

FOCUS

MIND UNLEASHED



75th Annual Workshops and Scientific Program

Dates: October 23-27, 2024 (Wednesday-Sunday)

Theme: *Mind Unleashed*

Location: Anaheim Majestic Garden Hotel, Anaheim, CA

[Register Now](#)

- **Advanced Registration is *required*.**
- **Registration Deadline:** *October 10, 2024.*
- **Early Bird Registration Discount:** *Early Bird Pricing in effect to SEP 13. All registration prices increase by \$75 after this date.*
- **Cancellation and Refund Policy:** *Registrations are not transferable. Cancellations received before SEP 20 at 5:00 PM EST USA will receive a refund, minus a \$75 processing fee.*

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75TH ANNUAL WORKSHOPS AND SCIENTIFIC PROGRAM

About the Conference

The SCEH Annual Conference includes Introductory, Intermediate and Advanced Clinical Hypnosis Workshops plus a Scientific Program. Workshops meet accepted Standards of Training in Clinical Hypnosis and count toward [SCEH Hypnosis Certification Programs](#).

Agendas are subject to change.

Conference Theme

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

Schedule at a Glance

The conference runs from Wednesday, October 23 to Sunday, October 27.

Conference check-in begins onsite on Wednesday afternoon at 3:30 PM. Please plan your arrival to allow sufficient time to pick up your badge and check in for the conference before heading to your sessions.

Conference adjourns at 1:00 PM on Sunday.

Workshops - Wednesday through Friday
Scientific Program - Saturday and Sunday.
Poster Session - Saturday

2024 Conference Site and Accommodations:

Anaheim Majestic Garden Hotel
900 South Disneyland Drive
Anaheim, CA 92802-1844



To reserve a room at our group rate for the SCEH 2024 Annual Conference, use this [Customized Reservation Link](#)

75TH ANNUAL WORKSHOPS AND SCIENTIFIC PROGRAM

Below are this year's Scientific Program Keynote presenters, in order from left to right:



- **The "Vital" Placebo: Experiences of the Unleashed Mind** *Jon K. Amundson MA, MAPP, PhD*
- **Tranceformation: Digital Dissemination of Hypnosis** *David Spiegel, MD*
- **Process-Oriented Hypnosis: Expanding Targets of Treatment** *Michael D. Yapko, PhD*

Please refer to the conference web page for additional details on this year's Keynotes:

[2024 Conference Info](#)

Networking Activities

The Annual Conference includes several networking events. The audience for each is reflected in the event name.

- 600 - Thursday General Networking, 6-7 PM
- 601 - Friday Student/Early Career Professional (ECP) Networking, 12:15-1:15 PM
- 602 - Saturday Breakfast for Women Attendees, 7:30-8:30 AM
- 603 - Saturday SCEH Member Meeting & Lunch, 12-1:30 PM
- 604 - Saturday Awards Banquet, 7-9 PM



MESSAGE FROM THE PRESIDENT



September 2024

I cannot believe the feeling of Fall is already in the air in sunny Seattle! This means the 75th Annual Workshops and Scientific Session of the Society for Clinical & Experimental Hypnosis is only two months away!

We will be meeting at the Anaheim Majestic Garden Hotel in Anaheim, California. I hope you have already registered for SCEH's 75th, and have made your hotel and travel arrangements. If you haven't, please do so today! This will be our first face-to-face meeting since 2019, and as the 75th meeting, it is a significant one.

With the approach of the SCEH conference in October, I am getting back-to-school feelings and reflecting on "how I spent my summer vacation." I had two

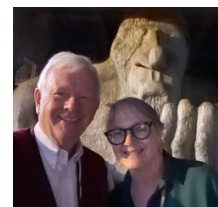


memorable opportunities to experience the joy of getting together with other professionals. I traveled to Verona, Italy, in June, to attend the 5th International Conference on Functional Neurological Disorder. I was delighted to spend time with friend and colleague **Liam Clark, MD** (*right*), who uses hypnosis in his neurology practice in Cheyenne, Wyoming. I was pleased to meet many clinical practitioners in attendance who use hypnosis in their work with patients.

I sampled many of APA Division 30's (Society of Psychological Hypnosis) offerings in August at the American Psychological Association's Annual Conference in Seattle, which is my hometown. It was a tantalizing preview of what it will be like seeing everyone at the SCEH sessions in October, as many of our SCEH members also participate in Division 30. I must admit that showing off Seattle is one of my favorite things to do. I had a nice chat with former SCEH President **Janna Henning, PsyD**, during the social event at Pike Place Market, followed by digging into some delicious shepherd's pie with Baylor graduate students **Vannesa Muniz** and **Katherine Scheffrahn** – two of the 17 scholarship recipients who will be traveling to Anaheim in October to present their work during the Scientific Session.



