



SOCIETY FOR CLINICAL & EXPERIMENTAL HYPNOSIS

# FOCUS

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74<sup>th</sup> Annual Workshops & Scientific Program



October 4-8  
Live, online

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# Letter from the President

By Ciara Christensen, PhD



Dear SCEH Members,

As we approach the end of summer and transition into fall, I find myself preparing to pass the Presidential gavel to my esteemed colleague, **Barbara McCann, PhD**. It brings me immense pleasure to report that we have accomplished several significant tasks this year, ensuring a smooth and thriving environment for her to assume the role. As I transition to Immediate Past President in late October, I want to acknowledge the unwavering dedication of our SCEH Executive Committee members who have worked tirelessly together, propelling SCEH forward.

We recently completed the **2023 SCEH Elections** to fill open slots on the 2023-2025 Executive Committee (EC). Your votes and engagement were instrumental, and in late October, we will warmly welcome our new President-Elect, **Don Moss, PhD** (for a return trip to the EC) and new Secretary, **David Reid, PsyD**. They join **Zoltan Kekecs, PhD**, who will be completing another term as Treasurer. We also thank departing EC Secretary, **Catherine McCall, MD**, and Immediate Past President **Janna Henning, JD, PsyD, FT**.

As I look back on my time as President, a notable challenge we faced was navigating the uncertainties of Covid and its impact on safety, travel, and rising costs. While we had hoped for an in-person Annual Conference in 2023, the leadership of SCEH adeptly managed the situation and changed to a virtual event for our **74th Annual Workshops and Scientific Program**. With the theme of Unlocking the Power of Mind: Advances in the Science of Hypnosis, the 2023 Annual Conference will take place online from October 4th to 8<sup>th</sup>. I encourage you all to attend. See later in this issue for comprehensive details and registration information.

This event would not be possible without the dedication of the Annual Conference Committee. This includes **Overall Meeting Chairs**: Barbara McCann, PhD, and yours truly; **Introductory Workshop Co-Chairs**: Casey Applegate-Aguilar, MA; Cassondra Jackson, MA, and Barbara McCann, PhD; **Intermediate/Skills Workshop Co-chairs**: Alexandra

Chadderdon, PsyD., and Deanna Denman, PhD; **Advanced Workshops Co-Chairs:** Nate Ewigman, PhD, and Vivek Datta, MD; **Scientific Program Co-Chairs:** Tova Fuller, MD, and Jessie (Kittle) Markovits, MD; and our **Executive Director**, Anne Doherty Johnson. Let's give them a round of applause for curating a captivating lineup of workshops and scientific keynotes, symposia, research, and poster presentations that elevate the prominence of clinical hypnosis in research and practice.

This year's conference will delve into various aspects of the planned theme, such as clinical hypnosis techniques, therapeutic applications, consciousness experiences, beliefs, and suggestions, all contributing to the theme's essence. As we prepare for the Annual Conference, let's look forward to the opportunity it provides to expand SCEH's reach, forge new connections with colleagues, and gain fresh perspectives. Your active participation will play a crucial role in the growth of our organization! As we look forward to the upcoming 2023 Annual Conference, I am excited to see many of you soon virtually.

I am also pleased to report that our new members-only [HYPNOSISE Program](#) (pronounced Hypnosis-E) has launched under the guidance of **Liz Slonena, PsyD** and **Zoltan Kekecs, PhD**. This program promises to offer an exceptional learning experience and offers participants an additional way to connect with peers and practice clinical hypnosis. We eagerly await feedback from the first group of participants and encourage those interested to learn more about the [program](#).

Finally, I am looking forward to our **2024 Mid-Year Clinical Hypnosis** Workshops in the spring. Thanks to the efforts of our **Education Chair, Don Moss, PhD**, we are gearing up to offer an outstanding lineup of dynamic presenters in 2024. Stay tuned for more information.

It has been an honor serving SCEH as President, and I look forward to my new role in the organization.

Sincerely,

Ciara Christensen, PhD  
SCEH President

# Letter from the Executive Director

By Anne Doherty Johnson

## Sharpen Your Hypnosis Skills at our Annual Conference

I hope you will consider joining us in October for our 74<sup>th</sup> Annual Workshops and Scientific Program, live online from October 4-8. You will not want to miss our lineup of keynotes, symposia, workshops and scientific presentations.



