

FOCUS

VOLUME 63 | NUMBER 2 | 2021

2021 Conference

72nd Annual Workshops & Scientific Program

PROTESTS, A PANDEMIC & POLITICAL UNREST:

Hypnosis to Weather the Storm

INSIDE THIS ISSUE

Message from the President	2	Student Column	12
Letter from the Executive Director	5	IJCEH	13
SCEH Webinar Series	7	Member News	17
Annual SCEH Awards Recipients	8	Calendar	20
2021 Conference	10		

MESSAGE FROM THE PRESIDENT

BY JANNA A. HENNING, JD, PSYD, FT



Dear Colleagues and Friends,

Cheers to the beginning of the summer season! I hope it finds you all safe and well. In many geographic locations there has been a reduction in new cases of COVID-19 and COVID-related hospitalizations, an increased availability of vaccines, and a slow return to at least some of the

personal and professional activities that brought joy and meaning to our lives. In this spirit of reconnection and looking forward to a bright future, in this column I'll share news about upcoming hypnosis training offerings, as well as opportunities for you to connect with and support SCEH and the hypnosis community.

Registration will open in July for the SCEH 72nd Annual Meeting: October 13-17, 2021

In light of the remaining uncertainty about COVID-19 infection rates, particularly in the context of new variant strains and uneven accessibility of vaccines across the United States and in other geographic areas, the 72nd Annual Workshops & Scientific Program will again be offered in a fully virtual format. The Conference theme, *Protests, a Pandemic and Political Unrest: Hypnosis to Weather the Storm* was chosen to provide an opportunity for presenters representing many disciplines to creatively consider the contexts in which hypnosis can augment treatment approaches for symptoms of chronic or acute illness, reduction of anxiety and depression, navigation of interpersonal differences, bringing about positive behavior change, and coping with a wide range of personal and environmental stressors.

We have received many interesting proposals for the Advanced Workshops and Scientific Program. Please take a look at the other sections of this newsletter for more details about the conference! Although we will once again be unable to see each other and connect in person at the conference, we look forward to being able to connect virtually with our friends and colleagues across many world areas through the Workshops and Scientific Program presentations, and the many networking opportunities that will once again be included as part of the overall programming.

Praise for the 2021 Midyear Clinical Hypnosis Workshops, and looking forward to our Midyear Workshops in 2022

The 2021 SCEH Midyear Clinical Hypnosis Workshops, offered in a fully virtual platform on April 23rd and 24th, 2021, were a great success! We have received many favorable comments about the quality and value of the Introductory/Basic Workshop (led by Barbara McCann, PhD and Donald Moss, PhD as instructors), the Skills/Intermediate Workshop (led by David Reid, PsyD and Ciara Christensen, PhD as instructors) and the Advanced Workshops, which included Clinical Hypnosis for Pain-Related Anxiety (taught by Shelby Morgan Reyes, PhD and Elizabeth Walsh, PhD), Hypnotherapy for Stress Management: Integration of Mindfulness, Music, Relaxation, and Suggestion in Clinical Practice (taught by Gary Elkins, PhD and Mattie Biggs, MSCP), and Hypnosis Applications for Chronic Illness and Medical Procedures (taught by Damita LaRue, PsyD).

We have already begun to plan the 2022 Midyear event, which will also be offered in a virtual platform to increase access for those who would find it difficult to travel or take time away from other responsibilities to attend this event. However, we are also in the beginning phases of discussing the possibility of also offering some regional training programs in select cities. To do this, we would like to draw upon the teaching expertise of SCEH members in particular geographic locations. Please contact me or another member of the SCEH Executive Committee if you have an interest in helping to set up a regional training in your area!

Awards Program

The SCEH Awards Program was held virtually on March 26th, 2021. Each year, SCEH honors the achievements of its members who have made significant contributions to our field. We have typically included the Awards Program as part of the Saturday evening banquet events held during the fall Annual Workshops and Scientific Program. However, in an effort to manage the total time commitment required by the virtual format of the 2020 meeting, this year the Executive Committee made the decision to postpone the Awards Program until Spring 2021.

Although the online format of the Awards Program prevented recipients from being able to receive the actual award and have their picture taken with their peers during the banquet, it did allow award recipients who attended to be able to offer comments in response to receiving their award, as well as including loved ones or peers as virtual guests who were able to be present with them as they received their award. The awards included: the Bernard Raginski Award (for leadership in the field of clinical hypnosis); the Shirley Schneck Award (to a physician who has made significant contributions to the development of medical hypnosis); the Arthur Shapiro Award (for the best book on hypnosis), the Erika Fromm Award (for excellence in teaching); the Hilgard Award (for the best theoretical paper on hypnosis); the Henry Guze Award (for the best research paper on hypnosis); the Roy M. Dorcus Award (for the best paper in clinical hypnosis); the Crasilneck Award (for the best first paper presented by a graduate student or young scientist at a SCEH meeting); the Stanley Krippner Award (for efforts supporting the field of hypnosis by students or early career professional), and a number of Presidential Awards (awarded by the current SCEH President for outstanding contributions to scientific and professional hypnosis and for outstanding work on behalf of the Society). Please click [here](#) or see the special section of this newsletter for more details about the award recipients.

The next Awards Program will likely be held on a date during or near the SCEH 72nd Annual Meeting dates in October 2021. Please consider nominating hypnosis clinicians and researchers whom you believe to merit receiving one of these awards. Self-nominations are also accepted. Nominations are due by August 1, 2021, for the July 1, 2020 through June 30, 2021 eligibility period.

