



SOCIETY FOR CLINICAL &
EXPERIMENTAL HYPNOSIS

FOCUS

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Letter from the President

By Ciara Christensen, PhD



Dear SCEH Members,

First, I would like to give a round of applause to the SCEH Midyear Clinical Workshops faculty and SCEH leadership working behind the scenes. The SCEH 2023 Midyear included not only Introductory and Intermediate level workshops but also four outstanding Advanced Workshops centered on Women's Health. Feedback from attendees continues to be received, and it is excellent to hear that those who attended got a great deal out of the program. Several attendees spoke highly about the new skills they acquired and described how eager they were to utilize them clinically.

With the Midyear Workshops in the rearview, we are looking towards the horizon and the upcoming 74th Annual Conference, *Unlocking the Power of Mind: Advances in the Science of Hypnosis*, to be held live online **October 4-8**. Although it is the third year our Annual Conference will be held virtually, SCEH will continue the proud tradition of providing attendees opportunities to develop and enhance skills across three levels of Workshops (Introductory, Intermediate/Skills, and Advanced) and to explore the latest research at our Scientific Program, addressing advances on the science of hypnosis. Consistent with our previous virtually held conferences, we anticipate even more speakers and attendees from across the globe!

Many hours of time and planning are invested in creating the Annual Conference, and it would not be achieved without the guidance of our hardworking Executive Director, Anne Doherty Johnson, and the individuals who serve on the Annual Conference Committee. These include Barbara S. McCann, PhD (**my fellow overall Conference Co-chair**) and section chairs: Barbara S. McCann, PhD; Casey Applegate-Aguilar, MA, MS; Cassandra Jackson, MA (**Intro Workshop Co-Chairs**); Alexandra Chadderdon, PsyD; Deanna Denman, PhD (**Intermediate/Skills Workshop Co-chairs**); Vivek Datta, MD, MPH and Nathan Ewigman, PhD (**Advanced Workshop Co-chairs**), and Tova Fuller, MD, PhD and Jessie Kittle Markovits, MD (**Scientific Program Co-chairs**). Please join me in extending deep appreciation to our 2023 Conference Team. We could not do it without them! We greatly value their time, energy, and involvement in helping SCEH deliver quality hypnosis training and their efforts to highlight national and international cutting-edge scientific hypnosis research.

Posters will be accepted on a rolling basis until August unless capacity is reached. If you know students interested in attending, SCEH offers remarkable scholarships to those who qualify. Please visit the [website](#) for more information.

We plan to make the 74th Annual Conference in 2023 better than before! Send us your ideas -- we would love to hear from you. And it is never too early to begin thinking about proposals for papers and workshops for 2024. We hope our 2024 Annual Conference will be face-to-face and are looking to set a date and location in the near future. Make plans now to join me at our Annual Conference and help SCEH continue to grow. I look forward to seeing you all soon, virtually in October.

In the meantime, stay up to date with the latest training via the SCEH Webinar Series! Our Education Chair Don Moss, PhD continues to organize an excellent monthly series that features cutting-edge speakers. SCEH Webinars allow busy healthcare professionals to learn hypnosis with high-quality online training that is convenient, reasonably priced and includes continuing education credit for licensure or certification. Webinars offer 1.5 APA CE credits for Psychologists and 1.5 BBS CEUs for Counselors and Social Workers. Webinars are offered live online via Zoom with our co-sponsor, the Chicago School of Professional Psychology. See later in this issue for news about the live or on-demand webinars via our SCEH Homestudy Courses (past webinars)! Learn more about [upcoming webinar](#) speakers and topics.

In closing, special thanks to Membership Chair Flavio Epstein for his efforts in helping SCEH remain strong by helping us reach out to lapsed members and recruit new ones.

Finally, thank you to everyone who renewed your membership! SCEH is grateful for your support. Membership dues are of critical importance in supporting our mission to promote excellence and advance hypnosis research, education and training, and clinical practice. Members receive discounted registration for many events and additional benefits. We appreciate and value your continued involvement in the Society and are always looking for members to become more engaged in the Society by joining a committee (view [SCEH Committees](#)), volunteering on a project, or sharing an idea or comment. If interested, please [contact me](#).

Sincerely,

Ciara Christensen, PhD
SCEH President

Letter from the Executive Director

By Anne Doherty Johnson

Spring greetings!

Another Series of Successful Midyear Workshops

Thank you to all who attended and taught in our recently completed 2023 Midyear Clinical Hypnosis Workshops. We had a successful round of Introductory, Intermediate, and Advanced Workshops and received many positive comments from attendees.



Thank you to Don Moss, PhD, Education Chair, and to our talented presenters:

- Introductory Faculty: Barbara S. McCann, PhD and Donald P. Moss, PhD, with Faculty Assistants: Casey Applegate-Aguilar, MA, MS, LMHC, LSAA, CCHt, CMHIMP; Liam Clark, MD; Vivek Datta, MD, MPH; Cassondra Jackson, MA; Catherine McCall, MD and Liz Slonena, PsyD.
- Intermediate Faculty: Ciara C. Christensen, PhD and David B. Reid, PsyD.
- Advanced Faculty (in workshop order): Katalin Varga, PhD; Gary Elkins, PhD; Julie B. Schnur, PhD; Guy H. Montgomery, PhD and David Spiegel, MD.

