

# FOCUS-*ing*

## SCEH & APA Division 30 Midyear Workshops



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# From the Executive Director

By Anne Doherty Johnson

## New Year, New Leaders for SCEH

In this case, a new year also means new leadership for SCEH. Our executive committee took office at the recent Annual Conference and will serve a two-year term.

We are looking forward to advancing several new initiatives under our President, Don Moss, and to continuing work on strategic planning. We welcome your input into ways that SCEH can serve your needs. If you have some ideas, or would like to join a committee, please reach out to us.

## Gathering of Minds at our Annual Conference

It was a genuine pleasure to get to see so many of you at the recently completed 2017 Annual Conference in Chicago. In conversations and reviews, we heard the following:

- “Great meeting – great peer group.”
- “What a fantastic presenter!”
- “I am so excited by what I have learned and can’t wait to share it with my patients.”
- “This meeting is the best gathering in hypnosis, by far. I am so glad I came.”

Our sincere thanks go out to all who made this a success -- from our hardworking Conference Committee, our skilled presenters, stimulating keynotes and very engaged attendees.

We want to thank the Chicago School of Professional Psychology for hosting our event in their gorgeous modern campus overlooking the Chicago River. The Society is very grateful to Michael Horowitz, PhD, President, TCS Education System and Margie Martyn, PhD, MBA, Campus Dean, TCSPP and their Facility and IT staff who showed us such great hospitality and service.

## Be a SCEH Ambassador

SCEH meetings are consistently ranked highly by attendees. We hope to see you again next year in Las Vegas, or in April in Albany. If you found the meeting valuable, please do not keep SCEH a secret! We invite you to help us spread the word about the Society and our events and programs to others who have an interest in hypnosis.

As a small Society, our resources are limited, but our aims are big! We want to live our mission to **promote excellence and progress in hypnosis research, education, and clinical practice. We also strive to remind the health care community and the public that** sound clinical practice is built upon serious scientific inquiry, and that important empirical questions are often raised by those who care for patients. At SCEH meetings, those ideas are very much at the forefront, and will continue to be.

## APA Division 30 Collaboration

We are excited about our joint Midyear Workshops in Albany in April and hope that this new initiative will generate good attendance and grow awareness of both groups. With both Advanced and Introductory Workshops planned, we are hopeful that this initiative will allow us to expand our educational offerings to new audiences. (See workshop details later in this issue.)

## New Year, New Editor for our Journal

In this issue, we welcome Gary Elkins, PhD, ABPP, ABPH, who will take the helm of the International Journal of Clinical and Experimental Hypnosis as its new editor in January.

We also take this opportunity to note our appreciation to our outgoing editor, **Arreed Barabasz, EdD, PhD**, who retires from the role at the end of December after 15 years of distinguished service.

**Time to Renew**

We need your support. Many have already responded to our dues renewal notices. Thank you! If you have not quite gotten to this yet, we ask you to please renew online now or send in your payment next week so that we can fund our future. Thank you for your support and loyalty to SCEH.

Sincerely,

**Anne Doherty Johnson**  
SCEH Executive Director

**P.S. Renewing is easy – just click here to renew now:**

**<http://www.sceh.us/membership-renewal>**



**SAVE THE DATE**

**2018 SCEH  
Midyear Workshops**

Co-sponsored by the  
Society for Clinical and  
Experimental  
Hypnosis and APA  
Division 30

**April 20-22, 2018**

Red Lion Hotel Albany  
(formerly the Radisson Hotel Albany)  
Albany, New York

<http://www.sceh.us/2018-midyear-workshops>



# President's Column

By Donald Moss, PhD, ABPP, ABPH

## Hypnosis for the Ages in

**Chicago.** *And a good time was had by all!* These words describe for me the experience of the 68<sup>th</sup> Annual Meeting of SCEH held at the Chicago School of Professional Psychology building in Chicago's River North area. The scientific program at the Chicago meeting was outstanding, from the opening keynote address Wednesday evening with James Gerhart and Sean O'Mahony on Workforce Resiliency for Palliative Medicine Teams to the final keynote Sunday at noon On Hypnosis and Science with Amir Raz. Abstracts from the scientific program will be available soon on the SCEH website. Zoltan Kekecs will also describe the conference highlights later in this issue of *Focus*.

There were many high points throughout the program including the symposium on former SCEH president Erika Fromm and the Chicago Paradigm, and another on the neuroscience of hypnosis, workshops on pediatric hypnosis, hypnosis and Zen Buddhism, hypnosis in palliative care, altered states of consciousness, end of life care, and many other useful topics.

I extend special thanks to the **Chicago Society of Clinical Hypnosis** for sponsoring a delightful Networking Reception on Thursday evening, and to Janna Henning for organizing the Student and Early Career Professionals Luncheon on Friday. We will repeat these events in next year's annual meeting in **Las Vegas, October 10-14, 2018**.

I want to thank our hard-working **2017 Annual Meeting Conference Committee**, including:

Conference Co-Chair: **Janna Henning**

Scientific Program Co-chairs: **Shelagh Freedman and Zoltan Kekecs**

Advanced Workshop Co-chairs: **Ciara Christensen and David Reid**

Skills Workshop Co-chairs: **Scott Hoye and John Mohl**

Introductory Workshop Co-chairs: **Lisa Lombard and Eric Willmarth**

I also want to thank the **Chicago School of Professional Psychology**, which donated the well-equipped classroom space

used for our meeting.

**Why SCEH?** There are a number of hypnosis organizations in the US and worldwide: SCEH (Society for Clinical and Experimental Hypnosis), the American Psychological Association Division 30, ASCH (American Society for Clinical Hypnosis), the Milton Erickson Foundation, ISH (International Society for Hypnosis), and ESH (European Society of Hypnosis).

