

FOCUS

VOLUME 66 NUMBER 1 MARCH 2024



Inside this Issue

Message from the President.....	2
Letter from the Executive Director	5
Join SCEH and follow SCEH on Social Media	7
Midyear Clinical Hypnosis Workshops	8
Annual Clinical Hypnosis Conference	10
SCEH Monthly Webinar Series	12
Interview with Janna Henning.	14
Member News	21
Meet the Author: Jonathan Fast	23
Latest News from IJCEH	26

MESSAGE FROM THE PRESIDENT



By Barbara McCann, PhD

Dear SCEH Members,

“A poster session! What’s that? How do I prepare?” I am sure that was running through my mind when I had a paper accepted for a poster session at the Tenth Annual Meeting of the Biofeedback Society of America in 1979. I was a senior psychology major at the University of Michigan, and my undergraduate mentor encouraged me to submit an abstract based on our research. The paper was entitled “Bilateral Hand Temperature, Test Anxiety, and Anagram Solution Stress,” an outgrowth of my

fascination with mind-body interactions and interventions.

I had attended only one conference at that point – in the fall of 1978 I was part of an eclectic group of undergrad and graduate students who excitedly crammed into a car for the long drive to Chicago, where we attended the annual convention of the Association for Advancement of Behavior Therapy. It was my first taste of a professional scientific conference. But it paled compared to flying to San Diego for that first poster presentation a few months later! There was little guidance on how to prepare a poster. But presenting research findings or giving a workshop at a meeting? That was a whole different level, and we learned by attending a conference and then having a go at it ourselves based on imitating what we had seen.

Fortunately, nearly half a century later, a wealth of information is available on how to present workshops, research presentations, and symposia and prepare poster presentations. This is an exciting time for the Society of Clinical and Experimental Hypnosis, as the Program Committee, headed by Program Co-Chairs Deanna Denman, PhD and Tova Fuller, MD, PhD prepares for SCEH’s first in-person conference since 2019. We will meet in Anaheim, California October 23-27, 2024. The Call for Papers is out, and we are looking for proposals for Advanced Workshops, and research submissions (paper presentations, posters, symposia) for the 75TH Annual Scientific Program.

If you have never presented at a conference, SCEH conference veterans are here to help! I am always happy to talk with people with the kernel of an idea for a workshop or scientific presentation or want some guidance in developing it. You can also contact the Advanced Workshop Co-Chairs, Cameron Alldredge, PhD (cam.alldredge@gmail.com) and Jillian Ballantyne, PhD, ABPP (dr.jballantyne@gmail.com) or the Scientific Program Chairs, Deanna Denman, PhD (deanna.c.denman@gmail.com) or Jessie (Kittle) Markovits, MD (jkittle@stanford.edu) for pre-submission inquiries.

Make your reservations early to secure your Anaheim Majestic Garden Hotel stay. The hotel is near many theme parks, so consider extending your stay or bringing the whole family. Since our last in-person conference, conference-hosting prices have climbed as hotels and other venues

adjust to a world of virtual and hybrid presentations. SCEH Executive Director Anne Doherty-Johnson has negotiated an excellent room rate for the hotel. SCEH is offering conference scholarships for trainees presenting in the Scientific Program. The scholarship will reimburse hotel accommodations in the conference hotel for up to 4 nights (Wednesday through Saturday night of the conference) at the conference rate. The conference registration fee will be waived.

The University of Michigan was, coincidentally, where I had my initial exposure to hypnosis. An exciting gentleman named Theodore X. Barber spoke to a small gathering in the psychology department, and I had my first experience of avolitional responding to suggestion - - at one point during his demonstration my hand was floating upward all on its own accord. However, not many training opportunities were available in hypnosis, and my graduate research and training primarily consisted of biofeedback, progressive muscle relaxation, and meditation. SCEH is committed to bringing more people into the exciting field of hypnosis. This year we have established a competitive scholarship program in honor of the work and leadership of [Assen Alladin, PhD, RPsych](#).

Dr. Alladin was the president of the American Society of Clinical Hypnosis in 2016-2017 and held many positions within hypnosis organizations in North America. He made important contributions to the application of hypnosis to anxiety disorders and depression, publishing three books and numerous book chapters and journal articles. He frequently presented in ASCH, SCEH, ISH, APA Division 30, and the Canadian Federation of Clinical Hypnosis programs. SCEH invites trainees with no or limited prior experience in hypnosis to submit a research paper in one of the following areas for inclusion in a symposium during the Scientific Session: autogenic training, biofeedback, breathing techniques, guided imagery, mindfulness, meditation, progressive muscle relaxation, or yoga in the treatment of psychological distress or psychiatric illness. The scholarship winners will be expected to attend the Introductory Workshop on Hypnosis (October 23-25, 2024) and present their work during the Scientific Program (October 26-27). Recipients of the Assen Alladin Scholarship will receive reimbursement of up to \$3000 to cover the costs of transportation, accommodations, and registration for the conference. Details to follow!

As always, what makes me most enthusiastic about SCEH is the opportunity to connect with so many smart and creative people. Getting involved in SCEH through work on the many committees or by presenting at Midyear Workshops and Annual Conferences is a great way to meet colleagues and stay on top of recent developments in hypnosis. We have many opportunities for service to SCEH through committee work, and if you wish to be more involved, please contact me at mccann@uw.edu.

Of course, another way to keep up with the latest research is through SCEH's excellent journal, the *International Journal of Clinical and Experimental Hypnosis*. You can expect some changes ahead: in keeping with trends in the publication industry, IJCEH will be 100% digital in 2025. This will lessen the environmental footprint of the journal and keep publication and distribution costs in check. Log into the [SCEH website](#) to access this valuable member benefit.

Speaking of the SCEH website, you can visit the SCEH Certification page to find out what is involved in SCEH Certification and see who is currently certified. Certification is for both clinicians and researchers. It is a great way to signal to others that you've taken your hypnosis training seriously and are aligned with the ethical principles of SCEH. Hypnosis continues to have a "branding problem," and both researchers and clinicians may face hurdles as they propose investigations using hypnosis or want to include hypnosis in their clinical practice, respectively. SCEH Certification is a means of demonstrating your commitment to evidence-based clinical practice of hypnosis and high standards of research ethics and methods.

I cannot wait to see you all in person in Anaheim. It's a beautiful conference location, and I look forward to the excitement and camaraderie that goes with having us all together again. I would love to have an opportunity to get a selfie and converse with everyone who attends!

Sincerely,

Barbara McCann, PhD
SCEH President

+++++



Renew your
membership!



Newsletter prepared by members of the
FOCUS Team:

Cassandra Jackson, MA
Lauren Simicich, PsyD
Mikhail Reshetnikov, MA
Jillian Ballantyne, PhD, ABPP

Send your news items to: **Focus@sceh.us**

LETTER FROM THE EXECUTIVE DIRECTOR

BY ANNE DOHERTY JOHNSON



Dear Members:

Planning Underway for our 2024 Annual Conference:

We are excited to be planning our first in person event since 2019! We hope you will join us for our 2024 Conference, scheduled for October 23-27 in Anaheim, California. This will be our 75th annual gathering and is sure to be one you will not want to miss. The Conference Committee is now at work on the program, and our Call for Papers is now underway (see section below). Conference registration will open in June. Meanwhile, please save the dates for the conference and bookmark the [conference page](#), so you can stay up to date on the latest details as conference plans are finalized.

Conference Hotel:

We are delighted to be hosting the event at the Anaheim Majestic Garden Hotel in Anaheim, California, a castle-themed hotel just a half mile from Disneyland® Resort. The site for our 75th Annual Workshops and Scientific Program is a low-rise hotel with oversized guestrooms that are the most spacious in the area, approximately 480 square feet. All guests enjoy complimentary highspeed internet in guestrooms, televisions, mini-refrigerator, coffee/tea maker and in-room safes. The hotel features several onsite dining choices and many onsite amenities, including a fitness center, outdoor heated pool, and more. A variety of shops and restaurants are just minutes away. The hotel is well located for you to explore Anaheim. A short shuttle trip brings you to Disney's doors. The hotel's complimentary Dream Machine Shuttle takes registered hotel guests directly to and from Disneyland® Resort. The ride takes about 10 minutes, operates during Disneyland® Resort's open hours and is offered on a first come basis. The schedule is posted in the hotel lobby daily.