We received some wonderful feedback on the event. Here are a selection of comments from attendees:

- *It was one of the most effective conferences I have attended.*
- *This was a wonderful introduction to hypnosis. I had no prior knowledge of it and feel more comfortable with it now.*
- *I think this will positively impact my healthcare team in that I will have more tools/resources upon which to draw from when treating patients.*
- *I learned a great deal and I look forward to implementing skills learned today in my practice.*
- *I particularly liked the breakout sessions where you were able to practice the skills we discussed and get feedback.*
- *This program has expanded my knowledge and interest in hypnosis. I will be attending future classes and pursue certification.*
- *I will be better able to communicate the research and benefits of hypnosis as adjunctive and supportive to medical issues.*
- *All content will help me a lot in my future research related to hypnosis.*

For those wishing to continue their learning or may be working toward certification, we will next offer workshops as part of the Annual Conference in October. Three levels of workshops will also be featured in our 2024 Midyear Clinical Workshops in April/May of 2024. Dates and details will be announced at a later date. For the latest event updates, watch your email or bookmark our [events page](#).

Annual Conference in October

SCEH has been working hard to develop the content for another informative and engaging Annual Conference. In 2023, we will again be virtual, and we invite our members from across the globe to join us online. (For 2024, our current plans are to return to a face-to-face event.)

It will be our 74th gathering as a Society, with this year's theme focusing on a distinguishing feature of SCEH in our emphasis on empirical inquiry and the evidence base of hypnosis. Please mark your calendars now for the

74th Annual Workshops and Scientific Program

Unlocking the Power of Mind: Advances in the Science of Hypnosis

October 4-8, 2023 #SCEH2023

The conference offers attendees across all experience levels to advance their education and skills with hypnosis, with the choice of Introductory, Intermediate/Skills, and Advanced. In addition, our Scientific Program features keynotes, symposia, research presentations, and a poster session that showcase the latest thinking and developments in hypnosis research.

Note that advance registration is required, and registration will open in July. Bookmark this [page](#) to access the latest details, which will be posted when they become available.

Call for Paper - Submission Notifications

Thank you to all who responded to our Call for Papers for workshops and scientific presentations. The Conference Committee is now finalizing its review, and notices will be sent shortly about the final selections for this year's program. Please watch your email and respond as requested. Contact our office if you have not received a response about your submission by the end of this month.

Conference Posters are Accepted until August 1, or until Spots are Filled

We are still accepting posters on a rolling basis until spots are filled or August 1, whichever occurs first. Presenting a poster at SCEH is an excellent opportunity to showcase fully completed research studies, clinical case studies, pilot studies, or preliminary research. In addition, poster authors benefit from valuable feedback from conference attendees. If you have a poster you would like to share, please consider submitting it for this year's Poster Session. To enter your poster for consideration, use the form on our [Call for Papers](#) page.

Ways to Give Back to SCEH

We invite you to take a moment or two to give back to the Society so we can continue to deliver the programs you value. We want to make sure that clinicians, researchers, healthcare professionals, and students who are eligible to join know about SCEH and the resources and community we provide. (See member [eligibility requirements](#) here if you need a refresher.)

Here are three quick ways you can help us advance our shared mission to promote excellence and progress in hypnosis research, education, and clinical practice.

1.) Invite a colleague to join.

In the next month, personally invite one colleague or student to become a member of the Society. SCEH has no better member ambassadors than you, our loyal members! Tell them how you have personally benefitted and direct them to our website to learn about [membership benefits](#) and to [apply](#) online for membership.

2.) Be an active SCEH Ambassador at group events with colleagues.

Mention you are a SCEH member at the next class or workshop you lead or attend and invite others to join. Since most people prefer to join online, keep this link handy to direct people to our Apply for Membership [page](#). Alternatively, print out some applications and ask permission to distribute them at an upcoming meeting or event. Find our printed application [here](#):

3.) Send us a written testimonial on what SCEH membership means to you.

Just a few sentences about how SCEH has helped you expand your use or understanding of hypnosis can help us showcase our value to prospective members. Send your testimonial, and you may see it featured on our website or in a future issue of Focus. Submit your testimonial online [here](#).

If you can assist the Society by helping with any items on this list, it will help boost the goals we all share. Thank you.

A Reminder to Update Your Profile

Have you had a recent change of address or email? Have you changed jobs or organizations? Please take a moment to update your membership profile. Just log in to our website for a quick review and update your data as needed. Our Member Directory (available to members only) is a great tool for networking.

SCEH Elections

SCEH is in an election year. If you are a full member of SCEH and eligible to vote in the upcoming elections, by now, you should have received both an email and hard copy mailing voting reminder with a ballot and candidate statements. Please note that your ballot must be received **no later than June 23, 2023**. We value your participation in this process!

As a final note, please stay tuned to our website and your email as we announce more about our upcoming conference in the weeks to come. We hope to see you online at an upcoming webinar and/or the upcoming Annual Conference in October.

Happy spring!

Anne Doherty Johnson
Executive Director

MEMBER BENEFITS REMINDER

CLICK HERE TO SEE YOUR MEMBER BENEFITS

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

CONNECT WITH SCEH ON SOCIAL MEDIA



2023 Annual Workshops & Scientific Program

Important Dates

Call for Posters

Posters will be accepted on a rolling basis until spots are filled or August 1, 2023, whichever is earlier.

Interested in submitting a poster proposal? Click [here](#).

Click [here](#) to view a list of the Accepted Posters from #SCEH2022.

Conference Registration

Coming Summer 2023! Be sure to check the conference [page](#).

