

# FOCUS

VOLUME 65 NUMBER 4 DECEMBER 2023

Just a  
Reminder!

[Renew your  
membership!](#)

## Conference wrap-up edition

**Unlocking the Power of Mind:  
Advances in the Science of Hypnosis**

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## MESSAGE FROM THE PRESIDENT

By Barbara McCann, PhD



### Dear SCEH Members,

Winter has arrived here in the Pacific Northwest. As I settle in to write my first column as President of SCEH, I reflect on the long journey that brought me to this point, and the people I have met along the way. I am painfully aware as I write this that many of us have been touched at a deeply personal level by the wars between Ukraine and Russia and between Israel and Hamas. My heart goes out to all of you impacted by recent events. I hope my reflections on SCEH illustrate how we all thrive when we come together in a cooperative common mission.

I joined SCEH 15 years ago, drawn to the satisfying blend of science and application of hypnosis that our organization represents. My Seattle colleague, **Tom Wall**, had invited me to assist in teaching the intermediate workshop in hypnosis in Reno – SCEH’s 60th Annual Workshops and Scientific Program - in 2009. I had been offering an elective in hypnosis to medical students at the University of Washington, and Tom was a popular guest speaker (as was **Dave Patterson**). I enjoyed Tom’s teaching style. The following May, Tom and I traveled to Anchorage to teach a hypnosis workshop hosted by the Alaska Psychological Association. Alaska is the “big playground to the north” for adventurous Seattle urbanites, and it was only natural our workshop was interrupted when someone yelled “A moose!” We all crowded around a big picture window to admire our unexpected visitor, who was foraging in a new dusting of spring snow. There is a hypnotic metaphor in there, is there not? Perhaps about delightful and unexpected meetings, and how they unite us. Sadly, Tom passed away in 2016.

Being involved with SCEH has afforded me the opportunity to interact with many familiar faces and meet new colleagues who consistently enrich my appreciation of hypnosis. SCEH is a younger and more diverse group than it was when I first attended meetings. We recently concluded the 74th Annual Workshops and Scientific Program in October, held virtually for the fourth consecutive year. I was a Conference Co-Chair, a role I shared with **Ciara Christensen** (now Immediate Past President). I’ve worked closely with Ciara on the SCEH Executive Committee for several years, but I was familiar with her research with Past President **Areed Barabasz** long before that. One might imagine I would have met Ciara outside of SCEH, since she worked with Areed at Washington State University in Pullman. Alas, the Cascade Mountain range and a formidable drive separate Pullman from Seattle, and we had not met before attending SCEH meetings. Parenthetically, I am more likely to encounter Dave Patterson at a SCEH conference than in Seattle, where he and I have worked at the University of Washington for decades.

**Ali Chadderdon** and **Deanna Denman** once again hosted an excellent series of Intermediate Workshops at the 74th conference in October. I was familiar with Ali’s work through her presentation on hypnosis and integrative medicine at SCEH’s conference in Las Vegas in 2018, and I have known both Ali and Deanna in their roles as Skills/Intermediate Workshop Co-Chairs since our first virtual meeting in 2020. I am grateful that Deanna has

agreed to step into the role of Program Co-Chair for the 2024 annual conference, when we will meet in person again. She will be joined in that role by **Tova Fuller**, whom I've known since she was a psychiatry resident in my department and participated in the annual Hypnosis Seminar I offer there. Tova is now on the faculty at UCSF and has played an important role in SCEH programming since 2020 when she co-chaired the Introductory Workshop (and repeated those roles in 2021 and 2022). Tova served as Scientific Program Co-Chair in October. The other Scientific Program Co-Chair was **Jessie Markovits**, whom I first met in 2018 and again in 2019 at SCEH Conferences when she presented her research on hypnosis for symptom management in orthopedic surgery (we knew her as Jessie Kittle back then). It was delightful to see her with her newborn at SCEH in October!

**Casey Applegate-Aguiler** and **Cassondra Jackson** served as Introductory Workshop Co-Chairs and put together a well-attended workshop held in October, with a smidgen of mentoring support from me, as they are both graduate students at Saybrook. I first met Casey at the 2019 conference in New Orleans, where she presented her work on hypnosis and opioid addiction recovery. I met Cassondra at a virtual ASCH conference in the spring of 2021 and encouraged her to collaborate with me on an umbrella review of meta-analyses on hypnosis in treating mental disorders, which she presented at the 2022 SCEH conference. Both Cassondra and Casey have been frequent presenters in the Introductory workshops offered by SCEH, and they organized an impressive list of faculty for the workshop in October of this year that included three SCEH current and past presidents: **Ciara Christensen**, **Janna Henning**, and **Don Moss**. Also serving as introductory faculty were early career professionals **Cameron Alldredge** and **Afik Faerman**. Ciara, Janna, and Don have been a mainstay of SCEH leadership for many years, and all have helped me grow into a leadership role with SCEH. Cameron is a postdoctoral fellow in Gary Elkins' Mind-Body Medicine Lab at Baylor University; I met him when he took one of the Intro Workshops in 2021. Afik is a postdoctoral fellow in the Stanford Brain Stimulation Lab and David Spiegel's Center for Mind, Body, and Health. He Co-Chaired the 2022 Scientific Program. I owe a big nod of gratitude to **Gary Elkins** for encouraging my involvement in SCEH over the years in his roles as President, Past-President, and editor of the *International Journal of Clinical and Experimental Hypnosis*.

**Vivek Datta** and **Nate Ewigman** co-chaired the Advanced Workshops in October. Vivek, like Tova, completed his residency in psychiatry at UW and that is where I met him. He came to residency from the UK, where he had already learned much about hypnosis and was comfortable integrating it with his clinical practice. Vivek has been involved in SCEH annual meetings since 2020 in various roles and is a member of the Ethics and Professional Attitudes Committee. I met Nate in one of the Introductory Workshops; he and I started meeting on a regular basis after that to discuss our clinical applications of hypnosis and reflect on our work. I was thrilled to see him connect with **Vanessa Muniz**, from Gary's lab, to put together a workshop on culturally competent hypnosis for the recent annual conference.

It goes without saying that our Focus newsletter team has been doing an incredible job. Co-Editors **Cassondra Jackson**, **Lauren Simicich**, **Mikhail Reshetnikov**, and **Jillian Ballantyne** have worked tirelessly to bring members a superb publication each quarter. Readers of the newsletter were introduced to Jillian, the newest co-editor, in the September 2023 newsletter. I was fortunate to meet her during a virtual networking session during the 2022 SCEH conference and follow up with her through some emails. I first met Mikhail at the 2020 conference, and I recall vividly his dedication to attending the conference in spite of the

substantial time difference between the U.S. and Russia – not to mention his intriguing headgear worn during the student networking session (see the December 2020 Focus newsletter if you're curious). And at the last in-person conference in New Orleans, I learned of Lauren's work, also in Gary's lab, as she participated in two symposia and presented a poster on hypnosis and mindfulness. Kudos to the fine team of Focus co-editors!

November is a time of transition for the SCEH Executive Committee. **Janna Henning** has completed her two-year term as Immediate Past President, and Ciara assumes that role. Janna has made lasting and invaluable contributions to SCEH. She hosted the first Women's Breakfast for female-identified conference attendees at the 2019 conference in New Orleans, our most recent face-to-face event. Janna holds the title of Inclusiveness Director for SCEH, and has put issues of diversity, equity, and inclusion at the forefront of the work of SCEH. She has worked tirelessly and many hours to update the SCEH Bylaws as Chair of the Constitution and Bylaws Committee. Thanks to her hard work, the Bylaws have been revised and SCEH, founded 75 years ago, follows current requirements for organizations like ours. I am excited to see her continue in this role. We also say goodbye for now to **Catherine McCall**, who has served as the SCEH Secretary for the past two years. She has made significant additional contributions to SCEH through teaching in many of the Introductory Workshops in recent years, co-chairing the Advanced Workshops at the Annual meetings in 2020 and 2021 and serving as overall conference co-chair in 2022.

