

FOCUS

MESSAGE FROM THE PRESIDENT



Dear SCEH Members,

As I write my President's Column for this issue of Focus, I am still basking in the warm glow of the 2024 Midyear Workshops, which were held this past weekend. SCEH live virtual workshops have become a staple of SCEH offerings. We had a strong turnout for the Introduction to Hypnosis and Intermediate/Skills workshops on Friday and Saturday, and Sunday and Monday saw excellent attendance for the Advanced workshops. What struck me the most was how excited I felt to know that I will be seeing people in person in Anaheim at the 75th Annual Workshops and Scientific Program in

Anaheim, October 23-27, 2024. This will be SCEH's first face-to-face meeting in five years. I have so many great colleagues I have never met in person that I will see for the first time! For others, it will have been far too long. The "75th" program promises to be an exciting one, with a record number of scientific presentations and workshops submitted in response to the call for papers and presentations. I am excited about the opportunity to talk with people informally during the networking opportunities and breaks built into the schedule throughout the conference. I have had so many great opportunities over the course of my career to connect with others as we settle into our chairs to hear from presenters. The opportunity for brief hellos and long conversations about hypnosis research and practice will be refreshing. I am especially excited to see the continuing influx of people new to hypnosis joining our organization.

We have an exciting lineup of Keynote speakers for the 75th Annual Workshops and Scientific Program in Anaheim, including Jon Amundson, David Spiegel, and Michael Yapko. At Saturday night's banquet, we will have an opportunity to recognize recipients of numerous awards and honor the first recipients of the Assen Alladin Conference Scholarships. The conference location, Anaheim, is a terrific one, rich in theme parks, great dining, and live music. If you have never been to Anaheim, this is an excellent time to take a few extra days and see the sights.

Live virtual conferences have been a tremendous benefit as they allowed us to continue to meet during the COVID pandemic and to include people from all over the globe. We will continue to offer many training opportunities online. Monthly webinars have been very popular, as they are both convenient and reasonably priced. On June 14, Nate Ewigman and Vanessa Muñiz will present on Culturally Congruent Hypnosis. I will be presenting on July 12, looking at what the history of hypnosis can teach us about current hypnosis practice. Many past webinars are available for on-demand viewing through the SCEH website. Planning for next year's live online Midyear Workshops is underway and will be offered in March 2025. In the meantime, make your hotel reservations soon by visiting the [conference details page](#). Let's meet for coffee in Anaheim!

Sincerely,

Barbara McCann, PhD,
SCEH President

75th Annual Workshops & Scientific Program



#SCEH2024:

Annual Conference



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LETTER FROM THE EXECUTIVE DIRECTOR

BY ANNE DOHERTY JOHNSON

Dear Members:

Celebrating 75 Years of SCEH

Spring is very much in the air as I write this update, and we are hard at work planning what will be an exciting 75th Anniversary Annual Conference in Anaheim, California. We hope you will join us as we assemble together face to face for the first time since 2019. Our 75th Annual Workshops and Scientific Program will take place over five days, Wednesday-Sunday, October 23-27, 2024.

Over its 75 years, the Society has advanced its mission to promote excellence and progress in hypnosis research, education and clinical practice, and we still have far to go to get hypnosis embraced by more health care professionals and institutions and recognized for its potential to improve lives.

This year's conference theme, *Mind Unleashed*, speaks well of the capacity of hypnosis to allow clients and patients to take full advantage of hypnosis tools and phenomena to lessen pain, alleviate anxiety, relieve depression and change behavior and habits. We had a healthy response to this year's Call for Papers. Stay tuned as the Conference Committee completes their reviews of the workshop, paper and poster submissions and we announce and finalize the event program.

We look forward to presenting and showcasing topical and current research, and the latest thinking and evidence-based instruction through our conference programming. Our workshops feature highly skilled and experienced clinicians eager to share their tools of the trade and expertise and a cadre of hypnosis researchers look forward to presenting and discussing their latest research.

In addition to three levels of workshops, and our Scientific Program, we have scheduled a number of networking opportunities designed to bring our hypnosis community closer together. Our goal is to encourage attendees to widen their personal and professional networks and strengthen existing ties. Longstanding personal friendships and significant professional partnerships and collaborations alike have resulted from SCEH meetings over the course of our history. We are proud of the part we play in bringing people together and look forward to doing more of that in Anaheim. If you attend and there is someone you want to meet, just ask us for a personal introduction.

Our conference hotel this year is the Anaheim Majestic Garden Hotel in Anaheim, California. The hotel has a whimsical castle theme in keeping with its proximity to Disneyland® Resort (just a half mile away). It is a low rise hotel with oversized guest rooms and great amenities, including a landscaped outdoor space, pool, fitness center and restaurants. It is also convenient to Anaheim shopping and recreational outdoor space. We have secured a great discounted rate for hotel attendees. If you are attending the conference, we strongly encourage you to stay at our conference hotel. Our special discounted rate is in effect until October 7th or until we sell out, whichever occurs first, so please make your reservations early to secure your spot. [Learn more about our conference hotel and Anaheim attractions.](#)

And with the hotel so close to Anaheim attractions, why not extend your stay and add a mini vacation? Our discounted room rates apply three days prior and three days after the conference. We will continue to release more event details as they are finalized but we promise this will be a wonderful learning experience, and a chance for connection and celebration. Conference registration will open in July. To view the latest info and updates, stay tuned to our [conference web page](#).



Sharing the Benefits of Membership

The association continues to attract new members, many of whom find their way to the Society through a referral from a fellow member (thank you!), or a first introduction as an event attendee. If you know of a colleague who could benefit from membership, please send them our way!

