

FOCUS

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SCEH Annual Conference

**HYPNOSIS TO
ENHANCE & AUGMENT
TREATMENT OUTCOMES**

Moving ONLINE for 2020

71st Annual Workshops & Scientific Program

71ST ANNUAL

Workshops and Scientific Program

Register Now!

OCTOBER 14-18, 2020

#SCEH2020

Introductory, Skills and Advanced Workshops +
Scientific Program

KEYNOTES



Amir Raz, PhD; Amanda Calhoun, MD, MPH; Olafur Palsson, PsyD; Zoltan Dienes, DPhil and Amanda Barnier, PhD

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MESSAGE FROM THE PRESIDENT

BY JANNA A. HENNING, JD, PSYD, FT



Dear Colleagues and Friends,

After much planning and preparation, we have now opened the registration portal for our first-ever virtual meeting, which will occur from October 14-18, 2020. The conference theme is *Hypnosis to Enhance and Augment Treatment Outcomes*. Our

Program Committee has been ably led by Ciara Christensen, PhD and David Reid, PsyD as overall Program Co-chairs. Our Scientific Program has been Co-chaired by Barbara McCann, PhD and Vivek Datta, MD, MPH, with assistance from Zoltan Kekecs, PhD and Shelagh Freedman, PhD; the Introductory/Basic Workshop has been Co-chaired by Barbara McCann, PhD, SCEH Secretary, and Tova Fuller, MD, PhD; Alexandra Chadderdon, PsyD and Deanna Denman, PhD have been serving as Intermediate/Skills Workshop Co-chairs; and Ciara Christensen, PhD and Catherine McCall, MD have been serving as Advanced Workshop Co-chairs. The entire committee has been working tirelessly to plan a virtual meeting format that will combine all of the strengths of our traditional meeting experience with the advantages of a virtual meeting format. We have been especially thrilled to have so many SCEH members contribute their talents and skills for the very first time as conference co-chairs! Please visit [here](#) for additional details about the meeting.

The virtual format, which was chosen in response to the need for physical distancing to slow the spread of COVID-19, will nevertheless allow the SCEH community to gather together to share knowledge about hypnosis research and applications in clinical practice. We believe that it is one of our very finest offerings of clinical workshops, keynote speakers, and scientific presentations. We are very excited, for example, to have secured Amanda Barnier, PhD, Amanda Calhoun, MD, MPH, Zoltan Dienes, DPhil, Olafur Palsson, PsyD, and Amir Raz, PhD as presenters in the Scientific Program. We are also planning times for informal opportunities for SCEH members, students and early career professionals, and female-identified members to have virtual conversations and to reconnect. As added benefits, we will make the meeting content available for

an extended period of time after the official conference dates, registration rates will be significantly lower compared with our in-person meetings, and we are increasing student scholarship opportunities!

Furthermore, the benefits of offering the Annual Meeting virtually will positively impact SCEH into the future. The SCEH EC and conference planning committee will be able to use what we learn from this virtual conference format to help increase engagement with SCEH and access to its trainings and resources for the benefit of members who have previously had limited ability to attend our in-person trainings because of geographic, financial, or time constraints.

The ability of SCEH community members, including clinicians, researchers, students, and early career professionals, to connect, build and strengthen our relationships, and exchange cutting-edge knowledge is more important now than ever before, particularly in this unprecedented year in which we are grappling with and being changed in many ways by the global pandemic coupled with the historic public efforts to advocate against racism and injustice. It is sure to be an unforgettable experience! We look forward to “seeing” you—please plan to join us.

In addition to the Annual Conference, please consider taking advantage of the **webinars** that will be offered throughout the rest of 2020. Here is the schedule for these upcoming training events. All webinars take place on Fridays from 12:00–1:30 PM EST USA.

October 30, 2020

A GPS Guide for Clinical Hypnosis Treatment Planning
Presenter: David Reid, PsyD, Saybrook University

November 13, 2020

Applications of Hypnosis in Integrative Medicine
Presenter: Lindsey C. McKernan, PhD, MPH, Assistant Professor, Department of Psychiatry & Behavioral Sciences, Physical Medicine & Rehabilitation, Osher Center for Integrative Medicine, Vanderbilt University Medical Center, Nashville, TN

70th Anniversary and Platinum Club

To honor the 70th (platinum) anniversary of the founding of SCEH, please consider making a donation to SCEH to

help fund student scholarships. Students represent the future of SCEH, and scholarships provide financial assistance for them to be able to attend our meetings. Donors who give at least \$70.00 will be designated as Charter Members of the SCEH Platinum Club. You can click this [link](#) to donate online. Please also consider re-membering SCEH with a legacy gift or a trust in your will. Please contact the SCEH office [email](#) or [Gary Elkins](#) to discuss the various options to contribute in this lasting way toward the future growth and vitality of SCEH.

Please Renew Your SCEH Membership

We greatly appreciated everyone who has renewed their SCEH membership! SCEH needs your support to continue supporting the hypnosis community. For those who have not yet had the opportunity to renew, please consider doing so. Membership dues are used to help develop and provide the trainings we offer, as well as other resources such as the [mentorship program](#). Membership benefits include receiving discounts on registration for many events, including conferences, trainings, and webinars; please follow this [link](#) to see the full list of benefits. We need your help to continue supporting—and expanding—the community of researchers and clinicians who are interested in hypnosis! To continue to partner with us in this mission, you can renew quickly and easily [here](#), or mail in your renewal form.

In Closing

I personally cherish the professional relationships that come with membership in the SCEH community, and I am sad that I will not be able to gather with all of you in person, catch up with my colleagues and friends, and make new connections. But, although physical distance may continue to separate us in the immediate future, we can still connect, share knowledge, and support each other through virtual platforms such as the webinars and the virtual Annual Meeting; these opportunities may even enhance our ability to re-connect with friends and colleagues who are geographically distant and unable to travel. We are looking forward to continuing to connect with you virtually, until we can meet again in person, and we hope to see you at the virtual Annual meeting.

