

FOCUS

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Annual Conference in pictures pages 8-9

SAVE THE DATE!

2021 MIDYEAR CLINICAL HYPNOSIS WORKSHOPS
April 23-24, 2021 *Online via Zoom*

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MESSAGE FROM THE PRESIDENT

BY JANNA A. HENNING, JD, PSYD, FT



Dear Colleagues and Friends,

The 2020 pandemic has brought about a number of challenges, as well as opportunities. Because a face-to-face meeting was not possible in the context of the pandemic-related need for physical distancing, SCEH's 72nd Annual Conference was offered in a fully virtual format in October,

for the first time in our 71+ year history! All members of the SCEH Executive Committee engaged actively in the meeting planning process, and we benefitted from the outstanding contributions of Ciara Christensen, PhD and David Reid, PsyD as overall Conference Co-Chairs, Barbara S. McCann, PhD and Tova Fuller, MD, PhD as Introductory Workshop, Co-Chairs, Alexandra Chadderdon, PsyD and Deanna Denman, PhD as Skills/Intermediate Workshop Co-Chairs, Ciara Christensen, PhD and Catherine McCall, MD as Advanced Workshop Co-Chairs, and Barbara S. McCann, PhD and Vivek Datta, MD, MPH as the Science Program Co-Chairs. Anne Doherty Johnson's tireless efforts were vital to our successful planning, purchase and set-up of the needed technology for the programs, negotiation of agreements with our CE provider for the conference, as well as countless other tasks and projects to help make this meeting the tremendous success that it was.

The overall theme of the conference was *Hypnosis to Enhance and Augment Treatment Outcomes*, and we heard marvelous talks from a talented and engaging lineup of workshop instructors, invited keynote speakers, and symposium presenters. The Introductory, Skills, and Advanced workshops were taught by a wonderful group of very skilled and engaging instructors, with many first-time instructors and Co-Chairs contributing their talents this year. In addition, three research posters and five research presentations were offered by students.

The significantly higher than usual number of attendees for this virtual conference speaks to the attractiveness of a virtual format for trainings, which allows SCEH members and other attendees who have limited ability to travel due to health issues, geographic location limitations, or other

conflicting responsibilities to attend. It also allowed us to recruit a very high 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 it reduced the financial burden associated with travel or the need to take time away from classes or their supervised training. SCEH Secretary Barb McCann was also able to successfully negotiate for generously donated funds to be used for student scholarships, significantly reducing registration rates for students.

We received glowing feedback from many meeting participants, including new SCEH members and first-time meeting attendees. Meeting participants were able to take advantage of a number of virtual opportunities to socialize and connect, including Wednesday evening's General Networking Reception, the Members Business Meeting and Networking Session on Thursday, Saturday's Student and Early Career Professionals Networking Session, and Sunday's Female-Identified Members Networking Session.

Overall, our online conference was so successful that the Executive Committee is discussing strategies for future virtual conferences even after the pandemic's effects are reduced and face-to-face meetings can once again be held.

Future meetings and training opportunities

Building on the success of October's virtual Annual Conference, the SCEH 2021 Midyear Workshops will also be offered fully online, on Saturday and Sunday, April 23rd and 24th, 2021. The Introductory/Basic Workshop instructors will include Barbara S. McCann, PhD and Donald Moss, PhD, the Skills/Intermediate Workshop instructors will include David Reid and Ciara Christensen, and the Advanced Workshops will include *Clinical Hypnosis for Pain-Related Anxiety*, presented by Shelby Morgan Reyes, PhD and Elizabeth Walsh, PhD, *Hypnotherapy for Stress Management: Integration of Mindfulness, Music, Relaxation, and Suggestion in Clinical Practice*, presented by Gary Elkins, PhD and Mattie Biggs, MSCP, and *Hypnosis Applications for Chronic Illness and Medical Procedures*, presented by Damita LaRue, PsyD, FT, CCISM. More details about the

Midyear Workshops will be posted on the website soon. Please consider joining us!

We are also currently engaging in the planning process for the 2021 Annual Conference. Because there is still much uncertainty about what the COVID-19 numbers will look like in late summer and fall of 2021, as well as the accessibility of a safe and effective vaccine, we are not yet certain whether we will offer the 2021 meeting fully face-to-face, fully virtually, or in a blended format. Currently, the 72nd Annual Workshops & Scientific Program is scheduled to occur on October 13-17, 2021 at the Sheraton Park Hotel at the Anaheim Resort, Anaheim, CA, but we will continue to monitor the situation and will make appropriate final decisions as more information becomes available.

We have selected a theme for the 2021 Annual Conference; it will address the uses of hypnosis in challenging times, such as augmenting treatment of the short- and long-term complications of COVID-19, mental health and behavioral issues related to a pandemic and resulting social restrictions, and increased stress reactions as a result of economic and political upheaval and the impacts of racial stress and trauma. We have also identified several individuals who are willing to continue their leadership as Co-Chairs: Ciara Christensen and David Reid as Overall Meeting Co-Chairs, Barbara McCann as a Co-Chair for the Science Program and the Introductory Workshop, Alexandra Chadderdon, PsyD and Deanna Denman, PhD as Skills/Intermediate Workshop Co-Chairs, and Catherine McCall, MD and David Reid, PsyD as Advanced Workshop Co-Chairs. We will be reaching out soon to other Co-Chairs from the 2020 program while also actively recruiting additional individuals who may wish to serve as leaders in planning the 2021 conference. Interested in volunteering as a meeting chair or introductory or skills workshop presenter? Please [contact me](#), [Ciara Christensen](#) or [David Reid](#) to join the conference planning team!

Under Don Moss's outstanding leadership of the Education Committee, SCEH has also expanded the reach of the SCEH Webinar Series in 2020. Attendance has been consistently excellent, and the attendee evaluations attest to the value of the webinars in providing high-quality, accessible training to SCEH members and other professionals, while also helping increase awareness of the Society, particularly during a time when the pandemic has created an increased need for virtual training opportunities. Please check other sections of this newsletter and the SCEH website for more information

about upcoming webinars. Also, if you have an interest in providing a webinar yourself, see the article later in this issue.

