

FOCUS

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72nd Annual Workshops & Scientific Program

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

Hypnosis to Weather the Storm

October 13-17, 2021

Online

#SCEH2021

Introductory, Intermediate & Advanced Workshops plus Scientific Program

Advance registration required by October 10, 2021 at 5 pm EST USA

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MESSAGE FROM THE PRESIDENT

BY JANNA A. HENNING, JD, PSYD, FT



Dear Colleagues and Friends,

I hope that you are safe and well and you have been enjoying a wonderful summer! After a reduction in new cases of COVID-19 and COVID-related hospitalizations earlier in the year, many geographic locations are again experiencing an increased number of cases, some with

serious outcomes. For many of us, it may feel frustrating to return to masks and a reduction in social interactions, particularly in indoor settings. And yet, we can demonstrate our resilience by once again finding creative ways to engage in personal and professional connections. To this end, earlier in the year the SCEH Executive Committee once again made the decision to offer our Annual Meeting in a fully virtual format, which will allow us the opportunity to safely connect and share our research findings and clinical expertise with our colleagues and friends across the world. In this column I will offer some details about the Annual Meeting and other upcoming opportunities to connect with the hypnosis community. In addition, since this is my last column as SCEH President I'll offer some brief reflections on a few of the initiatives I've focused on during my 2-year term.

Registration is open for the SCEH 72nd Annual Meeting: October 14-17, 2021

Our conference theme, *Protests, a Pandemic, and Political Unrest: Hypnosis to Weather the Storm* provides a timely opportunity for professionals across many disciplines to receive training in the use of hypnosis, share information about their current research projects, and describe how hypnosis can facilitate creative clinical solutions and augment treatment approaches for symptoms of chronic or acute physical illness, mental health concerns, navigation of interpersonal differences, facilitation of wellbeing, particularly in providers, and coping with acute and chronic personal and environmental stressors. Please take a look at the other sections of this newsletter for more details about the conference! We look forward to once again being able to connect virtually with you, no matter where you may be located, through the Workshops and Science Program presentations and the

many other networking opportunities that will again be included as part of our overall programming.

Looking forward to the 2022 Mid-Year Training

We have already begun to plan the 2022 Mid-Year Workshops, which will again be offered in a fully virtual platform to increase access to these workshops for those who would find it difficult to travel or take time away from other responsibilities to attend them. The Introductory/Basic Workshop will again feature Barbara McCann, PhD, and Donald Moss, PhD as instructors, and the Skills/Intermediate Workshop will again feature David Reid, PsyD, and Ciara Christensen, PhD as instructors. Details for the Advanced Workshops are still being negotiated, but the overall theme will address the use of hypnosis for trauma-related distress and disorders. The dates will be April 29-30 (Friday/Saturday) for the Introductory and Intermediate/Skills Workshops, and May 1-2 (Sunday/Monday) for the Advanced Workshops. Stay tuned for more details, which will be announced in September!

Awards Program

Each year a SCEH Awards Program is held to honor the achievements of SCEH members who have made significant contributions to the hypnosis field and to the Society. The next Awards Program event is currently in the planning stages, but it will be held virtually this fall November 19th from 2-4pm EST. As many of you may recall, in years when our Annual Workshops and Scientific Program were held on-ground we typically included the Awards Program as part of the Saturday evening banquet events at the Annual Meeting. To manage the total time commitment required by the virtual format of the 2021 meeting, this year the Awards Program will again be held at a separate day and time from the Annual Meeting. Award recipients will also be given an opportunity at next year's on-ground Meeting in Anaheim to receive the actual award in person and have their picture taken with their peers during the banquet. Please click this [link](#) on the SCEH website to read about the past years' award recipients.