Be well, and stay safe!

Sincerely,

Janna Henning,
SCEH President

Renew
Now

It's Time to Renew Your Membership

Please renew now to help SCEH continue to advance our mission of promoting the clinical and scientific uses of hypnosis.

Members receive discounted registration for events and these [membership benefits](#).

Already renewed? Thank you for your support of the Society.

LETTER FROM THE EXECUTIVE DIRECTOR

BY ANNE DOHERTY JOHNSON



I hope this issue of Focus finds you all healthy as we face the Covid-19 pandemic. As you know, as a result, we are transitioning our Annual Conference online.

With the challenges of the pandemic, come opportunities. Not able to meet in person, we

hope that making our training available online will allow SCEH to reach more participants than ever before. We scheduled the event in Pacific Standard Time, with times that should appeal to potential participants across the globe. We are hoping that the savings of travel and hotel costs will translate into our ability to train more participants than ever—enhancing our ability to achieve mission of promoting excellence and progress in hypnosis research, education and clinical practice.

Moving the Conference Online.

Our online conference format comes at a time when hypnosis and psychological tools and treatment are at an increased demand. Our theme of (learning and using) Hypnosis to Enhance and Augment Treatment Outcomes is certainly a timely one.

Conference workshops span three levels, Introductory, Intermediate/Skills and Advanced. Each has been submitted for 12 CE, and will run from Wednesday through Friday.

On Saturday and Sunday, our Scientific Program includes 9 CE of keynotes, symposia and research presentations. We will also be featuring a virtual poster session.

Keynotes will cover some interesting territory again this year. We are delighted to bring back some well known names and introduce you to some new ones. On Saturday, we will hear a keynote on **Exploring the Neuroscience of Suggestion: from Words to Higher Vision** from **Amir Raz, PhD**. That will be followed by a timely **Invited Address - Hypnosis and the Sunken Place: How Jordan Peele's 2017 Movie, Get Out, Illustrates the Dehumanization and Silencing of Black Americans by White Society** from **Amanda Calhoun, MD, MPH**. Rounding out the day will learn more about

Making Clinical Hypnosis a Mainstream Component of Healthcare for Physical Problems: Perspective and Lessons from 25 Years in GI Hypnosis from Olafur Palsson, PsyD.

On Sunday, we will hear about **Phenomenological Control as Cold Control** from researcher **Zoltan Dienes, DPhil**. This will be followed by a talk on **Unravelling the Mysteries of Hypnotizability: A Componential Approach** from **Amanda J. Barnier, PhD, FASSA, SCEH Fellow**.

As part of the conference, we will also be scheduling some networking opportunities, giving you a chance to see your friends and colleagues online, and share some time catching up. As always, we will also be recognizing those who have made strong contributions to hypnosis through our Awards Program. Stay tuned for more information on these activities, now being finalized.

We hope to open conference registration soon. Meanwhile, you can review the agendas and full details on our [conference page](#) or watch your email for announcements.

We have a tremendous conference schedule lined up, and invite your support in spreading the word about it. Please alert colleagues you think would benefit. A personal email or a social media post would be very helpful to our efforts. If posting online, please use the conference hashtag #SCEH2020 so we can track all mentions. We also invite you to engage with us on social media before, during and after the conference to share your thoughts and impressions.

Special Thanks to our 2020 Conference Committee

As you will see when you review our conference programming, many folks have been hard at work putting this together. We want to thank the following for their time and efforts in planning our first big virtual undertaking.

Overall Meeting Chairs: Ciara Christensen, PhD and David Reid, PsyD

- **Introductory Workshop Co-Chairs:** Barbara McCann, PhD and Tova Fuller, MD, PhD
- **Skills Workshops Co-Chairs:** Alexandra Chadderdon, PsyD and Deanna Denman, PhD

- **Advanced Workshops Co-Chairs:** Ciara Christensen, PhD and Catherine McCall, MD
- **Scientific Program Co-Chairs:** Barbara S. McCann, PhD and Vivek Datta, MD, MPH
- **Members:** Janna A. Henning, JD, PsyD, FT, Zoltan Kekecs, PhD, Shelagh Freedman, MA, Anne Doherty Johnson, Executive Director

We hope you can be a part of our first virtual and historic 71st Annual Workshops & Scientific Session in October.

Is Your Member Profile Up to Date?

Each year, we ask you to take a few moments to update your SCEH member profile. Will you take a few moments this month to do that for us? It's easy to do and will only take about five minutes. For more information, please refer to **Take Five to Update Your SCEH Member Profile** the article later in this issue. Thank you.

Webinar Series Continue

Our Webinar Series continues to grow. This year we have explored topics as varied as: Enhancing your Clinical Practice with Hypnosis; Managing Anxiety; Chronic Pain & the Opioid Crisis; Pediatric Hypnosis; Hypnosis for Chronic Pain; a two part Ethics Series and more. Upcoming sessions address Creativity and Hypnosis, Clinical Hypnosis Treatment Planning and Applications of Hypnosis in Integrative Medicine. The series is co-

sponsored by SCEH and the Chicago School of Professional Psychology, and offer 1.5 APA CE credits for Psychologists and 1.5 BBS CEUs for Counselors and Social Workers. You can review upcoming topics and dates [here](#).

Keeping Up with Fellow Members

The fact that we can't see each other much in face to face at present is no reason to keep your good news to yourself. Nurturing strong connections among our community is an important part of Society membership. We love to hear from our members about their latest projects and accomplishments and want to share them in our newsletter and social media. Please collect and share your news items with us by emailing them to the [SCEH office](#).

You may just see yourself in our next quarterly issue.

Meanwhile, please be well and stay well. Wishing you all the best.

Anne Doherty Johnson
Executive Director

MOVING ONLINE FOR 2020!

