

# FOCUS

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## 2021 MIDYEAR CLINICAL HYPNOSIS WORKSHOPS

April 23-24, 2021

*Offered Online*  
Introductory, Intermediate & Advanced

**PROTESTS,  
A PANDEMIC &  
POLITICAL UNREST:**  
**Hypnosis to Weather the Storm**

### 2021 Annual Conference

72<sup>nd</sup> Annual Workshops & Scientific Program

October 13-17, 2021

#SCEH2021

**Call for Papers**

*Submissions Deadline*  
**April 15, 2021**

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# MESSAGE FROM THE PRESIDENT

BY JANNA A. HENNING, JD, PSYD, FT



Dear Colleagues and Friends,  
Happy (belated) New Year! I hope you are staying safe and well, particularly those who are currently coping with challenging weather conditions (as I write this). In this column I'll share news about upcoming hypnosis training offerings, as well as opportunities for you to connect with and support SCEH and the hypnosis community.

## **The SCEH 72nd Annual Workshops & Scientific Program, October 13-17, 2021**

The new year is off to a good start, but many questions remain concerning the pandemic. Because there is still much uncertainty about what the COVID-19 numbers will look like in late summer and fall of 2021, particularly in the context of the new variant strains and questions about the accessibility of the vaccines across the United States and in other geographic areas, the SCEH Executive Committee and the 2021 Conference Committee have made the decision to offer the 72nd Annual Workshops & Scientific Program in a fully virtual format.

We will miss the opportunity to see each other face-to-face and continue building our personal and professional relationships and the hypnosis community. However, as we observed last fall, entirely virtual trainings are also associated with significant advantages. The total number of attendees at the fully virtual 71st Annual Conference was significantly higher than in previous years, which likely reflected its increased accessibility for students and international attendees as well as the reduced financial burden to attend. We hope this year to once again recruit an exceptionally high caliber of keynote presenters for the Science Program given that the virtual format will facilitate scheduling and attendance for international researchers.

To reflect the roles hypnosis-trained professionals can play in supporting our clients, patients, colleagues, and ourselves in coping with challenging life circumstances, the theme for the 72nd Annual Workshops and Scientific Program will be *Protests, a Pandemic and Political Unrest: Hypnosis to Weather the Storm*. You should have

already received an email notification about the call for papers; we invite you to submit proposals concerning topics such as the short- and long-term complications of COVID-19, mental health and behavioral issues related to a pandemic and the resulting losses and social restrictions, as well as increased stress, anxiety, or depression as a result of economic and political upheaval and the impacts of racial stress and trauma. The call for papers can also be found [here](#).

The submission deadline is April 15, 2021.

## **Additional Opportunities to Receive Hypnosis Training: The 2021 Midyear Clinical Hypnosis Workshops**

If you enjoyed the training you received at the 71st Annual Conference in October 2020 and want to continue to enhance and build on what you've learned, the upcoming SCEH Midyear Workshops, April 23 and 24, 2021, will be also be fully virtual! The Introductory/Basic Workshop instructors will include Barbara McCann, PhD and Donald Moss, PhD, and the Skills/Intermediate Workshop instructors are David Reid, PsyD, and Ciara Christensen, PhD.

The Advanced Workshops include three great presentations, which can be registered for separately or in any combination. Clinical Hypnosis for Pain-Related Anxiety, which will be taught by Shelby Morgan Reyes, PhD and Elizabeth Walsh, PhD. Hypnotherapy for Stress Management: Integration of Mindfulness, Music, Relaxation, and Suggestion in Clinical Practice will be taught by Gary Elkins, PhD and Mattie Biggs, MSCP. Hypnosis Applications for Chronic Illness and Medical Procedures will be taught by Damita LaRue, PsyD.

We are very pleased to be continuing our collaboration with APA Division 30 (Hypnosis) in presenting this training opportunity. We are grateful for the support of Division 30's Board and President, Eric Willmarth, PhD. Please consider joining us! To learn more and register for the workshops, click [here](#).

## **SCEH Webinar Series**

In addition to the upcoming Annual Conference and Midyear Workshops, SCEH has developed an exceptional Webinar program! Please check other sections of this newsletter and the SCEH [website](#) for more information

about upcoming webinars. We are always looking for excellent webinar ideas and new presenters, so if you'd like to offer an idea for a webinar topic or you're interested in being a presenter, please contact [Don Moss](#).

### Increasing and Enhancing Inclusion in SCEH

One goal of my term as SCEH President has been to increase our ability to attract and engage members who represent a wide range of social locations such as race/ethnicity, gender, sexual orientation, and age. To this end, we have expanded the networking opportunities available for female-identified SCEH members. In past years, we had hosted a breakfast for female-identified members at our on-ground Annual Conference. In October 2020, we conducted this event virtually. At our last meeting, attendees requested that we take advantage of the virtual platform to meet more frequently throughout the year. We held our second meeting for the 2020-2021 year on Saturday, January 9, and are currently in the process of scheduling our next meeting, to occur in spring 2021. We would also be happy to schedule an additional meeting to provide support for female-identified ECPs and students in submitting presentation proposals for the 2021 Annual Conference, if this would be of interest to you. Please contact me at [info@sceh.us](mailto:info@sceh.us) or complete this brief [form](#) if you would like to be added to the email list for this group!

Also, we are once again planning to support students' ability to attend the Annual Conference by providing an opportunity to reduce the costs associated with registration. We will again be identifying funds for scholarships for student presenters; we will announce the details of this year's scholarship program when the guidelines have been finalized.

### 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 are seeking a Chair for the newly formed **Committee on Component Societies**; this committee will assist in supporting affiliated student component and local component groups, and help facilitate their communication with each other and SCEH. New members in the Marketing and Research standing committees would also be welcomed, and the ad hoc **Connection and Community Committee** welcomes new ECP members. Please [contact me](#), and I will connect you with the Committee Chair.

### Other Opportunities for Engagement

Madeline Stein, a second year doctoral student at Saybrook University who has been providing invaluable assistance with marketing, needs our help with supporting awareness of SCEH, the resources we offer, and hypnosis in general, through liking, sharing, and posting content related to SCEH on Facebook. Casey Applegate-Aguilar has recently joined our Facebook Team. We thank them for their great work in promoting SCEH and hypnosis. Please check out the [SCEH home page](#) to find links to all our social media platforms.

In addition, in Madeline's new role as Co-Editor of the FOCUS newsletter, she is seeking students who would like to be spotlighted in the FOCUS Student Spotlight Column, as well as content authors for the Diversity Column. Please contact Madeline if you'd like to contribute!

