

# FOCUS

Volume 64 | Number 1 | 2022



## 2022 MIDYEAR CLINICAL HYPNOSIS WORKSHOPS

Introductory, Intermediate, and Advanced  
Workshops – Online – Earn up to 12.5 CE  
April 29 - May 2, 2022 (Friday-Monday)  
[www.sceh.us/2022-midyear-workshops](http://www.sceh.us/2022-midyear-workshops)



## Next Steps and New Directions for **HYPNOSIS RESEARCH AND PRACTICE**

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Hello! We want to learn more about you, dear reader! So please participate in a [small survey](#) (1-2 minutes).

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# Message from the President

By Ciara Christensen, PhD



Dear SCEH Members,

I want to take a moment to thank you and express my gratitude for your continued support, involvement, and commitment to SCEH. As we embark on the new year, there has already been a series of new developments and upcoming events, which I am excited to share with you.

First, I want to draw attention to some changes to the **Focus Newsletter**. SCEH is fortunate to welcome three new Editors to the Focus Newsletter team! Please join me in welcoming Cassandra Jackson, Mikhail Reshetnikov, and Lauren Simicich! SCEH is honored to welcome you all, and we are grateful for your time and service. Passing the torch to the new team are Madeline Stein and Sam Stork, who contributed tremendous efforts to deliver high-quality SCEH Newsletters. We thank them most sincerely for their service and wish them success in their new endeavors.

Next, please be sure to mark your calendars and save the date for the upcoming SCEH [Midyear Clinical Hypnosis Workshops, April 29-May 2, 2022 – offered live online.](#)

Both the Introductory and Intermediate/Skills Workshops are two days and taken as a cohort; attendance on both days is required (12.5 CE). The Advanced Workshops will occur on May 1st and 2nd. Participants can attend some or all Advanced Workshops by choosing among several topics (CE varies). Our Midyear is co-sponsored by SCEH and the Institute for Continuing Education and is supported by APA Division 30 Society of Psychological Hypnosis. We hope you consider joining us. Register now for the best pricing! Advance registration is required. **Registration deadline:** April 26, 2022 (COB 5 PM Eastern Time). **Early bird registration ends** March 29, 2022.

SCEH is also thrilled to announce we have already begun planning the **73<sup>rd</sup> Annual Workshops and Scientific Program**. The incoming 2022 Annual Conference Chairs include **Introductory Co-Chairs**, Tova Fuller and Barbara McCann; **Intermediate Co-Chairs**, Ali Chadderdon and Deanna Denman; **Advanced Workshop Co-Chairs**, Nina Mayr and Liz Slonena and **Scientific Program Co-Chairs** Afik Faerman and Madeline Stein. All are hard at work behind the scenes. The 2022 Annual Conference theme, **Next Steps and New Directions for Hypnosis Research and Practice**, highlights important inflection points with respect to looking ahead as we plan for the future, informing innovations in the use of clinical hypnosis and in hypnosis research. Although we are eager to return to in-person events, due to the ongoing pandemic and associated uncertainties, we are conducting the event virtually for 2022. The **Call for Papers** has been sent, and we encourage you all to submit your work! Some information has already been posted online and more information will be included soon. Stay tuned and please consider presenting or attending – and share news about the conference with colleagues. [Review the Call for Papers details.](#)

If you haven't already done so, please take a peek at the **SCEH Webinar Series**! Our Education Chair, Don Moss, continues to do an outstanding job bringing a wide array of cutting-edge speakers monthly. These webinars, offered with our co-sponsor, The Chicago School of Professional Psychology, are designed to allow health care professionals to learn hypnosis with high-quality online training that is convenient, reasonably priced, and includes continuing education credit for licensure or certification. [The SCEH Webinar Series](#) is offered monthly, online via Zoom. Recordings of past webinars are now available on-demand by visiting the [SCEH Homestudy Courses page.](#)

## Committee Call and Time to Renew Your SCEH Membership

SCEH is reaching out and encouraging members to consider serving on a SCEH Committee. When you serve on a Committee, typically, groups select times to hold virtual meetings, but this varies depending on the group. Additional details can be found in [our committee list](#) and in a later section found in this issue of Focus.

I also want to take this opportunity to thank everyone who has renewed your membership! We appreciate and value your help as together we work to promote excellence and advance hypnosis research, education and training, and clinical practice. We can't do it without you.

Society members receive discounted registration for the events mentioned above and many additional benefits. We are working hard to strengthen our hypnosis community and provide you with the services that help and fuel your work in hypnosis.

If you have not renewed, now is a great moment to demonstrate your ongoing commitment.

To renew now, just [log in to the members-only portion of the website.](#)

Thank you.

Sincerely,

*Ciara Christensen, PhD*  
*SCEH President*

# Letter from the Executive Director

by Anne Doherty Johnson, SCEH Executive Director



Dear Member,

We have another year of great hypnosis educational opportunities planned for you. From our upcoming Midyear Clinical Hypnosis Workshops at the end of April to our monthly Webinar Series to our Annual Conference in October, we have professional development opportunities scheduled for all skill levels. Although we won't be meeting face to face in 2022 (all events will be online), we are very much looking forward to "seeing you" at an upcoming event.

