

FOCUS

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70th Annual Workshops & Scientific Program

October 16-20, 2019
New Orleans, LA

Highlighted Speakers



Éva Bányaí, PhD



Irving Kirsch, PhD



Michael Nash, PhD



Karen Olness, MD



Jeffrey Zeig, PhD



Devin Terhune, PhD

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MESSAGE FROM THE PRESIDENT

BY DONALD MOSS, PhD



Will You be Joining Us in New Orleans?

As I write this, registrations are coming in for our 70th Annual Workshops & Scientific Program in New Orleans. I hope you will be among those to participate in our 70th Anniversary celebration.

I have always gained so much, both professionally and personally, from SCEH meetings. I look forward to the Annual Conference every year as a way to renew old friendships, share techniques, tools, information and challenges with colleagues, hear from some of the brightest minds in our field and forge new relationships in our hypnosis community.

Again this year, our Conference Committee, ably led by co-chairs Ciara Christensen and David Reid, have created an outstanding program around our theme. As you will see in this issue of Focus, we have a full schedule of education and social activities planned. There are workshops for all skill levels, and a robust Scientific Program. This is the place to be in October!

Fitting Conference Theme for 2019

The theme for this year's conference is "*Clinical and Applied Hypnosis: Evidence-based Practice and the Therapeutic Relationship*." One doesn't usually see the two terms—evidence-based practice and the therapeutic relationship—mentioned in the same sentence, but that pairing is deliberate. Our conference opens on Wednesday evening with a symposium on "Evidence-Based Practice in Hypnosis" and includes a Saturday symposium on the "Common Factors in Hypnosis and Psychotherapy." The therapeutic relationship is one of the so-called common factors that contribute greatly to treatment success, whether one uses cognitive behavioral therapy, psychoanalysis, or hypnosis.

Our Scientific Program, featuring keynotes, additional symposia and research presentations, will afford additional opportunities to explore this theme. We will also hold a robust Poster Session to review the latest research.

In addition to being a clinician, I am also an author and educator interested in empirical research on health care. In this President's Column, I will discuss evidence-based care, the common factors in therapeutic change, and our new research task force.

Evidence-Based Care

The evidence-based movement in health care emerged in the 1990's and has attempted to bridge the gap between research and practice, so that well-documented research findings can better inform treatment selection (Working Group, 1992; Sackett et al., 1996). Ideally, well-designed outcomes research can identify specific replicable treatment interventions with documented clinical efficacy and clinical effectiveness. In the behavioral health area today, therapies such as cognitive-behavioral therapy, prolonged exposure therapy, and interpersonal therapy are favored by clinics and insurance companies, because of the availability of multiple large-scale efficacy studies utilizing these interventions. These therapies are labeled as evidence-based or empirically-validated, based on large scale efficacy studies.

There are also controversies over large-scale efficacy trials, because in efforts to be methodologically rigorous, conditions may be controlled so narrowly that they do not resemble community-based clinical work. For example, in the trauma field, efficacy studies often exclude individuals with complex presentations and severe co-morbidities, which are common in clinical work (Courtois & Brown, 2019). Further, the treatment in large scale studies is often manualized and standardized, whereas effective clinical care for trauma requires customization and individualization of interventions. One strategy in a large scale VA clinical trial allows for flexibility in number of sessions according to severity (clinicaltrials.gov/ct2/show/

[NCT01928732](#)). Henning has discussed the challenges of researching complex conditions: “This perspective doesn’t hold that treatment use shouldn’t be guided by evidence, but it does often mean that small trials in community populations, case-control series, or other forms of evidence of effectiveness may be better guides for treatment with the kind of patients we are often actually treating in community settings” (Henning, personal communication; Henning & Brand, 2019).

Hypnosis is frequently not mentioned in compendiums on evidence-based care, in spite of the rich research tradition in hypnosis. The demanding standards for outcomes research today, which call for pre-registration of research protocols, concealment of participant allocation, rigorous randomization and blinding, and larger sample sizes, are challenges for outcomes studies in hypnosis. These are not new issues. In 2000, Etzel Cardena (2000) looked at the area of trauma treatment and identified weaknesses in the current literature. He emphasized the Chambless and Holon (1998) standards for empirically supported treatments as being attainable for hypnosis. These issues remain worthy of further attention today.

Task Force to Establish Efficacy Standards in Hypnosis Research

Last summer at the International Society for Hypnosis meeting in Montreal, I launched an initiative for a Task Force to Establish Efficacy Standards in Hypnosis Research. That project was endorsed by SCEH, ASCH, ISH, the National Pediatric Hypnosis Training Institute, and the Milton Erickson Foundation. Zoltan Kekecs and I agreed to co-convene the Task Force. Seven researchers from the US, Belgium, Great Britain, Hungary, Italy, and Belgium committed to participate in the Task Force discussions, and six additional researchers agreed to serve as consultants to the Task Force. The Task Force began its work in February 2019 and continues to meet on a monthly basis. Our goal in the Task Force is to promote clear rigorous standards that bring hypnosis to the table as a research-supported option in evidence-based care and to generate clear guidelines for future hypnosis research.