### Other Opportunities to Give

Looking for other ways to support SCEH? You can click the DONATE NOW link on the SCEH homepage or click on this [link](#) to donate online. Donations support student scholarships and other important initiatives. Please also consider remembering SCEH with a legacy gift or a trust in your will. Please contact the [SCEH office](#) or [Gary Elkins](#), PhD, ABPP, ABPH, SCEH Legacy Chair and Immediate Past President, to discuss various options to contribute in this lasting way toward the future growth and vitality of SCEH.

### Please Renew Your SCEH Membership

Thanks to everyone who has already renewed their SCEH membership! For those who have not yet had the opportunity to renew, please consider doing so. Membership dues help develop and provide hypnosis trainings, support the [mentorship program](#) and help fund student scholarships. Please follow this [link](#) to see the full list of benefits associated with membership, including registration discounts for conferences, workshops and webinars. 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 payment.

I hope to “see” you all for the 2021 Mid-Year Workshops and the 72nd Annual Workshops & Scientific Program!

Sincerely,

Janna A. Henning, JD, PsyD, FT  
SCEH President



# LETTER FROM THE EXECUTIVE DIRECTOR

BY ANNE DOHERTY JOHNSON



As we start a new Society year, we have many programs planned to advance our mission and help members achieve excellence and progress in hypnosis research, education and clinical practice. Among these are our Annual Conference, Midyear Workshops, monthly webinars and networking and mentoring opportunities.

Please note that if you have not yet renewed, your dues are overdue! We are so grateful to all our members and depend on your support.

Renewing is easy – just click [here](#) to renew now.

Your support allows us to provide our clinical hypnosis training programs, advance scientific research through our peer reviewed scholarly journal and discuss and review new data at our scientific program. Your member dues also fuels our efforts to provide a gathering place for like-minded peers through our committees, events, newsletter and social media presence. It also supports member discount programs as well as public outreach efforts to encourage more health care professionals to utilize hypnosis, thereby improving treatment outcomes and ultimately making the world a better place. Finally, your support helps us to attract students to hypnosis early in their careers, helping to develop the future of the field.

## How Can SCEH Help You in 2021?

As a member, we want to make sure you are taking full advantage of your benefits. As an important member of the hypnosis community, I encourage you to think about ways you can fully engage and utilize your SCEH membership this year. Are you looking to expand your knowledge, network with peers, share your research or publicize techniques you have developed or mentor a fellow member? SCEH provides many opportunities to support you in these goals. Please take a moment now to review our member [benefits page](#) and reach out to us if you have any questions.

## Annual Conference Planning Has Begun

The SCEH Conference Committee has begun work on our 2021 Annual Conference, our 72nd Annual Conference

and Scientific Program. The event will explore the theme of ***Protests, a Pandemic, and Political Unrest: Hypnosis to Weather the Storm.***

We recently informed members that we have voted to move the 2021 Annual Conference online this year, and now plan to hold our next face to face gathering when it is safe to do so in Anaheim (anticipated for October 2022). The five day event will include workshop tracks at the introductory, intermediate/skills and advanced levels, plus a Scientific Program that features keynote and research presentations, symposia and a poster session. The benefits of attending remain the same regardless of format, allowing you to incorporate or strengthen hypnosis skills in your practice and stay current with the latest in hypnosis research. In addition, our annual conference provides ample opportunities to gain fresh ideas and inspiration from colleagues using hypnosis successfully to improve client and patient outcomes. We look forward to seeing you online, and to building on the success of last year's event.

## Call for Papers Now Underway

Interested in presenting at #SCEH2021? We invite proposals for Advanced Workshops, Scientific Presentations and Posters, particularly those that address the conference theme. Visit our Call for Papers [page](#) for complete details on the submission and approval process.

As a timesaving tip, please review the page in its entirety before submitting your proposal, and kindly review SCEH's presenter and attendee policies to familiarize yourself with our expectations and requirements so we can create a welcoming environment for all. We look forward to your submissions!

Conference registration will open in early summer. Stay tuned to SCEH emails or watch our website for more event details as they are confirmed. [Learn more](#) about the conference.

We look forward to seeing you at a SCEH event in 2021.

## Midyear Clinical Hypnosis Workshops Continue in April

We continue our Midyear Clinical Workshops program in April, with a two-day event featuring three levels of training. Attendees can choose from introductory,

intermediate/skills or advanced workshops. Advanced topics include pain-related anxiety, hypnotherapy for stress management, and applying hypnosis for chronic illness and medical procedures. Again this year, APA Division 30 is joining us to promote this event to their members, and we thank them for their continued partnership. Advance registration is required and early bird rates apply. See complete details on the [Midyear Workshops](#).

### **SCEH Monthly Webinar Series Proves Popular**

Our SCEH Webinar Series continues with more stimulating topics for 2021. The popular series, co-sponsored by the Chicago School of Professional Psychology, and allows busy health care professionals to obtain high quality clinical hypnosis training that is convenient and reasonably priced, and which offers continuing education (CE) credit for licensure or certification. View our Calendar of Events, later in this issue, for an up to date listing of topics and presenters.

Our SCEH Education Chair and Immediate Past President, Donald Moss, PhD continues to be on the lookout for new topics and presenters. If you are interested in presenting a webinar for SCEH, please [email](#) him the following information:

- Program title
- Program description – up to 150 words
- Bio sketch about you and your professional achievements – up to 150 words
- Current Curriculum Vitae and photo
- Five topic references – APA 7th edition format, published within last 10 years
- Contact email, phone, and mailing address

### **SCEH Website Upgrade Now Underway**

We are excited to announce that we will be upgrading our website and member management system in the weeks ahead. Much work remains, but we are looking forward to taking advantage of improvements made by our vendor that will allow us to offer members a more modern, mobile friendly and easier to use website. Members and system users will keep the same login information. If plans go according to schedule, we will roll out the new system in May.

Sincerely,

Anne Doherty Johnson  
Executive Director

## Sharing Your Research: Tools for SCEH Members

Do you have hypnosis research to share? A distinguishing feature of the Society is its emphasis on empirical inquiry and the evidence-base of hypnosis. The Society provides several ways SCEH members and hypnosis researchers can share and publicize their work. A recent member inquiry inspired this article, which describes a number of them.

### **News about Your Research Efforts**

SCEH members are invited to publicize news about your ongoing or completed research interests and projects in our quarterly newsletter via the Member News section. See what kinds of member news items that Focus includes by reading a few recent [issues](#).

### **News about Completed Research**

You can submit your completed scientific research for consideration for publication in SCEH's scholarly publication, the International Journal of Clinical and Experimental Hypnosis (IJCEH). The SCEH website includes a public page with a good general overview of the [Journal](#).