Reflections on Progress, Acknowledgements, and Transitions

This will be my last column as President of SCEH. Traditionally the change of leadership roles occurs at

every other Annual Meeting, when the 2-year terms of service for the elected SCEH Executive Committee members end and begin. In October 2021 I will transition to the Immediate Past-President role, and will continue as Chairperson of the Constitution and Bylaws Committee and as the SCEH Inclusiveness Director. I will also take on the role of Chairperson of the Nominations and Elections Committee and continue as a member of the Legacy and Student Trainee Affairs and Scholarships Committees. SCEH will be ably led in the next two years by Ciara Christensen, PhD, who will begin her term as SCEH President in October. (I will unfortunately be unable to personally hand her the SCEH leadership “gavel” during our virtual Annual Meeting, but I will officially do so at the 2022 Meeting!) As examples of her strong organizational and leadership skills, Ciara has served as overall Annual Meeting Co-chair for the last several years as well as the Advanced Workshop Chair for several meetings, and previously served SCEH as our Treasurer.

It's been an honor for me to serve SCEH as President since October 2019, and I'm grateful for all of the support I've received. In particular, Anne Doherty Johnson has provided invaluable assistance with a wide range of projects and initiatives, and Don Moss, PhD has consistently provided mentorship for me as I stepped into each leadership role. I am also very grateful for the service of our Executive Committee members, Ciara Christensen, PhD, Gary Elkins, PhD, ABPP, ABPH, Zoltan Kekecs, PhD, and Barbara McCann, PhD, who each contributed tireless efforts to further so many important projects, and for the collegial and supportive work environment they worked so hard to facilitate. I'm also grateful for the leadership and efforts of the Annual Conference Committee for 2020, including Ciara Christensen, PhD, David Reid, PsyD, Barbara McCann, PhD, Vivek Datta, MD, MPH, Tova Fuller, MD, PhD, Alexandra Chadderdon, PsyD, Deanna Denman, PhD, and Catherine McCall, MD, with assistance from Zoltan Kekecs, PhD and Shelagh Freedman, PhD, and for the leadership and efforts of the Annual Conference Committee for 2021, including Ciara Christensen, PhD, David Reid, PsyD, Barbara McCann, PhD, Tova Fuller, MD, PhD, Alexandra Chadderdon, PsyD, Deanna Denman, PhD, Catherine McCall, MD, and Vivek Datta, MD, MPH, assisted by Casey Applegate-Aguilar, MA, MS, Afik Faerman, MS, Cassondra Jackson, MA, and Madeline Stein, MA as volunteers. And finally, I'm grateful for all of the SCEH members who have generously given SCEH their time as Chairperson or member of the SCEH standing and ad hoc committees. Thank you for your contributions!

I'd also like to take a moment to briefly reflect on some of the initiatives that have been particularly important to me during my term as President.

Bylaws revision project: As Chair of the Constitution and Bylaws Committee, I was asked by the Executive Committee In 2016 to evaluate and revise SCEH's governance documents to bring them into alignment with New York state law (where SCEH is currently chartered) and ensure that they reflect current SCEH procedures and policies. With assistance from an attorney who specializes in the relevant laws and best practices for nonprofit organization governance and with the help of the Executive Committee members, I spearheaded a major revision of the Bylaws and several of our other governing documents. The resulting revised bylaws were accepted by vote of the SCEH Executive Council at the yearly business meeting on November 19th, 2020. A few smaller legal issues still remain to be addressed in order to fully modernize and streamline the legal foundations of our organization, and I will continue to work on these issues in 2021-2022 as Chairperson of the Constitution and Bylaws Committee.

Responses to the COVID-19 pandemic: It was a very interesting experience to be the first (and hopefully, the last) “fully virtual” SCEH President! The 2020 pandemic brought about a number of challenges and opportunities for SCEH. The SCEH Executive committee launched several projects and initiatives to maintain the stability of SCEH in terms of its connection with its members during the global pandemic and to provide our first fully virtual conferences and mid-year trainings, as well as useful resources to members and the larger community in the context of the pandemic. These offerings included a list I created of collected links to articles and online resources about coping with the effects of the pandemic that SCEH members could use themselves, share with colleagues, or utilize to assist their patients or clients. Links to articles about the impact of the pandemic on mental health issues, general coping strategies, distraction and entertainment opportunities, and guidance about transitioning teaching to online platform for instructors were provided. This electronic list, “Resources for Coping With COVID-19,” can still be found on the SCEH [website](#). SCEH also provided a free webinar, “Supporting Optimal Coping with the Anxiety and Stress of the COVID-19 Pandemic,” which was offered twice (4/1/20 and 4/8/20) as a live presentation. The presenters included Don Moss, Barb McCann, and Gary Elkins, as well as Breeda McGrath from The Chicago School. Registration for the first showing of the webinar was at capacity (975 individuals), and registration numbers were also high for the second showing.