I’m delighted that an interim report on Task Force conclusions to date will be presented by Zoltan Kekecs at the SCEH Annual Conference, during the Wednesday

evening symposium on Evidenced-Based Practice in Hypnosis. Gary Elkins, Irving Kirsch, Joshua Rhodes, and Lauren Simicich will also present perspectives on evidence-based practice in hypnosis as part of that symposium.

The Common Factors in Therapeutic Outcomes

Whenever evidence-based research is mentioned in clinical settings, one hears an outcry, that emphasizes on effective *therapies* is missing the point, because in many cases one also needs to examine the role of effective *therapists*. An abundance of solid research on treatment outcomes has identified so-called “common factors” in psychotherapy, which include variables such as: empathy, the treatment alliance, goal consensus, the therapeutic relationship, congruence, positive regard, and patient expectancy. The common factors research suggests that variables such as empathy and the treatment alliance are highly predictive of treatment success, and in some studies show higher effect sizes than the choice of a specific intervention.

An article by Louis Castonguay (2013) summarized the state of the evidence today: There is solid evidence showing that a number of types of psychotherapy are empirically-supported therapies (ESTs) for specific disorders. There is emerging evidence that there are potentially harmful therapies (PHTs) for certain clinical problems (Dimidjian & Hollon, 2010; Lilienfeld, 2007). There is also evidence that ignoring cultural differences can render otherwise beneficial therapies harmful for some clients (Wendt, Gone & Nagata, 2015). Finally, there is an abundance of evidence for *empirically-based therapeutic change principles* that seem to apply regardless of the therapy model applied. Basic among those change principles are the emphasis on a good working alliance between therapist and client and an empathic connection between therapist and client. The research touched on here is largely based on investigations of common factors in psychotherapy and cannot be automatically extended to hypnosis.

In light of the evidence, my conclusion is that effective treatment comes best through integrating research findings about specific treatment modalities with an understanding of common factors.

The Saturday symposium on common factors will review the literature on common factors in psychotherapy, discuss its relevance for hypnosis practice and discuss strategies for extending research on common factors in hypnosis. Presenters including Eva Banyai, Gary Elkins, and Ian Wickramasekera, II, Mattie Briggs, and Lauren Simicich will give special attention to empathy, the alliance, and the therapeutic relationship.

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Please Support your Professional Organization!

This is a challenging time for professional organizations. The percentage of professionals joining national organizations has waned, as has attendance at many expensive national conferences. SCEH is adapting to the changes, by studying new ways to reach hypnosis professionals in our membership and beyond, including webinars, midyear workshops, and a revamped SCEH certification program, all now open to a wider variety of health and mental health professionals.

Nevertheless, it is challenging to support the operations of professional organizations from membership fees and conference registrations alone. Are you willing to join me in supporting SCEH with a donation or bequest? I have personally made several donations and have pledged to do more.

70th Anniversary and Platinum Club: \$70 for 70 Years

Our 2019 Annual Conference in New Orleans celebrates the 70th anniversary of the founding of SCEH in 1949. To help us continue our strong legacy, I invite you to make a donation to SCEH today. All donors who give \$70.00 or more will be recognized at the Annual Banquet as charter members of the SCEH Platinum Club. I hope you can participate in this initiative. Every donation counts.

Donations can be designated for the student scholarship fund, the diversity fund or support for speakers.

[Donate Now](#)

Members are also invited to consider making a legacy gift to SCEH, in your will or trust. If you wish guidance on this process, please contact me at dmoss@saybrook.edu.

LETTER FROM THE EXECUTIVE DIRECTOR

BY ANNE DOHERTY JOHNSON



Dear Member,

It's a busy time of year at the Society office as we finalize preparations to greet you all in New Orleans for our 70th Anniversary Conference. This year's event is shaping up to be one of our best to date.

Will you be joining us? Our 5-day conference packs a tremendous amount of education and activities into a short amount of time. Need CE? With workshops, keynotes, symposia, research presentations and a poster session, you can earn up to 32 CEs for license renewal or certification. Please familiarize yourself with our [conference brochure](#) so you can take full advantage of the event.

Still on the fence? View our [video invitation](#) or read our [testimonials page](#) to get a sense of what to expect.

All set to go? We hope you will join us at the conference hotel. Please help SCEH by making your room reservations directly with the hotel. View information on how to make a [reservation in our discounted room block](#).

Have you completed your [conference registration](#) yet? (Please note that prices increase on September 15.)

Conference Checklist

Here are few things to pack with you on your trip to New Orleans.

- List of goals – Who do you want to meet? (We're always happy to facilitate introductions – just ask.) Are you looking for new ideas or feedback on specific client challenges? Do you have a new project to promote? Are you looking for collaborators for a research or writing project? Are you thinking about getting certified? Is joining SCEH right for you? To get the most out of the SCEH Annual Conference, a little advance goal setting will go a long way.

