

FOCUS

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April 24-25, 2020

2020 Midyear
Clinical Hypnosis Workshops

**SCEH Cancels
Mid-Year Workshops in Chicago**

As a result of health care concerns relating to Covid-19, SCEH will be rescheduling the 2020 Midyear Workshops in Chicago at a future date to be determined.

See [page 6](#) for more information.



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MESSAGE FROM THE PRESIDENT

BY JANNA A. HENNING, JD, PSYD, FT



Dear Colleagues and Friends,

In this letter I'd first like to share some exciting updates about upcoming opportunities for hypnosis training, followed by an invitation to increase your engagement with your Society for Clinical and Experimental Hypnosis by contributing your own talents and skills.

Please Join us for the Mid-Year Workshops in Chicago, April 24th and 25th, 2020

The SCEH Midyear Clinical Hypnosis Workshops will take place in Chicago at The Chicago School of Professional Psychology on Friday and Saturday, April 24th and 25th, 2020. The Introductory/Basic Workshop instructors will include Eric Willmarth, Janna Henning, and Donald Moss, the Skills/Intermediate Workshop instructors will include David Reid and Janna Henning, and the Advanced Workshop, ***Chronic Pain and the Opioid Crisis: Mind-body Innovations in Clinical Hypnosis*** will taught by Mark B. Weisberg, PhD, ABPP. We are very pleased to be continuing our collaboration with APA Division 30 (Hypnosis) in presenting this training opportunity, and we're grateful for the support of Division 30's Board and its President, Joseph Green, Ph.D. Please consider joining us in Chicago!

The SCEH 71st Annual Meeting for October, 2020

Planning is underway for 71st Annual Workshops and Scientific Program! The conference theme will be *Hypnosis to Enhance and Augment Treatment Outcomes*, and the meeting will be held in Anaheim, California, at the Sheraton Park Hotel at the Anaheim Resort, from October 14-18, 2020. See our [conference page](#) for more details.

We are thrilled to once again benefit from the leadership of Ciara Christensen, PhD and David Reid, PsyD as overall meeting chairs. We are also very excited to welcome many SCEH members as first-time workshop

chairs! Barbara McCann, PhD, SCEH Secretary, and Tova Fuller, MD, PhD will serve as co-chairs for the Introductory/Basic Workshop, Alexandra Chadderdon, PsyD and Deanna Denman, PhD will serve as co-chairs for the Intermediate/Skills Workshops, and Ciara Christensen, PhD and Catherine McCall, MD will serve as co-chairs for the Advanced Workshops. Our Scientific Program will be chaired by Vivek Datta, MD, MPH and Lida Turner, MD.

If you are interested in contributing your skills to the meeting as an introductory or skills workshop presenter, please contact SCEH President-Elect [Ciara Christensen](#) or [David Reid](#). A request for proposals for Advanced Workshops and Science Program presentations and posters will be posted soon—watch the website for submission dates!

Volunteers Needed for SCEH Committees

Have you ever thought about joining with others to contribute your excellent ideas and energy to SCEH in a more focused way? If so, please consider getting more involved with a SCEH committee, either as a member or in a leadership role. For example, we would particularly welcome new members in the Marketing and Research standing committees, as well as the new ad hoc Connection and Community Committee. Please contact me at jhenning@adler.edu, and I will connect you with the Committee Chair.

70th Anniversary and Platinum Club

To honor the 70th (platinum) anniversary of the founding of SCEH, please consider making a donation to SCEH to help fund student scholarships. Students represent the future of SCEH, and scholarships provide financial assistance for them to be able to attend our meetings. Donors who give at least \$70.00 will be designated as Charter Members of the SCEH Platinum Club. You can click this [link](#) to donate online. Please also consider remembering SCEH with a legacy gift or a trust in your will. Please email the [SCEH office](#) or [Gary Elkins](#) to

discuss the various options to contribute in this lasting way toward the future growth and vitality of SCEH.

Please Renew Your SCEH Membership

We greatly appreciated everyone who has renewed their SCEH membership! SCEH needs your support to continue supporting the hypnosis community. For those who have not yet had the opportunity to renew, please consider doing so. Membership dues are used to help develop and provide the trainings we offer, as well as other resources such as the [mentorship program](#). Membership benefits include receiving discounts on registration for many events, including conferences, trainings, and webinars; please follow this [link](#) to see the full list of benefits. We need your help to continue supporting—and expanding—the community of researchers and clinicians who are

interested in hypnosis! To continue to partner with us in this mission, you can renew quickly and easily [online](#) or mail in your renewal form.

I hope to see you all in Chicago for the Mid-Year Workshops!

Sincerely,

Janna Henning,
SCEH President

Renew **Now**

It's Time to Renew Your Membership

All members have been sent dues renewal notices. Please renew now to help SCEH continue to advance our mission of promoting the clinical and scientific uses of hypnosis.

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

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

Apply for Membership



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.

We invite:

- Clinicians!
- Academics!
- Researchers!
- Students!