Brief Update on the Executive Council Meeting

The SCEH Executive Council, composed of SCEH current officers, chairs of standing committees, and past presidents, is the governing body of SCEH. This year, the Executive Council met for its annual business meeting on Thursday, November 19, 2020. Agenda items included the overall state of the Society, including a review and discussion of reports from the elected officers, committee chairs, and journal and newsletter editors, information about the budget and finances, membership, and education and research initiatives, and updates about other standing and ad hoc committee activities.

An important topic of discussion concerned the SCEH Bylaws revision project. In 2016, as Chair of the Constitution and Bylaws Committee, I was asked by the Executive Committee to evaluate and revise SCEH's governance documents to bring them into alignment with New York state law (where SCEH is chartered) and ensure that they reflect current Society procedures and policies. Historically, SCEH had both a Constitution and Bylaws as governing documents. Some articles of the Bylaws have been revised several times, most recently in 2019 when membership eligibility categories were expanded. As a result, although the Constitution and Bylaws documents addressed almost entirely the same topics, the details and provisions in each article differed to some degree, largely because the Bylaws have been revised several times while the Constitution has not. The Bylaws more closely match the actual procedures SCEH follows.

To update and clarify our governance documents and bring them into alignment with the laws of the relevant state, SCEH obtained consultation from an attorney who specializes in the relevant laws and best practices for governance of nonprofit organizations such as ours. The attorney advised us that our Bylaws needed to be revised, and provided consultation and assistance with that process. He also recommended that we have only Bylaws as our sole governance document. To do this, we first ascertained that the content from the Constitution was included in the Bylaws. I then took the lead in revising the Bylaws, with substantial assistance from the members of the Executive Committee. The attorney also assisted us in drafting sections and language that are required by or in alignment with state law requirements for nonprofit organizations like ours. The Executive Committee carefully

reviewed and assisted with editing the final drafts. At its November meeting, the Executive Council unanimously voted to accept the revised Bylaws as the sole governing document for SCEH. The new [Bylaws](#) may be found on the SCEH website.

Increasing and Enhancing Inclusion in SCEH

The health and vitality of SCEH are closely connected to our ability to attract and engage members who represent a wide range of social locations such as race/ethnicity, gender, sexual orientation, and age. All current members are welcome, respected, and needed, and SCEH can additionally benefit from the ideas and energy of people representing a broader demographic. As the SCEH Inclusiveness Director, I continued several initiatives to increase inclusion of members representing more diverse demographics. For example, the planning committee for the 2020 SCEH conference agreed on the importance of recruiting a keynote speaker who could address issues related to racism and disparities in healthcare access that differentially impact Black communities and individuals. As Co-Chair of the Science Program, Barbara McCann was able to recruit an outstanding keynote speaker, Amanda Calhoun, MD, MPH, who powerfully addressed these issues in her presentation. I also plan to work with the Chair of the SCEH Research Committee in 2021 to consider exploring how hypnosis research may better address the needs of diverse populations.

This year, I again hosted a networking meeting for female-identified SCEH members (conducted virtually as part of meeting programming). Attendees included a former (as well as the current) SCEH President, members of the current Executive Committee, and several students, professionals, and Early Career Professionals (ECPs). The attendees remarked that they found the meeting to be so helpful and supportive that they wanted to hold four meetings in the coming year instead of just one. One goal will be to provide support for female-identified ECPs and students in submitting presentation proposals for the 2021 Annual Conference. The next meeting of the Female-Identified SCEH Members group has been scheduled to occur in January 2021. (See SCEH Events Calendar later in this issue.) Please [contact me](#) if you would like to be added to the email list for this group!

The future health of SCEH depends on our ability to recruit and retain individuals who are entering or new to the field. To this end, several initiatives are underway to set up or assist with creating formal structures to support the more active involvement of students and ECPs in leadership positions in the coming year. For example, two students

(our FOCUS editor, Sam Stork, MSCP, and Madeline Stein, MA) and an ECP (Liz Slonena, PsyD) were invited to attend our recent 2020 Executive Council meeting to increase their awareness of how SCEH conducts business and interest in potentially taking on leadership roles in the organization themselves.

With the support of the current Mentorship Program Chair, Zoltan Kekecs, ECP Liz Slonena has agreed to take over leadership of that program. In addition, Liz has been preparing to launch an ECP-focused initiative geared toward retaining students and ECPs as actively engaged members after they initially join SCEH. This new committee is called the Connection and Community Committee (CCC). Its goals are to support members in “building strong connections to create a thriving and unifying professional community within SCEH” and to “foster deeper engagement, celebrate diversity, and increase retention of members in the organization; provide enticing incentives for maintaining membership status; bridge the gap between the certified masters of clinical hypnosis and trainee, and create opportunities for practicing clinical hypnosis skills in a collegial and safe atmosphere to supplement the certification process.” The committee is targeted at SCEH graduate-level students and members who wish to practice and hone the clinical hypnosis skills they have learned in SCEH training programs, and be more connected with the SCEH community. Liz sees the CCC as a “sister committee” to the Marketing Committee. The Marketing Committee works toward increasing new SCEH members and generating interest in the organization's events, and the CCC will develop initiatives to maintain membership status and facilitate members' progress toward certification. While the committee's target audience is graduate-level students and early career 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, all SCEH members are welcome! Please contact [Lizzy](#) at to get involved.

To highlight the exceptional contributions made by several students to SCEH, Sam Stork, a doctoral candidate at Baylor University has done superb work in editing this newsletter. Sam and the Focus Newsletter Team are always on the look out for content submissions, so please consider contributing an article or volunteering to join the newsletter's editorial team. In addition, Madeline Stein, a second year doctoral student at Saybrook University, has taken on an active role in our Marketing Committee, and in particular, has played key roles with respect to increasing

the visibility of SCEH and its resources and training offerings on Facebook. She needs our help with supporting these efforts through liking, sharing, and posting content related to SCEH on social media. Please visit the SCEH home page at to find links to our [social media](#) platforms.

Time to Renew Your SCEH Membership

Thank you very much to everyone who has already renewed your membership for the 2021 year! We are very grateful for your support. If you have not yet renewed, please consider doing so now [here](#). 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 payment.