- Good way to keep notes – Our conference programming will be keeping your little grey cells almost continuously firing from Wednesday through Sunday. How will you capture the highlights of each day? Whether using pen or paper or a smartphone or laptop, jotting down some key takeaways in the moment can help you once you return home. Did you get contact information for future follow up to that conversation you had? What new tool or piece of research did you want to particularly recall? What technique do you want to use right away with patients?
- Favorite Pen – If you need continuing education credits for licensing or certification, you will be filling out your CE packet throughout the conference. (Plan to pick up your CE packet at the conference registration desk when you arrive.)
- Conference hashtag **#SCEH2019** – We invite you to engage with us on social media before, during and after the conference to add your thoughts and impressions and follow information and commentary. This is a great way to grow your visibility and actively participate in our gathering.
- Layered clothing – Hotel meeting rooms can be hard to calibrate. Conference goers often experience what I call “the Goldilocks room continuum” of being “too hot” then “too cold” then – you guessed it. Wearing layers makes for a more comfortable experience. October sees New Orleans temperatures begin to decline, although still very warm and dry. The average temperature hits a high of around 79°F (26°C) during the day and evenings about 64°F (18°C).
- Your Personalized Itinerary – Your registration confirmation will let you know which activities you selected. Take a few minutes looking over your schedule to be sure you are making the most of the event.

Here are some activities we hope you will include on that personalized itinerary:

Member Luncheon

We hope you can join us at our Member Luncheon on Saturday. It's your chance to help shape and guide the future of the Society and a great way to meet and support fellow members. It's also your chance to be the first to hear about new SCEH plans for the future.

Networking Reception and Other Social Activities

The conference includes a number of social activities, including a Networking Reception, Women's Breakfast, Student/Early Career Professional Lunch and more. (There's also an independently organized Student Dinner being planned.) These activities are designed to help attendees network with one another. More than one

successful collaboration has blossomed at a SCEH meeting and we are sure this year will be no different.

Here are some quick links for useful reference for #SCEH2019:

[Conference Website](#)

[Conference Brochure](#)

[Video Invitation](#)

[Register Online](#)

[Hotel Reservations](#)

We look forward to seeing you in New Orleans!

Apply for Membership



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

We invite:

- **Clinicians!**
- **Academics!**
- **Researchers!**
- **Students!**

Come be a part of our mission to **promote excellence and progress in hypnosis research, education and clinical practice.**

[**www.sceh.us**](http://www.sceh.us)

SCEH Webinar Series



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

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

The first live webinar was held on July 19 on the topic of Cultural Sensitivity, Personal Boundaries, and Changing Interpersonal Expectations in Professional Conference Settings and led by Janna Henning, JD, PsyD, FT, Adler University, Chicago, IL.

Upcoming webinars include:



September 13, 2019 12:00–1:30 PM EST USA

Integrating Hypnosis and Mindfulness-Based Strategies into a Cognitive Behavioral Therapy Program for Smoking Cessation

Presenter: Joseph P. Green, PhD, Professor of Psychology, The Ohio State University, Lima, OH



November 15, 2019 12:00–1:30 PM EST USA

Mindful Hypnotherapy: Integrating Mindfulness into Hypnotherapy Practice

Presenter: Gary Elkins, PhD, ABPP, ABPH, Editor-in-Chief, *International Journal of Clinical and Experimental Hypnosis* and Professor, Department of Psychology and Neuroscience, Baylor University, Waco, TX

We have additional dates and topics confirmed for 2020. Next year, we will present a two part Ethics webinar, and also delve into hypnosis for chronic pain, pediatric hypnosis, hypnosis for anxiety and more. Pencil in these dates to your calendar and plan to join us online in 2020 for an outstanding series led by leaders in the hypnosis field. Please bookmark our [webinars page](#) – and check back for details.



70th Annual Workshops & Scientific Program

Clinical and Applied Hypnosis: Evidence-based Practice and the Therapeutic Relationship

OCTOBER 16-20, 2019

ACE HOTEL - NEW ORLEANS, LA

This year's theme, **Clinical and Applied Hypnosis: Evidence-based Practice and the Therapeutic Relationship**, puts a focus on selecting treatment interventions well tested by rigorous research, and on personal mastery of the relationship variables that optimize all therapeutic interventions.

Our 2019 conference will feature keynotes, symposia, and workshops that illustrate these twin themes, as well as scientific presentations extending the scope of hypnosis in both medical and psychological practice.

Hotel Reservations

Special discounted rates for our hotel room block are valid until it sells out or **September 15th, 2019**.

[RESERVE NOW](#)

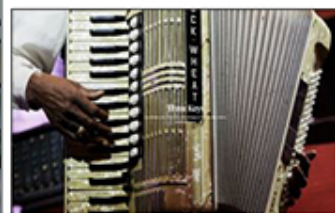
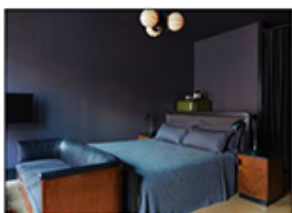
New Orleans Charm

Come enjoy the charm of New Orleans, all while attending a successful meeting in the Crescent City, Sportsman's Paradise...the Big Easy. New Orleans combines big city choices with the small town friendliness, convenience and always has lagniappe—a little something extra—to offer. Your exploration of the many sensory experiences that come with the unique city of New Orleans begins here—laissez les bons temps rouler—let the good times roll!

