

FOCUS

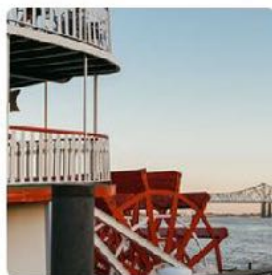
VOLUME 61 | NUMBER 2 | 2019

70th Annual Workshops & Scientific Program

Clinical and Applied Hypnosis: Evidence-based Practice and the Therapeutic Relationship

OCTOBER 16-20, 2019

ACE HOTEL - NEW ORLEANS, LA



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MESSAGE FROM THE PRESIDENT

BY DONALD MOSS, PhD



Midyear Workshops in Denver a Huge Success!

The SCEH Midyear Clinical Hypnosis Workshops organized by SCEH and supported by APA Division 30 took place in Denver Friday to Saturday, April 26-27, 2019. Photos from the Midyear Workshops are included later in this issue of the FOCUS.

Fifteen individuals completed the **Introductory/Basic Workshop-- Fundamentals of Hypnosis** training with Eric Willmarth, PhD. Another fifteen completed the **Intermediate Training in Clinical and Applied Hypnosis** with Ian Wickramasekera II, PsyD, and a dozen participated in persons attended the Advanced Workshop with Gary Elkins, PhD, on **Evidence-Based Hypnotherapy for Anxiety, Hot Flashes, and Pain Management**. Each workshop provided 12.5 hours of continuing education (CE) credits, and count toward SCEH Certification Programs. The event was co-sponsored by the Institute for Continuing Education.

The Society is grateful to APA Division 30 President John Mohl for his assistance in promoting the event. The Colorado Society of Clinical Hypnosis (CSCH) collaborated with SCEH in promoting this meeting, including social media promotion by student member Madeline Stein. Madeline attended the training, registered attendees, and provided information about the CSCH for attendees. Ian Wickramasekera and Sam Kohlenberg, LPC, promoted the meeting at Naropa University, and fourteen Naropa students attended. Janna Henning, JD, PsyD, FT, BCETS, promoted the meeting at Adler University and several of her students attended as well. The Society is grateful to all who contributed to making this event a success.

Join us in New Orleans in October for our Annual Conference

The 70th Annual Workshops and Scientific Program will take place in New Orleans from October 16-20, 2019. *Mark your calendars now*, as you will not want to miss our 70th Anniversary celebration.

The event will be held at the Ace Hotel New Orleans on Carondelet Street. Co-chairs for the New Orleans meeting are Ciara Christensen, PhD and David Reid, PsyD. The theme is *Clinical and Applied Hypnosis: Evidenced-Based Practice and the Therapeutic Relationship*. For more information, click [here](#). Bookmark this page and check back for more information as details are confirmed. We hope you can join us.

The New Orleans meeting will have some exciting keynotes by world-renowned speakers (listed in alphabetic order):

- Éva I. Bányai, PhD, Professor Emeritus of Psychology – The Hypnotic Relationship as a Corrective Emotional and Cognitive Experience: Empirical Results and Theoretical Considerations
- Irving Kirsch, PhD – What Hypnosis Can Learn from Research on the Placebo Effect and the Therapeutic Relationship
- Michael Nash, PhD – Still Seriously Curious about Hypnosis after all These Years
- Karen Olness, MD – Hypnosis: By Another Name in a Variety of Settings
- Jeffrey K. Zeig, PhD – Hypnosis as Evocative Communication

There will also be an invited address:

- Devin Terhune, PhD – Revisiting (and Re-thinking) Dissociation and Suggestibility

In addition, there will be a 20-hour Introduction to Clinical Hypnosis Workshop, a 20-hour Skills Workshop (Intermediate level training) and a variety of Advanced Workshops plus a full Scientific Program including

symposia, research presentations and a poster session. We hope to see you all in New Orleans!

70th Anniversary and Platinum Club

Our Annual Conference in New Orleans marks the 70th anniversary of the founding of SCEH in 1949. We extend a special invitation to all living past-presidents and any members from the *first generation* in SCEH, that is anyone who participated in SCEH during its first four decades (1949-1989), to attend this New Orleans meeting, and to participate in a “living history” group photo at the banquet.

In celebration of SCEH, we invite each member to consider making a donation to SCEH to help fund our student scholarships. We also ask you to consider making a legacy gift in your will or trust. All donors who give \$70.00 or more will be recognized as charter members of the SCEH Platinum Club at the Annual Awards Banquet, commemorating our 70 years of history. You can donate online using [this form](#).

Thank you in advance for your support.

Invitation:

All SCEH past-presidents and those who belonged to SCEH between 1949 and 1989 are invited to attend the New Orleans SCEH meeting and participate in a “living history” group photo at the banquet.