Come be a part of our mission to [promote excellence and progress in hypnosis research, education and clinical practice.](#)

[Apply Here](#)

LETTER FROM THE EXECUTIVE DIRECTOR

BY ANNE DOHERTY JOHNSON



Since this is the first issue of Focus for 2020, I'll take this opportunity to encourage you to spend a few minutes refreshing your member profile. Please log in and update your record to reflect any address changes, note any additional specialties or otherwise check that the information we have for you is

up to date.

A new year is also a time for considering making the most of your membership by serving on a SCEH Committee. Committee services is a great way to give back, develop new skills, further relationships with colleagues, and advance the field of hypnosis. If you have some time to give, please take a look at our Committee List and reach out if you have time to volunteer.

SCEH Webinars Making the Grade

We recently reviewed evaluations from our 2019 SCEH Webinar Series and were very pleased with the results. See what people are saying about our webinars.

Cultural Sensitivity, Personal Boundaries, and Changing Interpersonal Expectations in Professional Conference Settings (July 2019)

This was very well organized. I enjoyed it immensely.

Integrating Hypnosis and Mindfulness-Based Strategies into a Cognitive Behavioral Therapy Program for Smoking Cessation (September 2019)

An excellent presentation, as well as a splendid format. Many thanks.

Added to and refined my knowledge of hypnosis for smoking cessation and the elements of an effective program.

I appreciate the resources shared. Great research! The slides, graphics, videos and audio were all very helpful and strengthened the presentation.

Mindful Hypnotherapy: Integrating Mindfulness into Hypnotherapy Practice (November 2019)

Nicely presented. Video of interview was great

Video demos added a lot of value, as does the handout. Thank you.

Great program! I loved the seminar and I look forward to more seminars and workshops in the future! Thank you.

Thank you to those who participated and special thanks to the instructors who led our first round of webinars including:

- our own SCEH President, Janna A. Henning, JD, PsyD, FT, Adler University, Chicago, IL;
- SCEH Past President and IJCEH Editor Gary Elkins, PhD, ABPP, ABPH, Baylor University, Waco, TX;
- Joseph P. Green, PhD, Professor of Psychology, The Ohio State University, Lima, OH and
- Joel D. Marcus, PsyD, FAPOS, FASCH, Banner Health M.D. Anderson Cancer Center, Phoenix, AZ.

Thank you all for sharing your expertise with our attendees. And thank you to all our attendees for your participation and support. Finally, thank you to Don Moss, PhD, SCEH Immediate Past President and Education Chair, for development of the series.

The Webinar Series continues for 2020 and allows busy health care professionals to obtain high quality clinical hypnosis training that is convenient, reasonably priced, and includes continuing education (CE) credit for licensure or certification. See our [webinars page](#) for topics, faculty and complete details. We look forward to our continued partnership with the Chicago School of Professional Psychology on this initiative.

We are looking forward to returning to the Chicago School of Professional Psychology's Wells Street campus for our 2020 Midyear Clinical Hypnosis Workshops. Again this year, we offer three tracks; introductory, intermediate and advanced.

Our Introductory Workshop will be led by Eric K. Willmarth, PhD, a SCEH Past President and the founder and president of Michigan Behavioral Consultants, P.C. who serves on the Teaching Faculty for Saybrook University's School of Mind-Body Medicine. He will be assisted by SCEH President Janna Henning, JD, PsyD, FT and SCEH Immediate Past President, Donald Moss, PhD, BCB, Dean, College of Integrative Medicine and Health Sciences, at Saybrook University, Oakland, CA.

Our Intermediate Workshop will be led by David B. Reid, PsyD, a licensed clinical psychologist in private practice at Augusta Psychological Associates in Central Virginia. He will be assisted by Janna A. Henning, JD, PsyD, FT, a licensed clinical psychologist and Professor in the Doctor of Clinical Psychology Program at Adler University in Chicago.

Our Advanced Workshop focuses on chronic pain and the opioid crisis, the latter topic sadly seen more and more frequently in the news. This session, ***Chronic Pain and the Opioid Crisis: Mind-body Innovations in Clinical Hypnosis***, will be led by Mark B. Weisberg, PhD, ABPP, a Board-Certified Clinical Health Psychologist in Minneapolis, Minnesota who is also on the Adjunct Community Faculty, Academic Health Center, University of Minnesota.

We are very pleased to continue our Midyear Workshops collaboration with APA Division 30. This marks the third year of this special partnership. We thank Joseph Green, PhD, current President, and the APA Division 30 Board for their support. The workshops generate good attendance and help grow awareness of both groups. (See workshop details later in this issue.)

Are You a SCEH Member Ambassador?

As a SCEH member, we also invite you to help us spread the word about the Society and our events and programs to others who have an interest in hypnosis. As a small Society, our resources are limited, but our aims are big! We want to live our mission to promote excellence and progress in hypnosis research, education, and clinical practice.

We also work to remind the health care community and the public that sound clinical practice is built upon serious scientific inquiry, and that important empirical questions are often raised by those who care for patients. At SCEH meetings, those ideas are very much at the forefront, and will continue to be. So please help us increase awareness of hypnosis, and awareness of SCEH as a valuable

resource. Please encourage your colleagues to join and attend our training programs.