SCEH has benefited enormously from the dedicated work of **Flavio Epstein** as Chair of the Membership and Credentials Committee for SCEH, a role he has filled since 2021. Our financial stability as a society has been under the careful watch of SCEH's Treasurer, **Zoltan Kekecs**, whom I first met in 2019 when he was turning over the job of Secretary to me. Both Zoltan and Flavio are strong European members and supporters of SCEH – Flavio lives and practices in Portugal, and Zoltan lives and works in Hungary. During one of our conference breaks in New Orleans in 2019, Zoltan peered over my shoulder to see what I was up to on my laptop and discovered we are both fans of the trading card game Magic the Gathering. Perhaps there will be a game in our future when we meet once again in person in 2024!

## The Work Ahead

*I* believe the greatest resource SCEH brings to its membership is the members themselves. In my time on the SCEH Executive Committee, I've come to appreciate the enormous good we can accomplish when we pull our gifts and talents into the room, virtual or in person. My foregoing comments highlight the most recent conference and only a small fraction of the people who contribute their time and energy to keep SCEH thriving. There are many additional people, committees, and initiatives that I have not mentioned. If I've left anyone out, please let me know. And, if I've inspired you to contribute to the work of SCEH somehow, I would love to hear from you! Please share your ideas and vision for SCEH by contacting me at [mccann@uw.edu](mailto:mccann@uw.edu).

The 2024 75<sup>th</sup> Annual Workshops and Scientific Program of SCEH will be held in person October 23-27, 2024. This will be the first time we will see each other face-to-face in 5 years. We recently celebrated the 10-year anniversary of **Anne Doherty Johnson's** service as Executive Director of SCEH. She is another invaluable and hard-working member of our organization, with a wealth of institutional knowledge and experience.



Please watch for the Call for Abstracts and Workshop proposals for next year's annual conference, renew your membership if you have not done so already, and make plans to come together virtually May 17-20, 2024 for the Midyear Clinical Hypnosis Workshops. I look forward to seeing what we can do when we all come together. Perhaps we will see a moose!

Sincerely,

Barbara McCann, PhD  
SCEH President

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## Follow SCEH on Social Media



**Facebook**

<https://www.facebook.com/scehus/>



**LinkedIn**

<https://www.linkedin.com/company/society-for-clinical-and-experimental-hypnosis/>



**X (formerly Twitter)**

<https://X.com/SCEHypnosis>



**YouTube**

<https://www.youtube.com/channel/UCYSepVJa3eZ9Rbf96Fz47Lw/featured>



## LETTER FROM THE EXECUTIVE DIRECTOR

BY ANNE DOHERTY JOHNSON



As we round out one year and approach the next, let me extend to all of you best wishes for a happy and safe holiday season.

Our recent 2023 Annual Conference was a big success on many counts – the reaction was enthusiastic and positive to workshop sessions and the Scientific Program keynotes and presentations. Again, we delivered an action-packed five days of programming. Conference content explored topics on the conference theme of *Unlocking the Power of Mind:*

*Advances in the Science of Hypnosis* with vibrant discussions on the many ways hypnosis can be used to help clients and patients, equipping attendees with new skills and tools to add to their clinical or research toolkits. We also saw great engagement from attendees, asking questions and contributing perspectives to enhance the experience.

SCEH continues to deliver educational training programs that are consistently ranked highly by attendees. Here are a few of the initial comments we have received:

*“I learned a lot about how I can integrate hypnosis into my already existing practice as well as ways to further my education in this area.”*

*“Great selections for Advanced workshops and scientific presentations.”*

*“Presenters were clearly very knowledgeable and enthusiastic about sharing knowledge.”*

*“All the scientific presentations were valuable and kept me in front of my computer for the entire session both days. A wonderful meeting overall!”*

### 2023 Annual Conference by the Numbers

- Some 91 participants attended, representing 9 countries
- Five days
- 17 workshop sessions
- 3 levels of training
- 8 research presentations, 3 keynotes, 2 symposia, and 6 posters
- 5 networking sessions
- Over 21 hours CE or CME credits available, depending on the mix of workshops selected.

Our thanks to all who made the 2023 Annual Conference a success, including our Workshop and Scientific Program presenters, stimulating keynotes, and very engaged attendees. Special thanks to our dedicated **2023 Conference Committee** for volunteering their time, energy, and expertise in developing and approving programming, securing presenters, and hosting the sessions. They are:

- **Overall Meeting Chairs:** Barbara S. McCann, PhD and Ciara Christensen, PhD.
- **Introductory Workshop Co-Chairs:** Casey Applegate-Aguilar, MA, MS, LPCC, LSAA; Cassandra Jackson, MA, and Barbara McCann, PhD.

- **Intermediate/Skills Workshops Co-Chairs:** Alexandra Chadderdon, PsyD and Deanna Denman, PhD.
- **Advanced Workshops Co-Chairs:** Nate Ewigman, PhD, MPH, BCB and Vivek Datta, MD, MPH.
- **Scientific Program Co-Chairs:** Tova Fuller, MS, MD, PhD and Jessie (Kittle) Markovits, MD.
- **Members:** Ciara Christensen, PhD and Anne Doherty Johnson, Executive Director.

Abstracts from the Scientific Program will be published in an upcoming issue of the Society's peer-reviewed quarterly, the *International Journal of Clinical and Experimental Hypnosis*. Publishing the abstracts helps improve the visibility of our researchers, authors, and presenters, making their work easier to find, share, apply, or cite, expanding its scientific impact.

If you attended and found the conference valuable, we ask that you help us spread the word about the Society and our events and programs to others who already have an interest in hypnosis or to colleagues who you think may be interested in learning more about it. You can also contribute a short testimonial about SCEH [here](#).

### **Save the Dates!**

Please save the dates for our 2024 Midyear Clinical Hypnosis Workshops (May) and our 2024 Annual Conference (October). While next year's Annual Conference will be face-to-face, the Midyear Workshops will continue to be offered virtually. Planning for each event is now underway; watch the SCEH website for news and developments.

### **2024 Midyear Clinical Hypnosis Workshops**

#### **May 17-20, 2024 (Friday - Monday) - Live online**

Includes three workshop tracks, each to be submitted for 12.5 CE/CME in keeping with SCEH certification requirements. Friday and Saturday will include two-day Introductory and Intermediate Workshops. Sunday through Monday will include Advanced Workshops on varied topics, with Sunday's topics addressing hypnosis and psychotherapy and Monday's topics addressing hypnosis for common medical disorders. Event planning is now underway. Watch our website for event details.

### **2024 Annual Conference -- 75th Annual Workshops & Scientific Program**

#### **October 23-27, 2024 (Wednesday to Sunday – face to face)**

The Annual Conference features three levels of workshops (Introductory, Intermediate, & Advanced) plus a Scientific Program. The Call for Papers opens in early 2024 with an April 15<sup>th</sup> submission deadline. Conference registration will open in the summer of 2024. Conference planning is now underway. The event will be face-to-face; a location will be announced soon. Watch our website for event details.

### **SCEH Webinar Series:**

Our monthly Webinar Series allow you to take advantage of SCEH hypnosis education and professional development opportunities throughout the year.

### Annual Renewal Time:

Your annual dues fund SCEH operations and allow us to work toward delivering events and member services in aid of advancing our mission. If you have already renewed, thank you for your support of the Society! If you have yet to do so, we ask that you kindly complete your renewal before the last week of December so that we can attain a strong year-end finish. If you are looking for your dues renewal notice, check your inbox for an email from us with the subject line "SCEH - Annual Dues Renewal" then click on the attached invoice link. Or just reach out to me at [anne@sceh.us](mailto:anne@sceh.us) and we will send you a copy of your invoice. If you opt to pay by check, please mail it to us postmarked before December 14 to allow time for it to be received in the mail and processed before year's end. Thank you for your support and loyalty to SCEH. We hope you will continue your support by being an active and committed member for a long time to come.