All our educational programs are designed to help you incorporate or strengthen hypnosis skills in your practice and stay current on the latest hypnosis research. Event attendees walk away with fresh ideas and approaches, earn CE credit, discover new data, and gain inspiration and support from colleagues – all great reasons for putting the following events mentioned below on your calendar for 2022

## Midyear Clinical Hypnosis Workshops Scheduled for April

We continue our Midyear Clinical Hypnosis Workshops in April, spread over four days and featuring three levels of training. A top-notch faculty will lead the workshops. Attendees can choose from introductory, intermediate/skills or advanced workshops. Two-day Introductory and Intermediate Workshops take place April 29 and 30 (attendance both days required). Advanced Workshops are scheduled for May 1 and May 2. Attendees can choose to attend by topic. This year's topics follow a trauma theme and include Hypnosis to Enhance Evidence-Informed Treatment for Traumatic Stress; Ego State Therapy Applications for Phase-Oriented Trauma Treatment; The Unrepressed Unconscious, Complex PTSD, Attachment and Repair, and Trance and Trauma. 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. [View full event information including event descriptions, faculty bios, and more.](#)

## Annual Conference

Our 2022 Annual Conference Committee has begun its work to build on the successes of our last two virtual conferences and deliver an even better attendee experience. In addition to the educational content, we have scheduled networking sessions designed to bring our community closer together and share insights and challenges with one another. Student scholarships are available – see our Call for Papers page for details.

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

## Annual Conference Call for Papers

Our Call for Papers for our 73<sup>rd</sup> Annual Workshops and Scientific Program (#SCEH2022) is now well underway. As a timesaving tip, please review the page in its entirety before submitting your proposal, and

kindly review the Society's presenter and attendee policies to familiarize yourself with our expectations and requirements to ensure a welcoming environment for all.

### **Call for Advanced Workshops**

Our 2022 conference theme, Next Steps and Future Directions for Hypnosis Research and Practice, reflects the Society's commitment to research and practice, and how each informs the other. We seek Advanced Workshop proposals that enhance the understanding, skills and application of hypnosis in a variety of practice settings. Proposals should be supported by research findings. Preference will be given to topics that incorporate the conference theme. [See our Call for Papers](#) for complete details and guidance about what we are looking for and what to include in your submission. The submission deadline is April 15, 2022,

### **Scientific Program Call for Papers**

At the heart of the Society's approach to training is a solid evidence base. This year's Scientific Program will again showcase the latest empirical research in the field, with opportunities for interaction, constructive criticism, and debate. If you have research you would like to share, please submit a research paper presentation or poster for #SCEH2022. SCEH supports research through the Annual Conference Scientific Program and publication of the International Journal of Clinical and Experimental Hypnosis. Approved research paper abstracts will again be published in IJCEH, giving wider dissemination to this work. [See our Call for Papers](#) for complete details and guidance about what we are looking for and what to include in your submission. The deadline is **April 15, 2022**.

### **Monthly Webinars Offer Varied Topics and Leading Speakers**

Our SCEH Webinar Series continues in 2022 with more stimulating topics led by leaders in the field. (See our Events Calendar later in this issue for dates and topics of upcoming, live webinars.) Our popular series, co-sponsored by the Chicago School of Professional Psychology, allows you to gain high-quality clinical hypnosis training at a convenient time and reasonable price. Webinars are 1.5 hours each and offer continuing education (CE) credit for licensure or certification.

If you have not yet attended one of our webinars, we invite you to do so in 2022! [View the upcoming calendar of live webinars.](#)

Recordings of past webinars are now [available for purchase via our Home Study Program.](#)

The Home Study Courses offer CE and are available on demand.

If you would like to suggest a topic or are interested in presenting a webinar, please [contact the Society's Education Chair and Immediate Past President, Donald Moss, PhD.](#)

To submit a proposal to present a webinar for SCEH, include the following:

- Program Title
- Program Description - up to 150 words
- Brief Biography about you and your professional achievements - up to 150 words
- Current Curriculum Vitae and Photo
- Five Topic References - APA 7th edition format, published within the last 10 years

- Contact Info: Your email, telephone number, and mailing address

### **How Can SCEH Help You in 2022?**

As an important part of our hypnosis community, we want to make sure you are taking full advantage of your member benefits. Do you want to expand your knowledge and skills? Do you want to grow your relationships with peers? Are you seeking an outlet to share your research or publicize the techniques you have developed? Do you have time to mentor a fellow member? SCEH provides many opportunities to support you in these goals. Please review our [member benefits page](#) and [reach out to us](#) if you have any questions.

### **Is Your SCEH Member Profile Current?**

We encourage you to take a quick ten minutes this week to review your SCEH online profile. Please review your Billing Address and Organization (company or educational institution) data fields to ensure they are complete and current since these are used to mail your IJCEH subscription and other SCEH correspondence. Also, check your Completed Degrees field and Specialties selections since fellow members use these for directory searches. Your member profile also allows you to upload a photo. Note that the directory is only available to members, and log-in is required to access it. If you forgot either your Username or Password, simply follow the system prompts after clicking the Login button on the upper right of the [Society website](#) and [contact us](#) if you need any assistance.

### **Will You Continue to Support SCEH in 2022?**

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. Your dues allow us to:

- provide training programs critical to the adoption, use, and growth of hypnosis
- advance scientific research through our peer-reviewed scholarly journal and Annual Conference Scientific Program
- provide a nurturing community for like-minded peers through our committees, networking events, and communications efforts
- offer member discount programs to save you money on book purchases
- support students and early career professionals through our scholarship and mentorship programs
- shine the light on the accomplishments of our community through our Awards Program

Renewing is easy – just [click here](#) to renew now or follow the prompts in your email renewal letter.