Increasing and Enhancing Inclusion in SCEH

One of the primary goals of my term as SCEH President has been to increase our ability to attract and engage members who represent a wide range of social locations such as race/ethnicity, gender, sexual orientation, and age. In addition to the expanded networking opportunities available for female-identified SCEH members and our support of the new Connection and Community Committee, geared toward the interests of Early Career Professionals, I have been working with the Chair of the SCEH Legacy Committee, Dr. Gary Elkins to plan and fund a new diversity-related award that will ideally provide a scholarship to assist with expenses related to SCEH conference attendance. Stay tuned for more details in future newsletters!

Also, as a reminder, we are once again planning to support students' ability to attend our Annual Conference by providing an opportunity to help reduce the costs associated with meeting registration. For complete details on eligibility and how to apply, click [here](#).

Volunteers Still Needed for SCEH Committees

Several SCEH committees need your excellent ideas and energy, either as a member or in a leadership role. We are still seeking a Chair for the Committee on Component Societies. This committee will assist in supporting affiliated student component and local component groups, and help facilitate their communication with each other and SCEH. New members in the standing Marketing and Research Committees would also be welcomed, and the ad hoc Connection and Community Committee welcomes new Early Career Professional (ECP) members. Please [contact me](#) and I will connect you with the Committee Chair.

Other Opportunities for Engagement

The Marketing Committee needs your help with supporting awareness of SCEH, the resources we offer, and hypnosis in general, through liking, sharing, and posting content related to SCEH on Facebook, Twitter and LinkedIn, etc. To find more details about our social media platforms on how to connect, please check out our social media [page](#).

As Co-Editor of the FOCUS newsletter Madeline Stein is also seeking students who would like to be spotlighted in the FOCUS Student Spotlight Column, as well as content authors for the Diversity Column. Please contact [Madeline](#) if you'd like to contribute!

Other Opportunities to Give

Looking for other ways to support SCEH? [DONATE NOW](#) to donate directly online. Donations support student scholarships and other important initiatives. Please also consider remembering SCEH with a legacy gift or a trust in your will. Please contact the [SCEH](#) office or [Gary Elkins](#) to discuss the various options to contribute in this lasting way toward the future growth and vitality of SCEH.

Please Renew Your SCEH Membership

Thanks to everyone who has already renewed their SCEH membership! For those who have not yet had the opportunity to renew, please consider doing so. Membership dues help develop and provide hypnosis training, support the mentorship program and help fund student scholarships. To see the full list of benefits associated with membership, including registration discounts for conferences, trainings and webinars, click [here](#). We need your help to continue supporting—and

expanding—the community of researchers and clinicians who are interested in hypnosis! To continue to partner with us in this mission, you can renew quickly and easily at [Membership Renewal](#), or mail in your renewal form.

I look forward to connecting with you all at the 72nd Annual Workshops & Scientific Program in October!

Sincerely,

Janna A. Henning, JD, PsyD, FT
SCEH President

Apply for Membership



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

We invite:

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

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

www.sceh.us

LETTER FROM THE EXECUTIVE DIRECTOR

BY ANNE DOHERTY JOHNSON



Dear Member,

Recent Midyear Conferences Very Well Received

SCEH held its latest Midyear Clinical Hypnosis Workshops in April to very positive reviews. The event, now in its third year, is offered in partnership with APA Division 30, and we thank them for their support.

This year, we expanded the event to include Intermediate as well as Introductory and Advanced Workshops. We want to thank our skilled and talented workshop presenters for sharing their time and expertise:

- Our Introductory Faculty for our 2021 Midyear were Barbara S. McCann, PhD, Professor, Department of Psychiatry and Behavioral Sciences, University of Washington, Seattle, WA and Donald P. Moss, PhD, Dean, College of Integrative Medicine & Health Sciences, at Saybrook University, Pasadena, CA. They were joined by Faculty Assistants Vivek Datta, MD, MPH; Tova Frani Fuller, MD, PhD and Catherine McCall, MD.
- Our Intermediate Workshop Faculty consisted of David B. Reid, PsyD and Ciara C. Christensen, PhD, Private Practice, Milwaukee, Wisconsin.
- Advanced Workshops Faculty spanned three topics and featured Shelby Morgan Reyes, PhD and Elizabeth Walsh, PhD; Gary Elkins, PhD, Mattie Biggs, MSCP and Damita LaRue, PsyD, FT, CCISM. Workshops addressed using clinical hypnosis for pain-related anxiety, stress management and chronic illness and medical procedures.

A total of 88 registered attendees participated across the three levels of training. Enthusiastic attendees gave the event high marks.

The event afforded up to 13 continuing education credits, depending on the workshops attended. See the event web [page](#) for details.

Continuing education documentation has been mailed to all participants who submitted a completed CE Packet.

The SCEH Midyear event is a great complement to our Annual Conference and monthly Webinar Series. Our expanded training calendar means that those wishing to pursue certification can meet the requirements relatively quickly, since attendees have several options to continue their hypnosis training throughout the year.

Plans are underway to offer the program again in 2022, so stay tuned to our website as details are finalized.

Interested in continuing your hypnosis training journey? Save the date for our upcoming 2021 October Annual Conference and Webinar Series. If considering certification, we encourage you to review [SCEH Hypnosis Certification Programs](#).