Registration for our first fully virtual SCEH Annual Meeting was significantly higher compared with Annual Meetings in recent years (127, compared with our typical registration numbers in the 70s-80s). We believe that the virtual format allowed SCEH members and other attendees who have limited ability to travel due to health issues, geographic location, or other work responsibilities to attend. It also allowed us to recruit an exceptional caliber of presenters for keynotes in the Science Program because they did not need to physically travel to present for us. And finally, it increased the ability of students to attend, given that virtual attendance eases financial constraints related to travel or the need to take time away from classes or their supervised training. Barbara McCann was also able to successfully negotiate with a donor for an agreement to use funds for student scholarships, further reducing registration rates for students. The unusually high number of meeting registrations, combined with the significantly reduced costs associated with a virtual conference, resulted in a net profit from the conference for SCEH. Overall, the virtual meetings have been so successful that the Executive Committee has been considering different strategies for additional virtual meetings even after face-to-face meetings can once again be safely held.

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. There is a great need to increase the availability of hypnosis interventions to communities that have historically had less access to them, including Black individuals and communities, other people of color, and under-resourced or impoverished communities. These individuals and communities often experience disparities in healthcare quality and access, at the same time they may be experiencing complex and comorbid conditions and higher rates of traumatic event exposure, anxiety, and depression due to the differential impacts of economic stressors and racism. It is important for SCEH to reach out to students and professionals of color to increase the number of providers who are trained in hypnosis. It is also important to consider the ways in which hypnosis-related research may (or may not) include diverse individuals in studies, or study findings may or may not be applicable to diverse populations. Although all current and future SCEH members are welcomed, respected, and needed, SCEH will benefit from the ideas and energy of people representing a broad demographic. As the SCEH

Inclusiveness Director I've launched and continued several initiatives to increase inclusion of members representing more diverse identities. Before and during my Presidential term I presented SCEH's first webinar, Cultural Sensitivity, Personal Boundaries, and Changing Interpersonal Expectations in Professional Conference Settings, authored the SCEH Policy on Diversity and Inclusivity, and held networking meetings for female-identified SCEH members (conducted on ground in 2018 and 2019 and virtually in 2020 and 2021 as part of the yearly meeting programming, as well as an additional meeting in early 2021). Attendees have included EC members, former, current, and future SCEH Presidents, students, professionals, and early career professionals, who remarked that they found the meetings to be helpful and supportive.

With respect to students, early career professionals, and new members, the future health of SCEH depends on our ability to recruit and retain individuals who are entering or new to their fields. To this end, several Executive Committee members, including Zoltan Kekecs, Barbara McCann, Gary Elkins, Don Moss, and myself, have actively mentored students and early career professionals to support them in taking on leadership roles in SCEH, and we have started the process of setting up formal structures for more active involvement of students and ECPs in leadership positions. For example, several students, including Madeline Stein, MA, Samuel Stork, PsyD, Lauren Simicich, MSCP, and Casey Applegate-Aguilar, MA, MS, have taken on leadership roles in SCEH committees, the Focus newsletter, and the SCEH social media pages, and an ECP, Liz Slonena, PsyD, has launched a new initiative to enhance engagement with SCEH ECPs. Two students and one ECP were also invited to attend the 2020 Council meeting to increase their awareness of how SCEH conducts business and their interest in potentially taking on leadership roles in the organization themselves. At the 2021 Meeting we will again invite student and ECP representatives to participate. Finally, we are once again supporting students' ability to attend the Annual Meeting by providing scholarships to help reduce the costs associated with meeting registration.

Diversity Scholarship: To support the ability of people representing diverse and traditionally underserved groups to attend SCEH trainings and meetings and to increase their inclusion in SCEH, I have been working with the Chair of the SCEH Legacy Committee, Dr. Gary Elkins, to plan and personally help fund a new diversity-related

award that will ideally provide a perpetually funded scholarship to assist with expenses related to SCEH conference attendance. Stay tuned for more details in future newsletters!

