



SOCIETY FOR CLINICAL &  
EXPERIMENTAL HYPNOSIS

# FOCUS

Volume 64 | Number 4 | December 2022

conference wrap-up edition

## Inside this Issue

Message from the President	2
Letter from the Executive Director	5
2022 Annual Conference Recap	7
Annual SCEH Award Recipients	8
SCEH's New Janna Henning Diversity Award and Scholarship	11
SCEH Webinar Series	12
News from IJCEH	13
An Interview with Dr. Scott Hoye	19
Member News	22
Book Announcements	23
Calendar of Events	26

### Co-Editors:

Cassandra Jackson, MA  
Mikhail Reshetnikov, MA

Lauren Simicich, MSCP  
Cameron Alldredge, PhD

# Message from the President

By Ciara Christensen, PhD



Dear SCEH Members,

What a joy it was to see so many of you again virtually at the 73<sup>rd</sup> Annual Conference! So many familiar faces and so many **new** faces! We received many positive comments about the conference, the experiences people had, and the new insights people took from it. I can personally say, I still have my “special S” and have since used this resource when I needed a reset. Not to mention, I have been able to carry this forward and use it in clinical practice. It has truly been a delight to see how my personal experience during this hypnotic induction could be shared with others in clinically meaningful ways. For those who did not attend the

Annual Conference, I am referring to my experience in the Scientific Program during Dr. Barbara Schmidt’s presentation, **Now We Really Know that It Works! Safe place suggestions significantly reduce impulsivity, stress, and anxiety**, and her live demonstration (I was the participant). Her work and the enthusiasm she has for her research were broadly felt, and at least for me, this experience has had lingering positive influences on my day-to-day interactions (both personally and professionally). I’d also like to acknowledge and express appreciation for those of you who offered feedback during the conference, in real-time. This was also incredibly valuable. In these instances, we were able to strategically troubleshoot areas and, in so doing, offer a more robust and enjoyable virtual conference experience for everyone. Thank you, everyone, for bringing concerns to our attention as they arose. Your feedback helped contribute to an enhanced collective conference experience.

Please join me in a round of applause and express gratitude for all the folks who volunteered and rolled up their sleeves doing the work that was needed to bring the 73<sup>rd</sup> conference to light: **Introductory Co-Chairs** Casey Applegate-Aguilar, Cassondra Jackson and Barbara McCann; **Intermediate Co-Chairs** Ali Chadderdon and Deanna Denman; **Advanced Workshop Co-Chairs** Nina Mayr and Liz Slonena; **Scientific Program Co-Chairs** Afik Faerman and Madeline Stein; **Overall Conference Chairs** Barbara McCann and Catherine McCall; **Executive Director** Anne Doherty-Johnson; and of course **our presenters**, who graciously attended the conference, at various hours, given their respective time zones! I also thank everyone who attended the conference and wish you success, no matter where you are on your hypnosis journey.

Last but not least, I also want to take a brief moment and highlight how much I really enjoyed our Awards Ceremony this year. Member appreciation is one of the areas I am focusing on during my presidency. I think it is a privilege to honor individuals in our global hypnosis community. The SCEH volunteers, students, early career researchers and clinicians, educators, and our “Living Treasures” who won awards deserve our highest respect.

We have already begun to prepare for the 74<sup>th</sup> Annual Conference and are excited to plan for a face-to-face event. While the details are still unfolding, please stay tuned and plan to join SCEH in the fall of 2023. We cannot wait to see you all in person again! In the meantime, we will continue to offer many virtual events including our monthly webinar series (including one on **December 9 -- Using Self-Hypnosis for Replenishment and Equanimity**, which I will present), along with our home study courses. We also look forward to the SCEH Midyear Workshops (held virtually), which is scheduled to occur in April 2023. Continue to watch for these events via email and, of course, by visiting the SCEH website directly.

There are also some more recent pieces of exciting news I look forward to sharing. The first is SCEH's new Janna Henning Diversity Award and Scholarship! Janna Henning, as many may recall during her term, worked diligently to draw attention to ways we can enhance Diversity and Inclusivity, and this scholarship is a continuation of her vision and work. Please refer to her piece in this edition of the Focus Newsletter for more information on this important contribution.

Next, Gary Elkins, IJCEH Editor, also recently provided an excellent overview of the latest issue of the International Journal of Clinical and Experimental Hypnosis, which is now available online ahead of print and can be found [here](#).

This issue of the IJCEH includes articles that will increase access to scales to measure hypnotizability in French, Russian and Spanish. The lead article explores the potential of an adaptation of hypnotic relaxation therapy to increase well-being. Emotional well-being is a broad term that refers to happiness, positive social relationships, life balance, and the pursuit of positive goals. Further, emotional well-being has been shown to reduce risk of death by nearly 20% (Cohen, et al., [2016](#)). The lead article (Na et al., [2022](#)) explores this issue and reports on a pilot study of hypnotic relaxation therapy for well-being (HRT-WB). Their findings demonstrate that 71% of participants achieved high levels of well-being or flourishing. In addition to this innovative study, several articles are included that increase access to scales that measure hypnotizability in French (Apelian, [2022](#)), Russian (Kvitchasty, [2022](#)), and Spanish (Muñiz et al., [2022](#)). Kasos et al., [2022](#) explore the role of hypnotizability in regard to skin conductance orienting response (SCR) in response to differing types of suggestions. Finally, Cordi and Rasch ([2022](#)) explore the role of hypnotizability

in accurate perception of sleep, with findings suggesting sleep depth may be associated with slow wave sleep and interoceptive ability of accurately perceive sleep depth depending on hypnotizability. Together, these studies identify new applications of clinical hypnosis, increase the availability of scales to measure hypnotizability across cultures, and further understanding of hypnotizability.