Final Details Being Confirmed for 2021 Conference

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

The 2021 conference theme is Protests, a Pandemic, and Political Unrest: Hypnosis to Weather the Storm. This theme puts a focus on moving through the seismic events of the past year. As we continue to navigate the impact of the Covid-19 pandemic, the conference will focus on supporting one another in order to take care of our clients/patients, as well as ourselves. Prominent experts in the field of hypnosis will join us to offer fresh creative interventions and applications of clinical hypnosis.

Workshops across three levels (Introductory, Intermediate/Skills and Advanced) will review the utilization of hypnosis as an adaptable adjunct to other therapeutic interventions for enhancing treatment outcomes.

Our Scientific Program includes keynotes, symposia and research presentations with speakers from across the world, addressing the scope of hypnosis in both psychological and medical settings. Our poster session and various networking activities offer easy opportunities

to establish or deepen connections with instructors, colleagues and students.

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

Again this year, SCEH is offer scholarships to qualified students and trainees to help build the next generation of clinicians and leaders in the field of hypnosis. See the [scholarship section](#) of our Call for Papers page to review eligibility and apply.

Conference attendees can opt to attend the full program or just the Workshops or Scientific Program components. Registration is due to open in July. Please plan to join us. Learn more by visiting our conference [page](#).

Update on SCEH Website and Systems Upgrade

We have rolled out the new website and membership management system. The system upgrade has allowed us to offer a more mobile friendly and easier to use website, dues renewal and event registration system. Your member log in information has not changed. (Just follow the prompts if you have forgotten your password, or contact our office if you need assistance.)

We encourage you to take a few minutes to log in and review your member profile. Has your mailing address changed? Have you earned a new designation? Have your specialty areas changed? To access your profile, just click on Member Login in the upper right corner of our website. Thank you for helping us to keep your information up to date so we can better meet your needs.

Invitation to Contribute to SCEH Resources Page

Have some great hypnosis resources you can share? Society members are invited to contribute to the SCEH Hypnosis Clinical Resources page. We are seeking materials that would be helpful to clinicians, health care providers or patients for the Society's Hypnosis Clinical Resources page of our website. The SCEH Education Committee will screen materials and make final decisions on postings. Send your resource with a short cover note to Don Moss, SCEH Immediate Past President and Education Chair at dmoss@saybrook.edu. Thank you.

Best regards,

Anne Doherty Johnson
Executive Director

SCEH Webinar Series



Call for Proposals

BY DONALD MOSS, PHD, SCEH EDUCATION CHAIR

In July 2019, SCEH inaugurated a Webinar Series, in collaboration with The Chicago School for Professional Psychology, which provides APA and Counseling CE credit, and is co-marketed by both groups.

Call for Webinar Proposals

If you are interested in presenting a webinar for SCEH, please send the following information to [Donald Moss, PhD](#) and include the following information:

1. Webinar title and 150-word description of the program.
2. 150-word biosketch about yourself and your professional achievements.
3. A current Curriculum Vitae and a photo of yourself.
4. Five references on your topic, in APA (7th edition) format, published within the last 10 years.
5. Your contact information including email, phone, and surface mail address.

Register Now for Upcoming Events

The SCEH Webinar Series is open to SCEH members and non-members, with attractive pricing for members and students. Most webinars are 1.5 hours long, and are held on Fridays, from 12:00–1:30 PM EST.

Please help us spread the word about this program to your colleagues. To learn more or register, please visit [here](#).

SCEH Webinar Series



The SCEH Webinar Series allows busy health care professionals to obtain high quality clinical 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.

SCEH Webinars are co-sponsored by SCEH and the Chicago School of Professional Psychology. Webinars offer 1.5 APA CE credits for Psychologists and 1.5 BBS CEUs for Counselors and Social Workers. Webinars will be recorded and available for future viewing.

SCEH Webinar Series Continues

- **July 9, 2021**
Gut Feelings: Clinical Hypnosis for Disorders in Brain-Gut Interaction w/ Louis F. Damis, PhD, ABPP
- **August 6, 2021**
Autoimmune Disorders, Psychoneuroimmunology and Hypnosis w/ Moshe S. Torem, MD
- **September 24, 2021**
Advanced Techniques for Hypnotic Inductions w/ Eleanor D. Laser, PhD
- **October 29, 2021**
Rapid Hypnosis for Medical and Dental Encounters w/ Elvira V. Lang, MD, FSIR, FSCEH

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

SCEH Awards Program

On Friday, March 26, 2021, the Society for Clinical and Experimental Hypnosis held an online awards event to shine light upon and publicly recognize achievements within the hypnosis community. Hosted by **SCEH President, Janna Henning, JD, PsyD, FT** and **Gary Elkins, PhD, ABPP, ABPH**, Nominations Chair and Past President, the ceremony acknowledged the contributions of winners in the areas of clinical hypnosis education, hypnosis research, publication and SCEH programs and activities that advanced the organization's mission to promote excellence and progress in the field.

The 2020 SCEH Nominating Committee was chaired by Gary Elkins, PhD, and included Committee Members **David Reid, PsyD** and **Devin Terhune, PhD**. Nominations were sourced via a member Call for Awards, with final selections judged by the committee.

