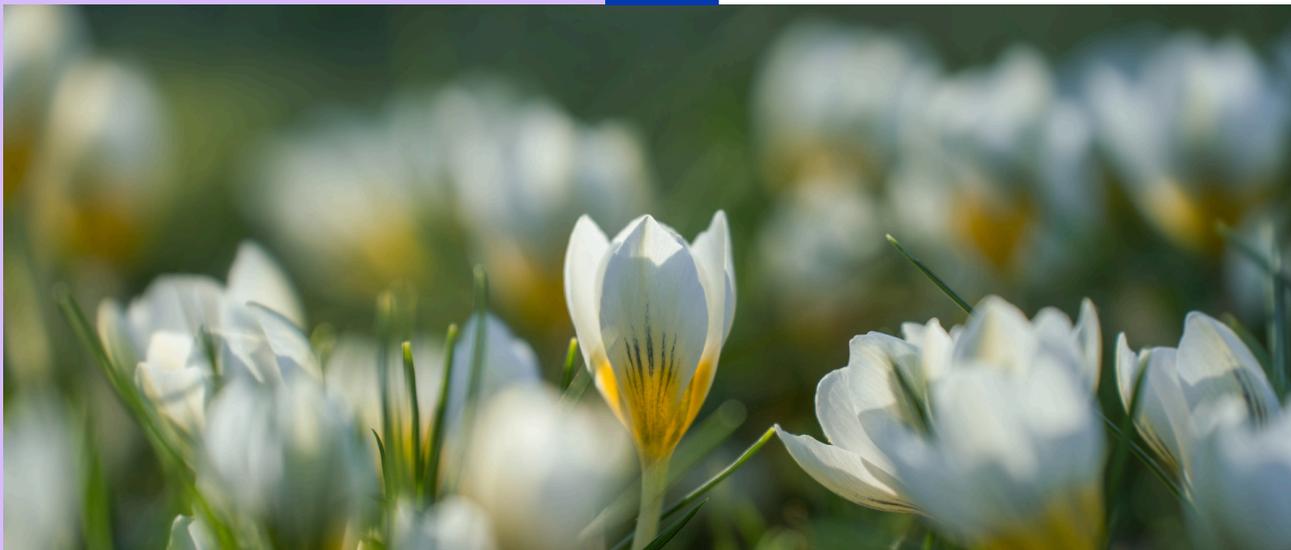


FOCUS

MARCH 2026



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FOCUS is published quarterly and features news and information for members of the Society for Clinical and Experimental Hypnosis (SCEH).

**This issue prepared by:
Cassandra Jackson, PhD
Kaitlin Seidenberg, BS
Victor Julian Padilla, ScM
Alex Hood, BA**

Message from the President

Greetings SCEH Members,

SCEH Certification

Currently the Certification Committee, chaired by Immediate Past President Barbara McCann, is reviewing the requirements for certification, with an eye to streamlining them and easing the process.



SCEH Academy: On Demand Training for Certification, Re-Certification and Credentialing

The new **SCEH Academy** is also available now, highlighting virtual offerings applicable to both initial certification and re-certification. The SCEH Academy can be accessed at: <https://www.sceh.us/sceh-academy>

Midyear Clinical Hypnosis Workshops

Our **SCEH Midyear Clinical Hypnosis Workshops** will be held April 24 to 27, 2026. The first two days, Friday and Saturday, April 24 and 25, will include these two-day simultaneous workshops:

- 1.Introductory Workshop: Foundations of Clinical Hypnosis
- 2.Intermediate Workshop: Refining Skills and Treatment Applications

Sunday and Monday, April 26 and 27 will provide Advanced Workshops. Sunday's theme features sessions around **Hypnosis in the Treatment of Anxiety and Depression**, while Monday's sessions center around the theme of **Hypnosis for Habit Control, Addictions, and Impulse Disorders**.

Please mark your calendars now for these useful workshops, and please inform your colleagues of the availability of the introductory and intermediate level training workshops. [See the Midyear Workshops flyer](#) that follows and please share with colleagues and on social media.

Message from the President

SCEH Annual Conference

77th Annual Workshops & Scientific Program

This year's SCEH Annual Conference will be held in October 14-18, 2026. The event theme is Circuits of Consciousness: Hypnosis, AI, and Psychedelic-Assisted Change. Our Conference Committee Co-chairs, Deanna Denman, PhD, and Jessie (Kittle) Markovits, MD, are planning a meeting highlighting the dynamic intersections between hypnosis, emerging technologies, and transformative mind-body therapies. This year's annual conference will be virtual, so no travel is required. Plan now to attend and to enjoy the workshops and scientific program.