Annual Conference Call for Papers

This year's annual conference theme, ***Hypnosis to Enhance and Augment Treatment Outcomes***, is one that is ripe for expansion in keynotes, workshops and research presentations. We await your submissions!

Our Call for Papers is now out—please send us your proposals no later than April 17, 2020.

California, Here We Come

In 2020, we head to Anaheim, California. Mark your calendar now and plan to join us from **October 14-18, 2020 at the Sheraton Park Hotel at the Anaheim Resort, Anaheim, CA. Hotel reservations will open soon. See our [conference page](#) for more details.**

Planning is now underway for the conference, the 71st in SCEH's long history. Again this year, our Conference Committee will be striving to make it even better than before.

Please join us in welcoming the following members to the Annual Conference Committee with roles as follows:

- Overall Conference Co-chairs: Ciara Christensen, PhD and David Reid, PsyD
- Introductory/Basic Workshop: Barbara McCann, PhD and Tova Fuller, MD, PhD
- Intermediate/Skills Workshops: Alexandra Chadderdon, PsyD and Deanna Denman
- Advanced Workshops: Ciara Christensen, PhD and Catherine McCall, MD
- Scientific Program: Vivek Datta, MD, MPH and Lida Turner, MD

Stay tuned for more information and we look forward to seeing you in Anaheim!

2020 Midyear Clinical Hypnosis Workshops

CANCELLED

April 24-25, 2020

The Chicago School of Professional Psychology
Chicago, IL

Co-sponsored by the Society for Clinical Hypnosis and the Institute for Continuing Education

Hypnosis is a powerful tool used by medical and psychological providers to help patients address a wide range of issues. Want to learn more about Clinical Hypnosis?

SCEH Cancels Mid-Year Workshops in Chicago

As a result of health care concerns relating to Covid-19, SCEH will be rescheduling the 2020 Midyear Workshops in Chicago at a future date to be determined.

In addition, we are reviewing online alternatives for part of the content that was to be covered in the 12.5-hour workshops.

If you have already registered for the Midyear Workshops, we will contact you via email over the next few business days.

If you have made a reservation at the Holiday Inn Chicago Mart Plaza River North, please be sure to contact the hotel directly at (855) 268-0372 to cancel it.

REGISTER
NOW

Secure your hotel reservation by **MARCH 24!**
Holiday Inn Chicago Mart Plaza River North
350 West Mart Center Drive
Chicago, IL 60654

Hotel Reservations

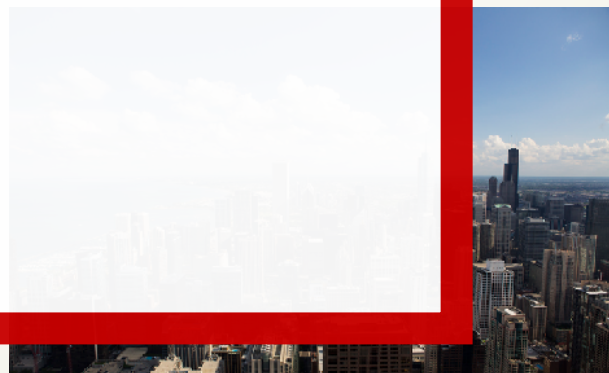


Photo courtesy of : AA.Hancock/Skyline01/Choose Chicago

An Interview with Dr. Olafur Palsson

Interviewed by Lauren Simicich, MSCP
Clinical Psychology Doctoral Student, Baylor University



Dr. Olafur Palsson

Tell me a little bit about yourself and your work.

I'm originally from Iceland. I moved to the U.S. about thirty years ago to study psychology. I'm a clinical psychologist and a medical researcher. Ever since graduate school, my primary professional interest has been the mind-body connection: How that connection plays a role in health problems and how it can be used to restore health. I specialized in behavioral medicine, and I was fortunate enough to get a two-year post-doctoral fellowship with Dr. William Whitehead at UNC-Chapel Hill back in 1994. He was at that time one of the world's leading experts in irritable bowel syndrome (IBS), and I soon realized that in many ways IBS is the perfect model for a mind-body

disorder, due to the complex and powerful biopsychosocial influences in that health problem. And I have been studying that disorder and related gastrointestinal health problems—the so-called functional GI disorders—ever since, and it's endlessly fascinating. I practiced behavioral medicine clinically for a number of years along with my research, but I eventually became so heavily involved in GI research that I found it necessary to devote myself to it full-time. I've therefore been a full-time researcher for many years now. I've largely focused on GI research, including working on developing highly reliable hypnosis treatments for gastrointestinal problems. However, alongside that, I have done other work unrelated to the digestive tract, like inventing and testing several mind-body technologies with colleagues at NASA Langley Research Center, collaborating on multiple headache trials with integrative medicine researchers at UNC, and developing new psychological measures.

What initially appealed to you about the study of hypnosis?