SCEH celebrates the work of our winners and expresses our admiration and gratitude in the following areas to this year's winners:

- **The Ernest R. and Josephine R. Hilgard Award** for Best Theoretical Paper on Hypnosis to **Simona Stefan & Daniel David** in recognition of their paper, "**Mindfulness in Therapy: A Critical Analysis**" published in the *International Journal of Clinical and Experimental Hypnosis*, 69(2), 167-182
- **The Henry Guze Award** for Best Research Paper on Hypnosis to **Maren Jasmin Cordi, Laurent Rossier & Björn Rasch** in recognition of their paper, "**Hypnotic Suggestions Given Before Nighttime Sleep Extend Slow-Wave Sleep as Compared to a Control Text in Highly Hypnotizable Subjects**" published in the *International Journal of Clinical and Experimental Hypnosis*, 69(1), 105-129
- **The Roy M. Dorcus Award** for Best Paper in Clinical Hypnosis to **Olafur Palsson, Stefanie Twist & Marcia Walker** in recognition of their paper, "**A National Survey of Clinical Hypnosis Views and Experiences of the Adult Population in the United States**" published in the *International Journal of Clinical and Experimental Hypnosis*, 68(4), 428-448
- **The Crasilneck Award** for the best first paper presented by a graduate student or young scientist at a SCEH meeting to **Hyeji Na, PsyD** for her paper, "**A Pilot Study of Hypnotic Relaxation Therapy to Enhance Well-Being in College Students**"
- The **Reviewer of the Year Award** for significant contribution to our peer-reviewed quarterly, the *International Journal of Clinical and Experimental Hypnosis* to **Giuseppe De Benedittis**
- The **Stanley Krippner Award** in recognition for her significant contribution to the field of hypnosis made by a student or early career professional, to **Shelagh Freedman**
- The **Arthur Shapiro Award** for the Best Book in Hypnosis to **Gary Elkins and Nicholas Olendzki** in recognition of their book, *Mindful Hypnotherapy: The Basics for Clinical Practice* from the Springer Publishing Company
- The **Erika Fromm Award** for Excellence in Teaching to **Eleanor Laser** for excellence in teaching clinical hypnosis
- The **Shirley Schneck Award** to the physician who has made significant contributions to medical hypnosis, to **Claude Virost, MD** for international contributions to medical hypnosis
- The **Bernard B. Raginski Award** for Leadership and Achievement to **Janna Henning, JD, PsyD, FT**, for her tireless work as SCEH undertook an update of its organizational bylaws, and for her dedication and leadership in the field of clinical hypnosis

SCEH Awards Program continued

In addition, Janna Henning, SCEH President, singled out a number of individuals for **Presidential Citations** as follows:

Ciara Christensen, PhD - in recognition of her leadership, energy and dedication as a 2020 SCEH Annual Conference Co-chairs, effectively pivoting a complex major event, and delivering an outstanding first virtual annual conference for the Society.

David Reid, PsyD - in recognition of his leadership, energy and dedication as a 2020 SCEH Annual Conference Co-chairs, effectively pivoting a complex major event, and delivering an outstanding first virtual annual conference for the Society.

Anne Doherty Johnson - in recognition of her contributions to our hypnosis community as our Executive Director, and in particular this past year, for pivoting our annual live format conference to an outstanding online event.

Don Moss, PhD - in recognition of his dedicated service and commitment to hypnosis as chair of the SCEH Education Committee, and for hands-on efforts in organizing the SCEH Midyear Workshops and popular SCEH Webinar Series.

Gary Elkins, PhD, ABPP, ABPH - in recognition of his role as Editor of the International Journal of Clinical and Experimental Hypnosis, for successful publication management in modernizing and streamlining the submission and editorial review process, and for outstanding commitment to empirical research.

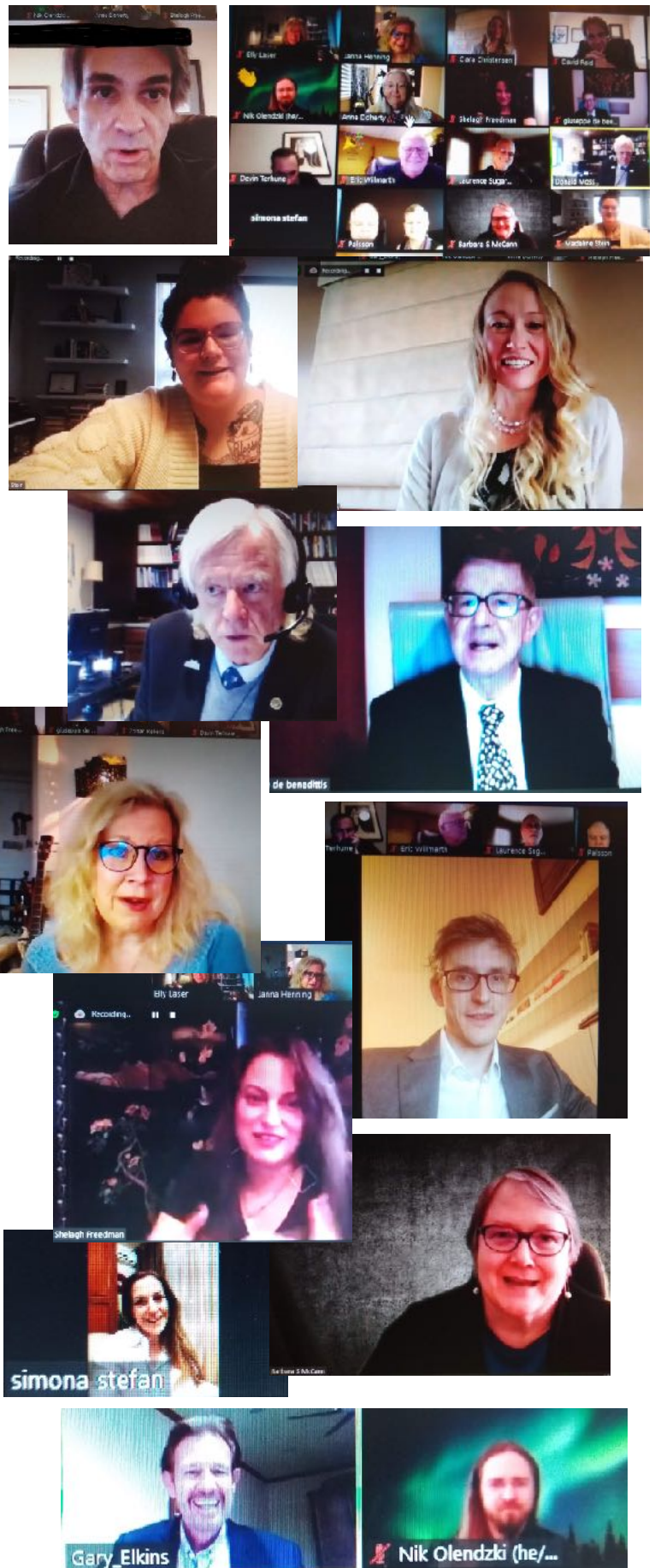
Barb McCann, PhD - in recognition of securing a sizable financial donation for SCEH (being used for student and early career scholarships to our annual conference), as well as for tireless work in co-chairing the Introductory Workshops and Scientific Program for our 2020 Annual Conference.

