

FOCUS

VOLUME 63 | NUMBER 4 | 2021

It's that time of year...

RENEW your SCEH Membership!

RENEW NOW

Promoting excellence and progress in hypnosis research, education and clinical practice.

**72nd Annual Workshops &
Scientific Program**

Conference Wrap-Up

**PROTESTS,
A PANDEMIC &
POLITICAL UNREST:**

Hypnosis to Weather the Storm

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MESSAGE FROM THE PRESIDENT

BY CIARA CHRISTENSEN, PHD



SCEH is very excited to announce the recent wrap-up of the 72nd Annual Conference, ***Protests, a Pandemic, and Political Unrest: Hypnosis to Weather the Storm***, which took place virtually October 13-17, 2021. Although it was the second year our Annual Conference was held virtually, SCEH continued the proud tradition of providing

attendees opportunities to develop and enhance skills across three levels of Workshops (Introductory, Intermediate/Skills and Advanced) and to explore the latest research at our Scientific Program, addressing the scope of hypnosis in both psychological and medical settings. We had speakers and attendees from across the globe.

The conference was excellent! Already we have received positive feedback from attendees commenting on the dynamic and thought provoking presenters for our Scientific Program keynotes, symposia, panel and research presentations. Similar comments were shared with us about the remarkable, knowledgeable and experienced instructors who led our Workshops. This year's Research Presentations covered a wide variety of fascinating topics, and we had a high number of posters as well. Our poster program included two Poster Blitz Sessions, offering attendees the chance to interact with researchers. Despite some technical glitches, attendees spoke highly about their SCEH training and learning experiences. Thanks to all our attendees!

Many, many hours of time and planning were invested in creating the Annual Conference and it would not have been achieved without the guidance of our hardworking Executive Director, Anne Doherty Johnson and the individuals who served on the 72nd Annual Conference Committee including: David Reid, PsyD (my overall Conference Co-chair) and the section chairs: Barbara S. McCann, PhD; Tova Fuller, MD, PhD (Intro Workshop Co-Chairs); Alexandra Chadderdon, PsyD; Deanna Denman, PhD (Intermediate/Skills Workshop Co-chairs); Catherine McCall, MD and David Reid (Advanced Workshop Co-chairs); Barb McCann (serving double duty) and Vivek

Datta, MD, MPH (Scientific Program Co-chairs), joined by volunteers Casey Applegate-Aguilar, MA, MS; Afik Faerman, MS; Cassondra Jackson, MA; and Madeline Stein, MA. Please join me in registering my deep appreciation to our Conference Team. We greatly value their time, energy, and involvement in helping SCEH deliver quality hypnosis training and highlight national/international cutting edge scientific hypnosis research.

During the Annual Conference, several virtual sessions allowed attendees to network with one another. Participants had the opportunity to attend the General Networking Session, the Students and Early Career Professionals Networking Session, our Membership and Business Meeting Networking Session, and the Female Identified Attendee Networking Session. Thanks to those who joined us after a long day of virtual activity!

Midyear Clinical Hypnosis Workshops April 29-May 2, 2022 – Live online

The 2022 SCEH Midyear Clinical Hypnosis Workshops will take place online April 29 to May 2. The Introductory and Intermediate/Skills Workshops are scheduled for April 29-30; both are taken as a cohort with attendance both days required (12.5 CE). The Advanced Workshops will occur May 1-2 and will have a trauma theme. Participants can attend all or selected topics (CE varies). Our event is co-sponsored by the Institute for Continuing Education.

I am pleased to be teaching the Intermediate /Skills Workshop again this year along with David Reid. Additional event details will be posted online soon. We have a great program planned, so please stay tuned and please consider attending!

SCEH Webinar Series

If you haven't already done so, please take a peek at the SCEH Webinar Series! Our Past President and Education Chair Don Moss, PhD, has done an outstanding job spearheading this effort, continuing to organize an excellent monthly series which covers a variety of topics and features cutting edge speakers. SCEH Webinars allow busy health care professionals to learn hypnosis with high quality online training that is convenient, reasonably priced, and includes continuing education credit for licensure or certification. Webinars offer 1.5 APA CE credits Psychologists and 1.5 BBS CEUs for

Counselors and Social Workers. Webinars are offered live online via Zoom, with our co-sponsor, the Chicago School of Professional Psychology. See later in this issue for news about our SCEH Homestudy Courses, offering on-demand, 24/7 access to our past webinars! Learn more about SCEH Webinars and upcoming speakers and topics [here](#).