Founded in 1949, **SCEH is the oldest US based organization for professional hypnosis**, and has a mission that is distinct from the other organizations. Since the beginning, SCEH has distinguished itself, as its name implies, by a simultaneous dedication to the science and research base of hypnosis, and to the clinical application of hypnosis. This dual dedication to science and practice ("clinical and experimental") has been an important component in the SCEH heritage.

The past-presidents of SCEH, who are listed on the website, from Jerome Schneck (1949-1955) to Gary Elkins (2015-2017), have included many outstanding

scientists exemplified by Ernest Hilgard and many outstanding practitioners exemplified by Eric Willmarth. The majority of the past-presidents have combined the two roles as scientist-practitioners, who are dedicated to the ongoing translation of science into evidence-based practice.

I want the membership of SCEH to be aware that in the most recent Executive Council meeting, in Chicago on October 27, our Past Presidents and other Executive Council members solidly endorsed *a continued commitment to both science and practice* in one single organization.



The annual meeting reflects this commitment, with a solid science program combining keynotes and symposia, and a three-tiered workshop program supporting clinical practice.

### Calling All Volunteers

SCEH is looking for volunteers to assist SCEH with several committees and tasks – building a better SCEH. Our current greatest need is to identify a chair for our Marketing Committee, to spearhead the promotion of the workshops and annual meeting.

We are also looking for volunteers for:

- the Conference Committee planning the Las Vegas meeting,
- the Credentials and Membership Committee, and
- the Certification Committee

If you are willing to help SCEH in one of these areas, please contact Donald Moss at [dmos@saybrook.edu](mailto:dmos@saybrook.edu)

Thank you.



Donald Moss, PhD

Help SCEH Grow!

For membership details or our online application, visit:

<http://www.sceh.us/apply-for-membership>



# 2018 Calendar of Events

## 2018 SCEH Midyear Workshops

Co-sponsored by the Society for Clinical and Experimental Hypnosis and APA Division 30

**April 20-22, 2018** (Friday thru Sunday)  
**Red Lion Hotel Albany (formerly the Radisson Hotel Albany)**  
**Albany, Albany, New York**

Two tracks:

- Introductory/Basic Workshop:

### Introduction to Clinical Hypnosis

*Presenters: Donald Moss, PhD and Eric K. Willmarth, PhD*

- Advanced Workshop:

### Power Tools for Anxiety and Affect Regulation: Integration of Hypnosis, Cognitive-Behavioral and Mindfulness Interventions in Clinical Hypnosis

*Presenter: Carolyn Daitch, PhD*

View full conference and registration details, presenter bios and more at:

<http://www.sceh.us/2018-midyear-workshops>

## 2018 SCEH Annual Conference

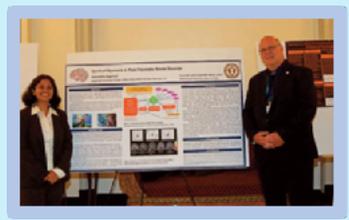
### 69th Annual Workshops & Scientific Program

**October 10-14, 2018** (Wednesday thru Sunday)  
**Embassy Suites by Hilton Convention Center Las Vegas, Las Vegas, Nevada**

- Introductory, Skills and Advanced Workshops plus Scientific Session featuring keynotes, research presentations, symposia and a poster session.



Call for papers open now, at: <http://www.sceh.us/call-for-papers-2018>

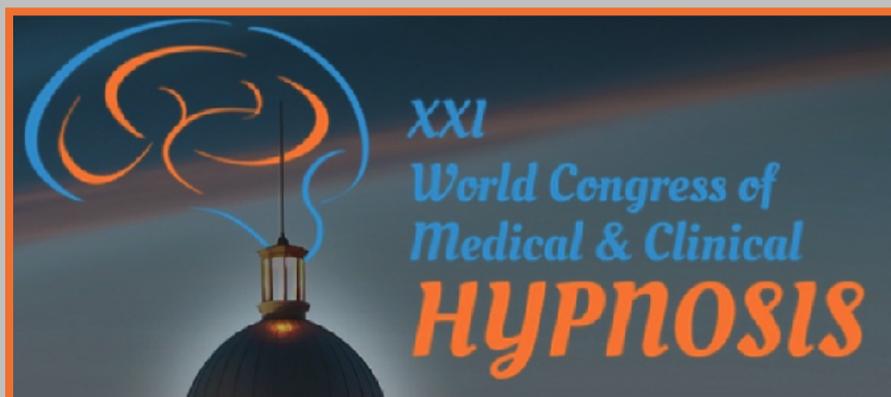


# 2018 ISH World Congress of Hypnosis

Every three years!

21<sup>st</sup> World Congress of the  
International Hypnosis Society

**August 22-25, 2018** (Wednesday - Saturday)  
Palais des congrès de Montréal,  
Montreal, Canada



View full conference and registration details,  
presenter bios and more at:

<http://www.hypnosis2018.com/en/>

## SCEH ANNUAL AWARDS

SCEH President Gary Elkins, PhD, ABPP, ABPH, presented the following Awards at the Annual Awards Banquet, noting “It is important and fitting that we recognize those who have made significant contributions to our hypnosis community.” He noted that SCEH was gratified to have received so many nominations from members this year, and that the awards were the result of those member nominations, with the final selections made by the SCEH Awards Committee, chaired by Eric Willmarth, and including Devin Terhune.

### **SCEH FELLOW**

Awarded to Amir Raz having satisfied the professional requirements of the Society has been elected FELLOW with all the rights and privileges appertaining thereto.