Zoltan Kekecs, PhD - in recognition of his tireless efforts to launch and grow a Mentorship Program for the Society, designed to foster the next generation of leaders in our field.

Sam Stork, MSCP - in recognition of his outstanding work as Editor of FOCUS, our quarterly newsletter and delivering a high quality, timely publication to our members.

Madeline Stein, MA - in recognition of her consistent efforts to grow awareness about the Society, its programs and the field of hypnosis via our Facebook page and social media, and her excellent work on our Marketing Committee.

More information on the SCEH Awards Program can be found at sceh.us/awards.



2021 Conference

72nd Annual Workshops & Scientific Program



#SCEH2021 Conference Keynotes

October 13-17, 2021 #SCEH2021



Keynotes, left to right: Magda Osman, PhD; Katalin Varga, PhD, DSc; Mark P. Jensen, PhD and Nirit Soffer-Dudek, PhD.

Conference Theme

Protests, a Pandemic, and Political Unrest: Hypnosis to Weather the Storm

Our conference theme puts a focus on moving through the seismic events of the past year. 2020 revealed waves of shocks to many of our systems, including clients/patients, communities, families, countries, and the list continues. As we continue to navigate through challenging times marked with widespread hardships, our 2021 conference will focus on supporting one another in order to take care of our clients/patients, as well as ourselves. Prominent experts in the field of hypnosis will join us to offer fresh creative interventions and applications of clinical hypnosis.

Workshops across three levels (Introductory, Intermediate/ Skills and Advanced) will review the utilization of hypnosis as an adaptable adjunct to other therapeutic interventions for enhancing treatment outcomes. Our workshops are a great way to generate creative renewal which can be readily applied across a variety of clinical settings, and to interact with instructors and establish connections within the SCEH community.

Participants can also attend the Scientific Program, a Poster Session, and networking events. The Scientific Program will offer keynotes, symposia and research presentations with speakers from across the world, addressing the scope of hypnosis in both psychological and medical settings.

Keynotes

Saturday, October 16

9:45AM - Public Perceptions of the Unconscious

Magda Osman, PhD

12:00PM - Brain Oscillations and Hypnosis: Empirical Findings and Treatment Implications

Mark Jensen, PhD

1:00PM - The Power of Our Words While Communicating with the Critically Ill

Katalin Varga, PhD, DSc

Sunday, October 18, 2021

9:45AM - Dissociative Absorption and Its Pathological Manifestations

Nirit Soffer-Dudek, PhD

For more information

CALL FOR AWARDS NOMINATIONS

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

DEADLINE: Nominations due by August 1, 2021

ELIGIBILITY PERIOD: July 1, 2020 through June 30, 2021

Recognizing Service to the Hypnosis Field

Every year, the Society for Clinical and Experimental Hypnosis presents a number of awards to individuals in the world of hypnosis to acknowledge their service and scientific and clinical contributions to the field.

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

Please suggest candidates for the following awards. Award winners will be announced in October.

Award Categories

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

Please forward this communication to colleagues to help us spread the word about our awards program. Thank you.

2021 SCEH Awards and Fellowships Committee

Chair: Gary Elkins, PhD, ABPP, ABPH, Past President

Members: David Reid, PsyD and Devin Terhune, PhD



[Make a Nomination](#)

SCEH STUDENT COLUMN

BY AFIK FAERMAN



I am a 5th-year Ph.D. student in clinical psychology with an emphasis in neuropsychology at Palo Alto University, CA. As a part of my clinical training, I completed three years of practicum at the University of California, San Francisco (UCSF) and will be completing my clinical internship at Baylor College of Medicine starting in July 2021. My research centers on identifying key neurocognitive mechanisms in hypnosis and sleep. Taking a moment of gratitude—I feel particularly grateful for the incredible mentors and sponsors with whom I have had the privilege of working.

In my current work on hypnosis, I have been working with Drs. David Spiegel and Nolan Williams at Stanford University to investigate neurocognitive mechanisms that play a role in hypnotizability and the ability to modulate these pathways to modify responsiveness to suggestions in hypnosis. I hope that my work could advance our understanding of how hypnosis works and serve as a basis to improve its clinical effectiveness and efficacy. I am also interested in subjective experiences in hypnosis and currently exploring the relationships between responsiveness to specific suggestions and alterations in the sense of agency in hypnosis.