Reviewing recent Journal issues will show you the kinds of articles featured. As a SCEH member, you have full online access to IJCEH current and past issues. To view IJCEH online, access it via the Members Only portion of our website by following these easy steps:

1. Log in as a member by clicking on "[Member Login](#)" on the upper right of our website. (You will need your username and password or use the "Forgot" links needed.)
2. Place your cursor over "Members Area" (not "Journals and Issues").
3. Click on "On-line journals".
4. Click on link to the IJCEH.
5. View current or past issues or search for topics of interest.

IJCEH articles are peer-reviewed and we have moved the manuscript submission process online. For more information about how to submit a manuscript, the

types of articles sought, how the peer review process works and who serves on the editorial board, visit our IJCEH [website](#).

Journal submission questions can also be directed to the Managing Editor, [Lynae Roberts](#), MA.

### **Opportunities to Present your Research and Gain Feedback**

In addition to publication, you also have the opportunity to present your research during the Scientific Program at our Annual Conference.

Options include delivering a research presentation or showcasing poster or both (on different topics). SCEH is interested in proposals from experienced professionals and students alike. First time presenters are also encouraged. (See also our Mentor Program.) Anyone eligible for SCEH membership is invited to submit a proposal. See website for SCEH member eligibility.

- Research Presentations shine the light on novel empirically-based findings, including experimental studies, case reports, clinical trials, meta-analyses, and systematic reviews. Research presentations are 20 minutes in length, and include one or more authors as Presenters. Abstracts from the scientific program research presentations are published in the IJCEH following the conference. Several SCEH members have found our publication of the abstracts in the IJCEH to be very helpful in garnering attention to their work. Read the abstracts from our 2020 Annual Conference [here](#).
- Posters include both fully completed research studies, clinical case studies and pilot studies or preliminary research. Posters are displayed during our Poster Session, with authors available to answer questions from conference attendees and are featured on the program via a Poster Blitz where authors are invited to present a short, 5-minute summary/introduction of their poster. View this short [video](#) to get a sense of what the experience of presenting a poster at SCEH is like.

We invite proposals from experienced professionals and student alike. Anyone eligible for SCEH membership may submit a proposal. See website for SCEH member eligibility.

For those submitting for the first time, it may be helpful to view the following:

- [article](#) about our 2019 face to face conference
- [article](#) about last year's virtual annual conference

Members have a role to play in helping ensure we receive a robust response to our solicitation. The Call for Papers is announced via our website and emails to members and those on our broader email list. We publicize the Call for Papers via the hypnosis listserv and through calendars and social media, and enlist the support of our Conference Committee and SCEH members to personally solicit proposals from colleagues. We invite all members to share the announcement with others who would find it of interest.

Submissions are made via an online form and reviewed by our Conference Committee in the early spring. The submissions deadline is April 15, with acceptance notices sent in the spring. Please review our Call for Papers page in detail before making a submission. View the 2021 [Call for Papers](#).

Are you thinking about submitting for this year's Annual Conference? Do you have questions? Please reach out to members of the Conference Committee via email with questions, or contact the SCEH office. See our Call for Papers [page](#) for more details and contact information.

### **Be Among the First to See New IJCEH Content**

Also of interest to researchers is a new alert feature from our journal's publisher. If you wish to be among the first to see new IJCEH content, sign up for TOC/new content alerts by visiting our publisher's page and clicking the "New content alerts" button. After entering your email address, you can also select the frequency of alerts you receive.

I encourage you to take full advantage of these and all your SCEH member benefits. To review the full list, visit our Member Benefits [page](#) or reach out to us with specific questions at [info@sceh.us](mailto:info@sceh.us).

Please share this article with fellow hypnosis researchers. Here's to continued success in your research projects!



# SCEH Awards Program

*Please join us*

AS WE HONOR THE ACHIEVEMENTS OF THOSE WHO HAVE MADE  
SIGNIFICANT CONTRIBUTIONS TO OUR FIELD

Friday, March 26, 2021

4:00-5:00 PM EST USA

Online via Zoom

THE EVENT IS FREE, BUT ADVANCE [REGISTRATION](#) BY **MARCH 24** IS REQUIRED.

EACH YEAR, SCEH CELEBRATES THE HYPNOSIS COMMUNITY AND  
DEMONSTRATE GRATITUDE FOR THE ACCOMPLISHMENTS OF OUR PEERS.

PROGRAM WILL INCLUDE SCEH LEADERSHIP, AWARD WINNERS, MEMBERS AND GUESTS.



## BERNARD RAGINSKI AWARD

FOR LEADERSHIP IN THE FIELD OF CLINICAL HYPNOSIS

## SHIRLEY SCHNECK AWARD

TO A PHYSICIAN WHO HAS MADE SIGNIFICANT CONTRIBUTIONS TO THE DEVELOPMENT OF MEDICAL HYPNOSIS

## ARTHUR SHAPIRO AWARD

FOR THE BEST BOOK ON HYPNOSIS

## ERIKA FROMM AWARD

FOR EXCELLENCE IN TEACHING

## 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

## 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 PROFESSIONAL

## PRESIDENTIAL AWARDS

FOR OUTSTANDING CONTRIBUTIONS TO SCIENTIFIC AND PROFESSIONAL HYPNOSIS  
AND FOR OUTSTANDING WORK ON BEHALF OF THE SOCIETY



AWARD WINNERS WILL BE ANNOUNCED IN AN UPCOMING ISSUE OF THE FOCUS NEWSLETTER.

WE HOPE TO SEE YOU THERE. FOR MORE INFORMATION, SEE [SCEH AWARDS](#).





## 2021 Midyear Clinical Hypnosis Workshops

**April 23-24 - Offered Online**  
**Introductory, Intermediate & Advanced**

**Registration Now Open**

*Co-sponsored by the Society for Clinical and Experimental Hypnosis and the Institute for Continuing Education. Training Supported by Division 30 of the APA: SCEH is working with APA Division 30 to promote this event and to grant their members a discounted registration price. Workshops meet accepted Standards of Training in Clinical Hypnosis and count toward [SCEH Hypnosis Certification Programs](#).*

**Registration now open. Advance registration is required.**

**Get the best event pricing! Early bid registration deadline: **March 23****

See [Pricing and Registration](#) details.

**Registration deadline: April 21, 2021**

### About the Workshops

SCEH Midyear Clinical Hypnosis Workshops are designed to empower attendees with evidence based skills and training in the application of hypnosis for mental health, medicine, and general wellness, creating a positive effect on health worldwide. Workshops are offered at three levels: Introductory, Intermediate/Skills and Advanced. SCEH hypnosis training programs are of the highest teaching quality and feature experiential learning so you can put learned concepts into immediate practice. Workshops are offered at three levels and will be submitted for up to 12.5 CE, depending on workshops selected.