SCEH Annual Conference

HYPNOSIS TO ENHANCE & AUGMENT TREATMENT OUTCOMES

OCTOBER 14-18, 2020

#SCEH2020

71st Annual Workshops & Scientific Program

Introductory (Basic) Workshop in Clinical Hypnosis

- Introduction to Clinical Hypnosis
- Neurophysiology of Hypnosis
- Anatomy of the Hypnotic Experience
- Principles and Process of Rapport, Attunement, Trance Elicitation and Reorientation
- Group Hypnosis Experience
- Hypnotic Phenomena
- Intensification of Hypnotic Experience
- Fundamentals of Hypnotic Communication and Formulation of Suggestions
- Ego Strengthening
- Self-Hypnosis: How and What to Teach Patients
- Strategies for Managing Resistance
- Patient/Client Assessment, Introducing Hypnosis to the Patient/Client
- Treatment Planning, Strategy and Technique Selection in Clinical Hypnosis
- Hypnosis with Children
- Integrating Hypnosis into Clinical Practice
- Ethical Principles and Professional Conduct and Professional Conduct
- Membership and Certification in SCEH and ASCH

[Conference Web Page](#)

[Registration Form](#)

Deadline: October 12th, 5PM EST USA

[Conference Brochure](#)

[Student/Trainee Scholarships Info](#)

[Scholarships Application Form](#)

Deadline: September 18th

Complete info on the conference is online [here](#).

Workshops

SCEH workshops teach participants hypnotic theory and practical techniques for immediate use in professional practice. Workshops are scientifically based and of the highest teaching quality. Most workshops include demonstrations and/or practice or other experiential components. Workshops meet accepted Standards of Training in Clinical Hypnosis and count toward [SCEH Certification](#).

SCEH offers **Introductory**, **Intermediate/Skills** and **Advanced** level workshops.

Intermediate/Skills Workshops in Clinical Hypnosis

- Pain Management
- Ethics and Clinical Hypnosis
- Hypnosis and Memory
- Hypnosis and Trauma
- Applications of the Dialectical Method for Creating Change
- Hypnosis Application for Anxiety Disorders
- The Magnifying Glass Metaphor
- Seeding Metaphors to Fertilize and Grow Therapeutic Changes
- Integrating Hypnosis into the Treatment of Depression

Advanced Workshops in Hypnosis

- Introducing Innovations in Clinical and Research Applications of the Hypnotic Induction Profile (HIP)
- Principles and Techniques of Age Regression Augmenting Symptom Reduction: Theory, Cases, Demonstrations, and Practice!
- Hypnosis Research Workshop: Designing Case Studies and Clinical Trials and Preparing Papers for Publication
- Floating Hands and Flying Fingers: Ideomotor Processes in Hypnotic Theory, Assessment and Treatment
- Combining Clinical Hypnosis and Chakra Balancing: Inductions, Techniques, Cases and Practice
- Mindful Hypnotherapy: Principles and Practice
- Adjunctive Therapies for Use with Clinical Hypnosis and Psychotherapy
- Not Just Surviving, but Thriving: Hypnotic Interventions to Support Helping Professionals and their Patients in Challenging Times

HYPNOSIS TO ENHANCE & AUGMENT TREATMENT OUTCOMES

#SCEH2020

71st Annual Workshops & Scientific Program

Scientific Program

The Scientific Program features keynotes, research presentations or symposia that address empirical issues in hypnosis research and practice and related areas. Research presentations shine the light on novel empirically based findings, including experimental studies, case reports, clinical trials, meta-analyses, and systematic reviews. Symposia bring together top-notch researchers as they critically discuss empirical findings pertaining to a specific theme of relevance to the hypnosis community. Many symposia integrate research and practice or draw upon research in psychology, psychiatry, or neuroscience to highlight issues that improve our understanding of hypnosis. Our poster session provides another glimpse into the latest research in the field.

KEYNOTES



Amir Raz, PhD; Amanda Calhoun, MD, MPH; Olafur Palsson, PsyD; Zoltan Dienes, DPhil and Amanda Barnier, PhD

Saturday, October 17, 9:45-10:45 AM, PDT

Exploring the Neuroscience of Suggestion: from Words to Higher Vision

Amir Raz, PhD, Professor, Director, Institute for Interdisciplinary Brain and Behavioral Sciences, Crean College of Health and Behavioral Sciences; Psychology School of Pharmacy, Chapman University, Orange, CA, USA

Saturday, October 17, 12:00-1:00 PM PDT

Invited Address - Hypnosis and the Sunken Place: How Jordan Peele's 2017 Movie, Get Out, Illustrates the Dehumanization and Silencing of Black Americans by White Society

Amanda Calhoun, MD, MPH, Yale Child Study Center/Yale School of Medicine, New Haven, CT, USA

Saturday, October 17, 1:00-2:00 pm PDT

Making Clinical Hypnosis a Mainstream Component of Healthcare for Physical Problems: Perspective and Lessons from 25 Years in GI Hypnosis

Olafur Palsson, PsyD, Professor of Medicine, University of North Carolina, Chapel Hill, NC, USA

Sunday, October 18, 9:45-10:45 AM PDT

Phenomenological Control as Cold Control

Zoltan Dienes, DPhil, University of Sussex, Brighton, UK

Sunday, October 18, 1:00-2:00 PM PDT

Unravelling the Mysteries of Hypnotizability: A Componential Approach

Amanda J. Barnier, PhD, FASSA, Fellow SCEH, Pro Vice-Chancellor (Research Performance) and Professor of Cognitive Science, Macquarie University, Sydney, Australia

An Interview with Dr. Carolyn Daitch

Interviewed by Lauren Simicich, MSCP
Clinical Psychology Doctoral Student, Baylor University



Dr. Carolyn Daitch

Tell me a little bit about yourself and your work.

I have a wonderful and busy private practice in Michigan.