Time to Renew Your SCEH Membership

Thank you to everyone who has renewed your membership! SCEH is grateful for your support. Membership dues are of critical importance in supporting our mission to promote excellence and advance hypnosis research, education and training, and clinical practice. Members receive discounted registration for many events and additional benefits. We appreciate and value your continued involvement in the Society. If you have not renewed, now is a great moment to renew online by

replying to one of our recent emails or logging into your profile and paying online

Click [here](#) to renew now using the member renewal form.


SCEH is always looking for our members to become more engaged in the Society. If you are interested in joining a committee, volunteering on a project, or have an idea or comment to share, please [contact me](#).

You can view the SCEH Committees list [here](#).

I look forward to serving as your President.

Sincerely,

Ciara Christensen, PhD
SCEH President

 **SCEH** SOCIETY FOR CLINICAL & EXPERIMENTAL HYPNOSIS

Apply for Membership!

We invite:

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

A distinguishing feature of SCEH is our premise that sound clinical practice is built upon serious scientific inquiry and that important empirical questions are often raised by those who care for patients.

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

[APPLY NOW](#)


Time to **RENEW** your SCEH Membership

Your participation in the Society is important to us all. We exist to promote the clinical and scientific uses of hypnosis, but more importantly, to be of service to our members.

Get the Most from Your SCEH Membership!

Are you taking full advantage of your Society membership? Review a list of current [member benefits](#).

[RENEW NOW](#)

 **SCEH** SOCIETY FOR CLINICAL & EXPERIMENTAL HYPNOSIS

LETTER FROM THE EXECUTIVE DIRECTOR

BY ANNE DOHERTY JOHNSON



2021 Annual Conference A Big Success

By all counts, our second virtual—and 72nd Annual—was another big success for the Society and its participants. We are so grateful to all of you who attended, presented, hosted or volunteered in the event.

Helping to create and deliver the conference was a hardworking and dedicated Conference Committee team. On behalf of the Society, we acknowledge and thank our Overall Meeting Co-Chairs Ciara Christensen, PhD and David Reid, PsyD; Introductory Workshop Co-Chairs Barbara McCann, PhD and Tova Fuller, MD, PhD; Intermediate/Skills Workshops Co-Chairs Alexandra Chadderdon, PsyD and Deanna Denman, PhD; Advanced Workshops Co-Chairs David Reid, PsyD and Catherine McCall, MD; Scientific Program Co-Chairs Barbara McCann, PhD and Vivek Datta, MD, MPH and Committee Member Janna A. Henning, JD, PsyD, FT and Volunteers Casey Applegate-Aguilar, MA, MS; Afik Faerman, MS; Cassondra Jackson, MA and Madeline Stein, MA.

We extend a most sincere thanks to our many talented Workshop and Scientific Program presenters who shared their expertise over our 5 days of educational programming and discussion. We are all enriched by the expertise and insights they shared.

Thank you to our 126 attendees from 11 countries. We are so glad for your support of the event, and look forward to seeing you at future events. Thank you for the positive comments and good ideas you have shared with us already.

Since we no sooner draw the curtain on one Annual Conference when we start to plan the next one, now is a great time to weigh in with your ideas. We value your comments and input. Specifically, we invite attendee feedback in several key areas: what you most appreciated; what you would improve; your biggest takeaway and what changes you will make in your practice or research as a result of attending. Not able to

attend and still have ideas for next year? Send them our way! [Email](#) us your responses—and thanks in advance for taking the time to share your thoughts.

Welcome to our New Leadership Team

With 2021 being a SCEH election year, we also welcome our new Executive Committee (EC) President Ciara C. Christensen, PhD; President-Elect Barbara S. McCann, PhD; continuing Treasurer Zoltan Kekecs, PhD; new Secretary Catherine A. McCall, MD and Immediate Past President Janna A. Henning, JD, PsyD, FT. We also voice our sincere thanks to Don Moss, PhD, who while he leaves the EC after a decade of service—will continue as Education Chair—Don Moss, PhD.

If you are interested in sharing your time and talents with SCEH to help advance our mission—or want to learn more about ways to help shape the future of hypnosis, check out our Leadership [page](#), or take a moment to view our [Committee List](#).

To learn more, please [contact us](#).

Whether you are just starting out on your hypnosis journey or are a longtime member, committee service can be a powerful way to sharpen your leadership skills, build lifelong personal and professional relationships and gain recognition from peers. Please give joining a SCEH Committee some consideration.

Demonstrate Your Support Before Year End

If you have already renewed, thank you for your support! Your dues are a crucial part of the funding that allows SCEH to function and do its work.

If you have yet to renew, please do so before the last week of December to help us achieve a strong finish to the year. Renewing online is fast and easy by responding to one of our emails; logging in to our website, or using our online renewal [form](#).

To allow for processing and mailing time, if paying by check, please postmark it before December 14. Thank you for all you do to support the hypnosis field.