Scholarship Application Deadline

Applications can be submitted until 9/1/2023. [Apply Now!](#)

Who May Attend

SCEH workshops are designed for physicians, psychologists, members of health care teams, and other groups eligible for membership who address patients' physical and mental health needs through clinical practice and research. [Any healthcare professional eligible for SCEH membership may register.](#)

Recap of 2023 Midyear Clinical Hypnosis Workshops

Thank you to all workshop facilitators, faculty assistants, and attendees!



Photos of Introductory Workshop attendees



Photos of Introductory Workshop attendees

Introductory/Basic Workshop

Foundations of Clinical and Applied Hypnosis

Faculty Co-Leads: Barbara S. McCann, PhD, Professor, Department of Psychiatry and Behavioral Sciences, University of Washington, Seattle, WA and Donald P. Moss, PhD, Dean, College of Integrative Medicine and Health Sciences, at Saybrook University, Pasadena, CA

Limits of Competency

Professionals must practice within the limits of their training and competence.

- Clinical practice is also governed by the limits of one's competence, defined by training and experience
- Seek training and supervision/ consultation when exploring unfamiliar hypnotic techniques.
- Do not use hypnosis with any presenting problem that you are unprepared to treat without hypnosis.

Saybrook
UNIVERSITY



Signs of Trance – Physical/Physiological

- ▶ Muscle relaxation, muscle twitching
- ▶ Changes in swallowing
- ▶ Eye changes – eyelid flutter, defocusing, pupillary changes, rapid eye movements, changes in rate of blinking
- ▶ Changes in pulse rate, respiration depth and rate, lower blood pressure
- ▶ Change in voice quality
- ▶ Catalepsy
- ▶ Increased latency of responding
- ▶ Changes in sensation, time distortion
- ▶ Jerking, ratcheting movement of limbs

ASCH Standards of Training, 2019



Intermediate Workshop

Intermediate Training in Clinical and Applied Hypnosis

Faculty Co-Leads: *David B. Reid, PsyD, Department of Applied Psychophysiology, Saybrook University, Pasadena, CA and Ciara C. Christensen,*

Conversational Hypnosis & Habits

- Is all hypnosis self-hypnosis?
- Conversational & Traditional Hypnosis are not mutually exclusive (Fractionation)
- Hypnosis may enhance performance (sports, anxiety, sleep, depression, and even swallowing)
- Habits are fueled by trance:
 - “Stuff you can do really well without really thinking about it.” — Laurence Sugarman
 - Habits can involve Age Progression: Thinking about doing
- Conversational hypnosis offers In-vivo experiences for improving performance



Dr. David Reid

Prefrontal Cortex: Suggestions for Hypnosis

- Given greater connection with insula during hypnosis:
 - “Notice how much more comfortable you can feel with each breath you release.”
- During re-alert:
 - “In a moment I am going to encourage you to become more alert and aware of this present moment and place. In the meantime, take time to internalize this experience in any way you want to know that it is helpful now, *and later.*”

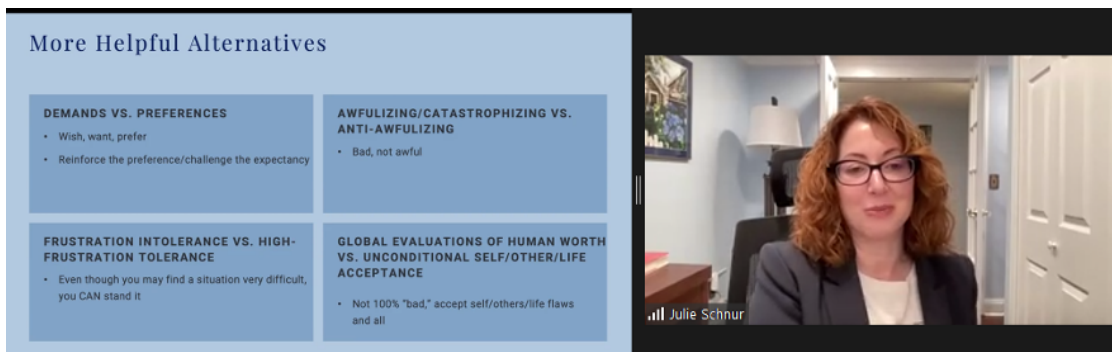


Ciara Christensen

Advanced Workshop

Using Rational-Emotive Behavior Therapy and Hypnosis to Help Individuals Manage Cancer-Related Fatigue: An Evidence-Based Approach to Breast Cancer Symptom Management

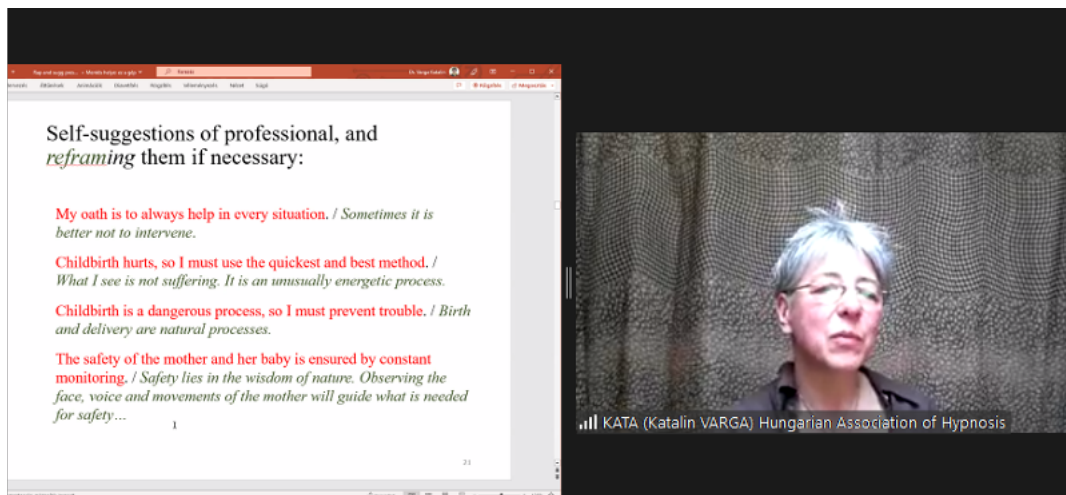
Julie B. Schnur, PhD and Guy H. Montgomery, PhD, Center for Behavioral Oncology, Icahn School of Medicine at Mount Sinai, New York



