

FOCUS

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2020 MIDYEAR CLINICAL HYPNOSIS WORKSHOPS

April 24-25, 2020

Chicago School of Professional Psychology
Chicago, IL



Janna Henning



Donald Moss



David Reid



Mark B. Weisberg



Eric K. Willmarth

Photo by Pedro Lastra on Unsplash

See
Inside

**70th Annual
Workshops & Scientific
Program Highlights**

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MESSAGE FROM THE PRESIDENT

BY JANNA A. HENNING, JD, PSYD, FT



Dear Colleagues and Friends,

The 70th Annual Meeting

The SCEH annual meeting took place on October 16-20, 2019 in beautiful New Orleans, and what a wonderful meeting it was! We heard marvelous talks from a stellar lineup of keynote and symposium presenters and

invited speakers, and the Introductory, Skills, and Advanced workshops were taught by a wonderful group of very skilled and engaging instructors. This year, 18 posters were presented including first-time presentations by many students! Meeting attendees were able to engage these researchers in lively discussions during the Poster Blitz sessions on Friday and Saturday and the poster viewing session on Saturday evening before the banquet.

We received glowing feedback from many meeting participants, including new SCEH members and meeting attendees. In the words of Nathan Wofford, Clinical Psychology Doctoral Student in the Department of Psychology and Neuroscience, Baylor University, Mind-Body Medicine Research Laboratory, "I've been to a few conferences during the last few years, but they hardly compared to the experience that I had at SCEH. It was by far the best conference that I have ever been to. I greatly enjoyed both the diversity of interesting scientific presentations and the inclusiveness and friendly demeanor of the organization. I hope to make it to as many of the future SCEH conferences as I can!"

Thanks and Recognition

Our gratitude and thanks go out to our Executive Director Anne Doherty Johnson and the entire 70th Annual Meeting Program Committee, including the Program Chairs, David Reid and Ciara Christensen, the Scientific Program Chairs, Zoltan Kekecs and Shelagh Freedman, the Advanced Workshop Chairs Joseph Tramontana and

Joseph Green, the Introductory Workshop Chairs Paul Larson and Samuel Kohlenberg, and the Skills Workshop Chairs, John Alexander and David Reid. We also appreciated the hospitality and service provided by the staff at the charming ACE hotel!

Meeting participants were able to take advantage of a number of opportunities to socialize and connect, including Thursday evening's Networking Reception, Friday's Student and Early Career Professionals luncheon, the 2nd annual Women's breakfast on Saturday morning (which was very well attended, despite the very early hour), the Members' Luncheon on Saturday, and the Awards Banquet on Saturday evening.

Brief Update on the Executive Council Meeting

The Executive Council, composed of current SCEH officers, chairs of standing committees, and all past SCEH presidents in attendance at the annual meeting, is the governing body of SCEH. This year, the EC met for its annual business meeting on Friday evening. Agenda items concerned the overall state of the Society, including a review and discussion of the officers' and journal editor's reports, the budget and financials, membership, education and research initiatives, and other standing and ad hoc committee activities. Votes carried in favor of the following changes:

Proposed Membership Requirements Change, Section 2.02: Full membership will be available to physicians; dentists; doctoral level speech pathologists; doctoral level practitioners of Traditional Chinese Medicine (accredited by the Accreditation Commission for Acupuncture and Oriental Medicine); those with a masters or higher degree in psychology, marital/family therapy (or couples/family therapy), counseling, nursing, physicians assistants, social work (accredited by the Council on Social Work Education), health coaching, or physical and occupational therapy. Membership will also be available to those with a bachelors or higher degree and licensure in nursing, dental hygiene, paramedics, midwives, or mental health counsellors/associates.

Proposed Certification Program Eligibility Change: Individuals in those categories above, as members, will also be allowed to apply for certification. In each case the scope of practice for their profession or discipline would limit the scope of their use of hypnosis, and that statement will be added to the Certification language.

An update was also provided by the Constitution and Bylaws Committee Chair on the ongoing Bylaws revisions initiative, which is targeted to be completed in 2020.

70th Anniversary and Platinum Club

The 70th Annual Conference marked the 70th (platinum) anniversary of the founding of SCEH! In celebration, we invite SCEH members and friends to consider making a donation to SCEH to help fund student scholarships. Students are our future, and scholarships provide financial assistance for them to be able to attend our meetings. Donors who give at least \$70.00 will be designated as Charter Members of the SCEH Platinum Club. Click [here](#) to donate online. Have you ever considered remembering SCEH with a legacy gift in your will or a trust? Please contact the [SCEH](#) office or [Gary Elkins](#) if you'd like to discuss the various options to contribute in this way toward the future growth and vitality of SCEH.

New Ad-Hoc Committee

As a result of her positive experiences at the 70th annual meeting, Lizzy Slonena, MSCP, Clinical Psychology doctoral student at Baylor University, was inspired to launch an exciting new initiative: the Connection and Community Committee. The mission of this committee is to facilitate the building of strong connections between meeting attendees and members to help enhance member retention and foster an engaged professional community with strong, ongoing connections to SCEH.

The Committee's stated goals are to:

- 1) Foster deeper engagement with SCEH, celebrate diversity, and increase retention of members
- 2) Provide enticing incentives (such as increasing access to scripts, bibliographies, and other resources, and facilitating connection with practice partners) for maintaining SCEH membership status
- 3) Bridge gaps between the certified masters of clinical hypnosis and trainees in SCEH
- 4) Create opportunities for practicing clinical hypnosis skills in a collegial and safe atmosphere

Lizzy sees the CC Committee as a "sister committee" to the Marketing Committee; the Marketing group works toward increasing new SCEH members and generating

interest in the organization's events, and the Connection and Community group will develop initiatives to maintain membership status and facilitate members' progress toward certification.

The CCC's target audience is graduate-level students and early career SCEH members who want to hone their clinical hypnosis skills, increase their awareness of and access to published research, and continue to feel connected with the SCEH community; however, all SCEH members and friends are welcomed! Please contact [Lizzy](#) to get involved.

The SCEH 71st Annual Meeting for October, 2020. Planning is underway for 71st Annual Workshops and Scientific Program! The meeting location and dates will be finalized in the next few weeks. Interested in volunteering as a meeting chair or introductory or skills workshop presenter? Please [contact me](#), or President-Elect [Ciara Christensen](#).

Mid-Year Meeting in Chicago, April 24-25, 2020

The SCEH Midyear Clinical Hypnosis Workshops will take place in Chicago at The Chicago School of Professional Psychology on Friday and Saturday, April 24th and 25th, 2020. The Introductory/Basic Workshop instructors will include Eric Willmarth, Janna Henning, and Donald Moss, the Skills/Intermediate Workshop instructors will include David Reid and Janna Henning, and the Advanced Workshop, taught by Mark B. Weisberg, will address hypnosis and mind-body interventions for chronic pain and the opioid crisis. Additional details about the workshops will be posted on the website soon. Please consider joining us in Chicago!

Time to Renew Your SCEH Membership

Thank you very much to everyone who has renewed your membership for the 2020 year! We are very grateful for your support. If you have not yet renewed, please consider doing so now. Members receive discounted registration for many events and a range of additional [benefits](#). Membership dues are of critical importance in supporting our mission to promote excellence and progress in hypnosis research, education and training, and clinical practice. To continue to partner with us in this mission, you can renew quickly and easily [online](#), or mail in your renewal form.

Sincerely,

Janna Henning,
SCEH President

LETTER FROM THE EXECUTIVE DIRECTOR

BY ANNE DOHERTY JOHNSON



New Orleans Annual Conference a Big Hit

Our 70th Annual Conference was very successful. We heard many positive reports from attendees about the workshops, and the scientific program keynotes, symposia and research presentations. Thank you to all who attended. We thank our Conference

Committee who worked hard to put it all together, our Workshop Presenters for sharing their expertise on a wide variety of topics, and our amazing lineup of Keynotes, all of whom generated excellent audience participation.

Abstracts from the Scientific Program will be published in an upcoming issue of the Society's peer-reviewed quarterly, the *International Journal of Clinical and Experimental Hypnosis*. We have heard that the pressure to create and demonstrate impact for scientific research means you have to work harder to ensure it is found, read, applied and cited. Publishing the abstracts helps improve the visibility of our authors and presenters, and will make it easier for their research to be found, applied and cited.