Not to mention, consistent with conversations circulated during the conference, many folks are thinking about ways we can continue to improve how we “market” the value of clinical hypnosis and distribute information it. Many ideas were generated, including increased visibility across social media (e.g., Twitter, Facebook, Instagram), as well as on podcasts. Shortly after the conference, I found two podcast episodes which feature Dr. David Spiegel ([Using Hypnosis to Enhance Mental & Physical Health & Performance](#) and [Mind body ‘Tranceformation’ Through Hypnosis](#)). Both are fabulous conversations and great examples of ways that we can reach a wider audience regarding the added value hypnosis offers. For those of you who have not listened to either, I encourage you to explore them and share them with others!

In many ways, we can positively impact the future of hypnosis in research and clinical practice, perhaps in bigger ways than we have previously imagined. The future is in our hands, and I look forward to continuing to draw from the connections we have within our global hypnosis community!

Sincerely,

Ciara Christensen, PhD  
SCEH President

## APPLY FOR MEMBERSHIP

We invite:

- Clinicians
- Academics
- Researches
- Students
- Physicians

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

[APPLY NOW](#)

# Letter from the Executive Director

By Anne Doherty Johnson



As we come to the end of another calendar year, please accept our very best wishes to you and yours a happy holiday season and a prosperous and healthy New Year. We are looking forward to advancing several new initiatives in coming months that will help strengthen our hypnosis community and allow us to further our mission to *promote excellence and progress in hypnosis research, education, and clinical practice*. Read on in this issue to learn more. As we look to the future, we welcome your input and ideas on how SCEH can better serve your needs. We also invite you to consider joining a committee or getting more involved in the Society.

Looking back on our recently completed Annual Conference, we again delivered an action packed five days of programming that had the most energetic of us longing for a bit of rest at the end of each day. Although our event was again a virtual one, it was a pleasure to see and hear our attendees in the Workshops, Scientific Program, member meeting, awards celebration and online networking gatherings.

Thank you to all who made the conference a success, including our Conference Committee, presenters, stimulating keynotes and very engaged attendees. Through their efforts, we continue to present educational training programs that are consistently ranked highly by attendees. Here are a few of the initial comments we have received:

- "These presentations have been the best I have had in MANY years! I am so happy I attended."
- "Wonderful, interesting day of the scientific meeting!"
- "I learned much more than I anticipated I would and furthered my interest in this clinical skill."
- "I really appreciated this training, and it has strengthened my commitment to practicing and developing greater competency with implementing hypnosis into my practice."

## Annual Conference by the Numbers

Some 108 participants attended representing 9 countries and 22 U.S. states.

- The five-day event included a total of 53.5 total hours of programming
- 16 total workshop sessions
- 3 levels of training
- 7 research presentations, 4 keynotes, 2 symposia, and 5 posters in the Scientific Program
- 5.5 hours of networking events
- 23.50 maximum CE or CME credits available to earn.

If you attended and found the meeting valuable, do not keep SCEH a secret! Help us spread the word about the Society and our events and programs to others who have an interest in hypnosis. If you weren't able to make it, please mark your calendar and plan to join us at our upcoming 2023 Midyear Conference (see details in this issue) and/or our upcoming 2023 Annual Conference (more info coming soon). And in between those events, don't forget our monthly Webinar Series, allowing you to take advantage of SCEH hypnosis education and professional development opportunities throughout the year.

### **'Tis that Time of Year**

As the holidays approach, we are also in the SCEH member renewal period. Thank you to all those who have already renewed. If you haven't done so yet, please complete your renewal before the end of December to help ensure a strong financial finish to our year and to help fund our future.

Your annual renewal is also an excellent time to update your member profile to ensure it has the most up to date information for you. Please take a moment to ensure it is up to date. Thank you.

Thank you for your support of the Society.

Sincerely,  
Anne Doherty Johnson  
SCEH Executive Director

P.S. Renewing is easy – just respond to the email reminder or log in to your profile on our website.

## CONNECT WITH SCEH ON SOCIAL MEDIA





# 73rd Annual Workshops & Scientific Program Recap



**Next Steps and New Directions for  
HYPNOSIS RESEARCH  
AND PRACTICE**

## 2022 Annual Conference

### 73rd Annual Workshops and Scientific Program

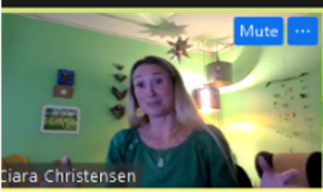
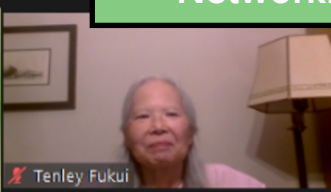

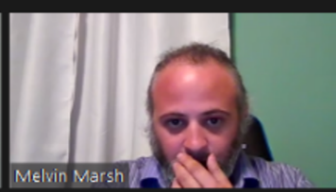


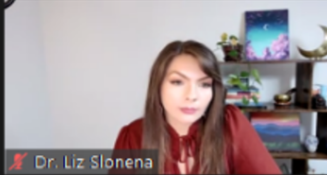







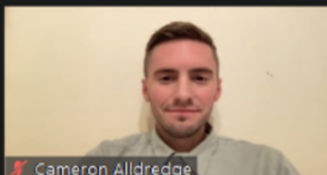

October 12-16, 2022    Online    #SCEH2022






**2022 Keynotes** – Pictured above, left to right: Paola Brugnoli, MD, PhD; Linda E. Carlson, PhD, CPsych; Renzo Lanfranco, PhD, and Barbara Schmidt, PhD

**Networking Session**

 Ciara Christensen	 Tenley Fukui	 Dr. Janna Henning (she/her)	 Melvin Marsh
 Ashley Hosey	 Kayla Grzech, LCSW (she/her)	 Dr. Liz Slonena	 Nik Olendzki (he/him)
 Casey Applegate-Aguilar (She/Her)	 Anne Doherty Johnson	 Tiago Garcia	 Donald Moss (he, his)
 Cassandra Jackson	 Samuel Lurie (he/him)	 Cameron Alldredge	 Dr. Jillian Ballantyne

## SCEH 2022 AWARDS

**Henry Guze Award** for Best Research Paper on Hypnosis to **Gary Elkins; Julie Otte; Janet S. Carpenter; Lynae Roberts; Lea S. Jackson; Zoltan Kekecs; Vicki Patterson and Timothy Z. Keith** in recognition of their paper "Hypnosis Intervention for Sleep Disturbance: Determination of Optimal Dose and Method of Delivery for Postmenopausal Women".