Advanced Workshop

Hypnosis and Hypnosis-Related Techniques for Labor, Delivery, and other Obstetrics Applications

Katalin Varga, PhD, Department of Affective Psychology, Eötvös Loránd University, Budapest, Hungary



Advanced Workshop

Hypnosis for Hot Flashes and other Common Issues for Healthy Women

Gary Elkins, PhD, ABPP, ABPH, Professor of Psychology and Director of the Mind-Body Medicine Research Laboratory, Baylor University, Waco, TX and Editor, *International Journal of Clinical and Experimental Hypnosis*

Hypnosis Intervention for Hot Flashes

- Hypnotic Induction
- Deepening Suggestions
- Emotional relaxation
- Mental imagery for coolness
- Direct suggestion for alteration in physiology and decrease in hot flashes and improvement in sleep
- Daily practice of self-hypnosis using audio recordings.
- Tracking progress with Hot Flash Daily Diaries

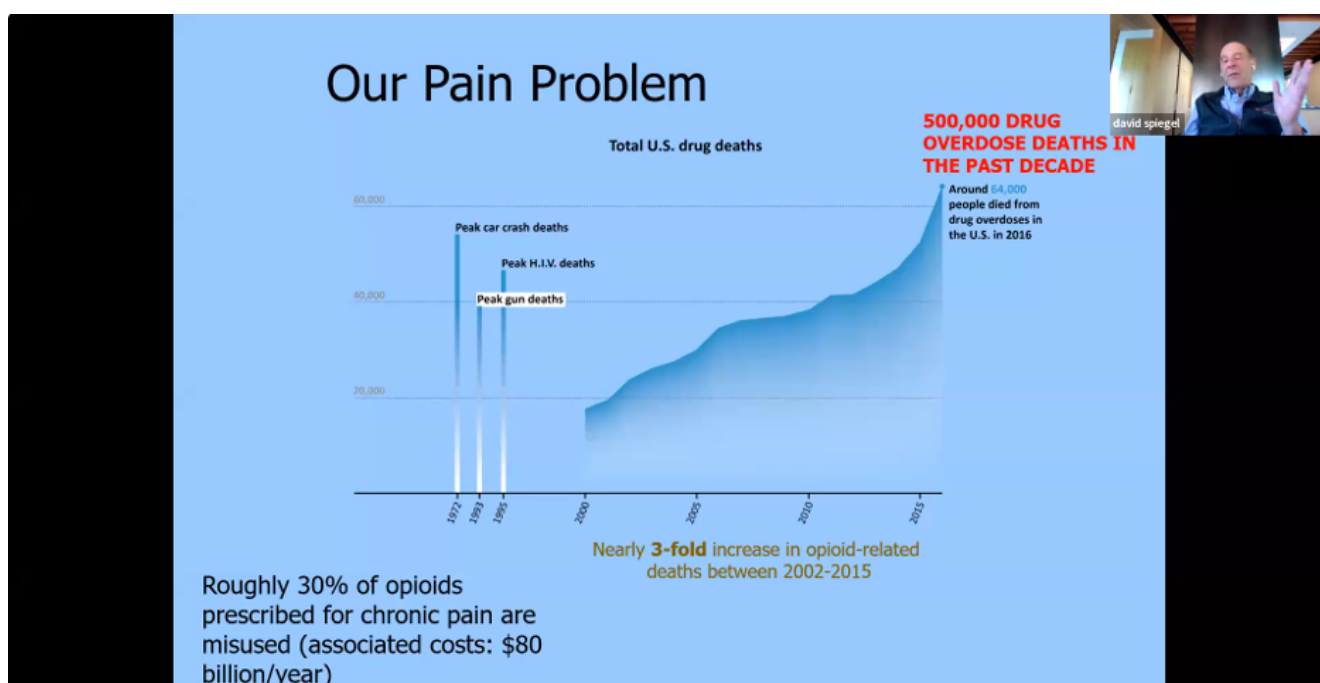


Gary Elkins

Advanced Workshop

Mind Matters: Psychosocial Oncology, Women's Health and Hypnosis

David Spiegel, MD, Professor, Stanford University, Department of Psychiatry/Major



Midyear Workshop Attendee Interview

David Sullivan, LCSW, LAC

Interviewed by Lauren Simicich, MSCP



Tell us a little bit about yourself and your work.

I am clinical social worker seeing clients in Boulder, CO. I graduated from the Smith College School for Social work in 2013, then began a post-master's fellowship at the University of Colorado where I saw students as part of their drug and alcohol program. After the fellowship, I worked with a local clinic where I ran the DUI Treatment program in addition to seeing clients in the general clinic. In 2016, I started my private practice, and then moved exclusively to private practice in 2017. I'm EMDR certified and an EMDR Consultant in Training. I see adult clients of all ages for trauma and addictions.