Clinical Hypnosis Instructors Needed for Introductory and Intermediate Workshops

Do you have experience teaching clinical hypnosis at professional conferences or at the university level? Are you interested in sharing your knowledge with SCEH conference attendees?

We are looking for experienced instructors to teach portions of the Introductory and Intermediate Clinical Hypnosis Workshops at our upcoming Annual Meeting in New Orleans in October, from October 16-20, 2019. Instructors receive a discounted registration fee.

SCEH workshops meet accepted Standards of Training in Clinical Hypnosis and count toward SCEH Certification Programs. Workshops are scientifically-based and of the highest teaching quality. Most workshops include demonstrations, practica or other experiential components designed to impart immediately actionable information attendees can use in their practices.

If you are interested in being part of the faculty for the Intro or Skills Workshops, this year or in the future, please email us at info@sceh.us with a note about specific areas of training you feel best qualified to teach. The Introductory or Intermediate Workshop Co-chairs will contact you.

Introductory Workshop Co-Chairs: Paul Larson, PhD, JD and Sam Kohlenberg, MA, LPC
Intermediate Workshop Co-Chairs: John Alexander, PhD and David Reid, PsyD

Deadline: Please respond by June 14, 2019 if interested.

SCEH Announces Webinar Series

In keeping with our goal of increasing programs for members and expanding our educational offerings, SCEH will launch a Webinar Series for members and non-members alike. Webinars are useful continuing education opportunities that allow busy professionals to obtain needed CE credits without travel, and the Society is pleased to provide this convenient opportunity for professionals to gain hypnosis training.

SCEH Webinars will carry APA CE credit. The first webinar will be free for SCEH members and will focus on a topic important for presenters and attendees at all SCEH events. Details on registration will be announced soon, but we encourage you to mark your calendars now for the first three SCEH Webinars.

July 19, 2019
12:00–1:30 PM EST USA

**Cultural Sensitivity,
Personal Boundaries,
and Changing
Interpersonal
Expectations in
Professional
Conference Settings**
*(July 19th presentation free
for all SCEH members)*



Presenter: Janna Henning, JD, PsyD, FT, Adler University, Chicago, IL

About the Presenter: Dr. Henning is a clinical psychologist, educator, and researcher who specializes in traumatic stress, dissociative disorders, chronic and life-threatening illness, death and dying, bereavement, and loss. She is a Professor in the Doctoral Program in Clinical Psychology at Adler University in Chicago, and the creator and coordinator of its Traumatic Stress Psychology Emphasis, one of the only programs of its kind in the U.S. She is the Co-Chair of the Education and Training Committee of Division 56 (Trauma) of the American Psychological Association, the President-Elect of the Society for Clinical and Experimental Hypnosis, a Fellow in Thanatology (Death, Dying and Bereavement) through the Association for Death Education and Counseling, and a member of the clinical faculty for the Portland Institute for Loss and Transition. She has provided clinical services in a wide range of settings, including military centers, hospitals, prison aftercare facilities, and community-based agencies and practices. She currently provides individual therapy to traditionally underserved individuals who have experienced severe traumatic life events, chronic or life-threatening illness, bereavement, or loss, and training and clinical consultation for professionals and trainees who serve these populations.

September 13, 2019
12:00–1:30 PM EST USA

**Integrating Hypnosis
and Mindfulness-Based
Strategies into a
Cognitive Behavioral
Therapy Program for
Smoking Cessation**



Presenter: Joseph P. Green, PhD, Professor of Psychology, The Ohio State University, Lima, OH

About the Presenter: Dr. Green has published over 70 journal articles, book chapters, and encyclopedia entries, and produced two volumes on applied clinical hypnosis. The majority of his publications have centered around the topics of hypnosis, imagination, and suggestion-based approaches to psychotherapy. Dr. Green has been elected president of Division 30 of the American Psychological Association (*Society for Psychological Hypnosis*) three times. He is a *Fellow* of APA Division 30 and the *Society for Clinical and Experimental Hypnosis* and is a member of honor of the *Association for the Advance of Experimental and Applied Hypnosis* (AAEAH; Spain). He has received a number of awards for research, teaching, and mentoring of undergraduate students and early career researchers.

November 15, 2019
12:00–1:30 PM EST USA

**Mindful Hypnotherapy:
Integrating Mindfulness
into Hypnotherapy
Practice**



Presenter: Gary Elkins, PhD, ABPP, ABPH, Editor-in-Chief, *International Journal of Clinical and Experimental Hypnosis* and Professor, Department of Psychology and Neuroscience, Baylor University, Waco, TX

About the Presenter: Dr. Elkins is a Professor of Psychology and Neuroscience at Baylor University in Waco, Texas where he is the Director of the Mind-Body Medicine Research Program. He is the Editor-in-Chief of the *International Journal of Clinical and Experimental Hypnosis* and Past-President of the Society for Clinical and Experimental Hypnosis. Dr. Elkins' publications include *Mindful Hypnotherapy: The Basics for Clinical Practice* and *The Handbook of Medical and Psychological Hypnosis: Foundations, Applications and Professional Issues*. He is a Past President of the Society for Clinical and Experimental Hypnosis.