**Ernest R. & Josephine R. Hilgard Award** for Best Theoretical Paper on Hypnosis to Giuseppe **De Benedittis, MD, PhD** for "Neural Mechanisms of Hypnosis and Meditation-Induced Analgesia: A Narrative Review".

**Roy M. Dorcus Award** for the best paper in clinical hypnosis to Zoltan **Kekecs; Donald Moss; Gary Elkins; Giuseppe De Benedittis; Olafur S. Palsson; Philip D. Shenefelt; Devin B. Terhune; Katalin Varga and Peter J. Whorwell** for "Guidelines for the Assessment of Efficacy of Clinical Hypnosis Applications".

**Crasilneck Award** for the best first paper presented by a graduate student or young scientist at a SCEH meeting to **Mikhail Reshetnikov, MA** for the paper authored by himself & Devin B. Terhune entitled "Taxometric Evidence for a Dimensional Latent Structure of Hypnotic Suggestibility" delivered at SCEH 2021.

**Reviewer of the Year Award** for significant contribution to our peer-reviewed quarterly, the International Journal of Clinical and Experimental Hypnosis to **Erik Woody, PhD**.

**Stanley Krippner Award** for efforts supporting the field of hypnosis by students or early career professionals to **Cassandra Jackson, MA** for service as editor of the SCEH *FOCUS* newsletter.

**Shirley Schneck Award** given to a physician who has made significant contributions to the development of medical hypnosis to **Catherine McCall, MD**.

**Erika Fromm Award** for Excellence in Teaching to **Ian Wickramasekera, PsyD**.

**Bernard B. Raginski Award** for leadership in the field of clinical hypnosis to **Barbara McCann, PhD**, for leading the Task Force for Standards of Training, for pursuit of CME credentials for SCEH meetings, and for recruitment of physicians as SCEH members and officers.





## Selected this year by President Christensen for a Presidential Citation:

**Anne Doherty Johnson**, our SCEH Executive Director, for her incredible dedication to the Society and serving SCEH members. Through her efforts, SCEH has been able to adapt in the face of many challenges, and she has been instrumental in expanding hypnosis education and continuing education.

**Zoltan Kekecs, PhD** -- for his service as Treasurer, and poised and careful attention to detail. In serving as SCEH Treasurer, he has been watchful of our finances and thoughtfully helped our leadership understand where we sit financially.

**Barbara McCann, PhD** -- for service as Annual Conference Co-chair and for strong dedication to hypnosis education, and for her work to help SCEH deliver high caliber workshops, increase the reach of our training programs across the medical field and secure CME credits for our training programs.

**Catherine McCall, MD** -- for service as Overall Conference Co-chair, and for her dedication to teaching, and for her efforts organizing and hosting our two most recent Annual Conferences, and mentoring new workshop co-chairs to help SCEH deliver high caliber workshops.

**Janna Henning, JD, PsyD, FT** -- for service as Constitution and Bylaws Committee and for her oversight and guidance on nonprofit governance and the necessary compliance issues of a not for profit organization, and for her efforts to update the SCEH Code of Ethics.

**Donald Moss, PhD** -- for service as Education Chair, and his relentless passion to SCEH, and for his work to ensure a high-quality Webinar Series and Midyear Workshops, playing a pivotal role developing educational programs that are relevant and helpful in growing our understanding of hypnosis.

**Gary Elkins, PhD, ABPP, ABPH** -- for service as Editor-in-Chief of our International Journal of Clinical and Experimental Hypnosis, which continues to publish cutting edge research and now has have an active online presence, helping broaden the visibility of clinical and experimental hypnosis.

**Flavio Epstein, PhD** -- for service as SCEH Membership Chair, and for his dedication and work overseeing our membership approval process and annual member retention campaign.

**Alexandra Chadderdon, PsyD** -- for her continued service for the past few years as Intermediate/Skills Workshop Co-chair for the Annual Conference, in recognition of her enthusiasm and hard work in organizing and hosting workshops, and her dedication to hypnosis education.

**Liz Slonena, PsyD** -- for service as this year's Advanced Workshop Co-chair, for the Annual Conference, selecting topics and speakers, organizing the agenda and hosting advanced level sessions that help grow our understanding of hypnosis.

**Deanna Denman, PhD** -- for her continued service for the past few years as Intermediate/Skills Workshop Co-chair for the Annual Conference, in recognition of her enthusiasm and hard work in organizing and hosting workshops, and her dedication to hypnosis education.

**Afik Faerman, PhD** -- for service as this year's Scientific Program Co-chair, securing keynote speakers, organizing the agenda, and selecting high-caliber scientific presentations that help grow our understanding of hypnosis.

**Nina Mayr, MD** -- for service as this year's Advanced Workshop Co-chair, for the Annual Conference, selecting topics and speakers, organizing the agenda and hosting advanced level sessions that help grow our understanding of hypnosis.

**Madeline Stein, MA** -- for service as this year's Scientific Program Co-chair, securing keynote speakers, organizing the agenda, and selecting high-caliber scientific presentations that help grow our understanding of hypnosis.