What motivated you to attend the 2023 SCEH Midyear Workshops?

I'd be remiss if I didn't start by mentioning I'm married to a hypnotherapist who treats women's fertility issues.

She doesn't talk about her results, but every now and then we get a "We're expecting!" card in the mail from a family I've never met before, so I get to see her results even though she doesn't talk about them. I've noticed a gap between my clients, where some clients can easily use EMDR as an intervention and it works wonders and then there are others who seem to have trouble using EMDR. Especially in complicated cases I've been struck by where the EMDR framework fails. The EMDR trainers who I tend to subscribe to the most (Robin Shapiro, AJ Popky, April Steele, Jim Knipe, and Joanne Twombly to name a few) tend to make mention of hypnosis and its relevance to EMDR. With all that evidence, I thought I better get trained.

You attended the Introductory Workshop with Dr. Barbara McCann and Dr. Donald Moss. What are some of the biggest takeaways from your experience?

I enjoyed the training. The two pieces that I find myself talking about the most are the power of suggestion and the application of hypnosis for children. Since I do a lot of trauma work, both are important for my clients.

What did you enjoy most about your workshop experience?

I enjoyed learning about how creative hypnosis can be. And the experience of being hypnotized was pleasantly surprising.

How do you intend to use your workshop learnings going forward?

I plan on taking more trainings and reading more scripts specific to my areas of expertise, specifically around trauma and addiction.

Midyear Workshop Attendee Interview

Letjan Lecarnaque

Interviewed by Lauren Simicich, MSCP

Tell us a little bit about yourself and your work.

Currently, I am a graduate student graduating this summer (2023). I work with children and adolescents at a nonprofit organization as an MFT and PCC intern and volunteer as a wish granter for children with critical illnesses for Make-A-Wish.

What motivated you to attend the 2023 SCEH Midyear Workshops?

In March, I attended the Hypnosis in Palliative Care webinar, where I learned about hypnosis's impact on clients. Not only does it provide relief from pain, but it also helps the family cope with the client's illness. It was an excellent training, and I wanted to learn more to help increase my client's quality of life. I was introduced to SCEH and learned about the introductory workshop through this workshop.



You attended the Introductory Workshop with Dr. Barbara McCann and Dr. Donald Moss. What are some of the biggest takeaways from your experience?

One of the biggest takeaways is the power of suggestibility and the weight of words. Words matter. As such, we need to be cognizant of our internal dialogue and how we communicate with others. Another takeaway is the data and research showing the benefits and impact of hypnosis.

What did you enjoy most about your workshop experience?

The presenter's passion! They were welcoming and genuinely interested in passing down their knowledge and expertise. It was a fully immersive experience as they were part of our practice, guiding us in the experience and practice of hypnosis. I learned a great deal from them and other participants' questions and experiences.

How do you intend to use your workshop learnings going forward?

The first thing is demystifying hypnosis to colleagues and anyone curious by addressing common myths and explaining the benefits. Many misconceptions of hypnosis cause fear and sadly prevent many from the opportunity to improve their quality of life. The workshop taught me about the HIPNOSISE program, where I will practice the learned skills. My hope is to help people improve their quality of life and reach their potential.

Midyear Workshop Faculty Assistant Interview

Cassandra Jackson

Interviewed by Lauren Simicich, MSCP



Tell us a little bit about yourself.

I am a doctoral candidate at Saybrook University pursuing my PhD in Mind-Body Medicine, specializing in Integrative Mental Health. At Saybrook, I am a member of the President's Justice, Equity, Diversity, and Inclusion Council and the Anti-Racism Collaboration, and I serve as a Teaching Fellow for the Basic Training and Education in Hypnosis course. I have always had a deep curiosity about hypnosis and decided to dive in when I saw that Saybrook offered training and certification in Clinical and Applied Hypnosis. Outside of Saybrook, I have a private practice, am active in several social justice organizations, and am a lifelong learner, always exploring the world and everything in it!

Among the many hats that you wear, you were a Faculty Assistant to the Introductory Workshop of the 2023 SCEH Midyear Workshops. What does a Faculty Assistant do exactly?

Faculty Assistants support the Faculty Co-Leads and attendees in numerous ways. We help monitor the chat, chime in and share experiences, lead the breakout sessions, and many of us also teach a section of the course. If you have a topic you would like to do a session on, the Faculty Co-Leads are open to including it!

What got you personally interested in a Faculty Assistant position?

As an early career professional, I wanted to become more involved in the hypnosis community and continue growing my skill set. I saw becoming a Faculty Assistant as a great opportunity for doing both, with the added bonus of being able to help other people learn about the wonderful world of hypnosis.

What did you get out of the experience as a Faculty Assistant?

Being a Faculty Assistant has helped me refine and solidify my foundational skills, have fun working alongside colleagues with extensive experience in the field, and develop a love and new skill set for teaching hypnosis to others. Each conference and Intro program we hold has unique attendees worldwide and from various professions and backgrounds. It's always fascinating to see who shows up and how they plan on integrating hypnosis into their practices. But, in the group process, you also learn from the attendees!

If someone was interested in volunteering as a Faculty Assistant but was hesitant to sign up/apply, what might you share with them to aid in their decision-making?

For myself, I was initially hesitant because I felt that I wasn't experienced enough. But there was a moment when I let go of that belief, continued working with my SCEH colleagues, and became more confident in myself and the skills I have cultivated throughout the years. Dr. Barbara McCann was, and still is, an incredible mentor who encouraged me to pursue the Faculty Assistant role, and it was one of the best decisions I have ever made! SCEH truly has an abundance of skilled members who are happy to support you on your career journey and provide guidance. So, to those who are interested, I encourage you to volunteer because not only will your experience be valuable, but you will also be among the amazing individuals helping to grow the field by training others!