### Who Should Attend

[Any health care professional eligible for SCEH membership may register.](#) (See *Member Eligibility Requirements* section.) This includes: Psychologists; Psychiatrists and other Physicians; Social Workers; Counselors; Chiropractors; Master's level Nurses, Clinical Nurse Practitioners and Health Care Coaches; other Master's level licensed mental health and healthcare professionals, and clinical and experimental researchers in hypnosis. Special student rates apply.





# SCEH MIDYEAR WORKSHOP PRESENTERS

Workshops are offered at three levels, meet accepted Standards of Training in Clinical Hypnosis and count toward SCEH Certification Programs.

## INTRODUCTORY WORKSHOP: FOUNDATIONS OF CLINICAL AND APPLIED HYPNOSIS

Earn 12.5 CE hours | Cohort session meets Friday and Saturday



*Faculty Lead:*

**Barbara S. McCann, PhD**, Professor, Department of Psychiatry and Behavioral Sciences, University of Washington, Seattle, WA



*Faculty:*

**Donald P. Moss, PhD**, Dean, College of Integrative Medicine and Health Sciences, Saybrook University, Pasadena, CA

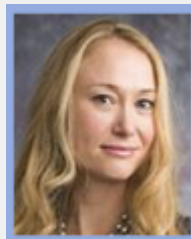
## INTERMEDIATE WORKSHOP: INTERMEDIATE TRAINING IN CLINICAL AND APPLIED HYPNOSIS

Earn 12.5 CE hours | Cohort session meets Friday and Saturday



*Faculty Lead:*

**David B. Reid, PsyD**, Department of Applied Psychophysiology, Saybrook University, Pasadena, CA



*Faculty:*

**Ciara C. Christensen, PhD**, Private Practice, Wisconsin

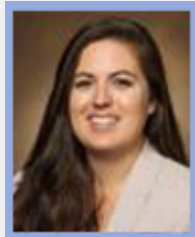
## ADVANCED WORKSHOP: VARIED TOPICS

Earn up to 10 CE hours over two days

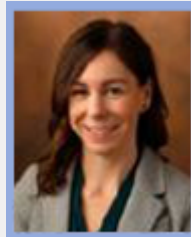
**Friday, April 23**

### Clinical Hypnosis for Pain-Related Anxiety

*Submitted for 4 CE hours*



**Shelby Morgan Reyes, PhD, HSP**, Assistant Professor of Clinical Physical Medicine & Rehabilitation, Osher Center for Integrative Medicine at Vanderbilt University, Nashville, TN



**Elizabeth Walsh, PhD**, Osher Center for Integrative Medicine at Vanderbilt and Assistant Professor of Clinical Physical Medicine & Rehabilitation, Nashville, TN

### Hypnotherapy for Stress Management: Integration of Mindfulness, Music, Relaxation, and Suggestion in Clinical Practice

*Submitted for 2 CE hours*



**Gary Elkins, PhD**, Professor and Director, Mind-Body Medicine Research Laboratory, Baylor University. Editor-in-Chief, International Journal of Clinical and Experimental Hypnosis



**Mattie Biggs, MSCP**, Graduate Student, Mind-Body Medicine Research Laboratory, Baylor University

**Saturday, April 24**

### Hypnosis Applications for Chronic Illness and Medical Procedures

*Submitted for 4 CE hours*



**Damita LaRue, PsyD, FT, CCISM**, Clinical and Health Psychologist, DLA Psychology Center, Chicago, IL

# SCEH Webinar Series



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

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

Upcoming [webinars](#) include:

**Friday, April 2, 2021**

**Adjunctive Therapies for Use with Clinical Hypnosis and Psychotherapy**

*Presenter: Donald Moss, PhD, Dean, College of Integrative Medicine and Health Sciences, at Saybrook University, Oakland, CA*

**Save the Date for these topics - details TBA**

**May 14, 2021**

**Positive Psychology and Hypnotic Relaxation Therapy**

*Presenter: Elizabeth Slonena, PsyD*

**June 18, 2021**

**From Principle to Practice: Deconstructing Problem Patterns toward Strategically Guided Solutions**

*Presenter: David S. Alter, PhD, LP, ABPP, ABPH, FACHP*

**July 9, 2021**

**Gut Feelings: Clinical Hypnosis for Disorders in Brain-Gut Interaction**

*Presenter: Louis F. Damis, PhD, ABPP*

**August 6, 2021**

**Autoimmune Disorders, Psychoneuroimmunology and Hypnosis**

*Presenter: Moshe S. Torem, MD, Professor of Psychiatry, at Northeast Ohio Medical University*

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

# SCEH WEBINAR SERIES: Call for Proposals

BY DONALD MOSS, PHD, SCEH EDUCATION CHAIR



In July 2019, SCEH inaugurated a Webinar Series, in collaboration with The Chicago School for Professional Psychology, which provides APA and Counseling CE credit, and is co-marketed by both groups.

In 2019, the program included three webinars, and in 2020, this has been expanded 11 webinars on a variety of topics. In 2020, we

also hosted a free public service webinar in response to the pandemic, which was held twice due to overwhelming demand. To date, attendance for the Webinar Series has been over 1,300.

## Call for Webinar Proposals

If you are interested in presenting a webinar for SCEH, please send the following information to [Donald Moss, PhD](#) and include the following information:

1. Webinar title and 150-word description of the program.
2. 150-word biosketch about yourself and your professional achievements.
3. A current Curriculum Vitae and a photo of yourself.
4. Five references on your topic, in APA (7<sup>th</sup> edition) format, published within the last 10 years.
5. Your contact information including email, phone, and surface mail address.

## Register Now for Upcoming Events

The SCEH Webinar Series is open to SCEH members and non-members, with attractive pricing for members and students. Most webinars are 1.5 hours long, and are held on Fridays, from 12:00–1:30 PM EST.

Please help us spread the word about this program to your colleagues. To learn more or register, please visit [here](#).

## SCEH STUDENT COLUMN

BY LILLIAN (RUCHI) WIEDER



My name is Lillian (Ruchi) Wieder and I am currently doing an MSc in clinical and cognitive neuroscience at Goldsmiths, University of London. I have been lucky enough to become a member of the Timing, awareness, and suggestion lab and work under the supervision of Dr. Devin Terhune since 2017. My research interests in the association between dissociation and suggestibility have led to me publishing two papers with Devin's help. The first paper, published in Cognitive Neuropsychiatry (<https://bit.ly/3rQtC4h>) presented evidence in support of the proposal that suggestibility confers risk for dissociation in response to trauma. The second, published in the Journal of Neurology, Neurosurgery, and Psychiatry (<https://bit.ly/2Zg44RH>), and co-authored by Dr. Richard Brown and Dr. Trevor Thomson, consisted of a meta-analysis of existing research and showed that functional neurological disorder, a condition closely associated with dissociative disorders, is characterized by elevated hypnotic and non-hypnotic suggestibility.