In my work on sleep and its perception, I was mentored by Drs. Jamie Zeitzer at Stanford and Steve Woodward at the Palo Alto Veteran Healthcare System. In my dissertation, supported by the American Psychological Association's Society for Clinical Neuropsychology (Division 40) Dissertation Award, I investigate the relationships between neuropsychological profiles and sleep perception in insomnia. I hope to provide neuropsychologists, sleep-health clinicians, and researchers a better understanding of insomnia phenomenology and its cognitive phenotypes to better tailor individualized treatment plans and develop more precise interventions.

I believe that as scientists, our contribution to human knowledge can go many ways. I found my professional home in research and teaching (I currently teach undergraduate biopsychology and philosophy classes). Therefore, I am working towards a career in academia, focusing on research and teaching, integrated with and informed by clinical care.

Besides my love for all things human mind, I enjoy hiking, camping, and even just walking in nature, am an avid space nerd (and would love to talk to you about space psychology), and do my best to practice meditation and mindfulness regularly.

Follow me on Twitter at [@AfikFaerman](https://twitter.com/AfikFaerman)

Read my work on [Google Scholar](https://scholar.google.com/citations?user=afikfaerman) or [ResearchGate](https://www.researchgate.net/profile/Afik-Faerman)

Find me on LinkedIn at [linkedin.com/in/afaerman](https://www.linkedin.com/in/afaerman)



LATEST NEWS FROM THE IJCEH

April 2021 Journal Issue

Be sure to check out the most recent journal issue of 2021, published in April. This issue features eight new articles covering a variety of topics including clinical hypnosis as an adjunct to Cognitive Behavior Therapy, hypnotic enhancement of virtual reality distraction analgesia, and discussion of a self-hypnotic relaxation app.

Publons

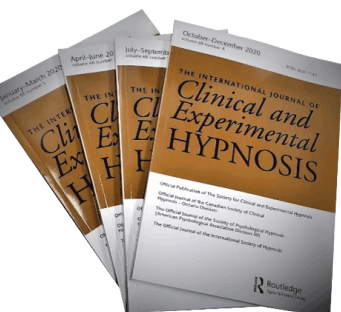
If you have been a peer reviewer for the journal recently, you may have noticed that our review forms include a new question asking if you would like to receive recognition on Publons. *Wondering what Publons is?*

[Publons.com](https://publons.com) is a free service where academics can track and showcase peer review contributions for journals. IJCEH reviewers can now indicate on the review form whether they would like to have record of their review added to Publons. If indicated, the record will be automatically listed on Publons as a verified review, without the need to do so manually or provide further evidence to the site.

Reviews are not published. The partnership between Publons and our system is about reviewer recognition, not open or transparent peer review. If a reviewer chooses to opt in, Publons will reflect that the individual carried out a review for the journal; the paper that was reviewed, and the content of the review, are not included. If a reviewer opts out, no record of the review is sent to Publons.

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

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.



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).

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.

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Editor-in-Chief
Gary R. Elkins, PhD



Managing Editor
Joshua Rhodes, MA

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

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



Abstracts from April 2021

Clinical Hypnosis as an Adjunct to Cognitive Behavior Therapy: An Updated Meta-Analysis

Nicolino Ramondo, Gilles Gignac, Carmela Pestell, & Susan Byrne

In 1995, Kirsch and colleagues published an influential meta-analysis ($k = 20$, $N = 577$) which found that CBT enhanced with hypnosis (CBTH) was superior to CBT alone by at least $d = .53$. However, a lack of full replication and the emergence of new empirical studies prompted this updated analysis. A total of 48 post- ($N = 1,928$) and 25 follow-up treatments ($N = 1,165$) were meta-analyzed. CBTH achieved small to medium but statistically significant advantages over CBT at posttreatment ($dIGPP/d = .25$ to $.41$), and specifically in the management of depressed mood and pain. At follow-up, there was a medium sized advantage for CBTH ($dIGPP/d = .54$ to $.59$), and specifically for the treatment of obesity. These results further support the adjunctive use of hypnosis as an enhancer of CBT's efficaciousness and endurance as a treatment.

Feasibility of Attention Restoration Theory-Driven Hypnotherapy for Fatigue in Cancer Survivors

Gary Elkins, Joshua Rhodes, Mattie Biggs, Kimberly Zimmerman, Whitney Williams, Noel Arring, & Debra Barton

This study aimed to assess the feasibility of Attention Restoration Theory (ART)-driven hypnotherapy to address cancer-related fatigue (CRF). Six participants with CRF completed the study. Participants completed measures of fatigue and pain pre- and posttreatment of 5 sessions of ART-driven hypnotherapy, each of which followed a treatment manual. Results indicate that participants experienced reductions in fatigue, fatigue bothersomeness, and pain following the intervention. Additionally, participants reported high levels of treatment satisfaction. This innovative intervention of ART-driven hypnotherapy appears to be feasible and warrants further study in a controlled trial with a larger sample.