There were two award winners this year for:

#### **Ernest R. & Josephine R. Hilgard Award For Best Theoretical Paper on Hypnosis**

Is presented to Paul Dell, PhD, ABPP  
In recognition of his paper “Is high hypnotizability a necessary diathesis for pathological dissociation?”  
Journal of Trauma & Dissociation (2017) 18:1 58-87

#### **Ernest R. & Josephine R. Hilgard Award For Best Theoretical Paper on Hypnosis**

Is presented to Eric Woody and P. Sadler  
In recognition of their paper “What Can a Hypnotic Induction Do?” American Journal of Clinical Hypnosis 2016 Oct. 59(2) 138-154

There were also two award winners this year for:

#### **Henry Guze Award for Best Research Paper on Hypnosis**

Is presented to Peter Lush, Peter Naish, Zoltan Dienes. In recognition of their paper “Metacognition of intentions in mindfulness and hypnosis” Neuroscience of Consciousness

#### **Henry Guze Award for Best Research Paper on Hypnosis**

Is presented to Douglas Tataryn and John F. Kihlstrom. In recognition of their paper “Hypnotic Tactile Anesthesia: Psychophysical and Signal-Detection Analyses” International Journal of Clinical and Experimental Hypnosis

#### **Roy M. Dorcus Award For Best Paper in Clinical Hypnosis**

Is presented to Carol Ginandes (2017) in recognition of her paper Staying the Course: Using Hypnosis to Help Cancer Patients Navigate Their Illness. American Journal of Clinical Hypnosis

#### **Erika Fromm Award for Excellence in Teaching**

Is awarded to Eric K. Willmarth, PhD for his many years of generous, knowledgeable and excellent teaching on hypnosis and his many contributions as a SCEH leader

#### **The Shirley Schneck Award**

for the physician who has made significant contributions to medical hypnosis. Is awarded to Dabney Ewin, MD for his significant contributions to the development of hypnosis in dermatology and his tireless work supporting the hypnosis community

#### **Arthur Shapiro Award for the Best Book in Hypnosis**

Is presented to Gary Elkins, PhD (Editor) for his Handbook of Medical and Psychological Hypnosis: Foundations, Applications, and Professional Issues, Springer Publishing Company

#### **Bernard B. Raginski Award for Leadership and Achievement**

Is presented to Donald Moss, PhD for his outstanding global leadership in expanding understanding of hypnosis through workshops and teaching that spans cultures and the world.

**SCEH President Gary Elkins, PhD, ABPP, ABPH, then presented a number of Presidential Awards:**

**Presidential Awards to**

Ciara Christensen, PhD and Shelagh Freedman, PhD Candidate who have made outstanding contributions with the Society's Focus newsletter to connect and inform our members

**Presidential Award to**

Janna Henning, JD, PsyD, FT for outstanding contributions to scientific and professional hypnosis and outstanding work for the Society as Chair of the Constitution and Bylaws committee and work on good governance

**Presidential Award to**

David Reid, PsyD for outstanding contributions to scientific and professional hypnosis and outstanding work for the Society in working to improve our certification program

**Presidential Award to**

Zoltan Kekecs, PhD for outstanding contributions to scientific and professional hypnosis and outstanding work for the Society in leading the Mentorship Program and in seeking ways to engage more researchers in membership

**Presidential Award to**

David Patterson, PhD, ABPP for excellence in research and outstanding contributions to hypnosis

**A Special Presidential Award to**

Arreed Franz Barabasz, EdD, PhD, ABPP in grateful recognition, for exemplary leadership, achievement, and service to the world-wide hypnosis community as Editor-In-Chief of the *International Journal of Clinical and Experimental Hypnosis* in grateful recognition

**A plaque in appreciation of service to SCEH was given to**

Gary Elkins, PhD, ABPP, ABPH

## 69th Annual Workshops & Scientific Program

### Hypnosis in Integrated/Integrative Healthcare:

Collaborative, Connected and Creative Approaches

**October 10-14, 2018**

Embassy Suites by Hilton Convention Center  
Las Vegas, Nevada

**Submit a paper or workshop by April 1st:**

<http://www.sceh.us/call-for-papers-2018>

Gary Elkins,  
SCEH President 2015-2017,  
presenting awards at the  
Saturday night banquet



**Zoltan Kececs**



**Amir Raz**



**Shelagh Freedman &  
Ciara Christensen**



**Don Moss**



**Arreed Barabasz**



**Don Moss**



**Eric Willmarth**



**Lynae Roberts**



**Janna Henning**



**Paul Dell**



**David Patterson**

# The 2017 SCEH Conference

Photos by Eric K Willmarth



**Mentor's Luncheon**  
(below)





# 68th Annual Workshops and Scientific Program



Above: Neuro Symposium  
Below: Pierre Rainville (L) and David Spiegel (R)



## The Neuroscience of Hypnosis

David Spiegel, Pierre Rainville,  
Shelagh Freedman, Amir Raz,  
Devin Terhune

# Memories from the 2017 Annual Meeting

By Zoltan Kekecs, PhD

As a hypnosis researcher, I always regarded the SCEH Annual Meeting as a place where the greatest minds of our field meet and exchange their ideas to get new inspiration. In this sense, this year's conference was no different from the others. However, every meeting has its outstanding moments and features that makes it unique and memorable. In this short article, I would like to share the three aspects of the Society's 2017 Annual Meeting that I personally enjoyed the most, and which made this year's meeting unique for me.

This year, Shelagh Freedman and I introduced a few changes to the traditional program structure of previous years, so we were excited to see how these new features would work out. Even though the conference always features high quality scientific posters, in previous years there has not been enough time for the audience to interact with the poster presenters and the presenters to raise awareness of their work, because the poster session was restricted to the hour before the banquet dinner. Thus, this year we decided to take action to increase the reach and impact of the posters at the conference, by introducing a new section to the scientific program called the Poster Blitz. This section is comprised of short 1-3 minute mini-presentations by the authors of the best poster submissions, highlighting the main points of their work. In spite of the daunting task of giving a presentation of a content-rich research project in such a short time, the presenters did a brilliant job and many attendees exclaimed that they enjoyed this rapid, to-the-point format.

Another important innovation this year was the Student and Early Career Professional Luncheon, organized by Janna Henning, JD, PsyD and Don Moss, PhD. The luncheon provided an excellent opportunity for students and early career professionals to meet established researchers and clinicians. The attendees engage in a conversation related to career planning and professional experiences relevant at the early stages of the career. I really liked the atmosphere of openness and collegiality at this meeting. This new event resonated well with the overall theme of the Annual Meeting: 'Hypnosis across the ages', and it was also in line with other recent initiatives of our Society aiming to better integrate the younger generation into our community, such as the Student Advisory Committee, and the Mentor Program.