Is Your SCEH Profile Current and Complete?

Now is also a good time to review your membership profile and update any changes of address, new

designations, updated specialties or change of employer/institution. You can also add a photo. To view your profile, log in to the Members Only section of the website by clicking on the login button on the upper right of the home [page](#).

[Email](#) our office if you need assistance.

I will sign off by wishing you Season's Greetings and a Happy, Healthy and Prosperous New Year. Be well. Stay well.

Sincerely,

Anne Doherty Johnson
Executive Director



Clinical Hypnosis Instructors Needed for Introductory and Intermediate Workshops

Do you have experience teaching clinical hypnosis at professional conferences or at the university level? Are you interested in sharing your knowledge with SCEH conference attendees?

We are looking for experienced instructors to teach portions of the Introductory and Intermediate/Skills Clinical Hypnosis Workshops at our upcoming 2022 Annual Meeting. Instructors receive a discounted registration fee.

SCEH workshops meet accepted Standards of Training in Clinical Hypnosis and count toward SCEH Certification Programs. Workshops are scientifically-based and of the highest teaching quality. Most workshops include demonstrations, practica or other experiential components designed to impart immediately actionable information attendees can use in their practices.

If you are an interested, please [email](#) us with a note about specific areas of this training that you would feel best qualified to teach. Members of the Conference Committee will contact you. Thank you.

Related Side-note: We anticipate the Call for Papers for our 2022 Annual Conference to be issued in January, with proposals due in April. The Call for Papers includes a request for proposals for Advanced Workshops, Scientific Presentations (research presentations, symposia or panels) and posters.

2021 Conference

72nd Annual Workshops & Scientific Program

PROTESTS, A PANDEMIC & POLITICAL UNREST:

Hypnosis to Weather the Storm

And that's a wrap!

*Thank you to all our
attendees, volunteers,
presenters and keynotes!*

Opening General Networking Session



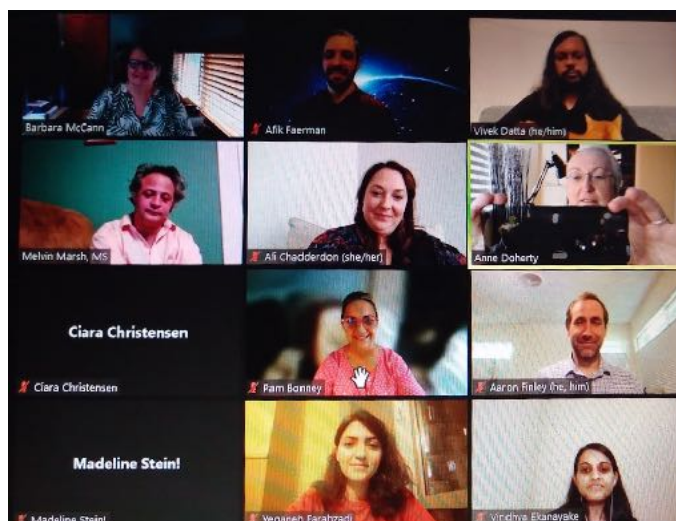
Introductory Workshop



2021 Conference

72nd Annual Workshops & Scientific Program

Posters



Female ID Networking



Networking Session



Member Meeting Passing the Gavel

SCEH Webinar Series

Sponsored by:



New! Attend SCEH Webinars Live Online or Access Them Later On Demand

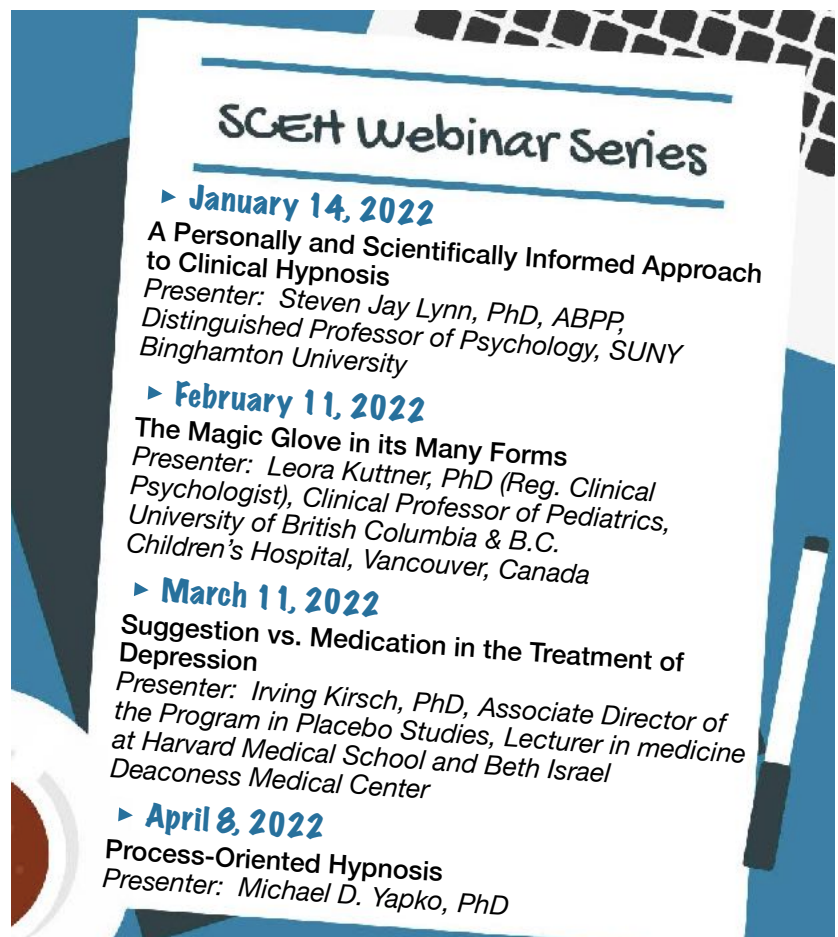
We are happy to announce an update to our SCEH Webinars Program that will make it even easier for **busy health care professionals to obtain high quality clinical hypnosis training**. As previously reported, we have built a library of past webinars that is being made available for on demand registration and viewing at a later date.

SCEH Webinars offer hypnosis training that is convenient, reasonably priced, and includes continuing education (CE) credit for licensure or certification. Led by hypnosis experts, topics are varied and designed to impart actionable insights that can be employed immediately with patients. Sponsored by SCEH and the Chicago School of Professional Psychology, all webinars offer 1.5 APA CE credits for Psychologists and 1.5 BBS CEUs for Counselors and Social Workers. To receive CE/CEU credits or a participation certificate for training, participants are required to be in attendance for the entire program.

New! Now there are two ways to participate in our SCEH Webinars:

1. **Attend live, online** – monthly series of live, online webinars are offered on a variety of clinical hypnosis topics. To register for an upcoming event, click [here](#).
2. **Attend later** – Access our library of [past webinars](#), available on demand, 24/7 through our SCEH Homestudy Courses. To sign up for a topic of interest, visit our [SCEH Homestudy](#) page.
Note: Homestudy Courses have a different CE process from the live webinars, but the same level of credits is still available.

For complete information on our past and upcoming topics and speakers, visit [here](#). Bookmark our webinars page and check back periodically as more topics are added throughout the year.



Please visit our [webinars page](#) for updates and registration information.

LATEST NEWS FROM



July - September 2021 Journal Issue

2021 Annual Report Highlights

The IJCEH continues to have worldwide participation and a global reach. Twenty-eight articles were published in 2021. These papers represent authors from 12 countries, across 5 continents. Article downloads and citations primarily come from Europe and North America, but individuals on almost every continent have accessed IJCEH papers. Of the 28 articles, 4 were reviews, 3 were theory papers, 1 was a case study, 6 were measurement validation studies, and 14 were pilot studies or randomized controlled trials. The authors were affiliated with institutions in 12 countries across 5 continents. Five papers included collaborations between authors in more than one country.

As of September, there were already 35,060 article downloads in 2021, approximately 3,895 per month. This is 12% higher than YTD article downloads in 2020. Volume 68 included the article, *Mindful Hypnotherapy to Reduce Stress and Increase Mindfulness: A Randomized Controlled Pilot Study* that has been viewed almost 5,000 times in just one year since publication!

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.

LIMITED TIME OPEN ACCESS ARTICLE:

For a limited time, readers have open access to the most recent APA Division 30 hypnosis definition article. This article (citation below) has been viewed almost 7,000 times and cited over 154 times to date.

Elkins, G. R., Barabasz, A. F., Council, J. R., & Spiegel, D. (2015). Advancing research and practice: The revised APA Division 30 definition of hypnosis. *International Journal of Clinical and Experimental Hypnosis*, 63(1), 1–9. <https://doi.org/10.1080/00207144.2014.961870>

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).

Open Access Article Highlight

Take a moment to check out some of the Open Access articles from the IJCEH in the past few years.