Book Your Hotel Room Now!

With many professionals asking for in-person training, we expect to sell out our discounted room block, so please make your room reservations early. If you want to make a vacation out of it, our discounted room rate will be available three days before and three days after the event. Our hotel room block is now open and room reservations can be made at any time by following the instructions on our website. Our special discounted rate **is in effect until October 7th or until rooms sell out, whichever occurs first**. To learn more about the hotel or book your room, visit our [Site and Accommodations page](#).

Visiting Anaheim:

The city of Anaheim welcomed over 25 million visitors in 2022 and continues to be a sought-after destination. The hotel is easily accessible to three nearby airports. It is located 34 miles from Los Angeles International Airport (LAX) and is also accessible via John Wayne Airport-Orange County (SNA) and Ontario International (ONT) Airports. The city of Anaheim is best known as home to Disneyland® Resort, featuring Disneyland® Park and Disney California Adventure® Park. There are many more unique places and activities to explore after a visit to the Magic Kingdom. Anaheim continues to grow, evolve, and flourish as a dynamic destination with its own cultural footprint in the arts, cuisine, entertainment, sports, and recreation. Whether

visiting for work, play, or both, the area features world-renowned attractions, restaurants for foodies and families, a vibrant nightlife, and lots to do. For more info, see the [Visiting Anaheim](#) section of the Site and Accommodations page.

2024 Call for Papers Underway: We invite submissions for Advanced Workshops and Scientific Research Presentation and Posters, particularly those that match our conference theme. This year's theme is *Mind Unleashed*. We invite submissions exploring the dynamic intersections of hypnosis with other mind-body therapies and intervention, the role of artificial intelligence in hypnosis, the impact and efficacy of hypnosis apps, states of consciousness, renewed interest in psychedelics, and hypnosis and related states. The deadline for submissions is April 15, 2024. Information about SCEH policies and our expectations for Presenters may be reviewed under the [Call for Papers](#).

Will we see you there? The SCEH Annual Conference is designed to help you:

- learn or sharpen clinical skills to incorporate hypnosis in your practice.
- uncover new uses and applications for hypnosis to improve client/patient outcomes.
- deepen your understanding of the evidence base and power of hypnosis.
- stay up to date on the latest in hypnosis research.
- trade ideas and best practices with fellow members of the hypnosis community.
- unlock new possibilities in healing and transformation.

In addition to three levels of workshops (Introductory, Intermediate and Advanced) taking place Wednesday through Friday, followed by a two-day Scientific Program on Saturday and Sunday, our networking sessions ensure you can broaden your ties in the hypnosis community and make the most of your time.

2024 Midyear Clinical Hypnosis Workshops: Our Midyear Workshops are scheduled for May 17-20 and will be offered live online. Three levels of training will be offered. The Midyear Workshops are co-sponsored by SCEH and Amedco LLC. Both CE and CME are available. Advanced registration is required. Act now to get the best rates. Registration deadline is May 13, 2024. Early but bird registration ends April 16. To learn more or register, see page 8 of this newsletter, or visit our [Midyear Workshops page](#) on our website.

Webinar Series: Our monthly webinar series continues. On March 8, Michael Yapko, PhD will lead a webinar on *Re-thinking Depression: Insights Emerging from Hard Times*. This will be followed on April 12 with *Clinical Hypnosis in the Treatment of Anxiety Disorders* led by David B. Reid, PhD. In May, SCEH will offer *Stress and Anxiety in Children Differ Yet Have Similar Impacts. How Can Self-Hypnosis Training Help?* led by Lisa Lombard, PhD. Webinars are offered live online and are later available on demand. Check out the latest dates and topics for [SCEH Webinars](#). We look forward to seeing you at a SCEH event in 2024!

P.S. If you have not yet renewed, please note that your dues are overdue! Renewing is easy—just log in to your member profile or reply to one of our email reminders.

Wishing you all a safe and successful 2024.

Anne Doherty Johnson
Executive Director

Join SCEH & follow SCEH on social media!

Help Us Grow:

How did you first learn about SCEH? Chances are, it was through a colleague or professor. Please help us locate more people who could benefit from SCEH membership as you have by forwarding a quick note to a colleague.



[Membership Application Form](#)

The link to a list of member benefits may be found here:

[Membership Benefits](#)



Facebook

<https://www.facebook.com/scehus/>



LinkedIn

<https://www.linkedin.com/company/society-for-clinical-and-experimental-hypnosis/>



X (formerly Twitter)

<https://X.com/SCEHypnosis>



YouTube

<https://www.youtube.com/@societyforclinicalandexper8555>



MIDYEAR CLINICAL HYPNOSIS WORKSHOPS



2024 Midyear Clinical Hypnosis Workshops

May 17-20, 2024 – Live online

Introductory, Intermediate/Skills & Advanced Workshops

<https://www.sceh.us/2024-midyear-workshops>

<https://www.sceh.us/2024-midyear-workshops>

SCHEDULE

May 17-20 (Friday-Monday)

Live online; live participation required.

May 17 & 18:

Introductory Workshop – 12.5 CE/CME

OR

Intermediate Workshop – 12.5 CE/CME

Each workshop requires attendance for the full two-days of programming.

May 19 & 20:

Advanced Workshops - Up to 13.5 CE/CME

Choose to attend all or individual sessions of your choosing.

WORKSHOPS and FACULTY

Introductory/Basic - Foundations of Clinical and Applied Hypnosis

Co-Chairs and Faculty Leads:

Barbara S. McCann, PhD, Professor, Department of Psychiatry and Behavioral Sciences, University of Washington, Seattle, WA, & Nicholas Olendzki, PsyD, Psychologist, University of Massachusetts, Dartmouth Counseling Center, Dartmouth, MA.

Intermediate - Intermediate Training in Clinical and Applied Hypnosis

Faculty Co-leads:

Ciara C. Christensen, PhD, Private Practice, Wisconsin & David B. Reid, PsyD, Department of Applied Psychophysiology, Saybrook University, Pasadena, CA

Advanced Workshops

This year's Advanced Workshops are organized into two parts by theme.

Part I. Integrating Hypnosis with Psychotherapy

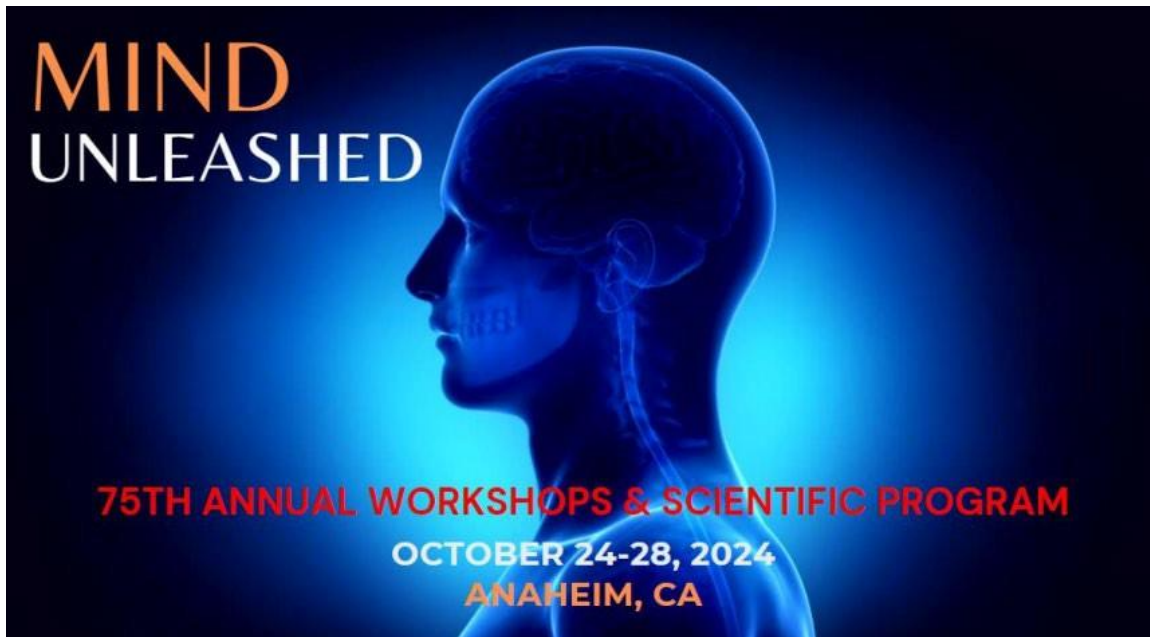
- **301M - Integrating Hypnosis and Cognitive Behavioral Therapy: An Evidence-Based Approach**
Barbara S. McCann, PhD, Professor, University of Washington, Seattle, WA
- **302M - Hypnotic Strategies for Evoking the Therapeutic Relationship**
Eric Spiegel, PhD, Private Practice