Last, but not least, I cannot speak about the 2017 Annual Meeting without mentioning brain research. The conference featured the world's leading neuroscientists, including Pierre Rainville, PhD, Amir Raz, PhD, ABPH, David Spiegel, MD, and Devin B. Terhune, PhD. These well-known researchers presented latest advances and theories related to the neural mechanisms underlying hypnotic phenomena in a series of keynote addresses and talks, and in a symposium led by Shelagh Freedman. These stimulating talks highlighted current state of the art understanding of neural correlates of hypnosis, and reflected on ongoing and future studies testing the predictions of different theories. For me, the most exciting part of these talks was the ensuing discussion among the neuroscientists themselves, where differences in theories surfaced and contradicting findings were debated.

Overall, I feel that we had a successful conference with many inspiring, enlightening, and unique elements that made the 2017 SCEH Annual Meeting unforgettable.

## THE MAN WHO LIVED IN A TENT

### Ideopathic Multiple Chemical Sensitivity: A Case Study Presented to SCEH By Eleanor Laser

Sometimes a client's effort to improve his home can destroy his health. This was the case with Larry, a client who had the wooden floors in his house refinished. Unfortunately, the chemicals used for the work provoked an intense auto immune response called ideopathic multiple chemical sensitivity. The fumes triggered rashes, flaking skin from extreme fatigue, and leaking from Larry's groin. Bottom line, he could no longer live in his house. Desperate, Larry relocated to nine different hotels, a futile effort since the symptoms followed wherever he went, and Larry wasn't alone. Eighteen million Americans live outdoors in tents due to multiple chemical sensitivity, a syndrome that impacts many but, ironically, leads to isolation.

It can also lead to an emergency room where Larry was referred to me by an ER physician.

When Larry contacted me he had two questions, first, "do you wear perfume?" and second, "do you have wood floors?"

I answered both questions and Larry made an appointment. He arrived, sat down, and proceeded to explain what had happened. Larry and his wife had a nautical store with a pool in the back. As part of their business, they taught deep sea diving and traveled worldwide on diving adventures. As Larry described their life, he uttered one critical sentence - "I would rather be underwater where I feel safe and comfortable than anywhere else." Hearing this with my "third ear," I saw that Larry's passion could be utilized for his therapy and I took him on a dive in hypnosis. First, I dressed Larry in his gear and put the tank of filtered air on his back. Next, I asked him to breath in the filtered air and explained that with each breath the filtered air would cleanse his immune system. Ultimately, all his symptoms

would float away in the water.

As I kept repeating this, I tapped Larry's right shoulder. After tapping and describing the sea life and richness of the colors underwater, I then tapped his left shoulder to remind him of this experience whenever he walked into his home and smelled the noxious odor of the sealant. This is an NLP technique called collapsing anchors. Used in combination with the hypnosis dive, this pair of techniques allowed Larry to return home - and stay there - after just two sessions. This approach may well be a breakthrough for others living with ideopathic multiple chemical sensitivity, its horrific symptoms and dire consequences. It was certainly a breakthrough for Larry, so much so that he assisted me in the SCEH presentation because he wanted to share his powerful, healing experience with others, just as I want to share the exhilaration and inspiration of helping this client and presenting our experience to SCEH.

## Kathy Platoni, PsyD, DAAPM, FAIS

**Clinical Psychologist | Colonel (RET), US Army | COL, Ohio Military Reserve, State Defense Forces Recipient of the 2016 IVAT Resiliency in Response to Trauma Award  
21<sup>st</sup> International Summit on Violence, Abuse & Trauma**

Contact: Casey Rodriguez | Marketing & Events Specialist  
Phone: 858-527-1860 Ext. 4270 | Email: [Casey.Rodriguez@alliant.edu](mailto:Casey.Rodriguez@alliant.edu)

**Dr. (COL) Kathy Platoni** was honored at the 21<sup>st</sup> International Summit on Violence, Abuse & Trauma in San Diego, California as recipient of the 2016 IVAT Returning Veterans Resiliency in Response to Trauma Award. This award is given by the Institute on Violence, Abuse and Trauma (IVAT) to a veteran who has experienced specific trauma in war and whose efforts and advocacy have had a notably restorative impact on a traumatized population. Though COL Platoni retired from the US Army with the rank of Colonel in October 2013, she was sworn into the Ohio Military Reserve as their chief psychologist in 2015, her 36<sup>th</sup> year of military service.

COL Platoni has been a practicing clinical psychologist for more than 36 years and maintains her private practice in Centerville, Ohio. In service of her country and as an Army Reserve clinical psychologist, she has deployed on four occasions in time of war. Dr. Platoni served as commander of the 1972nd Medical Detachment (Combat Stress Control) at Guantanamo Bay Cuba from 2003-2004, where combat stress control became a critical element of the Joint Task Force mission in support of Operation Enduring Freedom in the Global War on Terrorism. Having volunteered to return to active duty within weeks of her redeployment from Joint Task Force-GTMO, Dr. Platoni deployed to Iraq in support of Operation Iraqi Freedom, holding the position of Deputy Commander of Clinical Services for the 55th Medical Company (CSC) in Baghdad and seven subsequent locations, finally as Officer in Charge of Team Ar Ramadi, situated the seat of the insurgency and during times of intensive combat. At the invitation of the 3rd Brigade Commander, 3rd Infantry Division upon the conclusion of her tour of duty in the wartime theater, Dr. Platoni reported to the Home of the Infantry, Fort Benning, Georgia for an additional six-month mission in order to provide for the reintegration services of the 2nd Battalion, 69th Armored Regiment due to elevated numbers of psychological casualties among combat arms soldiers. Dr. Platoni was last deployed to the combat theater of Afghanistan from 2009 through late 2010 with the 467<sup>th</sup> Medical Detachment (Combat Stress Control) in support of Operation Enduring Freedom, serving as Clinical Advisor for the medical detachment and Officer in Charge of Team Wilson, Kandahar Province, and Camp Phoenix in Kabul, Afghanistan. She was assigned to the 1493<sup>rd</sup> Medical Detachment (CSC) in Cary, North Carolina until the time of her retirement. As a survivor of the tragic Ft. Hood Massacre in November of 2009, she is an ardent activist for reconsideration of this shooting incident as an act of terrorism to assure that the wounded and the families of the deceased are awarded long overdue benefits and the Purple Heart Medal.