Elkins, G., Otte, J., Carpenter, J. S., Roberts, L., Jackson, L. S., Kekecs, Z., Patterson, V., & Keith, T. Z. (2021). Hypnosis intervention for sleep disturbance: Determination of optimal dose and method of delivery for postmenopausal women. *International Journal of Clinical and Experimental Hypnosis*, 69(3), 323–345. <https://doi.org/10.1080/00207144.2021.1919520>

Kekecs, Z., Roberts, L., Na, H., Yek, M. H., Slonena, E. E., Racelis, E., Voor, T. A., Johansson, R., Rizzo, P., Csikos, E., Vizkievich, V., & Elkins, G. (2021). Test–retest reliability of the Stanford Hypnotic Susceptibility Scale, Form C and the Elkins Hypnotizability Scale. *International Journal of Clinical and Experimental Hypnosis*, 69(1), 142–161. <https://doi.org/10.1080/00207144.2021.1834858>

Olendzki, N., Elkins, G. R., Slonena, E., Hung, J., & Rhodes, J. R. (2020). Mindful hypnotherapy to reduce stress and increase mindfulness: A randomized controlled pilot study. *International Journal of Clinical and Experimental Hypnosis*, 68(2), 151–166. <https://doi.org/10.1080/00207144.2020.1722028>

Cordi, M. J., Rossier, L., & Rasch, B. (2020). Hypnotic suggestions given before nighttime sleep extend slow-wave sleep as compared to a control text in highly hypnotizable subjects. *International Journal of Clinical and Experimental Hypnosis*, 68(1), 105–129. <https://doi.org/10.1080/00207144.2020.1687260>

Költő, A., Józsa, E., & Bányai, É. I. (2019). Recalled parental rearing style and dimensions of hypnotic response. *International Journal of Clinical and Experimental Hypnosis*, 67(2), 157–191. <https://doi.org/10.1080/00207144.2019.1580968>

Cardena, E., & Terhune, D. B. (2019). The roles of response expectancies, baseline experiences, and hypnotizability in spontaneous hypnotic experiences. *International Journal of Clinical and Experimental Hypnosis*, 67(1), 1–27. <https://doi.org/10.1080/00207144.2019.1553759>

If you have a paper to submit, go [here](#) and create a username. Everything you submit will be conveniently available for you to view on the online system.

Stay in the know when new articles or issues are published by signing up for new content alerts at the IJCEH publisher's [website](#). Click “New Content Alerts”, enter your email, and select your preferred frequency!

Recent Issue: Volume 69, Issue 4

The most recent issue of the IJCEH features five articles covering a variety of topics including chronic pain management in cancer survivors, mindful hypnosis for stress reactivity, and a prospective study in mastocytosis treatment. This is the last issue for the year and the IJCEH already has a great line-up of articles to be published in the 2022 issues!



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.

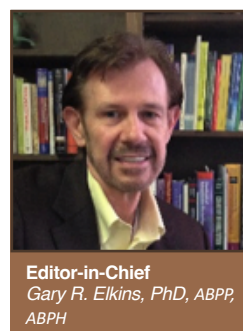
[@IJCEH](#) – The IJCEH’s Official Twitter Account

[@ElkinsGary](#) – Follow the Editor of the IJCEH

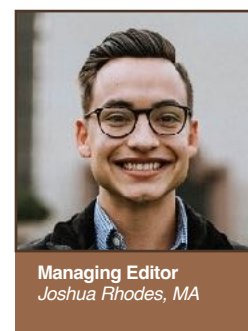
[@tandfonline](#) – Taylor & Francis Research Insights’ Official Twitter Account

Contact us at: IJCEH@baylor.edu

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



Editor-in-Chief
Gary R. Elkins, PhD, ABPP,
ABPH



Managing Editor
Joshua Rhodes, MA

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

THE INTERNATIONAL JOURNAL OF
*Clinical and
Experimental*
HYPNOSIS

Abstracts from October–December 2021 Issue

Hypnosis and Mindfulness Meditation: The Power of Suggestibility

Michele E. Gloede, Marty Sapp, & William Van Susteren

Recent studies have suggested that mindfulness meditation and hypnosis are similar, but there is a lack of empirical data to support this claim. In this current study, college students were randomly assigned to a hypnosis or mindfulness meditation condition, and they were tested on the Waterloo Stanford Group Scale of Hypnotic Susceptibility, Form C. Results from this study suggest that, while under hypnotic induction and after engaging in mindfulness meditation, participants experienced similar results on the WSGC. That is, participants experienced the same bodily feelings and reactions regarding a standardized hypnotic suggestibility test.

An Audio-Recorded Hypnosis Intervention for Chronic Pain Management in Cancer Survivors: A Randomized Controlled Pilot Study

Linda H. Eaton, Susan L. Beck, & Mark P. Jensen

This pilot study evaluated the feasibility, acceptability, and potential efficacy of a 4-week hypnosis audio-recording intervention in cancer survivors with chronic pain. Forty participants were randomly assigned to treatment ($n = 21$) or wait-list ($n = 19$) conditions. Pain intensity ratings were lower at Week 4 for both groups. The effect size for pain reduction in the treatment group was $d = 0.25$ from baseline to 4 weeks, and the interaction effect (Time \times Group) was $F = .024$; $\eta^2p = .001$. The small interaction effect may be due to the availability of only one recording and large variability in dose. Qualitative data indicated that the intervention's benefits included participation in self-care, improved relaxation, and an opportunity to focus on oneself in a positive way. Further efficacy testing of an audio-recording intervention in a fully powered clinical trial is warranted.