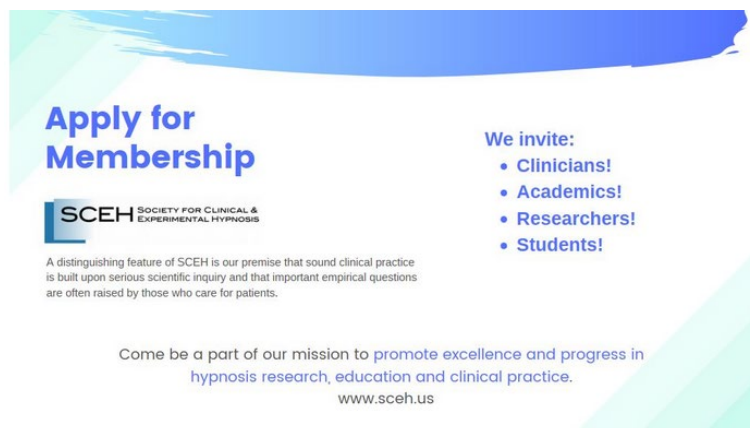
### Keep Your SCEH Member Profile Up to Date:

At renewal, we also recommend that you review and update your membership profile with any change of address, new degrees or designations, updated specialties, or any change of employer. To update your profile, click [here](#).

When reviewing your profile, you are invited to add a photo and be sure to include a Directory Email and/or Directory Phone to make it easier for colleagues to find and reach out to you. Login is required -- follow the prompts if you need to retrieve your username or reset your password. Email our office if you need assistance.

### Help Us Grow:

How did you first learn about SCEH? Chances are, it was through a colleague or professor. Please help us locate more people who could benefit from SCEH membership as you have by forwarding a quick note to a colleague.



#### [Membership Application Form](#)

You can also include a link to a list of member benefits, found here: [Membership Benefits](#)

Thank you! We appreciate your help.

I conclude by wishing you Season's Greetings & a Happy, Healthy, and Prosperous New Year.

Be well. Stay well.

Sincerely,

Anne Doherty Johnson  
Executive Director



# Call for Volunteers

As we approach a new year, we invite your participation in SCEH Committees. You are the Society, and we need your help in supporting our shared mission of **promoting excellence and progress in hypnosis research, education, and clinical practice.**

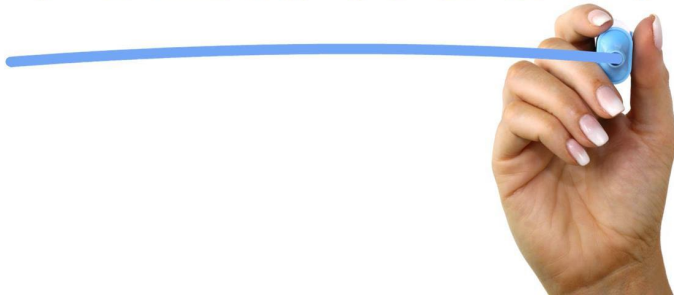
Volunteering on a SCEH Committee is a great way to give back to the Society and influence its future. Your service can prove to be a meaningful and worthwhile experience with personal and professional benefits. It's a great way to share your expertise, have your voice heard, and make a difference in a field you love. In exchange for your time and support, you will gain leadership experience, sharpen collaboration skills, enhance your network, and gain visibility and recognition from your peers. Review a list of [SCEH Committees](#).

In addition to serving on a committee, we can also make use of your active support in completing "micro-volunteering" activities like sending us a member testimonial, creating a post that mentions SCEH on social media, or submitting an article to FOCUS.

You can also sign up to serve as a **Mentor**, where the amount of hours you contribute is up to you. Mentorships can take the form of a single phone call or regular meetings and are negotiated between mentor and mentee. Mentorships can be related to clinical or experimental research, or the development of teaching skills.



# VOLUNTEER



Review a list of [SCEH Committees](#) and join in!

Learn more about our [Mentorship Program](#) or sign up to be a mentor by completing this short [form](#)!

There are also occasional opportunities to work on ad hoc special projects, such as supporting a particular educational program.

Let us know your interests, and we will work with you to find ways you can contribute. To express interest, please email us at [info@sceh.us](mailto:info@sceh.us)

Thank you for all you do to support the field of hypnosis.

## 74th Annual Workshops & Scientific Program

# Unlocking the Power of Mind: Advances in the Science of Hypnosis



### **OVERALL CONFERENCE CO-CHAIRS**

Ciara Christensen, PhD and Barbara S. McCann, PhD

### **WORKSHOP PROGRAM CO-CHAIRS**

#### **Introductory Workshop Co-Chairs:**

Casey Applegate-Aguilar, MA, MS, LPCC, LSAA; Cassondra Jackson, MA; Barbara McCann, PhD

#### **Skills /Intermediate Workshops Co-Chairs:**

Alexandra Chadderdon, PsyD and Deanna Denman, PhD

#### **Advanced Workshops Co-Chairs:**

Vivek Datta, MD, MPH and Nate Ewigman, PhD, MPH, BCB

#### **Scientific Program Co-Chairs:**

Tova Fuller, MS, MD, PhD and Jessie (Kittle) Markovits, MD

#### **Committee Members**

Members: Ciara Christensen, PhD

## Scientific Program Presenters in Action!



*Left to right, in order of appearance:  
Enrica Santarcangelo, MD, PhD; Stephen Lankton, LCSW, DAHB, FASCH and Dan Short, PhD*



## Symposium on the Mechanisms Underlying Hypnotic Effects

### 1 peripheral blood flow

Table 1  
Interview

Interview	Lows	Highs
Mental stress level	2.70 ± 0.35	2.37 ± 0.39
Involvement	4.00 ± 0.45	4.13 ± 0.51
Motivation	3.60 ± 0.50	3.50 ± 0.56

No significant difference between groups in pre occlusion diameter

(B) FMD

Only lows decrease their FMD

### Mental stress

Jambrik, et al. (2004). Does hypnotizability modulate the stress-related endothelial dysfunction?. *Brain Research Bulletin*, 63(3), 213–216.

Jambrik, et al. (2004). Traditional acupuncture does not modulate the endothelial dysfunction induced by mental stress. *The international Journal of Cardiovascular Imaging*, 20(5), 357–362.

Remove Pin

Enrica Laura Santarcangelo

## Keynote on Physiological Correlates of Hypnotizability with Enrica Santarcangelo, PhD

## Research Presentations!

### Exploring a Single-Item Assessment of Hypnotizability

Poorvi Balaji, Cameron Alldredge, PhD, Morgan Snyder, PhD, Gary Elkins, PhD

Department of Psychology & Neuroscience, Baylor University, Waco, Texas

### A Systematic Review of Hypnotherapy Apps: An Update

Katherine Scheffrahn, BS  
Cameron Alldredge, PhD  
Morgan Snyder, PhD  
Gary Elkins, PhD

### Efficacy of Hypnosis for Mental and Somatic Health Problems: A Systematic Review of Meta-Analyses

Cameron Alldredge, PhD  
Antonia Haddenhorst  
Jenny Rosendahl, PhD





**Keynote on A Functional Model of States of Consciousness:  
Integrating Social Cognitive and State Theory  
with Stephen Lankton, PhD**



**Research Poster Presentation**



# Scientific Program Day 2!

## Integrating Noetics into your Treatment Paradigm: Quantifying the Mind during Hypnosis and Non-ordinary States of Consciousness

by  
Adam J Rock, PhD; Ronald J Pekala, PhD;  
Andrea Zaccaro, PhD & Rinaldo Livio Perri, PhD