I gravitated toward hypnosis early because it seemed to me to be most direct tool that psychology offers to influence the body and physical perception. Biofeedback is also great for that purpose where it can be applied, and I used that as well clinically and in research for a while. But its scope of applications is just so much more limited. Hypnosis can be applied for an amazing range of mind-body purposes, and there really is no other psychological intervention that comes close to it in terms of its direct body impact and how specific and circumscribed its effects can be if you apply it skillfully. You really don't have any other psychological method that can induce local anesthesia, remove warts, reduce bleeding in oral surgery, increase or decrease gastric acid secretion at will, speed up the emptying of the stomach, etc. Not to mention the powerful effects hypnosis intervention can have on pain, which is where hypnosis really excels as a clinical tool more than for anything else. It is literally the best bridge we have to cross the mind-body gap. As a mind-body clinical researcher, I never cease to be surprised that some colleagues in that field are plain not interested in hypnosis. There is nothing else like it.

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

In the past three years, my research has branched out in a new direction that is very intriguing and satisfying to me to work on, and it's taking on a life of its own. I have become deeply interested in studying individual differences in how

much people's consciousness and non-conscious mental functions interact and communicate. This is a fundamental human dimension that is closely related to hypnotizability, but much broader. I call it subconscious connectedness. I believe it is a super-trait that is the psychological equivalent to, and a direct reflection of, what neuroscientists are now calling global functional connectivity in the brain. I recognized years ago that no comprehensive measure existed to quantify this super-trait, and it was frustrating to me. I finally came to the conclusion in 2017 that if I wanted to seriously study this phenomenon in my career, I would have to build my own tool to do that. So I spent a couple of years developing and validating a questionnaire for that purpose. I was not even sure it was possible to capture that trait in a broad and valid way with a questionnaire, but I just had to try. And to my great relief it seems to have turned out even better than I had hoped for. One of the main reasons I developed this new questionnaire, which I named the Thought Impact Scale, was to see if it could predict who is likely to have a good therapeutic response in hypnotherapy. It seems very promising for that purpose based on the validation data, but I'm now doing further research to confirm that. However, this phenomenon of subconscious connectedness has other important consequences in regard to people's subjective life experiences, behavior and wellbeing, especially when it is unusually high. And having a reliable and valid tool now to measure it, this is leading me in very novel directions where I did not expect to go in my research. I am finding myself compelled to do research on creativity, for example, because this super-trait seems to directly drive people's creative activities to a substantial extent. High levels of this trait are—somewhat like high hypnotizability—also associated with increased mental and physical health vulnerabilities, and my research that is currently in progress seems to be revealing that in rather dramatic ways. I'm working with investigators at multiple research centers to try to better understand this super-trait and its various implications. Where this will lead me I cannot tell. But it's the most exciting part of my research right now, and I have a feeling that it will keep me very busy throughout my remaining years as a researcher, along with my continued GI and hypnosis research.

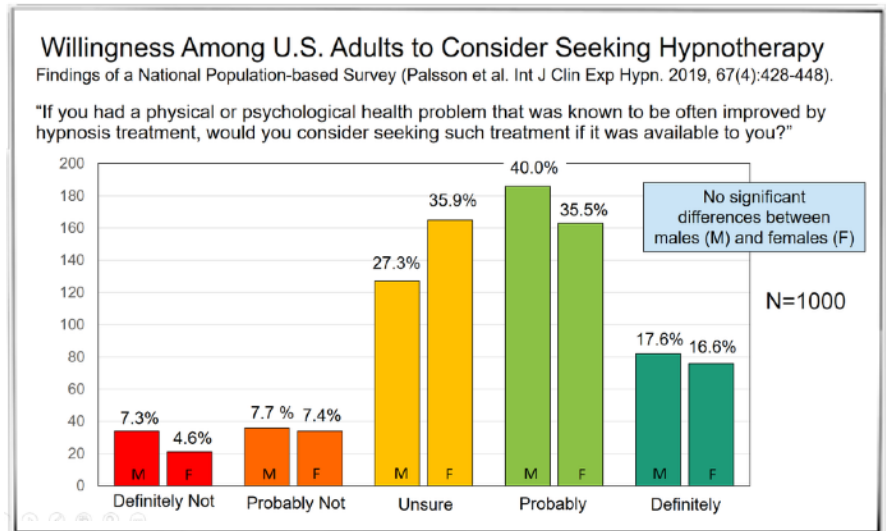
You and your colleagues recently published an article in IJCEH that received a lot of interest and attention entitled "A National Survey of Clinical Hypnosis Views and Experiences of the Adult Population in the United States." Could you briefly describe what this study sought to explore?

Through the years, I have repeatedly heard people, especially in the medical and research settings where I work, express concerns about clinical hypnosis being something that many in the general public have misgivings about. I was curious what the research evidence said about that, so I searched the literature and discovered that there were really no published studies that could give us a good idea at all about what the public thinks about clinical hypnosis overall. I felt, as I sometimes do when I get really curious about something, that I had to get answers. It just seemed like something we absolutely ought to have better information on, for how it affects all of us who work with hypnosis in any way. Fortunately, at that time I was needing to test my new questionnaire on subconscious connectedness in a large population sample as a part of validating it, so I decided to do two studies in one, and also survey people in that same population sample in detail about their views and attitudes toward clinical hypnosis. This quickly gave us answers from a very nice large demographically balanced sample of 1000 adults nationwide in the U.S.