**President Christensen singled out the following individuals for the *Living Treasure Award* for their significant contributions to SCEH and the field of clinical hypnosis.**

**Eleanor Laser, PhD**

**David Spiegel, MD**

**Steven Kahn, PhD**

**Karen Olness, MD**

**Richard Kluft, MD**

**Arreed Barabasz, EdD, PhD, ABPP**

## Special Announcement

### SCEH's New Janna Henning Diversity Award and Scholarship

The Society for Clinical and Experimental Hypnosis (SCEH) seeks to create and maintain an inclusive environment where cultural and identity differences in its members and the larger hypnosis community are appreciated, respected, valued, and viewed as a source of strength. In addition, it is SCEH's position that increased knowledge about the needs of diverse populations and the safe and effective use of hypnosis to benefit them will be of great value. SCEH therefore hopes to encourage eligible individuals who represent diverse and traditionally marginalized groups or who are conducting hypnosis research or clinical hypnosis with a specific focus on assisting these groups in attending SCEH's yearly meeting. Ideally, SCEH would also like to provide some financial support for them to do so. Increased diversity in SCEH meeting participants is likely to enhance scientific and clinical knowledge and result in increased dialogue and inquiry concerning hypnosis in these populations.

These were the primary goals of Janna Henning, J.D., PsyD, FT, during her SCEH Presidency (2019-2021). She has worked with the SCEH Legacy Committee and Awards and Fellowships Committee to create SCEH's new *Janna Henning Diversity Award* to recognize SCEH members who represent a traditionally marginalized group/s or who are researching or using hypnosis with a specific focus on assisting these groups; examples would include creating or actively engaging in research programs or initiatives, publishing articles, or giving scholarly presentations that directly address hypnosis and groups and communities that are diverse or marginalized with respect to ethnicity/race, age, gender, gender identity, sexual orientation, social class/SES, or another aspect of traditionally marginalized identity. The Award will include waived registration for the next SCEH Annual Meeting.

SCEH will be creating a new page on our website soon to provide more information about this scholarship.



A special thank you to the following presenters for their recent webinar presentations:

- **Gary Elkins, PhD** and doctoral student **Connor Kelley, BA** for your presentation entitled, "Post-Traumatic Growth: Theory, Process, and Self-Hypnosis Training"
- **Barbara McCann, PhD** for your presentation entitled, "Rewriting the Depressive Script"

Be sure to register for the upcoming webinar by  
SCEH President Ciara Christensen, PhD!

**12/9/2022 Using Self-Hypnosis for Replenishment and Equanimity**  
with Ciara Christensen, PhD [REGISTER](#)

SCEH On-Demand Webinars and home study courses are available 24/7 at:  
<https://tcsppofficeofce.com/sceh/>

Check back on the SCEH Webinar site frequently for more workshops!  
<https://www.sceh.us/webinars>

## Latest News From



### Recent Issue: Volume 70, Issue 4

The most recent issue of the IJCEH features six articles covering a variety of topics including hypnosis for well-being, multi-lingual examinations of hypnotizability scales, the influence of suggestions on attentional processes, and hypnotizability's relation to perceived sleep depth. This is the fourth issue of 2022 and we look forward to publishing many more outstanding articles in the new year!

### SCEH Awards 2022

SCEH Awards for 2022 included authors of several articles published in the International Journal of Clinical and Experimental Hypnosis, including:

#### **Henry Guze Award for Best Research Paper on Hypnosis:**

Gary Elkins, Julie Otte, Janet S. Carpenter, Lynae Roberts, Lea' S. Jackson, Zoltan Kekecs, Vicki Patterson & Timothy Z. Keith (2021) Hypnosis Intervention for Sleep Disturbance: Determination of Optimal Dose and Method of Delivery for Postmenopausal Women, *International Journal of Clinical and Experimental Hypnosis*, 69(3), 323-345, DOI: [10.1080/00207144.2021.1919520](https://doi.org/10.1080/00207144.2021.1919520)

#### **Hilgard Award for Best Theoretical Paper on Hypnosis:**

Giuseppe De Benedittis (2021) Neural Mechanisms of Hypnosis and Meditation-Induced Analgesia: A Narrative Review, *International Journal of Clinical and Experimental Hypnosis*, 69(3), 363-382, DOI: [10.1080/00207144.2021.1917294](https://doi.org/10.1080/00207144.2021.1917294)



### **Roy M. Dorcus Award for Best Clinical Paper on Hypnosis:**

Zoltan Kekecs, Donald Moss, Gary Elkins, Giuseppe De Benedittis, Olafur S. Palsson, Philip D. Shenefelt, Devin B. Terhune, Katalin Varga & Peter J. Whorwell (2022) Guidelines for the Assessment of Efficacy of Clinical Hypnosis Applications, *International Journal of Clinical and Experimental Hypnosis*, 70(2), 104-122, DOI: [10.1080/00207144.2022.2049446](https://doi.org/10.1080/00207144.2022.2049446)

### **Reviewer of the Year:**

Erik Woody, PhD, Distinguished Professor Emeritus, Department of Psychology, University of Waterloo

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

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

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

**OPEN SCIENCE BADGES:** Consider publishing your research with an Open Science Badge! These Badges are implemented to acknowledge open science practices and serve as incentives for researchers around the world to share data and materials associated with the publication. Publishing with an Open Science Badge signals to the reader that the content has been made available and certifies its accessibility in a consistent location.



**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).

### **Call for Papers: Systematic Reviews & Meta-Analyses**

The IJCEH has issued a call for systematic reviews and meta-analyses of hypnosis interventions for psychological and health-related conditions. Meta-analyses and systematic review papers can help enrich our understanding of key topics and can help to advance clinical research. They can provide an accessible resource for clinicians and researchers on existing research and evidence. Review articles serve to provide an up-to-date overview of the current state of knowledge of hypnosis interventions for a particular disorder or domain. Submit your systematic review or meta-analysis to the IJCEH using the submission instructions below!

**If you have a paper to submit**, go to [mc.manuscriptcentral.com/ijceh](https://mc.manuscriptcentral.com/ijceh) and create a username. Everything you submit will be conveniently available for you to view on the online system.