Thank you for your support. Questions? Don't hesitate to [contact us](#).

# Report on the Task Force for Efficacy Standards in Hypnosis Research

By Donald Moss, PhD



Hypnosis has a rich basis in pure and applied research, with thousands of published studies. Nevertheless, the outcomes literature on applying hypnosis to clinical disorders in medicine and mental health is often inconsistent with many methodological lapses. The emphasis in healthcare today is on the use of Evidence-Based interventions, and the methodological standards in outcomes research have advanced dramatically, with expectations of randomized controlled trials, pre-registration of research protocols, and research designs of adequate power.

In 2018, then SCEH President Donald Moss reached out to representatives of ASCH, APA Division 30, the Milton Erickson Foundation, the National Pediatric Hypnosis Training Institute, and the International Society for Hypnosis, and proposed an international Task Force on Efficacy Standards for Applications of Hypnosis. All of the professional groups agreed on the need for such a Task Force. Zoltan Kekecs and Donald Moss agreed to co-convene the Task Force, nine researchers from the US, Belgium, Great Britain, Hungary, Italy, and Belgium committed to participate in the Task Force discussions. The participants are: Giuseppe De Benedittis; Gary Elkins; Marie Faymonville; Olafur Palsson; Phil Shenefelt; Eric Spiegel; Devin Terhune; Katalin Varga, and Peter Whorwell. In addition, six additional researchers agreed to serve as consultants to the Task Force: Walter Bongartz; Mark Jensen; Krjjs Klajs; Elvira Lang; David Patterson, and Dirk Revenstorf. The Task Force began its work in February 2019 and continues to meet on a monthly basis.

The Task Force has formulated initial recommendations for rating the efficacy of various clinical applications of hypnosis. These recommendations are intended to guide researchers who want to assess the accumulated evidence about the efficacy of various hypnosis applications. The Task Force recommendations will appear in an upcoming article in the *International Journal of Clinical and Experimental Hypnosis*, as “Guidelines for the Assessment of Efficacy of Clinical Hypnosis Applications.”

Members of the Task Force decided that it is important to align the Task Force recommendations with current practices and perspectives in the hypnosis field, and accordingly decided to conduct a broad international survey of clinicians and researchers, covering current hypnosis practices, needs, and outlook in the field of clinical and experimental hypnosis. Olafur Palsson led this project and created a Qualtrics XM-based online survey covering common practices, respondents’ views of the relative effectiveness of various applications, sources of training, hypnotic techniques employed, adverse effects, and a variety of other areas.

Several major hypnosis organizations co-sponsored the survey, including the Society for Clinical and Experimental Hypnosis, the American Society of Clinical Hypnosis and its component societies, the International Society of Hypnosis, the European Society of Hypnosis, the American Psychological Association’s Division 30 (Society of Psychological Hypnosis), the Italian Society of Hypnosis and the British Society of Clinical and Academic Hypnosis. With this broad organizational support, 791 hypnosis clinicians responded to the survey and 691 completed the survey, representing 31 countries. A preliminary report on the clinicians’ responses to the survey has been presented at the APA and SCEH Annual Meetings, and the paper detailing those findings will shortly be submitted for publication, with the title: “Current Practices, Experiences, and Views in Clinical Hypnosis: Findings of an International Survey.” This is the broadest sampling to date of hypnosis practitioners and their perspectives on hypnosis practice.



Future articles will examine the survey responses from researchers. In addition, the Task Force is currently formulating a report recommending best practices for future hypnosis research.

## **Are you ready for your SCEH certification?**

Check out the options!

- Certification in Clinical Hypnosis (CCH)
- Certification in Academic and Research Applications of Hypnosis (CARH)
- Certification by Prior Experience (CPE)

Click below to learn more!

**<https://www.sceh.us/certification>**

## **Want to help support SCEH?**

Click below!

**[Donations](#)**

# Call for Volunteers

Please consider lending your time and talents to the Society as we work to advance our common mission! We need your help to advance SCEH programs and initiatives and invite you to explore becoming a member of a SCEH Committee.

Joining a SCEH Committee is a great way to give back to the Society and influence its future. Serving as a SCEH volunteer is a meaningful and worthwhile experience, with personal and professional benefits. Not only can you share your ideas and expertise, but you can also make a difference in a field you love. Society volunteers gain leadership experience, sharpen collaboration skills, grow personal and professional relationships, and gain visibility and recognition from your peers.

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

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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## Meet the Midyear Clinical Hypnosis Workshops presenters



**Barbara  
McCann**



**Don  
Moss**



**Ciara  
Christensen**



**David  
Reid**



**Janna  
Henning**



**Wendy  
Lemke**



**Louis  
Damis**



**David  
Spiegel**

[www.sceh.us/2022-midyear-workshops](http://www.sceh.us/2022-midyear-workshops)

# SCEH Awards for Achievements in the Hypnosis Community

On Friday, November 19, 2021, the Society for Clinical and Experimental Hypnosis held an online awards event to shine a light upon and publicly recognize achievements within the hypnosis community. Hosted by SCEH Outgoing

President, Janna Henning, JD, PsyD, FT and Incoming President, Ciara Christensen, PhD, the ceremony acknowledged the contributions of winners in the areas of clinical hypnosis education and training, hypnosis research and publication, and SCEH programs and activities that advanced the organization's mission to *promote excellence and progress in the field*.