Seeking Advanced Workshops and Scientific Presentations and Posters

The Call for Papers is now underway. Details can be found at: <https://www.sceh.us/2026-call-for-papers>. The submission deadline is April 15th. For the latest news and details on the conference itself, now in the planning stages, bookmark our conference page at: <https://www.sceh.us/2026-annual-conference-info>

SCEH Webinar Series: We have a great lineup of speakers and topics again this year, so please check out 2026 schedule at: <https://www.sceh.us/webinars>

At your service.

Donald Moss, PhD

SCEH President

SCEH Renewal Reminder



Thanks to everyone who has already renewed their SCEH membership!

For those who have not yet done so, please consider doing so now. Membership dues help the Society advance its mission to promote excellence and progress in hypnosis research, education, and clinical practice.

You can renew quickly and easily online by logging in to your member profile:

SCEH MEMBER LOGIN



To see the full list of benefits associated with membership, including registration discounts for conferences, workshops and webinars, a subscription and access to past issue of the International Journal of Clinical and Experimental Hypnosis, and more, visit <https://www.sceh.us/membership-benefits>

Questions?



Reach out to us for any questions about your membership or our programs.

UPCOMING EVENTS

SAVE THE DATES!

**APRIL
24-27**

MIDYEAR WORKSHOPS

- Includes Introductory, Intermediate and Advanced Workshops
- CE and CME offered
- Virtual event - live online via Zoom

 www.sceh.us/2026-midyear-workshops  8:00 AM - 5:30 PM PT*

**OCTOBER
14-18**

ANNUAL CONFERENCE

- Workshops plus Scientific Program and Networking Events
- Includes Introductory, Intermediate and Advanced Workshops
- CE and CME offered
- Virtual event - live online via Zoom

 www.sceh.us/2026-conference-info  8:00 AM - 5 PM PT*

**SECOND
FRIDAYS
OF THE
MONTH**

WEBINAR SERIES

- Monthly webinars on hypnosis and hypnosis-related topics
- CE offered
- Attend live online via Zoom or view recordings via Homestudy

 www.sceh.us/webinars  12:00 - 1:30 PM ET

 View upcoming and past events: www.sceh.us/annual-conferences

* Daily schedules vary according to workshops and activities selected.



2026 Midyear Clinical Hypnosis Workshops

April 24-27, 2026



**Live online; live attendance required;
Offering CE & CME**

For details: www.sceh.us/2026-midyear-workshops

Introductory, Intermediate, and Advanced Workshops

Workshops meet accepted Standards of Training in Clinical Hypnosis and count toward SCEH Hypnosis Certification Programs. Workshops are designed to empower attendees with evidence-based skills and training in the application of hypnosis for mental health, medicine, and general wellness.

FRIDAY AND SATURDAY, APRIL 24-25 (TWO DAY WORKSHOPS)

Introductory Workshop in Clinical Hypnosis – Earn 13.5 CE/CME

Intermediate Workshop in Clinical Hypnosis – 12.5 CE/CME

SUNDAY, APRIL 26 AND MONDAY, APRIL 27

ADVANCED Workshops – Earn up to 14 CE/CME

Attend one or all; choose from among several workshops on varied topics.

- **Sunday theme:** Hypnosis in the Treatment of Anxiety and Depression
- **Monday theme:** Hypnosis for Habit Control, Addictions, and Impulse Disorders

Member News

In 2026, I was given a Lifetime Achievement Award from the International Transpersonal Association, an international and transdisciplinary organization. I had already received lifetime awards from half a dozen other organizations, and was reminded of Katherine Hepburn's comment when she won her fourth Academy Award, "If you live long enough, anything can happen!"

Stanley Krippner, PhD

Lifetime Achievement Award



Michael Yapko, PhD



Dr. Michael Yapko's 2026 60-Hour Training in Clinical Hypnosis and Strategic Psychotherapy

This comprehensive course is offered entirely online and takes place in three 20-hour phases: The dates are: April 13-17, May 11-15, and June 15-19. Each phase is five consecutive days for four hours. These are scheduled one month apart so there is ample time in-between phases to practice and develop your skills in the context of your clinical practice. This course is "hands-on." The online format allows for break-out practice sessions that we will do almost every day.

