listen to hypnosis and mindfulness tracks for inspiration, connect with other hypnotherapists, and most importantly, find a great mentor/consultant to guide you. I also highly recommend creating your own self-hypnosis practice to understand what trance looks and feels like for you.

What brings you enjoyment outside of your work/professional endeavors?

My wonderful partner and my two large dogs (Great Dane/shepherd mix and husky/Great Pyrenees mix) bring me abundant joy. I also love kickboxing, painting, playing video games, and frolicking in the Blue Ridge Mountains.

Where can people find out more about you and your work?

Please visit my website at www.DrLizListens.com or follow me on my professional Instagram account @Dr.LizListe

2022 Research Collaboration Billboard

The Scientific Program is proud to present the 2022 Research Collaboration Billboard (RCB). The RCB was developed to help attendees of the SCEH Annual Conference create professional connections and future collaboration based on their research interests.

Participants in the RCB will have access to contact information and research interests of other RCB participants and learn about specific projects, open collaboration, or other research opportunities. Researchers who have planned or ongoing projects, clinicians who are interested in increasing their research involvement, and students are encouraged to submit their interest!

To achieve its goals, the RCB asks prospective participants to complete the following survey:

https://paloaltou.co1.qualtrics.com/jfe/form/SV_3kkZ5PooSAUZdKS

Member News

Component society for SCEH members in Washington state

Attention Washington State SCEH Members!

We are two SCEH members interested in starting a component society for SCEH members in Washington state. Would you like to:

Engage in deeper exploration of clinical hypnosis?

Meet and collaborate with other hypnosis practitioners in Washington state?

Have access to hypnosis consultation support?

If you answered yes to any of the above, please join us as we discuss forming a component society for SCEH members in Washington state. A Washington state component organization will enable us to come together for regular meetings to learn more hypnosis from one another, host regional speakers and workshops, and promote the use of evidence-based hypnosis practices in our region. We need your help to make this happen, and we'd like to invite you to join us via Zoom for an informal brainstorming session on **Thursday, June 30 from 7-9 pm PDT**. Please fill out this [form](#) (link to outside form) to indicate your interest in attending the meeting or any future get-togethers. For questions or further information, please contact Barbara McCann (mccann@uw.edu) or Kathy Sarin (sarinkathy@gmail.com).



Book review: “Changing Children’s Lives with Hypnosis: A journey to the center” by Ran D. Anbar, MD

Reviewer: Darlene B. Viggiano, PhD (MFT)

Right from the introduction, pediatric pulmonologist Ran Anbar starts off with a powerful and provocative question about bothering with hypnosis in the midst of so much other medical technology. He minces no words in getting straight to the answer, that hypnosis is effective and adjunctive to the benefits of other interventions. He even cites cases of its superiority according to the scientific literature, such as regarding childhood migraines. Dr. Anbar argues that hypnosis additionally provides pediatric patients with something few other medicines can offer: self-determination and self-regulation.

Anbar’s writing is compelling, and it’s rare to find a long medical book, complete with references to neural activity, that’s actually a page-turner. That’s probably not just because he’s an inspiring writer, but also highly due to what an inspired physician he is. His care and creativity shine through every patient story he shares.

Anbar teaches clinician-readers to ask the patient questions and have them answer during the hypnosis itself, rather than strictly having them passively accept suggestions while in trance. Initial questions can invite the patients to reify the sensual relaxation as a first step to managing the anxiety that exacerbates physical symptoms. Then, Anbar lets the patients soak in the experience and determine for themselves when to be brought back to ordinary consciousness, which he facilitates carefully and methodically.

Anbar immediately encourages young patients to learn self-hypnosis as well, wasting no time in reducing dependency on the doctor. He asserts that hypnosis can help children avoid expensive, invasive procedures in part using his methods, offering case examples from his career work. He also explains to the children themselves that hypnosis is something they already know how to do very well, and he provides them with examples relatable to them. He offers to teach them how to use this skill to do things they didn’t know they could do, and their natural curiosity helps them to succeed. He brings homework to the reader as well, providing valuable exercises at the end of each chapter to be tried in vivo.

