



SCEH 2015 Election Results

Society for Clinical &
Experimental Hypnosis

FOCUS

Volume 57 | Number 2 | 2015
SCEH Focus is published four times a year.



Incoming President
Gary Elkins, PhD



President-Elect
Don Moss, PhD



Treasurer
Ciara Christensen, PhD



Secretary
Zoltán Kekecs, PhD

Please join us in congratulating our newly elected officers, who will take office in October at the Annual Conference in Orlando

Our new slate of officers will officially take office in the fall, along with Incoming President, Gary Elkins, PhD, ABPP, ABPH (elected in a special election last year). The ceremony will take place during our Saturday evening banquet at the 66th Annual Workshops & Scientific Program in Orlando, Florida.

Thank you to all members who voted. This is your Society, and your involvement is crucial to our success. We would like to thank the entire slate of nominees. Your commitment to running for office is commendable, and your willingness to offer service to your fellow members is much appreciated.

Respectfully Submitted



Eric K. Willmarth, PhD
Current President



Stephen G. Pauker, MD, MACP
Nominating Committee Chair
and Past President

NOTES FROM THE EXECUTIVE DIRECTOR

Anne Doherty Johnson

This is a busy time of year for SCEH, as we finalize arrangements for our annual conference and begin our membership renewal process for the year ahead. In recent months, we have completed an initial round of strategic planning, reviewed our membership application and website, and continue to look at ways to better serve your needs. Stay tuned for more information on these initiatives.

We continue our proud tradition of delivering the best scientifically based education program on hypnosis available with our upcoming 66th annual conference. Our annual event is an important part of SCEH's mission to promote excellence and progress in hypnosis research, education, and clinical practice.

Attendees will surely find our upcoming 2015 event to be stimulating and enlightening. Our gratitude goes out to Conference Committee members (listed on [page 21](#)), who have developed an outstanding program. The range of topics is matched by an impressive list of presenters, which include the finest clinicians and researchers working in the field today. We hope to see many members there, and encourage you to review our conference program for full details:

SCEH 2015 conference details

AND

Download the conference brochure

We'd like to enlist your help in sharing information about our event to friends and colleagues. A tremendous amount of work goes into our event, and our goal is to attract as many attendees as we

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Message from the Editors

The links in Focus are active. This issue contains links to the conference program, a video inviting you to the 2015 conference in Orlando, a podcast on the use of hypnosis, and many references (click on the blue links). Make sure to check them out!

Werner Absenger, PhD, MSc, &
Shelagh Freedman, MA

can. Since you have discovered how effective hypnosis can be, we ask you to introduce SCEH and our event to others who might be exploring or discovering hypnotherapy for the first time, or are still new to it. Our Introductory and Intermediate Workshops are ideal for this purpose, and are led by an excellent faculty.

For those with experience in the field, the breadth and depth of our Advanced Workshops will make choosing sessions a challenge, the sure sign of robust and timely programming. Similarly, our Scientific Program features an excellent mix of fascinating keynotes, symposia and research presentations (see [page 16](#)). A poster session rounds out the conference, offering many topics for discussion and exploration.

As I look at the calendar, I am prompted to add a reminder to register and secure your hotel room as soon as possible. If your goal is to surround yourself with like-minded, scientifically-focused hypnosis clinicians, researchers and healthcare professionals, Orlando will be the place to be from September 30th through October 4th.

If you need more convincing, a personal invitation from SCEH's current and incoming Presidents can be found [in this video](#):

Best regards,

Anne Doherty Johnson

SCEH 66TH ANNUAL
WORKSHOPS &
SCIENTIFIC PROGRAM
SEPTEMBER 30TH -
OCTOBER 4TH 2015
WWW.SCEH.US/2015-
CONFERENCE

PRESIDENT'S COLUMN

Eric K. Willmarth, PhD

What a busy year for SCEH and for the World of Hypnosis in general! From the very special International Society of Hypnosis meeting in Paris, to the many activities of our sister organizations ASCH and the APA's Division 30, to the planning and preparation for our own exciting 66th Annual Meeting in Orlando, FL, September 30 – October 4th, there is a sense that the use and acceptance of hypnosis is growing!

We are now finalizing all the plans for the Annual Workshops and Scientific Program that will be held at the Rosen Plaza Hotel in Orlando. The Program Committee led by Dr. Mike Nash and Scientific Program Co-Chairs, Dr. Devin Terhune and Shelagh Freedman, along with all of our many program committee

leaders have been hard at work to make sure that this is one of our best programs ever. I'm told that we already have more students involved in this year's Poster Session than ever before (see [page 20](#)).

The officers of SCEH (the "little EC") have also been meeting regularly to deal with the many issues related to a volunteer organization such as ours. We are working on legal issues related to our tax status and incorporation status, and on topics such as distance learning, revised membership applications, improved member communication and potential bylaw revisions. Our incoming President, Gary Elkins, has also been leading a Strategic Planning initiative to help guide SCEH to a strong future.



Eric K. Willmarth, PhD

Our Executive Director Anne Doherty Johnson and I meet on a weekly basis as well, to address the many day-to-day issues that arise. She continues to provide outstanding leadership and talent to our cause. Dr. Arreed Barabasz continues to guide SCEH's International Journal of Clinical and Experimental Hypnosis, making it the world's premiere hypnosis-related journal, and Werner Absenger, PhD, and Shelagh Freedman just keep making the FOCUS better and better!