SCEH presidents, past and current, were in abundance: **Ciara Christensen, PhD** gave an excellent presentation Saturday morning, entitled *Harmonizing Breath and Mind: Exploring the Interplay of Breathing Techniques, Heart Rate Variability, and Hypnosis for Optimal Well-Being*. I made a quick visit uphill from the Convention Center (there are a lot of hills in Seattle) with past SCEH presidents, **Drs. Gary Elkins, Don Moss, and Eric Willmarth** (*left*) to grab lunch and check out Seattle's Starbucks Reserve Roastery and Tasting Room. Don was an especially good sport about accompanying me to some of Seattle's quirkier sights: the Gum Wall, the Seattle Great Wheel, and the Fremont Troll (*right*).



Seeing colleagues for the first time since the pandemic, seeing many for the first time after knowing them only through Zoom, and making new friends was a delight! This summer whet my appetite for the SCEH offerings in Anaheim. As I mentioned, we will have a strong student showing, with many coming from outside the United States. We have an exciting lineup of Keynote Speakers, including **Jon Amundson, David Spiegel, and Michael Yapko**. With three days of Introductory, Intermediate, and Advanced Workshops, the Scientific Sessions, and several networking sessions planned, this is an event you won't want to miss! See you in Anaheim!

Sincerely,

Barbara McCann, PhD,
SCEH President

LETTER FROM THE EXECUTIVE DIRECTOR

September 2024



2024 Annual Conference

As I write this, we are now in the midst of marketing our 75th Annual Workshops and Scientific Program, an important milestone for the Society, and we hope to see you there! Our first face-to-face meeting since 2019 (in New Orleans), we look forward to welcoming you to Anaheim, California, with a robust program of educational and networking activities designed to help you foster and grow connections in the hypnosis community.

Event details are as follows:

2024 Annual Conference
75th Annual Workshops and Scientific Program
October 23-27, 2024 (Wednesday-Sunday)
Mind Unleashed
Anaheim Majestic Garden Hotel, Anaheim, CA

Conference Programming

We have workshops for all levels. The Introductory Workshop, taken as a cohort, provides attendees with a basic background and understanding to begin using hypnosis within the context of their scope of practice. The Intermediate Workshop, taken as a cohort, can be used toward SCEH certification or simply to refresh and expand hypnotic skills. The Advanced Workshops, a series of concurrent sessions on a wide variety of topics, are designed for those who have completed Introductory and Intermediate level clinical hypnosis training and wish to take their training to the next level.

With this year's conference theme, *Mind Unleashed*, you will find Advanced Workshop topics and a Scientific Program that covers topics that explore dynamic intersections of hypnosis with other mind-body therapies, hypnosis apps, and consciousness. In addition to the Scientific Program's research presentations, poster session, and Presidential Symposium, we are delighted to have three keynotes this year, including **Jon K. Amundson MA, MAPP, PhD**, speaking on *The "Vital" Placebo: Experiences of the Unleashed Mind*; **David Spiegel, MD** addressing *Tranceformation: Digital Dissemination of Hypnosis*, and **Michael Yapko** discussing *Process-Oriented Hypnosis: Expanding Targets of Treatment*.

Please review the [conference page](#) to review the various workshop agendas and details about the Scientific Program.

Networking Opportunities

Another important part of the Annual Conference is the chance to make and renew contacts in the hypnosis field. On Saturday, we will welcome current and prospective members to a Member Luncheon, a chance to meet fellow members and hear more about the Society's programs and plans for the future. During the conference, we will also host a networking reception for all attendees, a breakfast for women attendees, a Student and early career professionals lunch, and our Awards Banquet to celebrate hypnosis community achievements. Each is an opportunity to network, discuss future collaborations, and learn from one another. See our conference page for full details about all aspects of our historic 75th annual event.

Again in 2024, our event includes the opportunity to earn CE or CME, part of our effort to expand adoption of hypnosis by a broader group of health care professionals. See the Continuing Education section of the conference web page for complete details.

LETTER FROM THE EXECUTIVE DIRECTOR *(CONT'D)*

Register Early to Get the Best Pricing

Note that advanced registration is required, and the registration deadline is October 10th. To get the best conference registration pricing, be sure to register before September 13th.

Conference Hotel

Our conference site is the Anaheim Majestic Garden Hotel, a low-rise hotel with oversized guestrooms that are the most spacious in the area, approximately 480 square feet. The castle-themed hotel is conveniently located just a half mile from Disneyland® Resort. Hotel guests enjoy complimentary highspeed internet in guestrooms and public spaces (not including meeting rooms), televisions, mini-refrigerator, coffee/tea maker and in-room safes.