To share information about membership benefits, please refer to our [Membership page](#).

Recent and Upcoming Events

We just wrapped up our [Midyear Clinical Hypnosis Workshops](#) held live one last month and we thank our Presenters and attendees for their participation. Our 2025 Midyear Workshops will take place in March; dates are now being finalized.

I also direct your attention to our ongoing monthly [SCEH Webinar Series](#), held in partnership with the [Office of Continuing Education at The Chicago School](#). The series explores a variety of hypnosis related topics and is led by skilled instructors.

Check out our Calendar of Events later in this issue for upcoming dates and topics (including a July session on The History of Hypnosis: Relevance for Research and Practice by SCEH President Barbara McCann, PhD) or visit the webinars page to explore past topics available on demand through our Home study Courses

We look forward to seeing you in Anaheim in October!

Anne Doherty Johnson
Executive Director

75TH ANNUAL WORKSHOPS & SCIENTIFIC PROGRAM



75TH ANNUAL WORKSHOPS & SCIENTIFIC PROGRAM

THEME: "MIND UNLEASHED"

DATES: OCTOBER 23-27, 2024 (WEDNESDAY-SUNDAY)

LOCATION: ANAHEIM MAJESTIC GARDEN HOTEL, ANAHEIM, CA

CONFERENCE INFO

The SCEH Annual Conference features Introductory, Intermediate/Skills and Advanced Clinical Hypnosis Workshops plus a Scientific Program with keynotes, research presentations and a poster session. Workshops meet accepted Standards of Training in Clinical Hypnosis and count toward SCEH Hypnosis Certification Programs. This is a face-to-face event with live attendance required. Continuing education credits (CE and CME) are available. Student scholarships are available (see [conference page](#) for details).

CONFERENCE THEME: "MIND UNLEASHED"

We have invited groundbreaking contributions for the 75th Annual Workshops and Scientific Program of the Society for Clinical and Experimental Hypnosis, themed *Mind Unleashed*. As we celebrate this milestone, we have invited submissions exploring the dynamic intersections of hypnosis with other mind-body therapies, artificial intelligence (AI), hypnosis apps, psychedelics, and consciousness. Submit your research, insights, and innovations that push the boundaries of understanding and application in these transformative fields. We seek submissions on AI's role in hypnosis, the impact and efficacy of hypnosis apps, states of consciousness, renewed interest in psychedelics, mind-body interventions, and hypnosis and related states. Join us in advancing the conversation and unlocking new possibilities in healing and transformation.

Hotel & Accommodations

Reserve now!! See hotel policies & room discount info. Room block open for reservations:

<https://www.sceh.us/site-and-accommodations-anaheim>



Bookmark and review our 2024 Annual Conference Page for the latest details:

- <https://www.sceh.us/conference-details>

MIDYEAR CLINICAL HYPNOSIS WORKSHOPS

Thank you to everyone who attended or presented at our 2024 Midyear Clinical Hypnosis Workshops held May 17-20, 2024.



2024 Midyear Clinical Hypnosis Workshop Presenters:
 Barbara McCann, PhD; Nicholas Olendzski, PsyD; Ciara Christensen, PhD; David Reid, PsyD, Cameron Alldredge, PhD; Eric Spiegel, PhD; Eric Willmarth, PhD; Gary Elkins, PhD and Don Moss, PhD (Education Chair)



Above: Participants attending an introductory workshop.

Below: Slide from a presentation by Nik Olendzki

Key Terms

- Hetero-Hypnosis
 - A hypnotic experience where one person (therapist) is guiding another person (client) through the experience
- Audio Recordings or Home Practice Recordings
 - Recordings of hypnosis for home practice
 - Tapes, CD's, MP3's, streaming, etc.
- Self-Hypnosis (auto-hypnosis, self-suggestion)
 - One person (client) leading themselves through a hypnotic experience, or modifying an experience in important ways
- Client/patient/person being hypnotized
- Therapist, hypnotherapist, doctor, dentist, etc.

Thank you to our Midyear Workshops Chair
 SCEH would like to acknowledge our Education Committee Chair and organizer of the 2024 Midyear Workshops, **Don Moss, PhD.**

EEG

- A method of quantifying brain activity based on electrical fields on the scalp.
- Typically interpreted with regards to "bands" (wave frequencies).

(Terhune et al., 2010)

Above: Slide from a presentation by Afik Faerman.

SCEH WEBINAR SERIES

Thank you to all of the presenters who have offered training during the 2024 schedule to date. These include:

- ◆ 12JAN24: “Hypnotic Like Practices of Dzogchen Meditation”, by Ian E. Wickramasekera, II, PsyD.
- ◆ 09FEB24: “Altered States of Consciousness, the Human Skin, and Skin Disorders”, by Phil Shenefelt, MD.
- ◆ 08MAR24: “Re-thinking Depression: Insights Emerging from Hard Times”, by Michael Yapko, PhD.
- ◆ 12APR24: “Clinical Hypnosis in the Treatment of Anxiety Disorders”, David B. Reid, PsyD.
- ◆ 10MAY24: “Stress and Anxiety in Children Differ Yet Have Similar Impacts. How Can Self-Hypnosis Training Help?”, by Lisa Lombard, PhD.

To access a previously recorded webinar, visit [SCEH Homestudy Courses](#). Please bear in mind that recordings become available a few weeks after the live webinar date, and the CE process is different from that of our live webinars.