In addition, I do a fair amount of teaching to health care professionals. I have written four books: *The Road to Calm Workbook: Life Changing Tools to Stop Runaway Emotions*, *Anxious in Love: How to Manage Your Anxiety, Reduce Conflict, and Reconnect with Your Partner*, *Anxiety Disorders: The Go-To Guide for Clients and Therapists* and the *Affect Regulation Toolbox*.

This summer, I usually start my days walking on the nature trail near my home and my happy place is the lake behind our condo. I try to swim every day.

I enjoy travel and have been fortunate to have visited so many wonderful places, often to teach. Hope that we can start traveling again. Also, I so enjoy my friends, many of whom I have met in the hypnosis community.

My husband and I have a blended family with four adult children and their partners.

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

I find it all so satisfying. When I am doing therapy and people respond to the interventions I provide, I feel so lucky to be able to help. When I teach, I feel so honored interfacing with wonderful colleagues.

What initially appealed to you about the world of hypnosis?

I liked that I could use both sides of my brain, the analytic part and the creative part. I had a background in theater and English so weaving words and images and using my voice to elicit hypnotic states came naturally to me.

Your expertise in the area of anxiety, stress, and affect regulation seems most valuable during this time of the COVID-19 pandemic. What unique role do you think a practice like hypnosis might play for us all in the face of these ongoing anxieties and stresses?

You need to calm the nervous system before you can effectively talk back to the worried brain. Hypnosis creates a calming response. Also with hypnosis, you can fast forward to when the pandemic is resolved and bring the affective state of relief into the present. You can also use hypnosis to access strong, resilient parts of one self. You can also integrate hypnosis with cognitive therapy so learn to catch, check and change worried thoughts. I also use hypnosis with mindfulness, to move into acceptance of what is happening now.

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?

Read books written about hypnosis, listen to recordings that others have made, find a mentor and practice, practice, practice!

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

Carolyn.daitch@me.com

LATEST NEWS FROM THE IJCEH



New Journal Layout

Beginning with the January 2020 issue, printed journal articles and online PDF pages have a new layout. If you receive the journal in the mail, you probably noticed that this year's issues are bigger! This layout allows us to fit more great content on each page. The change is the result of survey market research by the Taylor & Francis Group and is designed to streamline the typesetting process, speed up publication time, enhance author information, and offer better readability.

Publons

If you have been a peer reviewer for the journal recently, you may have noticed that our review forms include a new question asking if you would like to receive recognition on Publons. *Wondering what Publons is?*

[Publons.com](https://publons.com) is a free service where academics can track and showcase peer review contributions for journals. IJCEH reviewers can now indicate on the review form whether they would like to have record of their review added to Publons. If indicated, the record will be automatically listed on Publons as a verified review, without the need to do so manually or provide further evidence to the site.

Reviews are not published. The partnership between Publons and our system is about reviewer recognition, not open or transparent peer review. If a reviewer chooses to opt in, Publons will reflect that the individual carried out a review for the journal; the paper that was reviewed, and the content of the review, are not included. If a reviewer opts out, no record of the review is sent to Publons.

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

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.

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).

Style and Formatting Update

As of February 27, 2020, the journal's style guidelines changed slightly with the new 7th edition of the Publication Manual of the American Psychological Association (APA-7). APA-7 style and formatting rules will apply to new submissions.

If you have a paper to submit 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.

The editor would like to extend heartfelt thanks to each individual who reviewed manuscripts for the *International Journal of Clinical and Experimental Hypnosis* this past year.

The input of peer reviewers is indispensable to sustaining the journal as a valuable and informative resource for hypnosis clinicians, researchers, and professionals in related fields. Our expert reviewers ensure that readers are provided with the highest quality articles.

The voluntary contribution of your time and expertise is sincerely appreciated and highly valued. **Thank you.**

Dr. John Alexander
Dr. David Alter
Dr. Ran Anbar
Dr. Hernan Anllo
Dr. Noel Arring
Dr. Amanda Barnier
Dr. Alex Beaujean
Dr. Juliette Bowers
Dr. Andrea Bradford
Dr. Antonio Capafons
Dr. Etzel Cardeña
Dr. Timothy Carmody
Susanna Carolusson, M.Sc.
Dr. Edoardo Casiglia
Dr. Consuelo Casula
Dr. Loana Comsa
Dr. Maren Cordi
Dr. Louis Damis
Dr. Giuseppe De Benedittis
Dr. Vilfredo De Pascalis
Prof. Quinton Deeley
Dr. Paul Dell
Dr. Jeffrey Feldman
Dr. Michael Finn
Dr. Shelagh Freedman
Dr. Cyrus Gilbert
Dr. Carol Ginandes
Dr. David Godot
Dr. Olivia Gosseries
Dr. Joseph Green
Dr. Janna Henning
Dr. Alexa Huber
Dr. Alisa Johnson

Dr. Anna Kaczmarek
Dr. Robert Karlin
Dr. Zoltan Kekecs
Dr. Cassie Kendrick
Dr. John Kihlstrom
Dr. Irving Kirsch
Dr. Lauren Koep
Dr. V. K. Kumar
Dr. Leora Kuttner
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Dr. Jean-Roch Laurence
Dr. Ji Kwan Lee
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Dr. Pesach Lichtenberg
Dr. Stephen Lynn
Dr. Barbara McCann
Dr. Patrick McCarthy
Dr. Kevin McConkey
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Dr. John Mohl
Dr. Grant Morgan
Dr. Donald Moss
Dr. Hyeji Na
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Dr. Nicholas Olendzki
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Lauren Simicich
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Dr. William Smith
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Audrey Stevens
Dr. Anthony Tasso
Dr. Devin Terhune
Dr. Linda Thomson
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Dr. Maureen Turner
Dr. Audrey Vanhauzenhuysen
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Prof. Peter Whorwell
Whitney Williams
Dr. Erik Woody
Dr. Michael Yapko

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Find us online at: www.IJCEH.com or www.tandfonline.com/nhyp



Follow us on Twitter at twitter.com/ijceh

Follow the editor at twitter.com/ElkinsGary for more discussion and hypnosis research information.