LETTER FROM THE EXECUTIVE DIRECTOR

BY ANNE DOHERTY JOHNSON



Dear Member,

Your association and its Conference Committee have been hard at work planning another exciting annual event. At our 2019 Conference this year, we will commemorate the founding of SCEH some 70 years ago. Our conference will take place in New

Orleans—the perfect place for a big celebration! Please save the dates of October 16 - 20th and make plans to join us.

I hope you will mark the dates of October 16-20th in your calendar and join your hypnosis colleagues to enjoy the many charms of New Orleans. Also known as the Crescent City, Sportsman's Paradise, the Big Easy, the city has made \$1.57 billion worth of improvements in the past decade, and is truly a place like no other. You can see the city's blend of French, Spanish, Caribbean and African cultural influences reflected in its architecture, food, people and music – and in its unmatched southern hospitality. New Orleans is well known for lagniappe – a little something extra—and that is what we have in store for conference attendees.

2019 Conference Hotel

To host our event, we have selected the Ace Hotel New Orleans, a modern boutique hotel located in a beautiful 1928 Art Deco building in the city's Warehouse District. Located at 600 Carondelet Street, and flanked by museums and galleries, the Ace Hotel is close to restaurants and shopping, with a streetcar line running right in front of the hotel.

The hotel has won many travel and design awards, and features a rooftop pool, gym, lobby bar, restaurant, music venue and coffee shop. Its 234 guest rooms are decorated in Art Deco style and include love seats for lounging, a worktable to rest a beverage, and custom

coverlets inspired by French pattern work from the 1920s. Some rooms have record players; many have Martin guitars. The hotel is just 14 miles from the Louis Armstrong International New Orleans Airport.

Hotel reservations are open now! We have a limited number of rooms available, so it is not too early to make your reservations. Please note that we encourage all conference attendees to stay at our official conference hotel since this helps SCEH keep registration rates down, facilitates interactions with fellow attendees, allows you to save money and places you right in the middle of all conference activities. We have secured a special discount rate of \$189 for the duration of our conference.

Please use either of these two methods to make your reservation.

1. [Reserve online](#) or
2. Call the hotel directly at 504.941.9191 and mention Promo Code "1910SCEH" to ensure you get our special rate

Following these guidelines in reserving your room will ensure all SCEH attendees are counted towards our room block. Note that our special rate is in effect until September 15 or until we sell out, whichever occurs first. Thank you for your cooperation.

[View more information on our conference hotel.](#)

[You can even take a 360-degree tour of the hotel.](#)

2019 Conference Theme

What sets SCEH apart is its dedication to shining the light on hypnosis research and to teaching scientifically supported approaches that improve patient outcomes. In keeping with our theme, Clinical and Applied Hypnosis: Evidence-based Practice and the Therapeutic Relationship, our upcoming conference will include topics about treatment interventions supported by empirical research and how to master the relationship variables that

optimize treatment. Conference content will cover the use of hypnosis in both medical and psychological practice.

Our Workshops component will include Introductory, Skills and Advanced tracks and be taught by an expert faculty. SCEH workshops meet accepted Standards of Training in Clinical Hypnosis and count toward [SCEH Certification Programs](#).

Our Scientific Program brings together leading researchers in hypnosis and related fields, and includes keynotes, research presentations, symposia and a poster session. Critical discussion and debate is encouraged, and has become a hallmark of the program.

Reflecting on Our Past and Looking Toward the Future

As we celebrate our 70th year, we think of how far the Society and the field of hypnosis has come -- and how far we have to go. With your help, we continue to grow the membership and promote the value and efficacy of hypnosis. You are our best ambassadors and we ask you to continue your strong word of mouth referrals to help us expand SCEH membership. In the months leading up to our New Orleans celebration, we invite you to take part in our ongoing membership campaign by inviting a colleague or student to join. Answers to all your membership questions can be found [here](#), including membership costs, benefits, eligibility and how to apply.

Help Us Celebrate our Platinum (70th!) Anniversary

The Society has a strong history of accomplishment in promoting and publishing hypnosis research and in providing high quality clinical hypnosis training and education. It has also helped facilitate many professional collaborations and lifelong friendships.

Cataloging the Impact of SCEH

As we put the finishing touches on our celebration, we invite you to share some stories about what SCEH membership has meant to you. Your personal testimonial will help us tell the Society's story to clinicians and researchers interested in evidence-based hypnosis so that they become aware of SCEH and the resources and community we provide.