These involve structured skill building exercises that bring the didactic ideas and methods described to life. These are then debriefed and inevitably lead to invaluable discussions and clarifications of the finer points of applied hypnosis. By the time the course is completed, attendees will have substantive skills in using clinical hypnosis in your practice. The course is ASCH approved for Levels 1,2, and advanced training. To register or for further information visit <https://yapko.com/hypnosis-training-2026/>

Member News

From Donald Moss, PhD

Promoting the Scientific Basis for Hypnosis



SCEH President Donald Moss remains active in promoting the scientific basis for hypnosis. He has been named as senior editor for the Encyclopedia of Hypnosis and Suggestion, sponsored by the International Society of Hypnosis. The Encyclopedia of Hypnosis and Suggestion aims to provide a resource where researchers, clinicians and members of the general public can read empirically supported, reliable and accessible introductions to topics concerning hypnosis and suggestion.

The Encyclopedia currently contains 14 articles on foundational topics in hypnosis, and additional articles will be posted in 2026. SCEH officers Barbara McCann, Jessie Markovitz, and Gary Elkins are Associate Editors for the Encyclopedia. The Encyclopedia is available online at <https://www.ishypnosis.org/encyclopedia/ehs/>.

Donald Moss is also serving as a guest editor, along with SCEH Treasurer Zoltan Kekecs, for a special hypnosis collection in the journal *Scientific Reports*. This collection welcomes original research articles investigating the effectiveness of hypnosis in clinical practice. Details on submissions are available at: <https://www.ishypnosis.org/encyclopedia/ehs/>.

Member News (Continued)

From Ciara Christensen, PhD and David Patterson, PhD, ABPP

Psychedelic Assisted Therapy and Hypnosis for the Seriously Curious



SCEH members Ciara Christensen, PhD reports that she will be co-leading an upcoming workshop with fellow SCEH member David Patterson, PhD, ABPP for FSCH on May 2 - 3, 2026 at the Springhill Suites at Millenia Mall in Orlando, Florida

This 12-hour workshop is designed for health professionals who want to learn more about psychedelic-assisted therapy (PAP) for their patients and possibly for themselves. This workshop is not intended to train practitioners to use PAP with clients. However, attendees will learn about the basic science of the agents most often used in PAP, indications for various medicines for psychological challenges, and the structure of typical sessions. Ethical issues including legality, availability, and potential for harm and harm reduction with this form of therapy, will also be reviewed. The workshop will address how psychotherapy approaches, including hypnosis, can facilitate the preparation and integration phases of a PAP experience. It will discuss how this type of facilitation can be done by a therapist who is independent of the actual PAP treatment. It will also provide experiential exercises to 1) create mystical experiences with hypnosis and 2) use the science of the unconscious to create significant emotional and behavioral shifts. The instructors pride themselves on using state-of-the-art research in neurophysiology and outcome research throughout the workshop. This workshop will review the use of hypnotic language in non-hypnotic contexts as applied to psychedelic psychotherapy, thus prior training in hypnosis is not a prerequisite. View details at: <https://www.fsch.org/intermediate-advanced-workshop-2>

Member News (Continued)

From Ciara Christensen, PhD

News from APA Division 30 -- Student Travel Award

SCEH Past President Ciara Christensen, PhD, now serving as the current President of APA Division 30, reports news of a Student Travel Award they have announced. We encourage all eligible students to take advantage of this opportunity.

Program Details

Are you presenting a paper or poster at this year's APA Convention as part of Division 30 programming? If so, you may be eligible for a Student Travel Award to help offset your convention-related expenses.

Eligibility Requirements:

- You must be an author or co-author of an APA/Division 30 paper or poster.
- You must attend the conference in person.
- You must submit original receipts for your travel-related expenses to our treasurer.
- You must arrange for your department chair to verify your student status by emailing the Awards Chair.

Who Qualifies?

- Applicants must be enrolled in undergraduate or graduate school or be in their pre-doctoral internship year at the time of application.
- Post-doctoral fellows are not eligible.

Please note: Authorship order and presenter status may influence the amount of the award.

To apply:

Email David Godot, Division 30 2026 Awards Chair, at dgodot@gmail.com with your interest, and for further instructions on how to submit the application and required documentation.

Interested in learning More About Hypnosis?