Part II. Evidence-Based Hypnosis for Common Medical Problems

- **303M - Hypnotic Interventions for Sleep Disturbance**
Cameron Alldredge, PhD, Baylor University, Waco, Texas
- **304M - Pain Management: Principles and Practice**
Eric K. Willmarth, PhD, Private Practice, Grand Rapids, Michigan
- **305M - Integrating Hypnosis-Based Apps into Hypnosis Treatment in Behavioral Medicine**
Gary Elkins, PhD and Cameron Alldredge, PhD, Baylor University, Waco, Texas



ANNUAL CLINICAL HYPNOSIS CONFERENCE



75th Annual Workshops and Scientific Program

Mind Unleashed

October 23-27, 2024 (Wednesday-Sunday)

Anaheim Majestic Garden Hotel, Anaheim, CA

[Hotel Site and Accommodations](#) - Reserve now

[Conference Info](#) - Event planning now underway



The SCEH Annual Conference features Introductory, Intermediate/Skills and Advanced Clinical Hypnosis Workshops plus a Scientific Program with keynotes, research presentations and a poster session. Workshops meet accepted Standards of Training in Clinical Hypnosis and count toward SCEH Hypnosis Certification Programs. This is a face-to-face event with live attendance required. Continuing education credits (CE and CME) are available. Student scholarships are available (see conference page for details).

[Hotel Site and Accommodations](#) - Reserve now!! See hotel policies & room discount info. Room block now open for reservations - <https://www.sceh.us/site-and-accommodations-anaheim>

Bookmark and review our 2024 Annual Conference Page for the latest details:

- <https://www.sceh.us/conference-details>

CALL FOR PAPERS submission deadline: April 15th, 2024

Mind Unleashed Conference Theme:

We invite groundbreaking contributions for the 75th Annual Workshops and Scientific Program of the Society for Clinical and Experimental Hypnosis, themed *Mind Unleashed*. As we celebrate this milestone, we welcome submissions exploring the dynamic intersections of hypnosis with other mind-body therapies, artificial intelligence (AI), hypnosis apps, psychedelics, and consciousness. Submit your research, insights, and innovations that push the boundaries of understanding and application in these transformative fields. We seek submissions on AI's role in hypnosis, the impact and efficacy of hypnosis apps, states of consciousness, renewed interest in psychedelics, mind-body interventions, and hypnosis and related states. Join us in advancing the conversation and unlocking new possibilities in healing and transformation.

View the Call for Papers with detailed instructions: <https://www.sceh.us/call-for-papers-2024>

About the Conference

The SCEH Annual Conference includes hypnosis workshops across three levels (Introductory, Intermediate/Skills and Advanced) that provide training and skills enhancement on the utilization of hypnosis as an adaptable adjunct to other therapeutic interventions for enhancing treatment outcomes. Workshops take place Wednesday through Friday. Following the workshops, on Saturday and Sunday, the Scientific Program provides an opportunity to learn about the latest research in the field. It includes Research Presentations, Symposia, Keynotes and a Poster Session. Networking events provide solid opportunities for reconnecting with colleagues and expanding personal and professional contacts in the hypnosis field.

Presenter Fees

We view the presentation of workshops and papers at SCEH as both a service and an honor. All presenters must pay the registration fee even if they attend no workshops other than their own. Registration fees allow presenters to take additional workshops, attend the Scientific Program and receive continuing education credits in accordance with their professional board. Registration fees also help cover necessary conference expenses. Student members who are accepted to present a Research Presentation or Poster receive complimentary conference registration. See our Call for Papers page for more information.

Student Scholarships

SCEH will offer a limited number of competitive scholarships. Students applying for scholarships are asked to do so by the Call for Papers deadline noted above. Details on the 2024 conference scholarship program, and how to apply, will be announced soon.



Conference Committees

Conference planning is now underway. SCEH expresses its gratitude to our 2024 Conference Committee:

- Overall Meeting Chairs: Deanna Denman, PhD & Tova Fuller, MD, PhD
- Introductory Workshop Co-Chairs: Barbara McCann, PhD & Tova Fuller, MD, PhD
- Intermediate/Skills Workshops Co-Chairs: Nicholas Olendzki, PsyD & Yeganeh Farahzadi, MS
- Advanced Workshops Co-Chairs: Cameron Alldredge, PhD & Jillian Ballantyne, PhD, ABPP
- Scientific Program Co-Chairs: Deanna Denman, PhD & Jessie (Kittle) Markovits, MD
- Members: Barbara S. McCann, PhD and Anne Doherty Johnson, Executive Director

SCEH MONTHLY WEBINAR SERIES

March 8, 2024

Re-thinking Depression: Insights Emerging from Hard Times

Michael Yapko, PhD

Given the sharp rise in the rates of depression in the wake of the COVID pandemic and what it has taught us about vulnerabilities to depression, as well as recent landmark research undermining the most common view of depression as the result of a neurochemical imbalance, the need to think clearly about depression and its treatment has never been more apparent. How therapists think about the nature of depression and answer fundamental questions – such as what causes depression – naturally determine what treatment approach they are most likely to take. Likewise, how therapists think about the nature of hypnosis and its potential merits in treatment will shape their use of hypnotically based approaches. As we will discuss and demonstrate, there are some very compelling reasons to want to include hypnosis in the treatment of depressed individuals, couples, and families. There are things that no amount of medication can possibly address, hence the emphasis here on skills, not pills.

The webinar will place an emphasis on applying hypnosis strategically. There will be didactic presentation, a video demonstration featuring hypnosis with a depressed woman and follow-up information, and the opportunity for discussion as well as Q&A.

Details and registration (link below opens TCSPP website page):

<https://tcsppofficeofce.com/event/re-thinking-depression-insights-emerging-from-hard-times/>

April 12, 2024

Clinical Hypnosis in the Treatment of Anxiety Disorders

David B. Reid, PhD

Anxiety is a universal human emotion that alerts us to potential threats and motivates us to prepare for anticipated life challenges. Anxiety can be an appropriate reaction to a stressful circumstance, yet for many, excessive anxiety becomes counterproductive, and at times debilitating. As a diffuse mood state, anxiety involves unpleasant emotional experiences marked by a significant degree of apprehension about the potential appearance of future aversive or harmful events (Barlow & Cerny, 1988).

Clinical hypnosis, whether facilitated by another or self-directed (i.e., self-hypnosis), has been shown to be an effective means of for treating anxiety disorders. Numerous controlled studies have been conducted that provide ample support of hypnosis as an evidence-based intervention for treating anxiety associated with dental procedures (Glaesmer et al., 2015; Huet et al., 2011), surgery and medical interventions (Akgul et al., 2016; Lang et al., 2008) test-taking and performance situations (Boutin & Tosi, 1983; Stanton, 1994; Wojcikiewicz & Orlick, 1987), as well as general anxiety (Allen, 1998; Stanton, 1984; Whitehouse et al., 1996). In the first meta-

analysis quantifying the efficacy of hypnosis for treating anxiety Valentine et al. (2019) demonstrated that individuals treated with hypnosis improved more than about 79% control subjects.