Our research so far has highlighted that (hypnotic) suggestibility is an important characteristic of highly dissociative individuals, particularly those with a functional neurological disorder. Controversies and misunderstandings surrounding suggestibility and how it relates to dissociation have unfortunately led to a decline in research on suggestibility in the dissociative disorders and a mischaracterization of the available evidence. My hope is that continued research on atypical suggestibility in dissociative disorder will help us to better understand how suggestibility may confer risk for dissociative psychopathology.

Alongside this research, I am currently examining memory functioning in dissociative disorders with a focus on the possibility that dissociative disorder patients display superior forgetting.

# **2021 Conference**

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



**PROTESTS,  
A PANDEMIC &  
POLITICAL UNREST:**

**Hypnosis to Weather the Storm**

**October 13-17, 2021**

**Online**

**#SCEH2021**

### **Conference Theme**

The 2021 conference theme is *Protests, a Pandemic, and Political Unrest: Hypnosis to Weather the Storm*. Proposals that further this theme will be prioritized, as well as those that extend the scope of hypnosis in both medical and psychological practice.

Our conference theme puts a focus on moving through the seismic events of the past year. 2020 revealed waves of shocks to many of our systems, including clients/patients, communities, families, countries, and the list continues. As we continue to navigate through challenging times marked with widespread hardships, our 2021 conference will focus on supporting one another in order to take care of our clients/patients, as well as ourselves. Prominent experts in the field of hypnosis will join us to offer fresh creative interventions and applications of clinical hypnosis.

Workshops across three levels (Introductory, Intermediate/Skills and Advanced) will review the utilization of hypnosis as an adaptable adjunct to other therapeutic interventions for enhancing treatment outcomes. Our workshops are a great way to generate creative renewal which can be readily applied across a variety of clinical settings, and to interact with instructors and establish connections within the SCEH community.

Consistent with prior SCEH conferences, participants can also attend the Scientific Program, a Poster Session, and networking events. The Scientific Program will offer keynotes, symposia and research presentations with speakers from across the world, addressing the scope of hypnosis in both psychological and medical settings.

Registration Opens: Summer 2021



**[Call for Papers:](#) Submissions deadline: April 15, 2021**



# *An Interview with Dr. Zoltan Kekecs*

Interviewed by Lauren Simicich, MSCP

Clinical Psychology Doctoral Student, Baylor University



*Dr. Zoltan Kekecs*

## *Tell me a little bit about yourself and your work.*

I am currently an Assistant Professor at Eötvös Loránd University, which is one of the largest universities in Hungary, and I also work part time at Lund University, which is one of Sweden's biggest universities. I work within the Institute of Psychology at both. I mainly dedicate my time to research and teaching. My primary area of research interest is related to the use of hypnosis and suggestions, different mind-body medicine interventions, especially in somatic medicine. I also teach Clinical Research Methods and Statistics, which are topics that I hold quite close to my heart.

## *How have your professional interests evolved over time?*

When I entered my PhD in Behavioral Psychology program at Eötvös Loránd University, my original interest was related to the physiological effects of hypnosis, specifically how hypnosis could affect bleeding in surgery. However, I quickly realized that it was particularly challenging to do clinical research with this population as a PhD student with no connection among surgeons. Over time, I managed to convert this to a more realistic topic and was still able to conduct some work with hypnosis and surgery in the end. Throughout these experiences, my interests drifted towards the mechanisms underlying the effects of hypnosis. I became curious about how hypnosis evokes the physiological and psychological effects that we see.

Another notable project that shaped my professional trajectory and research interests was a meta-analysis that I conducted in my PhD program. During that work, I had to learn about what the most acceptable and best practice research methods in order to rate the quality of evidence in the field. Over the course of this project, I learned that much of the extant research studies within the hypnosis literature suffer from poor methodological rigor. Although there are many positive findings, the quality of the evidence isn't the strongest. This prompted me to ponder and pursue more methodically related questions.

I was very fortunate to be able to work in Dr. Gary Elkins' Mind-Body Medicine Research Lab at Baylor University as a postdoctoral scholar. There, I was able to participate in a large NIH-funded clinical trial, where I learned a phenomenal amount about how methodologically strong clinical research trials can be done well.

After this experience, I continued to have an interest in not only hypnosis research, but also, research methods more broadly. I became intrigued by how we might go about improving the quality of research. I was particularly moved by the reformist movement that emerged out of the "replication crisis" in psychological science, in which the credibility of psychology research findings began to be challenged and called in question. Work of mine that has emerged from these experiences has been the development of tools for improving quality of research. In my lab, we are working on developing tools and methods to increase the credibility of psychological research. For example, we are working on a data handling pipeline including real-time data archiving called Direct Data Deposition. This method enables people to gain an insight about what went on during the research study, the actual data collection, and this way, provide researchers with a tool to demonstrate the trustworthiness of their research findings.

In relation to this work, I was also invited as a member of the Psychological Science Accelerator (PSA), which is a large international collaboration of psychological research labs that is currently comprised of approximately 1,300 labs from all over the world. This collaboration is dedicated to conducting studies that consist of larger sample sizes and more culturally balanced samples. I serve as a Methodologist on some of these projects and am also a member of the Data and Methods Committee, where we review the methodological quality of study proposals and also provide methodological support for the principal investigators of these projects.

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

I think that one of the most important things for the field would be to find ways to standardize our research approaches, which would probably mean that we would have to develop standardized methods to bring hypnosis research to the next level. This would include making it accessible to research labs where there are no clinically trained hypnotherapists. Importantly, standardization does not necessarily mean rigidity. Where it is needed, flexibility can be built into standardized protocols to accommodate patient needs and preferences for example.

The other thing that would be extremely beneficial is data sharing. I think hypnosis research would be greatly improved if we shared our data. There is a lot of overlap between the works of labs, most especially in the area of hypnosis research. If data would be shared, a lot of duplicate work would be prevented.

One thing that I am working on right now that I am really passionate about within the psychological science research is creating a pipeline that would allow for researchers to demonstrate the veracity, the credibility, of their data. What this means is that instead of collecting data on paper, or on hard drives of their own computers, researchers would collect data directly into a trusted and secure data repository, where the data could be immediately versioned. This kind of version control would demonstrate that the results that are published in the final paper are really coming from the raw data that was recorded in the research study. This would provide researchers with a tool to express the trustworthiness of their own research. This would be a very seamless process with minimal burden. It is also of note that this would not mean that data sharing is necessary. You can demonstrate that your data is completely flawless and untouched without having to share your raw data.

