



SOCIETY FOR CLINICAL &  
EXPERIMENTAL HYPNOSIS

# FOCUS

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# Message from the President

By Ciara Christensen, PhD



## Welcome to the New Year!

As we enter 2023, the Society of Clinical and Experimental Hypnosis remains committed to improving our collaborations with other professional hypnosis societies, broadening the visibility of clinical and experimental hypnosis, and offering cutting-edge hypnosis education and training. We embrace the year ahead of us with an assortment of tasks to accomplish and new challenges to face.

## Prioritizing health and well-being

One continuous goal for SCEH is prioritizing health and well-being. In keeping with this theme, the **SCEH Executive Committee has recently decided and announced that our 2023 Annual Conference will be online/virtual instead of face-to-face.** We have continued to monitor evolving factors related to COVID-19, reported emerging variants, and concerning health-related trends and other factors. The decision was not easy. We recognize the importance of returning to face-to-face meetings that allow us to connect with colleagues and spend time with friends we have not seen in some time. However, some aspects of these interpersonal experiences fall short or are quite different in virtual settings. At the same time, health and well-being are essential, and right now, it is challenging to offset risks to both while traveling and attending conferences.

We look forward to creating and planning another vibrant Annual Conference Program, including networking opportunities and workshops/presentations reflecting emerging and salient topics in our field, featuring keynotes and educators from across the globe. To help make this the best conference to date, please consider submitting an advanced workshop, research presentation, symposium, or poster proposal in our 2023 Call for Papers. We look forward to you joining us virtually at the **2023 Annual Conference, scheduled for October 4-8, 2023 (Wednesday through Sunday).** Please mark your calendars and stay tuned to your inbox and our website for more details as we complete our conference planning.

### Opportunities for Early Career Professionals and Students

Another ongoing goal for SCEH is to increase the voice and involvement of diverse and early career members. SCEH has many members with established careers but are underrepresented among early career professionals (ECPs) and students. ECPs and students are the future of SCEH! To help us expand in this area, I note the following:

1. I ask every SCEH member to help us identify and encourage ECPs and students to join. Here is a link to our membership page you can share: [\(click here\)](#)
2. I invite current ECP and student members to consider actively volunteering on a SCEH Committee. We are also happy to directly connect or guide students and ECPs to work with mentors and get involved in other relevant/specific (clinical or research) activities. If you are a student or early career professional reading this, please email me and let me know your interests so we can connect you with these opportunities! Click [here](#) to email.
3. I want to remind all members about the program SCEH has instituted for ECPs and students, including financial incentives like discounted dues and event scholarships. And there's more... SCEH sponsors a number of awards aimed at students and ECPs, including research awards! Learn more about our [Awards Program](#).

### Increasing the visibility of the Society and its programs

Another goal is to continue to increase the visibility of SCEH and what the Society can offer to the clinical and experimental hypnosis communities -- and beyond. I have been a member for some years now, and it is exciting to see how the Society has expanded its continuing education program and widened its reach to the medical community by providing CMEs. In addition, we have built a robust educational schedule from offering one fall conference a year to adding spring workshops and monthly Webinar Series.

Coming up in spring is the **2023 Midyear Clinical Hypnosis Workshops**, to be held live online, **April 28 - May 1, 2023**. Along with Introductory/Basic and Intermediate Workshops (each running two days), the Midyear features four Advanced Workshops on topics related to this year's theme of Women's Health. These are:

- Hypnosis and Hypnosis-Related Techniques for Labor, Delivery, and other Obstetrics Applications, presented by Katalin Varga, PhD;
- Hypnosis for Hot flashes and other Common issues for Healthy Women, presented by Gary Elkins, PhD;
- Using Rational-Emotive Behavior Therapy and Hypnosis to Help Individuals Manage Cancer-Related Fatigue: An Evidence-Based Approach to Breast Cancer Symptom Management, presented by Julie Schnur, PhD and Guy Montgomery, PhD
- Mind Matters: Psychosocial Oncology, Women's Health, and Hypnosis, presented by David Spiegel, MD.

Please mark your calendars and save the date!

Thank you again everyone for your involvement in SCEH and we appreciate your flexibility. I look forward to another exciting year ahead and serving as SCEH President.