Your suggestions are highly effective! I'm interested and ready to sign up/apply. What steps do I need to take to become a Faculty Assistant?

The first step is to become a member of SCEH (if you aren't one already), then you would email info@sceh.us expressing your interest in volunteering to be a Faculty Assistant. After that, keep an eye on your email and be ready for a warm welcome!

Latest News From



Recent Issue: Volume 71, Issue 2

The most recent issue of the IJCEH features the publication of an international survey across 31 countries regarding current practices, experiences, and views of clinical hypnosis. The article, **Current Practices, Experiences, and Views in Clinical Hypnosis: Findings of an International Study** by *Olafur S. Palsson, Zoltan Kekecs, Guiseppe De Benedittis, Donald Moss, Gary R. Elkins, Devin B. Terhune, Katalin Varga, Philip D. Shenefelt, & Peter J. Whorwell* is published with OPEN ACCESS for a limited time – please share this landmark article widely with colleagues. The remainder of Volume 71(2) is devoted to additional articles in this issue that are commentaries offered by leading experts in the field of clinical and experimental hypnosis. The article entitled, **The Emerging New Reality of Hypnosis Teletherapy: A Major New Mode of Delivery of Hypnotherapy and Clinical Hypnosis Training** by *Syed S. Hasan & Dipesh Vasant*, is also OPEN ACCESS. This is the second issue of 2023, and we look forward to publishing many more outstanding articles in the new year!



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 on the following page.

Contact us at: 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: *Vanessa Muñiz*

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](https://twitter.com/IJCEH) - The IJCEH's Official Twitter Account
- [@ElkinsGary](https://twitter.com/ElkinsGary) - Follow the Editor of the IJCEH
- [@tandfonline](https://twitter.com/tandfonline) - Taylor & Francis Research Insights' Official Twitter Account

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

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Click the button below or go to
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SUBMIT PAPER

Abstracts from the Most Recent Publication of:

THE INTERNATIONAL JOURNAL OF
*Clinical and
 Experimental*
 HYPNOSIS

Current Practices in Clinical Hypnosis: Research and Commentary (Editorial) **Gary Elkins**

This issue of the International Journal of Clinical and Experimental Hypnosis provides a landmark international survey of clinicians across 31 countries regarding current practices and views of clinical hypnosis. Thirty-six common uses of hypnosis were identified including stress reduction, wellbeing, and other applications. The most common approaches to hypnotherapy were Ericksonian, Hypnotic Relaxation Therapy, and Traditional Hypnosis. Commentaries are provided by leading experts in the field of clinical and experimental hypnosis.

Current Practices, Experiences, and Views in Clinical Hypnosis: Findings of an International Study –OPEN ACCESS

Olafur S. Palsson, Zoltan Kekecs, Guiseppe De Benedittis, Donald Moss, Gary R. Elkins, Devin B. Terhune, Katalin Varga, Philip D. Shenefelt, & Peter J. Whorwell

An online survey of 691 clinicians who use hypnosis was conducted in 31 countries to gain a broad real-world picture of current practices, views, and experiences in clinical hypnosis. Among 36 common clinical uses, stress reduction, wellbeing and self-esteem-enhancement, surgery preparations, anxiety interventions, mindfulness facilitation, and labor and childbirth applications were the most frequently rated as highly effective (each by $\geq 70\%$ of raters) in the clinicians' own experience. Adverse hypnosis-associated effects had been encountered by 55% of clinicians but were generally short-lived and very rarely judged as serious. The most common hypnosis approaches used were Ericksonian (71%), hypnotic relaxation therapy (55%), and traditional hypnosis (50%). Almost all respondents reported regularly using other therapeutic modalities alongside hypnosis. Among a range of client variables potentially affecting therapy, most clinicians rated hypnotist-client rapport (88%) and client motivation (75%) as very or extremely important factors for successful hypnotherapy. The majority of respondents had conducted hypnosis treatment via teletherapy, and 54% of those estimated it to be as effective as in-person treatment.

Hypnotizability in the Clinic, Viewed from the Laboratory

John F. Kihlstrom

A recent international survey discovered that clinicians who use hypnosis in their practice rarely assess the hypnotizability of their patients or clients. This contrasts sharply with the practice in laboratory research. One reason offered for this discrepancy is that hypnotizability does not strongly predict clinical outcome. But a comparison of this relationship with similar correlations in other domains shows that this criticism is misleading – especially when the treatment capitalizes on the alterations in perception, memory, and voluntary control that characterize the domain of hypnosis. Routine assessment of hypnotizability improves clinical practice by enabling clinicians to select patients for whom hypnosis is appropriate; and it improves clinical research by providing important information about the mechanisms underlying hypnotic effects.

Enhancing Connections between Clinicians and Research in Hypnosis Practice: Strategies for Practice and Training

Lindsey C. McKernan & Elizabeth G. Walsh

Findings from the Task Force for Efficacy Standards in Hypnosis Research hypnosis clinician survey provide new insight into current practice trends in clinical hypnosis internationally. The clinician-focused survey highlighted several interesting imbalances between hypnosis research evidence and its practice applications. Inconsistencies arose in clinician experiences of adverse events in treatment, reported conditions treated using hypnosis, and for what conditions hypnosis is considered most effective. This commentary aims to better elucidate the differences noted and offers recommendations for training and teaching hypnosis. Potential areas for improvement involve the monitoring and inquiry of adverse events posthypnosis, approaches for identifying and working with individuals who have trauma-related symptoms in hypnosis, and potential methods for supporting clinician competency development in hypnosis.