Interoceptive Accuracy as a Function of Hypnotizability

Anna Rosati, Iacopo Belcari, Enrica L. Santarcangelo, & Laura Sebastiani

This study aimed to measure the interoceptive accuracy (IA) of individuals with high (highs), medium (mediums), and low hypnotizability (lows) through the heartbeat-counting task during 3 relaxation trials. Participants completed the Multidimensional Assessment of Interoceptive Awareness (MAIA), ECG and skin conductance (SC) were monitored, and the experienced difficulty in counting was reported. Results showed similar counting difficulty and number of actual heartbeats in highs, mediums, and lows. SC decreased in highs during all trials, in mediums and lows only in the third trial. IA measured as $[1 - (|\text{recorded heartbeats} - \text{counted heartbeats}|) / \text{recorded heartbeats}]$ was negatively correlated with hypnotizability and not correlated with interoceptive sensitivity (IS) measured by MAIA scales. Among mediums, IA was higher in males than in females.

Effects of a Brief Mindful Hypnosis Intervention on Stress Reactivity: A Randomized Active Control Study

Elizabeth E. Slonena & Gary Elkins

A novel, audio-based brief mindful hypnosis (BMH) intervention for reducing stress-reactivity during the Trier Social Stress Test (TSST) was investigated. Fifty-five college-aged participants with elevated stress were randomized to BMH or a cognitive training (CT) active-control condition. Participants received a BMH or CT session and downloaded the audio-recorded intervention for daily home practice. Approximately 1 week later, participants received their second BMH or CT session and then completed the TSST. Results indicated BMH produced significant and medium effects in reducing stress reactivity and weekly stress and increasing mindfulness, with large increases in immediate relaxation compared to the CT active control. BMH demonstrated excellent adherence and was rated highly regarding satisfaction, ease of practice, perceived benefit, and likelihood of future use. This study provides the first empirical support that BMH is superior to an active-control intervention for reducing stress reactivity while significantly increasing mindfulness and relaxation.

Hypnotherapy in Treatment of Mastocytosis: A Prospective Study

Frédérique Retornaz, Michel Grino, Audrey Vanhauzenhuyse, Laurent Chiche, Chloé Stavris, Myriam Bennani, Marie Elisabeth Faymonville, & Anouk Alitta

Mastocytosis is an orphan disease associated with many systemic symptoms, chronic handicap, and potentially marked social consequences despite improved therapies. In this study, the authors aimed to measure the effect of 2 hypnosis sessions on mastocytosis symptoms in a clinical setting. Questionnaires (pain, flushes, energy, digestive symptoms, quality of life, perceived symptom severity, and global impression of change) were completed pre- and posthypnosis intervention. Data from 20 patients were analyzed (mean age: 53.3 years, 75% female). Compared to baseline assessment, patients exhibited a significant improvement immediately after the first and second hypnosis sessions with regard to the number of days with abdominal pain, abdominal pain intensity and fatigue ($p = .03$ and $p = .005$; $p = .05$ and $p = .02$; $p = .034$, and $p = .039$, respectively). Perceived severity of symptoms was significantly improved throughout the study ($p = .0075$). Long-term improvement in global impression of change was observed in half the responders (8/16). Patients with mastocytosis had an improvement in disabling symptoms with the impact of hypnotic intervention persisting at 1 month. Several patients experienced long-term improvement.

MEMBER NEWS

David Spiegel, MD, reports two pieces of news:

- We have created a new hypnosis app, *Reveri*. It is interactive, so I ask questions, and a response to the subject's answer is selected through voice recognition AI. We currently have six programs: Relieve Stress, Improve your Sleep, Eat Well, Enhance your Focus, Manage your Pain, and Quit Smoking. We also have a selection of 'Hypnotic Minutes.' So far the results are looking promising, with 30% pre-post reduction in stress ratings, and a 24% one-month smoking quit rate. We have enrolled about 100,000 people on the site. You can learn more [here](#). The app is downloadable for free at the App Store and Google Play. Feedback most welcome.
- We just published a study in *Consciousness and Cognition* on hypnotic predictors of agency using the Hypnotic Induction Profile and the Sense of Agency Rating Scale among 98 people with fibromyalgia. Afik Faerman is first author. <https://doi.org/10.1016/j.concog.2021.103221>.