Please Renew Your SCEH Membership

The year-end time for renewing your SCEH membership is fast approaching. I hope you will all choose to continue your relationship with SCEH in 2022. Membership dues help develop and provide hypnosis trainings, support the mentorship program, and help fund student scholarships. To learn more about the Mentor Program, please visit the SCEH webpage by following this link: [Mentor Program for Members](#). Please also click [Membership Benefits](#) to see the full list of benefits associated with membership, including registration discounts for conferences, trainings, and webinars. We need your help to continue supporting—and expanding—the community of researchers and clinicians who are interested in hypnosis!

We begin our annual dues renewal cycle in October. Please watch your inbox for your 2022 renewal notice. It's easy to renew by following the prompts in the email. To continue to partner with us in our shared mission, we invite your prompt reply. Thank you.

In Closing

In 2019-2021 SCEH has taken significant steps toward ensuring that our governing documents and procedures are in alignment with relevant current state law and best practices for nonprofit organizations like ours. We have also demonstrated nimble and creative responses to the challenges and opportunities set in motion by the global pandemic. We have done this through enhancing

connection with our members, providing useful and timely resources, recruiting new members who were attracted to the virtual meeting and training platforms, and engaging current and new members in new leadership roles. We have continued and broadened our efforts to increase and enhance inclusion in SCEH of people who represent a wider range of demographic groups, increasing the diversity of our membership to include people of all genders, races, and sexual orientations, and students and professionals across the professional lifespan. It is my hope that SCEH will continue to ensure that the content of our educational offerings reflects the more diverse national population, and specifically addresses disparities in mental and physical health-related needs and increases access to hypnosis in a wider range of communities, particularly in Black communities and communities of color. We must also work to increase the representation and active involvement of students and early career professionals; they are the future of SCEH.

Thank you all for your engagement with the SCEH community, and I look forward to connecting with you all (virtually) 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,

You're Invited! Sharpen Your Hypnosis Skills at #SCEH2021

I hope you will consider joining us in October for our 72nd Annual Workshops and Scientific Program, live online from October 13-17th. This year's lineup of keynotes, workshops and scientific presentations is one you

will not want to miss.

As we continue to navigate Covid-19, this year's theme, ***Protests, a Pandemic, and Political Unrest: Hypnosis to Weather the Storm***, continues to resonate. With demand for treatment at high levels, finding new evidence-informed tools to improve patient outcomes is more important than ever.

We will offer three levels of workshops over the first three days of the conference, allowing both beginners and experts alike to find programming of interest. Attendees can participate in Introductory and Intermediate/Skills Workshop as a cohort. Advanced workshop attendees can choose from a variety of Advanced and Skills topics.

Conference attendees can earn up to 21 psychology continuing education (CE) credits for licensure or certification, depending on the mix of activities selected. See our [conference brochure](#) for complete information on CE. Learn more about SCEH hypnosis [certifications](#).

Intermediate/Skills Workshop Topics (in order scheduled)

- Hypnosis and the Management of Acute and Chronic Pain (Patterson)
- Applications of the Dialectical Method for Creating Change with Hypnotically Augmented Psychotherapy in the Treatment of Common Clinical Concerns: Habit Disorders, Anxiety, Insomnia, Phobias and Pain (Alexander)
- The Magnifying Glass Metaphor (McCarthy)
- Seeding Metaphors to Fertilize and Grow Therapeutic Changes (Ginandes)

- Hypnosis Application for Anxiety Disorders (Reyes)
- Special Place of Bliss (McCarthy)
- The Nature of Hypnosis and Memory: Principles & Techniques of Age Regression (Henning)
- Hypnotic Interventions to Augment Working Through of Traumatic Stress-Related Symptoms (Henning)
- Ethics and Clinical Hypnosis (Reid)

Advanced Workshop topics (listed in order of schedule)