This year's conference participants travelled from four countries (Canada, Hungary, the U.S. and the U.K.) and 23 states to attend, spanning the country from Alaska to Vermont. We also had nice participation from Louisiana, our host state, thanks to the efforts of the New Orleans Society of Clinical Hypnosis. We had a more diverse attendance this year, the result of ongoing outreach combined with efforts to ensure all attendees feel welcome. Participation in the Women's Breakfast, Student/Early Career Professional Luncheon and Member Luncheon was high, facilitating some great exchanges, increased networking and new ideas. Networking during our coffee breaks and Opening Reception was similarly lively and energetic.

Conference presenters were affiliated with leading institutions around the world, and included: Adler; Baylor; the Chicago School of Professional Psychology;

Concordia; Eotvos Lorand; Goldsmiths, University of London; Harvard; Lund; Northwestern; Naropa; Saybrook; Tulane; University of Washington and Vanderbilt.

Attendance by students and early career professionals was strong. We again offered students deep discounts to attend the conference, and were aided by the recruitment efforts support of professors at several colleges encouraging students to attend. As a result, students and early from the following schools completed SCEH hypnosis training: Adler; Baylor; Concordia; Georgia Southern; Naropa; Palo Alto; Saybrook; Stanford; Tennessee State and Vanderbilt.

As we look to next year, we hope to expand our reach to even more colleges and universities. For some time, we have been building a list of colleges and universities that have research labs and/or offer hypnosis in their curricula. If you are aware of an institution that we should include in our outreach, please [email](#) their contact information to us.

As we look to the future, we want to make sure that more academics, clinicians, researchers and students are aware of hypnosis as an important tool, and are aware of SCEH as an important resource.

This year's Poster Session was a lively one, with a variety of interesting topics reviewed, and a loud buzz in the air as attendees interacted with poster authors. See a list of 2019 Posters [here](#).

Rounding out the evening, was a well attended Awards Banquet. Please see [page 13](#) of this issue of Focus for a full write up.

Attendees had a chance to earn up to 32 CE credits. Our Continuing Education provider has completed processing attendee CE forms submitted at that conference and mailed them to attendees. If you have not received your documentation, please [email](#) the SCEH office.

Forms returned by mail to us by the 11/15 deadline are now being processed.

As always, we invite your feedback about SCEH and the conference. What was your biggest conference takeaway? Do you have a testimonial to share? How can

we make the conference even better? Please send your thoughts and ideas to us [here](#) or you can submit a testimonial [here](#).

Promoting Hypnosis

One recurring theme heard at the conference and elsewhere is that hypnosis is greatly underutilized in health care today. How can we better grow awareness, share significant empirical evidence about its efficacy, and combat what one of the conference speakers characterized as “the lingering stigma of the H word”?

One of our members, an early career professional, sent us a note observing that many students they encountered were not aware of the clinical benefits hypnosis provides. They suggested that SCEH members contact graduate programs in their area and offer to give a guest lecture on hypnosis—and perhaps then also provide some mentoring to interested students.

We know that some of you are involved in activities like this, and hope to gather and report on these efforts in a future issue of Focus. But clearly, this member’s call to action indicates we need to be doing more of it. How might you as a SCEH member facilitate more conversations with your own research or clinical colleagues, institution or local community? We invite all members to play a more active role in SCEH’s mission to **promote excellence and progress in hypnosis research, education, and clinical practice**. Please [share](#) with us any activities you are undertaking to promote and grow hypnosis. We look forward to reporting back on your efforts.

Call for Volunteers

As we begin a new year and a newly elected slate of officers, 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 with SCEH need not require a large commitment of time. We can use your help in many ways.

From micro-volunteering tasks (send us a member testimonial, forward a post on social media, submit an article to Focus) to ad hoc special projects (support a particular educational program, serve as a mentor) to serving on a committee, we invite your energy and support. We will work with you to find ways you can contribute that work for you.

As we look to 2020, we welcome your involvement in our committees. Serving on a SCEH Committee is a great way to give back to the Society and influence its future. We invite you to consider matching your interests to our needs by reviewing our Committee List [here](#).

If you are interested in helping to grow and improve the Society, please [contact us](#).

We will work with you to find ways you can help. Thank you.

Please Renew Before Year End

As this year rounds to a close, we ask you to renew your membership before year end so that we can achieve a strong finish to 2019. It’s easy to [renew online](#), or if paying by check, please mail it to us by December 19th. If you have already renewed, thank you for your support of the Society!

Our goal is to ensure that you get the most from your membership. Be sure to take a few moments to review your member [benefits](#).

Annual renewal is also a good time to look over and update your membership profile with any change of address, new designations, updated specialties or change of employer. [Email](#) our office if you need any help with any of this.

If you have already renewed, thank you for your support of the Society!

SCEH Welcomes New Elected Officers

With this issue of our Focus, we welcome in our new SCEH leadership team for their two-year term of office. Shown left to right are: Janna A. Henning, JD, PsyD, FT, President; Ciara C. Christensen, PhD, President-Elect; Zoltan Kekecs, PhD, Treasurer; Barbara S. McCann, PhD, Secretary and Donald Moss, PhD, Immediate Past President.

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

PAST PRESIDENT'S REPORT

BY DONALD MOSS, PHD

Note: I gave the following report at our 2019 Executive Council Meeting in New Orleans. I have added a few updates that occurred at the meeting.

Progress on our Strategic Plan

In March 2015, during president Eric Willmarth's term, SCEH began work on developing a strategic plan. The initiative was proposed by Gary Elkins in his preparations for assuming leadership of SCEH as incoming President. Gary Elkins served as Meeting Leader with Executive Director Anne Doherty Johnson, serving as Meeting Facilitator.

A Strategic Planning Committee was recruited and assembled, and meetings were held in May and June of 2015. Committee members included: Eric Willmarth, President; myself, Donald Moss, then serving as Treasurer; then President Elect Gary Elkins, then Immediate Past President Steve Pauker; Secretary Devin Terhune, and Society members Roger Carlson, Scott Hoye, and Zoltan Kekecs. Guiding the discussion were three questions, namely:

- 1) what makes SCEH unique;
- 2) what SCEH programs and activities matter most to our members, and
- 3) how can we do these better?

The finished Strategic Plan 2015 that was created from that effort has proven to be a very useful tool for the Society. It was shared with members in Focus and can be viewed online in FOCUS, Volume 58, Issue 1.

During the presidency of Gary Elkins (2015-2017) and my own presidency (2017-2019), the SCEH leadership has worked steadily on implementing Strategic Plan 2015. I am delighted to report that we have made significant progress on the plan.

Here I will summarize our progress on the four elements of Strategic Plan 2015, as well as progress on three additional

strategic objectives I established in 2017. I believe our progress on the plan has been substantial and believe that we will be in a position to develop a new strategic Plan in 2020.

1. Clarify Member Requirements and Make it Easier to Join SCEH

Membership in SCEH is restricted to qualified individuals who have an interest in hypnosis research and clinical practice. The Strategic Planning Committee identified a need to clarify/simplify requirements, speed up approval, and make it a less cumbersome process for qualified individuals to become a member.

We have already made some excellent progress in this direction. Zoltan Kekecs revised the membership application consistent with these goals. The revised membership application was approved by the Executive Council. Applicants can complete it online on the SCEH website or download and complete a paper application. We need membership growth, so please support these efforts by (1) downloading a copy of the revised membership application and (2) recruiting at least one new member to SCEH. Many of you teach workshops, classes, or provide clinical training and I would ask that you please encourage membership in our wonderful organization—SCEH.

2. Improve the SCEH Certification Program

The Strategic Planning Committee identified a second objective – to strengthen criteria/requirements and increase marketing efforts for the SCEH Certification in Clinical Hypnosis. President Moss and Certification Chair

David Reid developed a proposal for a new SCEH Certification Program with input from the Executive Council and Past-President Gary Elkins. The new certification program establishes a credible professional certification program, that allows certification for academic and research professionals, who are not licensed clinicians. It allows experienced professionals in the field, who can demonstrate long term engagement in the hypnosis field, and substantial participation in recent CE education, to be certified by their prior experience. I think both of these features make this an attractive certification program and one that is distinct from other available certifications in the hypnosis field.

On the Agenda for our October 2019 Executive Council Meeting was a proposal to further expand the number of professions eligible for SCEH Membership and Certification. Research supports the relevance of hypnosis for childbirth, acute pain, and many other medical applications. We proposed that SCEH allow members of the licensed medical disciplines, such as midwives and paramedics, who can deliver evidence-based hypnosis, to participate in our training and certification. As the model of Integrative Healthcare expands throughout the health sector, we want to position SCEH to be the place to provide the necessary training for various disciplines who have the scope of practice to use hypnosis interventions. We see this as a key component of SCEH's mission to *promote excellence and progress in hypnosis research, education, and clinical practice.*

Update: I am happy to report that this proposal was approved at our 2019 Executive Council Meeting in New Orleans. Stay tuned as we work to develop this initiative.

