

# FOCUS

VOLUME 61 | NUMBER 1 | 2019

## 2019 Midyear Clinical Hypnosis Workshops

*Co-sponsored by SCEH and the Institute for Continuing Education*

**April 26-27, 2019**  
**Centennial, Colorado**

*Training supported by Division 30 of the APA.*



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# MESSAGE FROM THE PRESIDENT

BY DONALD MOSS, PHD



## **Time to Renew your SCEH Membership**

Thank you to all who have renewed! I am grateful for your support.

For those who have not yet done so—it is time! Your participation in SCEH and your membership dues help support our hypnosis community, which we all want to thrive. Our mission to promote excellence and progress in hypnosis research, education, and clinical practice—is one I know you share. We need your membership dues to continue this critical mission. Please renew now at [sceh.us/membership-renewal](https://sceh.us/membership-renewal). Thank you.

## **Mid-Year Workshops in Denver Rapidly Approaching**

For the second year, SCEH is co-sponsoring a series of workshops with APA Division 30. Our 2019 event will be held at the Holiday Inn Hotel & Suites Denver Tech Center-Centennial in Centennial (Denver), Colorado on Friday and Saturday, April 26-27, 2019.

The program will include an **Introductory "Fundamentals of Hypnosis" Workshop**, with Donald Moss and Eric Willmarth, an **Intermediate Training in Clinical and Applied Hypnosis** with Ian Wickramasekera, and an **Advanced Workshop on Evidence-Based Hypnotherapy for Anxiety, Hot Flashes, and Pain Management** with Gary Elkins. Each provides 12.5 hours of clinical hypnosis training, and each can be applied to SCEH Certification requirements.

Please refer to our website for more details and hotel information at: [sceh.us/2019-midyear-workshops](https://sceh.us/2019-midyear-workshops)

## **Webinar Series Planned**

Many SCEH members have asked for online opportunities to learn about emerging areas in clinical practice and hypnosis research as well as to earn CE credit. Division 30 has signed on as a co-sponsor, and Saybrook University has agreed to co-sponsor the series and provide the Go-To-Webinar platform. Our webinars will be

reasonably priced, and we hope to provide an occasional free webinar as an additional member benefit. Among the first topics we will cover are Ethical Principles in Hypnosis Practice since most practitioners need ethics CE credits for license renewal.

The remaining obstacle to beginning the series will be arranging the CE credit with the lowest cost possible. We are investigating arranging the CE credit directly through APA. If you are aware of or work at an institution that is able to provide online CE that would consider co-sponsoring the series, please let us know by emailing me at [dmoos@saybrook.edu](mailto:dmoos@saybrook.edu).

## **Cultural Sensitivity, Personal Boundaries, and Changing Interpersonal Expectations**

SCEH leadership is working to create an atmosphere in which all meeting participants can feel accepted, respected, and welcome. This is more challenging than one might think.

Recently several attendees at SCEH events have perceived that presentations have included statements or content that was insensitive toward women or other target groups. In addition, attendees have brought to our attention incidents concerning well-intentioned but unwanted touch or behaviors from other attendees. Several attendees have expressed a perception that SCEH is an "Old Boy's Club" with members who seem unaware that their friendly gestures and sexualized jokes are perceived as violations. It is painful, but we need to address these incidents or we will not draw and retain the students and Early Career Professionals who are our future.

As a resource to help increase awareness and understanding, Janna Henning, JD, PsyD, SCEH President-Elect, will conduct a free webinar in early summer on cultural sensitivity, personal boundaries, and related issues. If possible, we will obtain CE credit for this online event as well, and will record it for those who cannot attend the live webinar but wish to review the

recording. Date, time, and registration for this webinar will be announced soon.

We will welcome all SCEH members to attend, but we will especially encourage presenters scheduled for SCEH events to attend or view the recording. Hopefully the webinar will help us all move into the new age together. Please join me in these efforts at re-education and awareness building.

### **Task Force for Establishing Efficacy Standards for Clinical Hypnosis**

I am very excited about a new initiative we are undertaking this year. A new Presidential Task Force will begin meeting in February 2019, initiated by SCEH and supported by Division 30 of the APA, ASCH, and the International Society for Hypnosis (ISH). The Task Force will create a set of efficacy standards for research on hypnosis applications. These standards will be based on current methodological standards, with attention to similar standards for empirically supported treatments, by the Institute of Medicine, the American Psychological Association, and others.

Joining me in convening this initiative is SCEH Secretary, Zoltan Kekecs. It will include researchers from both Europe and North America, including: Giuseppe De Benedittis; Gary Elkins; Maria Faymonville; Olafur Pallson; Eric Spiegel; Katalin Varga, and Peter Whorwell.