***You and your colleagues recently published an article in the International Journal of Clinical and Experimental Hypnosis (IJCEH) entitled, “Test-Retest Reliability of the Stanford Hypnotic Susceptibility Scale, Form C and the Elkins Hypnotizability Scale.” Could you briefly describe what this study sought to explore?***

The study idea started when we finished the previous study (Kekecs, Bowers, Johnson, Kendrick & Elkins, 2016) where the validity of the Elkins Hypnotizability Scale (EHS; Elkins, 2014) was confirmed with the Stanford Hypnotic Susceptibility Scale: Form C (SHSS:C; Weitzenhoffer & Hilgard, 1962). In that study, the EHS and the SHSS:C were administered to the same people approximately back-to-back by the same research hypnotherapist and we found a remarkably high correlation between the two hypnotizability scores (Kekecs, Bowers, Johnson, Kendrick & Elkins, 2016). We wanted to see how close we got to the theoretically possible maximum correlation because the correlation was 0.86 (Kekecs, Bowers, Johnson, Kendrick & Elkins, 2016). We wanted to see if it would even be possible to get a higher correlation so we decided to take a closer look at the reliability of the SHSS:C. Would we get a higher correlation if we compared the SHSS:C to itself by way of administering it twice? After a thorough review of the literature, we realized that there was no actual data on the test-retest reliability of the SHSS:C. We saw this to be a very important gap in the literature to fill since the SHSS:C has been regarded as the gold standard hypnotizability assessment scale for a while now and, for this reason, has often been used to validate the other hypnotizability scales that exist. Further, without knowing the reliability of the SHSS:C, we don't really know what the cap would be for the validity correlation that would be produced in these validation studies. We sought to answer this question as well as what the test-retest reliability correlation of the EHS might be with 50 participants for both the EHS and the SHSS:C.

***What were the results of this study?***

This study produced some surprising results. For the SHSS:C, we found a moderate correlation (0.66) although we expected to find a much higher test-retest reliability correlation of the gold standard scale of the field (Kekecs et al., 2021). This basically means that the two administrations of the SHSS:C had variation between the scores. Alternatively, we found a much higher test-retest reliability correlation for the EHS (0.82)(Kekecs et al., 2021).

The other surprising thing was that, for the SHSS:C, we found a significant decrease in scores from the first administration to the next administration (Kekecs et al., 2021). This indicates an instability of the scores that you get from the SHSS:C. On the other hand, there was no such result for the EHS. That is, the scores for the EHS were stable from the first to the next administration.

***What do you hope readers remember from this article?***

The bottom line of this research was that the reliability of the SHSS:C was lower than we previously thought and the reliability of the EHS was very good. This study also further confirms the usefulness of the EHS in research, especially since it takes half as much time to administer than the SHSS:C.

It is also important to recognize that this study was conducted in the Baylor University laboratory where the EHS was developed. There is a possibility that this may have biased the results since the people who administered these scales were likely more familiar with administering the EHS. This may have resulted in a more consistent administration of the EHS or more reliable scoring of the EHS. With this in mind, it would be really good to see an independent replication of this study to get verification of these results.

*Throughout your career, you've played an active and valuable role in many different professional societies. At present, for the Society of Clinical and Experimental Hypnosis, you serve as Chair for the Budget Committee, Chair for the Credentials and Membership Committee, and Vice-Chair for the Research Committee. Why is this type of professional involvement important to you? What do you love most about it?*

Being a part of these professional committees provides a wonderful opportunity to network with others and make a beneficial impact on the field of hypnosis. This is a kind of impact that feels more immediate than the kind of impact that may be made from conducting a research study over a longer period of time. It's also a way of servicing the hypnosis community.

I really encourage the young professionals of SCEH to assume a leadership role and become involved in these committees. It will give them good insight into the workings of the field and provide an opportunity to meet the leaders of the field and network with other people. I have grown a lot from taking these positions and believe others would too.

*What brings you enjoyment outside of your professional pursuits?*

First, I must mention my family. I have a wonderful 5-year-old son. During the COVID-19 pandemic, I was together with my family, whom I love so it didn't let the negative things spiral out of control for me. When I see my lovely family, I can be grateful that we are healthy and that, in and of itself, is sometimes enough to give a person peace.

I am also a gamer. I like to play video games. I really like to play factory building games. On the surface this might seem like a second job because you basically build a factory. You have to deal with supply chain issues and figure out how you get products from one factory to another. These are very satisfying games for me. Since I love programming, the games that I play also have some type of programming angle, automation is everything in these kinds of games.

Also, I like to play board games. I have many favorites, but I really like the board game called Dune. My son also loves to play that game. It is a way for us to bond. I also really enjoy Food Chain Magnate, where you play an entrepreneur that wants to get into the business of building a food chain and it is a very hard game in the sense that it is very competitive. Little mistakes can lead to big losses, but I like that game very much. It requires a lot of foresight, planning for the future.

These games bring me a little bit of respite out of the responsibilities that I have in my professional and personal life. They provide opportunities to work on something that I am passionate about without the pressures of real life.

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

I have a profile on Google Scholar if people are interested in my research. I also have a Twitter profile (@kekecs\_zoltan) where people can follow me. I will post on there whenever we come out with a paper or have developments to share about the tools that we work on for research credibility. Those interested in my programming and statistics work can follow me on GitHub as well, my profile there is kekecsz.

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## LATEST NEWS FROM THE IJCEH

### Special Issue on Hypnotizability

We just published the first issue of 2021—a special issue featuring new articles on the subject of hypnotizability. This issue features an editorial and nine articles that review years of research on hypnotizability, provide insight and new perspectives on theories related to suggestibility, describe the reliability and validity of scales for measurement, and explore new methods for established scales.

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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).

If you have a paper to submit go [here](#) and create a username. Everything you submit will be conveniently available for you to view on the online system.

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Gary R. Elkins, PhD



Managing Editor  
Lynae Roberts, MA

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



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

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

Abstracts from January 2021

Special Issue: Hypnotizability

### **Hypnotizability and the Natural Human Ability to Alter Experience**

***Paul Dell***

There seems to be a natural, human ability to alter one's experience that already exists—prior to and apart from any hypnotic induction. Individual differences in this ability range from low to high and are largely commensurate with the person's assessed hypnotizability. More importantly, these preexisting, individual differences in the ability to alter experience seem to be the “substrate” that enables each individual's response to hypnotic suggestions. It is proposed that, with some notable exceptions, the hypnosis field's understanding of hypnotizability has been hindered by theorists' (and clinicians') tendency to consider the instruments that reveal hypnotic phenomena (i.e., hypnosis and suggestions) to be explanatory concepts.