This workshop will provide attendees with an overview of the evidenced-based data supporting the use of clinical hypnosis for treating anxiety disorders. Furthermore, this workshop will offer strategic applications through case studies of clinical hypnosis interventions for treating specific anxiety disorders including panic and phobias.

Details and registration (link below opens TCSPP website page):

<https://tcsppofficeofce.com/event/clinical-hypnosis-in-the-treatment-of-anxiety-disorders/>

May 10, 2024

Stress and Anxiety in Children Differ Yet Have Similar Impacts. How Can Self-Hypnosis Training Help?

Lisa Lombard, PhD

Descriptions and definitions of stress and anxiety in children will be presented, with particular emphasis on their increasing prevalence. These two problem areas greatly impact children's biopsychosocial health. Common stress-related and anxiety-based problems will be discussed. Unfortunately, the availability of clinical treatments is limited for this population and many families encounter long wait lists. Therapeutic pediatric hypnosis is an evidence-based and clinically effective therapeutic tool for stress management and coping with anxiety. A brief review of its efficacy for select conditions will be provided.

This webinar will focus on self-hypnosis training for children, a component of therapeutic pediatric hypnosis. It supports desired behavioral changes and encourages ongoing wellness. Self-hypnosis training can be a useful stand-alone intervention, too, as a component of psychological first aid and a lifelong preventative skill. This is evidenced by the efforts of Health Frontiers and Comfort Kits for Children. Some of the phenomenological elements of self-hypnosis will be identified and practical tips to introduce and encourage self-hypnosis to children will be described. An excerpt of a self-hypnosis training audio recording for a child will be played. Free resources that have been created and assembled by faculty affiliated with the National Pediatric Hypnosis Training Institute will be referenced.

Details and registration (link below opens TCSPP website page):

<https://tcsppofficeofce.com/event/stress-and-anxiety-in-children-differ-yet-have-similar-impacts-how-can-self-hypnosis-training-help/>

Bookmark the [SCEH Webinar Series](#) page for additional topics added throughout the year.

Interview with Janna Henning, JD, PsyD, FT

Could you please provide members with a brief introduction to yourself and an overview of your current work?

I'm a Licensed Clinical Psychologist, attorney, Fellow in Thanatology (Death, Dying, and Bereavement), and SCEH Fellow. I've been providing clinical services for individuals from racially and culturally diverse and underserved groups with severe traumatic stress, chronic or acute illness, or concerns related to bereavement, loss, or life transitions in a wide range of clinical settings for over 20 years, and I provide clinical hypnosis to augment evidence-based therapy for these patients.



I'm a Professor in Adler University's Doctor in Clinical Psychology program, and the creator and coordinator of its Traumatic Stress Psychology Emphasis program, teaching doctoral courses in traumatic stress and death, dying, bereavement, and loss since 2007. I'm also a clinical faculty member for the Portland Institute on Loss and Transition, one of the only international professional certificate programs in death, dying, and non-death losses. I provide clinical and academic consultation and supervision for licensed mental health professionals and postdoctoral residents who are working with trauma, loss, and dissociation, and I have a passionate interest in graduate education and training in trauma, loss, and clinical hypnosis.

My path toward clinical psychology, and in particular, my clinical interests, was a bit circuitous, but the common thread was an interest in trauma and the way it differentially impacts certain groups of individuals. I earned my BA degree in political science, with a particular emphasis on The Holocaust, and then a law degree, with a focus on gender and poverty. I then became very interested in health and wellness, as well as the importance of research and science in determining what treatments work best for different populations and the roles individuals take in determining their own path toward healing. I worked for 12 years in the medical information department, global medical marketing division, of an international pharmaceuticals corporation, evaluating outcomes research and helping draft treatment guidelines and formulary review documents, while also leading medical information-sharing intranet and internet projects during the "golden age" of knowledge management. During those years I discovered mindfulness meditation and taught meditation courses for corporate managers. All of those activities informed my later work in the psychology and hypnosis fields.

In 2000 I went back to school to get my doctorate degree in clinical psychology so I could more directly help people. I had always been particularly interested in traumatic stress, and as a psychologist, I say that I was "born under the sign of trauma" because the World Trade Center attack occurred on my third day of classes in my program. I received five years of supervised

clinical training in a wide range of settings (e.g., the Great Lakes Naval Clinic and Recruit Evaluation Unit; a community-based clinic for people with cancer and their caregivers; a behavioral health clinic in a hospital; a halfway house for women returning to the community after incarceration; and a trauma-focused group clinical practice). The common thread was that, everywhere I worked, trauma played a major role in human suffering, but unfortunately most providers had not received much (if any) formal training in addressing it.

Trauma and loss are common experiences that often closely overlap; traumatic events also include non-death loss experiences, just as loss experiences are frequently associated with potentially traumatizing aspects. With respect to hypnosis, evidence-based treatments for clients impacted by trauma or loss do not always work well for all clients in every situation, and there is a pressing need for interventions that can enhance and augment the effectiveness of treatments for people with symptoms from trauma or loss exposure. Clinical hypnosis can effectively augment evidence-based treatments of PTSD, complex trauma, and dissociative disorders, particularly DID. Yet, I've consistently observed the lack of training available to most psychologists, let alone professionals in other disciplines, in traumatic stress, bereavement and loss, and clinical hypnosis. As a result, trauma- and loss-exposed individuals often do not receive the best care.

Furthermore, because of the overlap between these issues, professionals in either subject area may become sensitized to the existence of the other subject area, but typically have little awareness of the research or appropriate treatment approaches that have been established. This lack of awareness leads to ineffective clinical work and "reinventing the wheel" with respect to research. Similarly, awareness of and access to training in clinical hypnosis for patients recovering from the impacts of trauma and loss is currently very limited, particularly with respect to BIPOC individuals and underserved communities. I've therefore chosen to focus much of my work as a psychologist on graduate teaching, professional training, and association leadership to increase the availability of high-quality education in trauma, loss, and clinical hypnosis. To this end I've developed and strengthened graduate and professional education and training programs to increase their alignment with research findings and clinical best practices, and provided trauma- and loss-focused professional education and training in many settings.

After becoming licensed as a psychologist I went into private practice; about two-thirds of my work has been with torture survivors with the most severe presentations, including DID, and about one-third of my practice is with people facing end of life (mostly from cancer). The lack of appropriate services for these people, most of whom have no insurance and little money, was immediately apparent, so I took a full-time teaching position in the Adler University doctoral program so that I could afford to provide pro bono and low fee services for these clients, but more importantly, inspire and train more psychologists to go out and help those with the greatest need who have little access to well-trained providers.

With respect to leadership, in addition to my roles in SCEH, I'm the Chair of the Education and Training Committee of the American Psychological Association's Division 56 (Traumatic Stress), with a primary goal of establishing and supporting best practice standards for graduate and post-graduate trauma training. I'm also Co-chair of the Division 56 Task Force on a Trauma

Psychology Specialty, which is petitioning the APA's Commission for the Recognition of Specialties and Subspecialties in Professional Psychology (CRSSPP) to create a Trauma Psychology Board Specialty.

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

Several SCEH members introduced me to hypnosis and served as key mentors over the past 20 years. First, Eric Proescher, Psy.D. happened to be working at the Great Lakes Naval Clinic while I trained there; he mentioned his interest in hypnosis and the ways in which he used it with clients. I was intrigued! Later, in the third year of my program I had the opportunity to take an elective course in hypnosis from Stephen Kahn, Ph.D.; he invited me to come up to the front of the room as the subject for a demonstration, and to my surprise I readily engaged in an enjoyable hypnotic experience! I loved the class, and he kindly entered into an ongoing mentor relationship with me, answering my questions, sharing resources, and later, providing hypnosis supervision so I could become certified as a practitioner.

