

# FOCUS

VOLUME 62 | NUMBER 2 | 2020

## Resources for Coping with Covid-19

### **Free Special Public Service Webinar** **NOW AVAILABLE ON DEMAND**

*Supporting Optimal Coping with the Anxiety  
and Stress of the Covid-19 Pandemic*

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# MESSAGE FROM THE PRESIDENT

BY JANNA A. HENNING, JD, PSYD, FT



Dear Colleagues and Friends,

At the time I wrote my last President's Message, it was hard to imagine the level of disruption in our professional and personal lives that we would all still be experiencing this spring, as we continue to navigate the many challenges

and losses associated with the COVID-19 pandemic.

As members of helping professions, many SCEH members have been providing services in support of our patients, clients, students, colleagues, and other helpers. We have been answering the call to assist others in managing feelings of anxiety, frustration, and grief related to losses, disappointments, and ongoing struggles, even as many of us are going through similar experiences and reactions in our own personal and professional lives. Many SCEH members have also played an active role in advocacy at professional and governmental levels to safeguard our ability to continue to provide and be compensated for professional services that are needed more than ever now. We honor and appreciate everything you have been doing, and we encourage you to also do whatever you can to stay healthy and take care of yourself emotionally and psychology, even as you are supporting others.

To assist you with your efforts to adjust to the many changes required by this global crisis, we want to provide you with access to tools, resources, and the virtual support of our professional community that may help you during these challenging times. One example is this list of [resources](#) we created that you might find useful.

The list is periodically updated as new resources become available. If you happen to be aware of any resources that you would like to contribute, please [email](#) them to us.

In addition, SCEH offered a live, free webinar, ***Supporting Optimal Coping with the Anxiety and Stress of the COVID-19 Pandemic***, on April 1 and April 8, 2020 in cooperation with The Chicago School of Professional Psychology, as a public service for our members and students, faculty, staff and instructors at TCSP, Saybrook

University, University of Washington, and Baylor University. If you weren't able to attend it live, a recording of this webinar can be viewed on the SCEH website. See this section of the SCEH [Webinars page](#) for more information.

Registration is required, and the program offers 1.5 APA CE for Psychologists and 1.5 BBS CEU for Counselors, Marriage and Family Therapists, and Social Workers. Participants will receive a link to access the course quiz and evaluation a few hours after completing the video. Please note that there is no pause feature, and the video is approximately an hour and a half in length, so kindly plan accordingly.

The need for physical distancing to slow the spread of COVID-19 has impacted SCEH in a number of ways; sadly, we first had to make the difficult and disappointing decision to cancel our Midyear Workshops, which would have been offered in Chicago at the end of April. A few weeks ago, we made the unprecedented decision not to hold an in-person Annual Conference in 2020. The ongoing progression of the pandemic and the responses of state and local leadership to ensure public safety have required us to make these decisions to protect our members and meeting attendees.

However, as is often the case, challenges may be accompanied by opportunities. The SCEH Conference Committee and Executive Committee are currently in the process of planning the very first fully virtual SCEH Annual Conference! Our theme is *Hypnosis to Enhance and Augment Treatment Outcomes*. The in-person conference had been scheduled for October 14-18, 2020. We are currently in the final stages of planning the structure for the different training tracks and programming for a virtual meeting, but it will still occur over the originally planned Oct. 14-18 dates. We will be posting additional details on our [conference page](#) as decisions are made.

The overall Conference Committee Co-chairs are Ciara Christensen, PhD and David Reid, PsyD, and we look forward to the creativity and contributions of many SCEH members who will be taking on new committee roles. Barbara McCann, PhD, SCEH Secretary, and Tova Fuller, MD, PhD will serve as co-chairs for the Introductory/Basic

Workshop. Alexandra Chadderdon, PsyD and Deanna Denman will serve as co-chairs for the Intermediate/Skills Workshops, and Ciara Christensen, PhD and Catherine McCall will serve as co-chairs for the Advanced Workshops. Our Scientific Program will be chaired by Vivek Datta, MD, MPH and Barbara McCann, PhD, with assistance from Zoltan Kekecs, PhD. If you are interested in contributing your skills to the Annual Conference as a virtual introductory or skills workshop presenter, please contact SCEH President-Elect [Ciara Christensen](#) or [David Reid](#).