In this issue of the Focus you will also see the results of our recent election. I hope you will join me in thanking everyone who ran for office, and in congratulating our new President-Elect, Dr. Donald Moss, our new treasurer, Dr. Ciara Christensen, and our new Secretary, Dr. Zoltan Kekecs. All of these individuals will take office, along with our new President Dr. Gary Elkins, during our October conference.

I hope all of you will be among the "Professionally Curious" and join us in Orlando. I hope also that you will encourage friends and colleagues to attend and to join SCEH. Become active. Join a SCEH committee. Share the word that solid research and informed clinical practice are what will carry the field of hypnosis well into the future! Sincerely,

Eric K. Willmarth, Ph.D
President, SCEH

We are still accepting
Poster Presentations for
Orlando 2015!

[Click here to view details](#)

SCEH 66th Annual Conference Keynote Speakers



Deirdre Barrett, PhD

Department of Psychiatry, Harvard Medical School and Past President of the International Association for the Study of Dreams and of the American Psychological Association's Division 30



Paul F. Dell, PhD, ABPP

Past President at the International Society for the Study of Trauma and Dissociation and Director of the Trauma Recovery Center in Norfolk, Virginia



Maximilian Muenke, MD, DABMA

Chief & Senior Investigator of the Medical Genetics Branch of the National Institute of Health

Saturday's Banquet Address



Amir Raz, PhD, ABPH

Canada Research Chair in the Cognitive Neuroscience of Attention, Faculty of Medicine, McGill University and Director of the Clinical Neuroscience and Applied Cognition Laboratory at the Lady Davis Institute for Medical Research at the Jewish General Hospital

RESEARCH CORNER

Zoltan Kekecs, PhD

kekecs.zoltan@gmail.com

I was always fascinated by the intricate interplay of the mind and the body, however old-fashioned this artificial division of these two inseparable entities might sound. This fascination drove me to investigate the uses of mind-body intervention in medicine, which became the focus of my early research.

A few years back we conducted a randomized clinical trial to examine the effects of a patient education intervention applying therapeutic suggestions – hypnotic suggestions given without formal hypnosis induction – for patients enlisted for cataract surgery to help them with perioperative anxiety. We found that participants in the intervention group were calmer in the perioperative period and were more cooperative during the procedure compared to the control group, supporting our initial hypothesis, that therapeutic suggestions can help cataract surgery patients to overcome anxiety (Kekecs, Jakubovits, Varga, & Gombos, 2014). This finding seemed consistent with previous findings in the literature, however, it was apparent, that the results of previous research were not homogeneous.

To further evaluate the effectiveness of suggestive techniques used as adjuncts to surgical procedures (hypnosis and therapeutic suggestions), and to find the cause for inconsistencies in the level of effectiveness, we conducted a meta-analysis (Kekecs, Nagy, & Varga, 2014). This quantitative analysis of intervention effects based on 26 studies revealed that suggestive techniques as a whole are effective in reducing postoperative anxiety and pain intensity, but effects on pain

medication requirements and nausea were not statistically significant.

We were also able to contrast the effectiveness of 1) hypnosis interventions and therapeutic suggestion interventions; 2) interventions presented in person and via recordings; 3) and interventions used in minor and major surgeries. Our results showed that the highest benefit can be expected in interventions using a formal hypnosis induction and presented in person, and that pain reduction is consistently achieved in minor, but not major surgeries when using these techniques.

A short podcast summarizing the implications of our research can be found at this link:

<http://content.blubrry.com/aa2day/suggestion.mp3>

Although anxiety and pain are the most often assessed outcomes in clinical trials involving hypnotic techniques, the benefits of hypnosis in medicine are not at all limited to these two outcomes. As shown in our broader scope review (Kekecs & Varga, 2013), hypnotherapy can assert a wide range of benefits on physical health. Even though we have an ever increasing understanding of the neurophysiological effects of hypnosis in the central nervous system (for a review see: (Vanhaudenhuyse, Laureys, & Faymonville, 2014), and the areas of application of hypnosis in the treatment of physical diseases, our knowledge about the mechanisms which link these two areas is very limited. This research area is my primary interest at the moment.



Zoltan Kekecs, PhD

Our recent studies are probing the possible routes of action that might carry some of the effects of hypnosis and related mind-body interventions on physical health. We have conducted pilot investigations on the effects of autogenic training on salivary sIgA (unpublished), on the effects of hypnosis on stress hormones (Varga & Kekecs, 2014), and recently we conducted a study to assess changes in the autonomic nervous system elicited by hypnosis (Kekecs, Szekely, & Varga, Submitted for review in 2015; Kekecs & Varga, 2014).

In our study on the autonomic effects of hypnosis, we found that hypnosis decreased sympathetic nervous system activity, but did not change parasympathetic arousal compared to music-assisted relaxation. These results are consistent with the fact that hypnotherapy is particularly effective in the treatment of disorders associated with sympathetic nervous system impairment, such as rheumatoid arthritis (Horton-hausknecht, Mitzdorf, & Melchart, 2000), hot flashes (Elkins et al., 2008), hypertension (Gay, 2007), and chronic pain (Elkins, Jensen, & Patterson, 2007). Thus, it is likely, that decreases in sympathetic arousal, and the shift in the balance in autonomic nervous system activity towards parasympathetic dominance, might be one of the mechanisms underlying the effectiveness of hypnotherapy in the treatment of these disorders.