## Conference Theme

Our 2023 conference theme, *Unlocking the Power of Mind: Advances in the Science of Hypnosis*, reflects the Society's continued emphasis on advancing both research and practice. Presentations on emerging science, clinical hypnosis techniques/therapeutic uses and their benefits, experiencing consciousness, beliefs, and suggestions are featured.

## Workshops across Three Levels

Our Annual Conference has programming to suit all skill levels. To help you choose the workshop level and sessions that best meet your needs and interests, please review our [conference brochure](#). It contains agendas, session descriptions, presenters, continuing education details (CE and CME), learning objectives and more and includes an easy-to-use table of contents.

SCEH workshops meet accepted Standards of Training in Clinical Hypnosis and count toward the Society's Hypnosis Certification Programs.

## Scientific Program

The final two days feature our Scientific Program offering presentations covering the latest empirical research in the field. Three keynotes are scheduled:

- **Physiological Correlates of Hypnotizability**  
*Enrica Santarcangelo, MD, PhD*
- **A Functional Model of States of Consciousness: Integrating Social Cognitive and State Theory**  
*Stephen Lankton, LCSW, DAHB, FASCH*
- **Are there Core Competencies at Work? Addressing the Procedural Nihilism of Ericksonian Therapy and the Polymorphism of Hypnosis**  
*Dan Short, PhD*

Two Symposia will be offered:

- **Mechanisms Underlying Hypnotic Effects: Evidence Coming from Different Theoretical Perspectives**

*Zoltan Kekecs, PhD, Eotvos Lorand Tudomanyegyetem, Budapest, Hungary; Cameron Alldredge, PhD, Baylor University, Waco, TX, USA; Zoltan Dienes, D.Phil, University of Sussex, Brighton, UK; Gary Elkins, PhD, Baylor University, Waco, TX, USA; Graham Jamieson, PhD, University of New England, Armidale, Australia and Steven Jay Lynn, PhD, Binghamton University, Binghamton, NY, USA*

- **Integrating Noetics into your Treatment Paradigm: Quantifying the Mind during Hypnosis and Non-ordinary States of Consciousness**

*Adam J. Rock, PhD, Department of Psychology, University of New England, Australia; Ronald J Pekala, PhD, Private Practice, West Chester, PA, USA; Andrea Zaccaro, PhD, Department of Surgical, Medical and Molecular Pathology and Critical Care Medicine, University of Pisa, Pisa, Italy & Department of Neuroscience, Imaging and Clinical Sciences, Annunzio University of Chieti-Pescara, Chieti, Italy; Rinaldo Livio Perri, PhD, University Niccola Cusano, Rome, Italy & De Sanctis Clinical Center (CCDS), Rome, Italy*

Please review the Scientific Program Agenda in the conference brochure for full details about research presentations and our poster sessions. See our website to view a list of [accepted posters](#).

## Networking Sessions

Our goal is to make the SCEH Annual Conference a welcoming environment for discussion, collaboration, learning, and forging new relationships. To that end, we host several Networking Sessions to help you connect with colleagues in the hypnosis community. See our conference brochure for complete event details.

## Conference Committee

We are very thankful for the hard work of our Conference Committee. Please join me in expressing our gratitude to our 2023 Conference Committee for their work on this year's programming.

- **Overall Meeting Chairs:** Barbara S. McCann, PhD and Ciara Christensen, PhD
- **Introductory Workshop Co-Chairs:** Casey Applegate-Aguilar, MA, MS, LPCC, LSAA; Cassondra Jackson, MA and Barbara McCann, PhD
- **Intermediate/Skills Workshops Co-Chairs:** Alexandra Chadderdon, PsyD and Deanna Denman, PhD
- **Advanced Workshops Co-Chairs:** Nate Ewigman, PhD, MPH, BCB and Vivek Datta, MD, MPH

- **Scientific Program Co-Chairs:** Tova Fuller, MS, MD, PhD and Jessie (Kittle) Markovits, MD
- **Members:** Ciara Christensen, PhD and Anne Doherty Johnson, Executive Director

Please note that advance registration is required. See later in this issue for more information. For the latest event updates, bookmark our conference page at [www.sceh.us/2023-annual-conference-info](http://www.sceh.us/2023-annual-conference-info).

### **Please Update your Member Profile This Month**

Please take a few moments over the next few weeks to log in and review your Member Profile. Has anything changed? Is there a specialty you would like to add? Is the information complete? Be sure to update it with any recent changes. To log in now, visit [www.sceh.us](http://www.sceh.us) and click on Member Login in the upper right corner. Be sure to also complete fields for Directory Email and Directory Phone to make it easier for your fellow SCEH members to find and connect with you via our Member Directory. Thank you.