Given our move to a virtual format, a revised request for proposals for the Advanced Workshops and Scientific Program (research presentations and posters) will be shared soon. (If you have already submitted a proposal, there is no need to re-submit.) In particular, we are considering creative new ways to conduct a virtual Poster Session as part of the Scientific Program. Stay tuned for more details!

In addition, many exciting new webinars have been scheduled to take place in the coming months. See our Calendar of Events later in this issue of Focus for more details.

**70<sup>th</sup> Anniversary and Platinum Club.** To honor the 70<sup>th</sup> (platinum) anniversary of the founding of SCEH, please consider making a donation to help fund student scholarships. Students represent the future of SCEH, and scholarships provide financial assistance for them to be able to attend our meetings. Donors who give at least \$70.00 will be designated as Charter Members of the SCEH Platinum Club. You can donate online [here](#).

Please also consider remembering SCEH with a legacy gift or a trust in your will. Please contact the [SCEH office](#) or [Gary Elkins](#) to discuss the various options to contribute in this lasting way toward the future growth and vitality of SCEH.

### **Please Renew Your SCEH Membership**

We greatly appreciated everyone who has renewed their SCEH membership! SCEH needs your support to continue supporting the hypnosis community. For those who have not yet had the opportunity to renew, please consider doing so. Membership dues are used to help develop and provide the training we offer, as well as other resources such as the [mentorship program](#).

Membership benefits include receiving discounts on registration for many events, including workshops, conferences, and webinars. Please follow this [link](#) to see the full list of benefits.

We need your help to continue supporting—and expanding—the community of researchers and clinicians who are interested in hypnosis! To continue to partner with us in this mission, you can renew quickly and easily [here](#).

Membership in an association such as SCEH facilitates access to relationships that sustain us professionally and personally. Even in times when physical distance separates us, we can still support and be there for one another. Even though we will not be able to meet and connect face to face in 2020, we are excited by the opportunities that the webinars and virtual Annual Conference may provide. This new format may allow us to connect with some of our members and colleagues who wouldn't otherwise been able to join us. And you can be sure we will find ways to include social aspects and virtually shared meals with members, female-identified members, and students and early career professionals. We are looking forward to continuing to connect with you virtually, until we can meet again in person.

Be well, and stay safe!

Sincerely,

Janna Henning,  
SCEH President

**Renew**  
**Now**

## **It's Time to Renew Your Membership**

**Please renew now to help SCEH continue to advance our mission of promoting the clinical and scientific uses of hypnosis.**

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

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



# LETTER FROM THE EXECUTIVE DIRECTOR

BY ANNE DOHERTY JOHNSON



I hope this issue finds you healthy and well as together we all endure this strange period in our history.

SCEH continues to attract new members during the pandemic. Your work is critical as the world adjusts to the changes and challenges required by the

pandemic. We are honored to support your efforts to help patients and clients survive and navigate this “new normal” state of affairs. Thank you for all the important work you are doing to help the world adjust to the new realities we all face as a result of the pandemic, and better cope with its challenges.

We heard from a number of you who participated in our public service webinar on Covid-19, thanking SCEH and our instructors for this valuable resource. We would like to acknowledge and express our sincere gratitude to SCEH Immediate Past President Don Moss, PhD, Dean, College of Integrative Medicine and Health Sciences, Saybrook University, who put this all together quickly, and who also led the webinar, along with fellow instructors Barbara S. McCann, PhD (Professor, Department of Psychiatry and Behavioral Science, University of Washington), Gary Elkins, PhD, ABPP, ABPH (Professor of Psychology and Neuroscience at Baylor University), and Breeda M. McGrath, PhD (Associate Campus Dean Online, The Chicago School of Professional Psychology).

If you have not yet seen the webinar, or wish to view it again, please sign up [here](#).

In addition to our public service webinar, SCEH has assembled a list of great resources for dealing with Covid-19, curated by SCEH President Janna Henning, PhD. The list can be found on our website [here](#).

