

# FOCUS

JUNE 2025



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**FOCUS** is published quarterly and features news and information for members of the Society for Clinical and Experimental Hypnosis (SCEH).

This issue prepared by:  
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Victor Padilla, BS

# Message from the President



Greetings, fellow SCEH members! Please mark your calendars for October 8–12th. That is when SCEH will be hosting the live, online 76th Annual Workshops & Scientific Program. Program. Co-Chairs Deanna Denman, PhD and Jessie Markovits, MD are well under way with meeting planning. Note that new this year, the Scientific Program will be held during the week, on Wednesday and Thursday, October 8–9, and the workshops will be held Friday through Sunday afternoon, October 10–12. Although the Call for Papers has closed, we are accepting submissions for poster presentations until August 1st.

Now it is more important than ever to support the SCEH Mission: To promote excellence and progress in hypnosis research, education, and clinical practice. As I described in my last column, policy changes at the federal level in the United States, through Executive Orders, are having far-reaching consequences. We have moved from anticipation to reality: budget cuts are having a chilling effect on funding for science at U.S. academic institutions. This impacts people in so many ways, from research funding opportunities to the training and hiring of researchers. Scientists have received notices to pause work and terminate awards. I am concerned about the impact these events will have on our current generation of trainees interested in hypnosis. We can respond to these barriers and limitations by supporting the work of graduate students, attending conferences, serving as guest reviewers for journals, and keeping engaged in professional organizations such as SCEH.

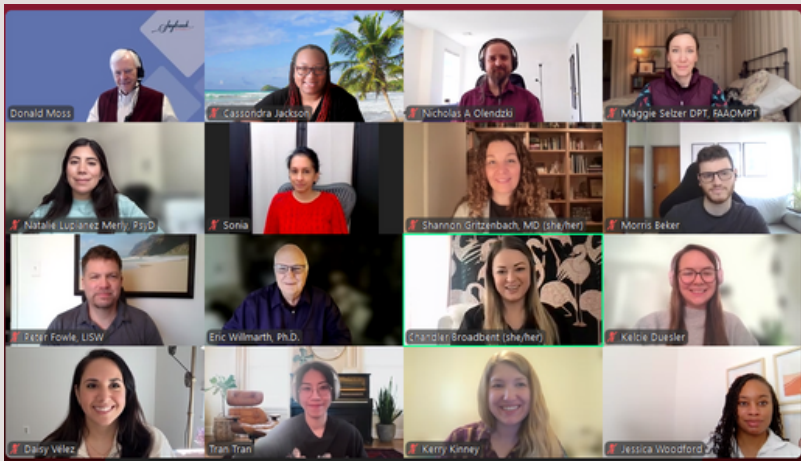
Something I have endeavored to prioritize throughout my career, and in my time serving on the SCEH Executive Committee, is finding ways to help trainees, junior faculty, and early career professionals advance along their intended trajectories. I will soon be marking my fortieth year as a faculty member at the University of Washington.

# Message from the President



Having evaluated many applicants and served on my department's promotion committee for decades, I am keenly aware of the value of a solid CV, or curriculum vitae. The term is Latin for "course of life," and in academia we list our educational and professional background, awards and honors, our sources of research funding, publications, and service from local to international levels. The CV is a testament to our time as professionals. Involvement in many aspects of SCEH, whether by presenting a workshop or paper at the Annual Conference or Midyear Workshops, reviewing a manuscript for our journal, the International Journal of Clinical and Experimental Hypnosis, serving on a committee, and even being a member, attest to meaningful contributions during our "course of life," and foster a positive career trajectory. If you want to discuss ways to get involved with the mission of SCEH, please reach out to me at [mccann@uw.edu](mailto:mccann@uw.edu). Bene collaboramus!