### **Get More from Your Membership**

Ensure you are taking full advantage of the Society's member programs by reviewing your [member benefits](#).

### **Dues Renewal Time Right Around the Corner**

Be on the lookout next month for an annual dues renewal email. Renewing promptly and before year-end helps support the Society programs and ensure we attain a strong year-end finish. Thank you for your support.

Finally, thanks to all who voted in our recent SCEH Elections. Read more about our newly elected Executive Committee, who will commence their term following the Annual Conference. Please join me in congratulating our winners and thanking our current committee members for all they do on your behalf. We look forward to continuing to meet your needs.

Sincerely,

Anne Doherty Johnson  
Executive Director

# 2023 Annual Workshops & Scientific Program

**October 4-8, 2023**  
**Live, online**



## Conference Highlights

Introductory, Intermediate and Advanced Level Workshops  
 Scientific Program with 3 Keynotes, 2 Symposia, Research Presentations & Poster Session  
 Experienced, Skilled Presenters  
 Networking Sessions to Strengthen Ties in the Hypnosis Community  
 Convenient, online format

## **Conference Registration is open!**

After you review the [Conference brochure](#) and are ready to make your event selections, we invite you to [register now online](#) (opens registration form; login required).

## Who May Attend

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

## Keynotes

Listed in order of appearance. See the conference brochure for complete details.



### **Physiological Correlates of Hypnotizability**

*Enrica Santarcangelo, MD, PhD, University of Pisa, Pisa Italy*



### **A Functional Model of States of Consciousness: Integrating Social Cognitive and State Theory**

*Stephen Lankton, LCSW, DAHB, FASCH; Editor-in-Chief,  
American Journal of Clinical Hypnosis*



### **Are there Core Competencies at Work? Addressing the Procedural Nihilism of Ericksonian Therapy and the Polymorphism of Hypnosis**

*Dan Short, PhD, Sonoran  
University of Health Sciences,  
Tempe AZ*

## **FULL CONFERENCE DETAILS**

Visit our [conference page](#) **to download and review the** [conference brochure](#) before registering. It contains complete event details, including: agendas; topics; presenters; keynotes; session descriptions; continuing education details, pricing, event policies and more, and features an easy to use Table of Contents to help you find what you need.

## **Questions**

Please contact Anne Doherty Johnson, Executive Director, at [info@sceh.us](mailto:info@sceh.us).

We hope to see you at this year's conference!

## Check out the Membership Benefits

### APPLY FOR MEMBERSHIP

We invite:

- Clinicians
- Academics
- Researches
- Students
- Physicians

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

[APPLY NOW](#)

### CONNECT WITH SCEH ON SOCIAL MEDIA



## New addition to the SCEH FOCUS Editing Team

The SCEH FOCUS Newsletter team would like to welcome Jillian Ballantyne, PhD as our new co-editor!

Jillian Ballantyne, PhD, ABPP, BCB, is a licensed clinical psychologist. She completed undergraduate training at the University of Toronto and obtained her Ph.D. in Clinical Psychology at SUNY Buffalo. She has worked in a variety of training and supervisory positions since 2006, most recently as the Director of Training of the APA-accredited Army Psychology Internship and Residency training programs at Womack Army Medical Center. Board-certified in both Clinical Psychology and biofeedback, Dr. Ballantyne is also an ASCH-approved consultant in clinical hypnosis. In her clinical practice, she specializes in the treatment of functional neurological symptom disorders, which she treats with the combination of CBT, biofeedback, and hypnosis.

# Welcome to the team, Jillian!



## Update on Revisions Made to SCEH Code of Ethics

By Janna A. Henning, JD, PsyD, FT; Immediate Past-President; Chair of the Constitution and Bylaws Committee

In 2022 and early 2023, the SCEH Executive Committee undertook an initiative, spearheaded by Janna Henning, to revise the SCEH Code of Ethics.