3. Increase Marketing and Communications

Our members frequently tell us that SCEH has the best teachers, clinicians, and researchers in the field. We need to broaden awareness of the Society within the hypnosis community and extend outreach to the medical and mental health communities. This can be achieved by our combined efforts and putting forward information on our programs, annual meetings, and publications in journals and newsletters, where increased awareness of the potential of hypnosis can be disseminated.

Member Communications—Focus Newsletter and Email

Communications. To communicate with members, SCEH uses its Focus Newsletter, which is supplemented with occasional President Letters, and emails about specific programs. Following our Strategic Planning meetings, our executive director, Anne Doherty Johnson, developed an editorial calendar that serves as a general content template and schedule. Our editors use this to develop each issue, ensuring that each issue will keep members engaged and updated, includes key information and complements existing timelines and email communications and marketing efforts.

Our current Focus editorial team includes Sam Stork and Flavio Epstein, and they now have several issues under their belt. They are continuing to put out a first quality newsletter, meeting all deadlines, and helping us better engage with our members. Each issue includes a letter from the President, letter from the Executive Director, member generated news, as well as columns on IJCEH, students, member benefits, and upcoming programs. The newsletter also features information to keep members up to date on their latest member benefits and Society news and

developments. See www.sceh.us/focus-newsletter.

PR Outreach. In recent years, our Executive Director, Anne Doherty Johnson has expanded SCEH's visibility with psychology, mental health, health care and government agencies, ensuring we are listed as a hypnosis resource on as many appropriate websites as possible, and that our programs appear on appropriate event calendars.

We regularly work with APA Division 30, the Milton Erickson Foundation and local hypnosis groups to help publicize our events. We have also advertised both our annual conference and midyear workshops on the Psychotherapy Networker events calendar, and through state psychology groups. Special thanks to the Colorado Society of Clinical Hypnosis for their efforts to promote our Midyear Workshops there this year, and to the New Orleans Society of Clinical Hypnosis for helping us to promote our 2019 Annual Conference.

Website. Our Executive Director has added content and resources to our website, and boosted its search engine optimization, making SCEH easier to find on the web. We have a page of [Hypnosis Clinical Resources](#) that contains useful resources for clinicians and we invite member contributions. We feature member [testimonials](#) that speak to our high quality educational programs and serves as a positive social proof point for prospective members. We use our [blog](#) page to post SCEH news in between issues of our quarterly newsletter.

Social Media. In recent years, SCEH has been slowly growing its visibility on [LinkedIn](#), [Facebook](#), [Twitter](#) and YouTube, and we ask that you drop by our various accounts and say hello or like or share a post. You can find links to all our accounts on the [home page](#) or [here](#).

This year, SCEH was able to recruit volunteers and launch a new Marketing Committee, with Steve Kahn as chair, and Maureen Turner and Madeline Stein as members. All are focused on expanding awareness of the Society to new groups.

Madeline Stein, a graduate student, has been active in efforts to increasing our visibility on Facebook and, along with help from CSCH, helped to attract attendees to our 2019 Colorado Midyear. Madeline now posts hypnosis related content regularly on Facebook for us and is reaching out to Facebook groups that cover hypnosis, psychology and mental health to tell them about SCEH and help attract new members and event attendees. Please stop by our Facebook page and say hello, or like or share a post on our Facebook page.

4. Expand Participation in Educational Offerings

The Strategic Plan called for SCEH leadership to consider a midyear meeting and online learning programs, and at the same time, called for efforts to attract more new faces, as well as current members, to the Annual Conference. The ideas of midyear training and online education were proposed as a source of increased revenue, as well as avenues to provide more training in evidence-based practice of hypnosis among clinicians.

Midyear Workshops. In 2018, SCEH reached an agreement with APA Division 30 to hold a Midyear Workshop in Albany, New York. The event included an introductory/basic training taught by Donald Moss and Eric Willmarth, and an advanced training taught by Carolyn Daitch. We had 19 attendees.

In 2019, SCEH and APA Division 30 again collaborated and held a Midyear Workshop in Denver, Colorado. The event included an introductory/basic training taught by Eric Willmarth, an intermediate training taught by Ian Wickramsekera, and an advanced training taught by Gary Elkins. We had 42 attendees.

For 2020, SCEH and Division 30 will again collaborate, and hold a Midyear Workshop in Chicago, Illinois. The program will include training at the introductory/basic, intermediate and advanced levels.

Webinar Series. In 2019, SCEH developed a partnership with the Continuing Education Department of The Chicago School of Professional

Psychology (TCS-PP). TCS-PP provides the Go to Webinar platform for the webinars, provides registration, and administers the CE credit. SCEH schedules the webinar topics and presenters. Both SCEH and TCS-PP market the program. The series launched in July, with the first webinar offered free to SCEH members.

In total, nine webinars have been scheduled for 2019-2020. All webinars take place from 12 Noon to 1:30 PM EST. Our Webinar Series includes:

1. July 19, 2019—**Cultural Sensitivity, Personal Boundaries, and Changing Interpersonal Expectations in Professional Conference Settings**, Janna Henning, SCEH President-elect
2. September 13, 2019—**Integrating Hypnosis and Mindfulness-Based Strategies into a Cognitive Behavioral Therapy Program for Smoking Cessation**, Joseph P. Green
3. November 15, 2019—**Mindful Hypnotherapy: Integrating Mindfulness into Hypnotherapy Practice**, Gary Elkins
4. February 7, 2020—**Ethical Principles and Practice Standards in Hypnosis Practice, I. Theoretical Underpinnings and Practice**, Joel Marcus
5. February 14, 2020—**Ethical Principles and Practice Standards in Hypnosis Practice, II. Models for Decision Making**, Joel Marcus
6. March 9, 2020—**Hypnosis for Chronic Pain Management: Tailoring Suggestions to Maximize Comfort**, Mark P. Jensen
7. May 8, 2020—**Pediatric Hypnosis**, Linda Thomson
8. July 20, 2020—**Hypnosis in the Treatment of Anxiety Disorders**, Carolyn Daitch
9. September 2020—**Hypnotic-Like Practices in Tibetan Yoga and Meditation**, Ian Wickramasekera, PsyD

For 2020, Donald Moss will take on the role of SCEH Education Chair, to continue oversight of the Mid-Year Training and Webinar programs.

Annual Conference. Meanwhile SCEH leadership has continue to pursue the development of quality speakers and programming at our Annual Workshops and Scientific Program.

Additional Strategic Objectives

Three additional objectives were established early in 2018, to supplement Strategic Plan 2015.

1. Broaden the Eligibility for SCEH Membership and Certification

This additional objective supplemented the 2015 goal of simplifying and easing access to membership. Discussion took place in the SCEH Executive Council meetings in 2017 and 2018, stimulated partially by Elvira Lang, suggesting that we recruit and provide training, education, and certification for additional professional groups within healthcare.

The ideal of integrative medicine suggests that hypnosis should be used throughout healthcare by multiple professional groups, from midwives to paramedics, to health coaches, to physicians, nurses, and mental health professionals. The Executive Council voted to further expand membership at the New Orleans meeting, to include licensed midwives and paramedics and also to give access to certification to all professional groups admitted as members. SCEH is determined to play a role in bringing higher level hypnosis training and certification to all of these diverse professional groups.

Update: I am happy to report that this proposal was approved at our 2019 Executive Council Meeting in New Orleans. Stay tuned as we work to develop this initiative.

2. Diversify the Membership of SCEH

Several attendees at SCEH annual meetings, especially graduate students, commented that the membership was composed largely of older Caucasian males. Others commented that the meetings were not female friendly or outsider friendly. The SCEH Executive

Committee recognizes that maintaining a vital professional society and a vital hypnosis profession will require recruitment of younger members and members representative of additional ethnic, racial, and gender identified groups. Long term, it is critical to recruit and train professionals reflecting the changing demographics of the population at large.

In response, SCEH took several steps over the last two years to educate the conference attendees and the membership to become more aware of diversity and interpersonally sensitive. President Donald Moss, President-Elect Janna Henning, and Focus Co-editor Flavio Epstein all authored articles on diversity in the newsletter. Janna Henning presented a Webinar in July 2019 on cultural sensitivity, personal boundaries, and changing interpersonal expectations. Janna Henning also initiated a Women's Breakfast, and several past presidents made donations to subsidize it. Additional initiatives on social media have been launched, with the assistance of Madeline Stein and others, to increase the profile of SCEH for early career professionals and students.