The following is a list of upcoming webinars:

- ◆ **14JUN24: “Culturally-Congruent Hypnosis: Latinx Population as a Case Example”, Nate Ewigman, PhD & Vanessa Muñoz, BS**

This webinar aims to define the new phrase of culturally-congruent hypnosis with the hopes that this will spark conversation and thought about how to more deeply tailor hypnosis to unique people given their cultural background. We will discuss our personal and professional experiences as, respectively, a clinician and a researcher who both work with the Latinx population and speak Spanish; we use this experience as a case study to deepen appreciation of the linguistic, beliefs, values and connotations that can enhance the cultural congruence of hypnotic interventions. Lastly, we focus on practical tips and examples for utilizing interpreters to provide accessible hypnosis. As a result of attending this workshop, we hope that you will have the tools and skills to successfully assess and incorporate cultural factors within hypnotic interventional work.

Details and registration (opens TCSPP website page): <https://tcsppofficeofce.com/event/culturally-congruent-hypnosis-latinx-population-as-a-case-example/>

- ◆ **12JUL24: “The History of Hypnosis: Relevance for Research and Practice”, by Barbara S. McCann, PhD.**

A description of the history of hypnosis usually follows the path of Western influences on medicine and psychology. Tracing the development of modern hypnosis from Anton Mesmer to our current era often seems like an obligatory chore of sifting through a dry narrative of names, places, dates, and people – or paying our dues before getting to the good stuff of learning to do hypnosis. However, a closer look at this history affords us an opportunity to understand the origins of the myths and misconceptions that we continue to face – and may inadvertently promote – in our research and practice. During the Enlightenment period, when Anton Mesmer developed animal magnetism, medicine and related fields were dominated by reason, empirical observations, and the scientific method. In this context the rejection of his work is understandable, yet that rejection conflated the “why” with the “what,” failing to appreciate that something fascinating had occurred. When James Braid picked up the thread of animal magnetism, he shed Mesmer’s mystical, supernatural mantle, emphasized the roles of attention, suggestion, and relaxation, and coined the term hypnosis. Yet something captivating in Mesmer’s work remained and is evident along with the emergence of psychiatry and psychology as distinct yet related disciplines. The integration of biological and psychological perspectives in the 20th century and our understanding of placebo, nocebo, and expectancy continues to inform our understanding of hypnosis and related states. As medicine and psychology evolve to current times, we see another shift toward integrative medicine, which reflects recognition of the interconnectedness of mind and body. Evidence-based practices, ethical considerations, and a patient-centered approach remain core tenets and continue to shape research and practice. An examination of the neglected roots of hypnosis in ancient cultures, spiritual traditions, and parallels in contemporary indigenous and non-Western cultures sheds light on the need for a broader understanding of the phenomenon Western thinkers have come to label hypnosis, and ironically, brings us back to where we started, with Mesmer.

Details and registration (opens TCSPP website page): <https://tcsppofficeofce.com/event/the-history-of-hypnosis-relevance-for-research-and-practice/>

+++ If you are interested in teaching a webinar, please submit proposal to info@sceh.us +++

JUNE 2024 AWARDS ANNOUNCEMENT

Nominate a Deserving Colleague for a SCEH Award

We invite nominations from SCEH members for our Annual Awards Program. Please help us to recognize deserving members of our hypnosis community. 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. Self-nominations are accepted. Please suggest candidates for the awards categories noted below. Winners will be announced at this year's Awards Celebration which will take place during our 2024 Annual Conference in Anaheim.

Award Categories:

- ***Crasilneck Award:*** For the best first paper presented by a graduate student or young scientist at a SCEH meeting.
- ***Stanley Krippner Award:*** For efforts supporting the field of hypnosis by students or early career professionals.
- ***Hilgard Award:*** For the best theoretical paper on hypnosis.
- ***Henry Guze Award:*** For the best research paper on hypnosis.
- ***Roy M. Dorcus Award:*** For the best paper in clinical hypnosis.
- ***Reviewer of the Year:*** For best International Journal of Clinical and Experimental Hypnosis reviewer.
- ***Shirley Schneck Award:*** To a physician who has made significant contributions to the development of medical hypnosis.
- ***Erika Fromm Award:*** For excellence in teaching.
- ***Arthur Shapiro Award:*** For the best book on hypnosis.
- ***Bernard Raginski Award:*** For leadership in the field of clinical hypnosis.

SUBMIT A NOMINATION: Make your nomination(s) using our [Awards Form](#).

DEADLINE: Nominations are due by close of business on August 1, 2024.

ELIGIBILITY PERIOD: July 1, 2023 through June 30, 2024.

Submitted by:

*Ciara Christensen, PhD
Awards and Fellowships Chair
Immediate Past President*



SCEH MEMBER NEWS

Neuron invited David Spiegel to write a Neuroview article on hypnosis. That hypnotic suggestion resulted in “Tranceformation: Digital Dissemination of Hypnosis”. Vol. 112, Issue 3, 7 February 2024, Pages 340-341, <https://doi.org/10.1016/j.neuron.2023.12.010>

In it I posed the question of why, despite hypnosis being the oldest Western conception of a psychotherapy, the accumulating knowledge of the brain basis of hypnosis, and growing evidence of its efficacy in ameliorating problems ranging from pain to anxiety to habit control to post-traumatic stress, it is still rarely utilized and derided as a stage show trick or potentially dangerous loss of control. I then refer to the recent development of apps teaching the use of hypnosis as a novel means of disseminating the benefits of self-hypnosis. The rapid change in mental and physical state that can occur with hypnosis is a remarkable therapeutic opportunity, and hopefully with modern neuroscience and communication technology we can all make far better use of it.

David Spiegel, M.D.

Willson Professor and Associate Chair of Psychiatry & Behavioral Sciences

Stanford University School of Medicine

Don Hunter has published a book, and is developing a work of fiction.

“Chronic Pain My Journey” available on Amazon, Caversham Books, Indigo

“Peace is Always Possible—even in a single conversation.”