This was necessary for several reasons. First, the old version of the SCEH Bylaws contained a detailed description of SCEH's ethical standards and the processes the SCEH Ethics Committee and EC would go through to investigate and determine a course of action regarding ethical complaints brought against a SCEH member. However, according to best legal practices for nonprofits, procedural guidelines such as Ethics Codes should not typically be included in an organization's bylaws. Bylaws concern the fundamental mission and structure of an organization, and accordingly, they can be difficult to revise; revisions typically require an approval vote from all members. Instead, procedural guidelines, which may need more frequent revision in order to remain aligned with changing best practices for nonprofits, are best captured in a document that can be more easily revised and voted upon by the Executive Committee, followed by an announcement to the Executive Council and the general membership. Accordingly, the revised SCEH Bylaws that were posted on November 11th, 2021, contain no details about procedures related to ethical issues but instead include a simple statement that refers members to a separate Code of Ethics document. This can be seen in section 2.02 of the 2021 SCEH Bylaws: "All members shall agree to the code of ethics of SCEH. Failure to abide by the code of ethics can result in suspension or expulsion from membership in SCEH and other actions." (Follow this link to view the Bylaws: [SCEHBylawsAdopted112021.pdf](#) )

The 2021 Bylaws revision then necessitated a review and revision of SCEH's expectations and procedures concerning ethical and professional standards and behavior in order to create a separate document that would be easier to revise over time and that the Bylaws could more generally point toward.

The second reason the SCEH Executive Committee undertook a revision of the Code of Ethics is that our old Code was no longer in alignment with best practices for nonprofit organizations. Specifically, the old Code had set up a process whereby the SCEH Ethics Committee and the EC would be involved in investigations and determinations concerning ethical complaints against Members. This process exposed SCEH to potential legal liability in that SCEH members have not typically been trained in this type of legalistic procedural investigation, and there was a risk that an accused Member may sue SCEH for damage to their professional reputation. For these reasons, the current norm in nonprofit organizations is to refer all Member Complainants to the ethics committee of the Defendant Member's own professional

discipline or licensure board; those committees would then decide whether to investigate and take action to discipline the Defendant Member.

To bring SCEH into alignment with this best practice, Janna Henning worked with attorneys in a nonprofit-focused specialty practice to draft a new Code of Ethics that eliminates SCEH's internal investigation of ethics complaints. The Chair of SCEH's Ethics and Professional Attitudes Committee, Phil Shenefelt, as well as the Executive Committee members, actively engaged in the process of reviewing and revising drafts until a final version of a revised Code of Ethics was agreed upon and approved. The nonprofit attorneys approved the draft as being in alignment with nonprofit best practices, and on January 27th, 2023, the SCEH Executive Committee voted to approve the new Code and post it on the SCEH website. It can be found here: [SCEHCodeofEthics.pdf \(memberclicks.net\)](#)

Because this Code is considered to be procedural and is not part of the Bylaws, an approval vote from the Council or membership was not required. However, the Executive Committee recommends that SCEH members visit the page on the SCEH website that contains the revised Code of Ethics and familiarize themselves with the expectations and procedures that are laid out in the document. Importantly, the SCEH Code of Ethics contains two sections: Ethical Principles and Ethical Standards. As the Code states, "The Ethical Principles are philosophical guidelines that help guide and structure SCEH Members' practice of hypnosis. The Ethical Standards are intended to serve as practical guidelines to be applied to SCEH Members' clinical, teaching, and research practices. Acceptance of membership in, or Certification by, SCEH means that the Member or certified professional agrees to abide by the SCEH Code of Ethics."

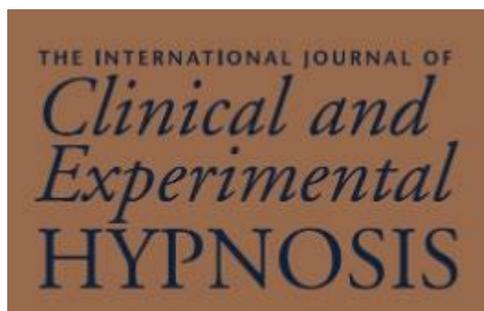
The key change from the previous Code of Ethics to the current version emphasizes the following concerning the reporting of potential ethical violations: "A. Informal Resolution: When a Member has reason to believe that another practitioner is violating or has violated an ethical standard and substantial harm has not occurred, they shall attempt to first resolve the issue informally with the other professional if feasible, provided such action does not violate any confidentiality rights that may be involved. B. Further Action: If an apparent violation of an ethical standard has substantially harmed or is likely to substantially harm a person or organization and is not appropriate for informal resolution or is not resolved properly, Members may take further action depending on the situation. Such action may include referral to state or national committees on professional ethics, voluntary national certification bodies, state licensing boards, and/ or appropriate institutional authorities. The confidentiality rights of clients should be considered in all actions. This standard does not apply when Members have been retained to review the work of another practitioner whose professional conduct is in question (e.g., consultation, expert testimony)."