*Ciara Christensen, PhD*  
President

# Letter from the Executive Director

By Anne Doherty Johnson



**B**y now, you have read about our decision to host this year's Annual Conference online. We hope this means that many more members can attend our 2023 event. We are now developing the educational content and will be issuing the Call for Papers soon. The Call for Papers invites submissions of Advanced Workshops and Scientific Program presentations, and we urge you to consider sharing your knowledge and experience with our conference attendees. Watch your email or our website for the latest information.

## 2023 Educational Programming

As you plan your year, we hope you can make our Annual Conference a part of your schedule and discover how it can help you:

- deepen your existing hypnosis skills and knowledge
- enhance the use of hypnosis in your practice or research
- learn and discuss the latest in hypnosis research
- share best practices, tips, and tools with colleagues as an active event participant
- earn C.E. and CME for licensure and license renewal
- grow your relationships within the SCEH hypnosis community

## Annual Conference Call for Papers

Our [Call for Papers](#) is currently underway, with submissions due April 15, 2023!

Annual Conference registration will open in July. For all the latest news and conference developments, check our [website](#).

## 2023 Midyear Clinical Hypnosis Workshops

Before you know it, our 2023 Midyear Workshops will be upon us. Don't miss this exciting opportunity to expand your understanding of hypnosis. For 2023, the theme for the Advanced Workshops component is Women's Health, with several important healthcare topics. Learn more about the [conference](#) and the amazing work ahead!

**Webinar Series continues**

Our monthly Webinar Series continues for 2023 with many new topics. Check out the latest offerings on the [SCEH Webinar Series page](#).

With many learning opportunities, we look forward to seeing you at a SCEH event in 2023!

**Update your Profile**

Each year we ask you to review the information we have in your member profile to ensure it is current. This is important because we want to ensure that important Communications reach you and colleagues using our Member Directory can find you.

To access and view your profile, go to our website and click the Login link on the upper right. Once logged in, you can review your details and make any needed adjustments. This will only take a few moments. If you have recently changed any of the following, it is essential to ensure your info is correct:

- Mailing address - including country
- Organizational affiliation or title
- Email address
- New degrees or certifications
- Specialties
- New directory email and directory phone profile fields

**Thank you for your support!**

Thank you for being part of our community. We look forward to your continued support and engagement as a member in the year ahead. Elsewhere in this issue, there is additional information about joining committees which we urge you to consider. If you have any questions about how to maximize your membership, don't hesitate to get in touch with me. Click [here](#) to email me.

Sincerely,  
Anne Doherty Johnson  
SCEH Executive Director

P.S. If you have not yet renewed, please note that your dues are overdue! Please check your email for a dues invoice reminder, or log in to your member profile to renew now.

## APPLY FOR MEMBERSHIP

We invite:

- Clinicians
- Academics
- Researches
- Students
- Physicians

A distinguishing feature of SCEH is our premise that sound clinical practice is built upon serious scientific inquiry and that important, empirical questions are often raised by those who care for patients

[APPLY NOW](#)

## CONNECT WITH SCEH ON SOCIAL MEDIA



# 2023 Annual Conference Announcement

**The 2023 Annual Workshops & Scientific Program format will be online/virtual *instead of* face-to-face.**

SCEH has continued to monitor evolving factors related to COVID-19 and reported emerging variants concerning health-related trends. We also recognize and acknowledge that members have experienced reduced personal and institutional funding for professional development since the pandemic. Price increases in meeting costs that include but are not limited to air travel, hotel rooms, and meals further contribute to the overall economic pressures that our attendees may face.

We acknowledge the importance of returning to an in-person format that allows us to connect and spend time with colleagues and friends we have not seen in some time. In light of this, we look forward to creating and planning another vibrant virtual Annual Conference, which will include networking opportunities, workshops, presentations, and keynotes that reflect emerging and salient topics in our field and feature presenters from across the globe.

The event will be scheduled as follows:

**October 4-8, 2023**  
**(Wednesday to Sunday)**  
**Live online**  
***Please save the date!***



To help make this our best SCEH conference to date, please consider submitting an advanced workshop, research presentation, symposium, or poster proposal! Our *Call for Papers* is found on page 21 of this issue.

We look forward to having you join our virtual 2023 Annual Conference as a presenter and/or attendee. Please stay tuned for more details as conference planning continues, and as always, refer to the SCEH website for updates.