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 July-September 2020 Issue

Marital Hypnotherapy: A Session with Milton Erickson with Commentary

Jeffrey K. Zeig & Kaloyan S. Tanev

Hypnosis has primarily been used to treat individual problems. Occasionally, it has been applied to couples' problems such as infertility. We present a transcript of a treatment session of Dr. Milton Erickson in which he works with a married couple and interpret his techniques. We emphasize the following principles. Dr. Erickson's assessment was brief, just long enough to determine a general target. He used hypnotic induction to build responsiveness. He used evocative communication. He seeded ideas that, when presented later, had a powerful impact. He moved in small, strategic steps. The main intervention was designed to elicit dormant resources and adaptive states. He followed through, providing suggestions on how to use these resources. In presenting this case and our analysis of it, we highlight some of Dr. Erickson's methods and conceptualization of several intervention techniques.

Styles of Experiencing Hypnosis: A Replication and Extension Study

Michael T. M. Finn & Lindsey C. McKernan

Beyond hypnotizability, there may be different styles of experiencing hypnosis relevant to both basic research and clinical practice. Previous research has demonstrated the presence of inward attentive and dissociative subtypes among more highly hypnotizable individuals during a group protocol. With a sample of undergraduate students, we successfully replicated the presence of these 2 subtypes among those who were relatively more hypnotizable. Inward attentive and dissociative subtypes did not differ in their overall experience of the depth of the relationship with the hypnotist, though the dissociative subjects reported elevated everyday dissociative experiences. We then explored features of each subtype, noting possible altered memory experience in the dissociative style and reduced experience of rationality in both the inward attentive and dissociative styles. We discuss the scientific and clinical implications of this line of research.

Hypnotizability-Related Effects of Pain Expectation on the Later Modulation of Cortical Connectivity

Seyedeh-Parisa Zarei , Lucia Briscese , Simone Capitani , Bruno Rossi , Maria C. Carboncini , Enrica L. Santarcangelo, & Ali Motie Nasrabadi

This study examined hypnotizability-related modulation of the cortical network following expected and nonexpected nociceptive stimulation. The electroencephalogram (EEG) was recorded in 9 high (highs) and 8 low (lows) hypnotizable participants receiving nociceptive stimulation with (W1) and without (noW) a visual warning preceding the stimulation by 1 second. W1 and noW were compared to baseline conditions to assess the presence of any later effect and between each other to assess the effects of expectation. The studied EEG variables measured local and global features of the cortical connectivity. With respect to lows, highs exhibited scarce differences between experimental conditions. The hypnotizability-related differences in the later processing of nociceptive information could be relevant to the development of pain-related individual traits. Present findings suggest a lower impact of nociceptive stimulation in highs than in lows.

The Perceived Credibility of Complementary and Alternative Medicine: A Survey of Undergraduate and Graduate Students

Olivia J. Green, Joseph P. Green, & Patrick J. Carroll

The popularity of complementary and alternative medicine (CAM) appears to be increasing, especially among college students. We surveyed 146 undergraduate and graduate students with the CAM Health Belief Questionnaire and obtained credibility and frequency ratings for a select group of CAM therapies: yoga, meditation, massage, chiropractic medicine, biofeedback, hypnosis, acupuncture, spirituality/religion, therapeutic touch, the use of herbs/vitamins, and aromatherapy/essential oils. Graduate students held more favorable views about integrating CAM into conventional medical practice. Female students reported using a wider variety of therapies than male students. Spirituality/religion and herbs/vitamins were the most popular CAM approaches. Students rated yoga, meditation, and massage as being highly credible practices. They rated hypnosis and therapeutic touch low in credibility. We discuss hypnosis as an example of a therapy that suffers from poor public perception despite having a relatively strong evidentiary base.

Does the Homo Hypnoticus Exist? Personality Styles of People Interested in Hypnosis

Burkhard Peter & Eva Böbel

It may be that individuals who are interested in hypnosis will volunteer for hypnosis experiments or practice hypnosis. Do these “hypnosis-prone” individuals differ from hypno-neutral, nonhypnosis-prone individuals? If so, could one speak of a personality type, the homo hypnoticus? This study reports on 3 samples of individuals where there was no indication of hypnosis or no interest in hypnosis (NONHYP: N = 1426) and 4 samples of individuals who were interested in hypnosis (HYP: N = 1048). Using the Personality Styles and Disorders Inventory, we calculated contrast analyses for the contextual effect of HYP vs. NONHYP and gender effects. Results suggested there may be a homo hypnoticus personality style with the characteristics of intuitive-schizotypal, rhapsodic-optimistic, and charming-histrionic. These distinctions appear mostly in women.

Hypnosis as Sole Anesthesia for Dental Removal in a Patient with Multiple Chemical Sensitivity
Mauro Cozzolino, Giovanna Celia, Kathryn L. Rossi, & Ernest L. Rossi

Despite a number of studies on hypnosis as analgesia and anesthesia in several medical conditions, case studies on patients with multiple chemical sensitivity (MCS) are still relatively few. This case study is about a female patient with MCS who underwent dental removal using hypnosis as the sole anesthesia. The paradigm in which we work is psychosocial genomics of clinical hypnosis. We used the mind-body transformations therapy, one of the clinical methods of the psychosocial genomics paradigm. In order to induce not only effective analgesia and anesthesia but also a condition of well-being, problem-solving, effective coping and self-empowerment in our patient, 3 different hypnotic protocols were used in a multidimensional approach. Although further research is needed, our work might open up new scenarios for the application of hypnosis as sole anesthesia in conditions such as MCS.