3. Develop Efficacy Standards for Applications of Hypnosis

SCEH has distinguished itself from other hypnosis societies by its emphasis on research and on research informed practice. Hypnosis has a rich basis in pure and applied research, with thousands of published studies. Nevertheless, the outcomes literature on applying hypnosis to clinical disorders in medicine and mental health is often inconsistent with many methodological lapses. The emphasis in healthcare today is on the use of Evidence-Based interventions, and the methodological standards in outcomes research have advanced dramatically, with expectations of randomized controlled trials, pre-registration of research protocols, and research designs of adequate power.

In 2018, President Donald Moss reached out to representatives of ASCH, APA Division 30, the Milton Erickson Foundation, the National Pediatric

Hypnosis Training Institute, and the International Society for Hypnosis, and proposed an international Task Force on Efficacy Standards for Applications of Hypnosis. All of the professional groups agreed on the need for such a Task Force. Zoltan Kekecs and Donald Moss agreed to co-convene the Task Force, nine researchers from the US, Belgium, Great Britain, Hungary, Italy, and Belgium committed to participate in the Task Force discussions. The participants are: Giuseppe DeBenedettis; Gary Elkins; Marie Faymonville; Olafur Palsson; Phil Shenefelt; Eric Spiegel; Devin Terhune; Katalin Varga, and Peter Whorwell. In addition, six additional researchers agreed to serve as consultants to the Task Force: Walter Bongartz; Mark Jensen; Krjis Klajs; Elvira Lang; David Patterson, and Dirk Revenstorf. The Task Force began its work in February 2019 and continues to meet on a monthly basis.

The Task Force has formulated initial recommendations for rating the efficacy of various clinical applications of hypnosis. Those recommendations are currently under review by the six consultants to the Efficacy Task Force. During its next phase of deliberation, the Task Force will formulate additional recommendations for future research on efficacy of hypnosis applications.

An interim report on the Task Force conclusions to date was presented at the SCEH annual meeting in October 2019, and a final report will be published in 2020.

Summary

I believe that from 2015-2019, SCEH has moved to position itself as a professional organization supportive of research and research-informed practice in hypnosis. We have expanded our reach professionally, embracing the promise that hypnosis has to offer in evidence-based integrative healthcare. We have opened our membership and certification to additional professional groups and begun the process of creating a member-friendly organization that can be a professional home to males, females, and members of racially, ethnically, and gender-orientation related diversity.

However, much work remains. If SCEH succeeds in recruiting members of diverse professional groups, there will be pressure on the SCEH Education and Conference Committees to provide educational presentations relevant for mid-wives, paramedics and others. Further, marketing will need to be modified to reach and successfully recruit a professionally and demographically diverse audiences.

In closing, SCEH has much to offer the various healthcare professions, in hypnosis education, research, and practice. But it remains a small membership organization, financially vulnerable with limited volunteer manpower. SCEH leadership and members will have to create our contributions for the future of hypnosis one viable step at a time.



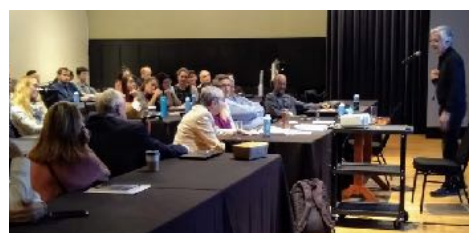
Report submitted:

Donald Moss, PhD,
SCEH President (2017-2019)

70th Annual Workshops & Scientific Program

New Orleans, LA
October 16-20, 2019

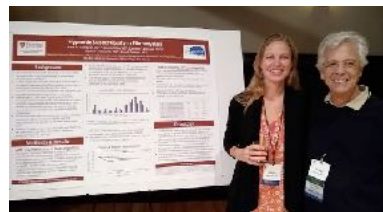
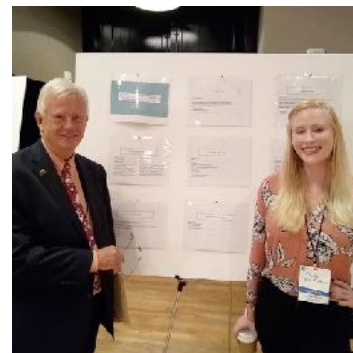
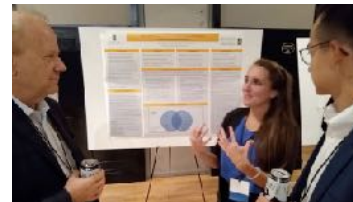
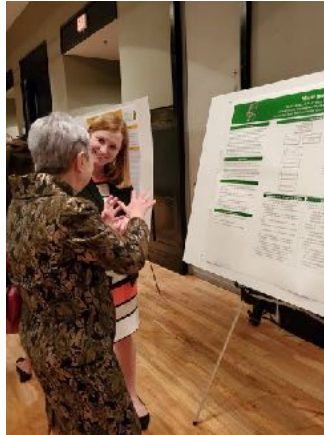
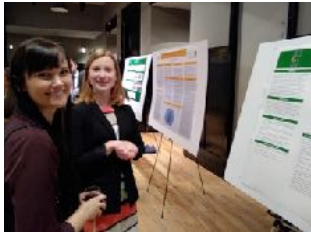
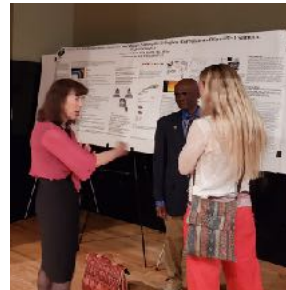
Conference Photos by:
Anne Doherty Johnson and Lynae Roberts



70th Annual Workshops & Scientific Program

New Orleans, LA
October 16-20, 2019

Poster Session



New Orleans, LA
October 16-20, 2019

Awards



PAST PRESIDENT'S ACKNOWLEDGMENTS

BY DONALD MOSS, PHD



On October 19, 2019, at the Annual Awards Banquet, I happily passed the gavel to our incoming President Janna Henning. At the close of my two-year term, I wish to express appreciation and give recognition to a multitude of persons. It takes a village to operate a professional society, and I think it takes two villages

to operate one well!

First, thank you to our Executive Director and Officers:

Anne Doherty Johnson is the Executive Director of SCEH and has just completed managing her sixth annual conference for the Society. Anne is a consummate professional, who knows the workings of professional associations and meeting planning. Her expertise and energy have been invaluable throughout my term.

Janna Henning was President-Elect (now President). Janna served as the Program Co-chair for the SCEH 2018 Annual Conference, producing a rewarding meeting in Las Vegas. Janna spearheaded efforts to create a culture welcoming diversity in meetings and membership. She also took on leadership on the revision of the SCEH bylaws, including liaison with our legal counsel; this is a demanding project still in process.

Ciara Christensen served as Treasurer for SCEH and worked closely with Anne Doherty Johnson on SCEH's finances. With Anne Doherty Johnson, she has substantially improved SCEH accounting via QuickBooks, so that we have a much clearer picture of current income and expenses. Ciara has now moved to the President-Elect role.

Zoltan Kekecs has served as Secretary and Membership chair for SCEH. As Secretary, he has provided regular documentation on executive committee activities. As Membership Chair, he has drafted bylaws language broadening access to membership for new professional groups. Zoltan has now moved to the Treasurer position. In addition, Zoltan has served as co-convener (with me)

on a Task Force for Efficacy Standards for Hypnosis Applications, coordinating meetings monthly with researchers from around the globe.

Gary Elkins has now completed his term as Immediate Past President. Taking over as Editor of the Society's world-class peer-reviewed scientific publication in 2018, Gary is continuing SCEH's proud tradition of delivering highly regarded issues of the *International Journal of Clinical and Experimental Hypnosis* which add to the body of knowledge of hypnosis. Gary continues to work closely with SCEH to promote the Journal and increase its leadership and maintain its high standing as a top-notch peer reviewed publication.

David Reid served as Certification Chair and oversaw a major re-vamping of the SCEH Certification program. The SCEH certification program now has an improved certification for clinicians and includes a separate process for certifying academic and research professionals, as well as a mechanism for certification by prior experience.

Next, my thanks to the SCEH 2019 Annual Conference Committee:

I am pleased to report that the 2019 SCEH Annual Conference showed an increase in overall attendance and greater participation of students and early career professionals. Several attendees commented that this was one of the best SCEH meetings ever, in the variety of presentations, the hospitality and warmth of the members toward newcomers, and the overall sense of excitement at participating in the cutting edge of hypnosis science and practice today.