## Conference page:

Bookmark this page for the latest information: <https://www.sceh.us/2023-annual-conference-info>

**New to the event?** View details on [last year's conference](#).



# Overview of the Upcoming Midyear Workshops

## 2023 Midyear Clinical Hypnosis Workshops

**April 28 - May 1, 2023 (Friday-Monday) - Live Online/Virtual**

- > Introductory Workshop - Friday & Saturday, April 28-29, 2023 - must attend both days.
- > Intermediate Workshop - Friday & Saturday, April 28-29, 2023 - must attend both days.
- > Advanced Workshops - Sunday to Monday, April 30 - May 1, 2023 - select individual sessions you wish to attend.

Workshops meet accepted Standards of Training in Clinical Hypnosis and count toward SCEH Certification Programs. Workshops are being submitted for CE/CME credit hours, as noted below. Check the SCEH website for final information.

Registration is **now** open ([click here](#))

### About the Workshops

SCEH Midyear Clinical Hypnosis Workshops are designed to empower attendees with evidence-based skills and training in applying hypnosis for mental health, medicine, and general wellness, positively affecting health worldwide. While research shows that hypnosis effectively enhances client/patient treatment outcomes, few health professionals can skillfully conduct hypnosis. Workshop attendees gain knowledge and competence, put hypnosis to immediate use in their work, and are aided by a better understanding of the uses and limits of evidence-based hypnosis practice. The three levels of workshops are tailored to the needs of those who:

1. are unfamiliar with hypnosis (Introductory Workshop)
2. are newly familiar with hypnosis but need additional skills (Intermediate Workshop)
3. have prior training and seek further refinement in specific clinical applications (Advanced Workshops).

SCEH hypnosis training programs have the highest teaching quality and feature experiential learning, allowing attendees to put learned concepts into immediate practice. Workshops will be submitted for up to 12.5 CE/CME credits, depending on the workshops selected. [Discover what attendees have to say about SCEH events and training programs.](#)

### Who May Attend

SCEH workshops are designed for physicians, psychologists, members of health care teams, and other groups eligible for membership who address patients' physical and mental health needs through clinical practice and research. [Any healthcare professional eligible for SCEH membership may register.](#)





2023 Midyear Presenters (left to right): Barbara S. McCann, PhD; Donald P. Moss, PhD; Ciara C. Christensen, PhD; David B. Reid, PsyD; Julie B. Schnur, PhD; Guy H. Montgomery, PhD; Katalin Varga, PhD; Gary Elkins, PhD and David Spiegel, MD.

## **INTRODUCTORY WORKSHOP: FOUNDATIONS OF CLINICAL AND APPLIED HYPNOSIS**

Earn 12.5 CE / Cohort meets Friday (4/28) and Saturday (4/29)

**Faculty Co-Leads:** *Barbara S. McCann, PhD, Professor, Department of Psychiatry and Behavioral Sciences, University of Washington, Seattle, WA and Donald P. Moss, PhD, Dean, College of Integrative Medicine and Health Sciences, at Saybrook University, Pasadena, CA*

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

Earn 12.5 CE / Cohort meets Friday (4/28) and Saturday (4/29)

**Faculty Co-Leads:** *David B. Reid, PsyD, Department of Applied Psychophysiology, Saybrook University, Pasadena, CA, and Ciara C. Christensen, PhD, Private Practice, Wisconsin*

## **ADVANCED WORKSHOP: VARIED TOPICS**

*SUNDAY, APRIL 30<sup>th</sup>*

### **Hypnosis and Hypnosis-Related Techniques for Labor, Delivery, and other Obstetrics Applications**

*Katalin Varga, PhD, Department of Affective Psychology, Eötvös Loránd University, Budapest, Hungary*

### **Hypnosis for Hot Flashes and other Common Issues for Healthy Women**

*Gary Elkins, PhD, ABPP, ABPH, Professor of Psychology and Director of the Mind-Body Medicine Research Laboratory, Baylor University, Waco, TX and Editor, International Journal of Clinical and Experimental Hypnosis*

*MONDAY, MAY 1<sup>st</sup>*

### **Using Rational-Emotive Behavior Therapy and Hypnosis to Help Individuals Manage Cancer-Related Fatigue: An Evidence-Based Approach to Breast Cancer Symptom Management**