Then, as an intern at Adler University's community mental health center, I learned that I had the option to audit courses; Ian Wickramasekera II, Psy.D. taught intensive weekend hypnosis electives, so I took all four! Ian became another wonderful, generous mentor. I originally joined SCEH because he laid membership application forms (before we processed such things online) on each student's desk during a break, encouraged us to fill them out, and collected them and mailed them all in for us to make sure they got processed. In particular, we have shared interests in empathy, intersubjectivity, and hypnotic trance; I was grateful to him for later inviting me to submit a journal article on this topic for a special issue he edited for AJCH. And finally, Gary Elkins, Ph.D. and Don Moss, Ph.D., have been outstanding mentors in the more recent years of my professional journey, encouraging me to take on leadership roles in SCEH. I still jokingly remind them, though, that when they invited me to run for president, they didn't mention that it is a 6-year trio term – I was assuming that president-elect, president, and immediate past-president all had one-year terms, as is the case in most organizations! But it's been a wonderful experience, and they both supported me every step of the way.

As you've studied and practiced clinical hypnosis over time, what have you come to appreciate most about it?

There are so many things I love about hypnosis! As an ultra-highly hypnotizable person myself, I love the kinds of beneficial experiences I've personally been able to engage in through trance, but more importantly, I've found it to be an essential method of augmenting evidence-based treatments so that they work more safely and powerfully in difficult presentations to best meet clients' unique needs. As I like to say, hypnosis helps us "pump up the volume" of whatever it is we are doing. I also love the creativity and flexibility it offers; there are as many different ways of using it as there are clinicians and clients. I like to refer to it as "hypnosis magic" because I've been able to use it to wonderful effect in so many different clients who have not previously been able to be helped. The key for me has been to listen closely to clients and collaborate with them in customizing an approach that uses their personal hypnotic strengths in the ways that are best

for them. When people ask me why, after studying and teaching mindfulness meditation for 20 years, I literally never meditated again after learning hypnosis, I like to say, “For me, meditation is an entrée, but hypnosis is the full buffet.”

Among the many ways that you have served (and continue to serve) the SCEH community, you’ve contributed a great deal to the area of diversity. From contributing your own funds to host woman’s breakfasts when meeting in person to taking the time to creating the Janna Henning Diversity Award and Scholarship, you’ve really gone above and beyond for the society. From your perspective, what are the importance of diversity related initiatives within SCEH and what do you hope to see more of in SCEH’s future within this domain?

I observed over time that the SCEH membership wasn’t reflective of the general population with respect to culture and identity. I think organizations are most healthy when differences are appreciated, respected, valued, and viewed as a source of strength. One of the primary goals of my term as SCEH President was therefore to increase our ability to attract and engage members who represent a wide range of social locations, particularly race/ethnicity, gender, sexual orientation, and age. There is a great need to increase the availability of hypnosis interventions to communities that have historically had less access to them, including BIPOC and under-resourced or impoverished communities. These individuals and communities often experience disparities in healthcare quality and access, at the same time they may be experiencing complex and comorbid conditions and higher rates of traumatic event exposure, anxiety, and depression due to the differential impacts of economic stressors and racism.

I believe that SCEH must attract students and professionals of color to increase the number of providers who are trained in hypnosis. It is also important to consider the ways in which hypnosis-related research may not include diverse individuals in studies, or study findings may or may not be applicable to diverse populations. Although all current and future SCEH members are welcomed, respected, and needed, SCEH will benefit from the ideas and energy of people representing a broad demographic. As SCEH’s first (and current) Inclusiveness Director I launched and continued several initiatives to increase inclusion of members representing more diverse identities. I authored the SCEH Policy on Diversity and Inclusivity, and as you noted, held networking meetings for female-identified SCEH members from 2018-2023. Attendees include EC members, former, current, and future SCEH Presidents, students, professionals, and early career professionals, who remark that they find the meetings to be helpful and supportive.

Finally, I’ve been working with the SCEH Legacy Committee and Awards and Fellowships Committee to create a new SCEH award to recognize the efforts of individuals who represent traditionally marginalized groups and who are also researching or using hypnosis to assist these groups. The Award will recognize individuals who have created or actively engaged in research programs or initiatives, published articles, or given scholarly presentations that directly address hypnosis and diverse or marginalized groups and communities, including BIPOC individuals and communities; women and gender non-binary individuals; and people in the LGBTQI community. Our next challenge is to solve the problem of how to endow/fund the scholarship, given the limitations placed on SCEH, as a nonprofit organization, with respect to soliciting donations.

Most recently, SCEH was very lucky to have a member like yourself with a law degree (JD) serve in the role of Constitutions and Bylaws Chair. Given your background and expertise in law, is there anything that stands out from your time in this position that you would like to leave the SCEH community with to consider/ponder/reflect on moving forward?

As Chair of the Constitution and Bylaws Committee, I was asked by the Executive Committee In 2016 to evaluate and revise SCEH's governance documents to bring them into alignment with New York state law (where SCEH is currently chartered) and ensure that they reflected current SCEH procedures and policies. With assistance from an nonprofit attorney and with the help of the Executive Committee members, I spearheaded a major bylaws revision and constitution re-alignment project. The attorney shared with us that in all his career he had never seen an organization with a more tangled and complicated incorporation history and set of legal documents! After working on this project for more than 6 years, we were ultimately able to gain approval for the revised bylaws in 2020. More recently, we needed to solve some complicated problems related to year-end reporting requirements relative to our residence and incorporation states (which are different, and have different requirements). But it looks like, as of this year, we have finally resolved all of these issues! I will continue to work on these issues as needed, as I am continuing in my role as Chairperson of the Constitution and Bylaws Committee.

I believe that my background as an attorney has given me a somewhat unique ability to understand "legalistic" language and closely read and edit the official documents SCEH produces, as well as compare our documentation with those of other similar organizations and state and federal law. Even small wording changes can have big implications for how a policy or set of bylaws may be understood and applied. I used these skills in rewriting the SCEH Code of Ethics last year, which had fallen out of date with respect to current best practices for such policies in nonprofits. However, with all of that said, I absolutely relied upon and needed the close reviewing efforts and other contributions of the Executive Committee members, who inevitably offered excellent ideas and caught things I might have missed. SCEH needs more members who appreciate the importance of our governing documents to how SCEH functions, and may be interested in helping us with the inevitable future revisions of our documents that will be needed as state and federal laws and nonprofit best practices may change.

What have you found to be most meaningful about your SCEH involvement/membership to date?

There is a large gap between the number of individuals who could benefit from hypnosis and the providers who have been trained to offer it. My desire to expand access to high-quality hypnosis training for professionals and students levels led me to take on leadership roles in SCEH, and although more work remains to be done, I feel excited about the progress we have made during my leadership years. In addition to the initiatives described above, In 2020 I had to take on a leadership role in quickly transitioning the planned SCEH yearly meeting to a fully virtual platform in the context of the COVID-19 pandemic. It was a very interesting experience to be the first "fully virtual" SCEH President!

The challenges and opportunities related to the pandemic led the SCEH Executive committee to launch several projects and initiatives to maintain the stability of SCEH in terms of its connection with its members. Registration for our virtual Annual Meetings have been consistently high; it's likely that the virtual format allows attendees who have limited ability to travel due to health issues, geographic location, or other work responsibilities to attend, as well as helping us recruit an exceptional caliber of presenters and keynote speakers who can't physically travel to present for us. And finally, it increases the ability of students to attend, given that virtual attendance eases financial constraints related to travel or the need to take time away from classes or their supervised training. I also feel proud of having had the opportunity to serve as only the 5th female President in SCEH's over 70-year history, and of SCEH's increased financial stability during my tenure as president.

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 hypnosis practice?

With respect to students, ECPs, and new members, SCEH's future health depends on our ability to recruit and retain individuals who are entering or new to their fields. To this end, in recent years SCEH leaders have actively mentored students and early career professionals to support them in taking on leadership roles, and we've started the process of setting up formal structures for more active involvement of students and ECPs in leadership positions. Such leadership role opportunities include SCEH committees, the Focus newsletter, SCEH social media pages, and HypnosisE. We continue to support students' ability to attend the Annual Meeting by providing scholarships to help reduce the costs associated with meeting registration.