For her professional contributions to the field of psychology and decades of humanitarian service, COL Platoni was awarded a lifetime achievement award by her alma mater, Hobart and William Smith Colleges, in 2008 and was selected for the very prestigious Dayton's Ten Top Women Award for the Class of 2012. She was awarded the Legacy Award for community service and volunteerism in the Southwest Ohio area in April of 2013. She was awarded the Legion of Merit for exceptionally meritorious service by the United States Army on 19 July 2014. Two landmark books, written and edited by Dr. Raymond Scurfield and Dr. Platoni on the subject of war trauma, ***Expanding the Circle of Healing~Trauma in Its Wake and Healing War Trauma~A Handbook of Creative Approaches***, were published in 2012.

COL Platoni will be receiving the “*Returning Veterans Resiliency and Response to Trauma Award*” acknowledges Dr. Platoni’s bravery as a veteran who has experienced specific trauma in war and her dedication as a veteran advocate choosing to work to alleviate the trauma experienced by others in war, as well as help to heal and recover for the trauma experienced as a veteran.

The *Returning Veterans Resiliency in Response to Trauma Award* is presented annually, at the International Summit on Violence, Abuse and Trauma held each August in San Diego, California, USA. This year’s ceremony will take place on Tuesday, August 30<sup>th</sup> from 12:20pm-2:30pm at the Town & Country Hotel.

The 21<sup>st</sup> International Summit is an educational and professional networking event hosted by the Institute on Violence, Abuse and Trauma (IVAT) and co-hosted by the Family Violence & Sexual Assault Institute (FVSAI). The aim of this summit is to disseminate best practices across eleven sub-topics of violence, abuse, and trauma. The two-part event will be held August 25-31, 2016, at the Town & Country Resort and Convention Center in San Diego, California, USA. We expect to draw more than 1000 professionals, advocates, researchers, and others from major organizations, foundations, educational and government institutions, universities, clinics, agencies, and shelters. This event is considered to be one of the premier annual summits on violence, abuse and trauma worldwide.

IVAT, part of FVSAI, is a one-stop non-profit organization that links research, practice, policy and advocacy. Our mission is to improve the quality of life for individuals on local, national and international levels by sharing and disseminating vital information, improving collaborations and networking, conducting research and trainings, assisting with direct professional services, program evaluation, and consulting to promote violence-free living.

**Back-stage Media Passes** are available by contacting Casey Rodriguez:

[Casey.Rodriguez@alliant.edu](mailto:Casey.Rodriguez@alliant.edu)

or Sandi Capuano Morrison: [SCapuano@alliant.edu](mailto:SCapuano@alliant.edu)

## **FOLLOW US**

**FB: IVATCenters**

**Twitter: #2016IVAT**

***Institute on Violence, Abuse and Trauma (IVAT) and Family Violence & Sexual Assault Institute (FVSAI)***

***10065 Old Grove Road, Suite 101, San Diego, CA 92131***



**Kathy Platoni, PsyD, DAAPM, FAIS**

## Help SCEH Grow!

If you have found value in your membership, we hope you will share it with colleagues and students.

Prospective members can also complete an application online.

For membership details or our online application, visit:

<http://www.sceh.us/apply-for-membership>

# Upcoming Conferences

*Co-sponsored by SCEH and APA Division 30*

## Introductory and Advanced Workshops in Clinical Hypnosis

*Two Track Workshop Series*

### **Advanced:**

Power Tools for Anxiety and Affect Regulation

### **Introductory/Basic:**

Introduction to Clinical Hypnosis

<http://www.sceh.us/2018-midyear-workshops>

April 20-22, 2018 (Friday - Sunday)

**Red Lion Hotel Albany (formerly the Radisson Hotel Albany)**

**Albany, New York**



**Watch the video invitation here:**

<https://www.youtube.com/watch?v=wG31r0CzCuI>

**Register here:**

[https://mam.memberclicks.net/index.php?option=com\\_mc&view=formlogin&form=243068](https://mam.memberclicks.net/index.php?option=com_mc&view=formlogin&form=243068)



SOCIETY OF PSYCHOLOGICAL HYPNOSIS

Dan Kohen, M.D., member and Fellow, SCEH, is pleased to report the wonderful success of the 8th Annual Workshops in Pediatric Clinical Hypnosis from the

**NPHTI, the National Pediatric Hypnosis Training Institute**

With NPHTI co-Director Pam Kaiser, PhD, CPNP, CNS, we are grateful to our 23 Faculty participants in welcoming and teaching the 72 new participants in our Fundamentals Workshop (Introductory pediatric hypnosis training), 22 in the Clinical Applications and Utilization Workshop (Intermediate level training), and 4 in the Individualized Consultation (formerly Advanced workshop). Highly positive evaluations affirmed the palpable positive energy and joy throughout the 3 days (October 19-21) and energize us as we plan for TWO forthcoming workshops in 2018.

**Please SAVE THE DATES, tell your colleagues, and join us for:**

**May 3-5, 2018 - Fundamentals (Introductory) Pediatric Hypnosis Workshop** - sponsored by **NPHTI** in collaboration with Rainbow Babies and Children's Hospital, Case Western Reserve University School of Medicine, and University Hospitals of Cleveland in Cleveland, Ohio.