Prevalence of Different Approaches to Clinical Hypnosis: *Bridging Research and Practice*

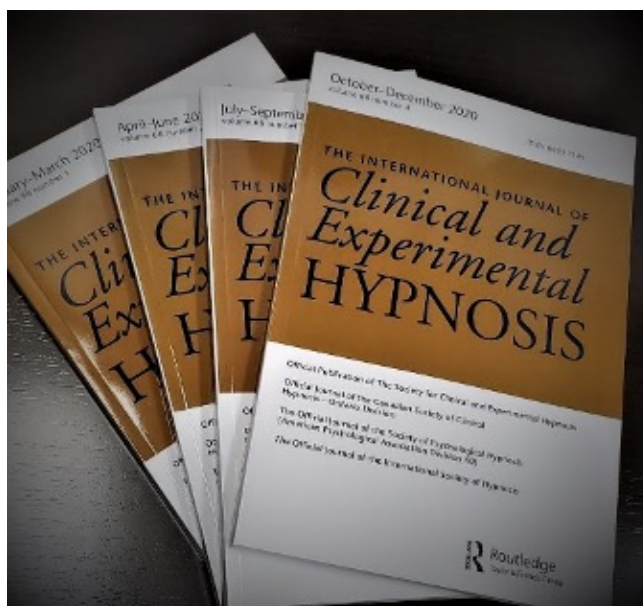
Barbara S. McCann

A recent survey conducted by the Society of Clinical and Experimental Hypnosis Task Force for Efficacy Standards in Hypnosis Research found that clinicians reported using one or more of several different styles of hypnosis in their work. The most common of these was Ericksonian, used by over 2/3 of clinicians, followed by hypnotic relaxation therapy and traditional hypnosis. Surprisingly, a little less than a 3rd of respondents indicated using the evidence-based practice of hypnotherapy. The present paper discusses these findings from the perspective of optimal survey methodology, examines areas of differences and overlap among response options, and considers the question of the evidence base for the practice of clinical hypnosis.

The Emerging New Reality of Hypnosis Teletherapy: A Major New Mode of Delivery of Hypnotherapy and Clinical Hypnosis Training – OPEN ACCESS

Syed S. Hasan & Dipesh Vasant

Remote hypnotherapy is a treatment that is increasingly being utilized internationally. Its adoption has been accelerated following the COVID-19 pandemic when infection control measures mandated its implementation. Remote hypnotherapy via video, rather than telephone therapy, appears to be more popular and effective, which appears to be acceptable to patients and – compared to face-to-face therapy – has the potential to improve access. In this state-of-the-art article, the authors therefore review the latest literature in this exciting field of remote teletherapy, discussing adoption of video hypnotherapy; its evidence, including efficacy compared to face-to-face therapy; patient satisfaction; advantages and disadvantages of teletherapy; as well as practical considerations and factors that should be considered when deciding on the mode of delivery. They also discuss training implications of the recent developments. Finally, they highlight areas for future research and development. Overall, it is likely that remote hypnotherapy via video platforms is here to stay long term and has potential to become the standard form of therapy worldwide. However, recent data suggest that there may still be a need for face-to-face therapy with patient choice being an important factor.



Member News

David Wark

David M. Wark, PhD, ABPH is pleased to announce a free public website that offers a six-step protocol for reducing stress through alert, eyes-open hypnosis. This innovative technique is suitable for use either under therapeutic supervision or independently and is free at www.49words.org. The website provides users with the tools to reduce their stress levels through self-hypnosis and explains the process.

Wark has collected case reports from a diverse range of patients, including individuals as young as 9 and as old as 86, all of whom have reported positive results under conditions of face-to-face, virtual, or entirely self-directed application. Wark invites readers of this journal to use the protocol and share the results with him for the possible publication of a new article. He can be reached at wark@umn.edu.

Wark, D. M. (2023). 49words: An active alert hypnosis protocol for stress regulation. *Am J Clin Hypn*, 1-10. doi:10.1080/00029157.2023.2166807

Daniel Kohen

Daniel P. Kohen, MD, FAAP, ABMH, FSCEH, FASCH notes the following:

- My co-author Karen Olness, MD, and I are pleased to announce the publication of *Hypnosis with Children - 5th Edition* by Routledge, 2023, available very soon in hardcover, paperback, and as an e-Book. Please contact the Publisher for information.
- NPHTI - Our National Pediatric Hypnosis Training Institute will host its 12th Annual Pediatric Skills Training Workshops October 5-7, 2023, in Minneapolis. Three concurrent workshops will be offered: Fundamentals in Pediatric Clinical Hypnosis, Utilization and Clinical Applications Workshop (Intermediate Level), and Individualized Consultation. Details and registration information are available on our website: www.nphti.com. We hope you will join us! Discounts are available for "early bird" registration, groups of 3 or more, and students-residents-Fellows-Graduate students. Scholarship applications are welcome.
- Ten NPHTI Faculty will be teaching 3 Workshops in AUSTRALIA in November!! November 4-6, 2023, in Sydney - Tell your colleagues and consider joining us for a Fundamentals Workshop and an intimate Utilization Level Workshop. Then from November 10-12, 2023, we will be teaching another Fundamental Workshop in Adelaide. Space is limited, and both Fundamental Workshops are close to capacity. For details or information on registration, contact lwills@secretariat.com.au. Lyndell Wills is the Secretariat for our host and co-sponsor, SPANZA, The Society for Pediatric Anesthesia in New Zealand and Australia.