- Deconstructing Borderline Personality Disorder (Lentz)
- Hypnotic Dreamwork (Sugar)
- 49 Words to Reduce Stress (Wark)
- Pandemic Effects, Nocebo Effects, Hypnosis Effects (Sugarman)
- Promoting Mind-Body Interface with Combining Clinical Hypnosis and Chakra Balancing: Inductions, Techniques, Cases and Practice (Turner)
- Future Focus Projection for Developing Resilience and Emotional Growth (Tramontana)
- The Effective Use of Hypnosis in Schizophrenia: Structure and Strategy (Pyun)
- Providing Affirming Care to Transgender/gender Non-binary People: Hypnosis Interventions to Address Minority Stress, Trauma and Internalized Shame to Foster Empowerment, Wholeness and Integrated Sense of Self (Lurie)
- Advanced Inductions for Complex Clinical Patients (Patterson)
- Hypnosis Research Workshop: Designing Case Studies and Randomized Clinical Trials and Preparing Papers for Publication (Elkins)

Please review our conference brochure for a complete session descriptions, instructors, CE and learning objectives to select the content that best meets your needs and interests.

Scientific Program – Keynotes, Symposia, Research Presentations and more

This year's keynotes cover a broad spectrum of topics with speakers from across the globe:

- Public Perceptions of the Unconscious with Magda Osman, PhD
- Brain Oscillations and Hypnosis: Empirical Findings and Treatment Implications with Mark Jensen, PhD
- The Power of Our Words While Communicating with the Critically Ill with Katalin Varga, PhD, DSc
- Dissociative Absorption and Its Pathological Manifestations with Nirit Soffer-Dudek, PhD

A special Presidential Symposium will focus on Using Hypnosis for Stress and Burnout and include the latest research backed approaches for therapist self care. Another symposium will examine Mind over Bladder: Application of Hypnosis to Manage Urgency & Frequency. Finally, we will have a Report from the Research Task Force on Guidelines for the Assessment of the Efficacy of Clinical Hypnosis based on the survey responses of members of SCEH and other hypnosis groups. We will also have a panel discussion addressing Hypnosis at the Medical Front Line. See our conference brochure for all the details.

Research Presentation Topics

Paper Session One

- How Do Suggestibility and Dissociation Contribute to Symptoms Attributed to Environmental Factors?
- Taxometric Evidence for a Dimensional Latent Structure of Hypnotic Suggestibility
- Revisiting the Position of Hypnosis in the Domain of Suggestion and Suggestibility
- Suggestion Alters Stroop Automaticity: Hypnotic Alexia Through a Proactive Lens
- Group Hypnosis for Chronic Pain: Potential Benefits and Comparison to Individual Hypnosis

Paper Session Two

- Guided Imagery-based Suggestions Increase Cooperation in the "Stag Hunt" Game
- Music and Suggestion for Chronic Pain: Theoretical Perspectives, Proposed Mechanisms, and Current Research

- The Effectiveness of Different Sham and Real Hypnosis Inductions at Evoking Hypnotic Experiences in a Balanced Placebo Design

Please review the Scientific Program Agenda in the conference brochure for full details about 2021 research presentations. A poster session will round out the programming. View a list of #SCEH2021 accepted [posters](#).

The five day conference will also include networking receptions allowing you to connect with your colleagues in the hypnosis community. Our goal is to make the SCEH Annual Conference a welcoming environment for discussion, collaboration, learning and forging new relationships.

This is your chance to learn from colleagues and leaders in the hypnosis field, gain new insights and approaches, share challenges and find collaborators—all in the service of advancing the use and effectiveness of hypnosis. Please note that advance registration is required. We hope to see you there!

Get all the details:

- [Conference website](#)
- [Conference brochure](#)

Get More Out of Your Membership

Not sure what your membership includes? View a list of [member benefits](#).

Want to get more involved? Check out our list of [Committees](#) and let us know if you would be interested in serving on one of them. It's a great way to give back to the hypnosis field, meet fellow members and practice leadership skills.

Please Update your Member Profile This Month

Please take a few moments over the next few weeks to log in and review your Member Profile. Has anything changed? Is there a specialty you would like to add? Is the information complete? Be sure to update it with any recent changes. To log in now, visit [SCEH](#) and click on Member Login in the upper right corner. Thank you.