1



- 1) SCEH Midyear Intro Workshop
- 2) SCEH Midyear Intermediate Workshop

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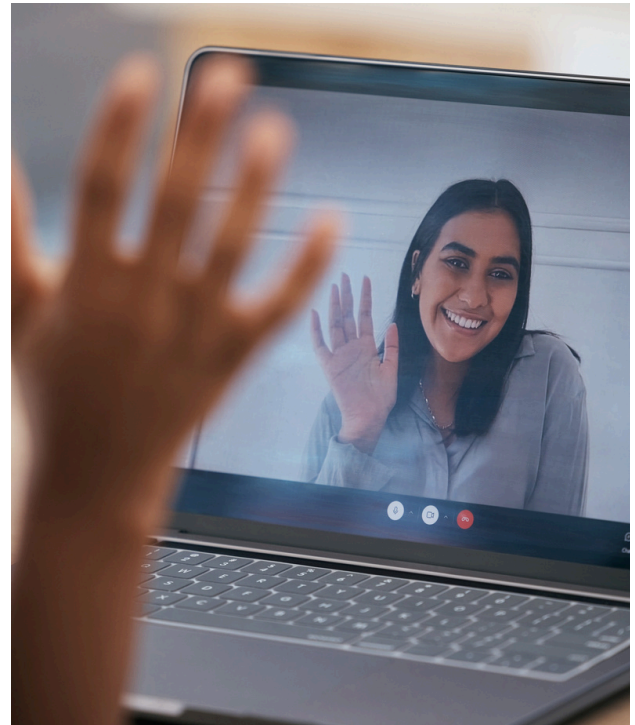


**Join SCEH &  
Help us grow!**

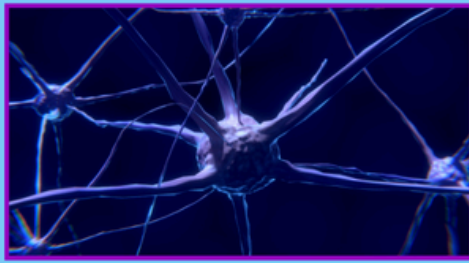
## Membership Benefits

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- As a member of SCEH, you are part of a selective society that contains some of the best and most productive hypnosis researchers and clinicians in the field.
- SCEH provides professional development opportunities which include an Annual Conference with a Scientific Program, Midyear Workshops and a Webinar Series. As a member, your registration fee is discounted.
- SCEH offers hypnosis certification programs for clinicians and researchers. These are Certification in Clinical Hypnosis (CCH) for clinicians and the Certification in Academic and Research Applications of Hypnosis (CARH) for researchers and educators.



**[Click here to access the SCEH  
Membership Application Form](#)**



# The Future of Healing

## Hypnosis in Multidisciplinary Care

76th Annual Workshops & Scientific Program

October 8-12, 2025

Live online - live attendance required

**76th Annual Workshops and Scientific Program The Future of Healing: Hypnosis in Multidisciplinary Care October 8-12, 2025 (Wednesday-Sunday) Live online via Zoom – live participation required – #SCEH2025**

Conference Info – event planning now underway.

Call for Papers – The Call for Papers has been closed with the exception of Posters, which will be accepted on a rolling basis until spots filled or August 1 whichever is earlier.

To submit a poster, see the Call for Papers page.

### **Event registration: Opens Summer 2025**

The Society for Clinical and Experimental Hypnosis invites proposals for Advanced Workshops, Scientific Research Presentations, Symposia and Posters.