If you plan to join us in Anaheim, don't delay making your hotel arrangements. We have secured a great discounted hotel room rate for the event and encourage you to book early to secure a room. Our special discounted rate is in effect until October 7th or until we sell out, whichever occurs first. Please help support the Society by staying at the conference hotel, and by making your room reservations directly with the hotel. Please DO NOT use third party services. This will help ensure that all our attendee rooms are properly credited to the Society, which helps us manage the growing costs of delivering an in-person event. Please review all hotel policies before reserving a room. To book your room, please follow the instructions on our Site and [Accommodations page](#)

Please [email me](#) if you have difficulty getting a reservation.

2024 Conference Committee

This event comes together through the work of many hands. I would like to add a word of thanks to our 2024 Conference Committee who have put together this year's educational programming.

Overall Meeting Chairs: Deanna Denman, PhD and Tova Fuller, MD, PhD

Introductory Workshop Co-Chairs: Barbara McCann, PhD and Tova Fuller, MD, PhD

Intermediate/Skills Workshops Co-Chairs: Nicholas Olendzki, PsyD and Yeganeh Farahzadi, MS

Advanced Workshops Co-Chairs: Cameron Alldredge, PhD and Jillian Ballantyne, PhD, ABPP

Scientific Program Co-Chairs: Deanna Denman, PhD and Jessie (Kittle) Markovits, MD

75th Anniversary Planning: Ciara Christensen, PhD

Members: Barbara S. McCann, PhD and Anne Doherty Johnson, Executive Director

Anaheim, here we come! I hope to see you there!

Membership Renewal Season Begins in October

In October, you will receive your annual dues renewal invoice via email. Just click on the invoice to make your payment. We ask all members to kindly support the Society by renewing your membership prior to year's end, helping us to achieve a strong financial finish. We value your support.

Renewal time is also an excellent opportunity to review your SCEH member profile and update it with any changes. To review your current listing, login using the button on the upper right of our home page, then make your changes.

Sincerely,

Anne Doherty Johnson
Executive Director

SCEH MEMBER NEWS

Dear SCEH Team,

I hope this message finds you well. I am writing to submit a news item for inclusion in the upcoming issue of the SCEH newsletter.

Attached, you will find the article titled "[Upcoming publication: Extensive Systematic Review on Hypnotherapy for Major Depressive Disorder](#)" which details significant findings from a comprehensive study conducted by myself and my colleagues at the Universidade do Vale do Itajaí (UNIVALI) in Brazil, in collaboration with Dr. Gary Elkins.

We believe this research marks an important milestone in the field of hypnosis, and we are eager to share our findings with the scientific community. Please find the article text attached for your review.

Thank you for considering this submission. Should you require any further information or adjustments, please do not hesitate to contact me.

Best regards,

Filipe Luis Souza
School of Health Sciences
Universidade do Vale do Itajaí (UNIVALI)

Upcoming publication:

Extensive Systematic Review on Hypnotherapy for Major Depressive Disorder

I would like to update the esteemed members of our society that within a few months, the most extensive systematic review with meta-analysis of hypnotherapy for the treatment of major depressive disorder will be published. This research was conducted by myself and my colleagues at the Universidade do Vale do Itajaí (UNIVALI) in Brazil, alongside Dr. Gary Elkins, a well known and respected member of our society for his contributions to hypnosis.

This research is significant for hypnosis as a historical milestone, a step towards improving the quality of our research. We identified studies not only with a high risk of bias, as is common in most clinical research in the health sciences, but also studies with clear data omission. Our society must play an important role in educating the professional and research community. Our research identified a situation that demonstrates a 'law of minimum effort,' that is, the systematic slowness in conducting new and, above all, better research.

It will be an honor to share our findings with the scientific community, and we genuinely hope to encourage a surge of future research with more transparent and appropriate designs to accurately assess the true therapeutic potential of hypnosis. We hope that with this research, we can remind everyone that evidence-based practices are conducted using the best available evidence, not just any available evidence.



SCEH Member, Maureen Turner, MEd, LCMHC, BC-Psychiatric RN announces that she will be presenting *Treating ADHD with Clinical Hypnosis*, a Virtual Workshop On November 15 and 16, 2024, sponsored by the Canadian Federation of Clinical Hypnosis: Alberta Society. For more information: <https://albertaclinicalhypnosisociety.wildapricot.org/>; info@clinicalhypnosis.ca; 1(825)-558-0899.