Sincerely,

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

INTERNATIONAL SURVEY OF HYPNOSIS CLINICIANS AND RESEARCHERS

Members Urged to Participate

SCEH Among Co-Sponsors of International Survey of Hypnosis Clinicians and Researchers

The Hypnosis Efficacy Task Force, a multi-national team of hypnosis clinicians and researchers, is currently conducting a unique research survey co-sponsored by our society. This survey, which is for clinicians, researchers and students in the field of hypnosis, aims to provide the most comprehensive picture to date of current practices and views in clinical and experimental hypnosis.

We urge you to take part in this important survey. The survey data are collected in an anonymous manner. To participate you will need to provide your name and email, and you will receive a secure personal link to the survey.

For complete details and to participate, visit [Hypnosis Survey](#). Survey runs through the end of January.

Get the Most from Your SCEH Membership!

Are you taking full advantage of your Society membership?

[Review a list of current member benefits.](#)

LETTER FROM THE EXECUTIVE DIRECTOR

BY ANNE DOHERTY JOHNSON



2020 Marks 1st SCEH Online Annual Conference

The last few months at the SCEH office have been busy with preparations for the Society's first online annual conference, and 71st Annual Workshops & Scientific Program. And quite an event it was!

Conference Acknowledgements

Thank you to all who helped make it a success. Our dedicated Conference Committee put in many extra hours this year, and we extend our deep appreciation to them for volunteering their time, energy and expertise to make this event a success. In addition to the regular committee duties of planning the content of the meeting, Committee members also participated in Zoom training and practice sessions, and lent their enthusiasm and skills in hosting the program sessions.



2020 Conference Committee

Overall Meeting Chairs: Ciara Christensen, PhD and David Reid, PsyD

- **Introductory Workshop Co-Chairs:** Barbara McCann, PhD and Tova Fuller, MD, PhD
- **Skills Workshops Co-Chairs:** Alexandra Chadderdon, PsyD and Deanna Denman, PhD
- **Advanced Workshops Co-Chairs:** Ciara Christensen, PhD and Catherine McCall, MD
- **Scientific Program Co-Chairs:** Barbara S. McCann, PhD and Vivek Datta, MD, MPH
- **Members:** Janna A. Henning, JD, PsyD, FT, Zoltan Kekecs, PhD, Shelagh Freedman, MA, Anne Doherty Johnson, Executive Director

Final #SCEH2020 Conference by the Numbers:

5 days; 54 hours of educational programming; 18 workshops; 5 keynotes; 1 symposium; 7 research presentations; 3 posters; 4 networking sessions; 127 attendees.

We also want to take this opportunity to thank our great Workshop and Scientific Program presenters who shared their expertise over 54 hours of educational programming. We are very grateful to them for sharing their expertise and insights with our attendees, and for enthusiasm for hypnosis that they infused into these training sessions.

Thank you also to our attendees, 127 both new and familiar faces who made this the largest event in recent years. A number of attendees have shared positive comments with us, and reported that, despite not being assembled face-to-face, say they felt engaged and involved through workshop conversations, a vigorous Scientific Program discussion of hypnosis research (a hallmark of our event) and lively networking events.

This year's conference participants hailed from 9 countries and 31 states spanning the country from Oregon to Maine (up from 4 and 23, respectively, last year). Again in 2020, we drew a more diverse attendance, the result of ongoing outreach and efforts to make all attendees feel welcome. As a result, we introduced hypnosis to many students and health care professionals, further advancing our mission of promoting excellence and progress in hypnosis research, education and clinical practice. We also welcomed back return attendees, as they advance their professional journeys toward certification or growing their hypnosis skills and knowledge.

Conference Summary

The conference began with workshops across three levels of training, Introductory, Intermediate/Skills and Advanced. These took place from Wednesday to Friday and were well attended.

Although we lacking face-to-face opportunities to connect this year, we held several events bringing attendees together for informal virtual networking. These included our Annual Member Business Meeting and Networking Session, a general networking event and dedicated networking sessions for students and early career professionals, and for female identified attendees. One thing that was not included in the conference was our Annual Awards Banquet, which we are scheduling as a separate event to take place in early 2021. We will announce details when they are finalized.

Following the workshops, the Scientific Program kicked off with a Presidential Symposium on the theme of the conference, Hypnosis to Enhance and Augment Treatment Outcomes, featuring a faculty of Janna Henning, JD, PsyD, Mark Jensen, PhD and Gary Elkins, PhD, with Donald Moss, PhD serving as discussant. The symposium reviewed recent developments in the application of hypnosis to clinical problems, the evidence base for using hypnosis to address trauma, pain, and sleep problems, and key areas needing further development of an evidence base.

Over the next two days, attendees heard keynotes on variety of stimulating topics, delivered by: Amir Raz, PhD; Amanda Calhoun, MD, MPH; Olafur Palsson, PsyD; Zoltan Dienes, DPhil and Amanda J. Barnier, PhD, FASSA. Research presentations and a poster session rounded out the Scientific Program schedule.

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

Attendees had a chance to earn up to 21.5 continuing education credits, depending on which parts of the conference they attended. Our Continuing Education partner is now processing submitted CE forms. Attendees can expect to receive their CE documentation in the next few weeks.

As we turn our sights to our next annual conference, we invite your feedback. What was your biggest conference takeaway? Do you have a testimonial to share? How can we make the conference better? What topics should be sure to include for 2021? Please send your comments and ideas to us at info@sceh.us or submit a testimonial [here](#).

Promoting Hypnosis

A recurring theme heard at the conference each year is that hypnosis remains largely underutilized in health care, despite empirical data demonstrating its efficacy and low cost. How can we better grow awareness, shine the light on scientific research, and move the needle in the right direction on this issue? We know many of you are giving local lectures, sharing success stories and conducting research, but there is no doubt that much work needs to be done.

Call for Volunteers

Next month, we will turn the page to a new year, a perfect time for you to get involved in the Society's programs. Serving on a SCEH Committee is a great way to give back to the Society and influence its future, and can be a meaningful and worthwhile experience. Volunteering can

help you grow leadership or technical skills, sharpen collaboration skills, enhance your personal and professional network, fuel the advancement of hypnosis, and win visibility and recognition from peers.

Do you want share your expertise and voice to make a positive difference in the hypnosis field? We will put your time and energy to good use. The year ahead is an election year for SCEH, so be sure to review the article on our upcoming elections and leadership openings. We also invite you to join a SCEH Committee. Review the SCEH Committee list [here](#).