**Contact us at:** [IJCEH@baylor.edu](mailto:IJCEH@baylor.edu)

**Stay in the know** when new articles or issues are published by signing up for new content alerts at the IJCEH publisher's website: <https://tandfonline.com/ijceh>. Click "New Content Alerts", enter your email, and select your preferred frequency!

**Managing Editor:** *Joshua R. Rhodes, MA*

### **Follow us on Twitter**

Here are some Twitter accounts to follow! You can keep up to date on recent articles, event information, the latest news from hypnosis societies, and discussion on hypnosis research.

- [@IJCEH](#) - **The IJCEH's Official Twitter Account**
- [@ElkinsGary](#) - Follow the Editor of the IJCEH
- [@tandfonline](#) - Taylor & Francis Research Insights' Official Twitter Account

**Find us online at:** [www.IJCEH.com](http://www.IJCEH.com) or [www.tandfonline.com/nhyp](http://www.tandfonline.com/nhyp)

## Abstracts from the Most Recent Publication of:

THE INTERNATIONAL JOURNAL OF  
*Clinical and  
 Experimental*  
 HYPNOSIS

### **Can Hypnotherapy Increase Well-Being? (Editorial)**

**Gary Elkins**

Emotional well-being is a broad term that refers to happiness, positive social relationships, life balance, and the pursuit of positive goals. Further, emotional well-being has been shown to reduce risk of death by nearly 20% (Cohen, et al., 2016). The lead article (Na et al., 2022) explores this issue and reports on a pilot study of hypnotic relaxation therapy for well-being (HRT-WB). Their findings demonstrate that 71% of participants achieved high levels of well-being or flourishing. In addition to this innovative study, several articles are included that increase access to scales that measure hypnotizability in French (Apelian, 2022), Russian (Kvitchasty 2022), and Spanish (Muñiz et al., 2022). Kasos et al. 2022 explore the role of hypnotizability in regard to skin conductance orienting response (SCR) in response to differing types of suggestions. Finally, Cordi and Rasch (2022) explore the role of hypnotizability in accurate perception of sleep, with findings suggesting sleep depth may be associated with slow wave sleep and interoceptive ability of accurately perceive sleep depth depending on hypnotizability. Together, these studies identify new applications of clinical hypnosis, increase the availability of scales to measure hypnotizability across cultures, and further understanding of hypnotizability.

### **Pilot Study of Hypnotic Relaxation Therapy for Well-Being (HRT-WB): A New Intervention to Enhance Well-Being and Positive Affect**

**Hyeji Na, Vindhya Ekanayake, Victor Padilla, & Gary Elkins**

The purpose of this study was to investigate the feasibility, acceptability, and potential effect of a novel hypnotherapeutic intervention, informed by positive psychology, to enhance well-being in college students. The present study investigated adapting hypnotic relaxation therapy for enhancing well-being (denoted as HRT-WB). Twenty-seven college students were enrolled in a 5-week intervention of HRT-WB and instructed in daily home practice of HRT-WB self-hypnosis using audio recordings. Participants completed baseline and endpoint measures of well-being and symptoms of psychological distress. Results showed participants who received the HRT-WB intervention experienced improvements in subjective well-being as well as reductions in psychological distress. At endpoint, 71% of the participants who completed the HRT-WB intervention were categorized as experiencing high levels of well-being, or flourishing. In addition, HRT-WB is a feasible intervention, with high rates of retention, compliance with home practice, and satisfaction. Based on these promising results, further research into HRT-WB is warranted. HRT-WB could be a well-accepted, easily administered, and effective means of addressing well-being and enhancing flourishing.

## **French Norms for the Online Sussex-Waterloo Scale of Hypnotizability**

***Clement Apelian***

This article presents French norms for the online version of the Sussex-Waterloo Scale of Hypnotizability. This scale is an online adaptation of the well-established Waterloo-Stanford Group C Scale of Hypnotic Susceptibility: with both behavioral and subjective scores. Insofar as hypnotizability (the ability to respond to suggestions in a hypnotic context) varies substantially in the general population and remains generally stable throughout life, it is important to measure it in experiments using hypnotic suggestion. However, these scales are time consuming, as they often require multiple sessions to achieve a suitable sample size for subsequent participant screening. One promising route for overcoming this inconvenience is to perform hypnotizability assessment online. The Sussex-Waterloo Scale of Hypnotizability is the first to have demonstrated the viability of online measurement. The authors demonstrate that their translation of this scale yields similar statistics.

## **Adaptation of the Russian Version of the Elkins Hypnotizability Scale**

***Anton Kvitchasty, Daria Vereshchagina, Anastasia Kovaleva, Gary Elkins, & Victor Padilla***

Until now, there has been an acute shortage of valid and reliable tools in Russia for making an accurate and highly differentiable assessment of hypnotizability. However, numerous studies confirm the high efficiency, reliability, and accuracy of the Elkins Hypnotizability Scale (EHS), allowing it to claim the title of the new gold standard for assessing hypnotizability. In the present study, the original English-language version of the EHS was translated into Russian. One hundred and five volunteers from Moscow (42% male; 58% female), aged 19 to 44, underwent a hypnotizability assessment procedure according to the EHS protocol. The Russian version of the EHS, like the original, requires an average of 28 minutes to administer and score by a trained assessor. The results showed that the Russian version of the EHS has good internal consistency and does not contain unnecessary elements. Alpha Cronbach values (0.76), and the item-total correlations ( $r_s = 0.44\text{--}0.64$ ) are satisfactory.