AN UPDATE ON SCEH VIRTUAL EDUCATIONAL EVENTS

The SCEH Education Committee is currently made up of Ilyse L. Spertus, PhD, Elizabeth G. Walsh, PhD, Barbara S. McCann, PhD (SCEH President), and Donald Moss, PhD (SCEH Education Chair). The Education Committee has been actively planning virtual education programs for the remainder of 2024 and 2025, including webinars and the 2025 Mid-Year Training Workshops.

Most webinars are scheduled for the second Friday of each month, at noon Eastern time. Occasionally, an alternate Friday is chosen to avoid conflicts with other SCEH events, or the meetings of related professional organizations. In September 2024 and January 2025, an extra Friday has been scheduled to accommodate special programs.

The upcoming webinars for 2024 include:

September 13 and 20, 2024, Ethical Principles for Clinical Hypnosis Practice ([Session I](#) and [Session II](#)), with Donald Moss, PhD, and Barbara McCann, PhD.

October 11, 2024, Grief, Psychedelics, and Hypnosis: A Personal Perspective, with David Patterson, PhD.

November 8, 2024, Harmonizing Hypnosis: A Rhythmic Approach to Creative Impact, with Anita Jung, MS, LPC-S.

December, no program.

Registration links coming soon! Check the [webinar site](#) for links to all training.

There remain two openings in Fall of 2025, and the Education Committee welcomes SCEH member suggestions of desirable topics and speakers.

The SCEH Mid-Year Training Workshops are shaping up nicely.

Friday & Saturday, March 7 & 8, 2025, Basic Training in Clinical Hypnosis.

Friday & Saturday, March 7 & 8, 2025, Intermediate Training in Clinical Hypnosis.

Sunday, March 9, 2025, Advanced Workshops on Neurologically-Based and Functional Disorders.

Monday March 10, 2025, Advanced Workshops on Meditation, Mindfulness, and Hypnosis.

There remain two open slots for the Sunday program on neurologically-based and functional disorders. The Education Committee welcomes suggestions for topics and speakers.

Donald Moss, Education Chair

dross@saybrook.edu

SPOTLIGHT ON WOMEN IN HYPNOSIS: KAY THOMPSON, DDS



*I*t can be difficult for talented women to make inroads in any male-dominated profession, by which I mean in all of the professions for which folks are paid. Indeed, for many such women, the inability to break through barriers (or ceilings) may even be used to insinuate a lack of competence, thereby creating the kind of Catch-22 with which many professional women become frustratingly familiar.

When a talented woman does break through, she may do so at a cost. Sometimes the price lies in the perception of her personality or manner, as she faces sotto voce criticism of being ‘overly masculine’, or finds herself described in such non-flattering terms as ‘formidable’ or ‘unattractive’ – words that contain more than a dollop of the sense of being inadequate in some way.

It takes a strong woman to keep striving in a highly masculine space. By all reports, Kay Thompson was a strong woman. In an obituary, Karen Olness compared Kay to a rose in that she was “remarkably tough and adaptable” but also “caring, sensitive, and also tough.” Following Kay’s death in 1998, an otherwise very loving obituary featured in the *American Journal of Clinical Hypnosis*, made a point of mentioning that she was “not a beautiful woman to initial exterior appearances”. But no one has ever denied her tremendous talents as a dentist, hypnotist, teacher, and mentor.

Kay Thompson, DDS, was the first woman student at the University of Pittsburgh Dental School, and later the first woman member of the American Board of Dentistry, and the first woman President of the Pennsylvania Dental Association. She was also the first woman president of the American Society of Clinical Hypnosis. These are just a few of the sundry other “firsts” that came to characterize her professional life. She blazed a trail in the world of hypnosis, and it is still shining.

Kay Thompson first attended a hypnosis seminar led by Milton H. Erickson in 1953, and subsequently became one of his most dedicated students. Erickson was himself an active member during the early years of the Society for Clinical and Experimental Hypnosis (SCEH), founded in 1949 in the United States. Professional disagreements led Erickson to establish the American Society of Clinical Hypnosis (ASCH) in 1957. Kay would later become ASCH’s first female president in 1972, while also remaining actively involved in SCEH. Indeed, it was at a historically important clinical meeting of SCEH in 1972 that Kay showed a film of herself undergoing rhinoplasty and dermabrasion surgery using hypnosis as the only form of anesthesia, and facilitated the discussion of the implications for a debate at the time over whether hypnosis taught patients to turn off pain signals or to just to tune them out.