The 2021 SCEH Nominating Committee included Chair *Gary Elkins, PhD, ABPP, ABPH*, and Committee Members *David Reid, PsyD* and *Devin Terhune, PhD*. Nominations were sourced via a member Call for Awards, then independently judged by the committee. The Society received a large number of nominations in 2021, making it one of the Society's most competitive awards programs in recent history.

SCEH celebrates the work of our winners and expresses our admiration and gratitude to our award winners. The following awards were presented:

- **The Henry Guze Award** for Best Research Paper on Hypnosis to **Afik Faerman and David Spiegel, MD** in recognition of their paper "**Shared cognitive mechanisms of hypnotizability with executive functioning and information salience**" published in *Scientific Reports*, 11(1):5704.
- **The Ernest R. and Josephine R. Hilgard Award** for Best Theoretical Paper on Hypnosis to **John F. Kihlstrom, PhD** for his paper "**Recognition in Posthypnotic Amnesia, Revisited**" published in the *International Journal of Clinical and Experimental Hypnosis*, 69:3, 383-410.
- **The Roy M. Dorcus Award** for Best Paper in Clinical Hypnosis to **Nicolino Ramondo, Gilles E. Gignac, Carmela F. Pestell & Susan M. Byrne** for their paper "**Clinical Hypnosis as an Adjunct to Cognitive Behavior Therapy: An Updated Meta-Analysis**" published in the *International Journal of Clinical and Experimental Hypnosis*, 69:2,169-202.
- **The Crasilneck Award** for the best first paper presented by a graduate student or young scientist at a SCEH meeting to **Morgan Snyder, MA, Joshua Rhodes, BA and Mattie Biggs, MSCP** for their paper "**Music and Suggestion for Chronic Pain: Theoretical Perspectives, Proposed Mechanisms and Current Research**" delivered at the SCEH Annual Conference last year (2020).
- **The Reviewer of the Year Award** for significant contribution to our peerreviewed quarterly, the *International Journal of Clinical and Experimental Hypnosis* to **Anthony Tasso, PhD, ABPP**.
- **The Stanley Krippner Award** in recognition of significant contribution to the field of hypnosis made by a student or early-career professional, given to **Elizabeth Slonena, PsyD**, for helping develop the

Hypnotic Induction Practice Network of Students Interested in Skill Enhancement (HIPNOSISE), a new program to be launched soon.

- The **Erika Fromm Award** for Excellence in Teaching to **David Reid, PsyD** for recognized excellence in teaching at all levels of clinical hypnosis.
- **The Shirley Schneck Award** to a physician who has made significant contributions to medical hypnosis to **Moshe Torem, MD** for international contributions to medical hypnosis as a teacher and author and IJCEH reviewer.
- **The Arthur Shapiro Award** for the Best Book in Hypnosis to **Michael Yapko, PhD** in recognition of his book, *Process-Oriented Hypnosis: Focusing on the Forest, Not the Trees*, published by W. W. Norton & Company.
- **The Bernard B. Raginski Award** for Leadership and Achievement to **Donald Moss, PhD**, for his leadership in the creation and ongoing development of a successful; webinar series, for his oversight of our Midyear Workshops program, and for his tireless efforts to increase cooperation with hypnosis groups worldwide.
- **Naming of New Fellow** - Incoming SCEH President Ciara Christensen also conferred the title of Fellow to **Janna Henning, JD, PsyD, FT**. Fellow nominations must be approved by a vote of the SCEH Executive Council and recognize outstanding contributors to the science and/or practice of hypnosis. Henning was recognized for her service as President and extensive work on major initiatives on governance and diversity.

The SCEH Program also includes awards chosen by the current SCEH President. Singled out this year for **Presidential Citations** for their contributions were:

- **Ciara Christensen, PhD** - in recognition of her leadership, energy and dedication in co-chairing an outstanding second virtual annual conference for the Society.
- **David Reid, PsyD** – in recognition of his leadership, energy and dedication in co-chairing an outstanding second virtual annual conference for the Society.
- **Anne Doherty Johnson** - in recognition of her many contributions to the hypnosis community as our Executive Director, and in particular for her assistance to the President in navigating several large SCEH governance projects and her work to transition the Society to new technology platforms.
- **Don Moss, PhD** - in recognition of his dedicated service and commitment to hypnosis as chair of the SCEH Education Committee, and his tireless efforts in organizing the SCEH Midyear Workshops and popular SCEH Webinar Series.
- **Gary Elkins, PhD, ABPP, ABPH** - in recognition of his excellent service as Editor, and for his continued stewardship of this important peer-reviewed journal, the International Journal of Clinical

and Experimental Hypnosis, including spearheading the transition to ScholarOne, increasing awareness of Open Access Publishing, and moving to an online-first workflow.

- **Barbara McCann, PhD** - in recognition of her commitment to education, including her contributions to both the Annual and Midyear Conferences, and her mentorship of female students and early career professionals.
- **Zoltan Kekecs, PhD** - in recognition of his excellent service as Treasurer and continued efforts to grow a Mentorship Program for the Society to foster the next generation of leaders in our field.
- **Sam Stork, MSCP** - in recognition of his outstanding work over the last three years, as Co-Editor and Editor of FOCUS, our quarterly newsletter, and for delivering a high quality, timely publication to our members.
- **Madeline Stein, MA** - in recognition of her work as co-editor of FOCUS and significant contributions as a volunteer member of several SCEH committees.
- **Casey Applegate-Aguilar MA, MS** - in recognition of her enthusiastic promotion of hypnosis and SCEH programs in her role as Editor of our
  - Facebook page, and for her assistance with the 2021 Introductory Workshop.