*Julie B. Schnur, PhD and Guy H. Montgomery, PhD, Center for Behavioral Oncology, Icahn School of Medicine at Mount Sinai, New York*

### **Mind Matters: Psychosocial Oncology, Women's Health, and Hypnosis**

*David Spiegel, MD, Professor, Stanford University, Department of Psychiatry/Major Laboratories and Clinical & Translational Neurosciences Incubator, Palo Alto, CA*

**For additional information, see the [2023 Midyear Workshop page](#)**



A special thank you to the following presenters for their recent webinar presentations:

- Ciara Christensen, PhD for your presentation entitled, "Using Self-Hypnosis for Replenishment and Equanimity."
- Mark Jensen, PhD for your presentation entitled, "The ABCs of Pain Management."
- Giuseppe DeBenedittis, PhD for your presentation entitled, "Hypnosis for Fibromyalgia: Clinical Challenges & Therapeutic Perspectives."

**SCEH On-Demand Webinars and home study courses are available 24/7 for purchase at: <https://tcspofficeofce.com/sceh/>**

Be sure to register for the upcoming webinars by leading experts in the field!

3/10/2023 **Hypnosis in Palliative Care** by Daniel Radesca, MD

4/10/2023 **The Promise of Hypnosis for Smoking Cessation** by Joseph P. Green, PhD

5/12/2023 **Yoga Nidra & Hypnosis: Yogic Trance or Trance Logic?** by Scott Hoye, PsyD

Please bookmark our webinars page for updates and registration information:  
<https://www.sceh.us/webinars>

## Latest News From



### Recent Issue: Volume 71, Issue 1

The most recent issue of the *IJCEH* features five articles covering a variety of topics, including two systematic reviews – one examining applications of hypnosis in oncological settings and another examining the use of hypnosis during the perinatal period. Additional article topics include Buddhist meditation-informed hypnotic techniques for rumination, mindful hypnotherapy for females with major depressive disorder, and hypoalgesia during nasogastric tube insertion. This is the first issue of 2023, and we look forward to publishing many more outstanding articles in the new year!



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

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

to the authors and to the journal! If your manuscript is accepted, consider Open Access publishing, and email us with any questions.

**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).

### **Call for Papers: Systematic Reviews & Meta-Analyses**

The IJCEH has issued a call for systematic reviews and meta-analyses of hypnosis interventions for psychological and health-related conditions. Meta-analyses and systematic review papers can help enrich our understanding of key topics and can help to advance clinical research. They can provide an accessible resource for clinicians and researchers on existing research and evidence. Review articles serve to provide an up-to-date overview of the current state of knowledge of hypnosis interventions for a particular disorder or domain. Submit your systematic review or meta-analysis to the IJCEH using the submission instructions on the following page.

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

**Stay in the know** when new articles or issues are published by signing up for new content alerts at the IJCEH publisher's website: <https://tandfonline.com/ijceh>. Click "New Content Alerts", enter your email, and select your preferred frequency!

**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)

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## Abstracts from the Most Recent Publication of:

THE INTERNATIONAL JOURNAL OF  
*Clinical and  
 Experimental*  
 HYPNOSIS

### **Applications of Hypnosis as an Adjuvant in Oncological Settings: A Systematic Review** *Marc Franch, Ana Alarcon, Antonio Capafons*

Previous research has shown promising results in using hypnosis to treat various symptoms and side effects of medical treatments. The objective was to identify studies that use hypnosis as an adjuvant to evidence-based treatments to evaluate its benefits in patients with cancer. The search identified 873 articles published between 2000 and February 2021, of which 22 were selected using the principles of the PRISMA. Apart from 1 study, all studies showed that interventions improved the measured variables compared to a control group. Most studies showed that hypnosis has positive effects on reducing anxiety, pain, nausea, fatigue, drug use, and length of hospital stays. Hypnosis also improves depressive symptoms, insomnia, hot flashes, well-being, and quality of life, and helps increase adherence to treatment. When used by qualified professionals as an adjuvant to well-established treatments, hypnosis improves symptoms caused by oncological interventions and the disease itself. In addition, hypnosis has no side effects.