*I*n 1959, the International Society for Clinical and Experimental Hypnosis (ISCEH) was launched, and Kay became one of their featured speakers at the 1973 congress in Uppsala Sweden when the ISCEH officially changed its name to the International Society of Hypnosis (ISH). In other words, Kay was actively involved in the professional growth of hypnosis across three different but related organizations. Indeed, she became one of the threads that bound all three organizations together, despite periods of professional disagreement and political discord. Jeff Zeig recalled that Kay was a master politician who had an astute understanding of political organizations and how they develop. She also served as his mentor over many years, and played a leading role in the development of the Erickson Foundation.

"When everything that can be done and should be done, has been done, then there is no longer any reason to have the pain." Kay Thompson, DDS.

(continued)

KAY THOMPSON, DDS (CONTINUED)

All of Kay's former students whom I interviewed for this piece reiterated how much and how often she encouraged them to practice their self-hypnosis skills. Holly Forrester-Miller (*right*), one of Kay's earliest students, recounts a story about how Kay kept taking Erickson's basic introductory class, over and over, at least ten times, as she distilled his approach to hypnosis and made its language her own. On one occasion, an instructor became unexpectedly unavailable, at which point Erickson voluntold Kay that she would be teaching that class. That became the beginning of a lifelong process of sharing her knowledge, imparting her wisdom, and encouraging her students to "practice, practice, practice".



That encouragement to "practice" is, in my opinion, a distinctly feminine touch. When I was a Psychology intern, one of my supervisors was a male psychiatrist who had a habit of teaching almost the entire class with one arm in a demonstrated position of catalepsy. Thirty minutes into his lecture, we were all so transfixed and fascinated by that arm, that we barely paid attention to a word he had to say. It was all showmanship, and even as I "oohed" and "aahed" along with my fellow interns and residents, I also realized that his demonstration without explanation was teaching me nothing. My takeaway was how amazing he was; I still had no clue how to get there myself.

Although she often dazzled them with her own demonstrations — particularly those in which she predetermined exactly how many drops of blood she would bleed after puncturing a vein on the back of her hand with a needle — Kay's objective was never to show off for her students. Instead, she was seeking to inspire confidence in their ability to develop their own competence in hypnosis through repetition and practice. Akira Otani remembers that Kay once told him that she practiced arm levitation over 2000 times! How is that for persistence and humility?

In his ASCH obituary column, Akira also noted that "*her elegant verbal skills made many of us believe as if hypnosis was 'easy' for her. Yet, aside from her gifted verbal ability, I believe that it became 'natural' to her as a result of long diligent practice of the art.*" That was Kay's message to her students. Hypnosis was not a talent one was born with; it was a skill that one could learn and then practice and keep practicing, to achieve mastery. It takes courage and humility to admit that what looks like talent is actually the end stage of repeated and dedicated effort and practice.

Contrast this with just about any biography of great men, and you get the impression that they came out of the womb with a preformed level of competence, a template for their inevitable strides along the path to success and achievement. On the other hand, if you read say one of Julia Child's cookbooks, you get the sense of a woman who practiced the same recipes, over and over, for years in some cases, until the results were just right. Even on live television, Julia never hid her big flops, as she practiced and kept practicing. By all reports, Kay had similar character traits of persistence, dedication, and humility.

"And you can become so entranced with knowing everything you need to know about how the memory of that experience changed into something that it wasn't when it began, only because you hadn't thought about it being what you didn't think it was." Kay Thompson, DDS.

(continued)

KAY THOMPSON, DDS (CONTINUED)

It was Kay's willingness to repeatedly practice on herself, and then generously teach and share what she had learned, that inspired so many of her students to themselves become experts at hypnosis. That inspiration eventually blossomed into a compilation of her over 400 lectures and workshops into a book titled *"The Art of Therapeutic Communication: The Collected Works of Kay Thompson"*. Compiled after her death by two of her former students — Saralee Kane and Karen Olness — this amazing book features "excerpts from Kay's original lectures and workshops which reflect the range and depth of her clinical expertise and knowledge, her particular emphases, orientation and approaches, her dynamic and forceful personality and her playful hypnotic communications", per the very accurate Amazon blurb.

This book celebrates Kay Thompson as "one of the great hypnotherapists of the 20th century". Renowned for her linguistic ability, she lectured widely on "the therapeutic use of language, the importance of motivation, pain management and pain control, the effect of language on physiology, and the use of hypnosis in dentistry, including the psychological importance of the oral cavity".

Kay is credited with being one of the first hypnotists to articulate the importance of motivation. Indeed, she was prescient in her discussion of the importance of examining the motivation of the patient, the hypnotist, and of the environment in which they are communicating. She believed that techniques and the types of trance involved are less important than the motivations of the people involved, noting that *"we are often focusing on the vehicle, while the important aspect is the journey and, even more important, the destination."*

Kay innovated the use of the dual induction technique. Her use of metaphor was legendary and her artistry with word-play is well-captured in her description of how she used language: *"My words are the chisels, the brushes used to attempt to reach the inner block of material, the canvas of the individual, modifying the story as the cues demand, and waiting for the message that change is ready, leaving the creation to be interpreted by the patient, the one who commissioned the vision in the beginning"*.