For conference information-click here



**ACE HOTEL
NEW ORLEANS**



#SCEH2019 is the hashtag for the 2019 Conference of the Society for Clinical & Experimental Hypnosis (SCEH). Please use it in all posts and mentions you add to social media. We appreciate your helping us to spread the news about this event. Thank you.

Workshop Program Overview

SCEH workshops teach participants hypnotic theory and practical techniques for immediate use in professional practice. Educational approaches include lectures, audiovisual presentations, and skill-practice groups. Workshops are scientifically based and of the highest teaching quality. Most workshops include demonstrations and/or practica or other experiential components.

Workshops meet accepted Standards of Training in Clinical Hypnosis and count toward [SCEH Certification](#). Workshop attendees are invited to attend Keynotes on both Wednesday, Thursday and Friday, which provide additional CE hours.

INTRODUCTORY (Basic) WORKSHOP

This practically focused workshop will provide introductory training in the theory and application of clinical hypnosis in psychotherapy, dentistry, and medicine. A combined format of lecture, demonstration, and supervised practice is used to teach and develop clinical skills in the use of hypnosis.

Topics include: types and principles of hypnotic induction; methods of hypnotic induction; self-hypnosis; anxiety management; pain management; addressing issues of resistance; hypnosis with habit disorders; exploration of unconscious dynamics; treatment planning and technique selection, and integration of hypnosis into clinical practice.

Participants will have many opportunities for hands-on practice in supervised small-group sessions. The goal of the workshop is to provide the requisite training for attendees to begin utilizing hypnosis in their own clinical practices. Ongoing feedback and mentoring will be provided to support the development and applicability of new skills.

INTERMEDIATE/SKILLS WORKSHOP

Skills Workshops consist of sessions that feature a variety of hypnotic techniques, for induction, deepening, and therapeutic application.

Skills Workshops are designed to refresh and expand skills. These skills workshops will be at the intermediate level, and will serve for persons seeking certification. They will also provide useful opportunities for advanced professionals to refine hypnotic technique.

ADVANCED WORKSHOPS

Taken as a cohort, participants may mix and match with Advanced Workshops. If you wish to take the Skills Workshops to satisfy Intermediate level requirements for certification, please note that you must take all the Skills Workshops as a cohort, requiring full attendance for the duration of the workshop.

Advanced Workshop registrants may choose from the Advanced Workshops list or may elect to take a Skills Workshops independently for CE credit.

Please note that if taking a Skills Workshop separately, that CEs are awarded in only full or half hours. If attending all Scientific Program events listed with the Skills Workshop Agenda (Symposia and Keynotes), your total CEs will amount to 20.



#SCEH2019

SCEH STUDENT COLUMN

BY BRITTANY KRAGNESS



My name is Brittany Kragness. I am a fourth year Master's student in Naropa University's Mindfulness-Based Transpersonal Counseling program. My first experiences with clinical hypnosis were through a Transpersonal Psychology class in my program. From there, I connected with other students who were interested in pursuing clinical hypnosis training. In 2018, I completed my beginner workshop training. Then, in 2019 I attended the midyear workshop put on by SCEH in Denver, Colorado.

Through participating in the intermediate training, I gained knowledge and practice regarding assessing hypnotizability. I was able to learn from my peers as well as experienced researchers and presenters. While this training was short, I gained a deeper understanding of how to assess hypnotizability through empirically validated measures. As I move into my internship at Mental Health Partners, I am excited to begin noticing how trance shows up in the counseling setting. I am looking forward to expanding my knowledge in this field and networking with brilliant minds regarding the use of clinical hypnosis. I would encourage all who are interested to take a closer look and explore how hypnosis could be an asset in their own journey!

Email all content submissions to focus@sceh.us.

Calling all SCEH Students!

Supported by Dr. Henning, student members Madeline Stein and Christianna Flynn are developing an ad hoc committee focused on getting more students involved with SCEH leadership! The committee will specifically focus on defining a role for a Student Representative on the SCEH Executive Council and begin constructing a nomination process. Interested in joining the committee? Want to know more?

Please email Madeline at: madeline@madeline-stein.com with your questions, comments, and concerns.

SCEH NEWS & INFORMATION

Get Certified

Are you looking for a way to demonstrate your advanced training in hypnosis?

SCEH Certification provides a standard of excellence and dedication for the practice of clinical hypnosis and for the use of hypnosis in research and academic teaching. Given the ongoing flux and uncertainty in the health care industry, it is anticipated that certification in specialized direct care interventions will become the standard expectation from many third-party payers.

SCEH Certification is valid for a period of three years. Renewal requires documentation of additional CE activity, and is also valid for a period of three years.

SCEH has three programs:

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

[Learn more](#)

SCEH Certification Programs

The Executive Council of SCEH voted in October of 2018 to approve a new and updated Certification Program, the Certification in Clinical Hypnosis (CCH) which will replace our former program. www.sceh.us

The Buzz About SCEH

We have a new page on our website to share what people say about SCEH and our hypnosis training programs. [View the page.](#)

If you have attended an event, we invite you to submit a testimonials. You might find it on that page or in a future issue of Focus. Share a testimonial [here](#) (log in required).