### **About the Conference**

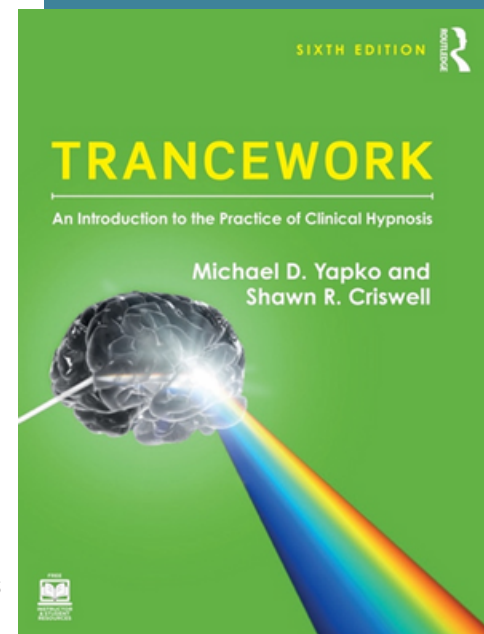
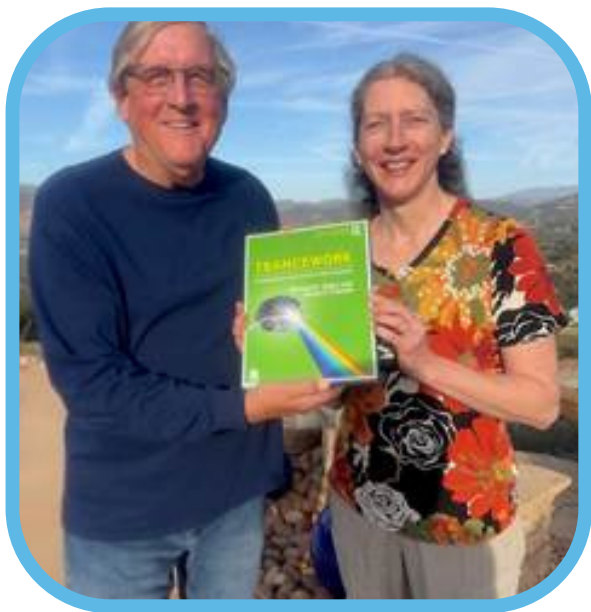
The SCEH Annual Conference includes Introductory, Intermediate, and Advanced Clinical Hypnosis Workshops, plus a Scientific Program, and provides CE and CME. Workshops meet accepted Standards of Training in Clinical Hypnosis and count toward SCEH Hypnosis Certification Programs. This year's event will be held live online via Zoom. Live participation is required. Event planning is now underway.

New this year! Scheduling Change -- Please Note.

The Scientific Program will take place on Wednesday afternoon and Thursday; workshops will run from Friday through Sunday afternoon. Please note this schedule change when submitting a Workshop or Scientific Program Proposal and in planning your participation.

# Member News

SCEH members Shawn R. Criswell, Ph.D., and Michael D. Yapko, Ph.D., announce the release of the new 6th edition of the classic text, *Trancework: An Introduction to the Practice of Clinical Hypnosis*. This expanded 498-page edition incorporates “up-to-the minute” recent studies with nearly 1000 valuable references, highlighting the current science of hypnosis. But hypnosis is about much more than science alone, so across its 28 richly detailed chapters *Trancework*’s emphasis is on providing the practical instruction to perform the art of applied clinical hypnosis well. It features a Foreword from Mark Jensen, Ph.D., and cogent remarks from luminaries in the field that readers are encouraged to become familiar with. Unique to the text are suggested discussion topics as well as skill building exercises to carry out, making it the ideal textbook for group training programs as well as individual study. There is also a companion website expanding the range of offerings to include audio and video clips of hypnosis sessions, case examples, session transcripts, and more. Previous editions have been translated into multiple languages, including Spanish, Italian, Chinese, and Russian.



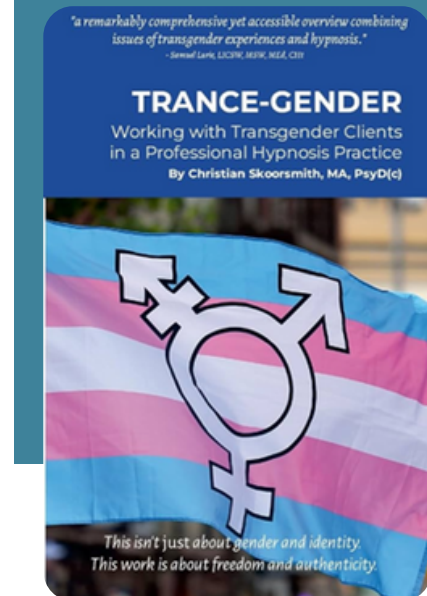
The book is available for purchase from Amazon and the publisher, Routledge.

SCEH President Barbara McCann endorsed *Trancework* with this statement: “In this newest edition of *Trancework*, Michael D. Yapko and Shawn R. Criswell have written the most comprehensive textbook on clinical hypnosis to date. For two decades, earlier editions of *Trancework* have been my primary text for introducing hypnosis to psychiatry residents and medical and graduate students. The Sixth Edition and its companion website will remain a staple of my teaching. Established clinicians and researchers will return to this book repeatedly as an invaluable reference.”