The Call for Nominations for next year's SCEH Awards Program will be issued early in 2022. More information on the SCEH Awards Program can be found at [www.sceh.us/awards](http://www.sceh.us/awards).

# Latest News from The International Journal of Clinical and Experimental Hypnosis

## Recent Issue: Volume 70, Issue 1

The most recent issue of the *IJCEH* features six articles covering a variety of topics including hypnosis treatments for pain reduction and changes in various physiological measures. Additionally, articles discuss concepts such as dispositional self-consciousness, association of scales and hypnotherapy-seeking, and hypnotizability norms. This is the first issue of 2022 and we look forward to publishing many more outstanding articles throughout the year!



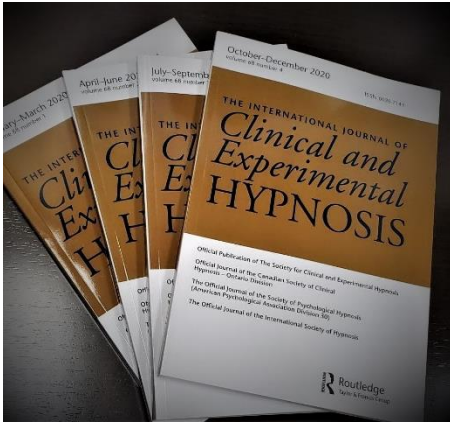
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Open Access publications are a great way to extend the reach of your work. Publishing your accepted article in the *IJCEH* is free, but some authors elect to cover the costs of publishing, making their paper freely available to anyone online. The number of authors electing to publish their articles with Open Access in the *IJCEH* has been increasing. Open Access papers have many more views, more readers, and usually more citations. This is beneficial to the authors and to the journal! If your manuscript is accepted, consider Open Access publishing, and email us with any questions.

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

**OPEN SCIENCE BADGES:** Consider publishing your research with an Open Science Badge! These Badges are implemented to acknowledge open science practices and serve as incentives for researchers around the world to share data and materials associated with the publication. Publishing with an Open Science Badge signals to the reader that the content has been made available and certifies its accessibility in a consistent location.





**The IJCEH accepts many types of papers**, including: Empirical research (e.g., clinical trials, neurophysiological studies, mechanistic studies, feasibility studies, replications); Clinical papers (e.g., well-designed multiple or single case studies); systematic reviews, meta-analyses, research-informed theoretical papers, & significant historical or cultural material. **Topics can include:** Hypnosis, hypnotizability, and hypnotherapy in psychology, psychotherapy, psychiatry, medicine, dentistry, wellness, nursing, and related areas; and studies relating hypnosis to other phenomena (e.g., mindfulness, contemplative practices, & consciousness).

## IJCEH Author Video Series

Take a moment to check out some of the recent Author Video Series posted to the IJCEH Twitter page. These brief interviews are conducted with published authors in the IJCEH and allow readers to learn about the findings directly from the authors themselves.



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

**Contact us at:** [IJCEH@baylor.edu](mailto:IJCEH@baylor.edu)

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**Managing Editor:** Joshua R. Rhodes, MA



Follow us on Twitter

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

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

Find us online at: [www.IJCEH.com](http://www.IJCEH.com) or [www.tandfonline.com/nhyp](http://www.tandfonline.com/nhyp)

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 the January 2022 Issue

**Clinical Hypnosis for Pain Reduction in Breast Cancer Mastectomy: A Randomized Clinical Trial**

***Diana Moreno Hernández, Arnoldo Téllez, Teresa Sánchez-Jáuregui, Cirilo H. García, Manuel García-Solís & Arturo Valdez***

Surgical procedures for breast cancer treatment are commonly followed by pain. Clinical hypnosis has been shown to be effective in reducing pain during and after surgery, but most of the studies have used analogical scales, which only measure pain intensity. The aim of this study was to evaluate the effect of clinical hypnosis on pain intensity and its interference in daily activities in patients before and after mastectomy. The patients were evaluated using the Brief Pain Inventory. Forty patients were randomly assigned to an experimental or control group and evaluated 5 times: 1) baseline, 2) after clinical hypnosis session, 3) before surgery, 4) 1 day after surgery, and 5) 1 week after the surgery (follow-up). The results showed that after surgery the hypnosis group had a statistically significant reduction in pain intensity, less interference of pain with daily activities, sleep and life enjoyment compared with a control group. Clinical hypnosis may be recommended as a complementary treatment procedure for postmastectomy pain reduction and improving the quality of life of these patients.

**Dispositional Self-Consciousness and Hypnotizability**

***Etzel Cardeña, Lena Lindström, Ann Åström & Philip G. Zimbardo***

The abeyance of self-consciousness (SC) during hypnosis has been discussed as a central aspect of hypnosis, yet dispositional SC has been very rarely evaluated as a correlate of hypnotizability. In this study (N = 328), the authors administered the Harvard Group Scale of Hypnotic Susceptibility (HGSHS), the Inventory Scale of Hypnotic Depth (ISHD), and the Self-Consciousness Scale-Revised (SCS-R). Women tended to score higher than men on the HGSHS, besides experiencing greater ISHD automaticity. The Discontinuity (with everyday experiences) subscale of the ISHD correlated with the Public Self-Consciousness scale of the SCS-R and with the Private Self-Consciousness subscale (using simple, quadratic, and cubic regressions). Being concerned about the perception of others related to experiencing hypnosis as discontinuous with everyday life, which also related to being more introspective and interested in subjectivity at the middle range of scores. The article concludes with suggestions on how to pursue the implications of these results, including testing for nonlinear relations.