This rich resource list includes a mix of articles, videos and websites that include: recommendations and resources from the American Psychological Association; links to resources on general coping strategies (including self-care for psychologists); links to specific activities for entertainment and distraction; recommendations for faculty transitioning to teaching online and resources for health care providers. If you haven't yet had a chance to

peruse this list, I encourage you to do so. We welcome your feedback and continue to add to the list, so please [forward](#) any useful resources to us so we can make it even better. Thank you.

I'm delighted to report that participation in our Webinar Series is growing and more new health care professionals becoming aware of the Society. Please help us continue to get the word out about these training opportunities by sharing our emails or social media posts with colleagues or students you think could benefit.

The webinars cover varied topics and are led by top notch instructors. To date we have looked at topics such as: using hypnosis with children, using hypnosis for chronic pain, ethical principles and practice standards; how to navigate cultural sensitivity and interpersonal expectations in conference settings, using hypnosis for smoking cessation and mindful hypnotherapy. If you have an idea for a future topic, please let us know.

Coming up, we will be covering clinical hypnosis for chronic pain and opioid addiction; cognitive, mindfulness and hypnotherapeutic approaches for managing anxiety; how hypnosis can enhance your clinical practice; creativity and hypnosis for positive change; hypnosis treatment planning; and new applications of hypnosis in integrative medicine. We hope you will join us for one of our upcoming sessions, noted in detail on our [webinars page](#).

As you may be aware, we are moving our Annual Conferences online for 2020. We hope that one positive consequence of our move online will be that many more members and attendees, both domestic and international, will be able to participate. With no need for travel and hotel costs, the event will be more affordable and convenient than ever! We are retaining our originally scheduled dates of October 14-18, so please hold the dates. Watch our [website](#) for more details as we complete our planning efforts.

Be well. Stay well.

Best regards,

Anne Doherty Johnson  
Executive Director

# MOVING ONLINE FOR 2020!

SCEH Annual Conference

## HYPNOSIS TO ENHANCE & AUGMENT TREATMENT OUTCOMES

OCTOBER 14-18, 2020

71st Annual Workshops & Scientific Program

### **UPDATE:**

*Due to the Covid-19 pandemic, we will be holding the 2020 Annual Conference online. Detailed planning is now underway.*

Our conference theme, ***Hypnosis to Enhance and Augment Treatment Outcomes***, puts a focus on patient and client results and the power of hypnosis to positively impact patient care.

#SCEH 2020

### **Clinical Hypnosis Instructors Needed for Introductory and Intermediate Workshops**

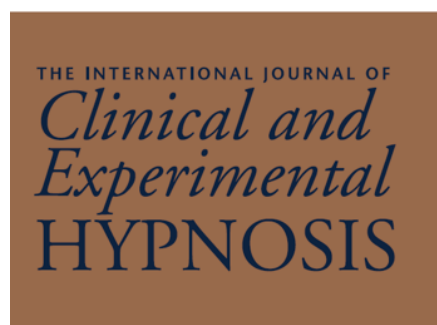
Do you have experience teaching clinical hypnosis at professional conferences or at the university level? Are you interested in sharing your knowledge with SCEH conference attendees?

We are looking for experienced instructors to teach portions of the Introductory and Skills Clinical Hypnosis Workshops at our upcoming Annual Meeting. 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, please [email](#) us by *July 1* with a note about specific areas of this training that you would feel best qualified to teach. Members of the Conference Committee will contact you.

THINK  
VIRTUAL



## LATEST NEWS FROM THE IJCEH

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

**Managing Editor:** Lynae Roberts, MA

### New Journal Layout

Beginning with the January 2020 issue, printed journal articles and online PDF pages have a new layout. If you receive the journal in the mail, you probably noticed that this year's issues are bigger! This layout allows us to fit more great content on each page. The change is the result of survey market research by the Taylor & Francis Group and is designed to streamline the typesetting process, speed up publication time, enhance author information, and offer better readability.

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

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

### Abstract Translations

All *IJCEH* article abstracts are translated to French, Spanish, and German. The translations are available online and in print. This is an opportunity to recognize the important contribution of our *IJCEH* translators and to express appreciation.