Follow us on Social Media

Have you visited our social media channels yet? Please drop by and say hello.

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

[Learn more](#)

Stay Connected.



Don't Miss Important Communications from the Society

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

- mam@memberclicks-mail.net
- anne@sceh.us
- info@sceh.us

We also suggest that you whitelist these IP addresses (as of September 2018):

- 168.245.116.231
- 168.245.127.241
- 168.245.20.17
- 168.245.25.254

MEMBER NEWS

Dr. Joseph Tramontana, reported that he had presented a two-day workshop on "Hypnotically Enhanced Treatment for Addictions during this time of the Opioid Crisis" to the Canadian Federation of Clinical Hypnosis in Banff, Canada May 24-25, 2019. He said he was initially approached by our dear, but unfortunately late colleague, Dr. Assen Alladin, after Assen had heard him give a 3-hour presentation on this topic at a SCEH conference.

He said: "When Assen approached me about this conference, I had no idea where or what Banff was. I knew Assen was from the Alberta Province, but little else. So, he showed me pictures. The pictures didn't do justice to the actual beauty of the place, especially Lake Louise. Probably one of the most beautiful places I've ever seen, I'll use it in my personal relaxation meditations. But during that talk with Assen, I asked how much of the two-day workshop he wanted me to teach. He replied: 'All of it!' To which I responded: 'Well I've never taught more than a half-day workshop.' He asked: 'But you could, could you not?' And I said: 'Sure! I always have much more material than I have time to present.' I thoroughly enjoyed having the extended time to teach, with more time for demonstrations and practice among participants."

Dr. Tramontana will be presenting the 3-hour version of this workshop at SCEH's October, 2019 conference in New Orleans (his hometown).

Contribute to our Hypnosis Clinical Resources Page

Society Members are invited to contribute to the SCEH Hypnosis Clinical Resources page.

Do you have a useful patient hypnosis handout, a link to a training video on hypnosis related topics, or other material you might be willing to share on the Society's Hypnosis Clinical Resources page?

This is an excellent opportunity for you to share your expertise, gain visibility and help us grow adoption and use of hypnosis to help our patients and or further awareness about important research. We welcome your contributions.

Please send the resource and a cover letter to SCEH President Don Moss at dmoss@saybrook.edu. The SCEH Education Committee will screen material and make final decisions on postings. Thank you. View the page [here](#).

Share Your News with the SCEH Community!

- ▶ Book or article reviews
- ▶ Awards or public recognitions
- ▶ Promotions, job changes, retirements
- ▶ New ways you are using hypnosis in your practice
- ▶ Articles you have written
- ▶ Recently published books
- ▶ Recent talks
- ▶ Events you are hosting
- ▶ A milestone you are celebrating
- ▶ Research/special projects
- ▶ Items of interest to the membership
- ▶ Photos of the above (*please include caption*)

Please send your news and photos to the FOCUS editors at: focus@sceh.us

SCEH reserves editorial rights over all submissions.

We look forward to hearing from you!

MEMBER NEWS *continued*

Recent Publications by SCEH Members

Philip D. Shenefelt published in Volume 11 Issue 1 (*Journal of Alternative Medicine Research*) Inducing and utilizing hypnomoments in routine medical communications with patients.

At its 2019 conference, the International Society for the Study of Trauma & Dissociation (ISSTD) gave the Pierre Janet Writing Award for the best paper on dissociation to **Paul F. Dell** for: Dell, P. F. (2019). Reconsidering the autohypnotic model of the dissociative disorders. *Journal of Trauma & Dissociation*, 20(1), 48-78. Earlier, at its 2018 conference, SCEH recognized Dell for the same work with its Hilgard Award for the best theoretical paper on hypnosis.

Stanley Krippner is the co-editor of *Integrated Care for the Traumatized: A Whole Person Approach*. The book was just published by Rowman & Littlefield; the other editors are Ilene Serlin and Kirwan Rockefeller. Chapters describe individual, group, and community programs for helping people with PTSD and associated disorders. Some of the approaches described are dance and movement therapy, expressive arts therapy, time perspective therapy, and animal assisted therapy.

Don Moss and **Eric Willmarth** have published a new article in *Annals of Palliative Medicine* on the use of hypnosis for anesthesia, pain management, and preparation for medical procedures. The [article](#) is Open Access, so useful for teaching.

Pierre Janet and the Enchanted Boundary of Psychical Research
[Evrard, Renaud](#); [Pratte, Erika Annabelle](#) and [Cardeña, Etzel](#)^{LU} (2018)
In *History of Psychology* 21(2). p.100-125 was selected as the best History of Psychology article for 2018 by Division 26 of the American Psychological Association. The article was co-written by **Etzel Cardeña**, past SCEH President.

SCEH MEMBER DISCOUNT



As a SCEH member, you can get a 25% discount on Springer Publishing titles ordered through www.springerpub.com.

To access this members only program, follow the links below.

[Springer Publishing titles with hypnosis content.](#)

[All Springer Publishing titles.](#)

For details on how to get your member discount, [read this notice](#) (member login required.)