In the coming months Dr. Yapko will be providing keynote addresses on different aspects of clinical hypnosis at major conferences in Australia, China, and England. Specific information about these meetings (e.g., dates and registration) can be found on Dr. Yapko’s website, [www.yapko.com](http://www.yapko.com) under the “Events & Registrations” tab.

# Member News

SCEH member Samuel Lurie, LICSW, CHt, wrote the foreword for this groundbreaking new book: [“Trance-Gender: Working with Transgender Clients in a Professional Hypnosis Practice.”](#) The book, written by Seattle-based hypnotherapist Christian Skoorsmith, provides an important overview for transgender issues and approaches for supportive counseling from a hypnotherapist’s perspective. Samuel, who has presented on Transgender Issues and Hypnosis for SCEH conferences, writes in the foreword: “Christian provides a great deal of information and history, smoothly consolidated and easily digestible, but also directly helpful. All with the central theme and tenet of hypnosis: help your client see that they are lovable. Christian centers the experience of trans people with compassion. Recognizing that trans people are apt to have increased levels of pain, anxiety and trauma, he emphasizes how to use skills we already have as hypnotherapists, that we are already equipped to address issue of shame, feelings of being unworthy or not good enough.”



Samuel concludes the foreword with: “In creating Trance-Gender, Christian Skoorsmith has given us something refreshing and essential. To read this unapologetic, deeply compassionate and inspiring guide to providing affirming, healing, transformative care to transgender people is a gift.”

To order: <https://www.skoorsmith.com/trance-gender>



The American Society of Clinical Hypnosis (ASCH) is pleased to introduce David B. Reid, PsyD, as Editor-in-Chief of the American Journal of Clinical Hypnosis, as of April 1, 2025. As David begins his tenure in this position, he welcomes article submissions including case reports, empirical studies, and book reviews that focus on clinical hypnosis. Please visit the AJCH website for submission instructions.

David also welcomes anyone interested in serving on the Editorial Board to contact him at [dreid@drdavidreid.com](mailto:dreid@drdavidreid.com) and attach your CV along with your message of interest.



# Member News

## SCEH Publications Committee Changes

We would like to thank **Donald P. Moss**, PhD, SCEH President-elect (and a Past President), for his service as Chair of the Publications Committee. During his tenure, SCEH negotiated new contracts with both the Publisher and Editor of the International Journal of Clinical Hypnosis. The Committee will now be chaired by **Zoltan Kekec**, PhD, SCEH Treasurer, who has been serving as a member of the committee.



## Voting Reminder: SCEH Election of Officers

This is an election year for the Society. All members in good standing who are eligible to vote have been mailed a hard copy of the 2025 Election Ballot and Candidate Statements, sent to the billing address in your profile.

Eligible members can vote by return mail or complete our online electronic ballot at: [www.sceh.us/2025ballot](http://www.sceh.us/2025ballot). Note that member login is required. Please be sure to return your ballot by the June 23 deadline for your vote to be counted.

Questions can be directed to [anne@sceh.us](mailto:anne@sceh.us).

We value your participation in this process. Winners will be announced in late July. Thank you.



**Stanley Krippner** was given the Quetzalcoatl Award by the Academy for the Exploration of Psychological Experiences at its October 2024 convention in Merida, Mexico, noting his "distinguished contributions to the study of alterations of consciousness." In accepting the award (in Spanish) he noted that Quetzalcoatl was a famed Mayan deity, renowned for his ability to change shape and predict the future.





# Education Committee Update

## An Update on SCEH Virtual Educational Events



The SCEH Education Committee is currently made up of: Ilyse L. Spertus, PhD; Elizabeth G. Walsh, PhD; Betsy Gaines, PsyD; Barbara S. McCann, PhD (SCEH President); Anne Doherty Johnson (Executive Director) and Donald Moss, PhD (SCEH Education Chair).

The Education Committee has been actively planning virtual education programs for the remainder of 2025 and early 2026, including monthly webinars and the April 2026 Midyear Clinical Hypnosis Workshops. Members will benefit from inexpensive virtual training and educational opportunities with no travel required.

## SCEH Webinar Series

The SCEH Webinar Series features both North American and international speakers on a variety of topics, informed by research and relevant to everyday clinical practice.