What were the results of this investigation?

Interestingly, what we found was all relatively positive for clinical and experimental hypnosis. Even though a lot of people in our national survey reported having a neutral stance on clinical hypnosis, probably because they don't know much about it, only 13 percent expressed negative views of it while three times as many reported having distinctly positive overall views of clinical hypnosis. About 55 percent of the respondents indicated that they would probably or

definitely consider hypnosis treatment themselves if they needed it. It indicates that at least half of the U.S. adult population—and it was about equal for different age groups and both sexes—sees hypnosis as potentially something of value for themselves. I found that impressive. Moreover, four out of every five people in our survey identified one or more major areas of application where they thought hypnosis was substantially useful. Also, only 23% considered hypnosis to be more than minimally dangerous, which I don't think is not too bad. I believe these results are a credible snapshot of U.S. public opinions of hypnosis. The participants were unaware that the topic of the survey was hypnosis when they agreed to be surveyed, so there was no self-selection bias in opinions, and they knew they were anonymous to the investigators so they were unlikely to be shy about expressing their honest opinion if unfavorable.



What do you hope readers take away from this article?

I think the overarching message one gets from our findings is that the field of clinical hypnosis actually seems to be in fairly good standing and well-respected among the general public. The great majority of the population, at least in the U.S., thinks that hypnosis has some very useful practical applications to offer, and there is a lot of interest in making use of those services.

I see that you are an active member of the Twitter community. What is your favorite thing about this social media platform?

In my experience, Twitter is a fantastic tool for networking with colleagues, getting to know people in your professional field with whom you otherwise would not have a chance to interact, and for keeping up with what they are doing right now. Lively exchanges about research that has just been published and interactive live-tweeting by groups of attendees from scientific meetings transform scientific conversations and makes them more interesting and more personable. Twitter is also an invaluable medium for sharing personal news and information about your own research so that others can know what you are doing as it happens. A key trick to making it a positive and personally valuable experience, though, is to learn to totally ignore all the other nonsense on that platform, like manufactured scandals, pointless bickering between people of different social groups, and personal outrages and inappropriate tweets of extreme people. It is definitely a great way to exercise your mental filtering skills on a daily basis.

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

The best ways to stay informed about what I'm doing is to follow me on Twitter [@DrPalssonUNC](#) and to visit my ResearchGate [profile page](#).

SCEH Annual Conference

HYPNOSIS TO ENHANCE & AUGMENT TREATMENT OUTCOMES

OCTOBER 14-18, 2020

ANAHEIM, CA

71st Annual Workshops & Scientific Program

CALL FOR PAPERS

DEADLINE: April 17, 2020

SCEH invites your submissions for our 2020 Annual Conference. Please share your knowledge and expertise to help advance the field of hypnosis.

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

#SCEH 2020

Call for Scientific Presentations and Posters

We invite researchers and clinicians to submit:

- ➔ **proposals** addressing empirical issues in the science of hypnosis and related topics which address our conference theme and/or cover major themes in hypnosis and related areas, and which broaden our understanding of hypnosis. Aside from empirical work, we also invite the submission of abstracts of rigorously conducted case studies, case series and critical reviews
- ➔ **posters** addressing our conference theme and/or exploring empirical issues in the science of hypnosis and related topics. Presenting a poster at the SCEH Scientific Program is an excellent opportunity to present either fully completed research studies, clinical case studies and pilot studies as well as preliminary research.

[CALL FOR PAPERS](#)

**HYPNOSIS TO
ENHANCE & AUGMENT
TREATMENT OUTCOMES**

OCTOBER 14-18, 2020

ANAHEIM, CA

71st Annual Workshops & Scientific Program

Clinical Hypnosis Instructors Needed for Introductory and Intermediate Workshops

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

We are looking for experienced instructors to teach portions of the Introductory and Skills Clinical Hypnosis Workshops at our upcoming Annual Meeting. Instructors receive a discounted registration fee.

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

If you are an interested, please [email](#) us with a note about specific areas of this training that you would feel best qualified to teach. Members of the Conference Committee will contact you.

THINK BIG

The 71st Annual Society for Clinical and Experimental Hypnosis (SCEH) Conference 2020 conference planning is underway! This is your chance to be a part of the unveiling of another dynamic and engaging educational experience. We are looking for workshop chairs and co-chairs to help us construct outstanding training opportunities.

If this sounds like you, please feel free to contact [Janna Henning](#) and/or [Ciara Christensen](#) for more information!