Further studies are required to link central and autonomic nervous system changes. One likely candidate for a central nervous system mediator is the anterior cingulate cortex, which has been implicated in the modulation of sympathetic activity and is also consistently shown to change activation during hypnosis.

References:

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- Kekecs, Z., Nagy, T., & Varga, K. (2014). The effectiveness of suggestive techniques in reducing post-operative side effects: a meta-analysis of randomized controlled trials. *Anesthesia & Analgesia* 119(6), 1407-1419. doi:10.1213/ANE.0000000000000466
- Kekecs, Z., Szekely, A., & Varga, K. (Submitted for review in 2015). Alterations in electrodermal activity and cardiac parasympathetic tone during hypnosis.
- Kekecs, Z., & Varga, K. (2013). Positive suggestion techniques in somatic medicine: A review of the empirical studies. *Interventional Medicine and Applied Science*, 5(3), 101-111. doi:10.1556/IMAS.5.2013.3.2
- Kekecs, Z., & Varga, K. (2014). Effects of hypnosis on the orientation response and sympathetic arousal. Paper presented at the 65th Annual Workshops and Scientific Session of the Society of Clinical and Experimental Hypnosis, San Antonio, TX.
- Vanhaudenhuysse, A., Laureys, S., & Faymonville, M.-E. (2014). Neurophysiology of hypnosis. *Neurophysiologie Clinique/Clinical Neurophysiology*, 44(4), 343-353. doi:10.1016/j.neucli.2013.09.006
- Varga, K., & Kekecs, Z. (2014). Oxytocin and cortisol in the hypnotic interaction. *International Journal of Clinical and Experimental Hypnosis*, 62(1), 111-128. doi:10.1080/00207144.2013.841494

Jeffrey Zeig is writing the biography of Milton H. Erickson supported by a grant from the Institute for Behavioral Healthcare. If any members have appraisals or stories to include please email: jeff@erickson-foundation.org

SCEH Announcements & Members' News

Absenger, Werner

Congratulations to Werner Absenger on obtaining his PhD in Mind-Body Medicine at Saybrook University (with Dr. Moss Program Chair, and Dr. Willmarth, Dissertation Chair).



Barabasz, Arreed

Awards:

2015 Distinguished Contributions to Professional Hypnosis, American Psychological Association, Division of Psychological Hypnosis



2015 'Best published research paper' Award (2014), American Psychological Association, Division of Psychological Hypnosis

Recent Publications:

Barabasz, A. & Barabasz, M. (In Press). Hypnotic phenomena and deepening techniques.

Barabasz, A. & Barabasz, M. (2015). The new APA definition of hypnosis: Spontaneous hypnosis MIA, *American Journal of Clinical Hypnosis*, 57, 459-463.

Elkins, G., Barabasz, A., Council, J. & Spiegel, D. (2015). Advancing research and practice: The revised APA definition of hypnosis, *International Journal of Clinical and Experimental Hypnosis*, 63(1), 1-9.

Darakjy, J., Barabasz, M. & Barabasz, A. (2015). Effects of dry flotation restricted environmental stimulation therapy on hypnotizability and pain control in lighted and light free conditions, *American Journal of Clinical Hypnosis*, 58(2), 204-214.

Barabasz, A. F. (2014). Effizienz der Ego-State-Therapie als Einzelsitzung für die Behandlung von kampfhandlungsbedingten Störungen, PTSD und ASD, *Deutsche Zeitschrift für Zahnärztliche Hypnose*, 2, 10-18.

Barabasz, A. (2014). Effective placebo control conditions for PTSD efficacy research, *International Journal of Clinical and Experimental Hypnosis*, 62(4), 492-494.

Christensen, C., Barabasz, A. & Barabasz, M. (2014). Efficacy of Ego State Therapy for PTSD, *Psychological Hypnosis*, 23(1), 11-14.

Presentations (select):

Barabasz, A. (2015). Hypnotherapeutic techniques and abreactive hypnosis for PTSD. Two-day workshop presentation. Norton Sound Health, Nome, Alaska, February 10-11.

Barabasz, A. & Barabasz, M. (2015). PTSD Cure: Evidence-based abreactive hypnosis, International Congress of Hypnosis, Paris, France, August 26-29.

Barabasz, A. (2015). Hypnosis can cure PTSD in a single session, Distinguished Contributions for

Professional Hypnosis Award Address, American Psychological Association National Convention, Toronto, Canada, August 6.

Barabasz, A. (2014). Keynote Address: Ego State theory and therapy. Oregon Society of Hypnosis, Portland, Oregon, September 26.

Barabasz, A. (2014). Presidential Address: Hypnosis in unusual places. American Psychological Association National Convention, Washington, D.C., August 8.



Cardeña, Etzel

Cardeña's recent publications on hypnosis and related topics:

Edited books:

Cardeña, E., Lynn, S. J., & Krippner, S. (Eds.) (2014). *Varieties of anomalous experience: Examining the scientific evidence* (2nd ed.). Washington, DC: American Psychological Association.