In December 2022, I retired after 25 years within the Department of Psychiatry at the Hospital for Sick Children. However, I continue my virtual private practice, which is presently 50% providing clinical supervision for private psychotherapists. I am an ‘old dog’ with a number of ‘tool kits’. I am also writing a second book, which is a fiction and will likely submit this year.

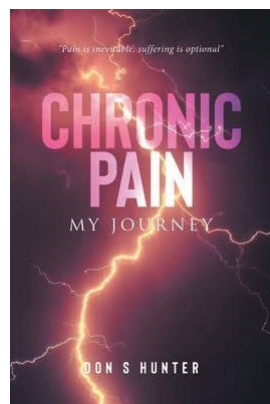
Hunter, Don S. (2023) Chronic Pain: My Journey, Tellwell Publishers <https://amazon.com/dp/0228885922>

This is a memoir that developed over a thirty years period. It was entered into the LA Book Fair, the New York Book Fair, the London Book Fair and the Paris Book Fair in 2023, and received Honorary Mention in all four.

www.donshunter.org

David Wark submits the following exciting news: Spanish Version Added to 49words.org Procedure!

I want to update you on the latest developments regarding www.49words.org, our free open website aimed at easing stress for patients undergoing kidney dialysis. Since its launch, we’ve expanded the procedure's reach to cater to a broader range of physical and mental health challenges. I'm thrilled to announce that our development team has now integrated a Spanish version of the procedure into the website. This enhancement is designed to make stress reduction more accessible to a wider audience, benefiting both therapists and patients. A huge thank you to everyone who has shared clinical reports with us, illustrating the effectiveness of the procedure across various patient profiles and conditions. Your contributions have been instrumental in refining and expanding our approach. For those interested, you can find a detailed report of the treatment methodology in Wark (2023), titled "49words: An active alert hypnosis protocol for stress regulation," published in the *American Journal of Clinical Hypnosis*. Remember, all versions of the procedure remain freely available on the website, with no associated costs. I encourage you to submit anonymized brief reports documenting any applications of the procedure. Your insights and experiences will help enrich our collective knowledge and drive ongoing improvements. Thank you for your continued support and collaboration as we work together to promote well-being and alleviate stress.



If you are a member of SCEH and would like your news to be included in this newsletter, please send details with photo to Focus@sceh.us

INTERVIEW WITH MARK P. JENSEN, PhD

Tell me a little bit about yourself and your work.

I am a professor of Rehabilitation Medicine at the University of Washington, in Seattle, Washington, USA. I am a clinical psychologist by training and have devoted my career to the scientific study of acute and chronic pain, including and in particular on understanding the efficacy and mechanisms of psychological pain treatments. I have worked in this area for over 40 years, starting with my PhD dissertation.

What initially appealed to you about the study of hypnosis?

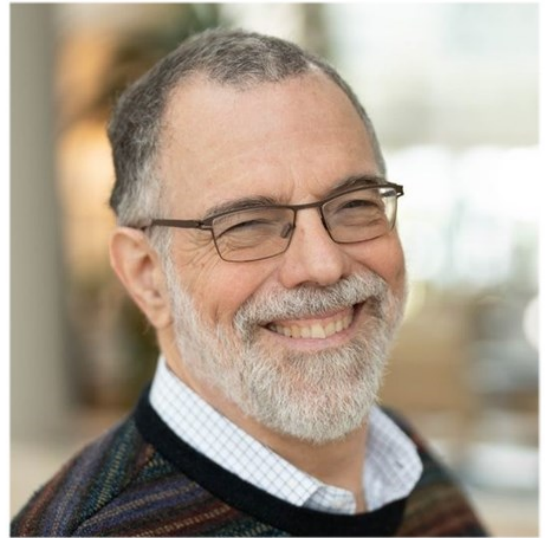
I was originally trained in the use of Cognitive Behavior Therapy and Operant Treatment for pain management. Although these treatments have proven efficacy and many individuals with chronic pain can benefit from them, in my clinical work, the people I worked with would often tell me that they were not completely satisfied with these treatments because they did not result in adequate pain relief. I then happened upon a book by Reynolds Price about 30 years ago called "A Whole New Life: An Illness and a Healing." In this book, Price described the development of severe chronic pain associated with a diagnosis of spinal cancer, and how he learned to manage this to be able to focus on what was most meaningful in his life, rather than on the pain. The turning point for him occurred when he learned self-hypnosis to manage the pain.

It seemed to me that THIS was what my patients were asking for. I therefore did what scientists do when they become curious about something: I wrote a grant proposal. In this proposal, I sought funding for one year for one day a week to study hypnosis for chronic pain management under the tutelage of Joseph Barber, who was living in Seattle at the time. I said in the proposal that I would treat a number of individuals with spinal cord injury-related chronic pain with clinical hypnosis and monitor the effects. I said that if the treatment was effective for helping even just a few of the individuals treated, I would use the findings to inform the design and submission for grant proposal to the National Institutes of Health to evaluate the efficacy of this approach in a randomized clinical trial. ALL of the individual benefited from the treatment (both to my surprise and theirs), and the grant proposal I submitted was funded. Since then, I have conducted and published the results of several more clinical trials. Two of them are ongoing.