Sincerely,

Anne Doherty Johnson
Executive Director

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

- **September 24, 2021**
Inductions, Deepening Techniques and Teaching Stories
Presenter: Eleanor D. Laser, PhD
- **October 29, 2021**
Rapid Hypnosis for Medical and Dental Encounters
Presenter: Elvira V. Lang, MD, FSIR, FSCEH, Founder & President, Comfort Talk®
- **November 12, 2021**
Assessment of Hypnotizability in Clinical Practice: Elkins Hypnotizability Scale
Presenter: Gary Elkins, PhD, ABPP, ABPH, Editor-in-Chief, International Journal of Clinical and Experimental Hypnosis and Professor, Department of Psychology and Neuroscience, Baylor University, Waco, TX

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

2021 Conference

72nd Annual Workshops & Scientific Program

**PROTESTS,
A PANDEMIC &
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Hypnosis to Weather the Storm

#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

LATEST NEWS FROM



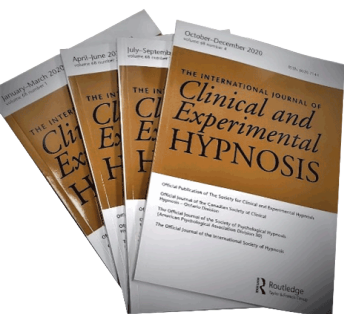
July - September 2021 Journal Issue

Be sure to check out the most recent journal issue of 2021. This issue features six new articles covering a variety of topics including hypnosis treatments for pain, sleep, neural mechanisms of hypnosis and meditation-induced analgesia, hypnotizability scale norms, post-hypnotic amnesia considerations, and, stomatodynia.

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.

Open Access Article Highlight

Increasingly authors choose to publish impactful articles open access. Please take a moment to check out the open-access article from the most recent issue below:

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>

Also check out a recent IJCEH open-access article that has already been viewed over 1,000 times!

Ramondo, N., Gignac, G. E., Pestell, C. F., & Byrne, S. M. (2021). Clinical Hypnosis as an Adjunct to Cognitive Behavior Therapy: An Updated Meta-Analysis. *International Journal of Clinical and Experimental Hypnosis*, 69(2), 169–202. <https://doi.org/10.1080/00207144.2021.1877549>

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.

Taylor & Francis Sustainable Mailing Initiative: The T&F team is implementing a new sustainable mailing initiative that will eliminate the use of biodegradable polywrap that have traditionally covered the journals. Following an Alternative Mailing Packaging (AMP) trial in 2019, the T&F team has decided to move forward with a “naked” mailing process that does not include any additional packaging.

Top 4 Articles – Most Viewed

We would also like to bring to your attention some of the most viewed articles in the International Journal of Clinical and Experimental Hypnosis. The top 4 most viewed are below!

Alladin, A. (2010). Evidence-Based Hypnotherapy for Depression. *International Journal of Clinical and Experimental Hypnosis*, 58(2), 165–185. <https://doi.org/10.1080/00207140903523194> - **14,968 Views**

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> – **6,901 Views**

Valentine, K. E., Milling, L. S., Clark, L. J., & Moriarty, C. L. (2019). The Efficacy of Hypnosis as a Treatment for Anxiety: A Meta-Analysis. *International Journal of Clinical and Experimental Hypnosis*, 67(3), 336–363. <https://doi.org/10.1080/00207144.2019.1613863> – **4,809 Views**

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> – **4,177 Views**

Articles Online Ahead of Print

Also, to keep current on the most recent and important research, accepted articles are made available online, ahead of print! Take a look at the most recent ones from the IJCEH.

Slonena, E. E., & Elkins, G. R. (2021). Effects of a Brief Mindful Hypnosis Intervention on Stress Reactivity: A Randomized Active Control Study. *International Journal of Clinical and Experimental Hypnosis*, 0(0), 1–15. <https://doi.org/10.1080/00207144.2021.1952845>

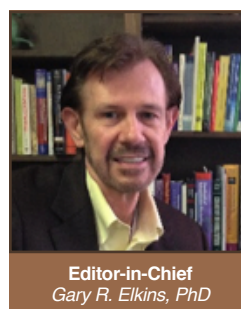
Rosati, A., Belcari, I., Santarcangelo, E. L., & Sebastiani, L. (2021). Interoceptive Accuracy as a Function of Hypnotizability. *International Journal of Clinical and Experimental Hypnosis*, 0(0), 1–12. <https://doi.org/10.1080/00207144.2021.1954859>