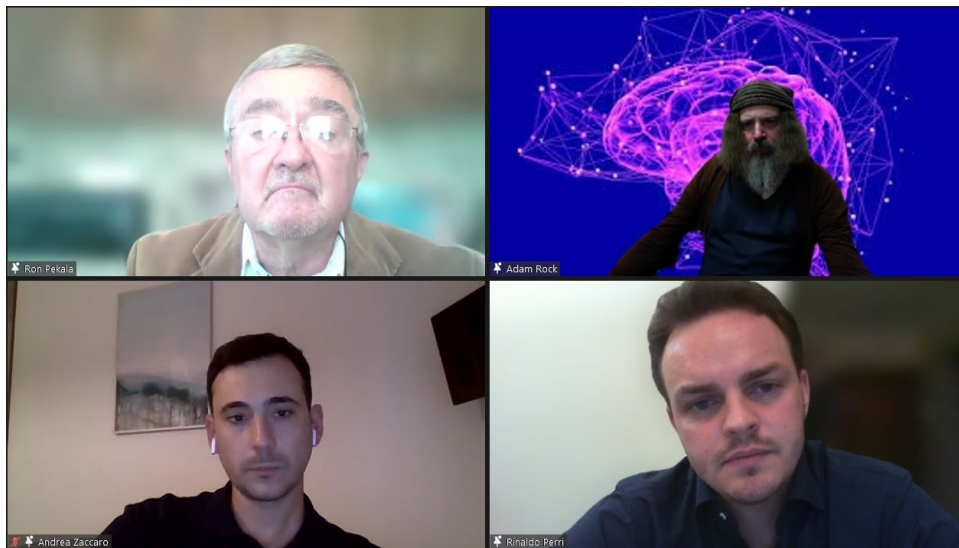
Symposium presented at the 74<sup>th</sup> Annual Workshops & Scientific Program of the  
Society for Clinical and Experimental Hypnosis  
October 8th, 2023: Virtual:  
8:00 – 9:30 AM PT/ 11:00 AM – 12:30 PM EST

[AA.SCEH Symposium.2023.noetics.100623.ppt]

## Quantifying the Qualia of Consciousness: Introducing Ronald Pekala's Phenomenology of Consciousness Inventory



Adam J. Rock, PhD



**SCEH** SOCIETY FOR CLINICAL & EXPERIMENTAL HYPNOSIS  
2023 Annual Conference  
74th Annual Workshops & Scientific Program  
October 4-8, 2023 – Live Online – #SCEH2023



### Quantifying the mind during non-ordinary states of consciousness: slow breathing and yoga practices

Andrea Zaccaro

Department of Psychological, Health and Territorial Sciences  
"G. d'Annunzio" University of Chieti-Pescara, Chieti, Italy

Department of Surgical, Medical and Molecular Pathology and Critical Care Medicine  
University of Pisa, Pisa, Italy



### Noetic alterations associated with transcranial electrical stimulation (tDCS) of the left prefrontal cortex

RINALDO PERRI



## PROCEDURAL NIHILISM

**Jay Haley:** What do you consider to be the basic principles of psychotherapy?

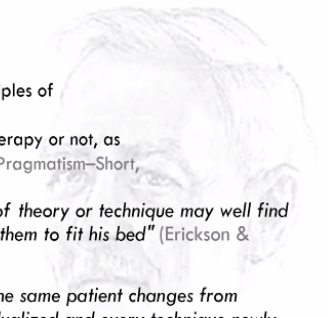
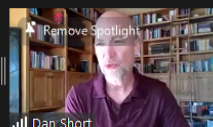
**Milton Erickson:** I don't care if what I do is a proper therapy or not, as long as it works (Haley, 1973, p. 87). (The Principle of Pragmatism–Short, 2020)

*"A therapist who confines himself to a Procrustean bed of theory or technique may well find himself cutting down patients to fit his bed or stretching them to fit his bed"* (Erickson & Rossi, 1979, p. 7).

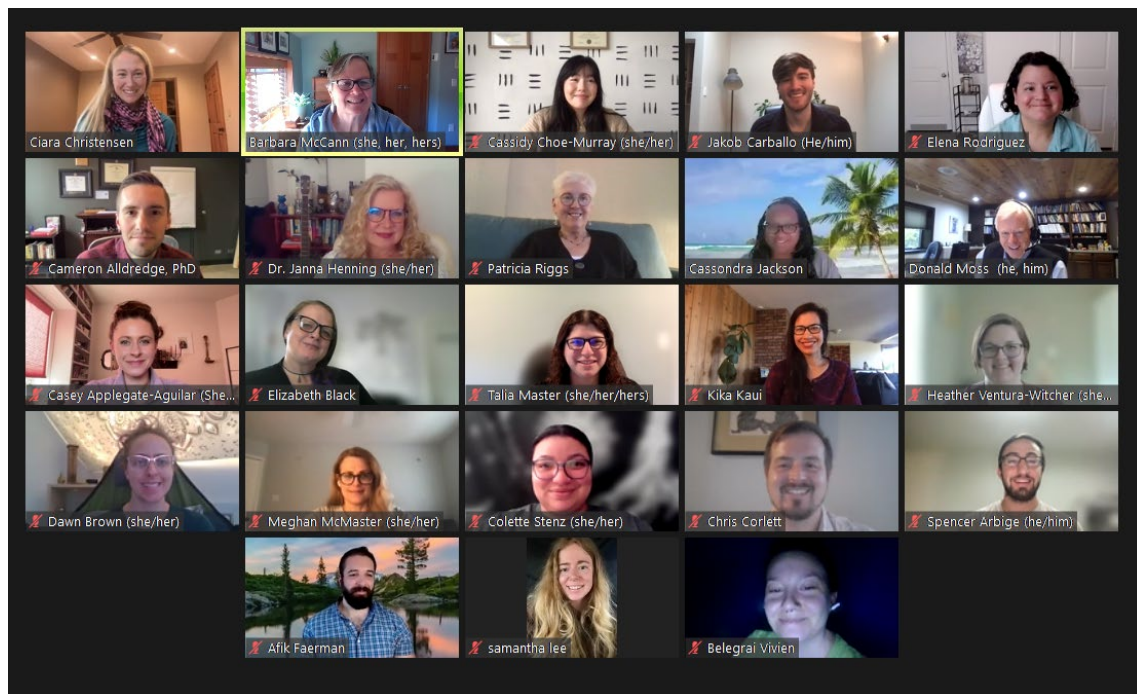
*"No patient is the same as any other patient, and even the same patient changes from moment to moment. Hence every therapy must be individualized and every technique newly created for each patient"* (Erickson & Rossi, 1979, p. 12).

Procedural nihilism is meant to describe the wholesale rejection of standardized/replicable treatment protocols. Ericksonian therapy is centered on the assumption that adherence to a particular set of procedures will undermine the relational and co-creative character of therapy, which demands flexibly, cooperation, and curiosity in responding to the emergent needs of each unique individual.

Slide 1

## Keynote on Are There Core Competencies at Work? Addressing the Procedural Nihilism of Ericksonian Therapy and the Polymorphism of Hypnosis with Dan Short, PhD



## Intro Workshop



## 2023 Awards Celebration

\* **Henry Guze Award** for Best Research Paper on Hypnosis to **Olafur Palsson, PhD; Zoltan Kekecs, PhD; Giuseppe De Benedittis, PhD; Donald Moss, PhD; Gary Elkins, PhD; Devin B. Terhune, PhD; Katalin Varga, PhD; Philip D. Shenefelt, MD and Peter J. Whorwell MD, PhD** in recognition of their paper, **Current practices, experiences, and views in clinical hypnosis: Findings of an international survey** in the *International Journal of Clinical and Experimental Hypnosis*.

\* **Erika Fromm Award** for Excellence in Teaching to **Barbara McCann, PhD** for her strong dedication and commitment to hypnosis education and her energy and focused efforts to broaden the use of hypnosis in the medical field.

\* **Reviewer of the Year Award** for significant contribution to the Society's peer-reviewed quarterly, the *International Journal of Clinical and Experimental Hypnosis* to **David Reid, PsyD**.

\* **Stanley Krippner Award** for efforts supporting the field of hypnosis by students or early career professionals to **Cameron Alldredge, PhD, Postdoctoral Fellow, Department of Psychology and Neuroscience, Baylor University**.