PLEASE JOIN US FOR THESE UPCOMING SCEH WEBINARS:

March 27, 2026

Understanding Meta-Analysis for the Clinician

Presenter: Barbara McCann, PhD

Details and registration: https://tcsppofficeofce.com/march_27_2026-2

April 10, 2026

Creating Reliably Effective Hypnosis Interventions for Chronic Physical Symptoms

Presenter: Olafur S. Palsson, PsyD, Professor Emeritus of Medicine, University of North Carolina at Chapel Hill

Details and registration: https://tcsppofficeofce.com/april_10_2026/

May 8, 2026

Sleep Architecture, Brain Waves, and Hypnosis: How Hypnosis Can Help People Sleep Better

Presenter: Dyan Haspel-Johnson, PhD

Details and registration: https://tcsppofficeofce.com/may_8_2026-2/

May 22, 2026

Hypnosis Research Workshop:

Designing Case Studies and Randomized Clinical Trials & Preparing Papers for Publication

Presenters: Gary Elkins, PhD and Vanessa Muñiz, MA

Details and registration: https://tcsppofficeofce.com/may_22_2026/

Sign up or find more information at this link: <https://www.sceh.us/webinars>

LATEST NEWS FROM



RECENT ISSUE- VOLUME 74, ISSUE 1

We are excited to announce that our January issue of the International Journal of Clinical and Experimental Hypnosis (IJCEH) featured a special issue on Ericksonian hypnotherapy and psychotherapy. The articles included in this issue encompass the innovations and therapeutic methods developed and taught by Milton H. Erickson, M.D. Dr. Erickson (1901-1980) has had a profound effect on the practice of clinical hypnosis and psychotherapy, and this issue aims to contribute to the evidence-based clinical practice and research of Ericksonian hypnotherapy and psychotherapy. Readers can expect to find articles that provide evidence for the efficacy of Ericksonian therapy, identify key concepts and movement toward a manualized resource, and integration of theory into practice.

SNEAK PEAK INTO THE FOLLOWING ISSUE:

This year holds many exciting issues for the IJCEH and our readers! It is our mission that through the upcoming issues, we can emphasize the advancements in medical and experimental hypnosis reflected in contemporary research. In our second issue of 2026, the IJCEH will feature a curated number of original research articles covering medical applications of clinical hypnosis. Then, our third issue of the year will showcase the advancements in hypnotizability and experimental hypnosis research.

END OF THE YEAR HIGHLIGHT - INCREASED READERSHIP

We are pleased to share that the IJCEH made record-breaking progress in number of articles downloaded last year! The IJCEH went from 79,005 downloads in 2024 to 85,288 in 2025 – an 8% increase!

IJCEH Social Media–Author Spotlight Series

As part of our Author Spotlight series, the IJCEH is proud to present an interview with Dr. Guy Montgomery regarding his and his colleagues' recent publication, "Hypnosis at the Crossroads: A Primer of the Past and Visions for the Future." Dr. Montgomery is Mt. Sinai Professor and Vice Chair in the Department of Population Health Science and Policy, and Director of the Center for Behavioral Oncology. Watch the fascinating conversation between Dr. Montgomery and IJCEH team member Mike Vinson on the IJCEH YouTube channel!

Look forward to the next upcoming Author Spotlight Interview:

Chris Corlett, MA, will be interviewed about the recent IJCEH publication "Feasibility of a Hypnosis Intervention for a Mystical Experience."

Interested Authors

Submissions are accepted and articles are published on a rolling basis. The International Journal of Clinical and Experimental Hypnosis receives all manuscript submissions electronically via Taylor & Francis' submission portal located at <https://rp.tandfonline.com/submission/create?journalCode=NHYP>

Instructions to authors can be found at:

[https://www.tandfonline.com/action/authorSubmission?](https://www.tandfonline.com/action/authorSubmission?show=instructions&journalCode=nhyp20)

[show=instructions&journalCode=nhyp20](https://www.tandfonline.com/action/authorSubmission?show=instructions&journalCode=nhyp20) Contact us at: IJCEH@baylor.edu

As a reminder, 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).