The creation of standards will facilitate longer term goals:

- 1) enabling authors doing reviews or "white papers" of outcomes research to rate the applications to a specific disorder, such as Irritable Bowel Syndrome or Major Depression, to apply an overall rating based on consistent efficacy standards, and
- 2) facilitating the publication of a softbound book, to be made available at low cost and with regular updates, on Evidence-Based Treatment in Clinical Hypnosis.

Creating standard efficacy rating standards and publishing an up-to-date book that rates all common medical and psychological applications will provide a brief reference publication that can be shared with medical providers, insurance companies, and regulatory bodies.

These efficacy standards for clinical hypnosis will also help mobilize researchers to create more and better

research. In addition, the Task Force will interface with ISH, because ISH currently is undertaking to obtain World Health Organization recognition for clinical hypnosis for pain. Several European efforts are underway to compile outcome research on hypnosis. NIPHTI, the US-based organization conducting training for pediatric hypnosis, has also created an exhaustive compilation of outcome research on pediatric hypnosis.

The published report of the Task Force should include an acknowledgement of the so-called "Common Factors," such as empathy and therapeutic relationship, that also play a substantial role in therapeutic effects. In addition, the report should include a statement that applications not receiving a high-efficacy rating may still justifiably be applied for specific patients who have not responded positively to other interventions. Similarly, a low-efficacy rating may not mean that the application is ineffective, but rather may indicate that well-constructed and rigorous research has not yet been conducted on this application. Stay tuned for more information on this important initiative.

### **Volunteers Needed**

I invite you to get more involved in shaping the future of our field and your association. The backbone of any professional society is the work of its volunteers, and we have a number of opportunities available. Please review the list below and consider getting more involved.

**Education Chair:** Oversees all educational programs, including those at the Annual Conference, Midyear Workshops and online educational activities. The Education Chair will coordinate with the Conference Committee Co-Chairs, the Executive Director and the President in planning educational activity and assuring its quality.

**Legacy Development Chair:** Reaches out to SCEH members to seek bequests and legacy gifts for the Society, as well as contributions to the SCEH scholarship fund.

**Marketing Chair:** Organizes campaigns to promote SCEH events and programs. The Marketing Chair will work with the Annual Conference Co-Chairs, the Executive Director and the President in promoting SCEH programs and activities. The Marketing Chair may also coordinate with the Membership Chair to plan campaigns to solicit new members.

# LETTER FROM THE EXECUTIVE DIRECTOR

BY ANNE DOHERTY JOHNSON



SCEH is hard at work developing the educational content for our 70th annual gathering of the Society. We hope you will join us in New Orleans in October as we come together to learn and celebrate our founding.

New Orleans will be a fitting location for our anniversary celebration and meeting of minds. Imagine meeting in a city where cultures collide in a brilliant explosion of flavors, emotions and sounds! Nearly 300 years in the making, New Orleans is the birthplace of jazz, home to Creole cuisine and rich with history and southern hospitality. It is centrally located, with a walkable downtown and some \$1.57 billion worth of improvements to the city in the past decade.

New Orleans remains an authentic destination and truly a place like no other. It's a blend of music, people, architecture and cuisine flavored with French, Spanish, Caribbean and African influences.

The Ace Hotel New Orleans, our conference site, is just 17 miles from the airport and a short 10-minute walk to the French Quarter and Bourbon Street. Our hotel is close to everything, but far enough away to find some quiet when you want to relax.

Located in the New Orleans Central Business District, the Ace Hotel is a 234-room, 4-star hotel with three restaurants and a rooftop bar, along with conveniences like an outdoor pool and a 24-hour fitness center. It is also on the St. Charles Streetcar line, which gets you all over the city. Please note that we expect to sell out our conference room block, so advise making your room reservations early. See details below.

We invite you to join us to:

- uncover new uses and applications for hypnosis to help your patients
- learn clinical skills to incorporate hypnosis in your practice
- enhance the way you use hypnosis in your practice

- deepen your existing hypnosis skills and knowledge
- uncover the latest in hypnosis research
- share ideas and best practices, tips and tools
- get inspired to learn new ways to practice hypnosis
- network with peers and colleagues

Our 2019 annual conference will include leaders in the field, top notch faculty, skilled practitioners and clinicians and students new to the field. We have a full schedule of educational and networking sessions planned, allowing you to make the most of your time while we are assembled together.

Interested in presenting? We invite submissions for Workshops, Scientific Presentations and Posters, particularly those that match our conference theme. Full details can be found on our website. As a time-saving tip, please review the page in its entirety before attempting completing the application form and be sure to pay particular attention to the section on **Preparing Your Proposal for Submission**.

Our [Call for Papers](#) is currently underway—due April 8, 2019.

Our hotel room block is now open and [room reservations](#) can be made at any time per the instructions on our website.

Conference registration will open in June. Watch your email for more details as they are finalized. [Learn more about the conference](#).

We look forward to seeing you at a SCEH event in 2019!