Back on the medical professional side, Anbar asserts that hypnosis can be used for both treatment and diagnosis, again including illustrative case examples. Poignantly, one of those diagnostic methods included the avoidance of unnecessary surgery in at least one instance cited. He also focuses on the power of words, images, and experiences to help teach patients and families about the courses of action they can take to help themselves and each other. Moreover, he progresses the techniques through the child’s developmental stages when working with long-term patients to keep the skill levels age-appropriate and

effective as the child matures. For the oldest of his young patients, he uses hypnosis in the form of mental exercises and experiments. He also employs a great deal of Socratic questioning to guide patients to their own inner resources, no matter what their age.

Utilization of the child's own imagery and metaphors is essential to efficacy as well, as Anbar aptly illustrates further. Indeed, his examples offer an indication that it is not always the medical problem itself that recedes with hypnosis, but sometimes the perception of it. He offers a case example of a child with seizures whom he was able to help suffer less, offering great relief, despite the EEGs showing that abnormalities persisted. In other cases, however, he shows how the body's physiological functioning is itself affected by hypnosis, such as when oxygenation improves with suggestions to relax the patient's chest muscles or to improve neuromuscular coordination. He also uses physical experiments that demonstrate to the child the power of the mind to affect the body.

Anbar's techniques are so simple and elegant that they appear to engage magical thinking, and it is therefore easy to dismiss his success by writing it off as the children's capacity for fantasy and imagination, just as success with adults is often chalked up to the placebo effect. However, he argues that these factors are noteworthy for their reliability and validity, such that they should be utilized rather than dismissed. He offers particular techniques for working with specific issues, as well. For example, he collaborates with his young patients so they can co-create ingenious imagery that counteracts symptoms, such as imagining raindrops or waterfalls trickling down instead of having fluid come up from the nausea of chemotherapy.

Furthermore, with traumatic memories, Anbar creates distance to whatever degree the child needs to be able to process the issues safely and effectively. He also has the survivors tell their younger selves how well they did indeed make it through their ordeals.

Conversely, for prospective traumas, he has his young patients imagine the healed self, which can also help children manage through the steps to coping with a harrowing task or procedure they have to overcome. This hits home personally in a small way, as the present writer herself has experienced a needle phobia in which she, as an adult, has used a similar technique to reassure herself of having gotten through such procedures successfully many times before and to envision good outcomes from doing so again. In the most recent case, she either kept herself from reacting to a vaccine, or she reached the age group that tends not to react to them, though she had reacted to the first dose just months prior--when no such protective suggestion had been given.

Anbar also uses therapeutic hypnosis to heal grief, taking a psychospiritual approach too rarely accepted in the medical profession, but now recognized as part of "spiritual competence" in psychology, where one of the values for practitioners is respecting diversity. Even without hypnosis, however, Anbar's bedside manner is fantastic -- likely due to his care coming from a place of spiritual compassion. He is able to help children gain a higher perspective, taking the time to ask questions outside of hypnosis. For example, he

might ask something like: “If you could trade your illness for health but had to give up all you’ve gained and learned during your illness about your family’s love and your friends’ support, would you make the trade?” He often finds the children’s answers very insightful and wise.

The ripple effects of Anbar’s work thus impact the children’s families both indirectly and directly, with some members actually choosing to learn hypnosis for themselves after seeing the wonders that it has done for the patients. Indeed, those patients who are not terminal are sometimes shown to go on to help others around them at school, in the home, and/or by studying to enter the helping professions themselves.

Part of the key seems to be that Anbar does not simply seek to banish symptoms, whether they are physical, mental, or co-occurring, but to relate and teach his patients to relate to them in new and creative ways that allow for the most positive outcome available to blossom from within. This indeed is true healing work, adding art to the science and technology of pediatric pulmonary care.

Due to Anbar’s curious and creative approach, he has been able to establish multiple ways of using hypnosis to tap into patients’ subconscious, not only for healing but also for development, growth, and maturation. In some cases, patients wanted to relate to their subconscious such that they could witness or hear their own inner processes. In other cases, patients desired to be able to return to the information gleaned for future reference, and they were able to type out their dialog with the subconscious while in hypnosis. Still, others did not want to know what material arose during hypnosis, and they did not remember the contents of the sessions regardless of the ameliorative effects.