To summarize, Members who believe that another Member has violated an ethical standard but substantial harm has not occurred should themselves attempt to informally resolve the issue with that Member. If the Member believes that substantial harm has occurred, and informal resolution has not been effective or is not an option, the Member may then consider referring the matter to the body or bodies that are appropriate to the accused Member's discipline or license. SCEH will no longer investigate or directly address such issues but will instead refer the complaining Member to report the issue to those appropriate bodies.

**Find the documents by clicking the buttons below!**



## Latest News From



### Recent Issue: Volume 71, Issue 3

The most recent issue of the IJCEH features the publication of a newly proposed theory of hypnosis, The Adaptive Experiential Theory of Hypnosis. Additional articles in this issue include a systematic review and research articles on hypnotherapy for a wide variety of conditions such as sleep disturbance, chronic nociplastic pain, and weight loss. Finally, this issue also includes two studies on the association of hypnotizability to interoception and emotion and the reliability and validity of the Elkins Hypnotizability Scale within a clinical sample. This is the third issue of 2023 and we look forward to publishing many more outstanding articles this year!

### Call for Papers: Research from the 16<sup>th</sup> European Society of Hypnosis Conference

We are excited to announce an opportunity to be featured in our next special issue. The call for papers for a special issue in collaboration with the 16<sup>th</sup> European Congress of Hypnosis/European Society of Hypnosis is open now until December 4, 2023. This special issue will feature the research of presenters from this conference and approximately six articles will be selected. For more information and to submit your work, I invite you to visit our website dedicated to this Call for Papers: [https://bit.ly/Hypnosis\\_Research](https://bit.ly/Hypnosis_Research)

### Call for Papers: Intersections of psychedelics, psychedelic and mystical experiences, placebo, and hypnosis

You are invited to share your innovative research in this call for papers for a special issue of the *IJCEH*. This special issue will feature relevant research, theoretical perspectives, or clinical and professional perspectives related to psychedelics, mystical experiences, hypnosis, and non-ordinary states of consciousness. All submitted manuscripts will be peer-reviewed for the possibility of publication in this special issue. Interested authors are encouraged to provide letters of interest by December 15, 2023, and complete manuscript submissions by May 1, 2024. Submissions will be received electronically via our submissions portal: at <https://rp.tandfonline.com/submission/create?journalCode=NHYP>

If you have any questions, contact Vanessa Muñoz, IJCEH Managing Editor, at [IJCEH@baylor.edu](mailto:IJCEH@baylor.edu)



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

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

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

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**The IJCEH accepts many types of papers**, including: Empirical research (e.g., clinical trials, neurophysiological studies, mechanistic studies, feasibility studies, replications); Clinical papers (e.g., well-designed multiple or single case studies); systematic reviews, meta-analyses, research-informed theoretical papers, & significant historical or cultural material. **Topics can include:** Hypnosis, hypnotizability, and hypnotherapy in psychology, psychotherapy, psychiatry, medicine, dentistry, wellness, nursing, and related areas; and studies relating hypnosis to other phenomena (e.g., mindfulness, contemplative practices, & consciousness).

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

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



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

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**Managing Editor:** *Vanessa Muñiz*

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

- [@IJCEH](#) – The IJCEH's Official Twitter Account
- [@ElkinsGary](#) – Follow the Editor of the IJCEH
- [@tandfonline](#) – Taylor & Francis Research Insights' Official Twitter Account

**Find us online at:** [www.IJCEH.com](http://www.IJCEH.com) or [www.tandfonline.com/nhyp](http://www.tandfonline.com/nhyp)

## Abstracts from the Most Recent Publication of:

THE INTERNATIONAL JOURNAL OF  
*Clinical and  
 Experimental*  
 HYPNOSIS

### OPEN ACCESS

#### **Adaptive Experiential Theory of Hypnosis**

*Cameron T. Alldredge & Gary R. Elkins*

State and nonstate theories of hypnosis have dominated the field for decades and helped advance hypnosis clinically and scientifically. However, they fall short in various ways including insufficient consideration of unconscious/experiential processes. The authors' new theory is predicated on Epstein's cognitive-experiential self-theory, a dual-process model that provides a comprehensive understanding of the rational system and the experiential system and highlights that, although they interact synergistically, their features and modes of operation differ greatly. The rational system, influenced by logic and reason, is demanding of cognitive resources and operates effortfully with minimal affect. In contrast, the experiential system is emotionally driven, associative, and encodes reality in images and feelings without conscious effort. Our theory, the adaptive experiential theory, posits that complex hypnotic responding is attributable to an individual's ability to adapt and deliberately shift from processing primarily within the rational system to the experiential system. Greater association with the experiential system yields alterations in processing reality, which allows hypnotic suggestions to be internalized and enacted without excessive interference from the rational system.