Cardeña, E., & Facco, E. (Eds.) (2015). *Non-ordinary mental expressions*. E-book *Frontiers in Human Neuroscience*.
[doi:10.3389/978-2-88919-485-8](https://doi.org/10.3389/978-2-88919-485-8)

Peer-reviewed papers:

Cardeña, E. & Terhune, D. B. (2014). Hypnotizability, personality traits, and the propensity to experience alterations of consciousness. *Psychology of Consciousness: Theory, Research, and Practice*, 1, 292-307.

Ustinova, Y., & Cardeña, E. (2014). Combat stress disorders and their treatment in Ancient Greece. *Psychological Trauma: Theory, Research, Practice, and Policy*, 6, 739-748.

Cardeña, E. (2014). Hypnos and psyche, or how hypnosis has contributed to the study of consciousness. *Psychology of Consciousness: Theory, Research, and Practice*, 1, 123-138.

Cardeña, E. (2014). A call for an open, informed study of all aspects of consciousness. *Frontiers in Human Neuroscience*, 8:17, 1-4.
[doi: 10.3389/fnhum.2014.00017](https://doi.org/10.3389/fnhum.2014.00017).

Dalenberg, C. J., Brand, B. L., Loewenstein, R. J., Gleaves, D. H., Dorahy, M. J., Cardeña, E., Frewen, P. A., Carlson, E. B., & Spiegel, D. (2014). Reality vs. fantasy: Reply to Lynn et al. (2014). *Psychological Bulletin*, 140, 911-920.

Pérez, S., Galdón, M. J., Durá, E., Andreu, Y., Ibáñez, E., & Cardeña, E. (2014). Posttraumatic stress disorder symptoms in breast cancer patients: Temporal evolution, predictors, and mediational models. *Journal of Traumatic Stress*, 27, 224-231. [doi: 10.1002/jts.21901](https://doi.org/10.1002/jts.21901)

Kjellenberg, E., Nilsson, F., Daukantaitė, D., & Cardeña, E. (2014). Transformative narratives: The impact of working with war and torture survivors. *Psychological Trauma: Theory, Research, Practice, and Policy*, 6, 120-128.



Dell, Paul F.

Congratulations to Paul Dell, PhD, ABPP, for receiving the Lifetime Achievement Award from the International Society for the Study of Trauma and Dissociation!

Frederick, Claire

Claire Frederick MD, CSCH (Hon.), presented a workshop on Ego-Strengthening in the Intermediate Training for the Canadian Society of Clinical Hypnosis, Ontario Division, in Toronto Canada on June 19-20, 2015.





Godot, David

Congratulations to David Godot on passing his licensing exam!

Welcome the world of hypnosis Adam!



Kekecs, Zoltan-Congratulations to Zoltan and his wife, Orsolya, on the birth of their son Adam!



Kluff, Richard

On May 29, Dr. Kluff appeared at Book Expo America in New York City with the Mystery Writers of America, signing copies of his novel, *Good Shrink/Bad Shrink*. His psychological mystery/thriller explores academic corruption and the abuse of hypnosis and other aspects of the mental health sciences.

Dr. Kluff was appointed to the Board of Directors of the China American Psychoanalytic Society.

On April 17, Dr. Kluff gave a workshop, "Advanced Issues in the Use of Hypnosis in the Treatment of the Dissociative Disorders" at the International Society for the Study of Trauma and Dissociation in Orlando, Florida.

Psychophysiological Treatment of PTSD in a Firefighter

Paul Gunser, PsyD, ABMPP, BCN

Arlene Katzenberg, PhD, ABMPP

Rebecca Snyder, MA

Drs. Gunser and Katzenberg are affiliated with Psychological Consultation & Therapy Services, PLLC

Ms. Snyder is affiliated with the Institute for Executive Consultation, Inc.

Dr. Gunser, is President of the Institute for Executive Consultation, Inc.

In this case report we examine the psychophysiological effects of treating Post Traumatic Stress Disorder with Heart Rate Variability Biofeedback combined with Diaphragmatic Breathing instruction, Cognitive Therapy and Stress Inoculation.

The patient received several sessions of Cognitive Behavior Therapy including Heart Rate Variability Biofeedback. He overcame his initial symptoms of PTSD with treatment, allowing him to return to full duty ahead of schedule (i.e. April rather than June).

The patient is a 32 year old, male, Caucasian, fire fighter, who has had numerous exposures to traumatic events resulting in serious injury or death to victims he attended to. In the most recent case, he was engaged in the extraction of the remains of two victims of a motor vehicle accident. This

incident was the trigger for the development of his PTSD symptoms: sleeping disorder, short tempered, snapping at people, re-experiencing images of past traumatic events, stomach discomfort, severe depression and severe anxiety.

The patient was administered a clinical interview for establishing family history, educational and work history, as well as a Mental Status Examination. Baseline Heart Rate Variability (HRV) Measures were performed prior to the administration of treatments. The patient was positive for meeting criteria for Post Traumatic Stress Disorder.

He was instructed in Rational Emotive Behavior Therapy and Diaphragmatic Breathing Exercises, in conjunction with Relaxation Techniques (Guided Imagery). Subsequent to mastering Relaxation and Diaphragmatic Breathing, the patient was exposed to Stress Inoculation Imagery to observe how well he would cope with traumatic scenarios. The patient was provided an audiotape to further enhance home practice of coping skills. The patient fared very well, as he also employed these techniques at home, especially creating his own stress inoculation scenes for coping skill development.

