

FOCUS

SEPT 2025



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

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Message from the President



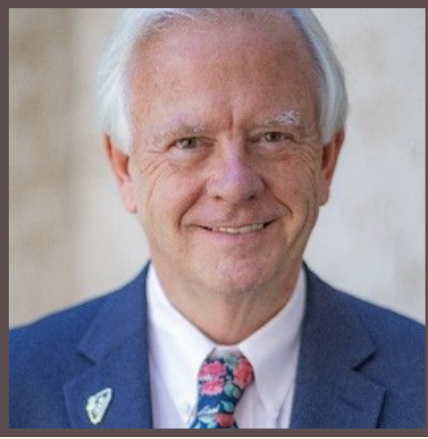
Fall is already in the air in the Pacific Northwest – the days are getting noticeably shorter, the light hits differently than it did earlier in the summer, I am noticing the smells of autumn in the air, and that “back to school” feeling I always had as a child continues to fill me with excitement and expectation about what lies ahead – my personal age regression and progression this time of year.

I am looking forward to the upcoming SCEH 76th Annual Workshops and Scientific Program, October 8-12, 2025. Our Conference Co-Chairs, Drs. Deanna Denman and Jessie Markovits, are changing up the sequence of events from previous years. The Scientific Sessions will be held on Wednesday and Thursday, and workshops will be offered Friday through Sunday. As you are getting ready for the months ahead, don't forget to register for this exciting conference! We have a fantastic line-up of keynote speakers – Drs. Carol Ginandes, Audrey Van Haudenhuyse, and Katalin Varga. The Scientific Program includes a symposium on safety in hypnosis research, a workshop on designing case studies and randomized clinical trials, and a wide range of research topics in hypnosis. Workshops are offered for clinicians and researchers at all levels of training and experience. Intermediate topics include sleep, anxiety, mindfulness, and culturally congruent hypnotherapy. Workshops on hypnosis in the treatment of trauma, acute and chronic pain management, hypnotizability, hypnotic language, and alert active hypnosis round out the Advanced offerings.

While you check out the Workshop and Scientific Program offerings for October, it may be a great time to think about putting those course credits to work and applying for SCEH Certification. SCEH offers certification for scientists and researchers as well as clinicians: Certification in Clinical Hypnosis, and Certification in Academic and Research Applications of Hypnosis. Both require a total of 70 hours of attendance at workshops, scientific programs, and case consultation. You can meet many of these requirements by attending the entire October program. SCEH on demand webinars and the Midyear workshops are another terrific opportunity to gain the credits needed for certification. SCEH certification is a terrific way to show others you have invested serious time and effort into the use of hypnosis for clinical or research purposes.

This marks my final column as President of SCEH. I will now hand the reins over to my friend and colleague, Dr. Don Moss, and shift into the role of Immediate Past President. It has been an honor to serve you.

President-Elect's Message: The Two Years Ahead



Greetings to our SCEH membership!

Many of you realize that I will be a repeat-President. I served my first term from October 2017 to October 2019. As I prepare to take over the presidential role once again, in October 2025, I wanted to review my priorities in my first term, and in each case to extend these priorities for the coming two years.

Revitalizing SCEH as an Organization

In 2017, I was concerned that the SCEH membership was aging. I prioritized increasing the participation of students and early career professionals in our organization. We have made progress, as this goal has been continued by the three presidents since 2019. We now have a student member on the Executive Committee, Yeganeh Farahzadi, MS. We have scheduled a number of our gifted early career professionals in our webinar series. We have increasingly involved student volunteers in our Focus newsletter production and other committees. I will continue this goal, inviting more participation by students and early career professionals in our next two years.

Broadening our Demographics as a Society

In addition to increasing the participation of students and younger hypnosis professionals in our activities, the Executive Committee and I set the goal of broadening our demographics as a professional organization. Our membership and leadership leaned toward the older white male category.

I will quote here from one of my messages to membership in 2018:

"As one of my graduate students asked, "If this hypnosis stuff is so great, shouldn't we find ways to share it with the rest of the community?" In other words, I believe SCEH is challenged to find ways to recruit male and female professionals of multiple ethnic and racial backgrounds, to better provide hypnosis-trained professionals of diverse ethnic backgrounds, to better serve multi-cultural communities."