Over the course of my psychology career, I was blessed to receive wonderful mentorship from more experienced folks in the hypnosis field. They taught, guided, and supported me, but they also encouraged – and even, at times, pushed – me to take on leadership positions, and helped me build the skills and confidence I needed to succeed in these roles. And now I seek to actively mentor and support students and ECPs in the same ways. I strongly recommend that students and ECPs look for mentors in the hypnosis field. Not everyone will have the time or inclination to be a mentor, but many professionals across the full range of the professional trajectory will welcome the opportunity to play that role in the life of emerging professionals. No matter what you are interested in – research, clinical work, leadership – there are people who can support you and help you grow. Don't be afraid to approach or reach out to those you respect and admire and ask them for their advice or assistance. If they are unable to offer this, ask them if they can recommend someone else who might be willing to.

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

I'm an avid amateur musician, playing guitar, bass, mandolin, fiddle, and singing harmony and duets in several local bands. Currently, I'm in two "Americana" bands as well as a Grateful Dead cover band, and also love having the opportunity to provide backup vocals on friends' albums. Music, especially when we are making it with other people, engages the body, mind, heart, and soul, and it's great to be able to regularly have an experience that is so different from my work. I

also love to read novels, take long walks in nature, and spend time with my many friends, loved ones, and companion cats.

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

My research and publications have primarily focused on increasing access to high-quality training in trauma and loss, including the use of hypnosis to improve treatment outcomes. As part of my efforts to disseminate knowledge about developing and teaching graduate trauma and death, dying, bereavement, and loss courses, I wrote the first comprehensive journal articles concerning doctoral teaching and training in trauma, and co-authored the first publication addressing doctoral training in thanatology:

- Henning, J. A., Brand, B., & Courtois, C. A. (2022). Graduate training and certification in trauma treatment for clinical practitioners. *Training and Education in Professional Psychology*, 16(4), 362-375. <https://doi.org/10.1037/tep0000326>
- Henning, J. A., & Brand, B. L. (2019). Implications of the American Psychological Association's Posttraumatic Stress Disorder Treatment Guideline for trauma education and training. *Psychotherapy*, 56(3), 422–430. <http://dx.doi.org/10.1037/pst0000237>
- Hall, C., & Henning, J. (2023). Training, supervision and continued professional development for grief therapists. In: E. M. Steffen, E. Milman and R. A. Neimeyer (Eds.) , pp.). *The Handbook of Grief Therapies*: Sage.

In addition, I was interviewed by the APA Monitor on Psychology about my work to prevent and manage vicarious traumatization in psychologists:

- American Psychological Association. (2020, January). 4 questions for Janna Henning. *Monitor on Psychology*, 51(1). <http://www.apa.org/monitor/2020/01/conversation-henning>

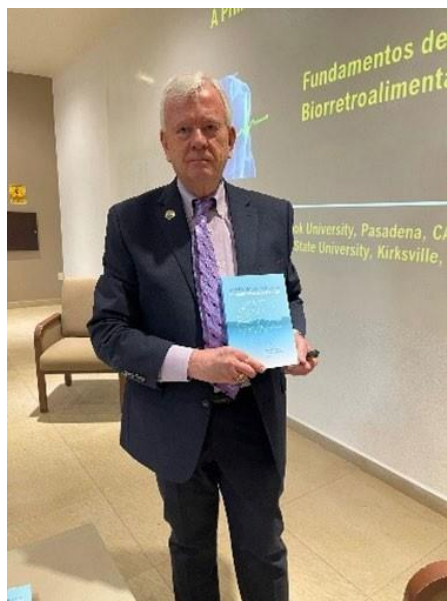
I also authored an invited article on hypnotic trance and intersubjectivity for a special issue on Empathy and Trance in the *AJCH*:

- Henning, J. (2016). An intersubjective view of empathy and hypnotic trance: Response to Wickramasekera II. *American Journal of Clinical Hypnosis*, 58(3), 256-273.

Interviewed by Lauren Simicich, PsyD

*Interested in participating in a
professional interview?
Just drop a line to info@sceh.us
and let us know of your interest!!*

MEMBER NEWS

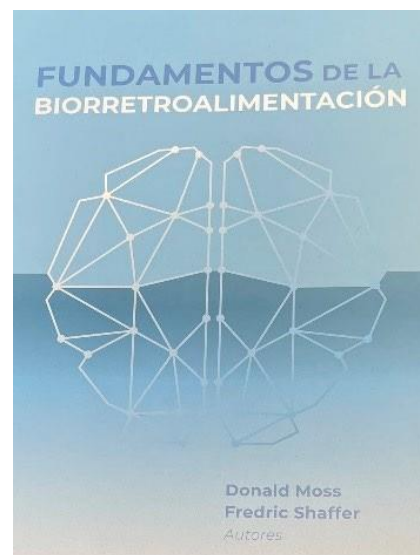


Donald Moss Releases New Book Translation and Participates in Mexico Conference

On February 8, **Donald Moss** was recognized at a Conference at the Neuroscience Center of the Universidad De La Salle Bajío in León, Mexico, for the release of the Spanish edition of his basic biofeedback textbook. In English, the book is called “*A Primer of Biofeedback*”; in Spanish, it is titled “*Fundamentos de la Biorretroalimentación*.” This book (below right), co-authored with Fredric Shaffer, is now available in three major language groups, English, Chinese, and Spanish. The Mexican Society of Biofeedback and Neurofeedback arranged the Spanish translation and hosted a one-day conference for

the book’s release. The photos (left and below) show Donald Moss receiving the new book, and the cover of the book.

Donald Moss participated in a book signing for conference attendees. He provided an hour lecture on general biofeedback, introducing the audience to material from the book, and then gave a three-hour workshop on heart rate variability biofeedback, the physiology, the practice, and its applications. In general neurofeedback (training changes in the brain) is more widely practiced in Mexico than general biofeedback, focused on changing the body's physiology. Moss’s lectures and the book encouraged more activity in this second direction. Moss is currently working with Eric Willmarth on *A Primer of Clinical Hypnosis*.



+++++

Consultation Groups openings

Maureen Turner reports that she is running a Consultation Group. Meets virtually on 1st Monday of each month from 6:30PM to 8 PM with Maureen Finnerty Turner, MEd., LCMHC, Board Certified Psychiatric Nurse and ASCH Approved Consultant. Currently have 2 seats available of the 6 maximum attendees. Fee: \$50 for 1.5 hr session. Please visit <https://motivationhypnosis.com> for details & to enroll. Contact Ms. Turner at: motivationhypnosis@gmail.com.

Antonio Capafons, Ph.D., Professor of Psychology and Director of the Clinic of Psychology at the University of Valencia (Spain), would like to share abstracts of two recent publications:

Llinares-Segura, J., Picó, A., Suárez-Rodríguez, J. M., Pons, D., Mendoza, M. E., Pérez-Pérez, A. & Capafons, A. (2023). Dissemination of hypnosis in online press written in Spanish. *Behavioral Psychology-Psicología Conductual*, 31(3), 613-630. (open access) <https://doi.org/10.51668/bp.8323310n>

The patients/clients and the skilled professionals' beliefs and expectations about hypnosis, influence the decision to use this procedure as well as its effects. On the other hand, in the Internet there is plenty of information about hypnosis, which shapes opinions of public and professionals. Therefore, the aim of this study is to analyze the quality of the information disseminated by non-specialized online press. 334 articles (from 2011 to 2012) and 200 articles (from 2018-2019) written in Spanish and published online in non-specialized publications press have been analyzed. Results show that, although a high number of articles demystify hypnosis, many of them disseminate myths as well. The highest percentage of articles that demystify hypnosis is associated with the press topic "Science and Culture". Results indicate that myths are broadly present in the popular culture and are maintained with the support of their ongoing dissemination in the newspapers online articles. This supports the importance of fostering the dissemination of scientific available evidence about applied and basic research on hypnosis.