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

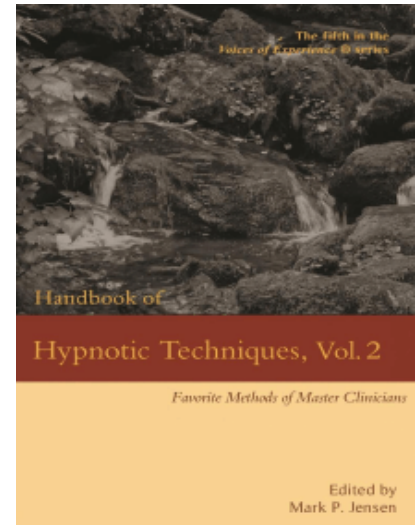
My heavens. The list of things I appreciate about hypnosis is rather long – it is hard to select just one thing that I appreciate the most. But the first thing that comes to my mind is empowerment. I appreciate how it is possible for people with significant and sometimes disabling health (both "physical" and "psychological" health conditions, as if there is a difference between the two) to learn to use hypnosis to enrich their comfort and their lives. It is a privilege to witness, time and time again, how people's lives can and do improve as they learn and use hypnotic approaches for growth and comfort.

(continued)



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

I no longer see patients directly, but instead spend my time designing and conducting clinical trials, writing up the results of these trials for publication, writing and editing books about hypnosis and its clinical applications, and traveling the world to present the findings from our clinical trials and to facilitate workshops on the applications of clinical hypnosis. I find all of this work incredibly satisfying. What moves me the most is hearing from the participants of past workshops that they have applied the skills they learned in a workshop with an individual in their clinical practice, and that this changed the person's life for the better. This is the reason I do this work – to help bring comfort to and empower others. Our clinical trials have proven that hypnosis works. Now it is time to increase access all over the world to those who can benefit.



Throughout your career, you've provided the hypnosis community with so many invaluable works and resources to learn from. One such example of this is the Voices of Experience series. You recently added a sixth text to the series entitled, "Handbook of Hypnotic Techniques, Vol. 3: Favorite Methods of Master Clinicians". Could you briefly describe the content of this text?

The chapters in this book describe 11 hypnotic approaches or techniques that clinicians can use to help their clients achieve their treatment goals. The chapters are presented in a way to allow the reader to understand the key ideas or theory underlying the technique, followed by annotated transcripts which demonstrate the techniques. The basic idea is for the chapters to represent how the author would present the material in a workshop. The goal is that after reading each chapter, the reader would then be able to apply the technique in their own practice, adapting it as needed to make it their own.

What was the inspiration behind the creation of a third volume?

The inspiration behind this volume – indeed the inspiration behind the entire Voices of Experience series – is to disseminate the depth of knowledge and experience that master clinicians have about the practical applications of clinical hypnosis. Individuals who use hypnosis in their clinical practice for decades learn over the years what works and what does not work. Many of these clinicians develop approaches and techniques that they always go back to. Often the only way that they can spread this knowledge is by directly teaching their students (if they have students), or by facilitating clinical workshops. But not all of us can be a student of a master clinician, and not all of us are able to attend all of the workshops that are offered, especially when those workshops might be in a different country or in a language that we do not speak. The goal of the Voices of Experience series is to disseminate this wealth of knowledge, so that clinicians can become even more effective in their day-to-day practice. Given the number of master clinicians in the world and the number of techniques they have developed, we did not stop at publishing just one or two volumes. There was plenty of knowledge to fit into three volumes. Indeed, a fourth volume is already being planned (as are volumes on other more specific topics).

What impact do you hope this latest volume has on readers?

I hope and anticipate that this new volume of techniques will provide readers with very practical knowledge that will make them even more effective in their clinical work.

(continued)

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

I believe that the most important future direction for clinical hypnosis is to increase access. This means, I think, encouraging individuals from all healthcare disciplines, including but not limited to nurses, physical therapists, and occupational therapists, to learn how to use clinical hypnosis for treating the conditions they are trained and licensed to treat (i.e., within the scope of their practice). In the meantime, I think it is also important to continue to conduct rigorous research to evaluate the efficacy of – and understand the mechanisms underlying – clinical hypnosis. As the evidence for hypnosis builds, so should the demand. Our community needs to be prepared to address that demand.

Many student and early career professional members of SCEH look up to experienced practitioners like yourself. What advice would you give to these members as they strive to develop the knowledge and skills needed for competent hypnosis practice?

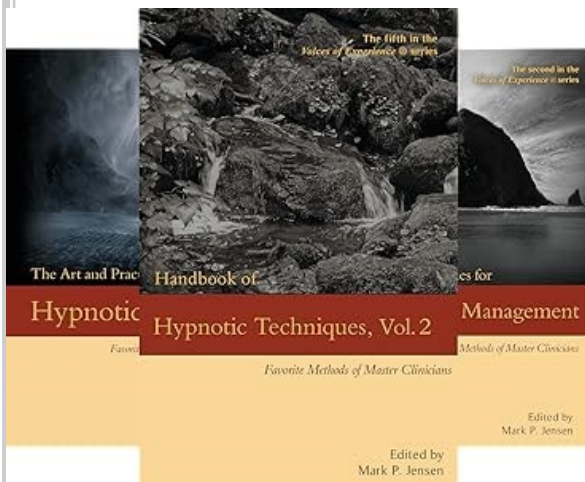
I would recommend that all of us in this area actively participate in at least one hypnosis society locally and also as members of the International Society of Hypnosis. This includes attending the conferences of these societies (*Note: if you have not yet registered for the ISH World Congress in Krakow in June of this year, please do so, and meet us in Krakow!*), serving on the boards and committees of these societies, and then, as you gain experience, starting to facilitate workshops for conferences. As you develop your own style, you will evolve new ways of providing clinical hypnosis treatment. Consider monitoring your clients’ responses to the treatments you provide (using standardized measures of the outcomes you are seeking to change), and then writing up the results as a case report for one of our community’s journals. This way, you not only experience the benefits of being of help to your clients, but the satisfaction of contributing to the comfort of many others, through the sharing of your knowledge.