The current translators are:

#### Español

Omar Sánchez-Armáss Cappello, PhD, *Autonomous University of San Luis Potosi, Mexico*

#### Français

Gérard Fitoussi, MD, *private practice and European Society of Hypnosis, France*

#### Deutsch

Alida Lost-Peter, DiplPsych, *Munich, Germany*

To our past and current translators:

***muchas gracias, merci beaucoup, vielen dank, & thank you!***

**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).

## Style and Formatting Update

As of February 27, 2020, the journal's style guidelines changed slightly with the new 7<sup>th</sup> edition of the Publication Manual of the American Psychological Association (APA-7). APA-7 style and formatting rules will apply to new submissions.

**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.



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



*Managing Editor: Lynae Roberts, MA*

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

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



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We share recent article alerts, real time information, and the latest news.

Follow the editor at [twitter.com/ElkinsGary](https://twitter.com/ElkinsGary) for more discussion and hypnosis research information.

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

***International Journal of Clinical and Experimental Hypnosis***

Abstracts from April 2020

**Special Issue on Contemplative Practices**

*Open Access Editorial:*

**Contemplative Practices and Hypnosis: Emerging Perspectives and Future Directions**

**Gary Elkins**

A distinctive feature common to many contemplative practices is a focus of attention and procedure of induction toward achieving an altered state of consciousness. In recent years, practices like mindfulness have become increasingly popular, and there has been increased interest in the relationship between hypnosis and mindfulness-based practices as well as other contemplative practices including meditation, music, and spirituality. However, questions remain such as: What are the similarities and differences between hypnosis and mindfulness/other contemplative practices?; What is the role of suggestion in mindfulness-based interventions?; Do some contemplative practices have hypnotic-like aspects in their application?; What is the role of words, images, and intentions in contemplative practices?; Can hypnosis be integrated with music and spiritual practices for beneficial effects? This special issue includes eight articles that provide insights and empirical research into contemplative practices and hypnosis. Emerging perspectives and future directions for research and practice are presented.

**Contemplating...the Obvious: What you Focus On, you Amplify**

**Michael D. Yapko**

Mindfulness has been transformed over recent years from a spiritual practice to a method of clinical intervention. This is a new evolutionary step in applying mindfulness in ways that move it much, much closer to the related domain of hypnosis. Both approaches now share a goal-oriented, purposeful clinical pragmatism. This contribution is an “op-ed” piece regarding the author’s view of the distant relationship between mindfulness and hypnosis practitioners. Understanding of the similar and differential aspects of mindfulness and hypnosis can be enhanced by recognizing that “what is focused upon is amplified.” Similarities between hypnosis and mindfulness should be more widely recognized. Differences between hypnosis and mindfulness exist but not because of innately different structures. Rather, differences exist because of what each general approach is likely to focus upon in regard to goals and content.



*Open Access Article:***Mindful Hypnotherapy to Reduce Stress and Increase Mindfulness: A Randomized Controlled Pilot Study***Nicholas Olendzki, Gary R. Elkins, Elizabeth Slonena, Julia Hung, & Joshua R. Rhodes*

The feasibility of mindful hypnotherapy (MH) intervention for stress reduction was investigated in a randomized trial. Forty-two college-age participants with elevated stress were randomized into MH intervention or wait-list control condition. MH participants completed an 8-week intervention with 1-hour individual sessions and self-hypnosis audio recordings for daily mindfulness. Results indicated excellent feasibility, determined by participant satisfaction, treatment adherence (84% compliance rate), and low rate of adverse events (4.5%). There were significant differences between the MH and control groups postintervention, with the mindful hypnotherapy intervention resulting in significant and large decrease in perceived distress,  $p < .001$ , 15.35 (1.54), Hedge's  $g = -1.14$ , and increase in mindfulness,  $p < .001$ , 50.07 (2.04), Hedge's  $g = 1.36$ . This study indicates that MH is a feasible intervention for stress reduction and increasing mindfulness.

**Mindfulness in Therapy: A Critical Analysis***Simona Stefan & Daniel David*

Initially inspired by Buddhist philosophy and practice, mindfulness has become ubiquitous in psychotherapy, counseling, and popular psychology. Several mindfulness interventions have been developed and investigated, many of them attaining strong empirical support for a variety of conditions. However, the authors argue that mindfulness interventions should not be used uncritically and indiscriminately, because, for instance, there is not enough efficacy evidence for all the uses and applications of mindfulness (e.g., mobile apps). Second, following the definition of the concept, the authors argue that detachment may decrease motivational relevance in the face of personal goals and may encourage low intensity affect in cases where this would not be either needed or desirable. On the other hand, they argue that mindfulness-based interventions can be particularly useful treating chronic and severe cases, particularly in depression, pain conditions, and addictions.