Holly Forrester-Miller recounts undergoing her own major surgery without anesthesia a month after observing and being inspired by one of Kay's demonstrations. Jane Parsons-Fein recalls Kay helping her when she had to get four back teeth removed:

A New York 5th Avenue dentist told me that it would take a number of months to do all four teeth, and it was going to be very costly. I called Kay, and she said, "Come home to Pittsburgh, and I'll get my student dentist to do it." So I went and stayed with my mother. I think she did an informal short induction with me that Thursday night talking with me on the phone. Friday morning, she drove in from her home outside Pittsburgh to my mother's apartment where I was staying and did an induction with me before the surgery which was to be that morning. I don't remember how long the induction was, maybe 20 minutes, but maybe longer. I remember looking at the circular design on a window pane in my mother's apartment as I went into trance. Dr. Z. did the surgery, and I think the process lasted about an hour and a half (but I'm not sure) for the removal of four back teeth without anesthesia. I was sitting in the dentist chair. Kay was standing right behind my right shoulder near my right ear. During the procedure, I felt pressure but no pain. Somewhere in the middle of the process, she said, "There's not enough blood coming...let it bleed." After a moment, she said, "Thank you", and I knew it was working.

Submitted by Dr. Jillian Ballantyne

This is a celebratory space in which we acknowledge the talented women who have contributed to/are contributing to the development of the field of hypnosis. Please send us your suggestions for whom you would like to see celebrated in this space.

LATEST NEWS FROM IJCEH



Recent Issue: Volume 72, Issue 3

To start the third issue of volume 72 of the *International Journal of Clinical and Experimental Hypnosis (IJCEH)*, an in-memoriam in honor of Dr. Steven Lynn is available to all readers. Following, this issue also included three research studies and two review articles. In the leading article of this issue, a randomized clinical trial assessed the efficacy of clinical hypnosis as an adjunct to Cognitive Behavioral Therapy for the treatment of major depressive disorder. Additional research studies explored the effectiveness of combined Mindful Self-Hypnosis (MSH) with resistance training (RT) for the reduction of perceived stress among female college students and psychometric properties for the French norms of a shortened online adaptation of the Harvard Group Scale of Hypnotic Susceptibility (HGSHS:A). Finally, a systematic and meta-analytic review of EEG correlates of suggestion-induced Stroop interference reduction in highly suggestible individuals, and a comprehensive review of hypnotherapy for inflammatory bowel disease management conclude the July issue of the *IJCEH* for a total of five articles.

Preview of Upcoming Issue: European Society of Hypnosis - Volume 72, Issue 4

We are excited to announce that the October issue of the *IJCEH* will feature a special issue in collaboration with the European Society of Hypnosis (ESH). This year, the ESH hosted its XVI congress with the theme of “Hypnosis Food for Body and Mind: An Integrated Approach to Healing”. This special issue of the *International Journal of Clinical and Experimental Hypnosis* will include a guest editorial provided by Congress leader, Dr. Peter Naish, and is composed of six articles focused on advancing research, theory, and practice in a wide range of topics.

Transitioning to Online-Only Publishing starting January 2025!

As a reminder to all of our readers, this January 2025, the *International Journal of Clinical and Experimental Hypnosis* will be transitioning to online-only publishing. In our commitment to innovation and accessibility, this transition aims to provide benefits to authors and readers alike by eliminating delays associated with print distribution. This transition will expedite the timeline from submission to publication and will allow us to provide faster access to the latest academic articles published at the *IJCEH* on a rolling basis, attract more high-quality articles and research, and increase the number of articles available per issue. Although this means that volume 72, Issue 4 will be our last print issue, we are eager to offer quality articles sooner to you, now in real-time!

LATEST NEWS FROM IJCEH

Special Issue: *Intersections of Psychedelics, Psychedelic and Mystical Experiences, and Hypnosis*

As we are preparing for the upcoming year, here are some special issues currently underway. The year of 2025 will promise several dedicated issues to advancing the field of hypnosis and expand its scope and exploration into diverse subfields of psychology & hypnosis.

The first special issue of 2025, entitled, “*Intersections of Psychedelics, Psychedelic and Mystical Experiences, and Hypnosis*” will be an issue targeting the exploration and novel findings on the therapeutic benefits, mechanics, and theoretical frameworks of psychedelics and mystical experiences, as well as its potential parallels between psychedelics and hypnosis. This issue is scheduled for publishing in our July issue, but early online access will be provided for select articles.