Most webinars are scheduled for the second Fridays of each month, at noon Eastern time. Occasionally, an alternate Friday is chosen to avoid conflicts with other SCEH events, or the meetings of related professional organizations.

### The upcoming webinars for 2025 include:

**June 13, 2025, at noon EDT, David Patterson, PhD**

Using Science about the Unconscious to Promote Hypnosis and Psychotherapy

**July 11, 2025 at noon EDT, Louis Damis, PhD, ABPP, FASCH**

Clinical Hypnosis for GI, Fibromyalgia, and Autoimmune Disorders

**August 1, 2025 at noon EDT, Donald Moss, PhD, Lisa Lombard, PhD, Janna Henning, PsyD, JD, Barbara McCann, PhD, and Eric Willmarth, PhD**

Hypnosis for the Curious: Everything You Need to Know about Hypnosis

**September 12, 2025 at noon EDT, Linda Thomson, PhD, APRN, ABMH, ABHN**

Hipponosis: Helping Children Help Themselves with Hypnosis

Intermediate Training in Clinical Hypnosis. 12.5 CE hours applicable to SCEH Certification in clinical hypnosis.

# Education Committee Update



## SCEH Webinar Series

**October 3, 2025 at noon EDT, Ciara Christensen, PhD**

Bridging Hypnosis with Psychedelic-Assisted Psychotherapy: Preparation and Integration Strategies

I want to call special attention to the August webinar, **Hypnosis for the Curious**. That webinar is intended to provide information about hypnosis for professionals who may be interested but have not yet pursued hypnosis training. Please share information about that webinar with your professional colleagues!

Details and registration for Webinars: [www.sceh.us/webinars](http://www.sceh.us/webinars)

## SCEH Midyear Clinical Hypnosis Workshops

The SCEH Midyear Clinical Hypnosis Workshops are now scheduled for **April 24–27, 2026**, providing virtual training at the basic, intermediate and advanced levels.

### Friday and Saturday, April 24 and 25, 2026

- Introductory (Basic) Training in Clinical Hypnosis. 12.5 CE hours applicable to SCEH Certification in clinical hypnosis.
- Intermediate Training in Clinical Hypnosis. 12.5 CE hours applicable to SCEH Certification in clinical hypnosis.

### Sunday, April 26 and 27, 2026

Advanced Workshops on Hypnosis Topics

Please mark your calendars now for these useful programs.

Submitted by

Donald Moss, PhD, Education Chair

[dmoss@saybrook.edu](mailto:dmoss@saybrook.edu)

# In Memoriam: Dr. Arreed Franz Barabasz (1946–2024)

By Ciara Christensen, PhD

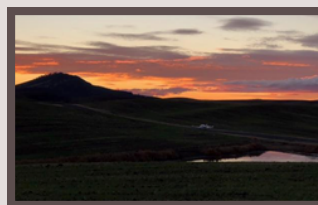
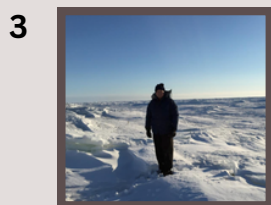
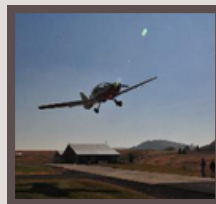
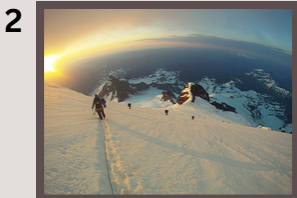
It is with deep regret that we announce the passing of Dr. Arreed Franz Barabasz on August 5, 2024, at the age of 78 in Palouse, Washington. Renowned for his pioneering contributions to hypnosis research, Dr. Barabasz was also an accomplished mountaineer, race car driver, and master pilot. He had a unique combination of adventurous spirit, scientific curiosity and commitment to excellence.

Dr. Barabasz earned two PhDs, one in Counseling Psychology from SUNY Albany at age 23, and another in Clinical and Human Experimental Psychology from the University of Canterbury, New Zealand, where he conducted groundbreaking EEG and hypnosis research in Antarctica. His postdoctoral fellowship at Harvard Medical School led to a faculty appointment there, before he relocated to Washington State University to direct the Laboratory of Hypnosis Research.