### **The Use of Hypnosis during the Perinatal Period: A Systematic Review** *Emilie Dumont, David Ogez, Sabine Nahas, Ghassan El-Baalbaki*

This systematic review aims to identify current protocols involving the use of hypnosis during the perinatal period and to examine its effects on mothers' well-being. Seven electronic databases were searched for articles published from 1960 to April 1, 2021, that assessed the effectiveness of hypnosis during the perinatal period. All published randomized, controlled trials and nonrandomized, controlled trials studies assessing the effectiveness of hypnosis used during the perinatal period with healthy adult women were included. The quality of the included studies was assessed using the Risk of Bias in Nonrandomized Studies of Interventions or the Revised Cochrane risk-of-bias tool for randomized trials. Article screening, methodological-quality assessment, and data extraction were performed by 2 independent reviewers. Twenty-one articles, corresponding to 16 studies met inclusion criteria. Apart from 2 studies, all included studies reported the benefits of implementing a hypnosis intervention during the perinatal period. However, methodological limitations relative to intervention implementation and assessment methods might have led to the observed variability in results across studies. Future studies should consider a more standardized methodology.

## **Using Buddhist Meditation-informed Hypnotic Techniques to Manage Rumination: Two Case Illustrations**

***Akira Otani***

Rumination is a clinical phenomenon that causes significant distress in clients who suffer from various psychological and physical disorders. It also has a deleterious impact on both therapeutic process and outcome. One approach that holds promise to manage rumination is mindfulness meditation in combination with clinical hypnosis. This article: (1) reviews the concept of and techniques to manage rumination in the Buddhist psychological framework, (2) introduces 2 simple mindfulness-based techniques to deal with rumination, i.e., mindful thought detachment and mindful dereflection, and (3) describes 2 case studies in which these strategies were applied successfully. Hypnosis-informed clinicians are encouraged to integrate these approaches in their practices.

## **The Effectiveness of Mindful Hypnotherapy on Depression, Self-Compassion, and Psychological Inflexibility in Females with Major Depressive Disorder: A Single-Blind, Randomized Clinical Trial**

***Hassan Khazraee, Maryam Bakhtiari, Amir Sam Kianimoghadam, & Elaheh Ghorbanikhah***

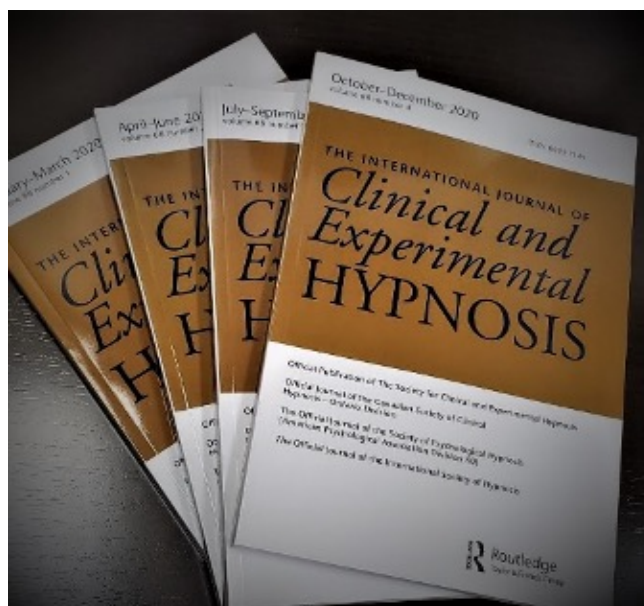
The effectiveness of the novel intervention *mindful hypnotherapy* on depression, self-compassion, and psychological inflexibility in females with major depressive disorder was examined in a randomized, clinical trial. Thirty-four participants were randomly allocated into mindful hypnotherapy and waitlist control groups. The intervention group was treated in 8 face-to-face, 60-minute weekly therapy sessions along with mindful hypnosis audio tapes to be used daily. The results of analysis of covariance indicated that there were significant differences between the mindful hypnotherapy and waitlist control groups after intervention and at 2-month follow-up ( $p < .001$ ). The between-subject test of repeated measures ANOVAs also indicated a clinically significant difference between groups across time (baseline, postintervention, and 2-month follow-up) in depression,  $F = 53.86$ ,  $p < .001$ , effect size = .65, and in self-compassion,  $F = 33.18$ ,  $p < .001$ , effect size = .53, as well as psychological inflexibility,  $F = 26.84$ ,  $p < .001$ , effect size = .48. In conclusion, this study indicates that mindful hypnotherapy is an effective intervention for treating depression as well as reducing psychological inflexibility and improving self-compassion for patients with major depressive disorder.