Special Issue/Call for Papers – *Ericksonian Psychotherapy*

Moreover, a special issue dedicated to the diverse applications, theoretical advancements, empirical research, and clinical outcomes associated with *Ericksonian Psychotherapy* will be available later in the year.

For more information on this and any future call for papers and special issues of the *IJCEH*, visit our journal’s website at: https://think.taylorandfrancis.com/special_issues/ericksonian-psychotherapy/

Interested Authors:

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

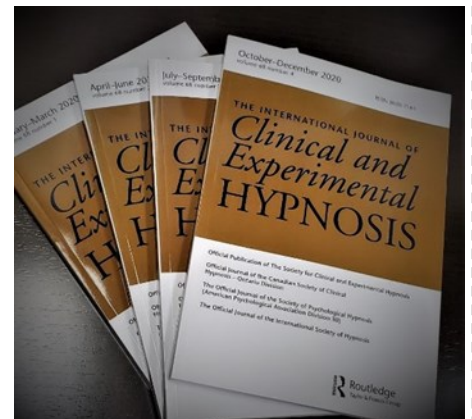
Instructions to authors can be found at: <https://www.tandfonline.com/action/authorSubmission?show=instructions&journalCode=nhyp20>

Contact us at: IJCEH@baylor.edu

As a reminder, the IJCEH accepts many types of papers, including:

Empirical research (e.g., clinical trials, neurophysiological studies, mechanistic studies, feasibility studies, replications); Clinical papers (e.g., well-designed multiple or single case studies); systematic reviews, meta-analyses, research-informed theoretical papers, & significant historical or cultural material.

Topics can include: Hypnosis, hypnotizability, and hypnotherapy in psychology, psychotherapy, psychiatry, medicine, dentistry, wellness, nursing, and related areas; and studies relating hypnosis to other phenomena (e.g., mindfulness, contemplative practices, & consciousness).



LATEST NEWS FROM IJCEH



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

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July 2024 Issue – Volume 72 (3)

A Tribute to the Life and Work of Steven Jay Lynn (1946–2024): In Memoriam

Joseph P. Green

Cognitive behavioral therapy and hypnosis in the treatment of major depressive disorder: A randomized control trial

Nicolino Ramondo, Carmela F. Pestell, Susan M. Byrne & Gilles E. Gignac

This study investigated whether adding hypnosis to CBT (CBTH) improved treatment outcomes for MDD with a two-armed, parallel-treated, randomized-controlled trial using anonymous self-report and clinician-blinded assessments. Expectancy, credibility, and attitude to hypnosis were also examined. Participants ($n = 66$) were randomly allocated to 10-weekly sessions of group-based CBT or CBTH. LMM analyses of ITT and Completer data at post-treatment, six-month and 12-month follow-up showed that both treatments were probably efficacious but we did not find significant differences between them. Analyses of remission and response to treatment data revealed that the CBTH Completer group significantly outperformed CBT at 12-month follow-up ($p = .011$). CBTH also displayed significantly higher associations between credibility, expectancy and mood outcomes up to 12-month follow-up (all $p < .05$ or better), while attitude to hypnosis showed one significant association ($r = -0.57$, $p < .05$). These results suggest that hypnosis shows promise as an adjunct in the treatment of MDD but a larger sample size is required to fully test its merits.

Mindful Self-Hypnosis Combined with Resistance Training to Reduce Perceived Stress and Improve Other Psychological Factors in Female College Students

Chan Myae Lin Latt, Cameron T. Alldredge, Sarah Williams, Michael Vinson, Jose Seiba Moris & Gary R. Elkins

Perceived stress is a significant problem among female college students that can impact psychological distress, sleep, and overall well-being. Mindful self-hypnosis (MSH) and resistance training (RT) have both been shown to reduce perceived stress. The rationale for the present study was to investigate whether MSH

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combined with RT could be more effective at reducing perceived stress as measured by the Perceived Stress Scale than RT alone due to synergistic effects achieved by combining the interventions. Forty-four female college students were randomized to one of the three groups: MSH+RT, RT only, or a wait-list control (WLC). Results indicated that, compared to RT only, the addition of MSH led to pronounced improvements in perceived stress which was significantly greater than WLC. Also, MSH+RT resulted in significant increases in mindfulness, sleep, strength, and well-being in comparison to WLC. MSH+RT was shown to be feasible with highly satisfactory participant ratings. Future research should examine the MSH+RT intervention with a larger population and with older women who are more at risk for stress and declining strength.