Your personal testimonial will help us tell the Society's story to clinicians and researchers interested in evidence-based hypnosis so that they become aware of SCEH and the resources and community we provide.

We invite you to share how SCEH has helped you expand your use or understanding of hypnosis, impacted your professional or personal life, or helped your patients or clients. You can just email your comments to us, or use this [short online form](#).

Strengthening Our Future

As we celebrate SCEH's Platinum Anniversary this year, we also invite your donations to help support our work in promoting hypnosis and support the Society's vibrant hypnosis community. While we are suggesting a donation of \$70, any amount is appreciated. Several SCEH members in the past have also made provisions for a donation to the Society in their estate planning. Please contact our office to discuss a legacy gift. Donations can be by check or [made online here](#).

As we head into June, please stay tuned to our website and your emails for more exciting news about our upcoming conference. Thank you all for your support of the Society and I look forward to seeing you all in New Orleans!



70th Annual Workshops & Scientific Program

**Clinical and Applied Hypnosis: Evidence-based Practice
and the Therapeutic Relationship**

OCTOBER 16-20, 2019

ACE HOTEL - NEW ORLEANS, LA

We are very excited about our 70th Annual event! We are confident this will be among our best conferences ever, celebrating the proud tradition of SCEH meetings that focus on the evidence base of hypnosis. We will explore some new and varied topics, while providing attendees the opportunity to gain CE credits, engage in vibrant debate and learn best practices and tools from instructors and colleagues.

–SCEH President, Don Moss, PhD

This year's theme, **Clinical and Applied Hypnosis: Evidence-based Practice and the Therapeutic Relationship**, puts a focus on selecting treatment interventions well tested by rigorous research, and on personal mastery of the relationship variables that optimize all therapeutic interventions.

Our 2019 conference will feature keynotes, symposia, and workshops that illustrate these twin themes, as well as scientific presentations extending the scope of hypnosis in both medical and psychological practice.

Introductory, Skills and Advanced Workshops plus Scientific Program.

Workshops meet accepted Standards of Training in Clinical Hypnosis and count toward **SCEH Certification**.

For conference information-click here



Conference Registration Opens
June 2019

**ACE HOTEL
NEW ORLEANS**

Hotel Reservations

Special discounted rates for our hotel room block are valid until it sells out or **September 15th, 2019**, whichever occurs first.

RESERVE NOW

Call for Awards Nominations

SCEH members are invited to submit nominations for our 2019 Awards Program. Help us to recognize deserving members of our hypnosis community

DEADLINE: All nominations are due by **July 12th**.

ELIGIBILITY PERIOD: July 1, 2018 through June 30, 2019

Acknowledging Service to the Hypnosis Field

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

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

Please suggest candidates for the following awards. Awards will be presented in October at the 2019 Annual Conference of SCEH.

Please email nominations to: anne@sceh.us **no later than July 12, 2019**.

Award Categories

- Henry Guze Award - for the best research paper on hypnosis
- Roy M. Dorcus Award - for the best paper in clinical hypnosis
- Bernard Raginski Award - for leadership in the field of clinical hypnosis
- Shirley Schneck Award - to a physician who has made significant contributions to the development of medical hypnosis
- Arthur Shapiro Award - for the best book on hypnosis
- Crasilneck Award - for the best first paper presented by a graduate student or young scientist at a SCEH meeting
- Hilgard Award - for the best theoretical paper on hypnosis
- Erika Fromm Award - for excellence in teaching
- Stanley Krippner Award - for efforts supporting the field of hypnosis by students or early career professionals (since 2018)

2019 SCEH Awards and Fellowships Committee

Chair: Eric Willmarth, PhD, Past President

Members: David Reid, PsyD
Devin Terhune, PhD

SCEH STUDENT COLUMN

BY MADELINE V. STEIN



As of May 10th, I am a graduate of Naropa University having obtained my master's in Clinical Mental Health Counseling with a concentration in Mindfulness-based Transpersonal Counseling. I will be starting at Saybrook University in the Fall working towards my Doctorate in Applied Psychophysiology within the College of Integrative Health Medicine & Health Sciences. As I work towards licensure as a Professional Counselor, I will be doing group facilitation with WINGS—an organization providing support services for survivors of childhood sexual assault.

I'm pretty involved with both SCEH and ASCH. As a SCEH volunteer and student member, I am working with student member Christianna Flynn, to develop a student leadership role. If you're a student member, we want to hear from you! You could write a fancy bio (like this one!) for the FOCUS newsletter, get looped in on student-focused offerings, or even be apart of developing student leadership positions. I also volunteer on the SCEH Marketing Committee, specifically focusing my efforts on SCEH's Facebook presence. Did you know you could help SCEH on Facebook? Here's how: 'like' SCEH posts, 'share' SCEH posts (either on your professional Facebook page or personal), and comment! Social media is a great way to connect, market, and further the public's understanding of clinical hypnosis.