### **Multicomponent Theories of Hypnotizability: History and Prospects**

***Pamela Sadler & Erik Woody***

This review addresses multicomponent theories of hypnotizability by focusing on 3 important exemplars from the history of hypnosis research: E. R. Hilgard's (1965) Hypnotic susceptibility; R. E. Shor's (1962) Three dimensions of hypnotic depth; and T.X. Barber's (1999) A comprehensive three-dimensional theory of hypnosis. Taken together, they illustrate the variety of hypnotic phenomena examined in research—overt responses, subjective experiences, and underlying processes – and the ways in which evidence about each has implied the existence of multiple underlying components. Particularly highlighted are the different ways in which the theories conceptualize the joint contribution of multiple individual differences. Also covered is relevant later work by other researchers as well as important issues remaining to be resolved.

### **A Critical Review of Standardized Measures of Hypnotic Suggestibility**

***David Acunzo & Devin Terhune***

The most well-established finding gleaned from decades of experimental hypnosis research is that individuals display marked variability in responsiveness to hypnotic suggestions. Insofar as this variability impacts both treatment outcome in therapeutic applications of hypnosis as well as responsiveness to suggestions in experimental contexts, it is imperative that clinicians and researchers use robust measures of hypnotic suggestibility. The current paper critically evaluates contemporary measures of hypnotic suggestibility. After reviewing the most widely used measures, we identify multiple properties of these instruments that result in the loss of valuable information, including binary scoring and single-trial sampling, and hinder their utility, such as the inclusion of suboptimal suggestion content. The scales are not well-suited for contemporary research questions and have outlived their usefulness. We conclude by outlining ways in which the measurement of hypnotic suggestibility can be advanced.

### **The Hypnotic Induction Profile (HIP) in Clinical Practice and Research**

***John Alexander, Katy Stimpson, Jessie Kittle, & David Spiegel***

The Hypnotic Induction Profile (HIP) was developed as a brief, yet thorough, assessment of a person's level of trait hypnotizability and their potential to experience a hypnotic state. The HIP quantitatively and qualitatively measures hypnotizability by evaluating biological and sensorimotor experiences designed to assess 3 fundamental observable and measurable components of hypnosis: absorption, dissociation, and suggestibility through a guided assessment that takes 5 to 10 minutes. From conception, the HIP has been utilized in clinical settings to assess appropriateness for the use of hypnosis in treatment planning and research protocols to stratify research participants. The brevity, accessibility, and reliability of the HIP have allowed it to adapt, not only across settings but through media platforms as technology and remote delivery become increasingly incorporated in the field of hypnosis.

### **Posthypnotic Amnesia in Hypnotizability Assessment: Validation of a New Scoring System for the Hypnotic Induction Profile**

***Afik Faerman & David Spiegel***

The Hypnotic Induction Profile (HIP) is a standardized assessment of hypnotizability featuring a validated 0–10 scoring system, that does not factor in posthypnotic amnesia. Using confirmatory factor analyses (CFA), we compared the 10-point scoring system with a new 12-point system that includes the posthypnotic amnesia item in independent samples of individuals with fibromyalgia ( $n = 98$ ) and healthy adults ( $n = 97$ ). Additionally, we explored associations of the two scoring systems with measures of hypnotic phenomena. CFA results indicate that the 12-point scoring system is a good fit for the 1-factor model of hypnotizability. Posthypnotic amnesia loaded highly on the model in the fibromyalgia sample, and moderately on the model in healthy adults. Furthermore, the 12-point scoring system correlated significantly with measures of hypnotic phenomena. We conclude that the 12-point scoring system is psychometrically equivalent yet conceptually more comprehensive than the 10-point scoring system.

### **Testing Hypnotizability By Phone: Development and Validation of The Remote Hypnotic Induction Profile (rHIP)**

***Jessie Kittle, Emma Zhao, Katy Stimpson, Yingjie Weng, & David Spiegel***

Standard hypnotizability scales require physical contact or direct observation by tester and participant. The authors addressed this limitation by developing and testing the remote Hypnotic Induction Profile (rHIP), a hypnotizability test derived from the Hypnotic Induction Profile that is completed by telephone. To assess the validity of the rHIP, 56 volunteers naïve to hypnotizability testing completed both the HIP and the rHIP, with order of testing randomized. Results indicate a strong correlation between HIP and rHIP scores,  $r_s = .71(0.53–0.84)$ ,  $p < .0001$ , and good concordance, difference  $= .03(-0.53, 0.59)$ ,  $p = .91$ , independent of testing order. The rHIP had few complications. Possible advantages of using the rHIP include improving patient expectancy prior to scheduling a hypnosis session, increasing access to hypnotizability testing for remote interventions, and obviating resource-intensive in-person hypnotizability screening for trials that exclude subjects with certain scores.

### **German Norms of the Harvard Group Scale of Hypnotic Susceptibility (HGSHS-A) and Proposal of a 5-Item Short-Version (HGSHS5-G)**

***Björn Riefel, Sven Tönnies, Ernil Hansen, Nina Zech, Sandra Eck, Anil Batra, & Burkhard Peter***

The Harvard Group Scale of Hypnotic Susceptibility, Form A (HGSHS:A), is commonly used to test hypnotizability. There is still some controversy about what exactly hypnotizability is and whether and how it can be measured, especially by the HGSHS:A. Furthermore, a wider clinical use is limited, requiring a testing time of more than 1 hour. We analyzed the German HGSHS:A version for its factorial structure, item contribution, and item difficulty based on test data from six studies, including 1276 persons, to propose a shorter version of the HGSHS:A. We hereby present a 5-item version of the HGSHS:A (HGSHS-5:G), consisting of the challenge items, that was compared with an 11-item version (highly variable posthypnotic amnesia omitted). Age- and gender-specific norms were generated. The HGSHS-5:G showed high validity, reliability, and classification agreement. It reduces test time to 30 minutes thus facilitating wider use of hypnotizability testing.

### **Therapeutic Use of the Elkins Hypnotizability Scale: A Feasibility Study**

***Ming Hwei & Gary Elkins***

Hypnotizability assessment can inform hypnotic interventions, and studies on brief hypnotic inductions suggest that it may also confer therapeutic benefits. However, hypnotizability is rarely assessed in clinical practice due to limitations of current measures. The Elkins Hypnotizability Scale (EHS) improved upon such limitations and has been shown to be a very reliable and valid hypnotizability measure. This is the first study to examine the feasibility of the EHS as a therapeutic measure. Fifty-five participants were administered the EHS and randomized to two weeks of self-hypnosis with or without a recording. Results indicated that relaxation increased immediately after EHS administration, and relaxation and psychological distress improved after two weeks of self-hypnosis with the EHS induction. These results suggest that the EHS may be considered as a therapeutic measure and an avenue to introduce self-hypnosis in clinical practice with or without audio recordings.