Can Hypnotherapy be Considered a Valuable Component in the Management of Inflammatory Bowel Disease? Insights from a Comprehensive Review

Konstantinos Mpakogiannis, Fotios S. Fousekis, Aristeidis H. Katsanos & Konstantinos H. Katsanos

Despite advancements in medication, managing inflammatory bowel disease (IBD) remains challenging, necessitating alternative control methods. Gut-directed hypnotherapy, known for alleviating irritable bowel syndrome (IBS), is debated as an IBD management method. An extensive search across PubMed, Cochrane Library, and Clinicaltrials.gov uncovered five randomized trials and two case series involving IBD patients undergoing hypnotherapy. A small trial reported statistically significant remission at one year ($p = .04$), but larger trials, including one with 63 patients, showed no significant gastrointestinal improvements. The first case series noted post-intervention reduction in the mediators of inflammation in rectal mucosal, without long-term monitoring. The second case series observed the absence of flare episodes in 12 of 13 ulcerative colitis patients during follow-up, possibly influenced by the simultaneous use of two drugs alongside hypnotherapy. Psychological outcomes, demonstrated no significant differences between hypnotherapy and control groups. While current literature doesn't decisively support hypnotherapy for managing IBD symptoms, it underscores the importance of further research, including randomized clinical trials, to thoroughly assess its effectiveness in this context.

EEG Correlates of Suggestion-Induced Stroop Interference Reduction in High-Suggestible Individuals: A Systematic Review and Meta-analysis

Aman Kumar Raturi, Sreelatha S. Narayanan & S. P. K. Jena

Studies have explored the impact of suggestion on the Stroop effect, aiming to understand how effective suggestion is in modulating this phenomenon. The suggestion effect has been replicated in multiple studies, supporting its robustness, but lacks systematic evaluation. We conducted a systematic review and meta-analysis of relevant English-language studies from PubMed, Web of Science, PsycINFO, Scopus, and ScienceDirect since databases inception until January 2023. Quality of included studies was evaluated using the Joanna Briggs Institute (JBI) appraisal checklist, and potential publication biases were assessed. Subgroup analyses were also performed, and effect sizes were estimated using Hedges' g and analyzed using

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random effects model. The systematic review was comprised of 19 studies. For the meta-analysis, 14 studies examined the suggestion effect on Stroop interference effect (SIE), while six studies investigated suggestion effects on accuracy. Results have revealed significant overall effects of suggestion on Stroop performance in participants, as evidenced by SIE and accuracy. Subgroup analysis based on types of suggestion demonstrated a significant effect on SIE. Six EEG/ERP studies have also been discussed in the context of the review.

French Norms for a Shortened Online Adaptation of the Harvard Group Scale of Hypnotic Susceptibility, Form A

Jeremy Brunel, Stéphanie Mathey & Sandrine Delord

This study presents the norms and psychometric properties for a shortened online adaptation of a French version of the Harvard Group Scale of Hypnotic Susceptibility, Form A (HGSHS:A). Assessment of involuntariness and subjective intensity was added to the traditional scoring. A total of 373 individuals completed an online hypnotizability screening test on their own computer. Participants received the HGSHS:A script through an audio recording lasting about 30 minutes. The results showed that the item difficulty and reliability of the short online HGSHS:A were consistent with the offline version of the scale and with the reference samples. Involuntariness and subjective intensity corrections improved significantly the accuracy in the measurement of the scale and helped to dissociate between different phenomenologies in hypnotic responding. These findings indicate that the short online HGSHS:A is a reliable tool for measuring hypnotizability. Moreover, we suggest that using complementary measures of involuntariness and subjective intensity helps to shed more light on hypnotizability as part of a multi-componential approach to hypnotic response.

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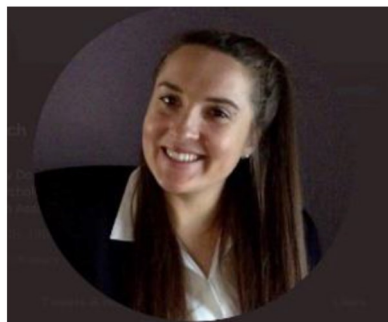
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The SCEH team would like to thank Co-Editor **Lauren Simicich, PsyD**, for all her contributions to the SCEH FOCUS Newsletter for the past four years! We are sad to see her go, but we would like to take a moment to congratulate her on successfully obtaining her PsyD in Clinical Psychology from Baylor University!

We extend our deepest gratitude for the hard work she put into making the FOCUS newsletter a success, and we wish her well on her new career journey! Thank you, Lauren! We are rooting for you and wish you the best!