If you or your organization is interested in hosting a Fundamentals in Pediatric Clinical Hypnosis Workshop in your community, please contact me to explore mutual interests. Dan Kohen, MD, Director of Education and Training, NPHTI - dpkohen@umn.edu

Jeffrey Zeig

Four decades in the making, author and teacher Jeffrey K. Zeig has delivered not one but two comprehensive biographies about Milton H. Erickson, MD. As the founder of the Milton H. Erickson Foundation, Zeig, who was mentored by Erickson for six years, is the ideal person to publish these significant books about Erickson.

In 2022, he released *An Epic Life: Professional Perspectives*, which draws upon nearly 100 interviews with professionals who knew Erickson. This is Erickson as he was seen by his colleagues in his professional life. The images of Erickson that emerge are congruent, divergent, and myriad. In the end, readers gain unusual access to one of the greatest psychotherapists of the 20th century and the father of modern hypnosis and brief therapy. The interviews are the centerpiece of this book, but Zeig also provides readers with a brief history of psychotherapy and hypnosis, its key players, and Erickson's forebearers, and places Erickson in the context of his era and on the psychotherapy timeline. Erickson forged his own path against the prevailing zeitgeist. In doing so, he created a most innovative paradigm influencing generations to come.

Following on the heels of this book is a second biography: *An Epic Life: II: Personal Perspectives*, which widens the lens to include interviews with Milton Erickson's family members, personal associates, and patients, weaving together interviews across generations. As readers will see, Erickson's influence not only encompassed his professional life, but also his personal life. With these two biographers, we are given the mosaic pieces of Erickson's life, and we can assemble them how we see fit to create our full-scope image of perhaps the greatest psychotherapist of all time. *An Epic Life II* also includes a rich family history, social context, and the "settings" of Erickson's life, including where he worked, lived, and played. This biography provides glimpses into Erickson's life with family, friends, neighbors, and patients. It is a wonderful, creative biographical sketch of an inspirational figure who, despite many physical limitations, rose above to contribute much and influence generations to come.

Share Your News with the SCEH Community!

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

We look forward to hearing from you!

SCEH reserves editorial rights over all submissions.

Announcing HIPNOSISE Mentorship Program

Hypnotic Induction Practice Network of Students Interested in Skill Enhancement (HIPNOSISE)

Honing Clinical Hypnosis Skills with Colleagues

SCEH is the home for evidence-based clinicians utilizing clinical hypnosis. The Society is devoted not only to supporting accomplished clinical and experimental researchers but also to providing training for healthcare professionals who are new to hypnosis.

After completing the Introduction to Hypnosis workshop, it is not uncommon to feel hesitant to begin to apply hypnotic interventions clinically. Or perhaps there is a curiosity to receive hypnosis to deepen one's understanding and experience of the hypnotic phenomena. Maybe there is a dearth of colleagues trained or even interested in clinical hypnosis in one's workplace, and there is an itch to connect with other clinicians to exchange ideas and build community.

In order to build and further enhance confidence, competence, and community of professionals at any stage of their career using hypnosis with patients, SCEH created its [HIPNOSISE Program](#). This exclusive, members-only program connects professionals looking to hone their hypnosis skills and practice online in a safe, collegial, and supportive environment. The online practice pairs (or groups of three) are matched based on their partner preferences, clinical interests, needs, and expertise.

Participants in the program will have the chance to practice hypnosis techniques virtually with a chosen colleague to increase their confidence, competence, and creativity in their use of hypnosis.

Questions about HIPNOSISE?

Please contact the HIPNOSISE Program Coordinators:

- Zoltan Kekecs, PhD - kekecs.zoltan@gmail.com
- Liz Slonena, PsyD - dr.lizlistens@gmail.com or 828.771.6127

Calendar of Events

74th Annual Workshops and Scientific Program

Unlocking the Power of Mind: Advances in the Science of Hypnosis

October 4-8, 2023 #SCEH2023

Registration opens this summer so be sure to check the events [page](#)!

[Webinars](#)

Thank you to those who recently provided webinars:

Daniel Radesca, MD, presented on "Hypnosis in Palliative Care" on 3/10/23

Joseph Green, PhD, presented on "The Promise of Hypnosis for Smoking Cessation" on 4/14/23

Scott Hoye, PsyD, presented on "Yoga Nidra & Hypnosis: Yogic Trance or Trance Logic?" on 5/12/23

Save the date for the following upcoming SCEH Webinars:

June 9, 2023 at 12pm EDT

Title: Mindful Hypnosis: How to Stress Less and Live More Mindfully

Presenter: Elizabeth Slonena, PhD

Click to [register](#)

July 14, 2023 at 12pm EDT

Title: From Neurons to Hypnosis: An Introduction to Hypnosis Research for Clinicians

Presenter: Afik Faerman, PhD, Post-Doctoral Scholar in Neuropsychology, NIMH T32 Fellow, Stanford University

Visit our [SCEH webinars page](#) for the latest details and registration info.

August 11, 2023 at 12pm EDT

Title: The Integration of Mindfulness and Hypnosis

Presenter: Akira Otani, EdD

Visit our [SCEH webinars page](#) for the latest details and registration info.

September 8, 2023 at 12pm EDT

Title: Hypnotically Informed Psychotherapy: What is This Thing Called Hypnosis?

Presenter: Robert Staffin, PsyD

Click to [register](#)