Alarcón, A. Franc, M, Mendoza, E. & Capafons, A (2023): Paradigm's relevance in empirical research biases: Hypnotizability, self-control and resilience, an empty systematic review. *Psychology of Consciousness: Theory, Research, and Practice*. Online First Publication, December 21, 2023. <https://dx.doi.org/10.1037/cns0000384>

There are different perspectives on the psychological constructs of resilience and hypnotizability, and both are related to aspects of mental health. Resilience has been associated with protective variables, whereas hypnotizability has been related to psychopathological variables. This systematic review aims to identify the studies that associate hypnotizability with resilience and self-control. This review included studies with adults in which hypnotizability and resilience/self-control were associated with each other. Articles were identified by searching in PubMed, PubPsych, EMBASE, Scopus, ProQuest, and Web of Science databases. The search yielded 315 studies published until October 2022. None of them met the inclusion criteria. In these studies, hypnosis is used to generate changes in resilience. Findings show that hypnosis has beneficial effects on coping and symptoms associated with sickness and improves patients' quality of life. However, studies exploring the possible association between resilience and hypnotizability have yet to be found. There continues to be a research bias by which hypnotizability is associated with psychopathological aspects. Given the positive effects of hypnosis and resilience on mental health, it is relevant to design studies investigating the relationship between hypnotizability and resilience.

*If you are a SCEH member and have news
to share, send details to info@sceh.us*

Meet the Author: Jonathan Fast, PhD



Please begin by telling us a little bit about yourself and your current work.

I grew up on the upper west side of Manhattan. When I was very young, my father, Howard Fast, a popular writer of fiction, was called to testify by the House on Un-American Activities and imprisoned after refusing to “name names.” Everyone’s childhood is stressful in one way or another, but it was no coincidence that my sister and I both became writers and psychologists.

As an author, I wrote nine novels and several screenplays. I worked at Disney Feature Animation for two years, reworking the script for *Beauty and the Beast*, and many other “properties,” as they are called in that business. As a psychologist, I was director of an adolescent Psychiatric Day hospital in New Haven, and later on, a professor at Yeshiva University in Washington Heights. In my academic persona, I produced a number of book chapters and articles for scholarly journals, as well as two non-fiction works, *Ceremonial Violence*, on the subject of school shootings, and *Beyond Bullying*, about shame and violence. In retirement, I decided to combine my two selves, the novelist and the psychologist, and conceived a novel about a man who might be considered the father of clinical hypnosis.

Where did your interest in clinical hypnosis begin?

During graduate school, (an Ivy League school where hypnosis did not exist) I came upon Jay Haley’s book, *Uncommon Therapy*. It was a breath of fresh air after the rigid classroom texts. Haley led me to Milton Erickson whose humanistic approach to clinical hypnosis led me to earn a certification from [NYSEPH](http://www.nyseph.org) (New York Milton H. Erickson Society for Psychotherapy and Hypnosis) and integrate hypnosis into my practice.

How did you come to write a book about Franz Anton Mesmer?

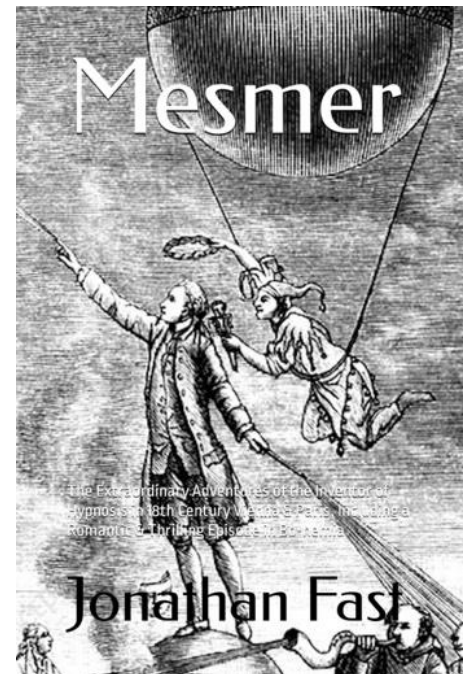
For some years I travelled around the country, lecturing on the clinical use of hypnosis. In order to ground my talk, I would begin with some history, and that began with Mesmer. The Jesuits had raised him to be a priest, and he had become a doctor instead; he befriended the young Mozart and produced his first opera; he married a rich woman, spent lavishly, and abandoned her; he discovered a process, “Animal Magnetism,” and insulted Marie Antoinette by refusing her offer to be his sponsor; and then he vanished from public life, just like that. What a character!

As a child, I had fallen in love with a book called [Ben and Me](#) by Robert Lawson, about Benjamin Franklin and a talking mouse, who inspires his experiments. The story is told from the mouse’s point of view. I thought I could use this device in the Mesmer novel, substituting a lowly stable boy, clever, ambitious and more than a little devious, for the mouse. He would convince Mesmer to take him on as a valet, and he would document Mesmer’s life. This would create opportunities to examine class immobility in 18th century Vienna; and, by casting him as gay, I could also explore 18th century attitudes toward gender. And so it went, each idea giving birth to the next. Four years and eight hundred pages later, the writing part was done.

You most recently published a book entitled “Mesmer: The Extraordinary Adventures of the Inventor of Hypnosis in 18th Century Vienna & Paris, Including a Romantic & Thrilling Episode in Bohemia”. Would you be able to provide us with a brief synopsis?

The story is set in the last quarter of the 18th Century. In the colonies, citizens are fighting for freedom from the British. In France, a revolution is brewing. In Vienna, Herr Doktor Franz Anton Mesmer has a discovery he calls Animal Magnetism that he thinks will cure every ache and illness and win him a place in the annals of medicine. When he meets Antoine Dorn, a devious 15-year-old stable boy, he recognizes a ready accomplice in his plans to achieve greatness, and hires him as his valet. Together they embark on a series of extraordinary adventures leading them from Vienna to Bohemia, to the highest rungs of Paris society. Animal Magnetism sweeps the continent, but their struggles with their own personal demons remain their greatest challenge.

“Mesmer” is a work of historical fiction, although you do note that many of the characters and events depicted are based on actual historical happenings. Could you provide us with a bit of insight into your writing process behind this, specifically how you skillfully approached blending both the factual and fictional elements of the storyline?



This is a topic for a longer discussion. Briefly, novels blend fact and fiction. In the case of the historical novel, the facts are already laid out. The scholars say the protagonist went from point A to point B. The novelist thinks, how did she get there? How can I best depict her passage? Can I turn it into a scene, or a sequence of scenes, that will entertain the reader? Make it suspenseful, funny, sad, romantic? If not, can I skip over it without damaging the rest of the story? Or reduce it to a few brief sentences?

What impact do you hope readers of “Mesmer” might take away from their reading experience?

As you stated earlier, this is a novel, not an academic work. It is about Mesmer and the history of medicine, but it is written to entertain, and explore subjects that we are wrestling with today: gender identity, classism, the desire to worship a ruler or stage a rebellion against her, the worry that our world is going up in flame.

If people were interested in reading “Mesmer”, where might they find a copy?

At this time the book is available exclusively from Amazon, in a paperback or digital version.

They can read a sample by clicking [here](#), or scanning this QR code:



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

Please visit our website, MesmerProject.com.

A 12 hour video titled **2-Day Intensive Hypnosis Workshop: Apply Clinical Hypnosis to Improve Treatment Outcomes**, is available from PESI [here](#), or use this QR code.



Interviewed by Lauren Simicich, PsyD

If you are a member of SCEH and would like your news to be included in this section, please send your info to info@sceh.us

Latest News From IJCEH



Recent Issue: Volume 72, Issue 1

The most recent issue of the IJCEH features five articles reporting on a factor analysis of hypnotizability scores in a clinical population, human's natural capacity to alter our experiences, positive perceptions of hypnosis in healthcare, and its potential benefits for fibromyalgia and improving sleep disturbances in individuals with mild cognitive impairment. This is the first issue of 2024 and we look forward to publishing many more outstanding articles in the new year!

Transitioning to Online-Only Publishing

We are excited to announce that starting January 2025, the *International Journal of Clinical and Experimental Psychology* will be transitioning to online-only publishing. This means that volume 72, Issue 4 will be our last print issue. In our commitment to innovation and accessibility, this transition aims to provide benefits to authors and readers alike by eliminating delays associated with print distribution. This transition will expedite the timeline from submission to publication and will allow us to provide faster access to the latest academic articles published at the IJCEH on a rolling basis, attract more high-quality articles and research, and increase the number of articles available per issue.