I would like to thank the following:

Ciara Christensen, and David Reid, who served as overall co-chairs for the 2019 annual meeting.

Shelagh Freedman and Zoltan Kekecs, who served as co-chairs for the scientific meeting. The science program was strong and included major figures in world hypnosis as speakers.

Paul Larson and Samuel Kohlenberg, who served as co-chairs for the Introductory Hypnosis Training.

John Alexander and David Reid, who served as co-chairs for the Skills Workshops (the intermediate level training).

Joseph Tramontana and Joseph Green, who served as co-chairs for the Advanced Workshops.

Special thanks also to the New Orleans Society of Clinical Hypnosis (NOSCH) for co-sponsoring the Thursday evening networking reception. Karen Slaton, NOSCH President, attended the meeting and presented a workshop on behavioral and hypnotic intervention for chronic pain. Jodie Hutchinson, NOSCH Secretary, also attended the annual meeting, along with SCEH Advanced Workshop co-chair and workshop presenter Joseph Tramontana, and several local members.

My appreciation also goes out to this year's Highlighted Speakers, which included: Éva I. Bányai, PhD; Gary Elkins, PhD (filling in for Michael R. Nash, PhD, who was unable to be there, but did participate via phone); Irving Kirsch, PhD; Karen Olness MD; Devin B. Terhune, PhD and Jeffrey K. Zeig, PhD.

I also want to thank all our Workshop and Scientific Program Presenters who shared their considerable expertise, and to our attendees for their participation.

I also want to recognize those who supported our Midyear Workshops initiative.

Special thanks also to APA Division 30 for their support for the last two years of our Midyear Workshops. I thank John Mohl, Past President, Joe Green, President, and their Board for their partnership. **Our Midyear Workshop training is supported by APA Division 30 and we are working to jointly promote it and have arranged to grant their members a discounted registration price.**

Special thanks also to the Colorado Society of Clinical Hypnosis (CSCH) for their help in promoting our 2019

Midyear Workshops in Colorado. Special thanks to Sam Kohlenberg and Ian Wickramsekera for their enthusiastic support and help in promoting the event.

Next I want to thank our hardworking Volunteers.

Our Focus Editorial Team deserves our thanks. I am very appreciative of the hard work done by Samuel Stork and Flavio Epstein. Their efforts help ensure that informative quarterly issues of our newsletter reach you on a timely basis. Our newsletter is an important tool in our member communications, and they have added original content and consistently delivered each issue on time. I am appreciative of their attentiveness and commitment.

SCEH has benefitted from a newly active Marketing Committee, with Steve Kahn as chair, and Maureen Turner and Madeline Stein as members. All are focused on expanding awareness of the Society to new groups.

Madeline Stein, a graduate student, has been active in efforts to increase our visibility on Facebook, and, along with help from the Colorado Society, CSCH, helped attract attendees to our 2019 Midyear Workshops. Madeline now posts hypnosis-related content regularly on Facebook for us and is reaching out to Facebook groups that cover hypnosis, psychology and mental health to tell them about SCEH and help attract new members and event attendees.

Finally, I want to thank all our members, event attendees and supporters.

It has been my pleasure to serve as your President, and I look forward to transitioning to Immediate Past President. My thanks to our Executive Director, Anne Doherty Johnson, the Executive Committee, Executive Council and Committee Chairs, the Conference Committee, and all of our volunteers!

**Renew
Now**

It's Time to Renew Your Membership

All members have been sent dues renewal notices. Please renew now to help SCEH continue to advance our mission of promoting the clinical and scientific uses of hypnosis.

Members receive discounted registration for events and these [membership benefits](#).

Already renewed? Thank you for your support of the Society.

SCEH STUDENT COLUMN

BY MATTIE BIGGS



My name is Mattie Biggs, and I am a second-year PsyD student at Baylor University working under the direction of Dr. Gary Elkins. In 2015, I completed my BA in Cognitive Science with a concentration in music cognition at Northwestern University. Therefore, I am interested in finding ways to incorporate music into clinical settings, and I intend to focus on the integration of music with hypnotic suggestions or hypnosis interventions.

My first experience with clinical hypnosis was at the introductory workshop at the SCEH 2018 conference, and I was excited to learn more about hypnosis from a clinical perspective. I then had the wonderful opportunity to present a poster on the topic of integrating music and hypnosis at the SCEH conference in October 2019 as well as co-present a paper about psychological mindedness as a correlate of hypnotizability. At both presentations, the SCEH community provided wonderful suggestions and support, which I really appreciated as a first time presenter! Also at the SCEH 2019 conference, I participated in the intermediate workshop and enjoyed getting to know fellow student members through the workshop and informal gatherings! I look forward to connecting with more SCEH members at future conferences, continuing to grow my clinical hypnosis skills, and continuing to research the integration of music and hypnosis.

PERSPECTIVES ON DIVERSITY

BY RICK MILLER

Towards Enabling Nuanced Therapeutic Work With Gay Men



As a gay therapist who loves hypnosis, I have enjoyed teaching healthcare providers about the nuances of working with gay men. Additionally, I have crafted personalized scripts appealing to the sensibilities of gay men, which are available in my books; *Unwrapped*, *Integrative Therapy with Gay Men* and *Mindfulness Tools: A Clinicians Guide for Gay Men In Therapy*. What I am sharing with you here are some basic tips for working with those gay men who make it into your office for therapy or hypnosis.

Sadly, few providers have received adequate education about the LGBTQ population. As acceptance has increased, some providers may think it isn't necessary to get specialized training. I am here to encourage you to think differently. Although I am happy to see the LGBTQ community being more accepted in mainstream culture, understanding the impact of the past and current discrimination is essential to doing good therapy. Homophobia comes in many shapes and sizes, in micro and macro aggressions, from the well-meaning and the outright bigoted. Make no mistake about it, to work effectively with members of this community continuing education is necessary.

LGBTQ clients who come to see you will automatically assess whether or not you are comfortable working with them, particularly with certain aspects of their lives, including intimate relationships, sexuality, and complex feelings about being gay. Once this level of trust is established, then there is the challenge of what clients will share or not share with you given their possible feelings of embarrassment or shame. It is common for gay clients to not embrace therapeutic wisdom or comfort and to leave out pertinent facts about their lives or simply lie about various parts. Not disclosing aspects of one's private life can compromise treatment, whether medical or psychological.

Even more complex is working with gay men of color. The double bind of discrimination is very difficult to navigate. People face potential discrimination from their communities for being gay, and from the gay subculture for being people of color. Providers frequently try to minimize this reality as a way of supporting their LGBTQ clients. Truth is, this is a form of discrimination too and may be received as unsupportive or naïve. The best intervention begins with the appreciation and acknowledgment of the special challenge of not belonging anywhere. Rather than trying to placate gay clients of color, and

inadvertently devaluing their experience, explore the nature of their resiliency, and offer ways to access this positive state when they are feeling vulnerable. It is also helpful to encourage clients to embrace the support in their community of friends and of family members who are open. You and your clients can begin to identify these resources together, resources that are sometimes taken for granted.

One prominent dynamic of growing up gay is a conscious awareness, bolstered by scores of unconscious reminders, that it simply is not okay to be different. Traditional roles of masculinity, and family or ethnic norms make being different a difficult, often very lonely road. Even without really knowing what it means to be gay at a young age, a child knows it isn't okay to be different from others and learns to hide who he really is, both from himself and from others. Hiding can either be direct, as in lying, or more subtle, as in not sharing details of personal interests or feelings. One might present a fake self, a facade, hiding behind a wall of so-called normalcy. This comes at a great cost; vigilance, anxiety, and deflection are common among gay clients.

Imagine that body state that results from hiding or constantly deflecting attention. Dissociation is common in these circumstances, even if it is not a result of severe trauma. Feeling different may result in self-blame and almost always in shame. Every gay man I have ever worked with knows this sense of shame. For most, shame has been a driving force throughout life even as an adult. Years later, when hiding is no longer required, it is still often the default, both in subtle and unconscious ways.

One of the best interventions when working with gay clients is hypnotherapy. Now, you may wonder what makes hypnosis different for gay men compared to the rest of the population. My answer is simple, nothing! It is not the modality, it is what gay men bring to the therapy that is different. Their personal history of hiding, where a reaction of dissociation is common, makes hypnosis a particularly effective approach. As we know, dissociation keeps people detached from their strengths. Hypnosis can be a powerful antidote, inviting clients to go inside to experience pleasure, which is the opposite of dissociation! Experiencing pleasure, enjoying what the body provides, may actually be a unique event for our clients. Still, not trusting oneself—the self that has been for so long alienated from the mainstream—is common. For this reason, hypnosis may at first be resisted.