In addition to joining a committee, there are many opportunities to help us throughout the year with "micro-volunteering" tasks that don't take much time. These include things you can do in under ten minutes, such as sending us a member testimonial, supporting our [social media](#) efforts (forward or like one of our posts, follow our accounts), or encouraging a colleague to become a part of our hypnosis community.

Yet another way to give back is through our Mentor Program, where the amount of hours you contribute is up to you. Mentorships can take the form of a single phone call or regular in-person meetings, and is negotiated between mentor and mentee. Mentorships can be related to clinical or experimental research, or development of teaching skills. [Learn more](#).

Please Renew Before Year End

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

If you have not yet done so, we ask that you kindly complete your renewal before the last week of December. Your dues are a crucial part of the funding that allows SCEH to function and do its work. Renewing online is fast and easy by clicking [here](#). To allow for processing and mailing time, if paying by check, please mail it to us postmarked before December 14. Thank you for your support.

Review Your SCEH Profile for Accuracy

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

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

Be well. Stay well.

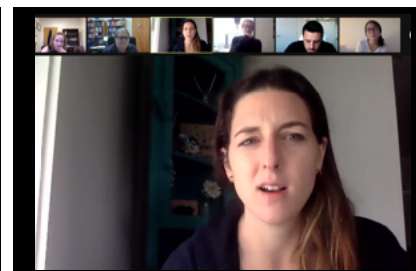
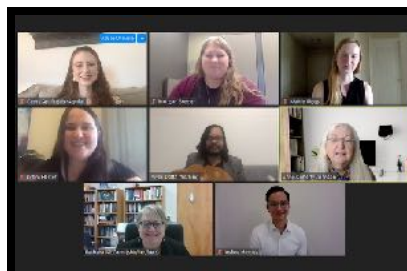
Sincerely,

Anne Doherty Johnson
Executive Director

HYPNOSIS TO ENHANCE & AUGMENT TREATMENT OUTCOMES

Oct 14-18, 2020

71st Annual Workshops & Scientific Program



COVID-19 and Mental Health

- A new CDC survey (August) found that almost 41% of respondents are struggling with mental health issues stemming from the pandemic – both related to the coronavirus pandemic itself and the measures put in place to contain it, including physical distancing and stay-at-home orders.
 - 31% said they'd experienced symptoms of anxiety or depression,
 - 26% said they'd experienced trauma or stressor-related disorder symptoms,
 - 13% said they'd started or increased substance use,
 - 11% said they'd seriously considered suicide in the last 30 days; 1 in 4 in the 18-24 year-old age group
- Reported in CDC's *Morbidity and Mortality Weekly Report*, updated August 13



Annual Conference in pictures...



BACKGROUND

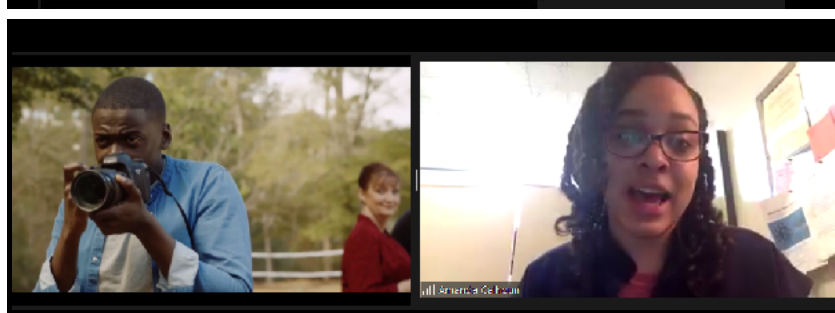
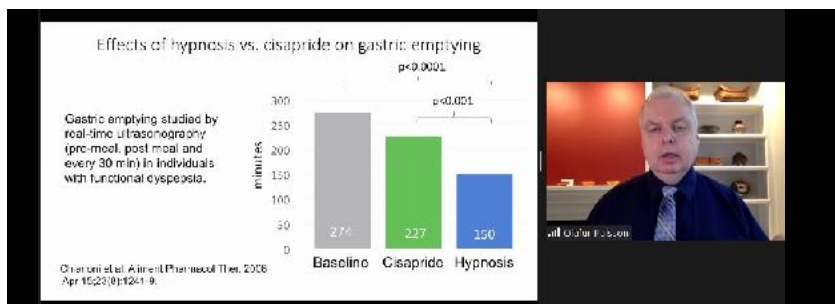
- Estimates indicate that the percentage of primary care patients experiencing anxiety, including Generalized Anxiety Disorder (GAD), can range from 2.4% to 31.2%.
- Symptom severity can range from mild to severe, however, patients in primary care are most likely to experience mild to moderate anxiety that may not meet diagnostic criteria for GAD.

PARTICIPANTS

- Eligibility Criteria
 - > 18 years of age
 - Primary care patients at the Heart of Texas Community Health Center, Inc. (CHA Community Center Health Center)
 - Must have been present at the health center for a scheduled medical visit at time of survey
 - Proficient in the English language
- Heart of Texas Community Health Center, Inc.
- Federally-Qualified Health Center (FQHC)
- Served approximately 58,000 patients during year of data collection
 - Diverse patient population: 45.3% Hispanic/Latino, 39.3% Non-Hispanic White, 12% Black/African American
- Approximately 14% of patients score on the PHQ-4 at or below the 100th percentile
- 30.7% of patients contracted COVID-19 on Medicaid/Medicare/Medicaid (MCO) on Medicaid


How might Absorption and Spiritual Transcendence be Related?

- Absorption involves a tendency to become deeply engaged in imaginative experiences
 - Spirituality involves many different imaginative experiences because it is not a tangible concept
 - Spirituality is experienced through states of consciousness, prayer, or other activities
- Becoming absorbed in spiritual experiences has been suggested by case examples
 - Individuals who score highly on absorption might demonstrate deeper connection to a spiritual being





Hypnosis Intervention for Sleep Disturbance: Surprising Results from a Clinical Trial


Gary Elkins, Ph.D., Janet Carpenter, Ph.D., Julie Otte, Ph.D., Lynae Roberts, M.A.