Over his career, he published more than 150 peer-reviewed articles and six books, served as Editor of the International Journal of Clinical and Experimental Hypnosis for 16 years, and held leadership roles in APA Division 30 and the Society for Clinical and Experimental Hypnosis. His clinical and research contributions, ranging from Ego State Therapy to ADHD interventions, earned him numerous accolades, including the APA's awards for Distinguished Scientific and Clinical Contributions.

Arreed was a force of nature. He and his wife, Marianne, summited mountains across the globe, won 11 SCCA racing championships, and shared a passion for aviation. A certified Airline Transport Pilot with over 14,800 hours of flight time, he received the FAA Wright Brothers Master Pilot Award in 2023.

Dr. Barabasz will be remembered not only for his humor, his razor-sharp intellect, and his leadership in psychology, but also for his generosity, mentorship, and zest for life. He leaves behind a profound legacy and many grateful hearts.



- 1) Arreed F. Barabasz, EdD, PhD  
2) Arreed standing on a glacier pack visiting a former student in Alaska  
3) One of his many mountaineering excursions (people on a rope)  
4) Lift off in the Palouse! Flying his Bulldog near his airplane hanger in Washington.  
5) Sunset in the Palouse, where he and his wife Marianne lived. And of course, the airplane taxiing down the runway.



## LATEST NEWS FROM

THE INTERNATIONAL JOURNAL OF  
*Clinical and  
Experimental*  
HYPNOSIS

### Recent Issue: Volume 73, Issue 2

The latest issue of the *International Journal of Clinical and Experimental Hypnosis* (IJCEH) is made up of four research articles, a scoping review, and a case study. This issue explores clinical applications of hypnotherapy in clinical practice for pain management, irritable bowel syndrome, chronic ankle instability, as well as in dental practice. In its featured review, hypnotizability was found to be a potential predictor of treatment efficacy for therapies aimed towards the improvement of interoception based on nitric oxide levels in the central nervous system during sensory and cognitive tasks (Giusti & Santarcangelo, 2025). You can read more about each of the articles' abstracts below for more information.

### Sneak Peak into the following issue:

This upcoming issue will feature our long-awaited special issue dedicated to the works of Dr. Steven Jay Lynn, who passed away on March 29, 2024, leaving behind a lasting legacy through his more than 500 publications, and the many students and colleagues he inspired. This commemorative special issue is guest-edited by Joseph P. Green, Ph.D. and features a collection of articles reflective of Dr. Lynn's work. The upcoming special issue features articles on memory and hypnotizability, theories of hypnosis, and clinical applications of hypnosis. Readers will find a rich selection of research that honors Dr. Lynn's enduring influence and multidisciplinary contributions.

# Special Issues in the Upcoming Year

In addition to our upcoming July Issue, we currently have several special issues coming up in the following issues. These issues are dedicated to advancing the field of hypnosis and expand its scope and exploration into diverse subfields of psychology & hypnosis. Thank you to all of our contributors for making these special issues possible!

This year's October issue will feature "Intersections of psychedelics, psychedelic and mystical experiences, and hypnosis." An issue targeting the exploration and novel findings on the therapeutic benefits, mechanics, and theoretical frameworks of psychedelics and mystical experiences, as well as its potential parallels between psychedelics and hypnosis. Early online access will be provided for select articles.

Finally, a special issue dedicated to the diverse applications, theoretical advancements, empirical research, and clinical outcomes associated with Ericksonian Psychotherapy will be available January 2026. For more information on this and any future call for papers and special issues of the IJCEH, visit our journal's website at:  
[https://think.taylorandfrancis.com/special\\_issues/ericksonian-psychotherapy/](https://think.taylorandfrancis.com/special_issues/ericksonian-psychotherapy/)

## Interested Authors

Submissions are accepted and articles are published on a rolling basis. The International Journal of Clinical and Experimental Hypnosis receives all manuscript submissions electronically via Taylor & Francis' submission portal located at <https://rp.tandfonline.com/submission/create?journalCode=NHYP>