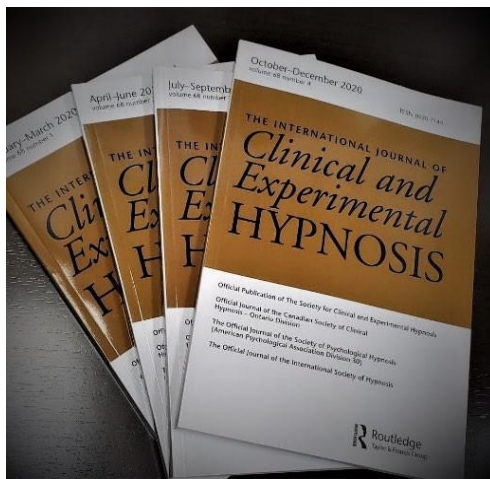


Have you considered what Open Access Publishing can do for your research?

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).



If you have a paper to submit, go to <https://v2.rp.tandfonline.com/> . Everything you submit will be conveniently available for you to view on the online system.

Contact us at: 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: Vanessa Muñiz

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

THE INTERNATIONAL JOURNAL OF
*Clinical and
Experimental*
HYPNOSIS

January 2024 Issue – Volume 72 (1)

Does a General “G Factor” Best Account for Hypnotizability? (Editorial)

Gary Elkins

The lead article in this issue of the IJCEH, entitled, *Confirmatory Factor Analysis of the Elkins Hypnotizability Scale in a Clinical Population* (Zimmerman et al., 2024), reports on a factor analysis of hypnotizability scores in a clinical population of post-menopausal women. The results found evidence for a general hypnotizability latent variable. This finding suggests a general “G factor” may best account for hypnotizability. More research is needed, however, if confirmed in future research would lead to a new understanding of hypnotizability as having a single-factor structure. Somewhat related to this an article by Dell (2024) proposes greater recognition of the natural capacity of humans to intentionally alter their own experiences. A study by Szmaglinska et al. (2024) reports that perceptions of clinical hypnosis are positive among the public and healthcare providers, but more education of healthcare providers about hypnotherapy is needed. This is followed by articles that examine the feasibility and potential benefit of clinical hypnosis in treatment of pain and distress among patients with fibromyalgia syndrome (Ozgunay et al., 2024) and in improving sleep disturbances in individuals with mild cognitive impairment (Elkins et al., 2024).

Confirmatory Factor Analysis of the Elkins Hypnotizability Scale in a Clinical Population

Kimberly Zimmerman, Morgan Snyder, and Gary Elkins

The objective of this study was to determine the best-fit factor structure of a standardized hypnotizability measure in a clinical population. The Elkins Hypnotizability Scale (EHS) was administered to 173 post-menopausal women; age from 39 to 75 years, with a mean age of 54.61 years. Confirmatory factor analysis was conducted, and comparative fit index (CFI) and root mean square error of approximation (RMSEA) were used to determine goodness of fit. Results indicated that the single-factor structure modeled with six indicators based on the individual items on the EHS provides the best description of fit. Results of the present study demonstrate that the EHS has a single-factor structure. Further research is required with other populations and measures.

Hypnosis Intervention for Sleep Disturbances in Individuals with Mild Cognitive Impairment: A Randomized Pilot Study

Gary Elkins, Victor J. Padilla, Keith Sanford, Jared Benge, Alan Stevens, Michael Scullin, Chris E. Corlett, and Vindhya Ekanayake

Poor sleep quality is highly prevalent among individuals with mild cognitive impairment (MCI). Further, poor sleep quality is associated with reduced quality of life, increased stress response, memory impairments, and progression to dementia among individuals with MCI. Pharmacological treatments for sleep have mixed efficacy and can lead to dependency. Therefore, alternatives to pharmacological treatments for improving sleep among individuals with MCI are needed. The present study reports on the feasibility of a non-pharmacological self-administered hypnosis intervention focused on sleep quality in adults with MCI. It was hypothesized that the hypnosis intervention program would be feasible and have acceptable levels of adherence to daily hypnosis practice. A two-armed randomized controlled pilot trial was conducted using a sample of 21 adults with MCI. Eligible participants were randomly assigned to listen to either hypnosis audio recordings or sham hypnosis recordings for five weeks. Program feasibility, program adherence, pain intensity, stress, and sleep quality were measured using a daily home practice log, questionnaires, and wrist actigraphy. The results found mid or higher levels of treatment satisfaction, ease of use, and perceived effectiveness at one-week follow-up, with participants in the hypnosis arm reporting greater perceived benefit. Adherence to assigned audio recordings and meetings were likewise within acceptable margins in both groups. No intervention related adverse events were reported in either treatment condition. Significant improvements in sleep quality, sleep duration, and daytime sleepiness were found for the hypnosis intervention. The results of this study can be used to inform future research on the effects of hypnosis on sleep quality in adults with MCI.

Reporting and mapping research evidence on perceptions of clinical hypnosis among the general population and patients receiving health care including cancer care: A scoping review.

Malwina Szmaglinska, Deborah Kirk, and Lesley Andrew

Despite empirical evidence supporting clinical hypnosis for numerous conditions, its utilization in healthcare is limited due to skepticism and misconceptions. This review identifies and maps research on clinical hypnosis perceptions among the general population, healthcare patients, and more specifically patients with cancer. A systematic search was conducted in EBSCOhost, ProQuest, PubMed, and PMC, following JBI PRISMA ScR guidelines, resulting in 18 peer-reviewed, English language articles (2000-2023). Most studies employed quantitative methods, complemented by some qualitative and one mixed-methods approach. The results found attitudes towards hypnotherapy, especially when administered by licensed professionals, are consistently positive; however, its awareness remains low within the healthcare sector, particularly in cancer care. Although hypnotherapy was found as useful, misinformation, lack of understanding, and lack of awareness persist. Few studies address the reasons behind people's opinions or focus on integrating hypnotherapy into healthcare. Research investigating hypnosis attitudes in cancer care is scant, necessitating further exploration.

Effect of Hypnosis on Pain, Anxiety, and Quality of Life in Female Patients with Fibromyalgia: Prospective, Randomized, Controlled Study

Seyda Efsun Ozgunay, Meliha Kasapoglu Aksoy, Kubra Nur Deniz, Sinay Onen, Tugba Onur, Nermin Kilicarslan, Sermin Eminoglu, and Derya Karasu

This prospective, randomized, controlled study aimed to investigate the effects of standardized adjuvant hypnosis on pain, depression, anxiety, aerobic exercise practices, quality of life, and disease impact score in female patients with fibromyalgia syndrome (FMS). This study included 47 female patients with FMS who had been under treatment for at least six months. The hypnosis group (n=24) received a total of three hypnosis sessions and was taught to patients' self-hypnosis. The patients in this group practiced self-hypnosis for six months. During this period, all patients also continued their medical treatment. The Visual Analogue Scale (VAS) was used to determine the intensity of pain. At the end of the six-month follow-up period, it was determined that the patients of FMS with hypnosis therapy had lower pain intensity, FMS symptoms, depression, and anxiety symptoms, and better well-being than those in the control group ($p<0.05$). Standardized hypnosis is an effective method in reducing pain, depression, and anxiety symptoms and improving quality of life in patients with FMS.

What Is the Source of Hypnotic Responses?

Paul Dell

The author proposes that hypnosis is a culture-bound concept that has misattributed—to suggestion and hypnosis—the functioning of a natural, freestanding, human ability to alter personal experience. The 18th-century attribution of these phenomena (to the suggestions of a magnetizer) continues today because science and Western culture still do not explicitly acknowledge that humans possess a natural capacity to intentionally alter their own experiences. Like every other human ability (e.g., athletic, artistic, musical, mathematical, etc.), utilization of the natural human ability to intentionally alter one's personal experience does not require suggestion, trance, or hypnotic induction. This ability has been studied for over 200 years under the conceptual aegis of suggestibility and hypnosis. As a consequence, the phenomena of this freestanding ability have been veiled and conflated with hypnosis, suggestion, suggestibility, and hypnotizability. One serious consequence of this conflation is an underdeveloped, nomological network of hypnosis-centric concepts that has impeded the integration of hypnosis with the rest of science.



You can also keep track of Research Updates on 'X' (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 discussions on hypnosis research:

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