**The Understudied Side of Contemplation: Words, Images, and Intentions in a Syncretic Spiritual Practice***Michael Lifshitz, Joshua Brahinsky, & T. M. Luhrmann*

The science of contemplation has focused on mindfulness in a manner quite disproportionate to its use in contemplative traditions. Mindfulness, as understood within the scientific community, is a practice that invites practitioners to disattend to words and images. The practitioner is meant to experience things as they “really are,” unfolding here and now in the flux of embodied sensations. Yet the use of words and images, together with intentions, is a far more common contemplative practice. The authors present ethnographic research with a syncretic contemplative tradition, Integral Transformative practice (ITP), which grew out of the Human Potential Movement of the 1960s. The authors focus on the practice of “affirmations,” in which practitioners seek to actualize spiritual goals by imagining future possibilities. Our ethnographic account invites new avenues for psychological research to illuminate the role of words and images in contemplation.

**Hypnotic-like Aspects of the Tibetan Tradition of Dzogchen Meditation*****Ian E. Wickramasekera II***

Dzogchen meditation has been practiced by Bonpo and Buddhist yogis for at least 1,200 years. Dzogchen utilizes methods of meditation and yogic exercises that are said to help one fully awaken from illusions of self and reality that cause suffering in life. The philosophy and experiential practice of Dzogchen is very similar to hypnosis. Dzogchen techniques utilize hypnotic-like practices of selective attention, visualization, and posthypnotic suggestion to help yogis experience advanced insights into the nature of mind. The experience of Dzogchen can be likened to the experience of hypnosis in terms of their phenomenological and psychophysiological effects. Finally, there are also many theoretical similarities between aspects of the ego state therapy, neo-dissociation, sociocognitive, and Ericksonian theories of hypnosis with the tradition of Dzogchen meditation.

**Langerian Mindfulness and Its Implications for Clinical Hypnosis*****Sayyed Mohsen Fatemi***

Mindfulness is often associated with meditation. This article presents a distinction between meditation-based mindfulness and Langerian mindfulness. Focusing on Langerian mindfulness as a distinct mode of mindfulness, this article argues how Langerian mindfulness may be used in clinical hypnosis to develop a more radical transformation of consciousness. While meditation-based mindfulness plays a significant role in espousing specific modes of mind that are prone to tranquility, calmness, and equanimity, Langerian mindfulness develops a creative state of mind that is also flexibly tailored toward a peace-oriented mentality with potential features for a foundational change in one's psychological being. The article explores how Langerian mindfulness may facilitate the process of implementing clinical hypnosis.

**Effects of Music and Relaxation Suggestions on Experimental Pain*****Alisa J. Johnson & Gary R. Elkins***

Pain is a significant public healthcare challenge. There is growing support for the use of music and suggestive techniques as adjuvant pain treatments. The purpose of this study was to (1) examine the effects of music listening combined with relaxation suggestions compared to music alone and silence on experimental pain, and (2) to explore the potential mechanisms of music-induced analgesia. Sixty-six healthy females were randomized to receive either (1) music plus relaxation suggestions, (2) music alone, or (3) silence. Pain and psychological constructs were assessed following two cold-pressor trials. Between-group comparisons indicated that music and suggestions for relaxation are not superior to music alone for pain. More research is needed to explore the effect of analgesic suggestions in combination with music to further investigate music's potential in clinical pain management.

**Feasibility of Attachment-Focused Self-Hypnosis to Change Insecure God Attachment*****Abigail Williams, Megan C. Haggard & Matthew M. Breuninger***

Secure God attachment is related to less psychological distress and greater well-being, while insecure God attachment is associated with higher levels of psychological distress and various forms of maladaptive coping. Cognitive resistance may arise, however, when therapists directly address insecure attachment beliefs through overt cognitive-behavioral techniques. Based on principles of the dual process model of cognition, the authors hypothesized that self-hypnosis may be a theoretically sound and feasible treatment to alter insecure attachment, since hypnosis addresses the emotional, experiential cognitive system rather than the analytical, deliberative cognitive system. To test this hypothesis, 35 college students practiced a prerecorded, self-guided hypnotic script for 6 weeks. The treatment group's scores indicated significant postintervention decreases in insecure attachment compared to a wait-list control. Qualitative responses also indicated that the majority of participants (62.8%) noticed these relationship changes and attributed them to the intervention.