Yes, many clients are surprised by their experience to trance. Resistance then is replaced by joy and comfort. What I don't say to my clients is that there is a dual healing taking place with hypnosis. First, a level of resolution to the presenting problem can be reached. Perhaps even more important, a reliance on self is naturally elicited in hypnosis. This may be the very first time that some people harness the energy within to feel strength or make progress. Going inside and relying on sensory awareness is the lesson and the teacher.

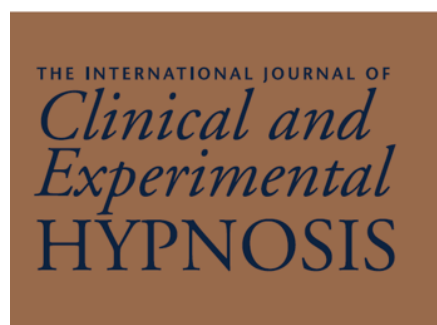
Another factor in cultivating successful therapy is the relational match between client and therapist. A hypnotherapist has the special privilege of being able to extend an invitation to clients to explore vulnerable parts of themselves that either haven't been explored or are uncomfortable. Again, gay clients have honed their skills in discerning those who are safe and those who are not, especially authority figures. One of your tasks is to provide safety. Ambivalent feelings about gay men, will be read as homophobic, and unsafe.

Sincerity is key to successful intervention. Every time a gay client has the opportunity to work with an authority figure who is gracious and accepting, who really sees him, the client receives a deeper layer of healing, something that transcends the presenting problem. Understanding what your gay client wrestles with is a process; perfection is not required, education is.

Rick Miller, psychotherapist and author, has served on the faculty for The International Society of Hypnosis, The Milton Erickson Foundation, The Brief Therapy Conference, The Society for Clinical and Experimental Hypnosis, The American Society of Clinical Hypnosis, The American Group Psychotherapy Association, The Couples Conference and Harvard Medical School. He is the author of *Unwrapped: Integrative Therapy With Gay Men... the Gift of Presence* (Zeig, Tucker & Theisen, 2014) and *Mindfulness Tools for Gay Men In Therapy* (PESI, 2016). His Psychology Today blog is Unwrapped: Mind Body Wisdom and the Modern Gay Man. He is also the Executive Director and Executive Producer for Gay Sons and Mothers, a nonprofit organization that explores and chronicles the complex bond between gay sons and their mothers. He was awarded The Greatest Contribution to Social Work Practice by the MA chapter of National Association of Social Workers in 2018.

www.rickmiller.biz

www.gaysonsandmothers.org



LATEST NEWS FROM THE IJCEH

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

Managing Editor: Lynae Roberts, MA

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. Open Access papers have more views, more readers, and usually more citations. This is beneficial to the authors and to the journal! If a manuscript that you submit is accepted, consider Open Access publishing, and email us with any questions.

2019 Open Access Articles

Recalled Parental Rearing Style and Dimensions of Hypnotic Response	András Költő, Emese Józsa, & Éva I. Bányai
The Roles of Response Expectancies, Baseline Experiences, and Hypnotizability in Spontaneous Hypnotic Experiences	Etzel Cardeña & Devin B. Terhune
Skype Hypnotherapy for Irritable Bowel Syndrome: Effectiveness and Comparison with Face-to-Face Treatment	Shariq S. Hasan, James S. Pearson, Julie Morris & Peter J. Whorwell

Two articles have been made Open Access until January 2020

The Efficacy of Hypnosis as a Treatment for Anxiety: A Meta-Analysis	Keara E. Valentine, Leonard S. Milling, Lauren J. Clark & Caitlin L. Moriarty
Advancing Research and Practice: The Revised APA Division 30 Definition of Hypnosis	Gary R. Elkins, Arreed F. Barabasz, James R. Council & David Spiegel

Layout Update

Beginning with the first issue of 2020, the printed journal articles and online PDF pages will have a new layout. This layout is the result of survey market research by the Taylor & Francis Group and is designed to streamline the typesetting process, speed up publication time, enhance author information, and offer better readability.

Publishing Ahead of Print

We have moved to an online first workflow for future issues, meaning that once articles are accepted, they can be copy edited and sent to the production team on a rolling basis. As opposed to having an entire issue at once, this new workflow allows for articles to be published online first ahead of issue publication, unless noted as a part of a special issue. Some benefits of this workflow include expected increases in author satisfaction and a more frequent flow of new content available online, helping to maintain a year-round presence. This workflow is more ideal for accommodating journal growth and increased submissions.



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

Global Reach

The *IJCEH* continues to have worldwide participation and a global reach. The articles published in 2019 represent authors from 16 countries, across 4 continents (7 from Europe, 2 from Asia, 5 from the North America, 1 from Australia, and 4 collaborations between writers in more than one country). Article downloads and citations primarily come from North America and Europe, but individuals on every populated continent have accessed *IJCEH* papers.

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).



Managing Editor: Lynae Roberts, MA

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

Upcoming Journal Issues

A Special Issue on Contemplative Practices is coming in April 2020. This issue will include thought provoking topics for further research and new avenues for clinical practice. We're pleased to announce titles of the included articles:

Contemplating... The Obvious: What You Focus On, You Amplify	Michael D. Yapko
Effects of Music and Relaxation Suggestions on Experimental Pain	Alisa J. Johnson & Gary R. Elkins
Feasibility of Attachment-focused Self-hypnosis to Change Insecure God Attachment	Abigail Williams, Megan C. Haggard, & Matthew M. Breuninger
Mindfulness in Therapy: A Critical Analysis	Simona Stefan & Daniel David
Hypnotic-Like Aspects of the Tibetan Tradition of Dzogchen Meditation	Ian E. Wickramasekera II
Mindful Hypnotherapy to Reduce Stress and Increase Mindfulness: A Randomized Controlled Pilot Study	Nicholas Olendzki, Gary R. Elkins, Elizabeth E. Slonena, Julia Hung, & Joshua R. Rhodes
The Understudied Side of Contemplation: Words, Images and Intentions in a Syncretic Spiritual Practice	Michael Lifshitz, Joshua Brahinsky, & T.M. Luhrmann
Langerian Mindfulness and its Implications for Clinical Hypnosis	Sayyed Mohsen Fatemi

 Follow **IJCEH** on Twitter at www.twitter.com/ijceh

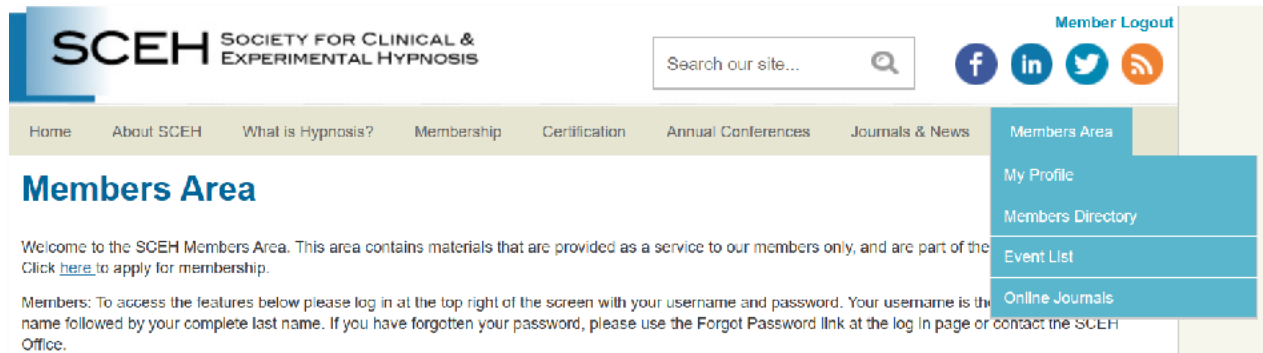
The *IJCEH* team shares recent article alerts, real time information, and the latest news!

You can also follow the *IJCEH* Editor at www.twitter.com/ElkinsGary for more discussion and hypnosis research information.