**Instructions to authors can be found at:** <https://www.tandfonline.com/action/authorSubmission?show=instructions&journalCode=nhyp20> Contact us at: [IJCEH@baylor.edu](mailto:IJCEH@baylor.edu)

## As a reminder, 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).



**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

## 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



## Follow us on X (formerly Twitter)

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

- @IJCEH – The IJCEH’s Official X (Twitter) Account
- @ElkinsGary – Follow the Editor of the IJCEH
- @tandfonline – Taylor & Francis Research Insights’ Official Twitter Account
- Find us online at: [www.tandfonline.com/nhyp](http://www.tandfonline.com/nhyp)

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# INTERESTED IN LEARNING MORE ABOUT HYPNOSIS?

Please join us for these upcoming SCEH Webinars:

## **June 13, 2025**

Using Science about the Unconscious to Promote Hypnosis and Psychotherapy  
David Patterson, PhD, ABPP, ABPH

## **July 11, 2025**

Clinical Hypnosis for Fibromyalgia and Autoimmune Disorders  
Louis F. Damis, PhD, ABPP, FASCH

## **August 1, 2025**

Hypnosis for the Curious: Everything You Need to Know about Hypnosis  
Donald Moss, PhD, Lisa Lombard, PhD and Janna Henning, JD, PsyD

## **September 12, 2025**

Hipponosis: Helping Children Help Themselves with Hypnosis  
Linda Thomson, PhD, APRNN, ABMH, ABHN, FASCH

## **October 3, 2025**

Bridging Hypnosis with Psychedelic-Assisted Psychotherapy: Preparation and Integration Strategies  
Ciara Christensen, PhD

## **November 14, 2025**

Hypnosis for Pelvic Pain and Lower Urinary Tract Symptoms  
Lindsey McKernan, PhD, MPH and Elizabeth G. Walsh, PhD

**Sign up or find more information at this link:** <https://www.sceh.us/webinars>

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

THE INTERNATIONAL JOURNAL OF  
*Clinical and  
Experimental*  
**HYPNOSIS**

**April Issue – Volume 73 (2)**

**Enhancing Hypnosis Training to Promote Transfer to Clinical Practice for Cancer Pain Management: A Qualitative Analysis of Providers' Perceived Needs**

Lauren M. Carney, Julie B. Schnur, Orly Morgan, Joseph P. Green, & Guy H. Montgomery

Hypnosis is vastly underused despite strong evidence supporting its efficacy in the context of cancer care. Little is known about what providers need to feel confident moving from education in hypnosis to using hypnosis in clinical care. The goal of this study was to examine cancer care providers' ongoing needs post-hypnosis training to inform the development of future hypnosis training programs. We qualitatively examined open-ended responses about post-training implementation from trainees (n = 70) of our Hypnosis for Cancer Pain training program. Data were analyzed using inductive thematic analysis. Four main themes regarding challenges to real-world implementation of clinical hypnosis were identified: 1) How do I "pitch" hypnosis to the people in my health system?; 2) How do I conduct hypnosis in my native habitat (aka the messy, imperfect real world)?; 3) How do I move "off-book" and improvise?; and, 4) I'd feel more secure with a "buddy system." These challenges have direct implications for the development of future hypnosis training programs to better facilitate post-training provider implementation.

**Nitric Oxide in the Hypnotizability-Related Interoception: A Scoping Review**

Gioia Giusti & Enrica Laura Santarcangelo

Interoception – the sense of the body – includes the perception of visceral signals and its integration with many other information in the central nervous system. Hypnotizability levels are associated with interoceptive accuracy and sensitivity, likely due to different insula gray matter volume, and different availability of vascular nitric oxide during sensory and cognitive tasks in peripheral arteries and in the brain. This theoretical review deals with the relevance of possible hypnotizability-related nitric oxide availability at various levels of the central nervous system to interoception and, consequently, to physiological and pathological conditions, such as emotion, sleep disturbance, eating behavior, and cardiovascular illness. Moreover, the review suggests that hypnotic assessment could be a predictor of the efficacy of therapies based on improvement of interoception.