### OPEN ACCESS

#### **Systematic Review of Hypnotherapy for Sleep and Sleep Disturbance**

*Nathan Wofford, Morgan Snyder, Chris E. Corlett, & Gary R. Elkins*

Sleep disturbance can negatively affect physical and psychological health. Hypnotherapy may be effective for improving sleep with fewer side effects than other treatments. The purpose of this systematic review is to comprehensively identify studies and evidence regarding hypnotherapy for sleep disturbances. Four databases were searched to identify studies examining the use of hypnotherapy for sleep in adult populations. The search yielded 416 articles, of which 44 were included. Qualitative data analysis revealed that 47.7% of the studies showed positive results regarding the impact of hypnotherapy for sleep, 22.7% showed mixed results, and 29.5% showed no impact. A subset of 11 studies that set sleep disturbance as an inclusion criterion and included suggestions for sleep were examined separately and had more favorable results, such that 54.5% showed positive results, 36.4% showed mixed results, and 9.1% showed no impact results. Hypnotherapy appears to be a promising treatment for sleep disturbance. Future studies should report effect sizes, adverse events, and hypnotizability and include sleep-specific suggestions, standardized measures, and descriptions of hypnotherapy intervention procedures.

## **The Efficacy of Hypnotic Analgesic Suggestions in Chronic Nociceptive Pain: A Randomized Controlled Trial**

*Anna D. Kaczmarek, Michal Mielimaka, & Krzysztof Rutkowski*

This blinded study evaluated the relative efficacy of three hypnosis sessions in 60 patients with chronic nociceptive pain allocated randomly to one of two conditions: hypnosis with analgesic suggestions, or hypnosis with nonspecific suggestions. Pain intensity, pain quality, and pain interference as outcome measures were assessed before and after treatment. A mixed-design analysis of the variance model showed no significant differences between groups. According to the adjusted model, large effect size improvements in pain intensity and pain quality emerged for both conditions but were only meaningful for patients not taking pain medications. Analgesic suggestions may not play a primary role in beneficial outcomes of hypnosis at the beginning of chronic pain management since both interventions demonstrated similar positive effects. Future studies should investigate the efficacy of the hypnosis components over longer treatment periods.

## **A Qualitative Exploration of Weight Loss Experiences Through Hypnotherapy**

*Nurul A. Roslin, Aryati Ahmad, Mardiana Mansor, Myat Moe Thwe Aung, Farrahdilla Hamzah, & Pei Lin Lua*

Hypnotherapy has been gaining recognition as an alternative treatment for excess weight problems. This qualitative study aims to explore individuals' experiences of losing weight through hypnotherapy and their perceived barriers and facilitators for healthy lifestyle changes. Semistructured interviews were conducted with 15 participants (11 women and 4 men; mean age of 23 years) who recorded having lost  $\geq 5\%$  weight after undergoing 3 hypnotherapy sessions previously at a public university in Terengganu, Malaysia. Each interview was audiotaped, transcribed, and analyzed using thematic analysis. The themes that emerged were the usefulness of hypnotherapy, barriers, and facilitators of healthy lifestyle changes. All participants contended that hypnotherapy played a role in their weight-loss journey through increased mindful eating and enhanced motivation to make lifestyle modifications. Barriers to healthy lifestyle changes included high costs of healthy foods and lack of support for healthy food sources in social and family settings. Hypnotherapy is essential as an adjunct tool in assisting weight loss. However, additional efforts are needed to improve support in the weight management journey.

## **Association of Hypnotizability, Interoception, and Emotion**

*Žan Zelič, Laura Sebastiani, & Enrica Laura Santarcangelo*

The present scoping review reports the reciprocal relations between hypnotizability, interoception, and emotion. Brain morpho-functional differences may account for the lower interoceptive accuracy, higher interoceptive sensitivity, and different emotional strategies observed in highly hypnotizable participants with respect to medium-to-low hypnotizables. Since interoception is relevant to both physical and mental health and hypnotizability can predict both interoceptive abilities and the efficacy of interoception-based mental training, this allows for the development of new forms of treatment and rehabilitation.