*Information:* [www.case.edu/medicine/cme](http://www.case.edu/medicine/cme) or [www.nphti.org](http://www.nphti.org)

**October 4-6, 2018 - 9th Annual NPHTI Workshops (Fundamentals, Clinical Applications & Utilization, Individualized Consultation)** Minneapolis, MN.

*Information:* [www.nphti.org](http://www.nphti.org)

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I am also happy to announce my most recent publication, in collaboration with Dr. Stefan Friedrichsdorf:

Friedrichsdorf SJ, **Kohen DP**. Integration of hypnosis into pediatric palliative care. *Ann Palliat Med*, 2017. doi: 10.21037/apm.2017.05.02

Dan Kohen, M.D., FAAP, FSCEH, FASCH, ABMH



**The XXI World Congress of Medical and Clinical Hypnosis is coming to Montreal, Canada from August 22-25, 2018**  
[www.hypnosis2018.com](http://www.hypnosis2018.com)

<http://www.ishypnosis.org/triennial-congress/invitation-to-congress/>

This communication addresses healthcare professionals, researchers and all persons interested in clinical and medical hypnosis. After Rome, Bremen and Paris, Montreal is proud to host the XXI World Congress on North-American soil.

This congress, offered by the International Society of Hypnosis (ISH) every three years, will provide a unique opportunity to work with researchers and clinicians who are members of over 35 hypnosis societies from around the world. Find out what clinical applications, research and new techniques they are working with and how this can apply to your work.

You want to learn and meet people? Perfect, [register and attend](http://www.hypnosis2018.com). You want to share your knowledge and experiences?

Visit us this spring at: [www.hypnosis2018.com](http://www.hypnosis2018.com) to view our keynote speaker announcements.

If you have never been to Montreal before, this is your perfect chance to come and visit the beautiful province of Quebec and the mythical city of Montréal where European charm meets North America. The Organizing Committee is eager to welcome and charm you at the XXI ISH World Congress of Medical and Clinical Hypnosis: Montreal 2018!

# 69th Annual Workshops & Scientific Program

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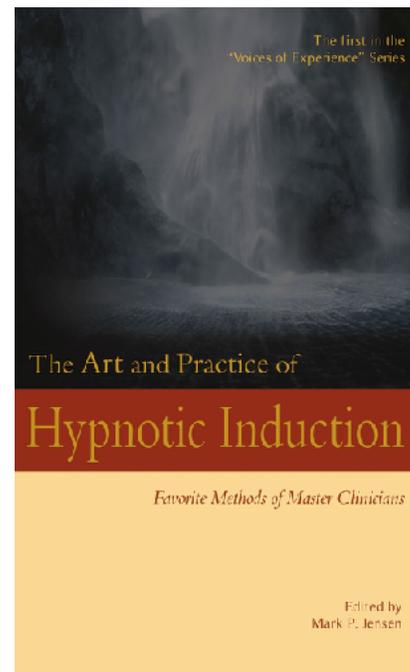


# The Art and Practice of Hypnotic Induction: Favorite Methods of Master Clinicians

Mark Jensen (2017) Denny Creek Press, Kirkland, WA

*Book Review by Eric K Willmarth, PhD*

Few would disagree that hypnotic ability resides in the individual client and that eliciting this ability is the primary purpose of the hypnotic induction. Mark Jensen has done the hypnosis world a great favor by dedicating his most recent book to the induction process. Although a master researcher in his own right, Dr. Jensen does not approach this subject in the laboratory, but rather by seeking the clinical experience of master clinicians to get their insight into the “art and practice” of the hypnotic induction. He points out that the contributors to this book represent over 350 years of combined clinical experience and the resulting product is a wonderful collection of wisdom and advice that can serve the beginner or the seasoned clinician.



One of the best ways to communicate the value of this book is to simply list the practitioners that Dr. Jensen has assembled for this project. In addition to his own chapter, Mark has included chapters by Michael Yapko, Julie Linden, Stephen Lankton, Gabor Filo, David Wark, Katalin Varga, Daniel Kohen, Camillo Lorio, Bernhard Trenkle and Allan Cyna.

While each practitioner speaks to the necessity of individualized inductions, each also gives an example of a favorite induction with commentary on why certain words were chosen or statements made. Each author provides additional tips, suggestions and clinical insights making this book useful far beyond simply learning new inductions.

This book is also unique since the contributors cover a wide range of clinical applications and populations. For example, David Wark presents a chapter related to alert waking hypnosis, Daniel Kohen on working with children and adolescents and Camillo Lorio offers inductions for families. Gabor Filo provides a number of rapid inductions, Katalin Varga suggests methods to work within medical settings and Mark Jensen offers an induction for use in pain management.

Readers who prefer to work with scripts will still enjoy the choice of words offered by these contributors even though they each strongly support an individualized approach to induction. The selection of phrases and the rationale for this selection is an excellent education in hypnotic technique. Michael Yapko also provides a nice overview of *why* we do inductions and the elements that are present in the induction process.

Those looking for a division between induction and deepening techniques will not find much of a distinction in this book and in some examples induction and treatment seem more blended than in other examples. This is a book that is a valuable addition for any hypnotic practitioner and a significant contribution to those involved with hypnosis education. The book is published by Denny Creek Press and available from all major book outlets. I recommend the book without hesitation.

**Available at:** <https://www.amazon.ca/Art-Practice-Hypnotic-Induction-Clinicians-ebook/dp/B06ZZYFP6F>

# In Memoriam

## Marianne Barabasz

Dr. Marianne Barabasz, passed away on January 15, 2018 from pneumonia contracted after femoral by-pass surgery. She had been suffering from health issues for several years. She is survived by her husband Dr. Arreed Barabasz. Marianne was a most impressive and inspirational human, both personally and professionally.