## **Association of Thought Impact Scale Scores with Hypnosis Treatment Responses and Hypnotherapy-Seeking: A Confirmation Study**

***Olafur S. Palsson, Sarah Ballou & Marcia E. Walker***

Previous research has indicated that high Thought Impact Scale (TIS) scores are associated with greater therapeutic response to hypnosis treatment and greater tendency to seek such treatment. This study aimed to confirm those findings in a new population-based subject sample and also evaluate hypothesized associations of TIS scores with several hypnotic phenomena. An internet survey of 1,500 U.S. adults identified 80 individuals who had undergone hypnosis treatment. As previously found, high TIS scorers were much more likely than low scorers (median-split) to have undergone hypnosis treatment (7.2% vs. 3.2%,  $p < .0001$ ), but, in contrast with prior findings, high TIS scorers did not report a significantly higher rate of moderate or greater improvement from hypnosis treatment (58.6% vs. 40.9%,  $p = .12$ ). TIS scores were positively correlated with greater imagery vividness, sense of automaticity, and altered body perception during hypnosis.

## **Hypnotizability Norms may not be Representative of the General Population: Potential Sample and Self-Selection Bias Considerations**

***Burkhard Peter & R. Lynae Roberts***

The analysis of the methods sections of 66 normalization tests of hypnotizability scales reveals that out of 33,338 subjects, 58.57% were college and university students, and the majority of these were students of psychology. Of all subjects, 7.45% were younger school children, 27.63% were patients treated with hypnosis, and out of these, 85.26% were patients of 1 single therapist. Only 0.51% were trainees of dental or nursing schools, 0.13% were prisoners, and 5.71% were other adults. These figures suggest a sample-selection bias. As 83.08% of these subjects were told beforehand that they were to undergo a hypnosis study, a self-selection bias is also implied in the data. It can be presumed that those interested in hypnosis participated, whereas others who had no interest in hypnosis may have refrained. It is concluded that some of the published norms of hypnotizability tests may not be adequately representative of the general population. Many hypnosis studies, whether clinical or experimental, which are based on hypnotizability, may be afflicted by these biases.

## **Positions of French Nurses Regarding the use of Hypnotherapy to Relieve Pain in Postoperative Settings**

***Maria Dolores Cano Romero, Maria Teresa Munoz Sastre, Paul Clay Sorum & Etienne Mullet***

The objective of this study was to carry out a detailed mapping of the different personal positions of French nurses concerning the practice of hypnotherapy. Factorial design was used to assess the impact of 4 situational factors: type of postoperative care and degree of pain associated with it (chemotherapy, wound cleansing and bandaging, or body grooming that leads to pain on mobilization); whether paracetamol (also known as acetaminophen) was administered along with hypnosis or not; professional credentials of the hypnotherapist; and patient's identity (adult, young person, elderly person, or young person with learning difficulties). A combination of scenario technique and cluster analysis was implemented. Participants were 91 registered nurses and, for comparison, 19 nurse's aides, 9 physicians, 5 psychologists, and 77 laypersons. Seven qualitatively different positions were found. Only a minority of French nurses were convinced that hypnotherapy is an indisputably acceptable practice in postoperative care. Most of them

were indifferent to the issue as long as pain medication was used. Nurses' views appeared to be similar to physicians' views.

### **Pilot Study of a Brief Hypnotic Induction: Effects on Blood Pressure, Heart Rate, and Subjective Distress in Patients Diagnosed with Hypertension**

***Arif Setyo Upoyo, Endang Triyanto & Agis Taufik***

The feasibility of hypnotherapy interventions for lowering blood pressure and psychological stress in hypertensive patients was investigated in a pilot study. The research objective was to determine the effect of audio hypnotherapy on blood pressure, stress levels, and heart rate in primary hypertension patients. The study randomized 64 hypertensive patients to the intervention or usual care. The intervention group received hypnotherapy through audio recordings for 15 minutes, while the control group took a rest for about 15 minutes. Blood pressure and heart rate were measured with digital tensimeter and stress levels with the Subjective Units of Distress Scale. Data analysis used Kruskal Wallis Test. The results showed a significant difference between the intervention and control groups with p value < .001 for decreasing in systolic blood pressure and p value < .001 for decreasing in stress levels. This pilot study suggests that a hypnotherapy intervention may be feasible and of benefit in a clinical population of hypertensive patients, however further study is needed.

# Member News

## An Interview with Irving Kirsch, PhD

*Interviewed by Lauren Simicich, MSCP*

*Clinical Psychology Doctoral Student, Baylor University*

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



*Dr. Irving Kirsch*

I am currently the associate director of the Program in Placebo Studies at the Harvard Medical School. I am also a professor emeritus of psychology at the University of Connecticut (UConn) in the US and the University of Hull in the UK. I am an author/editor of 10 books and more than 250 journal articles on hypnosis, placebo effects, the relation between mind and body, and the effect of expectancies and beliefs on experience and behavior. My work on the lack of efficacy of antidepressants has influenced official treatment guidelines for depression in the UK.