From doing this work, Anbar was able to recognize certain characteristics of the subconscious, including its superior capacities to those that patients consciously presented. Since hypnotic solutions can come from the subconscious, it was necessary for him to allay fears that, conversely, the problems may have originated there as well. He was able to explain to one concerned youngster that while the subconscious protects one’s best interests, a symptom could linger due to a person perceiving it as part of their identity. He offered at least one case of a persistent symptom lifting once a child was dis-identified from it.

Regarding specific issues, Anbar teaches children to take nightmares to their conclusion in hypnosis while in session so that the fear within the dream state does not awaken the child at home. He finds that no matter how much worse the nightmare gets while in hypnosis, it eventually comes to a more hopeful or positive ending in the safety of the therapeutic setting. To build on this phenomenon, he offers a technique that can be used at home to help children choose their own adventures by imagining silly or soothing endings to nightmares. Furthermore, he shows how it’s also important to ask children what they make of the dream at this point, rather than suggesting an interpretation or meaning for them.

He adds that these two factors apply even if the dreams originally seem tied to a traumatic memory.

Anbar's work with daydreams, however, was so poignant it seems best to direct the reader to turn to the pages themselves (158-161) to experience the case histories recounted there. Both the techniques and the results described are exquisite, and they are best left unspoiled by not taking them out of context. Suffice it to say that he offers evidence of the extent to which the subconscious can reveal via hypnosis what one is not conscious of ordinarily.

Another technique for dealing with symptoms directly is clearly explained step by step on page 165. It involves the line of questioning used in ideomotor signaling, which is a specific method for working with the subconscious. This whole section of the book provides the most bang for one's buck, and at under \$30, this primer is a steal.

Reading this work, it sometimes seems evident that the subconscious takes on the role of the theorized superego, turning a child around past immature behaviors toward greater goodness, kindness, and conscientiousness. This specifically seemed to be the case in Anbar's experience with a child whose tics only stopped when he was willing to hear his subconscious requiring more noble, brotherly, and protective behavior than what the boy originally considered to be acceptable ways of treating his younger sibling.

Another sweet aspect of Anbar's therapeutic setting, aside from all of the above skills and techniques, is his fish tank, which plays a prominent role in his building of rapport with children. He uses it to help put children at ease and to offer starting metaphors from which therapeutic work can begin. It's something he can utilize if a child offers few cues at first as to how to best approach them.

While Anbar works with pulmonology, he is aware of the child as a whole and the various factors that can be contributing to symptoms. In this regard, he has firsthand experience working with transgender children whose subconscious not only does not match the child's outer gender but actually represents an accurate reflection of the child's overall gender.

In sum, so much about Anbar's medical professionalism is transparent in his book. He clearly does not play authoritarian games, preferring authenticity instead. He demonstrates that he doesn't shy away from what is often feared: the inevitable dual relationships inherent in life and death encounters, such as the need to deal with families, funerals, or festivities celebrating grand and unique accomplishments that are nothing short of miraculous. He offers candid examples showing that he doesn't hide behind his clinical role when true friendship and unswerving support are called for in the name of healing. He evidently treats his patients with the humanity of a fellow traveler through life's struggles, without overindulging in overwrought displays of his own grief and loss for patients whose illnesses were terminal. His manner shows respect for the dignity, equality,

and self-determination of his young patients, which is precisely why he gets behind the use of hypnosis so wholeheartedly.

It is so refreshing to know a doctor who respects patients and their decisions – even regarding life or death interventions – treating them as equals even when they are underage, because those years are sometimes the only ones those patients have. It is clear that Anbar wrote this book in a soulful vein, not in the hope of hypnosis being seen as a panacea for disease or for the ills of the medical profession, but as a boon to the empowering of patients and doctors alike so they could use more of what actually is available as a potent resource: the subconscious, as a function almost analogous psychologically to the physical processes of immunology or homeostasis.

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An Epic Life I: Milton Erickson Professional Biography

by Jeffrey K. Zeig, PhD

“An Epic Life is a biography written by many authors. Throughout his professional life, Milton H Erickson attracted a diversity of critics and supporters, and this book gives all a voice. Readers will be piecing together a portrait of an extraordinary and complex figure as they look through the eyes of the men and women who met him at important junctures.