\* **Arthur Shapiro Award** for best book on hypnosis to **Gary Elkins, PhD, ABPP, ABPH** For *Introduction to Clinical Hypnosis: The Basics and Beyond*. Mountain Pine Publishing. October 2022

*Singled out this year by President Christensen for a **Presidential Award** were the following:*

- **Anne Doherty Johnson**, SCEH Executive Director, for her extraordinary dedication to SCEH over the last decade. Through her tireless efforts, she has not only helped SCEH to weather many challenges, but she has also expanded the Society's reach in hypnosis education and continuing education. Her leadership is a beacon for us all.
- **Zoltan Kekecs, PhD** for service and leadership as Treasurer, watching our finances and helping our leadership better our financial status and trends, and in recognition for his role in developing the HIPNOSISE peer-to-peer program, thereby creating a new member benefit that helps SCEH members deepen their knowledge and practice of hypnosis using this unique skill development program.

- **Liz Solena, PhD** for service and passion in developing the HIPNOSISE peer-to-peer program, thereby creating a new member benefit that helps SCEH members deepen their knowledge and practice of hypnosis using this unique skill development program.
- **Barbara McCann, PhD** for service as Annual Conference Co-chair and for her dedication to hypnosis education, and in recognition for her efforts contributing to the Society's growth, helping to extend our training programs into the broader medical field.
- **Catherine McCall, MD** for service as SCEH Secretary, and as a valued member of the SCEH Executive Committee, and for her efforts to help increase the reach of our training programs across the medical field.
- **Janna Henning, JD, PsyD, FT** for service as Constitution and Bylaws Committee Chair, for her tireless work to maintain the integrity of our nonprofit governance, and in recognition for her invaluable efforts to update the SCEH Code of Ethics.
- **Donald Moss, PhD** for service as Education Chair, and dedication to creating high-quality educational programs, as evidenced in our excellent Webinar Series and Annual Midyear Workshops; both of which have enriched our understanding of hypnosis. We are fortunate to have him as our President Elect, guiding SCEH to new heights.
- **Gary Elkins, PhD, ABPP, ABPH** for continued service as Editor-in-Chief of our International Journal of Clinical and Experimental Hypnosis, elevating the dissemination of cutting-edge research in our field and broadening the visibility of hypnosis.
- **Jenny Nash** in recognition of her 25-year service as a copyeditor for the International Journal of Clinical and Experimental Hypnosis, helping to maintain strong editorial standards and quality.
- **Flavio Epstein, PhD** for ongoing service as SCEH Membership Chair and his unwavering dedication to overseeing our member approval process and retention campaign to help ensure the vitality of our community.
- **David Reid, PsyD** for service as Certification Committee Chair and commitment to maintaining the highest standards of hypnosis training and for his excellent teaching and leadership in our Midyear Workshops.
- **Philip Shenefelt, MD, ABMH** for his longstanding service as Ethics Committee Chair, fulfilling this important role for the Society.
- **Casey Applegate-Aguilar, MA, MS, LPCC, LSAA** for service as Annual Conference Introductory Workshop Co-chair, selecting topics and speakers, organizing and hosting the agenda, and helping grow our understanding of hypnosis.
- **Cassondra Jackson, MA** for service as Annual Conference Introductory Workshop Co-chair, selecting topics and speakers, organizing and hosting the agenda, and helping grow our understanding of hypnosis.



- **Alexandra Chadderdon, PsyD** for continued service as Annual Conference Intermediate/Skills Workshop Co-chair, in recognition of her tireless work in organizing and hosting workshops that enrich our educational offerings
- **Deanna Denman, PhD** for continued service as Annual Conference Intermediate/Skills Workshop Co-chair, in recognition of her tireless work in organizing and hosting workshops that enrich our educational offerings.
- **Nate Ewigman, PhD** --for service as Advanced Workshop Co-chair for the Annual Conference, selecting topics and speakers, organizing the agenda, and hosting workshops that help grow our understanding of hypnosis.
- **Vivek Datta, MD** for service as Advanced Workshop Co-chair, for the Annual Conference, selecting topics and speakers, organizing the agenda, and hosting workshops that help grow our understanding of hypnosis.
- **Tova Fuller, MS, MD, PhD** for service as Annual Conference Scientific Program Co-chair, in recognition of her pivotal role in securing keynote speakers, organizing the agenda, and selecting and hosting high-quality scientific presentations that shine the light on the latest hypnosis research.
- **Jessie (Kittle) Markovits, MD** for service as Annual Conference Scientific Program Co-chair, in recognition of her pivotal role in securing keynote speakers, developing the agenda, and selecting high-quality scientific presentations that shine the light on the latest hypnosis research.
- **Cassandra Jackson, MA** for continued service as a Member of the FOCUS Newsletter Team, in recognition of her hard work diligently organizing content and helping to publish relevant topics in the FOCUS Newsletter, keeping our members informed and engaged.
- **Lauren Simicich, PsyD** for continued service as a Member of the FOCUS Newsletter Team, in recognition of her hard work diligently organizing content and helping to publish relevant topics in the FOCUS Newsletter, keeping our members informed and engaged.
- **Mikhail Reshetnikov, MA** for continued service as a Member of the FOCUS Newsletter Team, in recognition of his hard work diligently organizing content and helping to publish relevant topics in the FOCUS Newsletter, keeping our members informed and engaged.
- **Cameron Alldredge, PhD** for service as a Member of the FOCUS Newsletter Team, in recognition of his hard work diligently organizing content and helping to publish relevant topics in the FOCUS Newsletter, keeping our members informed and engaged.



*Living Treasure Awards, selected by the SCEH President, were presented to:*

- **Don Moss, PhD** for his unwavering commitment to the art of teaching clinical hypnosis. Don consistently introduces compelling and pertinent topics through our monthly Webinar Series and Annual Midyear Workshops. Don's dedication and service have shone brightly over the years, in his service as a former Treasurer, Past President, Chairmanship of key committees, and now, with his return as President-elect, marking him as a true luminary in our community.
- **Eric Wilmarth, PhD** for his dedication to SCEH spanning many years of service. Not only is Eric a past president, he has also been a vital presence on various committees, offering insights and sharing institutional wisdom. His enduring commitment has been instrumental in shaping the legacy of SCEH.
- **Elvira Lang, MD, FSIR, FSCEH** for her steadfast dedication to SCEH, spanning years of service, and for her ongoing research pursuits. Her work in the field consistently highlights the invaluable benefits of utilizing clinical hypnosis in medical procedures.



## 2023 SCEH Awards attendees

## 2024 Annual Conference

**October 23-27, 2024 (Wed. - Sun.)**  
***In Person!***

**Don't  
Forget!**

Our largest event of the year

Three levels of workshops (with  
CE/CME for each)

*Plus* the Scientific Program

Call for Papers opens in early 2024 with  
a submission deadline of **April 15**.

Registration opens summer 2024.

Conference planning is now underway.

Watch our website for event details!

### **Special Thanks to the 2021-2023 SCEH Executive Committee!**



SCEH Elected Officers comprise the Executive Committee (November 2021- October 2023). Pictured left to right, Ciara C. Christensen, PhD, President; Barbara S. McCann, PhD, President-Elect; Zoltan Kekecs, PhD, Treasurer; Catherine A. McCall, MD, Secretary and Janna A. Henning, JD, PsyD, FT, Immediate Past President.

## Interview with SCEH Annual Conference Intermediate Workshops Co-Chair

### Alexandra Chadderdon, PsyD

***Tell us a little bit about yourself, your background in clinical hypnosis, and involvement with SCEH to date.***

I am a clinical psychologist and I first learned clinical hypnosis at the Osher Center for Integrative Medicine at Vanderbilt University during my pre-doctoral internship year. There, I was unbelievably lucky to have been trained in individual and group hypnosis for the management of chronic pain by Dr. Lindsey McKernan. I completed a 20-hour workshop co-taught by Dr. McKernan and Dr. Dave Patterson, who is highly acclaimed in the world of treating acute and chronic pain with hypnosis. Dr. McKernan continued to mentor me over the years, and I continue to rely on her professional mentorship.



Additionally, Dr. Patterson and I have had the joy of continuing to work with one another on research projects and I recently had the honor of being a reviewer on the second edition of his book on treating chronic pain. I went on to use my skills in treating acute and chronic pain with hypnosis during my fellowship year at the Cleveland Clinic Chronic Pain and Rehabilitation Program, and then bedside with medical patients at the University of Colorado Hospital. Currently, I work at the VA serving veterans in the Mental Health Clinic.