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

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

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

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- Follow the Editor of the IJCEH: [@ElkinsGary](#)
- Taylor & Francis Research Insights' Official Twitter Account: [@tandfonline](#)
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**We are pleased to share abstracts from the articles
published in the most recent issue of**

THE INTERNATIONAL JOURNAL OF
*Clinical and
Experimental*
HYPNOSIS
VOLUME 73, ISSUE 4

Editorial: Ericksonian Hypnotherapy and Psychotherapy

There are few, if any, individuals that have impacted the practice of clinical hypnosis as much as Milton H. Erickson, M.D. In fact, a recent international survey found that Ericksonian hypnotherapy is the most widely endorsed approach in clinical hypnosis. At the same time, the development of treatment/training manuals and rigorous research has lagged far behind the practice of Ericksonian hypnotherapy and psychotherapy. This special issue of the International Journal of Clinical and Experimental Hypnosis (IJCEH) partially fills this gap by addressing a number of important questions, such as: What is the essence of Ericksonian psychotherapy? What are key contributions of Milton H. Erickson, M.D. to the contemporary practice of hypnosis and psychotherapy? What does research tell us about Ericksonian hypnotherapy in the treatment of pain, obsessive-compulsive disorder, or prolonged grief? How may Ericksonian hypnotherapy influence hypnotically informed psychotherapy in the future? Addressing these important questions can provide essential information for cultivating research and enhancing evidence-based practice of Ericksonian hypnotherapy and psychotherapy.

The Essence of Ericksonian Psychotherapy: Toward a Manualized Resource

Dan Short

Ericksonian therapy, distinguished by its adaptive and individualized methods, is simultaneously celebrated for its innovation and critiqued for its lack of theoretical structure. To address this issue, we explore the essence of Ericksonian therapy, emphasizing the need for a structured yet adaptable operational framework to support its application in clinical, educational, and research contexts. Recognizing the challenges posed by the fluid and client-centered nature of Ericksonian methods, we review a framework grounded in six core competencies that are distinct within Ericksonian therapy. The identified competencies: tailoring, utilization, strategic interventions, destabilization, experiential methods, and naturalistic change; aim to balance the therapy's inherent adaptability with the necessity for teachability and empirical validation. Drawing on empirical evidence and theoretical insights, the article underscores the importance of operationalizing Ericksonian therapy to bridge the gap between its dynamic artistry and the structured demands of modern scientific inquiry. By advancing a manualized resource grounded in six core competencies, this article seeks to reconcile Ericksonian therapy's complexity with the demands of research, training, and diverse clinical applications.

From Maverick to Mainstream: Four Key Contributions of Milton H. Erickson to Hypnosis and Psychotherapy

Michael Yapko

At the time Milton Erickson began his clinical practice, the field of psychotherapy was in its infancy and heavily influenced by psychoanalytic theory and methods, generally a past-oriented approach. Hypnosis was not commonly used and when it was it tended to be rigidly formulaic in method and based on the belief that the success of hypnosis was determined more by an individual's hypnotizability and less by the methods of the clinician or quality of the therapeutic relationship. Erickson diverged sharply from those methods and perspectives in evolving his strategic approaches. While there are many contributions Erickson made to our understanding of the potentials of clinical hypnosis in treatment, this article describes four contributions the author considers to be key to Erickson's singlehandedly transforming the fields of clinical hypnosis and strategic psychotherapy. These include: 1) Shifting from an intrapersonal to interpersonal view of hypnosis and psychotherapy; 2) Emphasizing the importance of utilization of client attributes; 3) characterizing people's problems as evidence of rigidity rather than pathology; and 4) Focusing on future possibilities rather than analyzing the past.

Eight Modules of Psychotherapy for Chronic Pain Informed by Hypnosis

David Paterson & Elena Mendoza

Chronic pain is a health issue for millions of people and costs billions of dollars in health care and work productivity. Medical interventions, while sometimes beneficial, often fail, and issues surrounding opioid analgesics constitute a significant concern. Hypnosis has shown great promise in reducing suffering from chronic pain, but it is often applied incorrectly or insufficiently to address this problem. This article discusses using a biopsychosocial model for managing pain centered on hypnosis, based on recent publications. We present eight modules of psychotherapy informed by hypnosis, meditation, and motivational interviewing. The modules include a biopsychosocial assessment, motivational interviewing, cognitive interventions, hypnosis, meditation, activity, psychological factors, and sleep. We stress that a linear progression through the modules is not expected. Further, the proportion of attention to each module will vary from patient to patient. The ultimate goal of this approach is to manage rather than cure pain, and successful treatment outcomes focus on increased movement, productivity, and overall life satisfaction rather than solely pain reduction.