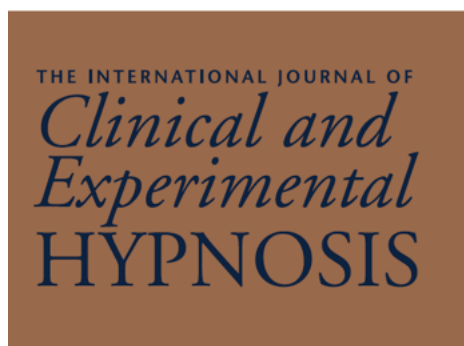
SCEH Membership

The Society for Clinical and Experimental Hypnosis (SCEH) is an international organization of psychologists, physicians, dentists, psychiatrists, social workers, master's level nurses and certain other professionals who are dedicated to the highest level of scientific inquiry and the conscientious application of hypnosis in two settings; clinical and experimental.

For more information and to apply online:

[How to Join](#)
[Membership Requirements](#)
[Membership Approval](#)
[Member Benefits](#)
[Don't Miss Important SCEH Communications](#)

Annual Dues
Full Membership \$165
Professional Affiliate \$165
Student Affiliate Membership \$49



LATEST NEWS FROM THE IJCEH

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

Managing Editor: Lynae Roberts, MA



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

In October 2019, we will be publishing a very special issue on Contemporary Research with Dr. Giuseppe De Benedittis as guest editor. This issue will feature papers by some leaders in the field who participated in the historic 2018 Pre-Congress Scientific Meeting at the 21st World Congress of Medical and Clinical Hypnosis in Montreal. The meeting aimed to bridge the gap between clinicians and researchers. Articles chosen for the special issue highlight insights and challenges for the field, addressing theory, practice, and research.

Our new ScholarOne website has helped streamline the submission and peer review processes. We took our time developing the site and are so glad to see that it's been well-received. If you have a paper to submit, just go to mc.manuscriptcentral.com/ijceh and create a username. Everything you submit will be conveniently available for you to view on the online system. Unlike so many websites, ScholarOne makes it easy to reset your password, so don't worry if you forget!



Managing Editor: Lynae Roberts, MA

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, and consciousness).

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**We are pleased to share abstracts from the articles published in the most recent issue of the
*International Journal of Clinical and Experimental Hypnosis***

Abstracts from the July 2019 Issue

The LAURS of Hypnotic Communication and the “Lived in Imagination” Technique in Medical Practice

Allan M. Cyna

This article describes two common hypnotic communication techniques that can be used in anesthesiology and more generally for a variety of medical applications. First, the LAURS (listening, acceptance, utilization, reframing, suggestion) hypnotic communication structure is detailed. This technique allows clinicians to rapidly build patient rapport and maximize the chance of a suggestion being realized. Second, the “Lived in Imagination” technique can be used to supplement a less than perfect local anesthesia technique or help provide analgesia or sedation to support a patient undergoing minor or even major surgical procedures. These techniques may allow for an adjunctive, seamless integration during standard clinical care.

The Effect of Hypnosis on Intraoperative Hemorrhage and Postoperative Pain in Rhinoplasty

Seyda Efsun Ozgunay, Suay Ozmen, Derya Karasu, Canan Yilmaz & Ibrahim Taymur

This prospective, randomized study investigated the effects of preoperative hypnosis on hemorrhage and pain in open septorhinoplasty (SRP). Twenty-two patients undergoing SRP under general anesthesia were included and equally divided into two groups. Patients in the hypnosis group (HG) received a total of three sessions of hypnotic induction. The first two sessions occurred 3 days and 1 day prior to surgery, respectively, and the last session was in the hospital the day of surgery. The other 11 patients constituted the control group (CG). Compared with the CG, the HG's intraoperative use of total remifentanyl and the visual analog scale scores at the 2nd and 3rd postoperative hours were significantly lower ($p < .05$). Hypnosis did not affect the quality of the surgical field. However, preoperative use of hypnosis decreased intraoperative remifentanyl requirements and postoperative pain.

A Review of Hypnotherapy for Overactive Bladder***Lisa A. Osborne & Phil Reed***

This review examines the effectiveness of hypnotherapy for the relief of overactive bladder (OAB) symptoms. Ten studies examining outcomes of hypnotherapy for OAB were located from searches of electronic databases. Most reports were case studies or observational, but there were two randomized, controlled trials. Hypnotherapeutic treatment regimens were idiosyncratic and tailored to individual patients. All studies suggested benefits from hypnotherapy as an adjunct treatment for OAB, especially in terms of subjective reports of symptoms and increasing self-efficacy. These benefits suggest hypnotherapy increases patients' abilities to engage in relaxation, reduces condition-associated anxiety, and improves patients' perceptions of their symptom-coping abilities. Although strong objective evidence of improvement in OAB symptoms is lacking, these subjective improvements, combined with increasing use and acceptance of hypnotherapy in obstetric and gynecological settings, suggest the utility of hypnotherapy as a psychological adjunctive procedure in the treatment of OAB.