An Epic Life draws upon four decades of interviews with professionals who knew Erickson. The incisive perspectives are interlaced with commentary from Jeffrey Zeig to clarify and contextualize. The images of Erickson that emerge are congruent, divergent, and myriad. In the end, readers gain unusual access to the man, his commitment, and his work. There is nothing simple in what is conveyed, and yet the impression it makes is coherent — and lasting.

Author, Jeffrey Zeig, prepares us for this stimulating journey by providing an overview of Erickson. He also offers a short history of psychotherapy and hypnosis, placing Erickson in the landscape of his time and all time. The reader gets to enter directly into the dynamic world of Milton Erickson, a one-of-a-kind communicator of unparalleled brilliance. Erickson forged his own path against the prevailing zeitgeist. In doing so, he created a most innovative paradigm.

Known as one of the greatest psychotherapists of the 20th century and the father of modern hypnosis and brief therapy, Erickson’s contributions continue to influence the field and its practitioners. His life, moreover, inspires us to be better people.

As we strive to evolve personally and professionally, despite our limitations, we should leave this world a better place. Milton Erickson certainly did.”

[Read here](#)

Article: A Secondary Analysis from The International BRIGHT Study for Gender Differences in Adherence to Nonpharmacological Health-Related Behaviors After Heart Transplantation

[Flavio Rose Epstein](#), PhD, [Jacqueline Trammell](#), MSN, [Chi-Mei Liu](#), PhD, MBA, et. al.

First Published March 25, 2022 [DOI](#)

This secondary analysis was a multicenter collaboration evaluating the gender differences in health-related behaviors after a heart transplant. We found that, globally, females were more adherent to sun protection and not smoking, whereas males were more adherent to exercise recommendations. There were no gender differences in appointment keeping, alcohol use, and diet recommendations.

Evidence-based hypnosis apps

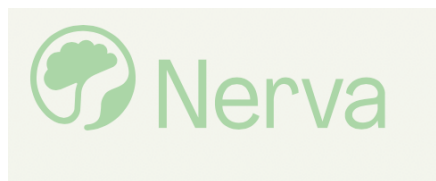
Evia for Menopause



<https://www.mindsethealth.com/hypnotherapy/evia>

A 5-week evidence-based hypnotherapy program, delivered through a mobile app.

Nerva for Irritable Bowel Syndrome



<https://www.mindsethealth.com/hypnotherapy/nerva>

A 6-week gut-directed hypnotherapy program, delivered through a mobile app.

Reveri for Self-Hypnosis



<https://www.reveri.com/>

A variety of focused self-hypnosis sessions covering a range of challenges such as insomnia, stress, focus, pain, eating habits, and quitting smoking.

Calendar of events

October 12 – 16, 2022	Annual conference -- 73rd Annual Workshops & Scientific Program <i>Introductory, Intermediate & Advanced Workshops plus Scientific Program (Online)</i> <i>Advance registration required. Registration opens: Summer 2022</i> Read about last year's Annual Conference
June 3, 2022	Pediatric Clinical Hypnosis Growing Up: Finding Naturalistic Hypnotic Experiences across Development <i>Live webinar (online)</i> Details and registration
June 24, 2022	Providing Psychological Support for Refugees and Displaced Populations <i>Free Special Public Service Webinar</i> Details and registration
July 8, 2022	Evocative Psychotherapy and Hypnotherapy: Demonstration and Discussion <i>Live Webinar (online)</i> Details and registration
August 12, 2022	Changing Children's Lives Through Hypnosis <i>Live Webinar (online)</i> Details and registration
September 1, 2022	ISH Coffee with the President co-hosted by SCEH Register now
September 9, 2022	Post-Traumatic Growth: Theory, Process, and Self-Hypnosis Training <i>Live Webinar (online)</i> <i>Registration opening soon</i>
October 28, 2022	Yoga Nidra & Hypnosis: Yogic Trance or Trance Logic? <i>Live Webinar (online)</i> <i>Registration opening soon</i>
November 18, 2022	Rewriting the Depressive Script <i>Live Webinar (online)</i> <i>Registration opening soon</i>
December 9, 2022	Using Self-Hypnosis for Replenishment and Equanimity <i>Live Webinar (online)</i> <i>Registration opening soon</i>

For more information, visit the [SCEH Webinar Series page](#).