I have also had the pleasure of recently joining Attune Philadelphia Therapy Group, a wonderful private practice owned and run by Dr. Eric Spiegel. I am lucky to receive mentorship in hypnosis and psychotherapy from him, as he is truly renowned in the world of hypnosis. Over the years, I have expanded my hypnosis skills beyond treating pain and it is now an integral part of my clinic practice.

***You were an Intermediate/Skills Workshop Co-Chair at the SCEH 2023 Annual Conference and received a Presidential Award for your service. Congratulations! For those who are unfamiliar with what work goes into a SCEH Annual Conference Workshop Co-Chair, could you please elaborate on what this position entails?***

Thank you so much! I was warmly invited to join the SCEH team in 2020. This was just after COVID began, and we put together our first ever virtual conference that year! Along with my prodigious co-chair Dr. Deanna Denman, we worked to design intermediate workshops that

would meet the needs of hypnosis practitioners who had a foundation in clinical hypnosis but were ready to advance their skills to the next level. We then invited speakers all over the world to conduct workshops for our attendees.

We worked to balance the topics we thought would most benefit intermediately skilled hypnosis practitioners, with the interests and proposals of our prospective speakers and teachers. We developed a workshop schedule and then functioned as moderators during the virtual conferences.

***What personally interested you in serving the SCEH community in this capacity?***

SCEH is an invaluable resource to learners and practitioners of clinical hypnosis. For the past three years, I have had the distinct honor of working with a team of dedicated and accomplished professionals who serve as stewards for hypnosis. I could not have possibly passed up that opportunity! SCEH grants participants unique opportunities to connect with a wide network of teachers and learners alike.

Moreover, being a part of SCEH has helped keep me on the cutting edge of new research, evidence, and clinical techniques. I honestly cannot recommend it enough for anyone who wishes to be part of the hypnosis community.

***You've convinced me! I'm ready to sign up/apply for a Workshop Co-Chair position. What steps do I need to take?***

Simply start by joining SCEH! This will grant you access to so many resources and professionals in the field. And always feel free to reach out to any of us on the team, and we can help you navigate any direction you would like to take in your career. Good luck and have fun with it!

***Interviewed by Lauren Simicich, PsyD***



## Interview with SCEH Annual Conference Introductory Workshop Attendees

### **Elizabeth Black, LCSW**

#### ***Tell us a little bit about yourself and your work.***

I currently run a small private practice, Prismatic Counseling, LLC., out of New Orleans, LA. I provide therapeutic services to individuals and couples in Louisiana and Massachusetts. My focus is generally working with individuals experiencing substance use disorders, those in the service industry, individuals in the sex work field, as well as individuals and couples exploring ethical non-monogamy, poly, open, kink and BDSM dynamics.



#### ***What motivated you to attend the SCEH 2023 Annual Conference?***

I am always looking for new tools to help my clients achieve their goals. During a conversation with a friend in the field, the annual conference was mentioned. She has completed all three levels of training, and recommended I check it out. After some reading, I decided this would be a great new direction to take my practice in, and an effective tool to add to my repertoire.

#### ***You attended the Introductory Workshop in Clinical Hypnosis. What are some of the biggest takeaways from your experience?***

Some of the biggest takeaways include the variety of things that clinical hypnosis can be used to treat. Before this conference, I had no idea about the application of hypnosis for analgesic or anesthetic properties. I had also never thought about using hypnosis for ego and performance enhancement work. The ethics involved in clinical hypnosis was also a big takeaway, the importance of using one's skills "for good, not evil". The introductory workshop really opened my eyes to thinking about different ways to enhance my practice with clinical hypnosis.

#### ***What did you enjoy most about your workshop experience?***

This is a tough question. I enjoyed a lot of things, including the science behind clinical hypnosis, but I think the biggest enjoyment was being in the small breakout groups. The breakout groups provided a great space to discuss what was just learned, as well as to practice skills and receive feedback. The case studies in the small groups were also a great experience, and really helpful for looking at multiple ways in which hypnosis might benefit a client.



***In your opinion, how could have your workshop experience been enhanced?***

Personally, I would have liked to have spent more time practicing induction and bringing people deeper into a trance state. We were able to spend a bit of time doing this, but I would have liked to have had maybe another hour or so devoted to getting more familiar with the process.

***How do you intend to use your workshop learnings going forward?***

I plan to begin integrating clinical hypnosis into my practice early next year. The goal is to start with using hypnosis to help with stress reduction, ego building and performance enhancement to start, and eventually add using hypnosis for trauma work after some additional training. I very much subscribe to the idea that no two people are the same, so the idea is to have open dialogue with clients to see what areas we can work on using clinical hypnosis.

***Interviewed by Lauren Simicich, PsyD***

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**Patricia Riggs, MSW, LICSW (MA)**

***Tell us a little bit about yourself and your work.***

I am a late career clinical social worker in private practice for over ten years after 25 years as a medical social worker in end-of-life care. I have a Masters degree in Social Work from Boston University; I live and work in Western Massachusetts. I enjoy working with people who are at a transition point in their lives, either through health challenges, relationship changes, employment changes including retirement, or a geographic move. I love working with people who have a readiness to know or change something about themselves.



***What motivated you to attend the SCEH 2023 Annual Conference?***

A colleague who attended an introductory training said it was a profound and useful experience. I was looking for more tools to add to my practice and was pleased to find the annual conference had training workshops as part of it.

***You attended the Introductory Workshop in Clinical Hypnosis. What are some of the biggest takeaways from your experience?***

Hypnosis has some similarities and overlap with mindfulness, with which many are familiar, and it can help clients with specific concerns with guidance supported by hypnosis research.

***What did you enjoy most about your workshop experience?***

I really enjoyed the ethics content of the training. It told me the organization was professional in addition to providing some comprehensive guidelines for clinical application.

I also enjoyed the experiential parts of the training, a chance to practice with the language and phrasing of induction, as well as to experience hypnosis.

***In your opinion, how could have your workshop experience been enhanced?***

If it was offered in person and local to me, I would have loved that. However, you can't beat the convenience of using a video platform to join others from all over the country.

I also would have liked a pre-workshop reading assignment, perhaps on the history of hypnosis (which was presented in the beginning, though quickly).

***How do you intend to use your workshop learnings going forward?***

I plan to take Level 2 training next, to offer hypnosis for a variety of challenges in the clinical setting, with a focus on pain management in addition to disordered eating.

***Interviewed by Lauren Simicich, PsyD***

## Upcoming Educational Opportunities

### Donald Moss, PhD, Education Chair

*Dr. Moss is currently the education chair for the Society of Clinical and Experimental Hypnosis (SCEH), ethics and international certification chair for the Biofeedback Certification International Alliance, and a board member of Division 30 (hypnosis) of the American Psychological Association. He has served as president of Division 30, president of SCEH, and president of the Association for Applied Psychophysiology and Biofeedback (AAPB).*



**The SCEH Webinar Series** continues this Autumn and Winter, providing monthly educational webinars on the second Friday of each month at Noon Eastern time. CE credit is available for each of these webinars. Speakers in coming months include:

**December 8:** *The Adaptive Experiential Theory of Hypnosis: Clinical Implications and Utilization* presented by Cameron Alldredge, PhD

**January 12:** *Hypnotic Like Practices of Dzogchen Meditation*, presented by Ian Wickramaskera, II, PsyD

**February 9:** *Altered States of Consciousness, the Human Skin, and Skin Disorders*, presented by Phil Shenefelt, MD

**March 8:** *Re-thinking Depression: Insights Emerging from Hard Times*, presented by Michael Yapko, PhD

**April 12:** *Clinical Hypnosis in the Treatment of Anxiety Disorders*, presented by David B. Reid, PhD

**May 10:** *Pediatric Hypnosis*, presented by Lisa Lombard, PhD

The Webinar series is offered by SCEH in partnership with the Office of Continuing Education at The Chicago School. Past webinars from the series are also available on demand. All webinars will offer 1.5 APA CE credits for Psychologists and 1.5 BBS CEUs for Counselors and Social Workers. In order to receive the credits or a participation certificate for training, participants are required to be in attendance for the entire program.