Clinical Hypnosis in Postoperative, Adult-Onset Dysphagia: A 2-Year Empirical Case Study***Michael T. M. Finn & Lindsey C. McKernan***

Dysphagia, the perceived impediment to swallowing food, is a common postsurgical symptom that can have debilitating consequences. This study presents the successful treatment of severe esophageal dysphagia with a problem-focused and patient-centered approach to hypnosis, informed by long-term empirical follow-up. The authors describe a case history involving significant and persistent difficulty swallowing for which no medical or surgical treatment could be found. Over the course of 10 sessions, the patient was assessed, treated with imaginal exposure, and instructed in self-hypnosis. Outcomes were measured at treatment conclusion, and 6-, 9-, and 18-month follow-ups. Following hypnosis, the patient exhibited significant and reliable change (RC) in visceral hypersensitivity (RC = -3.16, $p = .002$), emotional distress (RC = -2.21, $p = .03$), subjective well-being (RC = 4.14, $p < .0001$), and posttraumatic symptoms (RC = -3.33, $p = .001$). Gains were maintained at 18-month follow-up.

Effect of an Online Hypnosis Intervention in Reducing Migraine Symptoms: A Randomized Controlled Trial***Niamh Flynn***

This study examined the development and effect of an online hypnosis program for the treatment of migraines. Forty-three participants were randomly assigned to a wait-list control or a treatment group. The treatment group received hypnosis mp3s developed for the study. Pain catastrophizing (PCS), headache disability (HDI), migraine frequency, duration, severity, and medication usage were measured. There was a 48% reduction in mean HDI score in the treatment group and 2% reduction in the control group. There was a 60% reduction in mean PCS score in the treatment group. There were no significant between-group differences in the proportion of subjects experiencing decreased frequency or severity of migraines. There was a significant between-group difference in the change in migraine duration. This study demonstrated that a hypnosis intervention delivered online was effective in reducing headache symptoms in migraine sufferers.

The Efficacy of Hypnosis as a Treatment for Anxiety: A Meta-Analysis***Keara E. Valentine, Leonard S. Milling, Lauren J. Clark & Caitlin L. Moriarty***

This meta-analysis quantifies the effectiveness of hypnosis in treating anxiety. Included studies were required to utilize a between-subjects or mixed-model design in which a hypnosis intervention was compared with a control condition in alleviating the symptoms of anxiety. Of 399 records screened, 15 studies incorporating 17 trials of hypnosis met the inclusion criteria. At the end of active treatment, 17 trials produced a mean weighted effect size of 0.79 ($p \leq .001$), indicating the average participant receiving hypnosis reduced anxiety more than about 79% of control participants. At the longest follow-up, seven trials yielded a mean weighted effect size of 0.99 ($p \leq .001$), demonstrating the average participant treated with hypnosis improved more than about 84% of control participants. Hypnosis was more effective in reducing anxiety when combined with other psychological interventions than when used as a stand-alone treatment.

Quantitative Sensory Testing (QST) Estimation of Regional Cutaneous Thermal Sensitivity During Waking State, Neutral Hypnosis, and Temperature Specific Suggestions***Gianluca Conversa, Enrico Facco, Matteo Luigi Giuseppe Leoni, Michelangelo Buonocore, Rosa Bagnasco, Lucia Angelini, Laura Demartini & David Spiegel***

This study aimed to determine the effects of neutral hypnosis and hypnotic temperature suggestions in thermal and pain thresholds compared to resting state. Sixteen healthy medium or high hypnotizable volunteers were enrolled. Hypnotizability was assessed with the Hypnotic Induction Profile (HIP); QST was checked in resting state, in neutral hypnosis, after suggestions of heat and cold, and after deinduction. A significant increase in heat threshold was recorded during hypnosis with both cold and heat suggestions compared to neutral hypnosis. HIP induction score showed a linear correlation with changes of temperature thresholds after heat and cold suggestions. Thermal suggestions may result in a significant increase of heat perception thresholds with respect to neutral hypnosis. HIP score is related to thermal threshold changes. QST is a valuable and manageable tool to measure temperature threshold change during hypnosis.

International Journal of Clinical and Experimental Hypnosis

Call for Papers

Evidence-Based Clinical Case Studies

As hypnosis has many applications in medical, dental, and psychological practice, I am issuing an invitation for authors to submit relevant and innovative Evidence-Based Clinical Case Studies for consideration for possible publication in the *International Journal of Clinical and Experimental Hypnosis*. Well-conducted and empirically reported case studies can provide very useful information for clinicians and researchers.

Clinical case study research can identify new theoretical ideas and show the potential of combining hypnosis with other therapies. Such studies can also reveal innovative applications of hypnosis and potential feasibility. Rich clinical data helps to bridge the gap between empirical research and clinical practice, as thoroughly described interventions provide clinical methods for further research and replication.

The aim of Evidence-Based Case Studies will be to review relevant literature, offer verbatim hypnosis transcripts, and provide empirical outcome data, discussion, and recommendations. Authors must provide scientific justification for the intervention, clearly identify the rationale, describe the intervention, and provide objective outcome data. The following guidelines should be followed by those that are interested in submitting an Evidence-Based Clinical Case Study for peer review and consideration for publication in the *IJCEH*.