She graduated with a Pre- Medical BS Degree from Le Moyne, College at the top of her class. Her interests and passions led to her to pursue Psychology. She went on to obtain her Doctoral Degree in Counseling Psychology from State University of New York at Albany. She was a licensed Clinical Psychologist in Massachusetts and Washington State. She became a Full Professor of Counseling Psychology at Washington State University. Marianne displayed remarkable ability to coordinate, structure, and provide leadership. It was not surprising when she took on the role of Director of Clinical Training at Washington State University, while simultaneously teaching doctoral level courses, conducting experimental and clinical research, and ensuring doctoral students' training was in adherence with the highest APA standards. Marianne was active in the department at Washington State University to say the least, she chaired more than 35 hypnosis related PhD dissertations. Her depth of knowledge grounded in the scientist-practitioner model brought rigor to hypnosis research, leading several students towards their first publications.

Marianne was a Fellow of the American Psychological Association and of the Society for Clinical and Experimental Hypnosis. She was a full time Clinical Psychologist at the Genesee Psychiatric Center, Michigan; Sunnyside Hospital, Christchurch, New Zealand, and at Bay Area Psychiatric Associates and Lowell General Hospital Massachusetts.

Marianne often went above and beyond to assist, especially in areas of great personal value to her. She served on the Board of Consulting Editors of the International Journal of Clinical and Experimental Hypnosis (IJCEH) and was a reviewer for six other tier one research journals. She served as Chair of the American Psychological Association D30 (Hypnosis) Fellows committee and as Chair of three Convention Program committees.

In her clinical practice, as well as areas of research, utilizing hypnosis was a mainstay. Marianne published over 75-refereed articles. Several employed hypnosis for clinical problems such as eating disorders, a specialty she later became internationally known for. She earned several research awards for her achievements and for service including the 2001 Bernard Raginsky Award for Leadership and Achievement from the Society for Clinical and Experimental Hypnosis and the Morton Prince Award from the American Board of Psychological Hypnosis in 2015. She co-authored *Clinical and Experimental Restricted Environmental Stimulation*, published by Springer-Verlag.

Independent from academia, Marianne had shared vibrant interests with her husband Arreed. Her interests ranged from mountaineering, rock climbing, serving as Formula Atlantic racing Crew Chief, to flying. She and Arreed summited several mountain peaks, both nationally and internationally; including peaks in the White Mountains of New Hampshire, Muller and Mt. Arthur in New Zealand; and Mt. Rainier in

### Marianne on Mount Rainier





**Marianne as Arreed’s Crew Chief (1970)  
16 championships followed to 1994.  
Thanks Marianne!**



**Marianne at Skip Barber’s racing  
school with National Champion  
Bruce McGinnis**

Marianne was the Crew Chief, for Arreed while he was racing the Formula Atlantic cars and others. This task demanded her attention to detail, ability to work under pressure, directing a pit crew, and developing race strategies. Much to her credit, she was awarded Outstanding Pit Crew of the year in 1969 from the Western New York Region of the Sports Car Club of America. Arreed made it known that their 11 racing championships would not have been possible without Marianne as Crew Chief.

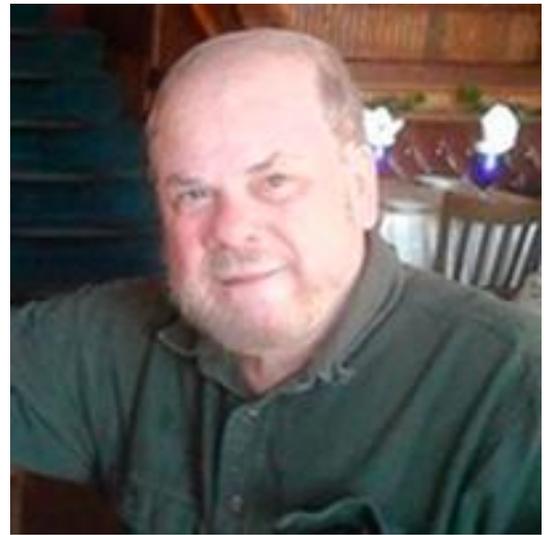
She was also an avid traveler and attended multiple events with Arreed both nationally and internationally. She enjoyed her experiences abroad although her heart was truly in nature. Some of her favorite retreats were Mt. Cook park and Arthurs Pass in New Zealand; Maui; White Mountains of New Hampshire; Glacier National Park in Montana, and her home nestled in the rolling wheat fields on the Palouse in Washington.

Dr. Marianne Barabasz was in so many ways, an incredible individual. She was a brilliant scholar, charismatic, thoughtful, passionate, dedicated, and resilient individual. Marianne was incredibly intuitive lending to her remarkable clinical abilities. She was a highly regarded Professor, well respected for her knowledge and expertise in both clinical and experimental hypnosis. She will be missed by many.

*By Ciara Christensen*

# Edmund Thomas Dowd

November 19, 1938 - January 06, 2018



Tom Dowd, born in Minneapolis on November 19, 1938, died suddenly at his home on Saturday, January 6, 2018. Tom spent the first 31 years of his life in Minnesota, where he met his wife Therese, had his two children, and earned a doctor's degree in Counseling Psychology. Tom spent the majority of his professional career as an academician and traveled around the world presenting and training others in hypnosis and Cognitive Psychotherapy. Upon retirement as a Professor from Kent State University, he transitioned exclusively into private practice where he continued to see clients and have a tremendous impact on healing and helping others until his death. Throughout his life he was always willing to be of service; professionally he served as President of APA Division 30 (Psychological Hypnosis), President and board member of the American Board of Behavioral and Cognitive Psychology (ABCT), as well as on numerous other committees locally, nationally, and internationally. In 2016 he was presented the Russell J. Bent Award for Distinguished Service and Contributions to the American Board of Professional Psychology.