SCEH STUDENT COLUMN

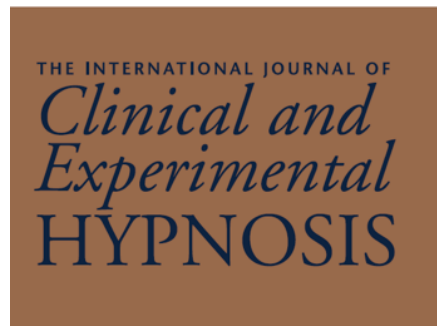
BY JOSHUA RHODES



My name is Joshua Rhodes and I am currently a 2nd year, PhD student at Baylor University (Waco, TX USA) in the Department of Psychology and Neuroscience. Our doctoral program includes course work and mentorship within a research lab of our choice. That being so, I am glad to work and learn under the direction of Dr. Gary Elkins in the Mind-Body Medicine Research Lab (MBMRL). My research interests are in Health Psychology, focusing on the utilization, efficacy, and clinical applications of various mind-body medicine interventions.

My experience with hypnosis has been gained through various trainings and participation in our research lab's ongoing projects. These currently focus on the utilization of self-administered hypnosis for the treatment of hot-flashes.

This year was my first time to attend the SCEH Annual Conference, and I came away very thankful for the opportunity. This conference provided a great platform for young researchers like myself to gain experience presenting and to learn from pioneers in the field of hypnosis research. The diversity of thought represented in SCEH has opened my eyes to new concepts and I look forward to continuing my participation in SCEH activities.



LATEST NEWS FROM THE IJCEH

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

Managing Editor: Lynae Roberts, MA

New Journal Layout

Beginning with the January 2020 issue, printed journal articles and online PDF pages have a new layout. If you receive the journal in the mail, you'll see that it's now bigger!

This layout allows us to fit more great content on each page. It is the result of survey market research by the Taylor & Francis Group and is designed to streamline the typesetting process, speed up publication time, enhance author information, and offer better readability.

Style and Formatting Update

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

The good news is the changes are fairly minor and most previous rules are now simplified! Some of the changes include:

	NEW rule (APA 7 th edition)	OLD rule (APA 6 th edition)
In-text citations	Include the surname of the first author followed by "et al." in citations of references with 3 or more authors	Include all surnames in the first citation of references with three, four, or five authors and the surname of the first author followed by "et al." in subsequent citations.
Author list length	Shorten author lists in references with 21 or more authors by including the names of the first 19, then, an ellipsis and the name of the final author.	Shorten author lists in references with eight or more authors by including the names of the first six, then, an ellipsis and the name of the final author.
DOI numbers	When available, add DOI at the end of an entry in International DOI Foundation format: "https://doi.org/..."	When available, add DOI at the end of an entry in "doi:xxxxxx" format.
Books and book chapters	Omit publisher location from the reference entry.	Add publisher's location (city and country for non-U.S., city and state for U.S.) before publisher's name.

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

Publishing your accepted article in the *IJCEH* is free, but some authors elect to cover the costs of publishing, making their paper freely available to anyone online. Open Access papers have more views, more readers, and usually more citations. This is beneficial to the authors and to the journal! If a manuscript that you submit is accepted, consider Open Access publishing, and email us with any questions.

Upcoming Special Issue on Contemplative Practices:

Available online and in print April 2020

In recent years, contemplative practices like mindfulness have become increasingly popular, and there has been increased interest in the relationship of hypnosis to mindfulness-based practices and other contemplative practices including meditation, music, and spirituality.

There are common features among these practices, but what distinguishes them? What is the role of suggestion, images, and intentions in various practices? Can hypnosis be integrated with other customs and techniques for beneficial effects? These and other questions are addressed in this special issue that will include 8 articles providing insights and empirical research into contemplative practices and hypnosis. This issue will include thought provoking perspectives, topics for further research, and new avenues for clinical practice.

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).

If you have a paper to submit: go to mc.manuscriptcentral.com/ijceh and create a username. Everything you submit will be conveniently available for you to view on the online system.



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



Managing Editor: Lynae Roberts, MA

Contact us at: IJCEH@baylor.edu

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



Follow IJCEH on Twitter at www.twitter.com/ijceh

We share recent article alerts, real time information, and the latest news. Follow the editor at www.twitter.com/ElkinsGary for more discussion and hypnosis research information.

We are pleased to share abstracts from the articles published in the
International Journal of Clinical and Experimental Hypnosis
January 2020 Issue

Mechanisms of Hypnotic Analgesia Explained by Functional Magnetic Resonance (fMRI)

Edoardo Casiglia, Francesco Finatti, Valérie Tikhonoff, Maria R. Stabile, Micaela Mitolo, Federica Albertini, Federica Gasparotti, Enrico Facco, Antonio M. Lapenta, & Annalena Venneri

Hypnotic-focused analgesia (HFA) was produced in 20 highly hypnotizable subjects receiving nociceptive stimulations while undergoing functional magnetic resonance imaging (fMRI). The fMRI pattern in brain cortex activation while receiving a painful stimulus was recorded both during nonhypnosis and during HFA. The scanning protocol included the acquisition of a T1-weighted structural scan, 4 functional scans, a T2-weighted axial scan, and a fluid attenuated inversion recovery (FLAIR) scan. Total imaging time, including localization and structural image acquisitions, was approximately 60 minutes. Without HFA, the subjects reported subjective presence of pain, and the cortex primary sensory areas S1, S2, and S3 were activated. During HFA, the subjects reported complete absence of subjective pain and S1, S2, and S3 were deactivated. The findings suggest that HFA may prevent painful stimuli from reaching the sensory brain cortex, possibly through a gate-control mechanism.