Baylor University
COLLEGE OF ARTS & SCIENCES
Mind-Body Medicine Research Lab





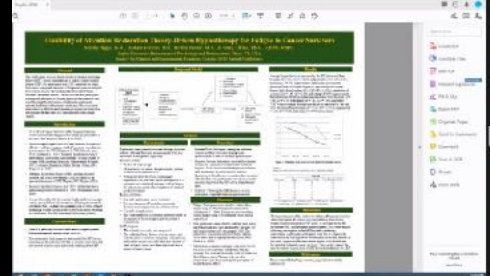
Anxiety about specific situations related to the pandemic:


- It does not take the time to address physical disturbance and acute behavior, and therefore "the mind can direct it on itself," use a special state intervention to create a controlled space or space that they find very powerful and enjoyable, and present to what they need to change. (Julian)
- Could use as an age response to a future time when the pandemic is over, and you can see yourself as happy and being able to move ahead with activities and experiences that were not possible in the pandemic.

Hypnosis Interventions to Facilitate Self-Care: Ober's Model

SCEH Annual Conference *in pictures continued...*









THE BRAIN INSTITUTE


RazLab.org



DR. AMIR RAZ
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Educate Thyself

- Attend ASCH, SCEH, ISH, APA Division 30 and other SCEH and ASCH approved workshops/webinars
- Become a member of SCEH (and ASCH) for online access (and printed editions) of the *Journals for Clinical and Experimental Hypnosis* (SCEH and ISH Journal). Members of ASCH receive the *American Journal of Clinical Hypnosis*
- Consider Certification for SCEH and ASCH and Approved Consultant status for ASCH. Both involve individualized Consultation.
- Familiarize yourself with recommended readings and references provided during workshops
- Familiarize yourself with State Licensure Board Regulations



David Boud







Conclusions

- Healthcare professionals are interested in learning more about hypnosis and how to make a high-quality hypnosis referral
- Postgraduate training in hypnosis enhances clinicians' confidence in using hypnosis and in making a hypnosis referral
- Postgraduate training in hypnosis is associated with a more accurate understanding of the evidence base for the clinical use of hypnosis



UNC SCHOOL OF MEDICINE

Making Clinical Hypnosis a Mainstream Component of Healthcare For Physical Problems: Perspective and Lessons From 25 Years in GI Hypnosis

Olafur S. Palsson, Psy.D.
Professor of Medicine
University of North Carolina at Chapel Hill

E-mail: opalsson@med.unc.edu



Olafur Palsson



SCEH WEBINAR SERIES: Call for Proposals

BY DONALD MOSS, PHD, SCEH EDUCATION CHAIR



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

In 2019, the program included three webinars, and in 2020, this has been expanded 11 webinars on a variety of topics. In 2020, we also hosted a free public service webinar in response to the pandemic, which was held twice due to overwhelming demand. To date, attendance for the Webinar Series has been over 1,300.

Coming up, we have four confirmed topics, with more planned for 2021. These are:

- December 11, 2020 [rescheduled from October 30] – A GPS Guide for Clinical Hypnosis Treatment Planning, David Reid, PsyD
- January 22, 2021 – Creating Effective Hypnosis Interventions for Chronic Physical Symptoms, Olafur S. Palsson, PsyD
- February 12, 2021 – Hypnosis, Anxiety and Children: Opportunities Beyond Relaxation, Lynn Lyons, LICSW.
- April 16, 2021 – Adjunctive Therapies for Use with Clinical Hypnosis and Psychotherapy, Donald Moss, PhD

Call for Webinar Proposals

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

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

Register Now for Upcoming Events

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

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

SCEH Webinar Series



The SCEH Webinar Series allows busy health care professionals to obtain high quality clinical hypnosis training that is convenient, reasonably priced, and includes continuing education (CE) credit for licensure or certification. Led by hypnosis experts, topics are varied and designed to impart actionable insights that can be employed immediately with patients.

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

Upcoming webinars include:

December 11, 2020

A GPS Guide for Clinical Hypnosis Treatment Planning

Presenter: David Reid, PsyD, Augusta Psychological Associates, Virginia and Saybrook University

COMING IN 2021

January 22, 2021

How to Create Reliably Effective Hypnosis Interventions for Chronic Physical Symptoms

Presenter: Olafur S. Palsson, PsyD, Professor of Medicine, University of North Carolina at Chapel Hill

February 12, 2021

Hypnosis, Anxiety, and Children: Opportunities Beyond Relaxation

Presenter: Lynn Lyons, LICSW

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.

2021 MIDYEAR CLINICAL HYPNOSIS WORKSHOPS

APRIL 23-24, 2021

(Friday and Saturday)

Online via Zoom

This will be our third annual Midyear Clinical Workshop program in cooperation with APA Division 30. SCEH is working with APA Division 30 to promote this event and to grant their members a discounted registration price. We thank them for their support.

Save the date and watch the SCEH website for more details.

Registration will open in December.

[Learn More](#)

Workshops are offered at three levels, meet accepted Standards of Training in Clinical Hypnosis and count toward SCEH Certification Programs.

Introductory/Basic Workshop: Foundations of Clinical and Applied Hypnosis

Earn 12.5 CE hours.

Cohort session meets Friday and Saturday.

Faculty Lead: Barbara S. McCann, PhD, Professor, Department of Psychiatry and Behavioral Sciences, University of Washington, Seattle, WA

Faculty: Donald P. Moss, PhD, Dean, College of Integrative Medicine and Health Sciences, at Saybrook University, Pasadena, CA

Intermediate Workshop: Intermediate Training in Clinical and Applied Hypnosis

Earn 12.5 CE hours.

Cohort session meets Friday and Saturday.

Faculty Lead: David B. Reid, PsyD, Department of Applied Psychophysiology, Saybrook University, Pasadena, CA.

Faculty: Ciara C. Christensen, PhD, Private Practice, Wisconsin

Advanced Workshop: Varied Topics

Earn up to 10 CE hours over two days.

Two workshops take place on Friday and one on Saturday.

See Advanced topics in the box to the right.