After 10 sessions the patient demonstrated significant improvement, whereby he was able to return to his job on modified duty. During this time he was able to chauffeur personnel and perform in house administrative chores.

After completion of 16 sessions (six beyond the ten required for modified duty), he was able to return to full duty. The results of his treatment are summarized as follows: Very Low HRV decline over the sessions, from approximately 28 to 10% power. Very Low HRV is demonstrative of the patient experiencing the Fight/Flight response even when it is not needed. HRV biofeedback combined with stress inoculation and cognitive behavior therapy reduced the frequency of this response.

This outcome represents an improvement in the patient's ability to overcome Posttraumatic Stress symptoms and cope with potential triggers. He also shared that he was successful in eventually (after the treatments) driving by the scene of the

motor vehicle accident, that originally lead to the Posttraumatic Stress symptoms, without re-experiencing any PTSD symptoms.

References:

- Gervitz, R. (2013). The promise of Heart Rate Variability Biofeedback: evidence based applications. *Biofeedback*, 41, 110-119. <http://dx.doi.org/10.5298/1081-5937-41.3.01>
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- Whited, A., Larkin K.T., Whited, M. (2014). Effectiveness of emWave biofeedback in improving Heart Rate Variability reactivity to and recovery from stress. *Applied Psychophysiology Biofeedback*. (39) 75-88. doi: 10.1007/s10484-014-9243-z

The 12th International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy

December 10-14, 2015
in Phoenix, Arizona

For information:
www.ericksoncongress.com

The ISH 20th Triennial Congress took place in Paris, France August 26-29, 2015



Amélie Jouvin-Pillevesse & Gail
Cunningham hard at work

Dr. Claude Virot, Chair of the Congress committee, and his team from all over France, put together a veritable treat of keynotes, workshops and symposium on the theme of The Roots and Future of Consciousness. Two special attractions were the possibility to see an original Mesmer Bacquet, and to attend the gala dinner at the Paris City Hall. Of course, Paris, the City of Lights mesmerized all those who attended (<http://www.hypnosis2015.com>).

The Congress was hosted by the Confédération Francophone d'hypnose et Thérapies Brèves, CFHTB in the Paris Congress Center (Palais des Congrès) at Porte Maillot. The venue provided ample space for the more than 1800 individuals.





The Chicago Society of Clinical Hypnosis (CSCH) is active again! We were so honored to have Dr. Stephen Kahn and Dr. Molly Delaney kick off our first hypnosis workshop on May 2, 2015, just before they relocated to Maine. They shared their expertise on combining clinical hypnosis with cognitive behavioral therapy to help folks cope with anxiety.

Our membership is growing again, and Dr. Eric Willmarth made the trip in from Michigan.



This September, Dr. Scott Hoyer and Dr. Lisa Lombard will be teaching and learning at the Society for Clinical and Experimental Hypnosis' Annual Workshops in Florida. In October, Dr. Lombard will be teaching and learning at the National Pediatric Hypnosis Training Institute (NPHTI) in Minneapolis.

We welcome new and renewing members and look forward to our next training event, which will be held on October 31, 2015. Dr. Peter Demuth will be teaching a workshop entitled, "The use of Hypnosis as an Adjunct to Dream Interpretation: A Jungian Perspective." Continuing Education Credits will be available.

For further information please email Dr. Lisa Lombard at: Lisalombardphd@gmail.com

For more information about CSCH:

www.hypsociety.com | www.facebook.com/hypchicagosociety

Images from the 2015 APA Conference Toronto, Ontario, Canada August 5-9, 2015



Devin Terhune, PhD



Will Fisher, PhD



Michelle Perfect, PhD



Drs. Ian Wickramasekera, Don Moss, and Eric Willmarth



Drs. Stanley Kripner & Gary Elkins



John Mohl, PhD & Sarah Juliani

Please Share Your News with the SCEH Community!

- Book or article reviews
- Awards or public recognition received
- Promotions, job changes, retirements
- Articles you have written
- Recently published books
- Recent speaking engagements
- New ways you are using hypnosis in your practice
- Events you are hosting
- An important milestone you are celebrating
- Research or special projects you are now undertaking
- Other items you think would be of interest to the membership
- Photos (please include a caption if submitting a photo)

Please send your news to the FOCUS editors at:

focus@sceh.us 

SCEH reserves editorial rights over all submissions.

66th ANNUAL SCIENTIFIC PROGRAM

September 30 - October 4, 2015

Chairs

Devin Blair Terhune, PhD, Marie Sklodowska-Curie Research Fellow,
University of Oxford, Oxford, UK

and

Shelagh Freedman, MA, Concordia University, Hypnosis and
Memory Laboratory, Montreal, Canada

14 CEs/CMEs (1 Free CE/CME with Banquet Keynote)

FRIDAY, October 2

(2 CEs/CMEs)

KEYNOTES

5:30 — 6:30 PM Keynote

Why the Hypnosis Field and the Dissociative Disorders Field Really Need Each Other

Paul F. Dell, PhD, ABPP, Past President at the International Society for the Study of Trauma and Dissociation and Director of the Trauma Recovery Center in Norfolk, Virginia

6:30 — 7:30 PM Keynote

Fantasizers and Dissociaters: Two Types of High Hypnotizables

Deirdre Barrett, PhD, Department of Psychiatry, Harvard Medical School, Cambridge, Massachusetts and Past President of the International Association for the Study of Dreams and of the American Psychological Association's Division 30