Eaton, L. H., Beck, S. L., & Jensen, M. P. (2021). An Audio-Recorded Hypnosis Intervention for Chronic Pain Management in Cancer Survivors: A Randomized Controlled Pilot Study. *International Journal of Clinical and Experimental Hypnosis*, 0(0), 1–19. <https://doi.org/10.1080/00207144.2021.1951119>

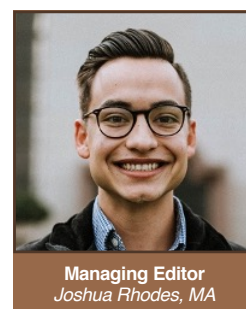
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We are pleased to share abstracts from the articles published in the most recent issue of

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Abstracts from July - September 2021 Issue

Hypnosis and the Alleviation of Clinical Pain: A Comprehensive Meta-Analysis

Leonard Milling, Keara Valentine, Lindsey LoStimolo, Alyssa Nett, & Hannah McCarley

This is the first comprehensive meta-analysis in approximately 20 years of all controlled studies of the use of hypnosis for relieving clinical pain. To be included, studies were required to utilize a between-subjects or mixed model design in which a hypnosis intervention was compared with a control condition in alleviating any form of clinical pain. Of 523 records screened, 42 studies incorporating 45 trials of hypnosis met the inclusion criteria. Our most conservative estimates of the impact of hypnosis on pain yielded mean weighted effect sizes of 0.60 ($p \leq .001$) for 40 post trials and 0.61 ($p \leq .001$) for 9 follow-up trials. These effect sizes fall in the medium range according to Cohen's guideline and suggest the average participant receiving hypnosis reduced pain more than about 73% of control participants. Hypnosis was moderated by the overall methodological quality of trials—the mean weighted effect size of the 19 post trials without high risk ratings on any of the Cochrane Risk of Bias dimensions was 0.77 ($p \leq .001$). Hypnosis was also moderated by hypnotic suggestibility, with 6 post trials producing a mean weighted effect size of $r = 0.53$ ($p \leq .001$). Our findings strengthen the assertion that hypnosis is a very efficacious intervention for alleviating clinical pain.

Hypnosis Intervention for Sleep Disturbance: Determination of Optimal Dose and Method of Delivery for Postmenopausal Women

Gary Elkins, Julie Otte, Janet Carpenter, Lynae Roberts, Lea' Jackson, Zoltan Kekecs, Vicki Patterson, & Timothy Keith

Sleep disturbances are a pervasive problem among postmenopausal women, with an estimated 40 to 64% reporting poor sleep. Hypnosis is a promising intervention for sleep disturbances. This study examined optimal dose and delivery for a manualized hypnosis intervention to improve sleep. Ninety postmenopausal women with poor sleep were randomized to 1 of 4 interventions: 5 in-person, 3 in-person, 5 phone, or 3 phone contacts. All received hypnosis audio recordings, with instructions for daily practice for 5 weeks. Feasibility measures included treatment satisfaction ratings and practice adherence. Sleep outcomes were sleep quality, objective and subjective duration, and bothersomeness of poor sleep. Results showed high treatment satisfaction, adherence, and clinically meaningful (≥ 0.5 SD) sleep

improvement for all groups. Sleep quality significantly improved, $p < .05$, $\eta^2 = .70$, with no significant differences between groups, with similar results for the other sleep outcomes across all treatment arms. Comparable results between phone and in-person groups suggest that a unique “dose” and delivery strategy is highly feasible and can have clinically meaningful impact. This study provides pilot evidence that an innovative hypnosis intervention for sleep (5 phone contacts with home practice) reduces the burden on participants while achieving maximum treatment benefit.