Advanced Topics

Friday, April 23

Clinical Hypnosis for Pain-Related Anxiety

Submitted for 4 CE hours

Presenters:

Shelby Morgan Reyes, PhD, HSP, Assistant Professor of Clinical Physical Medicine & Rehabilitation, Osher Center for Integrative Medicine at Vanderbilt University, Nashville, TN

Elizabeth Walsh, PhD, Osher Center for Integrative Medicine at Vanderbilt and Assistant Professor of Clinical Physical Medicine & Rehabilitation, Nashville, TN

Hypnotherapy for Stress Management: Integration of Mindfulness, Music, Relaxation, and Suggestion in Clinical Practice

Submitted for 2 CE hours

Presenters:

Gary Elkins, Ph.D., Professor and Director, Mind-Body Medicine Research Laboratory, Baylor University. Editor-in-Chief, International Journal of Clinical and Experimental Hypnosis.

Mattie Biggs, M.S.C.P. (anticipated December 2020), Graduate Student, Mind-Body Medicine Research Laboratory, Baylor University

Saturday, April 24

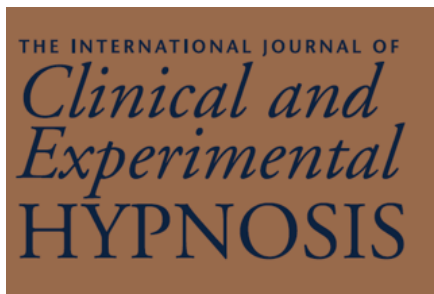
Hypnosis Applications for Chronic Illness and Medical Procedures

Submitted for 4 CE hours

Presenter:

Damita LaRue, PsyD, FT, CCISM, Clinical and Health Psychologist, DLA Psychology Center, Chicago, IL

LATEST NEWS FROM THE IJCEH



Upcoming Special Issue on Hypnotizability

The first issue of 2021 will be a special issue featuring new articles on the subject of hypnotizability. The issue will feature an editorial and nine articles. Covering a wide range of topics, the articles will review years of research on hypnotizability, provide insight and new perspectives on theories related to suggestibility, describe the reliability and validity of scales for measurement, and explore new methods for established scales. Look for this very special IJCEH issue this upcoming January.

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

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

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

Publishing your accepted article in the *IJCEH* is free, but some authors elect to cover the costs of publishing, making their paper freely available to anyone online. The number of authors electing to publish their articles with Open Access in the *IJCEH* has been increasing. Open Access papers have many more views, more readers, and usually more citations. This is beneficial to the authors and to the journal! If your manuscript is accepted, consider Open Access publishing, and email us with any questions.

The IJCEH accepts many types of papers, including: Empirical research (e.g., clinical trials, neurophysiological studies, mechanistic studies, feasibility studies, replications); Clinical papers (e.g., well-designed multiple or single case studies); systematic reviews, meta-analyses, research-informed theoretical papers, & significant historical or cultural material.

Topics can include: Hypnosis, hypnotizability, and hypnotherapy in psychology, psychotherapy, psychiatry, medicine, dentistry, wellness, nursing, and related areas; and studies relating hypnosis to other phenomena (e.g., mindfulness, contemplative practices, & consciousness).

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



Editor-in-Chief
Gary R. Elkins, PhD



Managing Editor
Lynae Roberts, MA

Contact us at: IJCEH@baylor.edu

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

Follow us on Twitter at twitter.com/ijceh

Follow the editor at twitter.com/ElkinsGary for more discussion and hypnosis research information.

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

THE INTERNATIONAL JOURNAL OF
*Clinical and
Experimental*
HYPNOSIS

Abstracts from October-December 2020

Special Issue: New Generation Research

Guest Editor: Katalin Varga

Hypnosis in Treatment of Atopic Dermatitis: A Clinical Study

Léa Delaitre, Jean Denis & Hervé Maillard

Atopic dermatitis (AD) is a multifactorial disease that may have a psychosomatic component. In this study, the authors aimed to measure the effect of hypnosis on AD in a clinical setting. Patients with AD who never had systemic treatment were offered hypnosis sessions. Twenty-seven patients with AD and a mean age of 34.5 years participated in a mean of six hypnosis sessions (range 2 to 16). AD severity can be assessed with the Eczema Area and Severity Index (EASI). EASI score was calculated during the first and last hypnosis sessions for 21 patients. Eczema improved or resolved in 26 of the 27 patients. Mean EASI score for the 21 patients evaluated was 12 at the first session and 2.8 at the last session. Hypnosis may be useful in AD and may overcome the need for systemic treatments for some patients.

Feasibility of a Behavioral Intervention to Reduce Psychological Distress in Mechanically Ventilated Patients

Yanni Tan, Ognjen Gajic, Phillip J. Schulte, Matthew M. Clark, Kemuel L. Philbrick & Lioudmila V. Karnatovskaia

Many survivors of acute respiratory failure suffer from mood disorders following discharge from the hospital. We investigated the feasibility of intensivists delivering psychological support based on positive suggestion (PSBPS) to 20 intubated patients to reduce their psychological distress. Thirteen patients completed follow-up surveys. Of those, 9 remembered the intensive care unit physician talking to them, and 7 described it as comforting. Five patients (38%) met criteria for anxiety, depression, and acute stress. In comparison to historical controls, intervention may be associated with lower estimated odds of anxiety. PSBPS can be performed with patients in parallel with medical treatment to potentially reduce psychological morbidity and to humanize critical care. A larger randomized study is warranted to assess the efficacy of PSBPS.

From Quantum Physics to Quantum Hypnosis: A Quantum Mind Perspective

Giuseppe De Benedittis

A novel, heuristic model based upon chaotic complex systems theory and quantum mechanics is proposed to overcome the dichotomy between mind and body. The mind–body interface represents a chaotic system, ruled by the probability principle, as shown in quantum mechanics. Neuronal activity shows many patterns of chaotic behavior, and applications of chaotic patterns seem to be relevant for research regarding the mind–body relationship and the process of trance. A quantum consciousness theory has been proposed, largely controversial, since quantum physics applies to subatomic world and not to macrostructures, such as the brain. Quantum cognition is an emerging field that applies the formalism of quantum theory to model cognitive phenomena such as information processing by the human brain; it overcomes limits and shortcomings of cartesian dualism as well as quantum general theory. As hypnosis is a state of consciousness, it applies to hypnotic cognitive functioning rather than hypnotic structure.