## Patients Participating in Nasogastric Tube Insertion through Hypnoanalgesia during High-dose Chemotherapy-induced Aplasia

*Magali Granger, Norah Anthony, Cecile Lermenier, Delphine Hue, Jean-Baptiste Mear, Roch Houot, Aline Moignet-Autrel, Marc Bernard, Thierry Lamy*

The insertion of a nasogastric (N.G.) tube is often a difficult experience for both patients and caregivers. This often results in a high failure rate of N.G. insertion. This pilot study aimed to evaluate the effectiveness, tolerance, and acceptability of hypnoanalgesia to assist self-insertion of an N.G. tube. Patients undergoing high-dose chemotherapy for autologous or allogeneic hematopoietic stem cell transplantation (HSCT) or acute leukemia and with high risk of aplasia were included in the study. A total of 38 patients were included during 6 consecutive months. They all achieved successful N.G. tube self-insertion. The N.G. tube remained in place during hospitalization in 32 cases for an average duration of 15 days. Six patients rejected the N.G. tube during vomiting but they all voluntarily attempted it again later on and succeeded. The discomfort related to NG-tube insertion was mild. This pilot study suggests that N.G. tube self-insertion assisted by hypnoanalgesia may be effective, well-accepted, and well-tolerated in patients. These promising findings will need further confirmation.



# An Interview with Dr. Sharon Spiegel

Interviewed by Lauren Simicich, MSCP

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

I am a clinical psychologist in independent practice in Bethesda, MD, and Adjunct Faculty at the University of Maryland in the Counseling Psychology doctoral program. I work with adults and couples using an integrative/eclectic approach. Although my primary theoretical orientation is psychodynamic, much of my work includes cognitive, behavioral, and psycho-educational elements.

## ***In what capacity do you currently use clinical hypnosis?***

Clinical hypnosis is a powerful tool to help patients access inner resources for self-soothing and stress reduction. That is the foundation from which all my hypnotic work begins. Once that is established, I use hypnosis to help individuals with a wide range of symptoms and problems.



I have a special interest in health/wellness and anxiety disorders. Hypnosis is an integral part of my program for weight management and lifestyle modification. In treating patients with anxiety disorders such as phobias and generalized anxiety disorder, hypnosis can enhance self-efficacy and increase their motivation to tackle the challenging task of exposure therapy. I also work with patients facing situational challenges, such as managing anxiety and discomfort during childbirth or when undergoing medical procedures.

With psychodynamically-oriented psychotherapy patients, I use hypnosis for the purpose of exploration, clarification, and resolution of unconscious conflicts.

## ***How did you find your way into the world of hypnosis?***

It was pure serendipity – I like to say that hypnosis found me. I had an established practice doing psychodynamically-oriented psychotherapy. Once a week, I met with a group of psychologists in a peer consultation group. One day, a member proposed that we all register for the basic level hypnosis training with a local ASCH psychologist. Everyone agreed enthusiastically, but I thought to myself: “Why me?” I knew very little about hypnosis, and I didn’t see how it could possibly be useful in my work. However, I reluctantly agreed, and every week, we met for a combination of didactic lectures and hypnosis practice.

At the end of the course, someone suggested continuing with intermediate training, but honestly, I wasn't sure that I had ever been hypnotized or that I had really hypnotized anyone else. I decided to contract for a few months with the psychologist to see what it was like to be in the patient's chair. That was a life-changing experience. The experiential component was so compelling, and I saw the kind of changes that could occur quickly in a way I could never have imagined.

For the next year, I read everything I could find about hypnosis, took the intermediate level training, and when SCEH had its annual meeting in the D.C. area, I signed up for the advanced workshop on Hypnotherapy and Hypnoanalysis with Drs. Erika Fromm and Stephen Kahn. Dr. Fromm asked for someone to present a case, and somehow, I mustered the courage to volunteer. She gave me excellent feedback and encouragement, and after the workshop, Dr. Fromm invited me to assist her and Dr. Kahn when they taught the basic workshop the following year in Chicago. That was a dream come true, and Dr. Fromm has remained a role model and inspiration throughout my career.