SATURDAY, October 3

(2 CEs/CMEs)

OPENING OF THE SCIENTIFIC PROGRAM

8:30 - 8:45 AM OPENING OF THE SCIENTIFIC PROGRAM

Devin Blair Terhune, PhD, Marie Sklodowska-Curie Research Fellow, University of Oxford, Oxford, United Kingdom and Shelagh Freedman, MA, Concordia University, Hypnosis and Memory Laboratory, Montreal, Canada

RESEARCH PRESENTATIONS

8:45 - 9:10 AM | The Possible Relationship Between Autonomous Sensory Meridian Response and Traits Related to Hypnotizability

John Mohl, PhD, Faculty Member, Bucks County Community College, Newtown, Pennsylvania

9:10 - 9:35 AM | Hypnosis and Dissociation: Mounting Evidence of a Connection

Jon Cleveland, PhD, post-doctoral resident at Cordell & Associates, Dayton, Ohio and Bryan Reuther, PsyD, Assistant Professor, Indian River State College

9:35 - 10:00 AM | Exploring the Neural Correlates of Hypnosis Using an ALE Meta-analytic Approach

Mathieu Landry, MSc, McGill University, Montreal, Canada and Amir Raz, PhD, Senior Researcher, Lady Davis Institute for Medical Research of the SMBD Jewish General Hospital and Associate Professor, Department of Psychology, McGill University, Montreal, Canada

10:00 – 10:25 AM | Beliefs about Memory and their Hypnotic Influence

Shelagh Freedman, MA, and Jean-Roch Laurence, PhD, Concordia University, Hypnosis and Memory Laboratory, Montreal, Canada

10: 25 – 10:50 AM | COFFEE BREAK

10:50-11:15 AM | Nocebo as a Negative Trance Phenomenon as it Relates to Skin and Skin Disorders

Philip Shenefelt, MD, Professor, Department of Dermatology and Cutaneous Surgery, University of South Florida College of Medicine, Tampa, Florida & Rabbi Debrah Shenefelt, Tampa, Florida

SATURDAY, October 3, Scientific Program, continued...

11:15-11:40 AM | Mind-Body Medicine Epigenetic Technique's (MET) Potential to Modulate Arc and Zif-268 Gene Expression in Breast Cancer Patients

Francisco Munoz, PhD Candidate, Saybrook University, Claremont, California

11:40 - 12:05 PM | An Investigation of the Feasibility of Mindfulness-Based Hypnotherapy for Stress and Anxiety

Nicholas Olendzki, MSCP, PsyD candidate, Baylor University and Gary Elkins, PhD, ABPP, ABPH, Baylor University, Mind Body Medicine Research Lab, Waco, Texas

12:05 - 12:30 PM | Early Lessons from Developing Virtual Reality Hypnosis

David R. Patterson, PhD, ABPP, Professor of Psychology, Department of Rehabilitation Medicine, University of Washington School of Medicine, Seattle, Washington

12:30 - 2:00 PM | SCEH MEMBER LUNCHEON AND BUSINESS MEETING

2:00 - 3:35 PM SYMPOSIUM | Improving Cost-effectiveness of Hypnotizability Assessment

- Zoltan Kekecs, PhD, Eotvos Lorand University, Department of Affective Psychology, and Baylor University, Mind-Body Medicine Research Laboratory
- Alisa Johnson, Baylor University
- Kimberly Hickman, MSCP, Baylor University
- Gary Elkins, PhD, ABPP, ABPH, Baylor University, Mind Body Medicine Research Lab, Waco, Texas

3:35 - 4:00 PM | COFFEE BREAK

4:00 - 5:00 PM KEYNOTE | The Genetic Basis of Hypnotizability

Maximilian Muenke, MD, DABMA, Chief & Senior Investigator of the Medical Genetics Branch of the National Institute of Health

5:05 - 5:15 PM | First Day Closing Remarks

5:15 - 6:45 PM | BREAK BEFORE BANQUET

7:00 - 7:50 PM | NO HOST COCKTAIL RECEPTION & POSTER PRESENTATIONS

Banquet and Awards Ceremony with Keynote Address

8:00 - 10:00 PM | Dr. Amir Raz | Hypnosis, Meditation and Placebos

Amir Raz, PhD, Senior Researcher, Lady Davis Institute for Medical Research of the SMBD Jewish General Hospital and Associate Professor, Department of Psychology, McGill University, Montreal, Canada

SUNDAY, OCTOBER 4 **(4.5 CEs/CMEs)**

8:30 - 10:00 AM SYMPOSIUM | Defining Hypnosis

- John Mohl, PhD, Faculty Member, Bucks County Community College, Newtown, PA
- Arreed Barabasz, PhD, ABPP, Editor, International Journal of Clinical and Experimental Hypnosis, Washington State University, Pullman, Washington
- Paul F. Dell, PhD, ABPP, Past President at the International Society for the Study of Trauma and Dissociation and Director of the Trauma Recovery Center, Norfolk, Virginia
- Deirdre Barrett, PhD, Department of Psychiatry, Harvard Medical School, Cambridge, Massachusetts
- Amir Raz, PhD, Senior Researcher, Lady Davis Institute for Medical Research of the SMBD Jewish General Hospital and Associate Professor, Department of Psychology, McGill University