## **Feasibility of the Elkins Hypnotizability Scale–Spanish Translation**

***Vanessa Muñiz, Morgan Snyder, & Gary Elkins***

The absence of a Spanish translation of the Elkins Hypnotizability Scale (EHS) suggests access to clinical research and hypnotic interventions may be limited for those in predominantly Spanish-speaking populations. The present study aims to mitigate this disparity by providing a translation of the EHS to facilitate participation in experimental research and clinical care in Spanish-speaking communities. The EHS was translated and administered to 9 participants. No major modifications were done to the characteristics or structure of the EHS after translation. To assess feasibility, mean hypnotizability levels and self-reported levels of pleasantness and comprehension were observed and compared to the English EHS. The results provide a Spanish translation of the EHS. This study demonstrates the Spanish translation of the EHS is feasible for further research.

### **Electrodermal Orienting Response During Active-Alert Hypnosis: Do Verbal Suggestions Influence Automatic Attentional Processes?**

***Eniko Kasos, Krisztian Kasos, Zoltan Kekecs, Anna Szekely, & Katalin Varga***

This study explored the influence of suggestions on differences in electrodermal laterality of the skin conductance orienting response (SCR). Thirty-two participants were randomly assigned to either *permitting* or *excluding* suggestions. During the dream task in the permitting condition the suggestion was: “You are aware of your surroundings and any distractions that might disturb your dream,” while in the excluding condition the wording was: “No outside stimulus will disturb your sleep.” Participants were presented with 12 standards and 2 deviant computer-generated tones during active-alert hypnosis and musical control conditions in a mixed within-between design. High hypnotizables produced higher SCRs after permissive compared to excluding suggestions during hypnosis, while low hypnotizables did the same in the control condition. Study limitations include some loss of data due to equipment failure and relative homogeneity of sample, therefore results cannot be considered definitive.

### **Hypnotizability May Relate to Interoceptive Ability to Accurately Perceive Sleep Depth: An Exploratory Study**

***Maren Jasmin Cordi & Bjoern Rasch***

When individuals score high on hypnotizability, they usually report experiencing an altered state of consciousness, physiological changes, and attentional shifts during hypnotic induction procedures as well. We hypothesize that a better interoception of such internal changes is also relevant for accurate sleep perception. We compared subjects scoring high versus low on hypnotizability to the accuracy of their estimations of Sleep Onset Latency (SOL) time awake, and sleep depth and explored their objective sleep. We sampled seven studies performed in our sleep labs across a midday nap or a night resulting in  $n = 231$  subjects (aged 30.11 ( $SD = 17.02$ ) years, range 18–82 with 15.2% males). Hypnotizability did not influence the accuracy of the perception of time needed to fall asleep or time spent awake. However, the reported sleep depth correlated significantly with the measured amount of slow-wave sleep in high hypnotizables. This pattern appeared across a nap as well as a whole night's sleep studies. We did not find any significant differences in objective sleep patterns depending on hypnotizability. Probably, high hypnotizables benefit from a better interoceptive ability for their perception of their sleep depth.



# An Interview with Dr. Scott Hoye

Interviewed by Lauren Simicich, MSCP

***Tell me a little bit about yourself and your work.***

I'm a licensed clinical psychologist in the state of Illinois. I'm the current president of APA's Division 30 (The Society of Psychological Hypnosis). I have been in private practice for 7 years, and recently expanded to a group practice. I primarily provide psychotherapy with an emphasis on mind/body techniques, including hypnosis. I also provide psychological testing and supervise clinicians.

***What part of your current work do you personally find most satisfying?***

What I find most satisfying in my work is learning about each individual or couple who comes to me seeking help. I am fascinated at discovering how their problems or pathologies manifest for them, and whatever talents, skills, and personal strengths can be utilized to help them find a means to heal, or a new way of being more whole and capable as human beings.

***What initially appealed to you about the study of hypnosis? How has this stayed the same or changed over time?***

Well, that's a loaded question. I initially studied as a lay hypnotist (gasp!), and briefly worked at a "franchise" clinic and ran a small private practice. That quickly appeared limited in how I could help people and what I could practice. But it stoked my interest in hypnosis and psychology and ultimately led me into the field of behavioral health.

What appealed to me initially was how versatile hypnotic techniques can be for improvement of current functioning or remediate work. This still fascinates me, and makes me passionate about teaching and practicing, as well as spreading the word about hypnosis.



***As you've studied hypnosis over time, what have you come to appreciate most about it?***

Well, I think I answered that already! But I can add that I believe that hypnosis is an important basic set of skills to have as a clinician. The scientific and clinical literature should be part of the foundation of training in research and clinical psychology studies, in addition to all behavioral health and psychiatry. It is a pity that, currently, at least in the United States, it is not.

***What do you believe are the important future directions for the field of hypnosis?***

I believe that important directions in the field of hypnosis include the dissemination of the scientific literature as well as raising awareness of the importance of hypnosis in the training of graduate students and amongst practicing clinicians.

We often speak about the need to demythologize hypnosis for the public and our patients. My hope is that hypnosis will be eventually understood as an innate capacity we all have that can be used to improve our lives and understand ourselves better as a species.

***You will be presenting a SCEH webinar entitled, "Yoga Nidra & Hypnosis: Yogic Trance or Trance Logic" in the spring of 2023. Could you briefly describe the subject matter of this presentation?***

This presentation will focus on the Indian spiritual practice of yoga nidra. It will explain its origins in yogic traditions, and its current, growing integration into western therapeutic modalities, such as psychotherapy. I will be comparing yoga nidra to hypnosis and looking at their differences.

I will also go into how researchers are attempting to operationalize yoga nidra. I think that indigenous mind/body techniques are exciting to us clinicians. However, there is a tendency to use these techniques and just "let the outcome studies come flying." But are we really practicing and studying and talking about the things we are professing to? This needs to be asked, so there are some interesting attempts at this that I will present. Yes, all of you researchers can perk up your ears, and you clinicians can go back into a drowsy, somnambulistic state!

Finally, I will describe and offer a few examples of the techniques involved in the practice of yoga nidra to serve as a means of comparison to hypnotic techniques, and explain the importance of being aware of cultural appropriation in behavioral health.