Phenomenological Experiences during Active-Alert Hypnosis: Comparison of Hypnotist and Subject

Eniko Kasos, Krisztian Kasos, András Költő, Emese Józsa & Katalin Varga

There has been increasing clinical interest in active-alert hypnosis (AAH). However, relatively few studies have been devoted to studying its properties systematically. The present study compared the subjective experiences of subjects (31) and hypnotists (5) during AAH, using Pekala's Phenomenology of Consciousness Inventory (PCI), the Dyadic Interactional Harmony (DIH) scale and the Archaic Involvement Measure (AIM). Results demonstrated similarities between the experiences of subjects and hypnotists. The only significant difference between the subjects' and the hypnotists' experiences was shown by the PCI, which highlighted the differences stemming from the different roles of hypnotist and subject during the AAH. The study suggests it may be important to examine subjective descriptors in the exploration of personal experiences in studies of AAH.

Physiological Monitoring to Enhance Clinical Hypnosis and Psychotherapy

Donald Moss

Physiological monitoring provides a useful access into the patient's affective state during hypnotically assisted therapeutic sessions. Physiological monitoring identifies autonomic dysregulation and can also display the process of restoring autonomic regulation via hypnosis and other quieting strategies. Commonly used modalities for physiological monitoring are identified, and clinical illustrations of how psychophysiological monitoring can be used in hypnosis and hypnotically assisted psychotherapy are provided. Clinicians may benefit from including psychophysiological knowledge in hypnosis education. Physiological monitoring may enhance hypnosis interventions for some disorders; however, more research is needed for evaluation of efficacy.

Pre-trauma Growth under Terror Threat: Suggestive Communication Method in Anticipatory Trauma

Mariann Ziss

Counterterror measures put communities in a state of alertness for several years. Jewish schools in Europe respond with higher security measures, going through transformations in their daily routines and environments, marked by security rituals. Anticipating the trauma creates extreme situations that polarizes the sense of agency and alters the state of consciousness, having a collective impact. Analyzing the anticipatory trauma within the framework of the altered state of consciousness opens the possibility for intervening with suggestive communication methods that aim to increase the sense of agency. The positive effect of teachers learning the suggestive communication methods on the sense of agency was measured with the Sense of Agency Scale. The altered state of consciousness in anticipatory trauma opens the mind for the sense of agency changing in a signature pattern, in a way that is typical for a group, allowing cultural reproduction.

Ericksonian Family Constellation Work with Metaphoric Objects: Discussion and Illustration

Cecilia Fabre Robles

This article describes Ericksonian family constellation work with metaphoric objects. This method is based on using metaphorical objects that can represent relevant characteristics of a person, history of a situation, and/or solutions to problems. This method can be utilized in an individual or group format. The development of this method was influenced by methods developed by Bert Hellinger, Milton H. Erickson, and the contributions of Teresa Robles. Ericksonian family constellation work with metaphoric objects is discussed and illustrated from a workshop presentation at the conference, Hypnosis: New Generation (HNG).

Group Hypnosis for Stress Reduction – A Feasibility Study

Silvia Fisch, Sylvia Binting, Stephanie Roll, Margit Cree, Benno Brinkhaus & Michael Teut

The aim of this study was to develop a standardized hypnotherapeutic group program for stress reduction, test its feasibility, and measure its preliminary pre- to postintervention effects. In this prospective, single-arm feasibility study, healthy adult participants with self-assessed increased stress levels received 5 weekly group hypnosis sessions plus audio recordings. Twelve persons (10 females, mean (SD) age 48.9 (11.8) years participated. The mean (SD) intensity of perceived stress on a 0-to-100 mm VAS was reduced from 75.5 (11.5) mm at baseline to 33.9 (18.8) mm after 5 weeks. Cohen's perceived stress scale was reduced from 20.8 (5.7) to 13.8 (5.4). Focus group interviews showed that the study intervention was feasible and well accepted. Confirmatory testing of the intervention in a randomized controlled trial is necessary.

Feasibility of Clinical Hypnosis for Test Anxiety in First-Year Medical Students

Christian M. Hammer, Michael Scholz, Larissa Bischofsberger, Friedrich Paulsen & Pascal H. M. Burger

The purpose of this pilot study was to characterize test anxiety among first-year medical students at the University of Erlangen-Nürnberg and to test clinical hypnosis as a possible intervention. The "Prüfungsangstfragebogen," a shortened and revised German version of the Test Anxiety Inventory, was used to estimate test anxiety. It was administered 3 times: at the commencement of winter term 2017/18 and 2 days prior to each of 2 mandatory oral anatomy exams. The test-anxiety categories emotionality, worry, interference, and lack of confidence were evaluated. The effect of clinical hypnosis on test anxiety was estimated. The global test anxiety and lack of confidence scores were reduced significantly over time in the group that underwent clinical hypnosis but not in the control group. Direct comparisons of hypnosis vs. control group yielded no statistically significant differences in the test anxiety scores.

Feasibility of Hypnosis on Performance in Air Rifle Shooting Competition

Sabrina Mattle, Daniel Birrer & Achim Elfering

This study investigated the effect of a single hypnosis intervention on shooting performance in a 10-meter air rifle competition. Eight shooting athletes from the Swiss national team participated in the experiment; an A-B-A single case study design was used, with 2 baseline measurements. The results suggest that for 3 athletes the hypnosis intervention had a small positive effect on their performance compared to all other measurements, 6 subjects had small improvements compared to 1 baseline measurement, and 2 subjects had a performance decrease. Data from the participants' subjective rating of the intervention effect and their satisfaction with it demonstrated feasibility and that all subjects experienced the hypnosis intervention as positive. Moreover, they commented that they felt calmer and more focused and self-confident when they began the competition. Therefore, it seems promising for shooting athletes to learn how to integrate hypnosis into their training regimens, but additional research is needed.

MEMBER NEWS

I was interviewed on a local TV station on a show called *Housecall* about The Emerging Role of Hypnosis in Psychiatric and General Medical Issues. I covered the basic questions and answers about clinical hypnosis. If you are interested, it can be viewed [here](#).