10:00 - 10:30 AM | COFFEE BREAK

10:30 - 10:55 AM | Brief Hypnotic Covert Sensitization (Verbal Aversion) Treatment Eliminates Alcohol Cravings via the Induction of Conditioned Nausea to Alcohol Use Cues: Case Report

Ralph L. Elkins, PhD, Research Director, Schick Shadel Hospital, Seattle, Washington

10:55 - 11:20 AM | The Use of Hypnosis to Facilitate CPAP Compliance in an Adult with Obstructive Sleep Apnea and PTSD

Janna A. Henning, JD, PsyD, Adler University, Chicago, Illinois, Damita SunWolf LaRue, MA, The Chicago School, Chicago, Illinois

11:20 - 11:45 AM | Spiritual Elements in Mind-Body Healing

Dabney M. Ewin, MD, FACS, Clinical Professor of Surgery and Psychiatry, Tulane Medical School and Clinical Professor of Psychiatry, Louisiana State University Medical School, New Orleans, Louisiana

SUNDAY, OCTOBER 4, Scientific Program, continued...

11:45 - 12:10 PM | Hypnosis and Meditation: Towards an Integrative Science of Conscious Planes

Michael Lifshitz, MSc, McGill University and Amir Raz, PhD, McGill University, Montreal, Canada

12:10 - 12:35 PM | Manipulating the Sense of Agency Using Suggestion

Jay Olson, MSc, McGill University, Montreal, Canada; Mathieu Landry, MSc, McGill University, Montreal, Canada; Krystele Appourchaux, PhD, Paris-Sorbonne University, Paris, France; Amir Raz, PhD, McGill University, Montreal, Canada

12:35 - 1:00 PM | Metacognition and Hypnosis

Devin Blair Terhune, PhD, Marie Skłodowska-Curie Research Fellow, University of Oxford, Oxford, United Kingdom

1:00 - 1:15 PM | Closing Remarks

POSTER PRESENTATIONS

Friday, October 2—Sunday October 4

All poster presentations will be available for viewing from Friday evening through Sunday. Poster presenters will be available to discuss their work on Saturday evening, October 3, prior to and during the cocktail hour.

Archaic Involvement, Reflexive Functioning and Hypnosis: An Exploratory Analysis

Morgun E. Custer, BA; Michael R. Nash, PhD, University of Tennessee at Knoxville, Knoxville, Tennessee

Exploring the Role of Personality Organization in Hypnotizability

Mike Finn, BA; Michael R. Nash, PhD, ABPP, University of Tennessee, Knoxville, Knoxville, Tennessee

Increased Suggestibility May Occur Following a Waking Suggestion: A Finding Contrary to Clark Hull's Conclusion on the Nature of Heteroactive Hypersuggestibility

Sarah L. Juliani & John C. Mohl, PhD, MEd, Faculty Member, Bucks County Community College, Newtown, Pennsylvania

Hypnosis and the Psychoanalytic Theory of Thinking

Gyrid B Lyon, BA; Jared Goldman, MA, University of Tennessee-Knoxville, Knoxville, Tennessee

A Cautionary Tale When Teaching About Hypnosis

John C. Mohl, PhD, MEd, Faculty Member, Bucks County Community College, Newtown, Pennsylvania

Mindfulness-Based Hypnotherapy for Stress and Anxiety: A Case Study of a Male Graduate Student

Hyeji Na, BA; Nik Olendzki, MS; Gary Elkins, PhD, Baylor University, Waco, Texas

Distribution of Gender in Hypnosis and Non-Hypnosis Studies: A Meta-Analysis

Meriel J. Schutkowsky; John Mohl, PhD, Med, Chestnut Hill College, Elkins Park, Pennsylvania

Hypnotically Enhanced Addictions Treatments: Alcohol Abuse, Drug Abuse, Gambling, Smoking and Weight Loss

Joseph Tramontana, PhD, Baton Rouge, Louisiana

Symptom-Focused Hypnotherapy for Somatic Symptom Disorder: Tracking Change Over Time Using A Single- Case Time Series Design

Paul Tullis, MA, University of Tennessee-Knoxville, Knoxville, Tennessee

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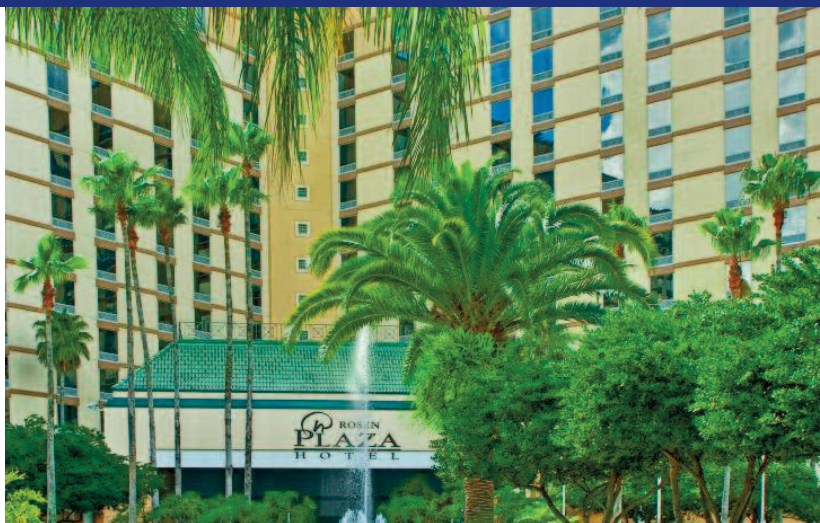
- Marcia Greenleaf, PhD
- Laurie S. Lipman, MD

Advanced Workshops

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Submit a Poster for Orlando 2015!