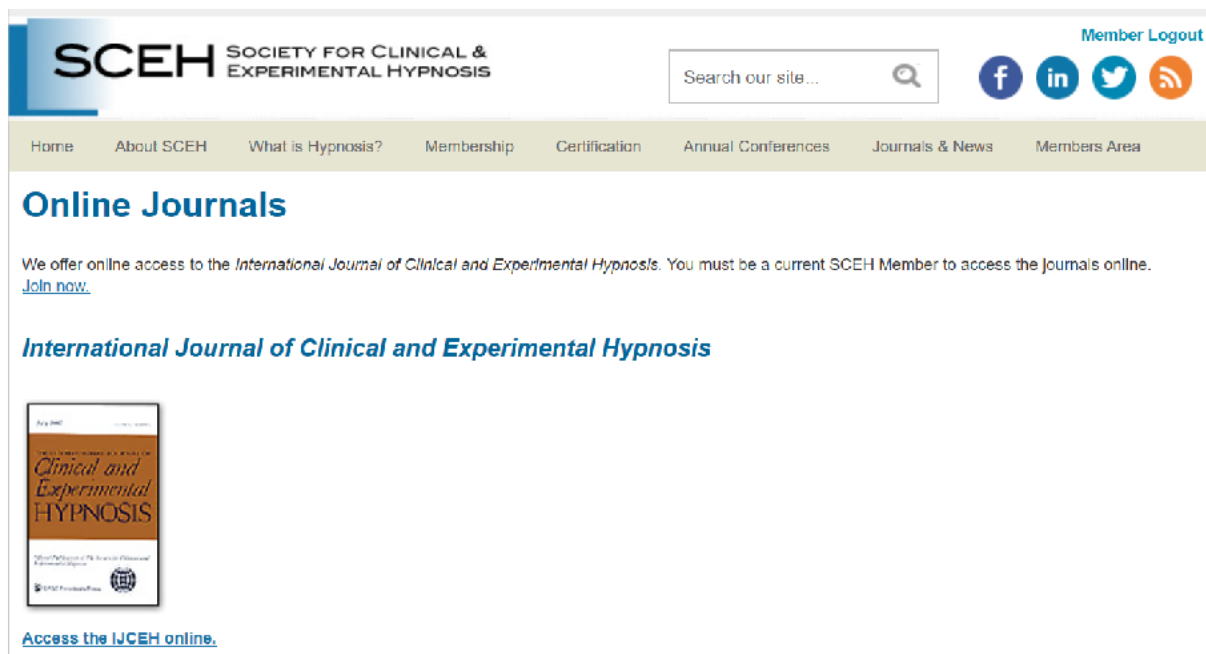
SCEH Members Have Free Access to View Online IJCEH Articles

To access articles online follow these simple steps:

1. Visit www.sceh.us and click on Member Login at the top right corner (If you already signed in, the link will say Member Logout instead).



2. Once logged in, hover over the Members Area tab on the top banner. Choose Online Journals from the drop-down menu.
3. From the Online Journals page, click the journal image or the link below to access all articles online.



**We are pleased to share abstracts from the articles published in the most recent issue of the
*International Journal of Clinical and Experimental Hypnosis***

Abstracts from October 2019

Special Issue on Contemporary Research

Guest Editor: Giuseppe De Benedittis

*Featuring papers by participants in the historic 2018 Pre-Congress Scientific Meeting at the
21st World Congress of Medical & Clinical Hypnosis in Montreal*

**Responding to Sensorimotor Suggestions: From Endothelial Nitric Oxide to the Functional
Equivalence Between Imagery and Perception**

Enrica L. Santarcangelo & Eliana Scattina

The reduced cerebellar gray matter (GM) volume observed in highly hypnotizable individuals (highs) is likely due to the excessive release of endothelial nitric oxide in the brain and could account for their behavioral (postural and visuomotor control) and physiological (paradoxical pain control after cerebellar anodal stimulation) characteristics. Reduced cerebellar GM can induce low inhibition of the cerebral cortex, thus stronger functional equivalence (FE) between imagery and perception and greater proneness to respond to sensorimotor suggestions. In fact, stronger FE suggested in highs by behavioral studies has been confirmed by topological data analysis of EEG signals recorded during sensorimotor and imagery tasks. The authors' hypothesis cannot be applied to obstructive suggestions likely sustained by mechanisms related to socio-cognitive factors, i.e., oxytocin availability.

**Hypnotic Glove Anesthesia Induces Skin Temperature Changes in Adult Volunteers: A Prospective
Controlled Pilot Study**

Xavier Paqueron, Hervé Musellec, Claude Virost & Emmanuel Boselli

This study assessed whether a focal glove hypnotic hand anesthesia induced thermal changes within the area of hypnotic protection. Skin temperature of hands, wrists, and forearms was continuously recorded bilaterally using infrared thermography in 30 volunteers. Thermal recordings were obtained prior to, after glove building, and after its withdrawal, with the contralateral upper limb serving as control side. Analgesic glove induced a statistically significant difference in temperature variation within the hand, wrist, and distal forearm on the glove side, compared with proximal forearm and control side. Hypnotic glove analgesia provides significant changes in skin temperature within protected areas. Further research is required to determine the mechanisms of these objective changes induced by hypnosis.

A National Survey of Clinical Hypnosis Views and Experiences of the Adult Population in the United States***Olafur Palsson, Stefanie Twist & Marcia Walker***

A nationwide, demographically balanced Internet survey of 1000 adults (500 females, 500 males, mean age 49.5, range 18–88 years) was conducted to assess views and experiences of clinical hypnosis in the United States population. Participants were unaware when enrolling in the survey that hypnosis was the subject matter. Key findings included that most reported a positive (38.6%) or neutral (48.4%) view of clinical hypnosis, with only 12.8% expressing a negative view; 7.6% of respondents had undergone hypnosis treatment, and 63.1% reported some resulting benefit; 54.9% of individuals who had never undergone hypnosis treatment indicated that they would consider seeking such treatment; 45.6% of all respondents thought there was moderate or strong scientific evidence supporting hypnosis as a real phenomenon; 77.8% identified one or more areas where they thought clinical hypnosis had substantial practical utility, and 44.8% estimated themselves to be at least moderately hypnotizable.

Functional Changes in Brain Activity After Hypnosis: Neurobiological Mechanisms and Application to Patients with a Specific Phobia—Limitations and Future Directions***Ulrike Halsband & Thomas Gerhard Wolf***

Studies of brain-plasticity changes in hypnosis using functional magnetic resonance imaging (fMRI), positron-emission-tomography (PET) and electroencephalography (EEG) were reviewed. The authors found evidence in those studies that hypnosis is a powerful and successful method for inhibiting the reaction of the fear circuitry structures. Limitations of the studies were critically discussed, and implications for future research were made. The authors are currently using a portable fNIRS apparatus to integrate the scanning device into real life situations in medical practice. Their aim is to disentangle the neuronal mechanisms and physiological correlates in patients with severe fear of medical treatments when directly confronted with anxiety-provoking stimuli and to assess the effects of a brief hypnosis. Drawing on evidence from several technological modalities, neuroimaging and physiological studies pave the road to a better scientific understanding of neural mechanisms of hypnosis.

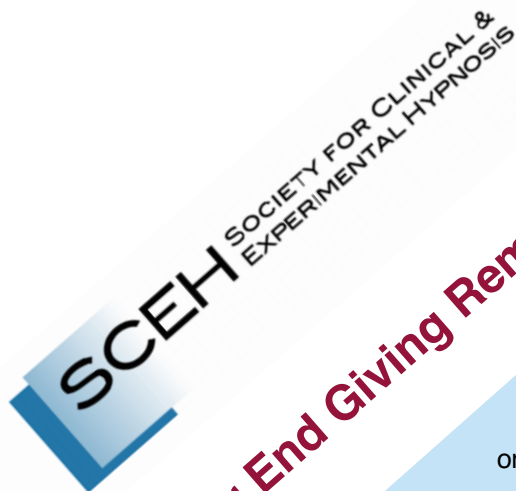
Hypnosis, Hypnotic Phenomena, and Hypnotic Responsiveness: Clinical and Research Foundations—A 40-Year Perspective***Steven Jay Lynn, Joseph P. Green, Craig P. Polizzi, Stacy Ellenberg, Ashwin Gautam & Damla Aksan***

The authors summarize research findings, their clinical implications, and directions for future research derived from 40 years of study of hypnosis, hypnotic phenomena, and hypnotic responsiveness at Steven Jay Lynn's Laboratory of Consciousness, Cognition, and Psychopathology and Joseph P. Green's Laboratory of Hypnosis. We discuss (a) the accumulating body of evidence that hypnosis can be used to advantage in psychotherapy; (b) the fact that hypnosis can facilitate a broad array of subjective experiences and suggestions; (c) the failure to find a reliable marker of a trance or radically altered state of consciousness and reservations about conceptualizing hypnosis in such terms; (d) determinants of hypnotic responsiveness, including attitudes and beliefs, personality traits, expectancies, motivation, and rapport; (e) efforts to modify hypnotic suggestibility; and (f) the need to further examine attentional abilities and the role of adopting a readiness response set that the authors argue is key in maximizing hypnotic responsiveness.