Vittorio Benussi's "Emotional Functional Autonomy": Resumption and Re-Evaluation
Mauro Antonelli, Serena Cattaruzza, & Francesco Strano

This study resumes and reevaluates the research on emotional functional autonomy developed by Vittorio Benussi in the 1920s, using hypnosuggestive methods. Four fundamental human emotions were studied in hypnosis: hope, happiness, despair, and unhappiness. Participants received training aimed at experiencing neutral hypnosis, characterized by the absence of any suggested images or suggested cognition. During the neutral hypnosis, the participants were asked to experience emotions isolated from all cognitive and imaginative experience so as to produce what can be assumed to be physiological responses driven by emotion only. The measured physiological variables were breathing and skin conductance. The study found evidence for a specific respiratory profile for each of the emotions examined.

Potential Effect of Repetitive Hypnotic Inductions on Subjectively Rated Hypnotizability: A Brief Report

Anna D. Kaczmarek, Patrycja Jęda, Ewa Guśtak, Michał Mielimąka, & Krzysztof Rutkowski

This study aimed to describe the potential influence of repetitive hypnotic inductions on hypnotizability, presentation of change dynamics, and comparison of 2 types of assessment. Six subjects underwent 5 subsequent hypnotic procedures. Ratings of response to hypnotic suggestions included self ratings by subjects and ratings by observers. The suggestion effects were evaluated using a 0-to-3 rating scale. Five out of 6 subjects were susceptible to suggestions; 1 was not responsive. Increase or stability, not decrease, were observed within subsequent procedures. The hypnotizability ratings increased significantly in subjects' assessment. However, there was an insignificant change in observers' assessment. Repetitive hypnotic inductions may modulate subjectively rated hypnotizability. Behavioral responses do not precisely reflect subjective experiences in the state of hypnosis.

In Memoriam

Dabney M. Ewin, MD
1925-2020

In Memoriam: *Dabney M. Ewin, M.D., 1925-2020*, written by Dr. Joseph Tramontana will be in the next issue of the *International Journal of Clinical and Experimental Hypnosis*. It is now available on-line with free access [here](#).

It can also be downloaded as a PDF copy, and an audio version is available with webReader.

Many of you also may be aware that Dabney's son, Dr. Chris Ewin has been very active in establishing the "Dabney M. Ewin, MD Hypnosis Lecture" at Tulane University School of Medicine where his family established an endowed annual lecture celebrating his legacy.

At the time of his 90th birthday, Dabney Ewin was the first speaker at the "Dabney M. Ewin, MD Hypnosis Lecture" held in December each year at the annual Brain and Behavior Conference sponsored by Tulane University Department of Psychiatry in New Orleans, Louisiana. The purpose of the lecture series is to advance the role, techniques, and use of hypnosis in medicine. To date, the family has raised \$100,000 of a target \$300,000 goal.

**Donations may be sent to [Tulane School of Medicine](#)
Please specify the "Dabney M. Ewin, M.D. Hypnosis Lecture"**

Take 5 to update your SCEH Member Profile

We ask every member to take five minutes this month to review and update their member profile.

We want to ensure you receive important information about the Society's programs and activities, and that the information we have on file for you is complete and current.

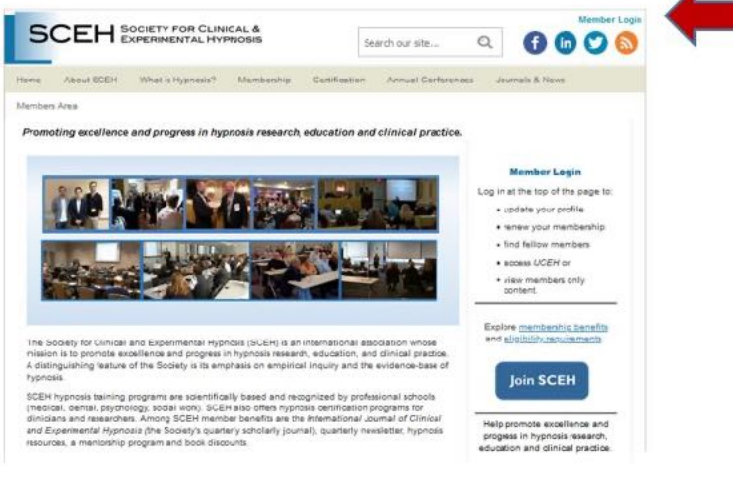
Keep Your Profile Current

NOTE: We use your Billing Address to mail you correspondence and your subscription to the *International Journal of Clinical and Experimental Hypnosis*.

To log in, you will need your username and password. This allows you to use the "Members Only" portion of our website.

Follow These Easy Steps to Update your Profile

- ➡ Login by clicking on the Member Login link at the top of the SCEH [web page](#).



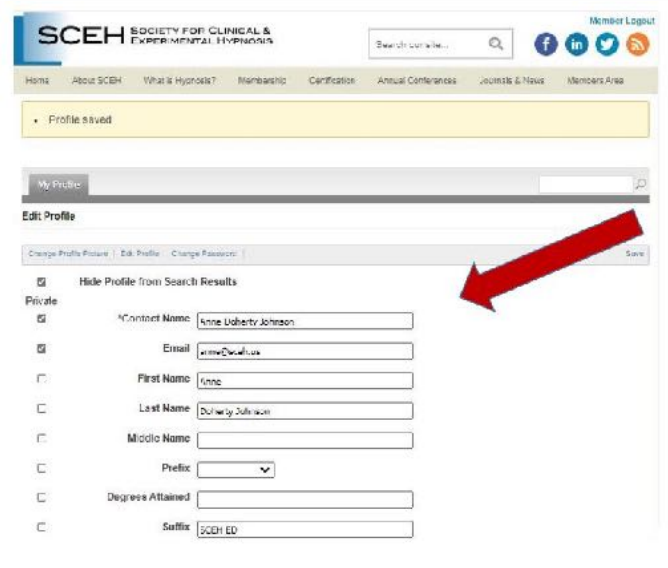
- ➡ Enter your Username and Password.