# SCEH Webinar Series



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

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

Upcoming webinars include:

**June 12, 2020**

**Chronic Pain and the Opioid Crisis: Mind-Body Innovations in Clinical Hypnosis**

*Presenter: Mark Weisberg, PhD, ABPP*

**July 15, 2020**

**Managing Anxiety: Cognitive, Mindfulness and Hypnotherapeutic Approaches**

*Presenter: Carolyn Daitch, PhD, Center for Anxiety Disorders*

**August 14, 2020**

**Why Study Hypnosis: Enhancing your Clinical Practice**

*Presenter: Eric Willmarth, PhD, Saybrook University*

**October 30, 2020**

**Hypnosis Treatment Planning and Pragmatic Interventions**

*Presenter: David Reid, PsyD, Saybrook University*

**November 13, 2020**

**Applications of Hypnosis in Integrative Medicine**

*Presenter: Lindsey C. McKernan, PhD, MPH, Assistant Professor, Department of Psychiatry & Behavioral Sciences, Physical Medicine & Rehabilitation, Osher Center for Integrative Medicine, Vanderbilt University Medical Center, Nashville, TN*

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

## SCEH NEWS & INFORMATION

### Contribute to our Hypnosis Clinical Resources Page

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

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

Please send the resource and a cover letter to Education Chair, Don Moss at [dmosse@saybrook.edu](mailto:dmosse@saybrook.edu). The SCEH Education Committee will screen material and make final decisions on postings. View the page [here](#).

### Call for Volunteers

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

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

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

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

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

### Get Certified

Are you looking for a way to demonstrate your advanced training in hypnosis?

SCEH Certification provides a standard of excellence and dedication for the practice of clinical hypnosis and for the use of hypnosis in research and academic teaching. Given the ongoing flux and uncertainty in the health care industry, it is anticipated that certification in specialized direct care interventions will become the standard expectation from many third-party payers.

SCEH Certification is valid for a period of three years. Renewal requires documentation of additional CE activity, and is valid for a period of three years.

SCEH has three programs:

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

[Learn more](#)

### The Buzz About SCEH

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

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

### Don't Miss Important Communications from the Society

To ensure that you continue to receive important emails 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](mailto:mam@memberclicks-mail.net)
- [anne@sceh.us](mailto:anne@sceh.us)
- [info@sceh.us](mailto:info@sceh.us)

### Follow us on Social Media

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

**Stay Connected.**



## MEMBER NEWS

### Recent Publications by SCEH Members

The Erickson Foundation has released this [streaming video](#) of Milton Erickson with commentary from **Jeff Zeig**.

Contrary to the cliché, sometimes a doctor who treats herself has a wise woman for a patient. The [following case study](#) details **Dr. Eleanor Laser's** dramatic personal experience using hypnosis to treat a wild essential tremor and how it has provided her with significant perspective in working with clients.

Recent relevant publications by SCEH past president, **Etzel Cardeña, PhD**:  
Cardeña, E., Pick, S., & Litwin, R. (2020). Differentiating psychogenic non-epileptic from epileptic seizures: A mixed-methods, content analysis study. [Epilepsy & Behavior, 109](#). doi:10.1016/j.yebeh.2020.107121

Cardeña, E., & Marcusson-Clavertz, D. (2020). Changes in state of consciousness and psi in ganzfeld and hypnosis conditions. [Journal of Parapsychology, 84, 66-84](#). doi:10.30891/jopar2020.01.07

SCEH Past President, **Elvira Lang**, reports that a talk she did about a clinical trial using the Comfort Talk® Pro Hypnosis App was accepted as a Featured Abstract for this year's Annual Meeting of the Society of Interventional Radiology, an organization of over 7,000 members. After the physical meeting in Seattle was cancelled, the talk was selected to be presented at a live Webinar on June 14, 2020. More information on Comfort Talk can be found at: [ComfortTalk.com](#)