***What initially appealed to you about the study of hypnosis? How has this stayed the same or changed over time?***

I learned clinical hypnosis from Professor Perry London when I was a graduate student in clinical psychology. Perry was a pioneer in hypnosis research and my clinical supervisor at the University of Southern California. This led to frequent use of hypnosis in my clinical practice. Although I no longer practice, if I did, I would still use hypnotic techniques in my work with clients.

My research on hypnosis began with an exercise that I did every year as a professor at UConn. The assignment for the students was to bring in one or two fairly recent studies that they found interesting, following which we would design studies that would be worthy of publication no matter what the results. Jim Council, who was a graduate student in our program, brought in a study by Norman Katz on the use of a skill-based induction in place of the traditional trance induction of hypnosis. The discussion of this study resulted in our design of two studies, one of which became Jim's MA thesis, and the other was developed into an MA thesis for Anne Vickery. Part of what we did in these studies was to assess the impact of expectancies on responses to hypnotic suggestion. The results confirmed my intuition that beliefs and expectations were of fundamental importance in hypnosis and that the study of hypnosis was a promising vehicle for understanding the impact of beliefs and expectations on experience and behavior. I still think that is the case.

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

What I appreciate most about hypnosis is the ability to shape experience through the use of suggestion. We know from research that the kinds of suggestions given in hypnosis can be experienced almost to the same degree without inducing hypnosis. This provides a bridge between my interest in hypnosis and my interest in placebos. One of the commonalities is that the clinical conditions that can be ameliorated by placebos can also be helped by hypnotic suggestion, which makes it possible to use hypnosis to elicit placebo effects without deception. I have referred to this as using hypnosis as a non-deceptive placebo. Note that I am not claiming that hypnosis is a placebo, but rather that it can be used as a placebo without deception.

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

Most recently, my colleagues in the placebo research community and I have been doing studies on open-label placebos. Open-label placebos are placebos that are administered openly as placebos along with an explanation of why they might work even though the person knows that they do not contain any active ingredient. This was first reported in a study by Lee Park and Lino Covi in 1965. That study, while demonstrating the possibility of administering a placebo without deception, did not include a control group, a shortcoming that I pointed out in my 1990 book, *Changing expectations: A key to effective psychotherapy*. In 2008, my colleagues and I published the first controlled study of an open-label placebo, which demonstrated substantial efficacy in the treatment of irritable bowel syndrome (IBS). Since then, controlled studies have demonstrated its efficacy for a variety of other conditions.

A few years ago, I met Neils Bagge, a psychologist in Denmark who has been prescribing imaginary placebos to clients as part of psychotherapy. Neils has his clients imagine what an effective placebo for an effect they desire might look like, and then has them imagine taking that pill, first in the therapy session and then in daily life. Currently, my colleagues in Jens Gaab's lab at the University of Basel are testing the efficacy of imaginary placebos in the treatment of test anxiety. The imaginary placebo procedure was first introduced in the context of hypnosis by Steve de Shazer in 1984. We are using it without inducing hypnosis.

Finally, officials at the FDA have replicated my finding that the difference between antidepressants and placebo is small and without clinical significance. They have done this with a patient-level analysis of all the antidepressant clinical trials ever sent to them for approved antidepressants. This analysis, which involved more than 73,000 patients, is currently under review in a paper that I co-authored with them.

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

Traveling and playing violin with friends have been an important source of pleasure for me. The most exciting of these experiences was playing in the string section backing up Aretha Franklin in a concert in Detroit in the 1960s. Unfortunately, covid and arthritis have gotten in the way of both of these sources of enjoyment.

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

I suggest reading my books:

*Changing Expectations, A Key to Effective Psychotherapy*

*Essentials of Clinical Hypnosis: An Evidence-Based Approach* (co-authored by Steven Jay Lynn)

*The Emperor's New Drugs: Exploding the Antidepressant Myth*

For an introduction to my work on antidepressants and the placebo effect, one could see my interview with Leslie Stahl on *60 Minutes*, which is [available on YouTube](#).

Article by Jeremiah Percey, PhD

## Evaluating Spiritual Health

Hypnosis is a versatile tool for clinicians. Not only can it be applied to various fields – such as emergency medicine, gastroenterology, therapy, physical therapy, etc. – but within those fields, there are subfields of applicability. One area deserving more focus is that of the experiential domain. Specifically, creating hypnotic inductions for the purposeful elicitation of spiritual experiences.

A spiritual or religious experience can be defined as one in which an individual enters into a sacred domain that encompasses ideas of God, higher powers, divinity, and a transcendent reality (Pargament, 2007). Significantly, over the last several decades, research on spirituality and spiritual experiences has flourished, attracting researchers from many fields, across the world. One of the more prominent researchers, Dr. Lisa Miller at Columbia University's Teachers College, has compiled research relating to spirituality and mental health. In her book, *The Spiritual Child* (2016), she elaborates on her research, demonstrating the insulating power of spirituality against mental health disorders.