The first element in this goal was to increase the number of women in our leadership. The last three SCEH Presidents have been female, and beginning with Dr. Janna Henning, we have scheduled women's breakfasts and other events to specifically create a welcoming atmosphere for female members and female leaders. We have also successfully increased the globalization of our activities. The planning of many virtual meetings has enabled us to include European hypnosis leaders such as Drs. Giuseppe DeBenedittis and Katalin Varga as speakers. We can continue this goal, as our racial composition is still largely Caucasian. Recruitment of more Asian and bipoc members and speakers will further broaden our membership.

Providing more Services and Resources for Members

Another goal in 2017, was to increase the number of trainings and professional development activities for our members in between annual meetings. We launched the Midyear Workshops with a face-to-face Albany meeting in April 2019 and shifted to virtual Midyear Workshops with the pandemic in April 2021. We have provided Mid-year Workshops virtually at the basic, intermediate, and advanced levels since 2021. We also launched the SCEH Webinar series in July 2019, with an inaugural webinar on cultural sensitivity. Since 2019, we have provided monthly webinars, in conjunction with the Office of Continuing Education of the Chicago School, our CE partner for the webinars. Each of the webinars is also available as a recording through the Home Study program. We will continue to identify resources and professional activities that will benefit our membership in between the Annual Conference!

Broadening the Professional Base in SCEH

With the support of the SCEH Executive Committee and SCEH's Executive Council, we gradually expanded the membership requirements for SCEH to include a broader range of health professionals. This reflected a belief that hypnosis can be a tool useful in many, many health professions, from health coaching to physical therapy. In addition, practice is growing in many integrative care settings, and hypnosis knowledge for more professionals in these settings is beneficial for patient care. This greater inclusiveness has continued throughout the terms of the last three presidents. Dr. Barbara McCann, the current president, made a breakthrough by arranging medical CME credits for our Annual Conference and Midyear Workshops. She also actively recruited physicians, and the participation of physicians in our meetings and trainings has significantly increased in the past two years. We will continue this goal in the next two years.

Task Force on Efficacy Standards

In August 2018, I met with representatives of six major hypnosis organizations at the International Society of Hypnosis (ISH) conference in Montreal. Together, we launched the Task Force on Efficacy Standards for Hypnosis Research, under the leadership of Dr. Zoltan Kekecs and myself. That SCEH-sponsored international Task Force has met since 2018, and has published three scholarly articles, on efficacy standards, best practices in hypnosis research, and a global survey of hypnosis researchers and practitioners. The Task Force continues to meet several times a year and is now focusing its attention on adverse effects and safety in hypnosis research. Several of the Task Force members will present at the ISH Hypnosis Research Summit in October 2025. As SCEH President, I will continue to support efforts to strengthen hypnosis research standards, through international dialogue. This column serves to remind the membership of my continued goals as President-elect, and of the Executive Committee's actions since 2017 in pursuit of these goals.

Donald Moss, PhD
President-Elect



**Join SCEH &
Help us grow!**

Membership Benefits

- As a member of SCEH, you are part of a selective society that contains some of the best and most productive hypnosis researchers and clinicians in the field.
- SCEH provides professional development opportunities which include an Annual Conference with a Scientific Program, Midyear Workshops and a Webinar Series. As a member, your registration fee is discounted.
- SCEH offers hypnosis certification programs for clinicians and researchers. These are Certification in Clinical Hypnosis (CCH) for clinicians and the Certification in Academic and Research Applications of Hypnosis (CARH) for researchers and educators.



**[Click here to access the SCEH
Membership Application Form](#)**



76th Annual Workshops and Scientific Program The Future of Healing: Hypnosis in Multidisciplinary Care October 8-12, 2025 (Wednesday-Sunday) Live online via Zoom – live participation required – #SCEH2025

October 8-12, 2025 – Live online (Wednesday-Sunday)

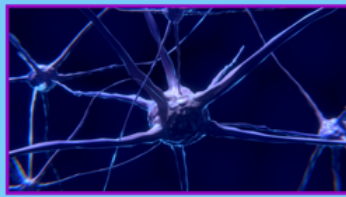
- October 8-9 – Scientific Program
- October 10-12 – All Workshops

Registration Now Open! Advanced registration is required.

Registration deadline: October 1, 2025, 5 PM Eastern Time

Join us for the 76th Annual Workshops and Scientific Program of the Society for Clinical and Experimental Hypnosis, themed The Future of Healing: Hypnosis in Multidisciplinary Care. This year's program highlights the exciting integration of hypnosis into collaborative healthcare settings. We invite submissions that showcase how hypnosis enhances outcomes in areas such as trauma recovery, pain management, chronic illness, behavioral health, and integrative therapies. We encourage submissions that highlight collaborative research, share clinical applications, introduce innovative techniques, or offer interdisciplinary approaches. Join us in exploring how hypnosis is shaping the future of patient care and advancing the art and science of healing.