P.S. SCEH would love to share your hypnosis related content on our Facebook page. We're interested in photos of members at hypnosis events, open-access articles, testimonials of your experience as a SCEH member or workshop participants. Not sure if your content is what we're looking for? Send it along and we'll let you know!

Email all content submissions to focus@sceh.us.

Calling all SCEH Students!

Supported by Dr. Henning, student members Madeline Stein and Christianna Flynn are developing an ad hoc committee focused on getting more students involved with SCEH leadership! The committee will specifically focus on defining a role for a Student Representative on the SCEH Executive Council and begin constructing a nomination process. Interested in joining the committee? Want to know more? Please email Madeline at: madeline@madeline-stein.com with your questions, comments, and concerns.

Midyear Workshops Were a Huge Success!

2019 Midyear Clinical Hypnosis Workshops

Co-sponsored by SCEH and the Institute for Continuing Education

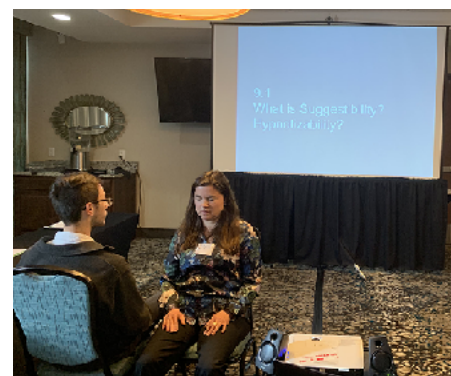
The SCEH Midyear Clinical Hypnosis Workshops, co-sponsored by SCEH and the Institute for Continuing Education, and supported by APA Division 30, took place in Denver Friday to Saturday, April 26-27, 2019.



Workshop instructors: Left to right: Elkins, Wickramasekera and Willmarth.



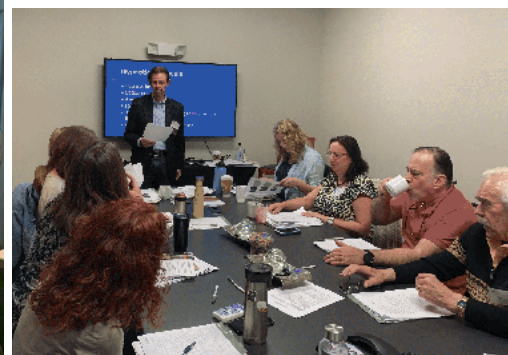
Workshops were interactive.



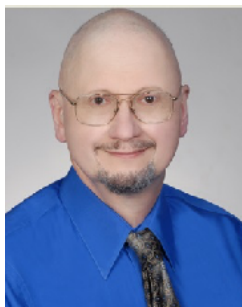
Two workshop participants participate in a practice session.



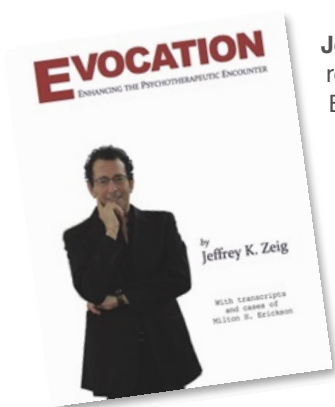
Class members separated into groups to try their hand at what they have learned.



MEMBER NEWS



Philip Shenefelt is now President of ASCH. The next annual meeting will be in Reno/Tahoe March 19-22, 2020 at the Nugget.



Jeffrey Zeig announced the publication of his recent book *Evocation*. He will speak at the British Society of Medical & Dental Hypnosis (Scotland) [Autumn Symposium 2019](#)



March 30, 2019, **Richard P. Kluft** received the "Ernest R. Hilgard Award for the Best Paper on a Historical Topic on Hypnosis" from the American Journal of Clinical Hypnosis for a series of three articles exploring Sigmund Freud's abandonment of hypnosis, the first two in 2018 and the third in 2019:

Freud's Rejection of Hypnosis: Part I - The Genesis of a Rift
Freud's Rejection of Hypnosis: Part II - The Perpetuation of a Rift

Freud's Rejection of Hypnosis: Perspectives Old and New: Part III of III - Toward Healing the Rift: Enriching Both Hypnosis and Psychoanalysis

He also received an "Editor-in-Chief's Award for the Second Most Downloaded Article of 2018" from the American Journal of Clinical Hypnosis for *Reconsidering Hypnosis and Psychoanalysis: Toward Creating a Context for Understanding*. This 2018 article was an introduction to a special issue on Hypnosis and Psychoanalysis, and introduced themes addressed in the three articles that received the above award.

Share Your News with the SCEH Community!

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

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

SCEH reserves editorial rights over all submissions.

We look forward to hearing from you!