Thus, employing hypnosis' versatility within varying spiritual contexts may alleviate spiritual and mental health crises, which are increasing throughout the COVID-19 pandemic (Coppola, Rania, Parisi, & Lagomarsino, 2021). In individuals, spirituality promotes a sense of belonging or purpose, as well as ineffable feelings of interconnectedness, which can safeguard mental health (Jafari et al., 2010). With spirituality being an integral component of mental health, leveraging hypnotic interventions to target spiritual dimensions can produce spiritual experiences. Specifically, guiding them to meet the deity they worship, a spiritual location where they can find connectedness, or simply implementing suggestions that circumscribe the dimensions of cognitive, emotional, and behavioral spirituality (Ghanbari & Mohammadimehr, 2020). By evaluating spiritual health and focusing on hypnotic interventions to guide individuals to spiritual dimensions, the practitioner can amend spiritual frailty. This approach focuses on the concept of "whole-person" health and wellness, which takes into account other dimensions of health, not only physical and mental health. It is vital that practitioners and clinicians "see" their client as more than an amalgamation of physical and psychological faculties, but as a complex being consisting of experiences that may supersede that which the eye can see.

\*References available upon request

## Reflections from an Editor by Cassandra Jackson, MA

In recent years, we have witnessed the [American Psychological Association's apology](#) for contributing to systemic racism, the [American Psychiatric Association's apology](#) for supporting racism in Psychiatry and their [historical addendum](#), and the [American Academy of Pediatrics](#) acknowledged their roles as well. Some may feel that the apologies are enough, while others may feel that these apologies are surface and do not go far enough. The [Association of Black Psychologists' response](#) offers a unique perspective regarding the apologies. Ultimately, the apologies and the responses highlight how dominant fields have had structural and institutional impacts on the mental health and well-being of Black, Indigenous, and other People of Color.

Moving towards collective healing is a prime direction for us all to go when it comes to caring for each other as human beings sharing human experiences on this planet. Each individual can ask themselves questions such as, How do I show up for people whose cultural or ethnic backgrounds are different from my own? In what ways do my own biases and prejudices show up? How can I become a better ancestor to the generations behind me? There are many others to reflect on, but I will leave these here and add quotes to support the self-reflection process. You are warmly invited to read and reflect as we contemplate our own humanness and how we can better serve humanity.

“Humility is not thinking less of yourself, it’s thinking of yourself less.” – C. S. Lewis

‘Humility is the foundation by which love manifests.’ – Radhanath Swami

“How do we hold people accountable for wrongdoing and yet at the same time remain in touch with their humanity enough to believe in their capacity to be transformed?” - Bell Hooks

“We create our lives out of our past and out of the present...We are our ancestors when we heal ourselves. When we heal ourselves, we also heal Mother Earth, and we heal all future generations.” - Rita Pitka-Blumenstein, Grandmothers Counsel the World: Women Elders Offer Their Vision for Our Planet edited by Carol Schaefer (2006)

“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.” -Harriett Tubman

“I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality...I believe that unarmed truth and unconditional love will have the final word.” -Martin Luther King, Jr.

“No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.’ -Nelson Mandela

# Meet the Editors

Starting this issue, a new team is working on SCEH FOCUS. Let us introduce ourselves to you.



**Lauren Simicich, MSCP**, is a fifth-year clinical psychology doctoral student at Baylor University and the Mind-Body Medicine Research Laboratory under the mentorship of Dr. Gary Elkins. Over the course of her graduate coursework, she has worked on numerous hypnosis-related studies as a clinical hypnosis therapist. Presently, she is a clinical psychology resident at the George E. Wahlen Veterans Affairs Salt Lake City Health Care System where she is completing an APA accredited pre-doctoral internship.



**Cassandra Jackson, MA**, is a doctoral student in Saybrook University's Mind-Body Medicine program. She's worked in the mental health field for over 10 years and enjoys integrating new practices into her work. She is passionate about spiritual wellness, social activism, and helping others become their best selves. Her research focuses on social determinants of health, healthcare disparities, and spirituality.



**Mikhail Reshetnikov, MA**, is a fourth-year psychology doctoral student at National Research University Higher School of Economics of Moscow. He is researching psychophysiological correlates of hypnotic suggestibility while also working towards adaptation of hypnotic suggestibility measuring scales for Russian language. Mikhail is also a part of HSE Neurodynamics Group where he is working towards developing new ways of automating and improving experimental procedures, including methods related to TMS and EMG.

# Calendar of Events

## Webinar Series

**March 11, 2022** Suggestion vs. Medication in the Treatment of Depression

*Irving Kirsch, PhD, Associate Director of the Program in Placebo Studies, Lecturer in medicine at Harvard Medical School and Beth Israel Deaconess Medical Center, Boston, MA*

[Details and Registration](#)

**April 8, 2022** Process-Oriented Hypnosis

*Michael D. Yapko, PhD, Clinical Psychologist, educator, and author, Southern California*

[Details and Registration](#)

**July 8, 2022** Evocative Psychotherapy and Hypnotherapy: Demonstration and Discussion

*Jeffrey K. Zeig, PhD, Founder and Director, Milton H. Erickson Foundation*

**August 12, 2022** Changing Children's Lives Through Hypnosis

*Ran D. Anbar, MD, FAAP*

For more information visit the [SCEH Webinar Series page](#).

## Conferences and Workshops

**April 29 – May 1, 2022** Midyear Clinical Hypnosis Workshops (Online)

**April 29 & 30 (Friday & Saturday)** - Introductory and Intermediate/Skills Workshops  
**May 1 - 2 (Sunday to Monday)** - Advanced Workshops

[Details and registration](#)

**October 12 – 16, 2022** 2022 Annual Conference (Online)

Introductory, Intermediate & Advanced Workshops plus Scientific Program.

[Call for Papers now underway](#) – submission deadline **April 15, 2022**

Registration to open: **Summer 2022**

For more information visit <https://www.sceh.us/events>