Evidence Based Clinical Case Studies should include the following components:

- Cover page and Abstract of 140 words or less.
- Comprehensive and relevant review of previous research.
- Appropriate informed consent must be obtained before any measures are administered.
- Description of case(s) with well-substantiated clinical diagnosis or symptom presence.
- Patient's history, referral source, and relevant details.
- At least two standardized assessment measures (completed by the patient or an independent rater) of the target symptom, problem, and/or global rating.
- Measures should be administered at least twice – at baseline and end of treatment, and may also be reported at long-term follow-up.
- Details of the hypnotic induction used, procedures used, specific suggestions.
- Data analysis of results/outcomes.
- Discussion of findings (successful or unsuccessful).
- Discussion of study limitations, implications for clinical practice, and future research recommendations.

Additional components recommended for clinical case studies:

- Assessment of hypnotizability is *strongly encouraged* as well as measures of treatment expectancy.
- Use of both self-report *and* objective (e.g. physiological) data, if available.
- Clinical transcripts and vignettes should be included to illustrate the intervention and provide enough detail to allow for clinical use or for potential replication by other investigators. Hypnosis intervention transcripts may be included as an appendix.

CALENDAR OF HYPNOSIS EVENTS

Sep 13, 2019

12:00-1:30 PM EST USA

WEBINAR

Integrating Hypnosis and Mindfulness-Based Strategies into a Cognitive Behavioral Therapy Program for Smoking Cessation

Presenter: Joseph P. Green, PhD, Professor of Psychology, The Ohio State University, Lima, OH

[Event flyer with details and registration link](#) (PDF)

Sep 26-28, 2019

Minneapolis, MN

*Crowne Plaza Hotel &
Conference Center*

Pediatric Clinical Hypnosis Skill Development Workshops

Fundamentals, Utilization & Expanded Clinical Applications, & Individualized Consultation

Co-sponsored by the Minnesota Medical Association, the Minnesota Society of Clinical Hypnosis, the University of Minnesota Department of Pediatrics, and Children's Hospitals and Clinics of Minnesota.

Certification: See Brochure at www.nphiti.org for Accreditation details.

For questions: Daniel P. Kohen, MD, FAAP, ABMH dpkohen@umn.edu,

Pamela Kaiser, PhD, CPNP drpkaiser@gmail.com

Co-Founders and Co-Directors, NPHTI

Oct 16-20, 2019

New Orleans, LA

Ace Hotel

SCEH 2019 Annual Conference 70th Annual Workshops & Scientific Program

Clinical and Applied Hypnosis: Evidence-based Practice and the Therapeutic Relationship

Introductory, Skills and Advanced Workshops plus Scientific Program.

Conference Theme: Clinical and Applied Hypnosis: Evidence-based Practice and the Therapeutic Relationship.

Workshops meet accepted Standards of Training in Clinical Hypnosis and count toward SCEH [Certification Programs](#).

[Details and Registration Info](#)

Oct 31-Nov 3, 2019

Wurzburg, Germany

9th Kindertagung

The largest Child Hypnosis Congress in the World

The energy behind this amazing Congress is Bernhard Trenkle, Dipl. Psych, current President of ISH. At least 100 different faculty will present a potpourri of exciting workshops. They include wonderful teachers, researchers, authors from all around Europe, the U.S., South Africa, China, Mexico and many other places.

The preliminary program (in German) is available at www.kindertagung.de

CALENDAR OF HYPNOSIS EVENTS

Nov 15, 2019
12:00-1:30 PM EST USA

WEBINAR

Mindful Hypnotherapy: Integrating Mindfulness into Hypnotherapy Practice

Presenter: Gary Elkins, PhD, ABPP, ABPH, Editor-in-Chief, International Journal of Clinical and Experimental Hypnosis and Professor, Department of Psychology and Neuroscience, Baylor University, Waco, TX

[Event flyer with details and registration link](#) (PDF)

Dec 12-15, 2019
Phoenix, AZ

13th International Congress on Ericksonian Approaches to Hypnosis & Psychotherapy

Join us for the December Congress in Phoenix, Arizona with 7 keynotes, 96 workshops, 22 clinical demonstrations, and 102 developers of Ericksonian methods, practices and ideas. PLUS you can earn up to 43 Continuing Education credits.

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Learn more here: www.ericksoncongress.com

Apr 24-25, 2020

Chicago, IL

The Chicago School of Professional Psychology

SCEH 3rd Annual 2020 Midyear Clinical Hypnosis Workshops

Co-sponsored by the Society for Clinical and Experimental Hypnosis and the Institute for Continuing Education.

Three Tracks:

- Introductory/Basic Workshop– Fundamentals of Hypnosis
- Intermediate Workshop–Intermediate Training in Clinical and Applied Hypnosis
- Advanced Workshop–details coming soon

Each workshop will be submitted for 12.5 CE. See website for CE details.

Bookmark [this page](#) for details and registration (*coming soon*).

Events Calendar

Promoting excellence and progress in hypnosis research, education & clinical practice.



Bookmark our [upcoming events](#) page!