Submitted by: Sharon Spiegel, PhD, ABPP

Stanley Krippner is co-editor of the new book **HOLISTIC TREATMENT IN MENTAL HEALTH: A HANDBOOK OF PRACTITIONERS' PERSPECTIVES**. It features a chapter on clinical hypnosis by Marina Smirnova; other authors include Philip Zimbardo, Ilene Serlin, and Debbie Joffe Ellis. It was published by McFarland and was co-edited by Cheryl Fracasso and Harris Friedman.

We completed a prospective randomized trial with 160 children at Toronto Hospital for Sick Children testing a self-hypnotic relaxation script before general anesthesia for cardiac interventions and also a pre-extubation script. We are very proud to present the finding at the Annual Meeting of the Radiological Society of North America which usually had about 50,000 attendees.

The impact of scripted hypnotic language on anxiety levels and procedural experience in the pediatric cardiac catheterization suite: A prospective randomized controlled trial.

Submitted by: Jacqueline Viegas, RN, Kyle Runeckles MSc, Elvira Lang, MD

Study on the Effects of Hypnosis Therapy on Shoulder Replacement Surgery Outcomes

A team comprised of members from The University of South Florida, Florida Orthopaedic Institute, Foundation for Orthopaedic Research and Education, Mindset Mental Coaching, and the University of Washington, is planning on conducting a study to evaluate the effect of hypnosis therapy (HT) on pain and anxiety following shoulder replacement surgery, and to quantify its effects on post-operative opioid use.

Previous studies have shown that hypnosis treatment can decrease postoperative pain, anxiety, and opioid consumption. However, most of these studies have examined the efficacy of hypnosis for individuals undergoing minor procedures. The effects of hypnosis for patients undergoing major procedures such as orthopedic surgery (which is one of the main contributors to opioid prescriptions in the U.S.) are less understood.

Mark Jensen, PhD is a co-investigator of this project, SCEH member, UW Medicine vice chair for research in Rehabilitation Medicine and professor of Rehabilitation Medicine

Submitted by: Ms. Lynne Couchara

As part of a class research requirement, I am gathering data on the demographics of hypnosis practitioners. I hope to assess the current state of the field with an eye towards increasing involvement in professional organizations, increasing student involvement, and overall furthering the field.

The [survey](#) is open to hypnosis practitioners worldwide and will take 15-20 minutes to complete. You will be able to leave and come back if needed.

The study will be open until March 15, 2021. Please feel free to share with other hypnosis practitioners or trainees. Thank you in advance.

Submitted by: Melvin Marsh, 2nd year Experimental Psychology graduate student at Georgia Southern, student member of SCEH, ISH, and APA's Division 30



NPHTI's Monthly Webinar Series
Educational Offerings

Schedule of future webinars:

- Jan 19, 2021 Hypnosis with Teenagers: Individualizing their Hypnotic Experience**, Leora Kuttner, PhD, Melanie Gold, DO
- Feb 23, 2021 Sleep Dysregulation: How Hypnosis can Help**, Eileen Poulin, MD, FAAP
- Mar 16, 2021 Hypnosis for Pediatric Gastrointestinal Conditions**, Jeff Lazarus, MD, FAAP
- Apr 20, 2021 Back to Basics: Cultivating a Beginners Mind in Hypnosis with Children**, Adam Keating, MD, FAAP
- May 18, 2021 Hypnotic Strategies for Neurodiverse Youth**, Andy Barnes, MD, FAAP
- Jun 15, 2021 Activating Hypnosis: When Hypnosis is not Relaxation**, Laurence Sugarman, MD, FAAP

Information and details: www.nphti.org

Submitted by: Daniel P. Kohen, M.D., FAAP, ABMH Fellow, SCEH, ASCH, and American Academy of Pediatrics

Share Your News with the SCEH Community!

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

We look forward to hearing from you!

SCEH reserves editorial rights over all submissions.

SCEH NEWS & INFORMATION

Do You Have Helpful Clinical Resource to Share?

We invite Society members to contribute to the SCEH Hypnosis Clinical Resources page.

Do you have useful patient-centered hypnosis handouts, links to podcasts or training videos on hypnosis related topics, articles or worksheets or other clinical material you want to share with peers?

Our goal is to create a rich repository of clinical resources for members. See what's already been shared [here](#).

Please [email](#) us your resources along with a short cover note. The SCEH Education Committee will review the materials and make final decisions on postings. Thank you.

Call for Volunteers

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

Volunteering for SCEH can be a meaningful and worthwhile experience, with personal and professional benefits. It's a great way to share your expertise, have your voice heard, and make a difference in a field you love. In exchange for your time and support, you can gain leadership experience, sharpen collaboration skills, enhance your network, fuel the advancement of hypnosis, and gain visibility and recognition from your peers.

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

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

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

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.

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What Attendees Say about SCEH Hypnosis Training Programs

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

Don't Miss Important Communications from the Society

To ensure that you continue to receive important emails, 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

Follow us on Social Media

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

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CALENDAR OF HYPNOSIS EVENTS

Bookmark our [upcoming events](#) page!

Dec 11, 2020

[SCEH Webinar Series](#)

A GPS Guide for Clinical Hypnosis Treatment Planning

Presenter: David Reid, PsyD, Augusta Psychological Associates, Virginia and Saybrook University

Co-sponsored by SCEH and the Chicago School of Professional Psychology

Jan 9, 2021

Saturday, 3-4 PM EST

[Online via Zoom](#)

Female Identified Member Networking Session

Register or sign up for the email list [here](#).

Jan 22, 2021

[SCEH Webinar Series](#)

How to Create Reliably Effective Hypnosis Interventions for Chronic Physical Symptoms

Presenter: Olafur S. Palsson, PsyD

Co-sponsored by SCEH and the Chicago School of Professional Psychology

Feb 12, 2021

[SCEH Webinar Series](#)

Hypnosis, Anxiety, and Children: Opportunities Beyond Relaxation

Presenter: Lynn Lyons, LICSW

Co-sponsored by SCEH and the Chicago School of Professional Psychology

Apr 23-24, 2021

[Online](#)

Via ZOOM

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Registration opens soon.

Oct 13-17, 2021

[Anaheim, CA](#)

[Sheraton Park Hotel at the Anaheim Resort](#)

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Call for Papers: opening January 2021

Registration opens: June 2021

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