[Register Now](#)



The Future of Healing

Hypnosis in Multidisciplinary Care

76th Annual Workshops & Scientific Program
October 8-12, 2025
Live online - live attendance required



Keynotes: Left to right, in order of appearance: Katalin Varga, PhD, DSc; Audrey Van Haudenhuyse, PhD, and Carol Ginandes, PhD, ABPP

Wednesday, October 8 -- 8:00–9:00 AM PT

Psychological Support Based on Positive Suggestions: Possibilities in Various Medical Settings

Katalin Varga, PhD, DSc, Psychologist, Department of Affective Psychology, Eotvos Lorand University, Budapest, Hungary

Wednesday, October 8 -- 9:45–10:45 AM PT

Modified States of Consciousness: From the Bench to the Bedside of Patients

Audrey Van Haudenhuyse, PhD, Director of the Conscious Care Lab, GIGA Consciousness, GIGA Neuroscience, University of Liege, Liege, Belgium

Thursday, October 9 -- 9:45–10:45 AM PT

Traveling in the Land of Trance: A Personal Odyssey

Carol Ginandes, PhD, ABPP, Health Psychologist, Private Practice, Watertown, MA, Clinical Associate in Psychology, McLean Hospital, Assistant Professor of Psychology, Department of Psychiatry, Harvard Medical School, Boston, MA, USA.

Member News

LET'S CELEBRATE



Stanley Krippner
PhD

Psychedelic
Science 2025
June 16-20

Stanley Krippner was one of the 7,000 attendees at Psychedelic Science 2025 held in Denver, Colorado. His presentation focused on Indigenous uses of such psychedelics as ayahuasca, peyote, and psilocybin mushrooms.

Dr. Joseph Tramontana, a long-time member of SCEH and former president of ASCH, is presenting (or presented, depending on when the issue comes out) in Vienna, Austria, on July 19, 2025, to the World Congress of Psychotherapy, sponsored by the World Council of Psychotherapy. His topic is "Hypnotically Enhanced Future Projection Therapy," which he has previously presented in a workshop for SCEH.

While this is a general psychotherapy conference and not specifically a hypnosis conference, he presented a well-received different hypnosis topic at their meeting in Paris six years ago (Congresses meet every three years). So he considers this "spreading the word" about the benefits of hypnosis training to our non-hypnotically trained colleagues.



SCEH Executive Committee 2025–2027 Committee Update

Welcome Our New Executive Committee

Term of Office: October 2025– October 2027

Officers

President: Donald Moss, PhD Professor and Dean Graduate College of Integrative Medicine and Health Sciences Saybrook University Pasadena, California

Treasurer: Zoltan Kekecs, PhD Researcher Hungarian Academy of Sciences ELTE, Department of Affective Psychology, Hungary Lund University, Department of Psychology, Sweden

Secretary: Tova Fuller, MS, MD, PhD, Assistant Clinical Professor University of California San Francisco, San Francisco, CA

President-Elect: Jessie (Kittle) Markovits, MD
Clinical Associate Professor of Medicine, and of Psychiatry and Behavioral Sciences, Stanford School of Medicine
Stanford, CA

Immediate Past President:

Barbara S. McCann, PhD Professor of Psychiatry and Behavioral Sciences Mental Health Counseling and Hypnosis Endowed Chair, University of Washington Seattle, WA

Members

Term of Office: November 2025– October 2026

Voting Members at Large:

- Jillian Ballantyne, PhD, ABPP
- Deanna Denman, PhD

Non-Voting Student Member:

- Yeganeh Farahzadi, MS

INTERESTED IN LEARNING MORE ABOUT HYPNOSIS?