## **Reliability and Validity of the Elkins Hypnotizability Scale Within a Clinical Sample**

***Kimberly Zimmerman, Vanessa Muñiz, Morgan Snyder, & Gary R. Elkins***

Hypnotherapy is used in clinical settings to treat mental and physical health-related conditions. Hypnotic response can be measured through hypnotizability scales to help interventionists personalize treatment plans to suit the patients' individualized hypnotic abilities. Examples of these scales are the Elkins Hypnotizability Scale (EHS) and the Stanford Hypnotic Susceptibility Scale, Form C (SHSS:C). According to the previous literature, these scales have good discriminating ability and internal consistency ( $\alpha = 0.85$ ) in collegiate samples, but the psychometric properties of the EHS for a targeted clinical population have not been determined yet. This study assessed said properties, and results showed adequate reliability of the EHS in a targeted clinical sample and strong convergent validity of the EHS to the SHSS:C. The authors conclude that the EHS is a strong and useful measure of hypnotizability that is pleasant, safe, brief, and sensible to individualities in hypnotic ability found in diverse clinical samples.

**Call for Papers: Intersections of  
 psychedelics, psychedelic and  
 mystical experiences, and hypnosis**  
 (Editor-in-Chief, Gary Elkins, Ph.D.)

**Details:** The therapeutic benefits of psychedelic and mystical experiences have been shown in several studies and the research base has grown rapidly in recent years. Both hypnosis and psychedelics have been investigated for a range of psychiatric disorders and transformative experiences and past research has suggested that psychedelic and mystical altered states may be facilitated or augmented by hypnosis, meditation, and positive expectancy. Several studies have identified potential parallels between psychedelics and hypnosis and some have proposed that combining hypnosis and psychedelics in psychotherapy may have enhanced benefits. Other research has suggested that hypnosis may be used to create psychedelic and mystical experiences without taking a psychedelic substance. Although there has been increased interest in psychedelics, mystical experiences, hypnosis, and non-ordinary states of consciousness, much remains unknown. For example: Can hypnosis be used by individuals to create psychedelic experiences that are comparable to psychedelic substances? Can hypnosis create psychedelic states and mystical experiences that are transformative or have therapeutic benefits? Does hypnotizability and absorption moderate the capacity to experience psychedelic or mystical experiences? What is the role of placebo effects, positive expectancy, and hypnotic suggestion in psychedelic experiences? Is the neurophysiology of substance-induced and hypnosis-induced psychedelic experiences comparable? What is a potential theoretical framework that can account for the ability of hypnosis to induce psychedelic and mystical states? How does hypnosis influence substance-induced psychedelic experiences in treatment? This special issue of the *IJCEH* is a call for papers (research, theoretical, or clinical) that can address these and related questions. Interested authors are encouraged to provide letters of interest and manuscript submissions before their deadlines. Manuscripts will be peer-reviewed for consideration for publication in this Special Issue.

**Letters of interest are due by **December 15, 2023****

**Deadline for Submission of Manuscripts to the *IJCEH*: **May 1, 2024****

**Submission of Manuscripts:** The *International Journal of Clinical and Experimental Hypnosis* receives all manuscript submissions electronically via Taylor & Francis' submission portal located at <https://rp.tandfonline.com/submission/create?journalCode=NHYP>

**Instructions to authors can be found at:**

<https://www.tandfonline.com/action/authorSubmission?show=instructions&journalCode=nhyp20>

Questions and requests can be sent to the *IJCEH* Editorial Office at [IJCEH@baylor.edu](mailto:IJCEH@baylor.edu)

## Member News

### **APA Division 30 (Psychological Hypnosis) elections:**

- Afik Faerman was elected as the upcoming President-Elect.
- Lisa Lombard will continue to serve as the Representative to the APA Council.
- Cameron Alldredge was elected to serve as a Member-at-Large.
- David Reid will continue as Secretary and will also serve as the second Member-at-Large.

Let us congratulate them on their new positions!

### **Share Your News with the SCEH Community!**

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

We look forward to hearing from you!

SCEH reserves editorial rights over all submissions.

# Announcing HIPNOSISE Mentorship Program

## Hypnotic Induction Practice Network of Students Interested in Skill Enhancement (HIPNOSISE)

### Honing Clinical Hypnosis Skills with Colleagues

SCEH is the home for evidence-based clinicians utilizing clinical hypnosis. The Society is devoted not only to supporting accomplished clinical and experimental researchers but also to providing training for healthcare professionals who are new to hypnosis.