Don't Miss Important Communications from the Society

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

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

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

- 168.245.116.231
- 168.245.127.241
- 168.245.20.17
- 168.245.25.254

MEMBER NEWS *continued*

RECENT PUBLICATIONS BY SCEH MEMBERS

Maraldi, E. d. O., & Krippner, S. (2019, April 1). Cross-Cultural Research on Anomalous Experiences: Theoretical Issues and Methodological Challenges. *Psychology of Consciousness: Theory, Research, and Practice*. doi:10.1037/cns0000188

Friedrichsdorf SJ, **Kohen DP**. Integration of Hypnosis into Pediatric Palliative Care. *Annals of Palliative Medicine*, 2017. doi: 10.21037/apm.2017.05.02

Kaiser, P, **Kohen DP**, Brown, ML, Kajander, RL, Barnes, AJ. Integrating Pediatric Hypnosis with Complementary Modalities: Clinical Perspectives on Personalized Treatment. *Children* 2018, 5, 108; doi:10.3390/children5080108

Kohen, DP & Quinby, Jeremy – Podcast – “Dr. Daniel Kohen: The Language of Hypnosis” Highway to Health PODCAST (Jeremy Quinby, Host) March 11, 2019. (01:34:38)

Kohen, D.P. (2019) “So, what am I supposed to DO about these headaches that keep coming?!” – Chapter 6 in Jensen, M.P. (Ed) *Hypnotic Techniques for Chronic Pain Management: Favorite Strategies of Master Clinicians*. Denny Creek Press, Kirkland, WA 98033 www.dennycreekpress.com

SCEH MEMBER DISCOUNT



Are you aware that as a SCEH member, you can get a 25% discount on Springer Publishing titles ordered through www.springerpub.com. To access this members only program, follow the links below.

View Springer Publishing titles with hypnosis content [here](#).

View all Springer Publishing titles [here](#).

For details on how to get your member discount, [read this notice](#) (member login required.)

SCEH Membership

The Society for Clinical and Experimental Hypnosis (SCEH) is an international organization of psychologists, physicians, psychiatrists, dentists, social workers and master's level nurses and certain other professionals who are dedicated to the highest level of scientific inquiry and the conscientious application of hypnosis in two settings; clinical and experimental.

For more information and to apply online:

How to Join

Membership Requirements

Membership Approval

Member Benefits

Don't Miss Important SCEH Communications

Annual Dues

Full Membership \$165 • Professional Affiliate \$165 • Student Affiliate Membership \$49

Stay Connected.



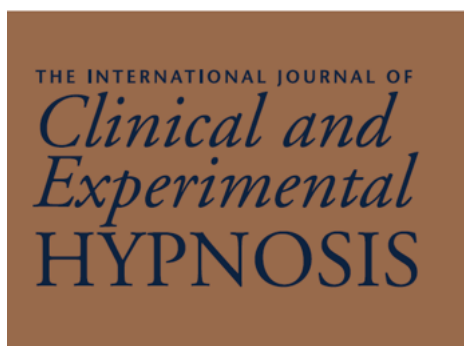
[@scehus](#)



[@SCEHypnosis](#)



[society-for-clinical-and-experimental-hypnosis](#)



LATEST NEWS FROM THE IJCEH

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

Managing Editor: Lynae Roberts, MA



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

It's been an exciting year at the journal. On May 1st, 2019, our ScholarOne website for submission and peer review successfully went live. We took our time developing the site and are so glad to see that it's been well-received. If you have a paper to submit, just go to mc.manuscriptcentral.com/ijceh and create a username. Everything you submit will be conveniently available for you to view on the online system. Unlike so many websites, ScholarOne makes it easy to reset your password, so don't worry if you forget! ScholarOne also streamlines the peer review process. We are proud to use double-blind reviews to reduce bias, and the online system helps us do that more reliably.

We have a very special issue on Contemporary Research coming up at the end of the year with Dr. Giuseppe De Benedittis as guest editor. This issue will feature papers by some leaders in the field who participated in the historic Pre-Congress Scientific Meeting at the 21st World Congress of Medical and Clinical Hypnosis in Montreal last year. The meeting aimed to build bridges of understanding between clinicians and researchers. The articles chosen for the upcoming special issue highlight insights and challenges for the field, addressing theory, practice, and research.



Managing Editor: Lynae Roberts, MA

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).

 Follow us at twitter.com/ijceh

**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 the April 2019 Issue

A Hypnosis-Based Group Intervention to Improve Quality of Life in Children with Cancer and Their Parents

Charlotte Grégoire, Christophe Chantrain, Marie-Elisabeth Faymonville, Jennifer Marini & Isabelle Bragard

Many children with cancer and their parents suffer from distress, fatigue, and relational difficulties. Hypnosis is often used to decrease children's procedure-related pain and distress in pediatric oncology and to improve the well-being of adults with cancer. This article describes a pilot study assessing the acceptability and feasibility of a group intervention combining self-care and hypnosis for children with cancer and their parents, and a quasi-experimental protocol aimed at assessing the efficacy of this intervention to improve quality of life, distress, fatigue, and coping. The pilot study showed that the intervention was feasible and perceived positively. Future research is needed to test the efficacy of group interventions combining self-care and hypnosis to improve quality of life for children with cancer and their families.