Please join us for these upcoming SCEH Webinars:

September 12, 2025

Hipponosis: Helping Children Help Themselves with Hypnosis

Linda Thomson, PhD, APRNN, ABMH, ABHN, FASCH

October 3, 2025

Bridging Hypnosis with Psychedelic-Assisted Psychotherapy: Preparation and Integration Strategies

Ciara Christensen, PhD

November 14, 2025

Hypnosis for Pelvic Pain and Lower Urinary Tract Symptoms

Lindsey McKernan, PhD, MPH and Elizabeth G. Walsh, PhD

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

LATEST NEWS FROM



Recent Issue: Volume 73, Issue 3

This recent issue of the International Journal of Clinical and Experimental Hypnosis (IJCEH) presents our long-awaited special edition honoring the life and work of Dr. Steven Jay Lynn, who passed away on March 29, 2024. Dr. Lynn leaves behind a lasting legacy, marked by more than 500 publications and a profound impact on the many students and colleagues he mentored and inspired. This commemorative issue, guest-edited by Joseph P. Green, Ph.D., features a diverse collection of articles that reflect Dr. Lynn's influential contributions to the field of hypnosis. Topics include memory and hypnotizability, theories of hypnosis, and clinical applications of hypnosis. Readers will discover a rich selection of research celebrating Dr. Lynn's lasting influence in the field of hypnosis and his multidisciplinary contributions.

Sneak Peak into the following issue:

This upcoming October issue will feature a special issue highlighting the "intersections of Psychedelics, Psychedelic and Mystical Experiences, and Hypnosis." This very timely and thought-provoking issue aims to advance the scientific conversation surrounding the therapeutic potential, psychological mechanisms, and theoretical frameworks that underpin both psychedelic experiences and hypnotic states. Select articles from this issue are now available through early online access, offering a preview of this issue to our readers.

Special Issues in the Upcoming Year

The International Journal of Clinical and Experimental Hypnosis (IJCEH) is also pleased to announce an upcoming special issue dedicated to Ericksonian Psychotherapy, scheduled for publication in January 2026. This issue will explore the wide-ranging influence and contemporary relevance of Milton H. Erickson's approach to psychotherapy and hypnosis, highlighting its enduring impact on theory, practice, and empirical research. 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/

Thank you to all of our contributors for making these special issues possible!

Interested Authors

Submissions are accepted and article are published on a rolling basis. The International Journal of Clinical and Experimental Hypnosis receives all manuscript submissions electronically via Taylor & Francis' submission portal located at

<https://rp.tandfonline.com/submission/create?journalCode=NHYP>

Instructions to authors can be found

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

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

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

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



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

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

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

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- @ElkinsGary – Follow the Editor of the IJCEH
- @tandfonline – Taylor & Francis Research Insights' Official Twitter Account
- Find us online at:
www.tandfonline.com/nhyp

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**We are pleased to share abstracts from the articles
published in the most recent issue of**

THE INTERNATIONAL JOURNAL OF
*Clinical and
Experimental*
HYPNOSIS
April Issue – Volume 73 (2)

Enhancing Hypnosis Training to Promote Transfer to Clinical Practice for Cancer Pain Management: A Qualitative Analysis of Providers' Perceived Needs

Lauren M. Carney, Julie B. Schnur, Orly Morgan, Joseph P. Green, & Guy H. Montgomery

Hypnosis is vastly underused despite strong evidence supporting its efficacy in the context of cancer care. Little is known about what providers need to feel confident moving from education in hypnosis to using hypnosis in clinical care. The goal of this study was to examine cancer care providers' ongoing needs post-hypnosis training to inform the development of future hypnosis training programs. We qualitatively examined open-ended responses about post-training implementation from trainees (n = 70) of our Hypnosis for Cancer Pain training program. Data were analyzed using inductive thematic analysis. Four main themes regarding challenges to real-world implementation of clinical hypnosis were identified: 1) How do I "pitch" hypnosis to the people in my health system?; 2) How do I conduct hypnosis in my native habitat (aka the messy, imperfect real world)?; 3) How do I move "off-book" and improvise?; and, 4) I'd feel more secure with a "buddy system." These challenges have direct implications for the development of future hypnosis training programs to better facilitate post-training provider implementation.

Nitric Oxide in the Hypnotizability-Related Interoception: A Scoping Review

Gioia Giusti & Enrica Laura Santarcangelo

Interoception – the sense of the body – includes the perception of visceral signals and its integration with many other information in the central nervous system. Hypnotizability levels are associated with interoceptive accuracy and sensitivity, likely due to different insula gray matter volume, and different availability of vascular nitric oxide during sensory and cognitive tasks in peripheral arteries and in the brain. This theoretical review deals with the relevance of possible hypnotizability-related nitric oxide availability at various levels of the central nervous system to interoception and, consequently, to physiological and pathological conditions, such as emotion, sleep disturbance, eating behavior, and cardiovascular illness. Moreover, the review suggests that hypnotic assessment could be a predictor of the efficacy of therapies based on improvement of interoception.