### ***How did using hypnosis change the nature of your work?***

The scope of my work broadened to include referrals that I never would have considered accepting. For example, I successfully treated a patient with uncontrolled belching in short-term therapy using hypnosis with a combination of behavioral and exploratory techniques. I published that case<sup>1</sup> and received an ASCH award for the best first clinical hypnosis paper. I love the mix of long-term intensive relational psychotherapy and short-term focused work where I can see change happening more quickly.

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

It is extremely gratifying when a patient comes for a specific problem and then discovers the unexpected benefits of hypnosis. For example, a patient is taught self-hypnosis for fear of flying<sup>2</sup> and discovers how helpful it can be for a bout of insomnia or a session in the dentist's chair. I take great delight in patients learning that self-hypnosis is a wonderful resource that can be applied in a variety of situations.

### ***How has the pandemic and Telehealth affected your practice of hypnosis?***

Since the start of the COVID-19 pandemic, I transitioned my practice to exclusively Telehealth. For patients with whom I have worked hypnotically in the past, the transition has been reasonably smooth. It is as though they have internalized the feeling and ambiance of the hypnotic experience in my office and are able to close their eyes and be right there. In contrast, with newer patients who have only met via Telehealth, there seems to be more anxiety about potential adverse effects and reluctance about using hypnosis. As a result, I am more cautious and selective about using hypnosis with whom I have not met face-to-face.

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

My advice is to start with the basic of your professional practice. Whether you are a psychiatrist, psychologist, social worker, counselor, physician, or nurse, first begin by learning your craft and developing your skills and experience. There is wisdom in the old adage, "don't treat anything with hypnosis that you wouldn't feel comfortable treating without hypnosis." Once you have those basic skills, seek professional training, take a variety of workshops, and practice.

I also do believe that it is important to find an experienced hypnosis practitioner and invest some time exploring hypnosis from the vantage point of the patient's chair. Once you feel confident in your own hypnotic state, you will feel more empowered to use it with others.

**What is one bit of clinical wisdom you would like to share with young colleagues?**

Hypnosis is not the main course; it is more like the magic ingredient to be used judiciously. I always start by asking myself, "how would I treat this patient if hypnosis were not in my toolbox?" Develop a strategy and treatment plan and then see how and when hypnosis can best be added. I rarely use hypnosis in each session but rather wait for opportune times or places in the work where I believe that hypnosis may solidify, intensify, illuminate, or facilitate a breakthrough.

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

I love spending time with family and friends, especially visiting with my children and grandchildren who live in Philadelphia, Los Angeles, and Israel. I love dance, movies, cooking, and learning Hebrew.

<sup>1</sup> Spiegel, S. B. (1996). Uses of hypnosis in the treatment of uncontrollable belching: a case report. *American journal of clinical hypnosis*, 38(4), 263-270. <https://doi.org/10.1080/00029157.1996.10403350>

<sup>2</sup>Spiegel, S. B. (2016). Fear of flying. In G. R. Elkins (Ed.), *Handbook of medical and psychological hypnosis: Foundations, applications, and professional issues* (pp. 547-557). Springer Publishing Company.

## Member News

**Elvira V. Lang, MD, FSIR, FSCEH**, Founder & President of Comfort Talk®, and colleagues recently published a Comfort Talk Clinical Trial at Toronto Hospital for Sick Children. Under the direction of Jaqueline Viegas, RN, 160 children were randomized to have a self-hypnotic relaxation script read by trained nurses prior to cardiac interventions under general anesthesia. Even though the children did not report different levels of anxiety and pain, nor did anesthesiologists rate the children's behavior differently, anesthesiologists who were blinded to group attribution administered significantly fewer sedation drugs to the children who had the script read to them. For the manuscript "Impact of Self-hypnotic Relaxation Scripts on Children's Periprocedural Experience and Anesthesiologist Sedation Use," published in the Journal of Pain Research, click [here](#).

Viegas, J., Holtby, H., Runeckles, K., & Lang, E. V. (2022). The impact of scripted self-hypnotic relaxation on the periprocedural experience and anesthesiologist sedation use in the pediatric cardiac catheterization suite: A prospective randomized controlled trial. *Journal of pain research*, 15, 3447-3458. <https://doi.org/10.2147/JPR.S373608>

### Share Your News with the SCEH Community!

Please send your news and photos to the FOCUS editors at [focus@sceh.us](mailto:focus@sceh.us)

We look forward to hearing from you!

SCEH reserves editorial rights over all submissions.