## **Case Study: An Integrative Modification of Gut-Directed Hypnotherapy for a Patient with Intermittent Flares of Long-Standing Irritable Bowel Syndrome**

Jessica Gerson

This article presents a case of a patient whose treatment for irritable bowel syndrome (IBS) involved a modification of gut-directed hypnotherapy (GDH). It was delivered in a nonstandard schedule and integrated concepts from other therapeutic modalities, primarily mindfulness meditation and narrative therapy. A review of the literature on GDH and prior modifications, as well as other iterations of integrative hypnosis, will be provided. Along with describing the case, a rationale for the treatment and examples of the modification will be presented.

## **A Brief Hypnosis Intervention Improves Single-Limb Dynamic Balance in People with Chronic Ankle Instability: A Crossover Experimental Pilot Study**

Lydia Caggiano, Nicholas V. Karayannis, Calvin Collins, Dustin Grooms, & Janet E. Simon

Ankle sprains are one of the more common musculoskeletal injuries in active populations and can develop into chronic ankle instability (CAI), a condition with uncertain etiology and symptoms that include poor dynamic balance, the ability to maintain balance during movement. The components of CAI are psychophysiological and biomechanical, indicating mind-body connections that can influence the development and persistence of this condition. Preliminary evidence suggests that self-hypnosis, a mind-body therapy, can restore physical performance in conditions like CAI. Twenty-four participants with CAI participated in this experimental pilot study, with a crossover design, to investigate the relationship between self-reported measures of ankle instability and other psychological factors with performance-based measures of dynamic balance and heart rate variability (HRV). Participants also received an 8-minute, self-hypnosis session to determine its influence on balance performance. Perceived ankle instability and dynamic balance were not associated with enhancement-based (interoceptive awareness, self-efficacy) or limit-based (kinesiophobia, anxiety) psychological factors. Perceived anxiety was not associated with HRV. Hypnosis was modestly effective in improving direction-specific (lateral) dynamic balance.



## **Current Practices and Perspectives in Brazilian Hypnosis (HYPNO CENSUS 2024): Addendum to an International Survey**

Filipe Luis Souza, Nathalia Cabral Souza, Robert Resende Nascimento, Mark Anderson Caldeira, & Olafur Palsson

An online survey of 103 clinicians using hypnosis was conducted to gain a broad real-world view of current practices, experiences, and perspectives on clinical hypnosis in Brazil. This research replicated a form focused on identifying clinical hypnosis practices across 31 countries, contributing to a global perspective on this intervention modality. The present study employed descriptive statistics in its data analysis. According to respondents, among the 36 most common uses of hypnosis, improving well-being, enhancing self-esteem, reducing stress, and controlling specific phobias and anxiety were reported as the most clinically effective applications. In Brazil, 90.3% of hypnotherapists do not consider hypnotizability relevant to the success of hypnotherapy. Concerns were raised about the technical-professional training of Brazilian hypnotherapists. This is the first investigation into hypnosis practices in Brazil. Although hypnosis has been regulated for over two decades by professional health councils, such as the Federal Council of Medicine and the Federal Council of Psychology, efforts to promote evidence-based practices must be made to address the identified gaps.

## **Application and Perception of Hypnosis in Dental Practice: A Cross-Sectional Survey in German-Speaking Regions**

Thomas Gerhard Wolf, Katharina Nadja Kellerhoff, Gerhard Schmalz, & Albrecht Schmierer

Despite its benefits, hypnosis remains underutilized in dental practice, largely due to misconceptions. This study assessed its use and perception among dentists in German-speaking countries. A validated questionnaire was distributed to a total of 1,081 members of hypnosis societies in Germany, Switzerland, and Liechtenstein, yielding 271 replies (response rate: 25.1%). Of these, 57.6% were retired or nearing retirement, and only 10% had graduated in the past 15 years. Most (64.2%) first encountered hypnosis during postgraduate training, while 91.1% supported its inclusion in pre-graduate dental curricula. Hypnosis was primarily used by experienced practitioners, with 36% using it daily and 80% regarding it as a primary approach for uncooperative patients. It was seen as equally effective for both sexes by 56.8%, though 42.1% found it particularly beneficial for female patients. While 81.6% considered it a viable alternative to pharmacologic sedation, 19.6% preferred agents like nitrous oxide. Early integration into dental education and targeted training could overcome barriers, enhance implementation, and benefit both practitioners and patients.