Taiwanese Norms for the Harvard Group Scale of Hypnotic Susceptibility, Form A

Mei-Jing Lin & Erik Chihhung Chang

Hypnotic susceptibility is a fundamental individual characteristic to consider in studies examining hypnosis. Although there is no existing normative data of group hypnotic susceptibility tests for the Mandarin-speaking Chinese population, the current study administered the Mandarin Chinese translation of the Harvard Group Scale of Hypnotic Susceptibility, Form A (HGSHS:A) to 242 subjects (137 females and 105 males). The results indicate that the normative properties—including the score distribution, item pass rates, and reliability—are comparable to 15 reference samples. In general, the Mandarin Chinese version of the HGSHS:A can be used as a viable and reliable instrument for prescreening subjects' hypnotizability in the Mandarin Chinese-speaking population in Taiwan.

Recalled Parental Rearing Style and Dimensions of Hypnotic Response

András Költő, Emese Józsa & Éva I. Bányai

So far, only a few studies have investigated how memories of parental rearing style are associated with hypnotic response, and these were either qualitative or confined to the behavioral aspect of hypnotizability. The present study aims to employ standardized, quantitative measures to investigate the associations between recalled parental rearing style and the behavioral, phenomenological, and emotional dimensions of hypnotic response. Two samples of healthy adult subjects ($N = 438$) completed a questionnaire on their parents' behavior and participated in a standard group hypnosis session in which their hypnotizability score, hypnotic experiences, and archaic involvement were assessed. Memories of cold and punishing parental behavior were associated with negative experiences related to the hypnotic state and negative emotions toward the hypnotist. The authors conclude that assessing parental behavior may be important in planning hypnotherapeutic interventions.

The Effects of Hypnosis and Hypnotic Suggestions on the Mismatch Negativity in Highly Hypnotizable Subjects

Seppo Hiltunen, Maarit Virta, Sakari Kallio & Petri Paavilainen

The neural mechanisms associated with hypnosis were investigated in a group of 9 high hypnotizable subjects by measuring the mismatch negativity (MMN) component of the auditory event-related potential (ERP). ERPs were recorded using a passive oddball paradigm to sinusoidal standard and deviant tone stimuli of 500 and 520 Hz, respectively, in four conditions: prehypnosis, neutral hypnosis, hypnotic suggestion for altering the tone perception, and posthypnotic conditions. Earlier studies have indicated that hypnosis and hypnotic suggestions might have an effect on MMN, but the results of our study contradict these results: No statistically significant differences were found between the conditions in the MMN amplitudes.

Prerecorded Hypnotic Peri-Surgical Intervention to Alleviate Risk of Chronic Postsurgical Pain in Total Knee Replacement: A Randomized Controlled Pilot Study

Ji Kwan Lee, J. O. Zubaidah, I. Siti Irma Fadhilah, I. Normala & Mark P. Jensen

This pilot study evaluated the effect sizes associated with prerecorded hypnotic interventions provided during the perisurgical period for reducing risk factors associated with chronic postsurgical pain, including acute postsurgical pain, anxiety, depression, and pain catastrophizing. A total of 25 participants ($N = 25$) were randomly assigned to receive a hypnotic intervention ($n = 8$), minimal-effect treatment ($n = 8$), or treatment as usual ($n = 9$) during their hospital stay for total knee replacement (TKR). Participants were followed for 6 months after hospital discharge. Results indicate that prerecorded hypnotic intervention exerted medium effects for reducing acute postsurgical pain and large effects for reducing perisurgical anxiety and pain catastrophizing. The findings indicate that a fully powered clinical trial to evaluate the beneficial effects of prerecorded hypnosis to manage pain and psychological distress in patients undergoing TKR is warranted.

PERSPECTIVES ON DIVERSITY

BY FLAVIO EPSTEIN, PHD

In 2018, I presented a poster at the American Psychological Association, Division 30's professional meeting. The poster focused on a case study about improving assertiveness in the workplace through hypnosis.

Ms. L is a Middle Eastern-American nurse who was experiencing stress, depression, and anxiety in the clinic and hospital settings that she worked at. Difficulty asserting herself was a primary issue for her. She complained of the lack of ability to set appropriate limits with patients and staff, often feeling that she had over-extended herself.