For more information, or to register, visit <https://www.sceh.us/webinars>.

## 2024 Mid-Year Clinical Hypnosis Workshops

The **SCEH 2024 Mid-Year Clinical Hypnosis Workshops** will take place **May 17-20, 2024** (Friday through Monday). The event features three levels of workshops.

Friday and Saturday, May 17-18, 2024, will include the Introductory Workshop—Foundations of Clinical and Applied Hypnosis, and the Intermediate Training in Clinical and Applied Hypnosis. The introductory and intermediate trainings will each provide 12.5 hours of CE credit.

Sunday and Monday, May 19 and 20, 2024, will include Advanced Workshops in clinical hypnosis. Day One of the Advanced section, May 19, will focus on Integrating Hypnosis with Psychotherapy, with two workshops offered:

Barbara S. McCann, PhD, on *Integrating Hypnosis with Cognitive Behavioral Therapy*.

Erik Spiegel, PhD, on *Hypnotic Strategies for Evoking the Therapeutic Relationship*.

Day Two of the Advanced section, May 20, will focus on Evidence Based Hypnosis for Common Medical Problems, with three workshops offered:

Cameron Alldredge, PhD, on *Hypnotic Interventions for Sleep Disturbance*.

Eric K. Willmarth, PhD, on *Pain Management: Principles and Practice*.

Gary Elkins, PhD and Cameron Alldredge, PhD, on *Integrating Hypnosis-Based Apps into Hypnosis Treatment in Behavioral Medicine*.

Attending all five advanced workshops will provide attendees with 13.5 hours of continuing education credit. Each advanced workshop is also available individually, with CE credit varying accordingly.

For more information, visit <https://www.sceh.us/events>.

The 2024 SCEH Education Committee, including Barbara S. McCann, Ilyese Spertus, and Donald Moss, will continue to develop and provide virtual educational opportunities on hypnosis and hypnosis-related topics throughout the coming year.

## Member News

**Joseph Tramontana, PhD** has been invited to present a workshop at the “Future of Preventive Medicine and Public Health Conference” in March 2024 in Amsterdam, Netherlands. This invitation was secondary to his paper on “Future Projection Therapy: Scripts and Case Examples” published in August 2022 in the American Journal of Clinical Hypnosis. Dr. Tramontana is Immediate Past-President of the American Society of Clinical Hypnosis. He has published in the International Journal of Clinical and Experimental Hypnosis in the past and has presented workshops at a number of SCEH annual conferences.

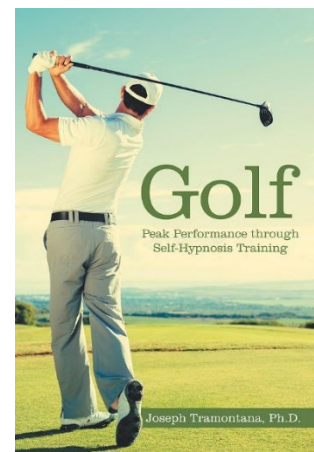
**Flavio Epstein, PhD** is a licensed health psychologist in both California and European Union, and his expertise includes assessment, psychotherapy, hypnosis, and research with patients managing advanced heart failure (AHF), post LVAD and heart transplant. Recently, as of November 2nd, 2023, he assumed the position of Visiting Psychology Professor in Cardiology at the University of Lisbon. In this role, he offers psychotherapy and hypnosis services, and plans to conduct research, at Hospital Pulido Valente’s Mais Sentido (“More Meaning”), a palliative care day treatment program dedicated to patients with advanced heart failure.

**Ciara Christensen, PhD:** I’m thrilled to announce that Dr. Sushil Puskur, MD, extended a gracious invitation for me to present on “Emerging Clinical Guidelines of Clinical Hypnosis for Weight Management, Diabetes, and Smoking” at the AdventHealth & The Marion County Medical Society free CME event. Our paths first crossed earlier this year at a workshop in Florida, where I had the privilege of presenting for the Florida Society for Clinical Hypnosis. (You can learn more about this fantastic professional association at <https://www.fsch.org/> dedicated to the education and clinical application of hypnosis). Being asked to speak at this event was an honor, providing yet another opportunity to connect with like-minded professionals and discuss the immense potential of clinical hypnosis. It’s a chance to reinforce why learning and incorporating clinical hypnosis into one’s practice can be a transformative and invaluable skill for healthcare providers.

**Stanley Krippner’s** memoirs, *A CHOATIC LIFE*, has been published by University Professors Press. Considerable attention is given to his introduction to hypnosis and his activities in the field over the decades. Be on the lookout for it at <https://universityprofessorspress.com/>!

**Dr. Joseph Tramontana** published a book titled “Golf: Peak Performance through Self-Hypnosis Training” published in 2021, Archway Publishing.

*If you are a member of SCEH and  
would like your news to be  
included in this section, please  
send your info to [info@sceh.us](mailto:info@sceh.us)*





## Latest News From



### Recent Issue: Volume 71, Issue 4

The most recent issue of the IJCEH features the publication of narrative reviews and research studies centered on the efficacy and feasibility of hypnosis interventions for medical issues including fibromyalgia, self-care in oncology patients, test anxiety and sleep disturbances in college students. It also includes an international survey about hypnosis beliefs and attitudes among students, therapists, and the general public in Poland. This is the fourth issue of 2023, and we look forward to publishing many more outstanding articles in the new year!



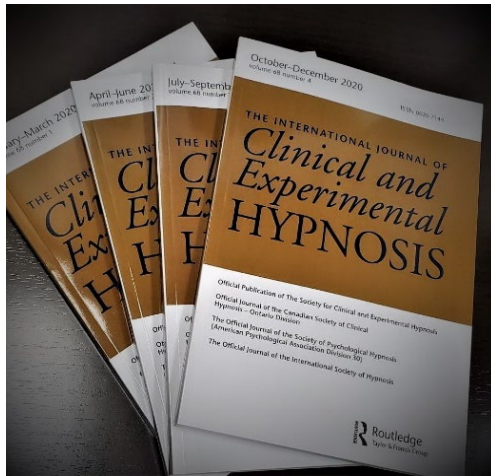
### Have you considered what Open Access Publishing can do for your research?

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*

**OPEN SCIENCE BADGES:** Consider publishing your research with an Open Science Badge! These Badges are implemented to acknowledge open science practices and serve as incentives for researchers around the world to share data and materials associated with the publication. Publishing with an Open Science Badge signals to the reader that the content has been made available and certifies its accessibility in a consistent location.





**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!



**Managing Editor:** *Vanessa Muñiz*

**If you have a paper to submit**, go to <https://v2.rp.tandfonline.com/>. Everything you submit will be conveniently available for you to view on the online system.

**Contact us at:** [IJCEH@baylor.edu](mailto:IJCEH@baylor.edu)

**Stay in the know** when new articles or issues are published by signing up for new content alerts at the IJCEH publisher's website: <https://tandfonline.com/ijceh>. Click "New Content Alerts", enter your email, and select your preferred frequency!

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

THE INTERNATIONAL JOURNAL OF  
*Clinical and  
Experimental*  
HYPNOSIS

October 2023 Issue – Volume 71 (4)

**Efficacy of Hypnosis Interventions: Fibromyalgia, Sleep, Oncology, Test Anxiety, and Beliefs (Editorial)**

*Gary Elkins*

This issue of the International Journal of Clinical and Experimental Hypnosis addresses the efficacy and feasibility of hypnosis interventions for several medical problems and issues. The lead article provides a narrative review of the efficacy of hypnosis interventions for Fibromyalgia. This is followed by a feasibility study of self-administered hypnosis for sleep disturbances in college students and an article on self-hypnosis for self-care in oncology patients. The effect of self-hypnosis on test anxiety is added in a study of secondary school students in Malaysia. These articles are complemented by a survey about hypnosis among students, therapists, and the general public in Poland. These are impactful topics that are addressed from an international perspective. The feasibility and potential efficacy of hypnosis interventions for a range of medical concerns are addressed as well as the impact of beliefs and attitudes about clinical hypnosis.