**App-mediated management of pain and anxiety in the waiting room**  
**A randomized clinical trial**

**SIR<sup>20</sup><sub>20</sub>**

Elvira V. Lang, MD, PhD, FSIR, William Jackson, PhD, Paul Senn, EdM, MSCMHC, Donavon-Khosrow Aroni, DMD, Matthew Finkelman, PhD, Thomas Corino, BS, Graham Conway, BS, and Ronald Kulich, PhD

Tufts University SDM, Boston & Comfort Talk®, LLC

### 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](mailto:focus@sceh.us)

*SCEH reserves editorial rights over all submissions.*

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



## MEMBER NEWS *continued*

### Recent Publications by SCEH Members

**Afik Faerman, MS**, Doctoral Student, Palo Alto University Neuropsychology Trainee, Department of Psychiatry, UC San Francisco, writes “We have been working hard on a trial that can help position hypnosis-based treatments at the forefront of psychological responses to the current pandemic.”

Here is a brief description of the study.

The Center on Stress and Health at Stanford University is looking to recruit participants for an ***Online Automated Hypnosis Intervention*** study for Stress Management.

**Our goals:** To further develop an inexpensive, and easily accessible online hypnosis program that can be used at any time, and in any place, for those seeking to better manage stress. In our pilot study, we will be looking at the ease of use and effectiveness of this application in helping participants decrease their stress.

Participation in this pilot study will be done remotely and can be conducted through the use of your smartphone or device. Once eligibility is confirmed, there will be a one-hour baseline instruction and assessment session and 5 follow-ups (5-10 minutes to complete) to allow us to track your progress.

Eligible participants will be sent a secondary screening survey and be contacted by a research clinical coordinator within 24-hours after receiving your contact information.

**Eligibility:** (1) 18 years or older; (2) able to read and understand English; (3) is interested in learning self-hypnosis as a tool to help manage stress; and (4) have access to a smartphone or device (e.g. computer, tablet) with access to a stable Wi-Fi connection.

If you are interested or would like more information, please do not hesitate to contact us at 650-434-3452 or [dkwon93@stanford.edu](mailto:dkwon93@stanford.edu).

The Center on Stress and Health is led by Dr. David Spiegel, a practicing psychiatrist at Stanford Medicine, renown researcher of hypnosis and breast cancer, Wilson Professor and Associate Chair of Psychiatry & Behavioral Sciences, and Medical Director of the Center for Integrative Medicine at Stanford University School of Medicine, where he has been a member of the academic faculty since 1965. Dr. Spiegel has more than 40 years of clinical and research experience studying psycho-oncology, stress and health, pain control, psychoneuroendocrinology, sleep, hypnosis, and conducting randomized clinical trials involving psychotherapy for cancer patients.



### SCEH MEMBER DISCOUNT

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

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

View all Springer [titles](#).

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

# CALENDAR OF HYPNOSIS EVENTS

Bookmark our [upcoming events](#) page!

**Oct 14-18, 2020**

**UPDATE:**

*Due to the Covid-19 pandemic, we will be holding the 2020 Annual Conference online. Detailed planning is now underway.*



#SCEH2020

## **SCEH Annual Conference 71<sup>st</sup> Annual Workshops & Scientific Program**

### **Hypnosis to Enhance & Augment Treatment Outcomes**

Introductory, Skills and Advanced Workshops plus Scientific Program. Workshops meet accepted Standards of Training in Clinical Hypnosis and count toward SCEH Hypnosis Certification Programs.

**Call for Papers:** Reopening for Advanced Workshops and Scientific Papers (research presentations, posters) until **July 1, 2020**. Click [here](#) for details. Registration opens: Summer 2020

**Dec 9-13, 2020**

**Anaheim, CA**

*Anaheim Convention Center*



*The Evolution  
of Psychotherapy*



THE OFFICIAL MEETING OF  
THE MILTON H. ERICKSON  
FOUNDATION

## **35th Evolution of Psychotherapy Conference**

Organized by Jeffrey Zeig

Since 1985, this conference has attracted worldwide attention as the most recognized gathering of luminaries in the field. The conference features master therapists who share ideas, promote convergence, and highlight unifying principles that guide effective clinical work.