***Why was this topic important for you to present?***

I am a fan of eastern philosophy, religion, and meditation as a tool for self-development. I also believe that mindfulness can be helpful, if applied appropriately, in psychotherapy. But I see that there are caveats to clinicians just applying an indigenous way of working, such as yoga nidra, into our work, without a proper understanding of what it is and how to apply it. I hope this workshop will add to the discussion and inform those who are new to it as it becomes more well known in popular culture and amongst professionals.

***You've been hosting an awesome podcast called "Psychology Talk" for approximately the past three years now. What was your inspiration behind starting the podcast?***

Thank you so much for that kind estimation on the podcast.

The inspiration was to try and develop a more generalist show, from the perspective of someone working in the field. I assume no huge audience, nor to be paid much, if anything, for my time. I view it primarily as public service work to inform the public on issues of mental health and psychological research.

There is a lot of noise that exists in the interweb and on social media, much of it is nonsense dispensed by non-degreed, non-licensed influencers. I hope that my podcast can help reduce that noise.

***What have you enjoyed most about hosting the "Psychology Talk" podcast to date?***

I selfishly enjoy talking to interesting people about psychology and behavioral health issues. This remains a guilty pleasure. I've especially enjoyed the episodes with individuals such as Michael Yapko, David Spiegel, Ian Wickramasekera II, Donald Moss, Stephen Kahn, Lisa Lombard, Daniel Brown, and soon, Gary Elkins. Hypnosis is a vastly interesting subject, and there is so much application and research to learn about.

***What impact do you hope the "Psychology Talk" podcast has on listeners?***

To intrigue, inform, and expand their idea of what is possible for their lives.

***What do you find value in outside of your work/professional endeavors?***

I greatly enjoy kayaking the Chicago River in the summers. I also am a musician, and I play the wire-strung and nylon-strung Celtic harp. I also enjoy spending time at home with my wife and family and gardening on our terrace here in the Loop.

**Where can people find out more about you and your work?**

My practice website:

<https://chicagopsychservices.com>

My podcast:

<https://psych-talk.com>

## Member News

**Etzel Cardeña, PhD** provides us with information on forthcoming papers (i.e., in press) to be published imminently in The American Journal of Clinical Hypnosis. It will be a special issue celebrating the life and work of Professor Irving Kirsch, PhD, who was named a “Living Human Treasure” by SCEH in 2019. The issue will include the following papers:

### GUEST EDITORIAL

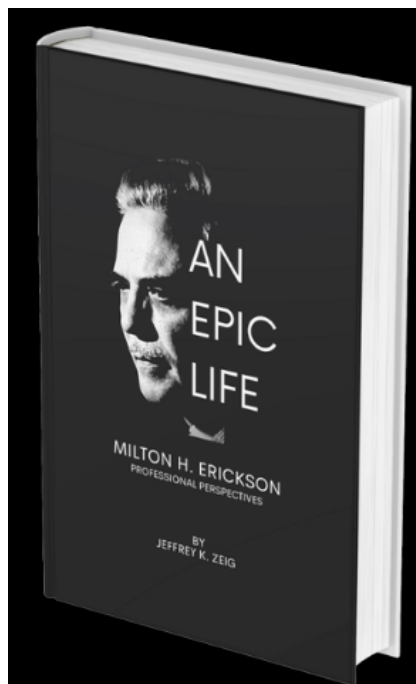
Special Issue: A Celebration of Irving Kirsch (Etzel Cardeña)

### ARTICLES

- Irving Kirsch: A Life Beyond Expectations (Etzel Cardeña)
- The Response Set Theory of Hypnosis Reconsidered: Toward an Integrative Model (Steven Jay Lynn, Joseph P. Green, Anoushiravan Zahedi, and Clément Apelian)
- Do Expectations Influence Pain? Recognizing Kirsch’s Contribution to our Understanding of Pain (Cosima Locher and Helen Koechlin)
- Irving Kirsch Opens a Window on Antidepressant Medications (Emma Grace Chen, Alison Kate Oliver, and Amir Raz)
- An Interview with Irving Kirsch (Etzel Cardeña)
- Reprint: Clinical Hypnosis as a Nondeceptive Placebo: Empirically Derived Techniques (Irving Kirsch)

**Mike Finn, PhD** is excited to announce that he is opening a solo psychotherapy practice this November based in West Michigan. He is a clinical psychologist that is fully licensed to practice psychology in Michigan and Minnesota (by telehealth). Some insurance accepted (see website: [www.finnphd.com](http://www.finnphd.com)). He focuses on psychotherapy and clinical hypnosis with folks coping with chronic pain, chronic illness, and medically unexplained symptoms. He warmly invite referrals and other connections with professionals in the area.

## Book Announcements



### **An Epic Life: Professional Perspectives**

**Jeffrey K. Zeig, PhD**

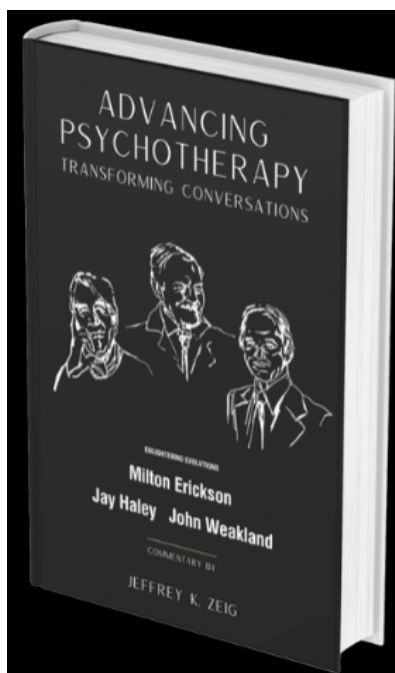
Crafted from four decades of interviews with luminaries and masters, in *An Epic Life: Professional Perspectives*, Jeffrey Zeig offers readers a multifaceted perspective of Milton Erickson, MD. As if seen through a prism, Erickson's image is projected onto the pages of this creative biography that aptly parallels Erickson's mosaic style of communication. The interviews reveal much about who Erickson was as a therapist and a resonant human being. Zeig's own experiences and stories surrounding his person interactions with Erickson, his teacher and mentor, add richness and depth to this biography.