Case Study: An Integrative Modification of Gut-Directed Hypnotherapy for a Patient with Intermittent Flares of Long-Standing Irritable Bowel Syndrome

Jessica Gerson

This article presents a case of a patient whose treatment for irritable bowel syndrome (IBS) involved a modification of gut-directed hypnotherapy (GDH). It was delivered in a nonstandard schedule and integrated concepts from other therapeutic modalities, primarily mindfulness meditation and narrative therapy. A review of the literature on GDH and prior modifications, as well as other iterations of integrative hypnosis, will be provided. Along with describing the case, a rationale for the treatment and examples of the modification will be presented.

A Brief Hypnosis Intervention Improves Single-Limb Dynamic Balance in People with Chronic Ankle Instability: A Crossover Experimental Pilot Study

Lydia Caggiano, Nicholas V. Karayannis, Calvin Collins, Dustin Grooms, & Janet E. Simon

Ankle sprains are one of the more common musculoskeletal injuries in active populations and can develop into chronic ankle instability (CAI), a condition with uncertain etiology and symptoms that include poor dynamic balance, the ability to maintain balance during movement. The components of CAI are psychophysiological and biomechanical, indicating mind-body connections that can influence the development and persistence of this condition. Preliminary evidence suggests that self-hypnosis, a mind-body therapy, can restore physical performance in conditions like CAI. Twenty-four participants with CAI participated in this experimental pilot study, with a crossover design, to investigate the relationship between self-reported measures of ankle instability and other psychological factors with performance-based measures of dynamic balance and heart rate variability (HRV). Participants also received an 8-minute, self-hypnosis session to determine its influence on balance performance. Perceived ankle instability and dynamic balance were not associated with enhancement-based (interoceptive awareness, self-efficacy) or limit-based (kinesiophobia, anxiety) psychological factors. Perceived anxiety was not associated with HRV. Hypnosis was modestly effective in improving direction-specific (lateral) dynamic balance.

Current Practices and Perspectives in Brazilian Hypnosis (HYPNO CENSUS 2024): Addendum to an International Survey

Filipe Luis Souza, Nathalia Cabral Souza, Robert Resende Nascimento, Mark Anderson Caldeira, & Olafur Palsson

An online survey of 103 clinicians using hypnosis was conducted to gain a broad real-world view of current practices, experiences, and perspectives on clinical hypnosis in Brazil. This research replicated a form focused on identifying clinical hypnosis practices across 31 countries, contributing to a global perspective on this intervention modality. The present study employed descriptive statistics in its data analysis. According to respondents, among the 36 most common uses of hypnosis, improving well-being, enhancing self-esteem, reducing stress, and controlling specific phobias and anxiety were reported as the most clinically effective applications. In Brazil, 90.3% of hypnotherapists do not consider hypnotizability relevant to the success of hypnotherapy. Concerns were raised about the technical-professional training of Brazilian hypnotherapists. This is the first investigation into hypnosis practices in Brazil. Although hypnosis has been regulated for over two decades by professional health councils, such as the Federal Council of Medicine and the Federal Council of Psychology, efforts to promote evidence-based practices must be made to address the identified gaps.

Application and Perception of Hypnosis in Dental Practice: A Cross-Sectional Survey in German-Speaking Regions

Thomas Gerhard Wolf, Katharina Nadja Kellerhoff, Gerhard Schmalz, & Albrecht Schmierer

Despite its benefits, hypnosis remains underutilized in dental practice, largely due to misconceptions. This study assessed its use and perception among dentists in German-speaking countries. A validated questionnaire was distributed to a total of 1,081 members of hypnosis societies in Germany, Switzerland, and Liechtenstein, yielding 271 replies (response rate: 25.1%). Of these, 57.6% were retired or nearing retirement, and only 10% had graduated in the past 15 years. Most (64.2%) first encountered hypnosis during postgraduate training, while 91.1% supported its inclusion in pre-graduate dental curricula. Hypnosis was primarily used by experienced practitioners, with 36% using it daily and 80% regarding it as a primary approach for uncooperative patients. It was seen as equally effective for both sexes by 56.8%, though 42.1% found it particularly beneficial for female patients. While 81.6% considered it a viable alternative to pharmacologic sedation, 19.6% preferred agents like nitrous oxide. Early integration into dental education and targeted training could overcome barriers, enhance implementation, and benefit both practitioners and patients.