**The Challenge of Fibromyalgia. Efficacy of Hypnosis in Alleviating the Invisible Pain: A Narrative Review**

*Giuseppe De Benedittis*

Fibromyalgia syndrome (FMS) is a multifaceted and incapacitating functional pain syndrome that is characterized by continuous, severe, widespread musculoskeletal pain. FMS is associated with other symptoms such as fatigue, non-restorative sleep, cognitive/emotional dysfunction, and diminished health-related quality of life (HRQOL). The pathogenesis of FMS is still not fully understood, but an increasing amount of evidence supports the link between childhood/adulthood emotional, physical, sexual abuse or neglect, and the development of FMS. Managing and treating FMS patients can be challenging because the syndrome is refractory to most treatments. However, psychological interventions, particularly hypnotherapy, have been shown to be effective in the cognitive modulation of fibromyalgic pain. FMS patients may benefit from hypnotherapy alone or in combination with standard medical therapy. Symptom-oriented hypnosis aims to reduce pain, fatigue, sleep problems, anxiety, and depression, while hypnotherapy focuses on resolving emotional conflicts and unresolved traumas associated with FMS. In conclusion, hypnosis may be a useful and safe adjunct tool for managing chronic pain and dysfunctional symptoms in challenging fibromyalgic patients.

## **Feasibility of a Self-Administered Hypnosis Intervention for Improving Sleep in College Students (OPEN ACCESS)**

*Morgan Snyder, Cameron T. Alldredge, Samuel R. Stork, and Gary R. Elkins*

Approximately two out of three college students report experiencing sub-optimal sleep quality. The aim of this study was to examine the feasibility of a self-administered hypnosis intervention to improve sleep in college students. Twenty-two college students who self-reported poor sleep quality were enrolled in a four-week study consisting of one baseline week and a three-week self-administered hypnosis intervention. Sleep onset latency and sleep efficiency as measured by wrist actigraphy were significantly improved. The mean average nightly sleep duration during the baseline week was 398.88 minutes (SD = 56.44), which increased to a mean of 413.88 minutes (SD = 57.80) during the third week of intervention. However, the results show that there was no statistically significant difference between weeks on objective nightly sleep duration, 95% CI [-11.13, 41.13],  $t(15) = 1.224$ ,  $p = .240$ . Also, results showed that there was no significant difference between weeks on self-reported nightly sleep duration,  $F(3, 57) = 2.155$ ,  $p = .103$ . Twenty participants (91%) completed the study intervention and adherence to daily self-hypnosis practice with an audio recording was high. Zero study-related adverse events were reported, and participants perceived the intervention as easy to use and helpful for improving sleep. These results provide evidence for the feasibility and safety of a self-administered hypnosis intervention to improve sleep in college students. A larger randomized clinical trial is warranted to determine efficacy.

## **A Group Intervention Combining Self-Hypnosis and Self-Care in Oncology; Implementation in Daily Life and Perceived Usefulness**

*Charlotte Grégoire, Marie-Elisabeth Faymonville, Audrey Vanhaudenhuyse, Guy Jerusalem, Justine Monseur, and Isabelle Bragard.*

Multicomponent mind-body interventions are increasingly studied in oncology to improve patients' quality of life (QOL). However, the respective usefulness of each of their components or their long-term use by the participants are rarely assessed. In this study, ninety-five women with different cancer diagnoses participated in a self-hypnosis and self-care group. Different questionnaires were administered before (T1), right after (T2), 3-4 months after (T3) and one year after (T4) the intervention. After the intervention, 97.5% of the participants regularly practiced any kind of relaxation (vs. 50% at baseline), especially hypnosis. The different components of the intervention (i.e., being in a group, hypnosis exercises during the sessions and at-home, self-care tasks, and discussions during the group sessions) were all considered to be very useful ( $M = 6.91-7.75/10$ ). One year after the intervention, the 10 most used techniques were mainly concrete activities to take care of oneself. This intervention seems very relevant for women who had cancer. Our results allow a first reflection about the mechanisms of action of our intervention.

## **Effect of Self-hypnosis on Test Anxiety Among Secondary School Students in Malaysia**

***Sukunah Pachaiappan, Meng Yew Tee and Wah Yun Low***

Test anxiety comprises cognitive, physiological, and behavioral reactions due to anxiety about failure or a lower academic performance score on an exam or evaluation. Therefore, this study examined the effect of self-hypnosis on reducing test anxiety among upper secondary school students using a quantitative methodology with a pre-experimental design. The prevalence of test anxiety was measured using the Friedben Test Anxiety Scale (FTAS) and students' demographic data were collected. Twenty-two 16-year-old students with moderate to high test anxiety were selected for a self-hypnosis intervention over a period of five weeks. The FTAS questionnaire was administered four times: at baseline, third week, fifth week, and at follow-up (three weeks after the intervention). Students' test anxiety differences were statistically significant across four-time points. Self-hypnosis intervention decreased students' overall test anxiety scores and in the three constructs: social, cognitive, and tenseness. The outcomes indicate that self-hypnosis training can help students cope with test anxiety and be further explored for managing test anxiety in school settings.

## **Survey of Beliefs About Hypnosis Among Students, Therapists, Followers of Paranormal Beliefs, and General Public in Poland**

***Julia Baster, Mateusz Polak, Malwina Szpitalak, Iwona Dudek, and Romuald Polczyk***

The aim of the present study is to examine beliefs about hypnosis in a Polish sample, with a focus on possible misconceptions. The research included groups with different backgrounds regarding hypnosis: first- and fifth-year psychology students, psychotherapists using hypnosis, people interested in paranormal phenomena, and people from the general population. The results demonstrated mild misconceptions about hypnosis and significant differences in beliefs about hypnosis between the aforementioned groups. Additionally, within a Polish sample, psychotherapists using hypnosis and fifth-year students' views were most similar in their current scientific knowledge about hypnosis, while the groups targeting individuals unexposed to hypnosis, and followers of paranormal beliefs showed significantly more misconceptions.



### **You can also keep track of Research Updates on 'X' (Twitter)!**

Here are some Twitter accounts to follow! You can keep up to date on recent articles, event information, the latest news from hypnosis societies, and discussion on hypnosis research:

- [@IJCEH](#) – The IJCEH's Official Twitter Account
- [@ElkinsGary](#) – Follow the Editor of the IJCEH
- [@tandfonline](#) – Taylor & Francis Research Insights 'Official Twitter Account
- Find us online at: [www.IJCEH.com](http://www.IJCEH.com) or [www.tandfonline.com/nhyp](http://www.tandfonline.com/nhyp)



# Celebrating our new Elected Officers

Term of Office: November 2023- October 2025

**President: *Barbara S. McCann, PhD***

Professor of Psychiatry and Behavioral Sciences  
Mental Health Counseling and Hypnosis Endowed Chair  
University of Washington  
Seattle, WA



**President-Elect: *Donald Moss, PhD***

Professor and Dean  
Graduate College of Integrative Medicine and Health Sciences  
Saybrook University  
Pasadena, California



**Treasurer: *Zoltan Kekecs, PhD***

Researcher  
Hungarian Academy of Sciences  
ELTE, Department of Affective Psychology, Hungary  
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**Secretary: *David B. Reid, Psy.D.***

Licensed Clinical Psychologist, Private Practice  
Adjunct Professor, Saybrook University  
Charlottesville, Virginia 22902



**Immediate Past President: *Ciara C. Christensen, PhD***

Licensed Psychologist  
Private Practice  
Milwaukee, Wisconsin



Newsletter prepared by members  
of the FOCUS Team:

*Cassandra Jackson, MA*

*Lauren Simicich, PsyD*

*Mikhail Reshetnikov, MA*

*Jillian Ballantyne, PhD*

Send your news items to:

**[Focus@sceh.us](mailto:Focus@sceh.us)**