You will be automatically directed to your Profile. If you have forgotten your username or password, please click on the system prompts and these will be sent to you.



- ➡ Click Edit in the upper right side of the screen above your profile.
- ➡ Edit your data, as needed.

Note: If you wish to hide any of the data from the Member



Directory, please be sure the box next to that data field is checked. Please note that the Member Directory contains limited information and is not inclusive of your entire profile.

- ➡ Scroll to the bottom of your profile and click Save to record your updates.

What You Can Do When Logged In

When logged in to the Members Only part of the website, you can also:

- update your areas of specialty
- sign up for our Mentor Program
- renew your annual membership / pay dues
- view Members Only web content
- view the Member Directory
- search for colleagues and new connections*
- register for open SCEH events
- view issues of IJCEH online**

* Using the Member Directory

You can access the Member Directory using the left navigation bar under Members Area. This Directory is visible only to members who are logged into the site.

The SCEH Member Directory is a great resource for networking with colleagues and for finding referrals or potential collaboration partners. To search for a member by Keyword, use the Keyword Search box above the directory listing, on the right. To search for someone by state, type in the state name and members from that state will be displayed.

** Accessing the IJCEH Online

In addition to the hard copy mailed to you, SCEH members have online access to complete PDFs of current and past issues of the *International Journal of Clinical and Experimental Hypnosis* back to 1953! For online access to the IJCEH, log in and select IJCEH from the left navigation bar under Members Area.

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.

Upcoming webinars include:

October 30, 2020

A GPS Guide for Clinical Hypnosis Treatment Planning

Presenter: David Reid, PsyD, Augusta Psychological Associates, Virginia and Saybrook University

November 13, 2020

Applications of Hypnosis in Integrative Medicine

Presenter: Lindsey C. McKernan, PhD, MPH, Assistant Professor, Department of Psychiatry & Behavioral Sciences, Physical Medicine & Rehabilitation, Osher Center for Integrative Medicine, Vanderbilt University Medical Center, Nashville, TN

Coming in 2021

Hypnotic-Like Practices in Tibetan Yoga and Meditation

Presenter: Ian Wickramasekera, PsyD, Naropa University

Pencil in the dates above 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](#) for updates and registration information.

MEMBER NEWS

Recent Publications by SCEH Members

I would like to share this meeting in Spain with SCEH members. I'm the AA-HEA's president and SCEH Fellow. See PDF "[X Meeting AAHEA 12-08-2020](#)"

Antonio Capafons, Ph.D., I.M.P.

Professor of Psychology

Director of the Clinic of Psychology UV

University of Valencia (Spain)

I was interviewed for the podcast, "Talking Sleep - An AASM Podcast," which aired on Friday, August 7th. AASM is the American Academy of Sleep Medicine. The title of the episode is "[Insomnia and Covid-19](#)." In it, I briefly discuss hypnosis and my use of it in treating insomnia, and describe hypnosis as a tool for therapeutic communication.

Barbara S. McCann, Ph.D.

Professor of Psychiatry and Behavioral Sciences

Mental Health Counseling and Hypnosis Endowed Chair

University of Washington



OBITUARY

Dabney Minor Ewin, M.D.

DECEMBER 7, 1925 – JUNE 24, 2020

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!**

SPRINGER PUBLISHING COMPANY

SCEH MEMBER DISCOUNT

Did you know that as a SCEH member, you can get a 25% discount on Springer Publishing titles ordered through the publisher?

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

View all Springer [titles](#).

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

SCEH NEWS & INFORMATION

Do You Have Helpful Clinical Resource to Share?

We invite Society members to contribute to the SCEH Hypnosis Clinical Resources page.

Do you have useful patient-centered hypnosis handouts, links to podcasts or training videos on hypnosis related topics, articles or worksheets or other clinical material you want to share with peers?

Our goal is to create a rich repository of clinical resources for members. See what's already been shared [here](#).

Please [email](#) us your resources along with a short cover note. The SCEH Education Committee will review the materials and make final decisions on postings. Thank you.

Call for Volunteers

We invite you to get involved in SCEH, you are the Society and we need your help in support of our shared mission. To put our key strategic initiatives into action, we need to tap into the talented pool of experience our members possess.

Volunteering for SCEH can be a meaningful and worthwhile experience, with personal and professional benefits. It's a great way to share your expertise, have your voice heard, and make a difference in a field you love. In exchange for your time and support, you can gain leadership experience, sharpen collaboration skills, enhance your network, fuel the advancement of hypnosis, and gain visibility and recognition from your peers.

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

Serving on a SCEH Committee is a great way to give back to the Society and influence its future. Consider matching your interests to our needs by reviewing our Committee List [here](#). We will work with you to find ways you can contribute that work for you.

If you are interested, please [contact us](#).

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 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](#)

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 testimonial [here](#) (log in required). You might find it on that page or in a future issue of Focus.

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

Follow us on Social Media

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. [Learn more](#)

Stay Connected.



CALENDAR OF HYPNOSIS EVENTS

Bookmark our [upcoming events](#) page!

Oct 14-18, 2020

UPDATE:

Due to the Covid-19 pandemic, we will be holding the 2020 Annual Conference online.



#SCEH2020

SCEH Annual Conference 71st Annual Workshops & Scientific Program

Hypnosis to Enhance & Augment Treatment Outcomes

Introductory, Skills and Advanced Workshops plus Scientific Program. Workshops meet accepted Standards of Training in Clinical Hypnosis and count toward SCEH Hypnosis Certification Programs.