As we worked on this issue, she claimed that her Middle Eastern family and culture were to blame. Ms. L, prior to hypnosis, completed the Tellegen Absorption Scale, with a total score of 21, suggesting an average hypnotic susceptibility. Before and after the four hypnosis sessions, she completed the Adult Outcomes Questionnaire (AOQ), which included the Patient Health Questionnaire-9 (PHQ-9) instrument, and the Rathus Assertiveness Schedule.

Ms. L's hypnosis sessions took an average of 45 minutes. They began with the same induction instruction, the eye roll, followed by a staircase to deepen experience, subsequently settling in a safe place. The suggestions focused on assessing the present and inviting awareness of her experiences of assertiveness, followed by reorienting to the present. The debriefing after each session provided opportunity for reflection on her hypnosis experience as it related to her real-life struggles with boundaries and with being assertive.

Her PHQ-9 scores pre and post-intervention were 21 and 5, her AOQ scores pre- and post- intervention were 30 and 7, and her pre- and post-Rathus Assertiveness Schedule scores, -11 and -2. The scores after the intervention suggested improved depression, lower global distress, and improved assertiveness.

In the second session, through an affect bridge (Watkins, 1971), Ms. L gained insights about her internal psychological barriers to becoming an assertive person. She described her Middle Eastern culture, including a father who had been too strict, a mother who wanted to be taken care of, and a boss who made her feel like she could never do anything right during debriefing.

The initial data was gathered in early 2018, and Ms. L is working at the same job now and agreed to complete the AOQ with the PHQ-9 instruments, and the Rathus Assertiveness Schedule. Her scores were 18, 11 and -3, respectively, suggesting mild depression, and a level of assertiveness similar to the one achieved at the end of treatment in early 2018. During a short semi-structured interview, Ms. L answered three questions.

1. Can you describe how you are doing with limit setting with patients and staff at work?

"Since we worked on assertiveness last year, I began to pay attention to my boundaries and assertiveness daily, both with patients and with staff. I had been focusing on myself and my needs above all in the past year. The mild depression is probably due to structural changes at work, which led me to focus on my needs even more. I practice self-care daily. This is a big shift for me, as I used to offer to care for everyone in my life."

2. Are you able to monitor how much you do for others? If yes, how do you do it? And if no, what might be the barriers?

"Yes, I do. I monitor myself daily, as I don't want to over-extend myself as I used to do in the past. This has been a difficult, but conscious shift for me to make, because growing up as Middle Eastern woman in Iran, we were trained to help others and to not be assertive."

3. How are you feeling about yourself as a professional nurse at work?

"I am having a hard time with my self-esteem as a nurse due to the many changes that have taken place in the past year at work, however I do realize that I have been in the same job for 15 years, and that's an accomplishment."

We reviewed her AOQ, PHQ-9 and Rathus Assertiveness Schedule scores. I pointed out to her that her assertiveness score is essentially the same as it was over a year ago (-3 now versus -2 in early 2018). She has been consciously setting boundaries and experimenting with different levels of assertiveness. The depression scores are in the mild range, and she attributes that to the many changes she has faced at work in the past year. However, she is a resilient person, who seems to find strategies that work for her over time.

Ms. L practices "going inward" to her "safe place". She checks in with herself daily at work regarding her thoughts and feelings as she goes about her day, as a nurse, in a busy clinic and hospital setting. She also says that her family members have noticed her personal changes, from being the one caring for everyone, to setting limits and not over-extending herself to care for others, in the past six months.

Ms. L reflected on her experience with assertiveness at work in the past year, stating that she has been able to develop awareness of how her past experiences affect her present, how her family and culture shaped her behavior as an adult, and she now consciously chooses how to set her boundaries. She feels more in control and less automatic in her behaviors. Ms. L is now experiencing herself as a reserved person. She does not express every feeling she has, nor does she help everyone she sees that needs help. She experiences some grief about having moved to "the other side", where she is consciously choosing not to help others.

Ms. L would like to find a middle ground between being too helpful for others, and too reserved, and has been working on finding it. Ms. L seems pleased so far with the meaningful changes she has made towards becoming an assertive Middle Eastern woman in a fast-paced medical workplace and feels that there is more work to be done.

Reference

Watkins, J. (1971). The affect bridge: A hypnoanalytic technique. *The International Journal of Clinical and Experimental Hypnosis*, 19(1): 21-37.

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Leora Kuttner, PhD is one of NPHTI's Senior Faculty as well as a Clinical Professor of Pediatrics, University of British Columbia and British Columbia Children's Hospital, Vancouver, Canada, and Vice-President, Canadian Society of Clinical Hypnosis (BC Division). She is an author, filmmaker, and highly sought-after speaker; her award winning films include "No Fears, No Tears", "No Fear, No Tears 13 Years Later" (Best documentary award) and "Making Every Moment Count" (2004 National Hospice & Palliative Care Organization: Award for Best Professional Film).

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