What brings you enjoyment outside of your work/professional endeavors?

I love to listen to recorded and live music of all genres, including classical music, folk music, and so-called popular music. I am learning how to ballroom dance with my wife, Lisa, which is a wonderful way to combine my love of music with my love of spending time with Lisa. We are also learning German together. And I love to cook, in large part because I also love to eat. Favorite dishes include those from Thailand, Malaysia, and the Mediterranean countries. One of the joys of traveling as much as I do is the opportunity to taste foods from all over the world.

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

Well, there are the books (both the “Voices of Experience” books published by Denny Creek Press, and “Hypnosis for Chronic Pain Management: Therapist Guide”, published by Oxford University Press), as well as many articles published in scientific journals. I am always happy to meet people at conferences and at workshops that I facilitate. Just come up to me and introduce yourself!



If you would like to be interviewed regarding a current or recent project, please contact: info@sceh.us

Interviewed by Lauren Simicich, PsyD
Staff Psychologist (PCMHI)
VA Salt Lake City Health Care System



BOOK REVIEWS



Dr. Leonard Milling is well-known in the field of clinical psychology for his promotion of the scientific study of hypnosis. A fellow of APA through Division 30 (Society of Psychological Hypnosis), he received their Distinguished Contributions to Scientific Hypnosis award in 2020. In other words, his qualifications for compiling data on the evidence-based practice in clinical hypnosis are indubitable.

Dr. Milling is perhaps best known in the field for his peer-reviewed journal articles on the mediator and moderator variables associated with hypnotic pain reduction, as well as on the efficacy of hypnosis as a treatment or intervention for acute and procedural pain. Indeed, much of his scholarly work has focused on what may be argued to be the integration of cognitive behavioral therapy and hypnosis in the treatment of pain. Not surprisingly, that was the chapter he contributed to this compilation. But that chapter, and the book itself, offers so much more.

One notable feature of every single chapter of this book is the emphasis on the inclusion of randomized controlled studies (where available) indicating the efficaciousness of clinical hypnosis to treat a wide variety of behavioral and physical health problems, followed by actual case examples of hypnosis being applied with tremendous efficacy. This is what evidence-based care looks like: It is the seamless integration of scientific findings into the provision of clinical treatment. Hypnosis is lifted out of the morass of gimmickry and amusement, and elevated to the rigors of scientific practice where it belongs.

To that end, Dr. Milling invited subject-matter experts to write about their areas of expertise, including Michael Yapko who writes about depression, Gary Elkins and Morgan Snyder on applications in behavioral medicine, Joseph Green and Steven Jay Lynn on the treatment of smoking, and David Reid on the treatment of anxiety, to name just a few. Contributors review the empirical evidence for the effectiveness of hypnosis for the problem being addressed, offer case examples of hypnosis being implemented, and provide outlines of hypnotic inductions and suggestions. There is also a chapter on working with children and adolescents by Lisa Lombard and Dr. Milling. The book closes with his recommendations for future research.

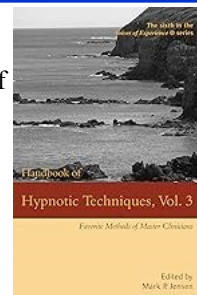
For much of my career, I have served in training and teaching roles, supervising Interns and Residents into the profession. Sometimes I feel like a bit of a relic, often the only faculty member talking about or teaching hypnosis. I believe that this book should be required reading for *all* graduate students.

Submitted by:

*Jillian Ballantyne, PhD, ABPP, BCB
Supervisory Psychologist
Consultant in Clinical Hypnosis*

Evidence-Based Practice in Clinical Hypnosis by Milling, Leonard
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[Handbook of Hypnotic Techniques, Vol. 3: Favorite Methods of Master Clinicians](#)
Edition: 1st Edition, Book 6 in the Voices of Experience® series.
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The Handbook of Hypnotic Techniques, Vol. 3: Favorite Methods of Master Clinicians, is a book all practitioners should have, whether you're just starting out or you are a seasoned professional. As the 6th book in the *Voices of Experience*® series, Mark P. Jensen, PhD brings 11 practitioners together to provide readers with new insights on creative and innovative techniques to use in their practice. Each chapter's author is unique and brings the reader wisdom, direction, and understanding to engage them in critical and creative thinking as they approach their work with clients.

The book highlights the importance of understanding and modeling clients' experiences to develop effective hypnotic techniques. The chapters in the book describe different approaches, such as therapeutic scaling, the Double Mirror technique, and the 3D Technique, which aim to facilitate positive change and address presenting problems. The use of metaphors, positive thinking, and the incorporation of nature are also explored as tools for enhancing the therapeutic process. Additionally, the book discusses strategies to apply quantum theory to understand the neurophysiological processes underlying hypnosis and dissociative-associative processes. The book provides a wealth of guidance, including scripts, transcripts, and case studies that practitioners can use to apply the techniques presented.

Overall, the *Handbook of Hypnotic Techniques, Vol. 3: Favorite Methods of Master Clinicians*, emphasizes the importance of tailoring hypnotic techniques to individual clients and utilizing their inner resources to promote positive change. This book and the series are a must-read for those looking to broaden their horizons and strengthen their hypnosis muscles. Gaining new insights and learning new techniques are important aspects of being an effective practitioner. Never stop learning and growing!

Submitted by:

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Book reviews reflect the independent opinions of the reviewers and are not intended to serve as the official stance of SCEH.