### **Test-Retest Reliability of the Stanford Hypnotic Susceptibility Scale, Form C and the Elkins Hypnotizability Scale**

***Zoltan Kekecs, R. Lynae Roberts, Hyeji Na, Ming Hwei Yek, Elizabeth Slonena, Ezrhiel Racelis, Tamara Voor, Robert Johansson, Pietro Rizzo, Endre Csikos, Vanda Vizkievicz, & Gary Elkins***

This project aimed to assess the consistency of hypnotizability over repeated assessments when measured by the Stanford Hypnotic Susceptibility Scale: Form C (SHSS:C), and the Elkins Hypnotizability Scale (EHS) and to contrast score distribution and pleasantness of these scales. University students were administered either the SHSS:C or the EHS twice with a one-week delay by separate experimenters. Test-retest reliability of the EHS and the SHSS:C was  $r_s = .82$  (.71-.92) and  $r_s = .66$ , 95% (.47-.86), respectively (Spearman's correlation). Hypnotizability was comparable at test and retest in the EHS group, SHSS:C scores decreased by the retest. We found that the SHSS:C produced higher scores than the EHS, and the pleasantness of the 2 scales was comparable. Overall, our results supported the reliability of the EHS, while SHSS:C scores were more inconsistent between the 2 assessments. More research is warranted.

## MEMBER NEWS

SCEH President Janna Henning, JD, PsyD, FT and co-authors Bethany Brand, PhD and Christine Courtois, PhD recently had a comprehensive article on graduate teaching and training in trauma published in the journal *Training and Education in Professional Psychology* in the Online First Publication format. It will be published in the print journal later in 2021. This article will help fill a gap in the research, as the authors are not aware of any previous comprehensive peer-reviewed journal article concerning this topic that has been published in a generalist (not trauma-specific) journal.

Graduate Training and Certification in Trauma Treatment for Clinical Practitioners. Training and Education in Professional Psychology. Advance online [publication](#).

In January, SCEH member Elvira V. Lang, MD, FSIR, FSCEH, Founder & President of Comfort Talk®, presented in the webinar series *Hypnosis for Pain* of the Royal Society of Medicine Hypnosis and Psychosomatic Medicine Section, the RSM Pain Medicine Section, in association with the British Society of Clinical & Academic Hypnosis "Hypnosis for Procedural Pain". [Details](#)

SCEH members David Spiegel, MD and Joseph Green, PhD were quoted in this late December Wall Street Journal article, *Alexa, Hypnotize Me*, found [here](#).

SCEH member Carolyn Daitch was quoted in a January Wall Street Journal article about methods to deal with stress from the Covid-19 pandemic. See [A Workout for Your Mental Health](#).

SCEH student member Melvin Marsh reports he has extended the deadline for his survey, reported in our last issue, to March 31:

I am a second year graduate student in the department of Psychology, College of Behavioral and Social Sciences at Georgia Southern, a student member of SCEH, ISH, and APA's Division 30 as well as an alumnus of several additional hypnosis training programs. As part of a class research requirement, I am trying to gather data on the demographics of #hypnosis practitioners. It is open to hypnosis practitioners worldwide (18 years or older). I hope to assess the current state of the field with an eye towards increasing involvement in professional organizations, increasing student involvement, and overall furthering the field. Survey expected to take approximately 15-20 minutes to complete. Please feel free to share with other hypnosis practitioners or trainees. Thank you in advance. [Link](#)

### FOCUS Editorial Team



Madeline Stein, MA

**Meet the new Co-Editor...** Madeline Stein (she, her) is a second-year doctoral student at Saybrook University in the Psychophysiology department and is a member of Goldsmith University's Timing, Awareness, and Suggestion Lab, receiving mentorship from Dr. Devin Terhune. Madeline has a broad range of research interests relevant to hypnosis, including suggestibility, pathological dissociation, placebo, and time perception. Additionally, she maintains a part-time clinical practice as a Licensed Professional Counselor-Candidate in Denver, Colorado, where she works with gifted kids and teens. As the new co-editor for FOCUS, she hopes to revitalize the Diversity and Student Spotlight columns. In her free time, Madeline enjoys spending too much money on books and coming up with delicious waffle-topping combinations.

**Sam Stork**, Co-editor; [Samuel\\_Stork@baylor.edu](mailto:Samuel_Stork@baylor.edu)  
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# SCEH NEWS & INFORMATION

## Call for Volunteers

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

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

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

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

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



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## Don't Miss Important Communications from the Society

To ensure that you continue to receive important emails, please take a moment now to add our email and IP addresses to your safe senders list or address book or white list them with your e-mail provider.

- [mam@memberclicks-mail.net](mailto:mam@memberclicks-mail.net)
- [anne@sceh.us](mailto:anne@sceh.us)
- [info@sceh.us](mailto:info@sceh.us)

## Follow us on Social Media

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

[Learn more](#)

**Stay Connected.**



# CALENDAR OF HYPNOSIS EVENTS

Bookmark our [upcoming events](#) page!

**Mar 26, 2021**

4:00-5:00pm EST USA

**Online**

Via **ZOOM**

## SCEH Awards Program



Please join us as we celebrate the hypnosis community and demonstrate gratitude for the accomplishments of our peers.

Advance [registration](#) by March 24 is required.

For more information, see the SCEH [Awards](#).

**Apr 23-24, 2021**

**Online**

Via **ZOOM**

## 2021 Midyear Clinical Hypnosis Workshops

Supported by SCEH and APA Division 30

Introductory, Intermediate and Advanced Workshops

**Get the best event pricing!** Early bid registration deadline: **March 23**

[Registration](#)

Registration deadline: April 21, 2021

**Oct 13-17, 2021**

**Online**

## 2021 Annual Conference

72<sup>nd</sup> Annual Workshops & Scientific Program



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

[Call for Papers:](#) **Submissions deadline: April 15, 2021**

Registration Opens: Summer 2021

#SCEH2021

## [SCEH Webinar Series](#)

Check the SCEH Webinars page for additional dates and topics.

## Monthly webinars covering a variety of topics throughout the year.

- |                |  |
|----------------|--|
| April 2, 2021  | <i>Adjunctive Therapies for Use with Clinical Hypnosis and Psychotherapy</i>                             |
| May 14, 2020   | <i>Positive Psychology and Hypnotic Relaxation Therapy</i>   |
| June 18, 2021  | <i>From Principle to Practice: Deconstructing Problem Patterns toward Strategically Guided Solutions</i> |
| July 9, 2021   | <i>Gut Feelings: Clinical Hypnosis for Disorders in Brain-Gut Interaction</i>                            |
| August 6, 2021 | <i>Autoimmune Disorders, Psychoneuroimmunology and Hypnosis</i>  |