In his personal life he was known as a compassionate, quirky, adventurous, wise, and sensitive person. He was generous to the core and always bent over backward to help others. He was committed to supporting his family; he and Therese moved to Tacoma, Washington in 2014 to be close to their children and their families. He loved to live life to the fullest, enjoyed a good glass of wine, was an aficionado of opera and classical music – he could literally "name that tune" for almost any classical music piece in five notes or less. He was both open-hearted and open-minded and as a voracious reader was committed to life-long learning. He had a dedicated meditation practice, enjoyed spending time in his garden, and loved exploring new places in the Pacific Northwest and around the world.

Tom is survived by his wife Therese, his daughter and son-in law Kathleen & Harlan, his son and daughter-in-law Michael & Kristin, his brother and sister-in-law Chuck and Sherry, and numerous, cousins, nieces, nephews, and friends, as well as Jazz the Cat.

In lieu of flowers, the family asks that donations be made to either of the following organizations:

-Associated Ministries - an organization that builds strong communities by focusing on housing as the foundation for dignity, stability and growth. <https://associatedministries.org/>

-Emergency Services at St. Leo's parish – which provides social services for homeless people, with a focus on housing, employment assistance, and personal hygiene support. <http://www.stleoparish.org/ministries/justice.htm>

*Reprinted from: <http://www.tuellmckee.com/obituary/4535689>*

## **In Memoriam**

### **Assen Alladin, PhD, RPsych**

The community of hypnosis has lost another of its great leaders. Assen Aladdin died on November 24, 2017. His family, his friends, his students, his patients, his readers, and his colleagues will mourn his absence. Assen Alladin was born on the Island of Mauritius, and educated in England. He initially trained as a psychiatric nurse and social worker and then trained in clinical psychology. He worked as a clinical psychologist in England for 10 years, and moved to Canada in 1990. He worked at the Waterford Hospital, in St. John's, Newfoundland, and moved to Calgary in 1993. He worked two years as a psychologist with the Calgary Police Service and then spent the years from 1995 to 2013 at the Foothills Medical Centre, Calgary. After 2013, he worked in a full-time private practice in Calgary, Alberta. Dr. Alladin also served as a professor, a scholar, and an editorial consultant to several professional journals. Until the time of his death, he was an Adjunct Associate Professor in the Department of Psychiatry, University of Calgary Medical School. There he taught and supervised psychiatry residents. He provided training in clinical hypnosis and cognitive hypnotherapy locally, nationally and internationally.



### ***Honors***

Dr. Alladin was a Fellow of the Royal Society of Medicine, a Fellow of the Canadian Federation of Clinical Hypnosis – Alberta Society, and an Associate Fellow of the British Psychological Society. His study of cognitive hypnotherapy with depression won the best research paper from Division 30 of the American Psychological Association in 2005.

### ***Professional Affiliations/Memberships in Professional & Learned Societies***

Dr. Alladin maintained memberships in the American Psychological Association, the Canadian Psychological Association, the College of Alberta Psychologists, the American Society of Clinical Hypnosis, the Society for Clinical and Experimental Hypnosis, the International Society of Hypnosis, the Canadian Federation of Clinical Hypnosis, and the Canadian Federation of Clinical Hypnosis – Alberta Society.

### ***Professional Offices***

Dr. Alladin was the Immediate Past President of the American Society of Clinical Hypnosis at the time of his death. He served as the President of the American Society of Clinical Hypnosis in 2016-2017, the President of the Canadian Federation of Clinical Hypnosis – Alberta Society from 2007-2009, the Education Chair for the Canadian Federation of Clinical Hypnosis in 2007, the President of the Canadian Federation of Clinical Hypnosis – Alberta Society from 2004-2007, and held many other positions of leadership in North American hypnosis.

### ***Research and Publications***

Apart from his leadership in hypnosis organizations, Dr. Alladin will be long remembered for his research and publications on hypnosis, especially on the application of hypnosis to anxiety disorders and depression. His books include: *Integrative Cognitive Behavioral Therapy for Anxiety Disorders* (Wiley, 2016), *Hypnotherapy Explained* (CRC Press, 2016), *Cognitive Hypnotherapy: An Integrated Approach for the Treatment of Emotional Disorders* (Wiley, 2008), and *Handbook of Cognitive Hypnotherapy for Depression* (Lippincott, Williams, and Wilkins, 2007). He authored over 25 peer-reviewed journal articles and book chapters. He was also a generous presenter and trainer, regularly participating in the programs of ASCH, SCEH, ISH, Division 30 (APA), and the Canadian Federation of Clinical Hypnosis.

***Acknowledgments:*** The biographical information was adapted by Donald Moss from Dr. Aladdin's website at [dralladin.ca](http://dralladin.ca) and the photo was provided by Eric Willmarth, PhD.



# SCEH News

## IJCEH HAS A NEW WEBPAGE!

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# About the Society for Clinical and Experimental Hypnosis (SCEH)

SCEH Membership Levels Full Membership: \$150

Lifetime Membership: \$75

Student Membership: \$45

## Our Mission

To promote excellence and progress in hypnosis research, education, and clinical practice.

Founded in 1949, the Society for Clinical and Experimental Hypnosis (SCEH) is an international organization of psychologists, psychiatrists, social workers, nurses, dentists and physicians who are dedicated to the highest level of scientific inquiry and the conscientious application of hypnosis in the clinical setting. The membership represents a rare union of some of the finest academicians, researchers and clinicians whose collaboration is designed to support and inform the clinical work and research of its members and other professionals.

A distinguishing feature of the group is its 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. Through workshops, lectures, publication of the International Journal for Clinical and Experimental Hypnosis (IJCEH), and other teaching activities of SCEH, members educate health care professionals, academicians, researchers, students and the general public about the nature and ethical uses of hypnosis and related phenomena.

## Membership

This is a selective society that contains some of the best and most productive hypnosis researchers and clinicians in the field. In the past four decades, the majority of the important English language publications in the field of scientific hypnosis have been written by members of the SCEH. Each year, the membership of SCEH sponsors its workshops and scientific meetings at the annual conference. Members receive discounted registration to the annual conference.

For more information about joining SCEH please go to

<http://www.sceh.us/apply-for-membership>