Contained within these pages are the experiences of the nearly 100 professionals who knew or were influenced by the life and work of Milton Erickson. They provide a deeper understanding of this legendary figure.

Milton Erickson was an enigma, even to the people who knew him. Idiosyncratic in perspective, unusually perceptive about people, and astonishingly creative in his unusual methods, too little was known about this man who profoundly shaped modern clinical practice ... until now. Jeffrey Zeig has done something extraordinary by assembling a wide variety of perspectives about Erickson from people who knew him in varying degrees of closeness. The Epic Life of Milton H. Erickson is thus revealed in diverse and tantalizing glimpses of his special form of genius.

To purchase see: <https://www.erickson-foundation.org/books>





## **Advancing Psychotherapy: Transforming Conversations**

**Jeffrey K. Zeig, PhD**

In *Advancing Psychotherapy: Transforming Conversations*, Dr. Jeffrey Zeig gives readers an intimate look into the wizardry of Milton H. Erickson, MD.

In 1955, Gregory Bateson arranged for two of his students, Jay Haley and John Weakland, to meet with Dr. Erickson to gain his input on their theory that are similarities between trance induction and the relational dynamics in families with schizophrenia. Following a brief introduction of the characters, Dr. Zeig presents the transcript of these discussions. Readers will see how Erickson conceptualizes and conveys his understanding

of people, styles of communication, and manifestations of psychiatric disorders. Addressing topics such as bipolar communication, hypnosis and psychosis, multilevel communication, utilizing patterns of resistance, metaphors and hypnosis with resistant disbelievers, the reader is treated to a treasure trove of clinical vignettes, case discussions, and demonstrations of teaching methods.

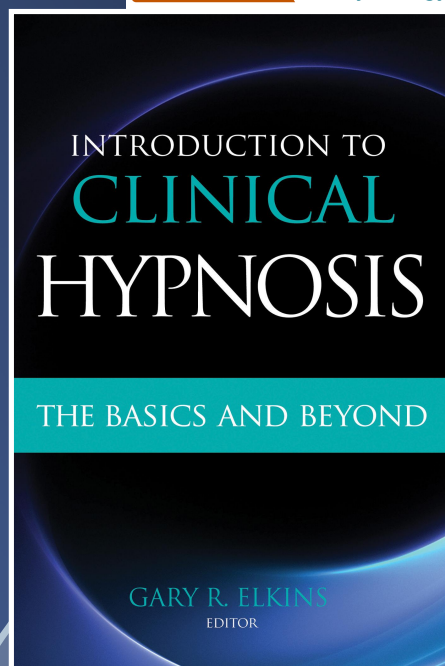
Through these discussions Erickson conceptualizes and conveys his understanding of people, styles of communication, and manifestations of psychiatric disorders. Topics discussed include bipolar communication, hypnosis and psychosis, multilevel communication, utilizing patterns of resistance, metaphors, and hypnosis with resistant disbelievers. The reader is offered a treasure trove of clinical vignettes, case discussions, and demonstrations of teaching methods. With a gentle hand Zeig highlights historical subtleties and clarifies methodologies. The astute student will discover the subtle nature and levels and nuances of hypnotic communication, both in the case histories and in Erickson's interactions with Haley and Weakland.

This book is a must read for those interested in the structure of communication and the development of strategic psychotherapy.

To purchase see: <https://www.erickson-foundation.org/books>

NEW!

#1 New Release in Psychology



ORDER YOUR  
COPY [HERE](#)

## EDITOR

## Dr. Gary Elkins, PhD, ABPP

Professor, Baylor University Dept. of Psychology and Neuroscience  
Director, Mind-Body Medicine Research Laboratory

This is a comprehensive, state-of-the-art resource that provides relevant readings and information for an introductory workshop on clinical hypnosis and can be used as a stand-alone textbook.

## CONTENTS

- Historical Foundations
- Definition of Hypnosis & Hypnotherapy
- Theories of Clinical Hypnosis
- Neurophysiology of Hypnosis
- Hypnotic Induction
- Hypnotic Phenomena
- Formulation of Suggestions
- Deepening and Intensification
- Suggestion for Ego-Strengthening
- Teaching Self-Hypnosis
- Managing Resistance
- Treatment Planning in Clinical Hypnosis
- Ethical Considerations
- Applications in Clinical Practice
- Techniques for Pain Management
- Hypnosis for Children
- Integration of Mindfulness
- Hypnotizability Assessment
- Certification in Clinical Hypnosis

## Calendar of Events

### 2023 Midyear Clinical Hypnosis Workshops

**April 28 - May 1, 2023**

- Introductory Workshop - Friday & Saturday, April 28-29, 2023 - must attend both days
- Intermediate Workshop - Friday & Saturday, April 28-29, 2023 - must attend both days.
- Advanced Workshops - Sunday to Monday, April 30 - May 1, 2023 - select individual sessions you wish to attend

### SCEH Webinar Series [Learn more](#)

**Monthly webinars covering a variety of topics throughout the year**

Sponsored by SCEH and The Chicago School of Professional Psychology.

**New!** Two ways to participate (both offer CE):

1. Attend live, online -- Participate in our monthly series of live, online webinars, offered on a variety of clinical hypnosis topics.
2. Attend at your convenience -- Access our library of past webinars, available on demand, 24/7, via our Home study Program.

**Dec 9, 2022**

**Using Self-Hypnosis for Replenishment and Equanimity  
by Ciara Christensen, PhD**

### 74<sup>th</sup> Annual Workshops & Scientific Program

**Fall 2023**

Details TBD