# Annual Conference Call for Papers

**Our 2023 Conference Call for Papers now open!**

**Submission deadline: April 15, 2023**

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

74th Annual Workshops and Scientific Program

Unlocking the Power of Mind: Advances in the Science of Hypnosis

October 4-8, 2023 | Live, online | #SCEH2023

The conference includes Introductory, Intermediate/Skills and Advanced Clinical Hypnosis Workshops plus a Scientific Program. Workshops meet accepted Standards of Training in Clinical Hypnosis and count toward SCEH Hypnosis Certification Programs.

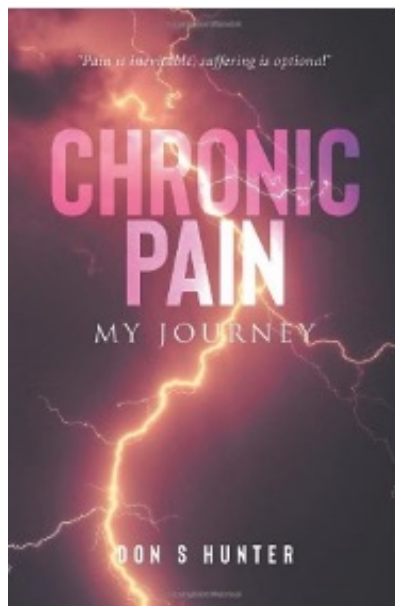
Our 2023 conference theme, **Unlocking the Power of Mind: Advances in the Science of Hypnosis**, reflects the Society's continued emphasis on advancing both research and practice.

The theme considers the wide range of research questions that arise from studying hypnosis as a route to broadening our fundamental understanding of hypnosis and its practical applications. Presentations on emerging science, clinical hypnosis techniques/therapeutic uses and their benefits, experiencing consciousness, beliefs and suggestion are some of the few examples captured in this year's conference theme.

We are excited to bring individuals together to expand learning and share knowledge about hypnosis and the brain-body connection, as well as further reinforce how and why integrating the use of hypnosis clinically enhances treatment outcomes. We invite workshop proposals supported by research findings, and scientific program submissions ranging from basic research findings to outcome data broadly relevant to hypnosis.

For complete information, visit <https://www.sceh.us/2023-call-for-papers>.

## Book Announcements



A memoir by Don S Hunter entitled *Chronic Pain: My Journey* was published by Tellwell this year and is currently available on [Amazon](#).

“Living with chronic pain has an enormous impact on the individual with the actual pain, close family members, friends and colleagues. Managing that pain becomes the main priority and hypnotherapy and trance work can play a vital role in the day-to-day process.”

## A Special Request from the FOCUS Co-Editors

Dear reader,

As an editing team, we want to develop a better understanding of your unique interactions with the FOCUS newsletter! Please take this quick 1-2 minute [survey](#) that will provide us with important insight into your FOCUS newsletter readership experience so that we can better meet your needs as a valuable member of the SCEH community.

We thank you!

Cassondra Jackson, MA  
Mikhail Reshetnikov, MA  
Lauren Simicich, MSCP  
Cameron Alldredge, PhD



## Calendar of Events

### **2023 Midyear Clinical Hypnosis Workshops - Online**

**April 28 - May 1, 2023**

#### **Introductory, Intermediate/Skills, & Advanced Workshops**

*Co-sponsored by SCEH and Amedco LLC.*

Registration is **now** open.

Advanced registration is required. Act now for the best pricing.

Early bird registration ends: March 27, 2023

[Details and Registration](#)

Registration deadline: April 24, 2023

### **2023 Annual Conference**

#### **74<sup>th</sup> Annual Workshops & Scientific Program - Online**

**October 4-8, 2023**

Registration Opens: Summer 2023

[Details](#)

### **SCEH Webinar Series**

**Check the [SCEH Webinars page](#) for information about the upcoming webinars below and for additional dates and topics.**

**Sponsored by SCEH and The Chicago School of Professional Psychology**

**March 10, 2023** *Hypnosis in Palliative Care* by Daniel Radesca, MD

**April 10, 2023** *The Promise of Hypnosis for Smoking Cessation* by Joseph P. Green, PhD

**May 12, 2023** *Yoga Nidra & Hypnosis: Yogic Trance or Trance Logic?* By Scott Hoye, PsyD