Pediatric Hypnosis: Treatment That Adds Rarely Subtracts

Leora Kuttner

Pediatric hypnosis emerged during 1960s and 1970s with pioneers Franz Baumann, Josephine Hilgard, Karen Olness, and Gail Gardner. Forty years later, it's matured as a separate, distinct field within hypnosis. Informed by childhood development, this treatment approach is child-centred, imaginatively focused, fundamentally optimistic, and inclusive of parent, family, and other systems in children's lives. Using hypnosis with younger children requires an active, flexible approach. Pediatric hypnosis values creative playful participation in which the clinician sometimes leads and at other times paces with the child's lead. Pediatric researchers and clinicians have added considerably to the body of hypnosis literature and training. Annual pediatric hypnosis workshops occurred through the Society for Developmental and Behavioral Pediatrics (1987–2009), which the National Pediatric Hypnosis Training Institute (established 2009) successfully continues. This article sketches the history and philosophical underpinnings of pediatric hypnosis, indicating how it adds therapeutic capacity for practitioners.

Hypnotizability-Related FAAH C385A Polymorphism: Possible Endocannabinoid Contribution to Suggestion-Induced Analgesia***Silvano Presciuttini, Giancarlo Carli, & Enrica L. Santarcangelo***

Fatty acid amide hydrolase (FAAH) degrades the endogenous endocannabinoid (eCB) anandamide and might be involved in the response to suggestions of analgesia in subjects with high hypnotizability scores (highs). Since the A allele of the FAAH C385A polymorphism (rs324420) is associated with lower FAAH activity, it was studied in 21 highs, 66 low hypnotizable individuals (lows), and 172 individuals not selected for hypnotizability (controls) representing the general population. No significant difference was observed among groups, but the A allele frequency showed a significant trend to increase from lows to controls and from controls to highs. Since eCB small differences can be amplified by eCB interactions with other neurotransmitters, a contribution of the FAAH polymorphism to the highs' analgesia should not be excluded.

Hypnotic Responsiveness and Nonhypnotic Suggestibility: Disparate, Similar, or the Same?***Anthony F. Tasso, Nicole A. Pérez, Mark Moore, Robert Griffo & Michael R. Nash***

This study examined if participants respond to different types of suggestions, including hypnosis, uniquely or similarly. This study used 9 suggestibility measures and hypothesized a 3-factor model. It was hypothesized that hypnosis, Chevreul's pendulum, and body-sway would load on the first factor; the odor test, progressive weights, and placebo on the second factor; and conformity, persuasibility, and interrogative suggestibility would load on the third factor. The study comprised 110 college students. Factor analyses failed to result in three factors. Additional attempts at two and three-factor models were also rejected. Hypnosis had no strong relationship with the various suggestibility measures. Thus, no clearly delineated factor structure of suggestibility emerged, indicating that the domain of suggestibility seems to be neither a single attribute, trait, or group of related abilities. Implications are discussed.

Psychological Mindedness, Attitudes Toward Hypnosis, and Expectancy as Correlates of Hypnotizability***Lauren L. Koep, Mattie L. Biggs, Joshua R. Rhodes & Gary R. Elkins***

This study aimed to understand how psychological mindedness, attitudes toward hypnosis, and expectancy of hypnotizability are related to hypnotizability. Ninety-one undergraduate students were given measures pertaining to attitudes toward hypnosis, psychological mindedness, and self-ratings of expectancy of hypnotizability. The subjects were then administered the Elkins Hypnotizability Scale (EHS). Results demonstrated a significant correlation between participant scores on the EHS and the Attitudes Toward Hypnosis Scale ($r = .401$, $p < .01$) and self-ratings of expectancy of hypnotizability ($r = .391$, $p < .01$). The results of this study did not reveal any statistically significant correlations between psychological mindedness and hypnotizability ($r = .113$, $p > .29$) or expectancy of hypnotizability ($r = .175$, $p > .10$). Additional research is needed to fully understand the relationship between psychological mindedness and hypnotizability.

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

David A. Oakley, Eamonn Walsh, Ann-Mari Lillelokken, Peter W. Halligan, Mitul A. Mehta, & Quinton Deeley

The Harvard Group Scale of Hypnotic Susceptibility, Form A (HGSHS:A), is widely used as a measure of suggestibility to screen participants for research purposes. To date, there have been a number of normative studies of the HGSHS:A, the majority of which originate from Western countries. The outcomes of these Western studies are summarized, and variations in methodologies are described and discussed. Also reported are the psychometric properties of the HGSHS:A in a large contemporary United Kingdom (UK) sample. Overall, these UK results are consistent with the earlier Western norms studies in terms of response distribution and item difficulty, with only minor differences. The continued use of HGSHS:A as a screening procedure is supported, particularly if corrected for response subjectivity/involuntariness and with revised amnesia scoring. The HGSHS:A is also important as a potential measure of the broader trait of direct verbal suggestibility.