Hypnosis in Treatment of Stomatodynia: Preliminary Retrospective Study of 12 Cases

Servane Maizeray, Jean Denis, Giorgina Piccoli, Antione Chatrenet, & Hervé Maillard

Stomatodynia is an oral dysesthesia with a psychosomatic component. Twelve consecutive patients with stomatodynia were offered hypnosis sessions. Measures of anxiety, depression, and pain were administered before the first and after the last hypnosis session. Pain severity was assessed with a Numeric Rating Scale (NRS). Anxiety and depression were assessed with the Hospital Anxiety and Depression Scale (HADS). The data were collected retrospectively from medical records on the 12 patients. The difference between NRS pain ratings and HADS scores before and after hypnosis was significant ($p < .05$). Six patients reported receiving treatment for stomatodynia before hypnotherapy; 3 of them stopped treatment for stomatodynia before completion of the hypnosis intervention. Results provide support for potential positive effects of hypnosis intervention for stomatodynia and point to the need for additional research on this issue.

Semantic Adaptation and Validation of the Stanford Hypnotic Susceptibility Scale, Form C, in the Chilean Population

Erik Álvarez-Mabán, Maritza Muñoz-Pareja, Bryan Chamorro-Velásquez, Daniel Montecinos-Recabal, Flor Pedreros-Cartes, & Carla Sepúlveda-Leal

One of the difficulties of evaluating hypnotizability in Chile is the limited existence of validated instruments. In this study, the Mexican version of Stanford Hypnotic Susceptibility Scale, Form C, was semantically adapted and validated. A descriptive cross-sectional study was carried out in 102 Chilean university students. The content validation was performed by 3 experts; the internal consistency was evaluated with KR-20. The difficulty of the items was measured with a difficulty index. The majority of the students were classified with high hypnotizability. The mean score obtained was 7.41 (SD = 1.84). The internal consistency was acceptable (KR-20 = 0.73). The item with the least difficulty was arm lowering, whereas the auditory hallucination was the item with the greatest difficulty. The survey showed metric properties to be considered as a valid and reliable instrument to measure the level of hypnotizability in the Chilean population.

Neural Mechanisms of Hypnosis and Meditation-Induced Analgesia: A Narrative Review***Giuseppe De Benedittis***

Meditation and hypnosis have both been found to attenuate pain; however, little is known about similarities and differences in the cognitive modulation of pain. Hypnotic and meditative states (e.g., mindfulness) reduce pain by sharing and overlapping multiple neuro-cognitive mechanisms, but they differ in many respects. While there are overlapping brain networks involved, the nature of these effects seems different. Both phenomena involve frontal modulation of pain-related areas. The role of the dorsolateral prefrontal cortex appears to depend, in hypnosis, on the type of suggestion given and, in meditation, on the level of practice. Whereas the anterior cingulate cortex seems to be a key node in both hypnosis and meditation, the dorsolateral prefrontal cortex appears to engage in hypnosis as a function of suggestion and, in meditation, as a function of proficiency.

Recognition in Posthypnotic Amnesia, Revisited***John Kihlstrom***

Three experiments studied recognition during posthypnotic amnesia (PHA) employing confidence ratings rather than the traditional yes/no format. As the criterion for recognition was loosened, an increase in hits was accompanied by an increase in false alarms, especially to distractor items that were conceptually related to, or semantically associated with, targets. Nevertheless, hits exceeded false alarms at every level of confidence. In addition, amnesic subjects had difficulty identifying the particular list on which recognized items were presented for study or the correct order in which targets appeared on the study list. Taken together, these findings support the conclusion that successful recognition during PHA is more likely to be mediated by a priming-based feeling familiarity than conscious recollection.

SCEH NEWS & INFORMATION

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Casey Applegate-Aguilar

The SCEH

Facebook page is 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. Please join in the conversation! Questions? Ideas for content? Contact us via [email](#).

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Registration Opens: Summer 2021

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#SCEH2021

November 19, 2021

2-4 PM EST

2021 Annual Awards Celebration

Each year, the Society's Awards Program honors the achievements of those who have made significant contributions to the field of hypnosis.

More details to follow.

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Monthly webinars covering a variety of topics throughout the year.

Sep. 24, 2021 *Inductions, Deepening Techniques and Teaching Stories*

Oct. 29, 2021 *Rapid Hypnosis for Medical and Dental Encounters*

Nov. 12, 2021 *Assessment of Hypnotizability in Clinical Practice: Elkins Hypnotizability Scale*

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

April 29-May 2, 2022

Online

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