At the recent SCEH Annual Conference, **David Wark, PhD**, presented an Advanced Workshop entitled *49 Words to Reduce Stress*. The centerpiece of the session was a brief, alert self-directed treatment to help users re regulate and reduce stress effects. It can be done unobtrusively, after a few practice sessions. He is very pleased to announce that his granddaughter Anika and her team have developed a website for individual practice, including an audio recording. You can download the exercise, read why it works, and hear the instructions at <https://www.49words.org>.

Joseph Tramontana, PhD, has recently published his third book. The first was *Hypnotic Enhanced Treatment for Addictions; Alcohol Abuse, Drug Abuse, Gambling Addiction, Smoking Cessation, and Weight Loss*. The second was *Sports Hypnosis in Practice: Strategies, Scripts, and Case Examples*. Both of these were written for other providers in somewhat of a "how to" format. The new book, entitled *Golf: Peak Performance through Self-Hypnosis Training*, is written specifically for the golfer.

Madeline Stein recently had a chapter published in the volume *Women, Intersectionality, and Power in Group Psychotherapy Leadership*. Her chapter is entitled *Vulnerability and Violence: Female Group Leadership, the Social Unconscious, and the #MeToo Movement*. You can learn more about her chapter [here](#).

The Center for Behavioral Oncology, at the Icahn School of Medicine at Mount Sinai, is excited to announce its National Cancer Institute-funded Hypnosis for Cancer Pain (HCaP) training program.

The primary goal of this NCI-funded research education program is to evaluate the effectiveness of a course designed to train providers to deliver hypnosis to help patients manage cancer pain. Research shows that pain is a significant issue for individuals at all stages of the cancer continuum—from diagnosis through end-of-life, and that pain is too often under-managed. Research also shows that hypnosis is a clinically efficacious, cost-effective tool, and relaxing tool for pain management in general, and cancer pain in particular. Yet few providers receive training in evidence-based hypnosis as part of their standard professional education. The Hypnosis for Cancer Pain (HCaP) training program, led by leaders in the field of hypnosis, aims to address that training gap by teaching cancer care providers the skills they need to help patients use hypnosis to control their cancer pain and to improve their overall quality of life.

Free CE credits are available for disciplines including (but not limited to): psychologists (APA), physicians (ACCME), social workers (ASWB), and nurses (ANCC).

Psychologists. This course is co-sponsored by Amedco and the Icahn School of Medicine at Mount Sinai. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. 8.25 hours. Amedco is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0031. 8.25 hours. For other mental health professionals, please see the course website for additional details.

Physicians (ACCME) Credit Designation. Amedco LLC designates this enduring material for a maximum of 8.25 AMA PRA Category 1 Credits™.

Nurses (ANCC) Credit Designation. Amedco LLC designates this activity for a maximum of 8.25 ANCC contact hours.

Social Workers. As a Jointly Accredited Organization, Amedco is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Amedco maintains responsibility for this course. Social workers completing this course receive 8.25 continuing education credits. Please see the course website to check details for your state. For other mental health professionals, please see the course website for additional details.

No previous training in hypnosis or pain management necessary. All who are interested in learning are welcome!

For more details, please visit [here](#). [Apply Now](#) [Email](#)

Share Your News with the SCEH Community!

Please send your news and photos
to the FOCUS editors at:
focus@sceh.us

We look forward to hearing from you!

SCEH reserves editorial rights over all submissions.

MEMBER NEWS *continued*

SCEH member and doctoral candidate **Harmony McGuire** is conducting a qualitative study on the use of clinical hypnosis by African American counselors in professional practice. The research study is entitled: *Exploring African American Counselors' Use of Clinical Hypnosis in Professional Practice: An Interpretative Phenomenological Analysis*.

She will be conducting individual interviews in two parts. The first interview will take approximately 60-90 minutes via Zoom and will be audio and video recorded. The second interview will be a short follow-up interview that will last about 30 minutes. (If you choose to participate, your identity will be protected, as a pseudonym will be used in the research documents.) As a gesture of appreciation for time and participation in this study, participants will receive a \$25 Amazon or Target gift card.

For more information regarding this study, interest in participation, or to refer other practicing professional counselors who meet this study's criteria, please contact:

Harmony L. McGuire, MA, LPC-S, NCC

Doctoral Candidate in Counselor Education and Supervision,
Department of Counseling, University of the Cumberlands IRB
Approved (#656-1021)

hmcguire1810@ucumberlands.edu

SCEH Member **Maureen Turner, MEd, LCMHC, RNBC, LCSW**, reports she is involved in the following upcoming events:

11th Annual Age Regression Workshop, including Rescue Mission Integration & Age Regression Research, Cases & Practice developed by Maureen Turner (over 26 years specializing in Age Regression)

Levels 1, 2, and Advanced (earn up to 22.5 CEUs)

Thursday, June 2 - Sunday, June 5, 2022

Workshop Retreat at Turner Farmhouse & Pavilion,
Isle La Motte, VT

Sponsored by: Northeastern Mountain Society of Clinical Hypnosis (NMSCH)

[Information & Registration](#)

SCEH SOCIETY FOR CLINICAL &
EXPERIMENTAL HYPNOSIS

RESOURCES



As the end of the year approaches, help promote excellence and progress in hypnosis research, education and clinical practice.