After completing the Introduction to Hypnosis workshop, it is not uncommon to feel hesitant to begin to apply hypnotic interventions clinically. Or perhaps there is a curiosity to receive hypnosis to deepen one's understanding and experience of the hypnotic phenomena. Maybe there is a dearth of colleagues trained or even interested in clinical hypnosis in one's workplace, and there is an itch to connect with other clinicians to exchange ideas and build community.

In order to build and further enhance confidence, competence, and community of professionals at any stage of their career using hypnosis with patients, SCEH created its [HIPNOSISE Program](#). This exclusive, members-only program connects professionals looking to hone their hypnosis skills and practice online in a safe, collegial, and supportive environment. The online practice pairs (or groups of three) are matched based on their partner preferences, clinical interests, needs, and expertise.

Participants in the program will have the chance to practice hypnosis techniques virtually with a chosen colleague to increase their confidence, competence, and creativity in their use of hypnosis.

### Questions about HIPNOSISE?

Please contact the HIPNOSISE Program Coordinators:

- Zoltan Kekecs, PhD - [kekecs.zoltan@gmail.com](mailto:kekecs.zoltan@gmail.com)
- Liz Slonena, PsyD - [dr.lizlistens@gmail.com](mailto:dr.lizlistens@gmail.com) or 828.771.6127

# Calendar of Events

## 74th Annual Workshops and Scientific Program

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

**October 4-8, 2023**

**Live, online**

**#SCEH2023**

**Registration is open, so register [today!](#)**

**Registration deadline: September 25, 2023.** We regret we can not accommodate late registrations so please register while you can.

[SCEH Webinar Series](#)



### Thank you to those who recently provided webinars:

Elizabeth Slonena, PhD, presented on “Mindful Hypnosis: How to Stress Less and Live More Mindfully” on 6/9/23

Afik Faerman, PhD, presented on “From Neurons to Hypnosis: An Introduction to Hypnosis Research for Clinicians” on 7/14/23

Akira Otani, EdD, ABPH, presented on “Mindfulness and Concentrative Meditation: The Twain Meet Hypnosis” on 8/11/23

### Be sure to sign up for these upcoming SCEH webinars while you can!

**September 8, 2023 at 12pm EDT**

### **Hypnotically Informed Psychotherapy: What is this Thing Called Hypnosis?**

*Presenter: Robert Staffin, PsyD, ABPH*

Ask a group of clinicians, even those with advanced training in hypnosis, “What is hypnosis?” and you will get a variety of descriptions ranging from neurophysiological to socio-cognitive. In addition to how one conceptualizes hypnosis, the term itself is used to describe both a process, i.e. induction/elicitation, and an experiential state, i.e. trance. In this presentation, the literature on influence, embodiment (embodied cognitions and emotions), mirror neurons, mimicry and gestures will be used to present ways of being hypnotic rather than doing hypnosis. How appreciating this body of literature and incorporating it into one’s clinical practice supports, among other things, what have been identified as the “six core competencies” of Ericksonian therapy: Tailoring, Utilization, Destabilize, Strategic, Experiential and Naturalistic, will be emphasized. Attendees will leave the program with ways to conceptualize the idea of hypnosis that will allow them to more easily and fluidly incorporate being hypnotic into their clinical work. They will have a greater appreciation for what it means to practice “hypnotically informed psychotherapy”. [Click here for details and registration](#)

**October 20, 2023 at 12pm EDT**

## **Hypnosis & Implicit Memory: Much More Than Riding a Bicycle**

*Presenter: Louis F. Damis, PhD, ABPP*

Appreciation of implicit memory and subcortical influences on emotional, attitudinal, interpersonal, and behavioral functioning and the importance of bottom-up interventions in psychotherapy are rapidly increasing. Implicit, non-conscious memory has a pervasive influence on states of consciousness, self-regard, emotions, and trauma-related disorders. This workshop will review the multiple categories of automatic, incidental, nonconscious, and continuous learning that comprise the domain of implicit memory. The role of implicit memory in the development of trauma related and interpersonal disorders will be reviewed. Hypnotic techniques for generating mental/emotional states that can constructively modify implicit memory will be outlined. Participants will learn to cultivate individualized reparative mental/emotional states that modify nonconscious subcortical memory. The application of hypnotic strategies for creating neuroception of safety and positive self-regard via ego strengthening will be delineated. This workshop will help clinicians move away from using generic scripts. Instead, participants will learn how to co-create individualized, emotionally corrective mental and somatic states that foster client empowerment fundamental to treating various disorders. [Click here for details and registration](#)

[Bookmark our SCEH Webinar Series page for the latest information and new dates and topics.](#)