Multisensory Integration is Modulated by Hypnotizability

Alessandro Mioli, Francesca Diolaiuti, Andrea Zangrandi, Paolo Orsini, Laura Sebastiani, & Enrica Santacangelo

This study investigated multisensory integration in 29 medium-to-high (mid-highs) and 24 low-to-medium (mid-lows) hypnotizable individuals, classified according to the Stanford Hypnotic Susceptibility Scale, Form A. Participants completed a simultaneity judgment (SJ) task, where an auditory and a visual stimulus were presented in close proximity to their body in a range of 11 stimulus onset asynchronies. Results show that mid-highs were prone to judge audiovisual stimuli as simultaneous over a wider range of time intervals between sensory stimuli, as expressed by a broader temporal binding window, when the visual stimulus precedes the auditory one. No significant difference was observed for response times. Findings indicate a role of hypnotizability in multisensory integration likely due to the highs' cerebellar peculiarities and/or sensory modality preference.

Hypnotic Enhancement of Virtual Reality Distraction Analgesia During Thermal Pain: A Randomized Trial

David Patterson, Hunter Hoffman, Gloria Chambers, Devon Bennetts, Harley Hunner, Shelley Wiechman, Azucena Garcia-Palacios, & Mark Jensen

Excessive pain during medical procedures is a pervasive health challenge. This study tested the (additive) analgesic efficacy of combining hypnotic analgesia and virtual reality (VR) pain distraction. A single blind, randomized, and controlled trial was used to study 205 undergraduate volunteers aged 18 to 20. The individual and combined effects of hypnotic analgesia (H) and VR distraction on experimentally induced acute thermal pain were examined using a 2 X 2, between-groups parallel design (4 groups total). Participants in groups that received hypnosis remained hypnotized during the test phase pain stimulus. The main outcome measure was "worst pain" ratings. Hypnosis reduced acute pain even for people who scored low on hypnotizability. As predicted, H+ VR was significantly more effective than VR distraction alone. However, H+ VR was not significantly more effective than hypnotic analgesia alone. Being hypnotized during thermal pain enhanced VR distraction analgesia.

Clutch-Based Hypnotic Intervention to Improve Golf Performance: A Case Study

John Pates

This case study examined the effects of a clutch-based hypnotic intervention on the performance and experience of a senior PGA tour golfer. The intervention encompassed hypnosis, regression imagery, a trigger control technique, and a preshot routine. Golf performance data were analyzed using a single-subject design. The results indicated that the player's mean stroke average decreased from baseline to postintervention. The qualitative data suggests that the hypnotic intervention may help golfers regulate emotions, thoughts, feelings, and perceptions associated with a clutch state experience.

Persian Norm for the Stanford Hypnotic Susceptibility Scale, Form C (SHSS: C)

Mohammad Soukhtanlou, Ali Purabbas, Ali Sharifi, Masoud Gholamali Lavasani, Enayatollah Shahidi, & Hamid Reza Rajabifar

The Stanford Hypnotic Susceptibility Scale, Form C (SHSS:C), is the most commonly used measure of hypnotizability. In Persian (Farsi), there was a lack of a valid test for hypnotizability. The norms for different language versions of the SHSS:C are important for evaluating the cross-language validity of the measure and determining the ability to compare research findings using the SHSS:C samples of different languages. In this study, a Persian translation of SHSS:C was administered to 321 Farsi-speaking individuals from the cities Tehran and Mashhad. Then, different parameters of the measure, including the distribution, normality, internal consistency, difficulty, and comparison with other SHSS:C norms, have been evaluated and presented. The results indicated that the Persian SHSS:C has good reliability, which is in line with the other language versions of the scale, and the scores from the Persian SHSS:C are comparable to those of the other language versions.

Exploratory Controlled Study of the Impact of a Hypnosis-Based Intervention on the Couple's Communication and Coping in the Context of Cancer

Charlotte Grégoire, Marie-Elisabeth Faymonville, Audrey Vanhauzenhuyse, Vanessa Charland-Verille, Guy Jerusalem, Sylvie Willems, & Isabelle Bragard

Emotional distress, communication, and dyadic coping difficulties are common among cancer patients and their partners. Hypnosis-based interventions can improve emotional distress in patients. We designed a group intervention combining self-hypnosis and self-care techniques. We hypothesized an effect of the intervention on emotional distress, conjugal communication, and dyadic coping, considered in patients and their partners. Our exploratory controlled study included 55 women with cancer and 55 partners. Participants completed questionnaires before and after the intervention, which was delivered to patients only. No significant effect of the intervention was revealed for patients or partners. Positive correlations between patients' and partners' communication and dyadic coping were revealed. However, to address couples' or partners' difficulties, interventions specifically designed for couples or partners must be tested.

Efficacy of a Self-Hypnotic Relaxation App on Pain and Anxiety in a Randomized Clinical Trial: Results and Considerations on the Design of Active and Control Apps

Elvira Lang, William Jackson, Paul Senn, Aroni Donavon-Khosrow, Matthew Finkelman, Thomas Corino, Graham Conway, & Ronald Kulich

Despite an explosion of mobile app offerings for management of pain and anxiety, the evidence for effectiveness is scarce. Placebo-controlled trials are the most desirable but designing inactive placebo apps can be challenging. For a prospective randomized clinical trial with 72 patients in a craniofacial pain center, we created an app with self-hypnotic relaxation (SHR) for use with iOS and Android systems. A placebo background audio (BA) app was built with the same look and functionality. Both iOS and Android SHR apps alone and in comparison to the BA group significantly reduced pain and anxiety during the waiting-room time. The Android BA app significantly reduced anxiety but not pain. The iOS BA app affected neither pain nor anxiety, functioning as an ideal placebo. Usage analysis revealed that different default approaches of the iOS and Android devices accounted for the difference in results.