Click [here](#) for details. Registration opens: Summer 2020

Dec 9-13, 2020

Anaheim, CA

Anaheim Convention Center



*The Evolution
of Psychotherapy*



THE OFFICIAL MEETING OF
THE MILTON H. ERICKSON
FOUNDATION

35th Evolution of Psychotherapy Conference

Organized by Jeffrey Zeig

Since 1985, this conference has attracted worldwide attention as the most recognized gathering of luminaries in the field. The conference features master therapists who share ideas, promote convergence, and highlight unifying principles that guide effective clinical work.

The conference includes point/counterpoint discussions, state-of-the-art addresses, workshops, clinical demonstrations, dialogues, panels, and conversation hours.

Keynote speakers include: Aaron Beck, John and Julie Gottman, Rob Kapilow, Martin Seligman, Derald Wing Su, Irv Yalom, Philip Zimbardo. Special guest is Alanis Morrisette.

Join your peers from across the globe to take part in this premier educational meeting. More than 3,000 have registered already. ***Be sure to make a reservation before April 1st to receive the super-saver rates.*** You can also keep up-to-date on important information regarding the agenda, faculty list, rates, hotel and travel information by visiting [here](#).

Oct 13-17, 2021

Anaheim, CA

Sheraton Park Hotel at the Anaheim Resort

2021 Annual Conference 72nd Annual Workshops & Scientific Program

Introductory, Skills and Advanced Workshops plus Scientific Program. Workshops meet accepted Standards of Training in Clinical Hypnosis and count toward SCEH Hypnosis Certification Programs.

Call for Papers: opening January 2021

Registration opens: June 2021

#SCEH2021

X MEETING: "HYPNOSIS: ADVANCES IN RESEARCH AND CLINICAL APPLICATIONS"

ASSOCIATION FOR THE ADVANCE IN EXPERIMENTAL AND APPLIED HYPNOSIS (AAHEA)

Requested the technical-professional declaration by the Col·legi Oficial de Psicologia de la Comunitat Valenciana and the declaration of Sanitary Interest for the Conselleria de Sanitat Universal Pública de la Comunitat Valenciana

The Association for the Advance in Experimental and Applied Hypnosis (AAHEA), in collaboration with the University Jaume I, celebrates the X Meeting: "Hypnosis: Advances and Applications", in November 20th and 21st 2020, at the Faculty of Health and Sciences of the University Jaume I in Castelló de la Plana.

The goal is to provide the exchange of experiences for the scientific, experimental and applied advances in Hypnosis, from a collaborative and multidisciplinary perspective.

SCIENTIFIC PROGRAM

Friday, November 20, 2020

10:00-10:30. **Registration**

10:30-11:00. **Initial Meeting Conference** by Dr. Antonio Capafons, President of AAHEA and Dr. Rafael Ballester Acoial, Dean of the Faculty of Health and Sciences of the University Jaume I.

11:00-13:00. **Conference** "Hypnosis and the Brain. The Neuroscience of Hypnosis". **D. Alfonso Picó Peris**. Phd Student for the Neurosciences Program of the University of València. Expert in Neurosciences, Applied Statistics Advance Program and Health Sciences Applied Statistics. Member of the Psychological Hypnosis Working Group COP-CV.

13:00-14:30. **Anual Assembly** (only for AAHEA members)

16:30-18:30. **Round Table** "Practical Applications of Hypnosis in Health: Evidence and case expositions". Confirmed interventions: "Hypnosis in the treatment of neuropathic pain" **Dr. Antoni Castel Riu** (Pain Unit of the University Hospital Joan XIII of Tarragona), "Treatment of Arterial Hypertension with Hypnosis" **Dra. María Isabel Rodríguez Fernández** (Private Practice, Madrid), "Hypnosis as a coadjuvant for tics in Tourette Syndrome, in Infancy" **Dña. Sara Calzado Lucas** (University of Valencia's Psychological Clinic, University of Valencia), "Hypnosis in preparation for childbirth" **Dña. Noelia Moreno Huerta** (Adara Psychological and Training Center. Logroño), "Treatment of Irritable Bowel Syndrome with Hypnosis" **D. Pedro Velasco Afonso** (AGRUSAM Canarias SLP, Las Palmas de Gran Canaria) and "Utilization of Hypnosis with soccer players and new strategies with athletes" **Dr. Antonio Hernández Mendo** (Master in Sports, Physical Activity and Research, University of Málaga).

Saturday, November 21, 2020

10:00-14:00. **Workshop** "From entertainment Hypnosis to evidence based Hypnosis". **D. Guillermo**

Martínez Estrada, General Sanitary Psychologist, Colleague Expert in Clinical Hypnosis, Master in Sports Psychology, Member of the Hypnosis Working Group of La Rioja, AAHEA Board Member and former entertainer hypnotist.

14:00-14:30. **Meeting Closure**

Location

Faculty of Health and Science's Acts Room of the University Jaume I (UJI) in Avda. de Vicent Sos Banyat s/n. 12071 Castelló de la Plana, Castelló.

Support

ARGOT Library will have a small stand during the X Meeting, with a 5% discount in all books related to the conferences.

AAHEA reserves the right to admission.

For more information and registration, go to <https://jornadas.aahea.net/>

REQUIREMENTS FOR PARTICIPATING IN THE X MEETING, IN CASE OF AAHEA'S NON MEMBERS

Depending on the level of participating in the X Meeting, the established requirements are:

Conference: open to general public.

Round Table: had to watched the Conference, be a Student in Psychology, Medicine, Nursing, Psychopedagogy. Physical Therapy or be a graduate in the previous areas.

Workshop: had to watched the Conference and Round Table, be graduate or in the final year of the previous areas. It's required a previous accredited training in scientific Hypnosis, with the minimal of 8 hours, preferably by Universities and Colegios Oficiales.

For the Jaume I University Members that don't have the required training and make the commitment to participate in the Meeting, Dr. Antonio Capafons will organize the free workshop: **"Introduction to applied and evidence based Hypnosis: Professional and Scientific Aspects"**, October 15, 2020.

[Return to Member News page.](#)