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2015 SCEH Conference Information and Details

The 2015 SCEH Conference will be held at the:



Rosen Plaza Hotel
9700 International Drive
Orlando, Florida 32819
<http://www.rosenplaza.com/>

Book your room online now OR make your reservations by calling the hotel directly at:
800.627.8258

Hotel Overview

Centrally located, the Rosen Plaza Hotel is famous for its high standard of excellence and offers luxurious accommodations with a boutique-feel in the heart of the International Drive resort area. Situated just 15 minutes from Orlando International Airport, Rosen Plaza's convenient location is the ideal setting for your Orlando visit.

Rooms and suites feature state-of-the-art RFID key locking system with automatic deadbolt technology. Rooms also include complimentary wireless Internet access, cable TV with on-demand movies and video check-out, electronic safes, hair dryer,

lighted makeup mirrors, iron and ironing board, coffeemaker, and digital phone.

Hotel amenities include a heated swimming pool and heated whirlpool spa, complimentary Fitness Center and a convenient business center. Rosen Plaza is close to all of Orlando's famous theme parks and attractions. It is right across from Pointe Orlando—a spectacular 17-acre open-air shopping, dining and entertainment complex which boasts over 40 restaurants, eclectic shops and exciting attractions surrounded by palm trees and fountains.

Hotel Amenities and Nearby Attractions

The Rosen Plaza Hotel offers award-winning hospitality service from an experienced, multilingual staff. The hotel is smoke-free in all indoor public areas and guest rooms.

Amenities include:

- Swimming pool and whirlpool spa, seasonally heated
- State-of-the-art fitness center with Life Fitness equipment and free weights
- Boutique shopping for gifts
- Tickets and transportation to area attractions arranged by Guest Services
- VIP and special services desk
- Business center with print, fax and photocopy services
- Dry cleaning services

Minutes Away from All Orlando Attractions

Universal Orlando® Resort – 5 minutes
Walt Disney World® Resort – 10 minutes
SeaWorld® Orlando – less than 5 minutes

Driving Directions Address

For driving directions to the hotel, please use this address:

9700 International Drive, Orlando, Florida 32819

Reserving a Room

Rates are \$159 per night for the duration of our conference. These rates apply until our room block fills. To guarantee this rate, please book your room as soon as possible.

The hotel will honor the group rate for booked dates three day prior, and 3 days after our conference should you wish to extend your stay.

Please note that the check-in time for the hotel is after 3:00PM. Checkout time is 11:00AM.

If needed, you may want to call the hotel to see if you can arrange an earlier check-in.

Air Travel

The nearest airport to the hotel is the Orlando International Airport, which is 15 miles, or a 15 minute drive.

Parking & Transportation

Parking: Self-parking is available for \$8 Valet parking is also available for \$20 all day or overnight (prices subject to change).

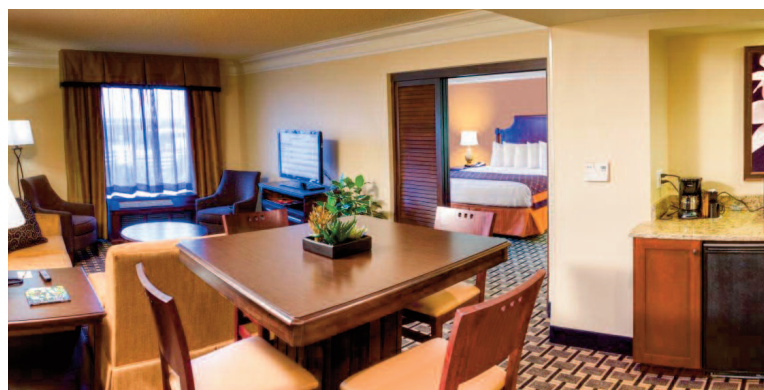
Food

Attendees will have coffee service and two scheduled snack breaks per day. Meals are NOT included in the registration fee except for the Evening Banquet on Saturday.

Perfect for every palate any time of day, Rosen Plaza Hotel features:

- a classic steakhouse
- an impressive buffet restaurant
- pizza shop
- 24-hour deli and
- prompt room service

The Hotel is conveniently located and only a short walk from many attractions and restaurants. The hotel's concierge desk can assist you with restaurant reservations.



WE LOOK FORWARD
TO SEEING YOU
IN ORLANDO!

ABOUT THE SOCIETY FOR CLINICAL AND EXPERIMENTAL HYPNOSIS (SCEH)

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



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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>

SCEH Membership Levels

Clinical Membership: \$150

Experimental Membership: \$150

Lifetime Membership: \$75

For members who have been active in the society for more than 10 years and are at least 65 years of age

Student Membership: \$45

All memberships include a quarterly subscription to the International Journal of Clinical & Experimental Hypnosis, access to the hypnosis listserv and a discount at the annual conference

Society for Clinical & Experimental Hypnosis

305 Commandants Way - Commoncove Suite 100
Chelsea, MA 02150-4057

www.sceh.us

info@sceh.us