MEMBER NEWS

Etzel Cardeña, a SCEH past president, has authored the following articles:

- Cardeña, E. (2020). Derangement of the senses or alternate epistemological pathways? Altered consciousness and enhanced functioning. *Psychology of Consciousness: Theory, Research, and Practice*, 7(2), 242-261. [dx.doi.org/10.1037/cns0000175](https://doi.org/10.1037/cns0000175)
- Cardeña, E. (2020). Depicting the ethereal, part I: Visual art and psi. *Journal of Parapsychology*, 84(2), 202-219. [http://doi.org/10.30891/jopar.2020.02.04](https://doi.org/10.30891/jopar.2020.02.04)

Jessie Kittle, MD and David Spiegel, MD have authored: *Hypnosis: The Most Effective Treatment You Have Yet to Prescribe in the American Journal of Medicine*. The article can be found [here](#).

Jessie Kittle, MD shared news that her trial with David Spiegel using hypnosis to reduce opioid use for total knee arthroplasty won poster awards at both the Perioperative Summit and American Academy of Pain Medicine national conferences this Spring. Both organizations offered a 20-minute research talk for the award. The AAPM conference was covered by Medscape medical news and they published this [article](#).



Hypnotherapy Reduces Postoperative Opioid Use

Hypnotherapy may be an effective way to reduce opioid use in postsurgical settings, new research shows. In a study of patients undergoing total knee arthroplasty (TKA), those undergoing hypnosis ..

www.medscape.com

Samuel Kohlenberg, PhD, MA, LPC, BCB, DipACLM, reports: At present, I am a MEHP fellow at Johns Hopkins University. As part of this degree work, I hope to help optimize the assessment and evaluation of the Standards of Training in Clinical Hypnosis (SOTCH), especially as they relate to affective domain learning outcomes such as learner confidence in the use of the skills required for clinical hypnosis. I invite anyone interested in evidence-based practices in clinical education to contact me at skohlenbergphd@gmail.com if they are interested in more information, or in potentially contributing to this effort at some point in the future. Thanks!

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.

Elvira Lang, MD, FSIR, FSCEH, reports: We have an article published in the fabulous journal of IJCEH:

Lang EV, Jackson W, Senn P, Aroni DK, Finkelman MD, Corino T, Conway G, Kulich R. Efficacy of a self-hypnotic relaxation app on pain and anxiety in a randomized clinical trial: Results and considerations on the design of active and control apps. *Int J Clin Exp Hyp* 2021; 69 (2), 277-295.

We are also making forays into dentistry with having an ADA CEP approved 1 hour course in hypnotic techniques on Howard Farran's Deltatown CE network, Rapid Hypnotic Techniques for Drug-Free Management of Pain and Anxiety" by Elvira V. Lang, MD, PhD. [Learn more](#)

Our course for frontline medical providers, Comfort Talk® Level 1 which emphasizes rapport and correct use of suggestions is now available on the Siemens Healthineers PEP personalized education platform.

New publications from Hernan Anllo, PhD include:

- Anlló H., Hagège J., Sackur J (2021) Deployment dynamics of hypnotic anger modulation. *Consciousness & Cognition* Volume 91, 2021, 103118, ISSN 1053-8100, <https://doi.org/10.1016/j.concog.2021.103118>
- H. Anlló, B. Hèrer, A. Delignières, Y. Bocahu, I. Segundo, V. M. Alingrin, M. Gilbert & F. Larue (2020) Hypnosis for the management of anxiety and dyspnea in COPD: a randomized, sham-controlled crossover trial. *International Journal of Chronic Obstructive Pulmonary Disease*. Doi: <https://doi.org/10.2147/COPD.S267019>

SCEH Member Maureen Turner announces her 2021 Motivation Hypnosis Workshop:

September 30-October 3, 2021

Rescue Mission Theory, Techniques & Cases: 11th Annual Workshop - Age Regression & Positive Mind State Anchoring Techniques, including Turner's Rescue Mission Integration (RMI) Protocol

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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.

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](#).



Casey Applegate-Aguilar

The SCEH Facebook page

is now being managed by Casey Applegate-Aguilar. Casey is a PhD student at Saybrook University and a psychotherapist and creative wellness coach who has been studying and using hypnosis professionally since 2018. She is a member of the SCEH Marketing Committee and is involved in the planning of the 2021 Annual Conference Introductory Workshop. Please join in the conversation! Questions? Ideas for content? Contact us via [email](#).

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 a period of three years.

SCEH has three programs:

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- Certification in Academic and Research Applications of Hypnosis (CARH)
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FOCUS Editorial Team

Sam Stork, Co-editor

Samuel_Stork@baylor.edu

Madeline Stein, Co-editor

madeline@madeline-stein.com

Lauren Simicich, Reporter

Lauren_Simicich1@baylor.edu

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Bookmark our [upcoming events](#) page!

Oct. 13-17, 2021

Online

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Registration Opens: Summer 2021

[For more information](#)

#SCEH2021

[SCEH Webinar Series](#)

Monthly webinars covering a variety of topics throughout the year.

Jul. 9, 2021	<i>Gut Feelings: Clinical Hypnosis for Disorders in Brain-Gut Interaction</i>
Aug. 6, 2021	<i>Autoimmune Disorders, Psychoneuroimmunology and Hypnosis</i>
Sep. 24, 2021	<i>Inductions, Deepening Techniques and Teaching Stories</i>
Oct. 29, 2021	<i>Rapid Hypnosis for Medical and Dental Encounters</i>
Nov. 12, 2021	<i>Assessment of Hypnotizability in Clinical Practice: Elkins Hypnotizability Scale</i>

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