Comparing Cognitive Behavioral Therapy and Ericksonian Hypnotherapy for Obsessive–Compulsive Disorder: A Randomized Controlled Trial

Metin Çınaroğlu, Eda Yilmazer, Cemre Odabaşı, Selami Varol Ülker, Selin Tan, Gökben Hızlı Sayar

Obsessive–Compulsive Disorder (OCD) is a chronic condition that often responds well to Cognitive Behavioral Therapy (CBT), though many patients fail to achieve full remission. Ericksonian Hypnotherapy (EH) has been proposed as a promising alternative. This randomized controlled trial compared the efficacy of CBT and EH against a waitlist control in 99 adults with OCD. Participants received 12 weekly online therapy sessions. Outcomes were assessed at baseline, mid-treatment, and post-treatment using the Padua Inventory–Revised, Yale–Brown Obsessive Compulsive Scale–Self–Report (Y-BOCS–SR), and Beck Anxiety Inventory (BAI). Both CBT and EH led to large, statistically and clinically significant reductions in OCD symptoms compared to waitlist. CBT was more effective for compulsive behaviors such as washing, while EH produced greater reductions in obsessive rumination and general anxiety. No serious adverse events occurred. These findings suggest that EH is a viable and comparably effective treatment to CBT, with distinct therapeutic benefits. EH may offer a particularly useful option for patients with obsession-dominant symptom profiles or comorbid anxiety.

Effects of Ericksonian Hypnotherapy Versus Cognitive Behavioral Therapy on Prolonged Grief Among University Students: A Randomized Clinical Trial

Metin Çınaroğlu, Eda Yilmazer, Selami Varol Ülker, Fadime Çınar

This study evaluates the comparative effectiveness of Ericksonian Hypnotherapy (EH) and Cognitive Behavioral Therapy (CBT) in addressing prolonged grief among university students in Istanbul. Transitioning through critical developmental phases, 39 students who had experienced significant loss and demonstrated symptoms of prolonged grief participated in this randomized controlled trial. They were divided equally into three groups: those receiving EH, those undergoing CBT, and a control group placed on a waiting list. Assessments utilized the Prolonged Grief Scale and the Beck Depression Inventory to measure the interventions' impact on grief. Findings revealed significant improvements in both EH and CBT groups compared to the control, with EH showing marginally higher effectiveness in reducing grief symptoms. This research underlines EH's potential as a culturally adaptable and effective treatment for prolonged grief in a diverse academic setting, advocating for its broader application and further exploration across various populations.

Hypnotically Informed Psychotherapy: Erickson and Beyond

Robert Staffin

As Milton Hyland Erickson told us, “Each person is a unique individual. Hence, psychotherapy should be formulated to meet the uniqueness of the individual's needs, rather than tailoring the person to fit the Procrustean bed of a hypothetical theory of human behavior.” (Erickson, 2000 xvii). Erickson’s mastery and creative genius has invited clinicians to imitate and emulate his style of working and identify themselves as “Ericksonian.” But what does it mean to be Ericksonian? Utilizing the microdynamics of trance induction (Erickson et al., 1976), and the six “core competencies” outlined by Short (2019) as the foundation, this paper notes how the confluence of embodiment, influence, vivification, unconscious thought, spread activation, gestures, and “being hypnotic” rather than “doing hypnosis,” form what is here being defined as, Hypnotically Informed Psychotherapy.

Hypnotically Informed Psychotherapy (HIP) is offered as an alternative to the poorly defined, yet frequently employed, term, “hypnotherapy.” In its most rudimentary form, the hypnotically informed clinician is attuned to the impact of the palette of communication – verbal, nonverbal, and paraverbal – and harnesses it with strategic intent. Understanding and appreciating the ways in which we respond without being aware of what it is that invites our responsiveness (i.e., influence) is at the core of hypnotically informed psychotherapy. Inherent in this approach is a recognition of both conscious and unconscious “thinking” (Bargh, 2017; Dijksterhuis & Nordgren, 2006; Gilhooly, 2019; Kahneman, 2011; Short 2022). How the clinician utilizes the domains of self, other, and circumstances, (Staffin, 2018) to facilitate what Alldredge and Elkins (2023) characterize as a movement from the “rational system” to the “experiential system,” is central to HIP.

Being hypnotically informed is independent of one’s theoretical orientation. When one begins to engage in the therapeutic encounter from a posture of utilization and with an eye towards the microdynamics of the moment, one is engaged in or poised for Hypnotically Informed Psychotherapy.