LATEST NEWS FROM IJCEH

THE INTERNATIONAL JOURNAL OF
*Clinical and
Experimental*
HYPNOSIS

Recent Issue: Volume 72, Issue 2

The most recent issue of the IJCEH features six articles that encompass research, theory, and practice of Clinical Hypnosis for the treatment of several conditions including oral surgery, depression, and insomnia. Our lead article featured a research study targeting psychological mechanisms associated with self-hypnosis for insomnia, and additional articles continued to highlight insights from clinical practice, address theory, and research on clinical hypnosis. To further assess variables associated with sleep improvement, this issue also includes a cross-sectional survey with over 240 respondents on the perceptions of self-hypnosis for sleep, willingness to use and accessibility. This issue also features two articles currently open-access at the IJCEH. These include a scoping review on the perceptions, knowledge, and attitudes of clinical hypnosis in healthcare professionals, and a case study of clinical hypnosis as stand-alone anesthesia in the oral surgery of a highly hypnotizable patient.

Preview of Upcoming Issue: Volume 72, Issue 3

The July issue of the IJCEH will feature an in memoriam in honor of Dr. Steven Lynn, and five articles. The leading article of this issue is a randomized clinical trial of Clinical Hypnosis as an adjunct to Cognitive Behavioral Therapy for the treatment of major depressive disorder. This issue also includes a research study exploring the effectiveness of combined Mindful Self Hypnosis (MSH) with resistance training (RT) for the reduction of perceived stress among female college students. Additional papers are a systematic and meta-analytic review of EEG correlates of suggestion-induced Stroop interference reduction in highly suggestible individuals, a comprehensive review of hypnotherapy for inflammatory bowel disease management, and French norms and psychometrics for a shortened online adaptation of the Harvard Group Scale of Hypnotic Susceptibility (HGSHS:A).

Preview of Upcoming Special Issue: European Society of Hypnosis - Volume 72, Issue 4

Our last issue of 2024 will be a special issue featuring new articles from researchers and clinicians that presented at the past European Society of Hypnosis XVI Congress. The topic of the conference was “Hypnosis Food for Body and Mind: An Integrated Approach to Healing”. This special issue of the *International Journal of Clinical and Experimental Hypnosis* will include a guest editorial provided by the Congress leaders and six articles, including articles focused on advancing research, theory, and practice in a wide range of topics. Look for this special IJCEH issue this upcoming October!

Transitioning to Online-Only Publishing

We are excited to announce that starting January 2025, the *International Journal of Clinical and Experimental Psychology* will be transitioning to online-only publishing. This means that volume 72, Issue 4 will be our last print issue. In our commitment to innovation and accessibility, this transition aims to provide benefits to authors and readers alike by eliminating delays associated with print distribution. This transition will expedite the timeline from submission to publication and will allow us to provide faster access to the latest academic articles published at the IJCEH on a rolling basis, attract more high-quality articles and research, and increase the number of articles available per issue.



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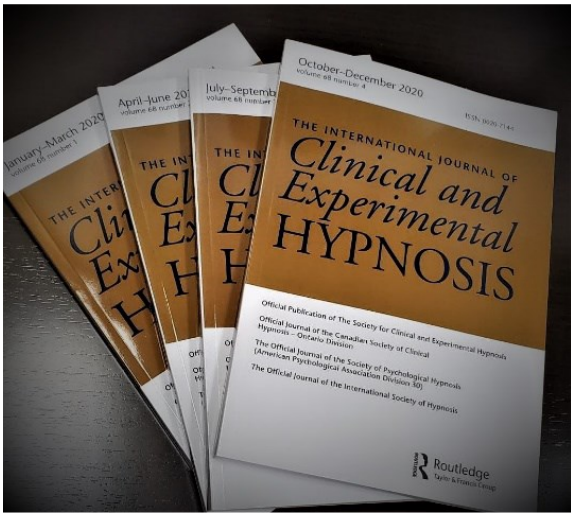
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Editor-in-chief: Gary R. Elkins, PhD

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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).

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Managing Editor: Vanessa Muñiz



ON THE NEXT TWO PAGES, WE ARE PLEASED TO SHARE ABSTRACTS FROM THE ARTICLES PUBLISHED IN THE MOST RECENT ISSUE OF >>>

THE INTERNATIONAL JOURNAL OF
*Clinical and
Experimental*
HYPNOSIS

Exploring Variables Associated with the Effects of a Self-Administered Hypnosis Intervention for Improving Sleep Quality

Cameron T. Alldredge, Morgan Snyder, Samuel R. Stork, and Gary R. Elkins

About two thirds of college students rate their sleep as suboptimal which is associated with a variety of additional issues. Poor sleep is shown to follow certain pre-sleep cognitive activity that inhibits sleep onset and sleep quality. Preliminary evidence suggests that a self-administered hypnosis intervention is feasible in improving sleep within a college student population, and the current study explores potential correlating variables to inform future mechanistic research. Twenty-two college students who self-reported poor sleep quality utilized a three-week self-administered hypnosis intervention while completing baseline and endpoint measures of sleep quality, insomnia symptoms, and psychological factors. Results indicated that participants experienced significant improvement with large effects in sleep quality ($d = -1.21$) and significant decreases in insomnia symptoms ($d = 1.05$) from pre- to post-intervention. Significant improvements were also observed on measures of pre-sleep arousal and worry. The results suggest that a self-administered hypnosis intervention may modulate pre-sleep cognitive activity associated with poor sleep quality.

Exploring the Underutilized Potential of Clinical Hypnosis: A Scoping Review of Healthcare Professionals' Perceptions, Knowledge, and Attitudes.