Open Access Article:

Hypnotic Suggestions Given Before Nighttime Sleep Extend Slow-Wave Sleep as Compared to a Control Text in Highly Hypnotizable Subjects

Maren Jasmin Cordi, Laurent Rossier, & Björn Rasch

While slow-wave sleep (SWS) is fundamental for maintaining health and well-being, it is typically reduced with stress or age. The authors have previously reported that hypnotic suggestions before sleep increased SWS duration and slow-wave activity (SWA) during a midday nap in hypnotizable younger and older women. To test generalizability, they investigated this effect across 8 hours nighttime sleep in 43 healthy young French-speaking subjects (19 males) of high and low hypnotizability. In accordance with their previous results, listening to hypnotic suggestions before sleep was followed by higher amounts of SWS in highly hypnotizable subjects and higher SWA power compared to a control condition. The effects were most pronounced at the beginning of the night. Further studies are needed to examine whether hypnotic suggestions can deepen sleep also above non-intervention nights. The findings provide a basis for the examination and potential application of hypnosis to improve sleep in clinical populations.

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

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MEMBER NEWS

Recent Publications by SCEH Members

SCEH President Janna Henning, JD, PsyD, FT was recently interviewed for the "Four Questions" section of the *APA's Monitor on Psychology* about the new program she is launching to prevent and treat vicarious traumatization and burnout in healthcare providers.

American Psychological Association. (2020, January). 4 questions for Janna Henning. *Monitor on Psychology*, 51(1), 27-28. See the published interview [here](#).

SCEH President Janna Henning, JD, PsyD, FT and her colleague, Monika Gutkowska, Psy.D., CGP, presented the closing keynote "Not just surviving, but thriving: Supporting university counseling center therapists in challenging times and a changing workplace" at the Big 10 Counseling Center Conference, Healing, Resisting, and Restoring in Challenging Times, held at Northwestern University on February 19-20.

New publication on hypnosis by SCEH Past President Etzel Cardeña and Past Secretary Devin Terhune.

Acunzo, D., Cardeña, E., & Terhune, D. (2020). Anomalous experiences are more prevalent among highly suggestible individuals who are also highly dissociative. *Cognitive Neuropsychiatry*. doi: 10.1080/13546805.2020.1715932

Jessie Kittle, MD presented a poster at the Society for General Internal Medicine regional conference in Irvine on January 21st entitled "Hospitalist-lead Hypnosis Intervention for Perioperative Symptoms: Accessible, Feasible, and Acceptable" which was very well-received among the internist in attendance and generated a lot of interest. Included was information on how simple it is to obtain medical hypnosis training at national society conferences, with the contact information for SCEH (and ASCH) displayed prominently, as well as patient perceptions of hypnosis for perioperative pain, which was overwhelmingly positive in her recent study.

To make hypnosis more available to patients and increase awareness and utilization among internists, Jessie is personally sponsoring an annual scholarship for at least one internal medicine resident at Stanford that will cover costs (including travel) to attend a SCEH (or ASCH) beginning training conference. To increase the number of physicians who will be trained in hypnosis, a tax-deductible contribution may be made to this [fund](#) (you must put GHGQY, Hypnosis Research Scholarship Fund in the "Special Instructions/Other Designation" field).

Jeffrey Zeig's most recent book, [Evocation: Enhancing the Psychotherapeutic Encounter](#) (2019), is the next installment in his series of four volumes, which also include *The Induction of Hypnosis* (2014), *Psychoaerobics* (2015), and *Anatomy of Experiential Impact* (2018).

Evocation builds on the previous books, but also stands on its own for its powerful ideas and therapeutic development. *Evocation* weaves together various rich threads: modeling artists, exercises for reader engagement, case excerpts, insights into Erickson's cases, and much more to reveal the endless potential for evoking change in clients. Zeig redefines the therapeutic encounter to include evocative communication: verbal and nonverbal, gestural, and hypnotic: all to engage the client for realization. *Evocation* is [now available](#) in Spanish and as an eBook.

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Co-sponsored by the Society for Clinical and Experimental Hypnosis and the Institute for Continuing Education.

As a result of health care concerns relating to Covid-19, SCEH will be rescheduling the 2020 Midyear Workshops in Chicago at a future date to be determined.

If you have already registered for the Midyear Workshops, we will contact you via email over the next few business days.

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May 8, 2020

Pediatric Hypnosis

Presenter: Linda Thomson, PhD, APRN, ABMH, Hypnosis for Health and Healing, Ludlow, VT

July 15, 2020

Hypnosis for Anxiety Disorders

Presenter: Carolyn Daitch, PhD, Center for Anxiety Disorders, Farmington Hill, MI

September 11, 2020

Hypnotic-Like Practices in Tibetan Yoga and Meditation

Presenter: Ian Wickramasekera, PsyD, Naropa University, Boulder, CO

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