The conference includes point/counterpoint discussions, state-of-the-art addresses, workshops, clinical demonstrations, dialogues, panels, and conversation hours.

Keynote speakers include: Aaron Beck, John and Julie Gottman, Rob Kapilow, Martin Seligman, Derald Wing Su, Irv Yalom, Philip Zimbardo. Special guest is Alanis Morrisette.

Join your peers from across the globe to take part in this premier educational meeting. More than 3,000 have registered already. **Be sure to make a reservation before April 1<sup>st</sup> to receive the super-saver rates.** You can also keep up-to-date on important information regarding the agenda, faculty list, rates, hotel and travel information by visiting [here](#).

**Oct 13-17, 2021**

**Anaheim, CA**

*Sheraton Park Hotel at the Anaheim Resort*

## **2021 Annual Conference 72<sup>nd</sup> Annual Workshops & Scientific Program**

Introductory, Skills and Advanced Workshops plus Scientific Program. Workshops meet accepted Standards of Training in Clinical Hypnosis and count toward SCEH Hypnosis Certification Programs.

Call for Papers: opening January 2021

Registration opens: June 2021

#SCEH2021

## The Switchboard Operator and the Essential Tremor - A Case Study

By Eleanor Laser, Ph.D

I have an essential tremor. It started when I got divorced and has worsened ever since. The tremor is a nervous system disorder that causes involuntary and rhythmic shaking. The essential part, I have come to realize, is because I have learned to reach deep inside my essential self to significantly improve my condition. In other words, I have learned to trust my unconscious mind to help heal my body. With guidance, you can too, no matter where your tremor is located.

Essential tremors can occur almost anywhere but are most often found in the hands. The shaking ranges from mild to wild and it's always stressful. I get embarrassed when I can't pass a plate, drink from a glass or tie my shoelaces. It's even worse when my hand waves uncontrollably in the breeze. I decided the solution was to reframe my problem and that I could do it with hypnosis.

Hypnosis is a way of applying your imagination and unique experiences to reach new insights and solutions. That's why all hypnosis is really self-hypnosis. A medical hypnotist, such as myself, is only your guide. My own work uses the brain like the magnificent computer it is. I organize hypnosis accordingly using hypnotherapy to insert, delete, reboot, and help uncover revelations which can be profound.

That is exactly what happened to me.

My true story goes like this: I was sitting in my parked car when I noticed that my hands were shaking uncontrollably, that my tremor was going wild! Immediately, I closed my eyes. Suddenly an image came up from my subconscious—an old fashioned switchboard with wires, plugs, and crisply dressed operators saying “one moment please”—except the switchboard signals and all the electrical components were in disarray. Tubes weren't inserted into their slots. Nothing was connected. I realized the wires going into the cells were not communicating—just like my body—so I decided to become the switchboard operator and fix things then and there.



Using my imagination, I first visualized the parallel between my nervous system and this malfunctioning switchboard. In both cases, the circuits and connections were unorganized, out of sync and poorly controlled. The cells weren't in communication and as a result, a medical condition like my tremor occurred. I also realized that both the switchboard and my nervous system use minute electrical signals that need to be in sync and work together to be effective. Fortunately, the nervous system has abundant optional pathways for this purpose. As such, it is much more powerful than the most sophisticated, high-speed switchboard ever invented.

This thought empowered me, gave me confidence, and a way to reframe my problem. I fixed all the connections in the switchboard—aka my nervous system—and guess what? The

electrical signals began firing in a normal way, the movement smoothed out, and the tremor relaxed! In other words, I hit the reset button on my nervous system and it worked! Best of all, if the problem reoccurs, I can use the same technique again.

This is what your imagination can do to solve a problem. This is the amazing power of self-hypnosis to create an image that has meaning and promotes healing for you

ELLY LASER, PhD is a medical hypnotist who is also trained to practice Neuro Linguistic Programming (NLP); Eye Movement Desentation and Reprocessing (EMDR) and Emotional Freedom Technique (EFT) Hypnotherapy. To learn more about Elly's work, please see her articles on Linked In and [laserhypnosis.com](http://laserhypnosis.com).

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