Hypnotic Automaticity in the Brain at Rest: An Arterial Spin Labelling Study

Pierre Rainville, Anouk Streff, Jen-I Chen, Bérangère Houzé, Carolane Desmarteaux & Mathieu Piché

The feeling of automaticity reported by individuals undergoing a hypnotic procedure is an essential dimension of hypnosis phenomenology. In the present study, healthy participants rated their subjective experience of automaticity and resting-state arterial spin labelling (ASL) scans were acquired before and after a standard hypnotic induction (i.e., “neutral hypnosis”). The increase in perceived automaticity was positively associated with activity in the parietal operculum (PO) and seed-based coactivation analysis revealed additional associations in the anterior part of the supracallosal cingulate cortex (aMCC). This is consistent with the role of these regions in perceived self-agency and volition and demonstrates that these effects can be evidenced at rest, in the absence of overt motor challenges. Future studies should further examine if/how these changes in brain activity associated with automaticity might facilitate the responses to suggestions and contribute to clinical benefits of hypnosis.



Year End Giving Reminder!

As we head to the end of the year, we want to remind Focus readers that the Society formed a Platinum Club in recognition of our 70th anniversary. To participate, members are asked to make a donation of \$70 or more before year end.

Just as it has helped to shape the past, SCEH has an important role to play in the future of hypnosis. Please consider making an initial or additional donation to add to our impact.

Your contribution will help SCEH continue its strong legacy of excellence and progress in hypnosis research, education, and clinical practice. It will help ensure that the benefits of hypnosis continue to reach those we teach and those we serve—both now and in the future. Thank you!

To donate by mail, please make your check payable to:

Society for Clinical and Experimental Hypnosis
305 Commandants Way- Commoncove Suite 100
Chelsea, MA 02150-4057 USA

[Donate Online](#)

Thank you for your
generosity and support.

SCEH NEWS & INFORMATION

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:

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

[Learn more](#)

The Buzz About SCEH

We have a new page on our website to share what people say about SCEH and our hypnosis training programs. [View the page.](#)

If you have attended an event, we invite you to submit a testimonials. You might find it on that page or in a future issue of Focus. Share a testimonial [here](#) (log in required).

THINK BIG

Yes! There are lots of ways to be involved in SCEH!

The 71st Annual Society for Clinical and Experimental Hypnosis (SCEH) Conference 2020 conference planning is underway! This is your chance to be a part of the unveiling of another dynamic and engaging educational experience. We are looking for workshop chairs and co-chairs to help us construct outstanding training opportunities. If this sounds like you, please feel free to contact [Janna Henning](#) and/or [Ciara Christensen](#) for more information!

Follow us on Social Media

Have you visited our social media channels yet? Please drop by and say hello.

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

[Learn more](#)

Stay Connected.



Don't Miss Important Communications from the Society

To ensure that you continue to receive important emails from the Society, please take a moment now to add our email and IP addresses to your safe senders list or address book or white list them with your e-mail provider.

- mam@memberclicks-mail.net
- anne@sceh.us
- info@sceh.us

We also suggest that you whitelist these IP addresses (as of September 2018):

- 168.245.116.231
- 168.245.127.241
- 168.245.20.17
- 168.245.25.254

MEMBER NEWS

Recent Publications by SCEH Members

SCEH President Janna Henning, JD, PsyD, FT and co-author Bethany Brand, PhD, recently had an invited article published in a special issue of Psychotherapy (co-edited by Laura Brown and Christine Courtois) concerning the American Psychological Association's recently-adopted Posttraumatic Stress Disorder Treatment Guideline in the context of teaching and training:

Henning, J. A., & Brand, B. L. (2019). Implications of the American Psychological Association's Posttraumatic Stress Disorder Treatment Guideline for trauma education and training. *Psychotherapy*, 56(3), 422–430. [dx.doi.org/10.1037/pst0000237](https://doi.org/10.1037/pst0000237)

Dr. Elvira Lang recommended this article in the Washington Post, [*Hypnotherapy isn't magic, but it helps some patients cope with surgery and recovery*](#). Particularly rewarding also since the anesthesia department at MD Anderson, at the time under initiative of Dr. Ian Lipski, had been one of our first training sites in 2011.

Contribute to our Hypnosis Clinical Resources Page

Society Members are invited to contribute to the SCEH Hypnosis Clinical Resources page.

Do you have a useful patient hypnosis handout, a link to a training video on hypnosis related topics, or other material you might be willing to share on the Society's Hypnosis Clinical Resources page?

This is an excellent opportunity for you to share your expertise, gain visibility and help us grow adoption and use of hypnosis to help our patients and/or further awareness about important research. We welcome your contributions.

Please send the resource and a cover letter to SCEH President Janna Henning at JHenning@adler.edu. The SCEH Education Committee will screen material and make final decisions on postings. View the page [here](#).

Meet the Focus Newsletter Editors:



Flavio Epstein, PhD



Sam Stork, MSCP

SCEH MEMBER DISCOUNT SPRINGER PUBLISHING COMPANY

Did you know that as a SCEH member, you can get a 25% discount on Springer Publishing titles ordered through the publisher?

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Share Your News with the SCEH Community!

- ▶ Book or article reviews
- ▶ Awards or public recognitions
- ▶ Promotions, job changes, retirements
- ▶ New ways you are using hypnosis in your practice
- ▶ Articles you have written
- ▶ Recently published books
- ▶ Recent talks
- ▶ Events you are hosting
- ▶ A milestone you are celebrating
- ▶ Research/special projects
- ▶ Items of interest to the membership
- ▶ Photos of the above (please include caption)

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

SCEH reserves editorial rights over all submissions.

**We look forward to hearing
from you!**

CALENDAR OF HYPNOSIS EVENTS

Dec 12-15, 2019
Phoenix, AZ

13th International Congress on Ericksonian Approaches to Hypnosis & Psychotherapy

Join us for the December Congress in Phoenix, Arizona with 7 keynotes, 96 workshops, 22 clinical demonstrations, and 102 developers of Ericksonian methods, practices and ideas. PLUS you can earn up to 43 Continuing Education credits.

SCEH members get \$100 off the main conference with discount code: SCEH100

Learn more here: www.ericksoncongress.com

Apr 24-25, 2020
Chicago, IL
The Chicago School of Professional Psychology

SCEH 3rd Annual 2020 Midyear Clinical Hypnosis Workshops

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

Three Tracks:

- Introductory/Basic Workshop— Fundamentals of Hypnosis
- Intermediate Workshop—Intermediate Training in Clinical and Applied Hypnosis
- Advanced Workshop—details coming soon

Each workshop will be submitted for 12.5 CE. See website for CE details.

Bookmark [this page](#) for details and registration (*coming soon*).

SCEH

2020 Midyear Clinical Hypnosis Workshops

April 24-25, 2020 (Friday and Saturday)

Chicago School of Professional Psychology, Chicago, Illinois

Choose from:

- Introductory/Basic -- Fundamentals of Hypnosis
- Intermediate -- Intermediate Training in Clinical and Applied Hypnosis
- Advanced -- Chronic Pain and the OpioiD Crisis: Mind-body Innovations in Clinical Hypnosis

Details and registration:
www.sceh.us/2019-midyear-workshops

Bookmark our [upcoming events](#) page!

SCEH Webinar Series

SCEH SOCIETY FOR CLINICAL &
EXPERIMENTAL HYPNOSIS



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.

Upcoming webinars include:

February 7, 2020

Ethical Principles and Practice Standards in Hypnosis, Part I. Theoretical Underpinnings

Presenter: Joel D. Marcus, PsyD

February 14, 2020

Ethical Principles and Practice Standards in Hypnosis, Part II. Models for Decision Making

Presenter: Joel D. Marcus, PsyD

March 9, 2020

Hypnosis for Chronic Pain: Maximizing Comfort

Presenter: Mark P. Jensen, PhD

May 8, 2020

Pediatric Hypnosis

Presenter: Linda Thomson, PhD, APRN, ABMH

July 15, 2020

Hypnosis for Anxiety Disorders

Presenter: Carolyn Daitch, PhD

September 25, 2020

Topic and presenter to be announced.

Pencil in the dates above to your calendar and plan to join us online in 2020 for an outstanding series led by leaders in the hypnosis field. Please bookmark our [webinars page](#) for updates and registration information.