Malwina Szmaglinska, Lesley Andrew, Debbie Massey, and Deborah Kirk

The perceptions, knowledge, and attitudes of healthcare professionals (GPs, oncologists, nurses, midwives and obstetricians, anesthetists, mental health professionals, and other professionals) towards hypnosis are explored in this scoping review. Despite proven effectiveness in various health conditions, the use of hypnosis in healthcare has stagnated, emphasizing a gap between research and practice. Data from 35 studies (1995-2023) were analyzed, revealing predominantly positive attitudes and interest in training. Professionals with more knowledge and experience had favorable attitudes toward hypnosis compared to those with limited exposure or understanding of the practice. The main obstacles were insufficient time and inadequate training. Considering the growing interest in complementary therapies, the need for education in hypnosis for healthcare professionals is highlighted. Barriers to integration require exploration for a focused research agenda supporting knowledge translation and implementation.

Aging Adults' Willingness, Preferences, and Access to Self-Hypnosis for Sleep: A Cross Sectional Survey

Nathan Wofford, Carolyn R. Rausch, and Gary R. Elkins

Sleep disturbance is a public health problem among aging adults (age 45 and older). While aging adults are at an elevated risk for sleep disturbance, many also have high rates of mistrust towards psychological interventions, such as self-hypnosis, which may be beneficial for sleep. The purpose of the study was to assess factors that may impact utilization of self-hypnosis for sleep, including willingness, preferences, and access among informed aging adults. 244 aging adults were recruited. After reading an information sheet on self-hypnosis for sleep, participants completed questionnaires assessing sleep related worry, stress, and perceptions of self-hypnosis for sleep, including willingness, benefits, barriers, preferences, and access. The findings indicated that informed aging adults were willing to engage in self-hypnosis for sleep, regardless of their race or gender. Furthermore, they preferred technological delivery methods (i.e., telehealth or smartphone apps) with flexible scheduling options. However, very few participants endorsed having access to self-hypnosis.

(continued)

Hypnotherapy as Treatment for Depression: A Scoping Review

Jolene Pang Wan Vun, Ponnusamy Subramaniam, Noh Amit, Suzaily Wahab, and Ahmed A. Moustafa

This scoping review aims to provide a comprehensive overview of studies that explore the use of hypnotherapy as a treatment for depression, adhering to the PRISMA-ScR guidelines. A total of 232 articles were identified through systematic search strategies in four databases. Following rigorous screening, 14 studies, varying from case studies to randomized controlled trials, were included in the final review. The age range of participants spanned from 18 to 70 years, and the number of female participants generally exceeded that of males in these studies. Hypnotherapy was found to be frequently used as an adjunct treatment alongside various types of psychotherapy such as cognitive behavioral therapy and often included techniques like hypnotic induction, ego strengthening, and self-hypnosis. The treatment duration varied from 3 sessions to as long as 20 weekly sessions. Most importantly, the majority of the studies found hypnotherapy to be effective in reducing symptoms of depression, with some studies suggesting it has superior effects to antidepressant treatment in areas such as overall health and vitality. This review highlights the potential of hypnotherapy as a viable treatment option for depression and highlights the need for further controlled studies to establish its efficacy.

Impairment of Hypnosis by Nocebo Response and Related Neurovegetative Changes: A Case Report in Oral Surgery

Luca Queirolo, Enrico Facco, Christian Bacci, Carla Mucignat, and Gastone Zanette

This article presents the third molar removal in a highly hypnotizable patient, who had been successfully submitted to oral surgery with hypnosis as stand-alone anesthesia in previous sessions. Unexpectedly, hypnosis initially failed, as a result of a nocebo response due to a previous dentist's bad communication; two complaints made by the patient were associated with increased sympathetic activity (as defined by increased heart rate and electrodermal activity and decreased heart rate variability). After deepening of hypnosis, the patient achieved a full hypnotic analgesia allowing for a successful conclusion of the intervention, an event associated with decreased heart rate and electrodermal activity and increased HRV. Hence, the initial failure was paralleled by a decreased parasympathetic activity and increased sympathetic activity, while hypnotic analgesia was associated with the opposite pattern. The patient's postoperative report indicated that the initial failure of hypnosis depended on a strong nocebo effect because of a previous dentist distrusting hypnosis and persuading her that it was not enough to face a third molar removal.

Implicit Rapport: Some Introductory Comments

Robert Staffin

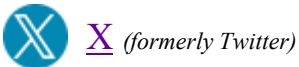
"The relationship" is often cited as an essential aspect of successful psychotherapy. But what is it about the relationship that contributes to positive outcomes in treatment? This article introduces the concept of implicit rapport. Implicit rapport is, in the parlance of social psychology, an element of influence. Influence represents those things to which we respond without our being aware of what it is to which we are responding. Implicit rapport is here defined as, that category of behaviors or interventions that occur within the context of the clinical encounter and are designed or intended to promote a sense of feeling known, understood, valued, and safe. It is characterized as implicit because the variety of interactions that are being referred to are not likely to be overtly or explicitly recognized by the client but, nonetheless, influences their willingness to commit to the work of psychotherapy. Clinical vignettes will be presented to provide examples of how implicit rapport is conceptualized and actualized.

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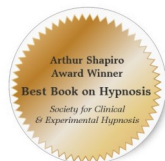


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Newsletter prepared by members of the FOCUS Team:

Cassandra Jackson, MA
Lauren Simicich, PsyD
Mikhail Reshetnikov, MA
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Spotlight on Women in Hypnosis

In the next issue of FOCUS, we will be introducing a new column in which we shine a spotlight on some of the women (such as Kay Thompson, DDS, in photo) who have made



meaningful contributions to the development and understanding of hypnosis, historically a male-dominated field. We invite and welcome your ideas and suggestions for women whose contributions, past and present, merit spotlighting.

Please send all ideas, suggestions, and/or comments to Focus@sceh.us.