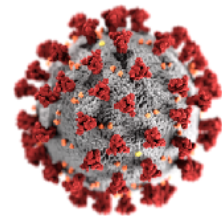
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Hypnosis Clinical Resources

This page contains useful hypnosis resources for clinicians. If you are a Society member and have something to contribute to the Society's Hypnosis Clinical Resources page, [click here](#).

HYPNOSIS CLINICAL RESOURCES



Resources for Coping with Covid-19

The resources listed on this page include general coping strategies to manage stress and anxiety at any time.

COVID-19 RESOURCES

SCEH NEWS & INFORMATION

Call for Volunteers

We invite you to get involved in SCEH, you are the Society and we need your help in support of our shared mission. To put our key strategic initiatives into action, we need to tap into the talented pool of experience our members possess.

Volunteering for SCEH can 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 can gain leadership experience, sharpen collaboration skills, enhance your network, fuel the advancement of hypnosis, and gain visibility and recognition from your peers.

Volunteering need not require a large commitment of your time. We can use your help in many ways, ranging from micro-volunteering tasks (e.g., send us a member testimonial, forward a post on social media, submit an article to Focus) to ad hoc special projects (e.g., support a particular educational program, serve as a mentor) to serving on a standing or ad hoc committee.

Serving on a SCEH Committee is a great way to give back to the Society and influence its future. Consider matching your interests to our needs by reviewing our Committee List [here](#). We will work with you to find ways you can contribute that work for you.

If you are interested, please [contact us](#).

SCEH Testimonials

What Attendees Say about SCEH Hypnosis Training Programs

If you have attended an event, we invite you to submit a testimonial [here](#).

You might find it on that page or in a future issue of Focus.

Follow us on Social Media

We invite you to follow us on the social media channels where you are active, and to like and share our posts. By doing so, you will be helping advance our common goals of promoting the benefits of clinical hypnosis, shining the light on important hypnosis research and growing awareness about the SCEH hypnosis community.

[Learn more](#)

GET CERTIFIED

Are you looking for a way to demonstrate your advanced training in hypnosis?

SCEH Certification provides a standard of excellence and dedication for the practice of clinical hypnosis and for the use of hypnosis in research and academic teaching. Given the ongoing flux and uncertainty in the health care industry, it is anticipated that certification in specialized direct care interventions will become the standard expectation from many third-party payers.

SCEH Certification is valid for a period of three years. Renewal requires documentation of additional CE activity, and is valid for three years.

SCEH has three programs:

- Certification in Clinical Hypnosis
- Certification in Academic and Research Applications of Hypnosis (CARH)
- Certification by Prior Experience (CPE)

[Learn more](#)

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Stay Connected.



CALENDAR OF HYPNOSIS EVENTS

Bookmark our [upcoming events](#) page!

April 29-May 2, 2022

Online



2022 Midyear Clinical Hypnosis Workshops

April 29-30 (Friday & Saturday) - **Introductory and Intermediate/Skills Workshops**

May 1-2 (Sunday & Monday) - **Advanced Workshops**

Co-sponsored by the Society for Clinical and Experimental Hypnosis and the Institute for Continuing Education.

More details coming soon. Registration opens: January 2022

October 12-16, 2022

Online

73rd Annual Workshops & Scientific Program

Call for Papers: January 2022; Submission deadline: April 2022

Advance registration required.

Registration opens: Summer 2022

More details to follow.

SCEH Webinar Series

Monthly webinars covering a variety of topics throughout the year.

Jan. 14, 2022 *A Personally and Scientifically Informed Approach to Clinical Hypnosis*

Feb. 11, 2022 *The Magic Glove in its Many Forms*

Mar. 11, 2022 *Suggestion vs. Medication in the Treatment of Depression*

Apr. 8, 2022 *Process-Oriented Hypnosis*

Check the SCEH [Webinars page](#) for additional dates and topics.

Upcoming ISH Webinar



THE INTERNATIONAL
SOCIETY OF HYPNOSIS

As a constituent member of The International Society of Hypnosis (ISH), SCEH is happy to inform you of a new global webinar series they have organized. To learn more, visit the ISH events [calendar](#).