P.S. If you have not yet renewed, please note that your dues are overdue! Renewing is easy—just click [here](#) to renew now.

## Five Ways to Get the Most Out of Your Membership in 2019

We invite you to take action now on the following list to make the most out of your membership this year.

### 1 Take a moment to look over the list of SCEH Member Benefits

Do you take full advantage of everything SCEH provides to you as a Society member? When was the last time you reviewed the list of benefits available to you as a member?

[sceh.us/membership-benefits](http://sceh.us/membership-benefits)

### 2 Explore our Mentor Program

Are you interested in being a Mentor to a student or member of our community who is looking for help? Are you in need of a Mentor to help you complete a research project, publish an article, advance your practice or otherwise support your career? View information on our Mentor Program.

[sceh.us/mentor-program](http://sceh.us/mentor-program)

### 3 Update your profile

Each year we ask you to review the information we have in your member profile to make sure it is up to date. This is important because we want to make sure that important Communications reach you.

Please go to our website and click on the Login link on the upper right to review your details and make any needed adjustments. This will only take a few moments. If you have recently changed any of the following, it is particularly important to ensure your info is correct:

- Mailing address – including country
- Organizational affiliation or title
- Email address
- New degrees or certifications
- Specialties

### 4 Make sure you are getting SCEH communications

We also ask that you add us to your email address book, contact list or whitelist. Learn how to do this [here](#).

### 5 Help us promote hypnosis and SCEH

As a current member, you are an important part of our recruitment efforts. If you share our mission to promote excellence and progress in hypnosis research, education, and clinical practice, please do what you can to help the Society grow and attract new members.

When new people discover us, they often wish they had done so sooner. Please share the resource and community that is SCEH to your network of like-minded peers. Tell them about the Society and how it has helped you. Share info about our Annual Conference, Midyear Workshops, our journal, student scholarship program and other benefits.

If you are active on social media, visit our social media pages and like us, follow us and comment and share out posts. Looking for just one quick thing to do? Visit and subscribe to our YouTube channel to help us reach 100 subscribers, making us eligible for a custom URL.

Here is where you can find us. All our social media links can be found on our home page (upper right).

Website: [sceh.us](http://sceh.us)

Facebook: [facebook.com/scehus/](https://facebook.com/scehus/)

LinkedIn: [linkedin.com/company/society-for-clinical-and-experimental-hypnosis/](https://linkedin.com/company/society-for-clinical-and-experimental-hypnosis/)

Twitter: [twitter.com/SCEHypnosis](https://twitter.com/SCEHypnosis)

YouTube: [youtube.com/channel/UCYScpVJa3eZ9Rbf96Fz47Lw](https://youtube.com/channel/UCYScpVJa3eZ9Rbf96Fz47Lw)

We look forward to your continued support and engagement as a member. Thank you for being part of our community.

Please feel free to contact me with any questions you have about how to maximize your membership. Email us at [info@sceh.us](mailto:info@sceh.us).

# SCEH STUDENT COLUMN

BY R. SHELBY ROBINSON, M.ED., M.A.



My name is Shelby Robinson. I am a fifth-year PsyD student in Adler University's Clinical Psychology program in Chicago. I went to my first SCEH conference in October and, as a student presenter, had an incredible experience in Las Vegas. I participated in the poster symposium and presented a review of recent literature regarding the use of clinical hypnosis to treat and prevent dental anxiety and dental phobia. Initially, I was nervous to present in a room full of established professionals, but I was pleasantly surprised to find that I felt very welcomed by all SCEH members, who created an inclusive environment.

Additionally, I completed the level one hypnosis training at the conference. The training was engaging and the instructors appeared to be very knowledgeable. I was especially grateful for the Student and Early Career Professional Luncheon as well as the Women's Breakfast.

The only constructive feedback I can provide to the organization is that I would have appreciated having more female instructors in the level one training, as it felt very male-dominated. The women's breakfast was especially salient for me, as it provided a space for female-identified members to discuss our experiences in a safe space. Overall, the SCEH conference was a wonderful experience and I would encourage all students interested in clinical hypnosis to participate in the coming events, including the midyear workshop in Denver and the 70th annual SCEH conference in New Orleans.

## Calling all SCEH Students!

Supported by Dr. Henning, student members Madeline Stein and Christianna Flynn are developing an ad hoc committee focused on getting more students involved with SCEH leadership! The committee will specifically focus on defining a role for a Student Representative on the SCEH Executive Council and begin constructing a nomination process for the 2020 election period. Interested in joining the committee? Want to know more?

Please email Madeline at: [madeline@madeline-stein.com](mailto:madeline@madeline-stein.com) with your questions, comments, and concerns.

# 2019 Midyear Clinical Hypnosis Workshops

Co-sponsored by SCEH and the Institute for Continuing Education

April 26-27, 2019 (Friday and Saturday)

Centennial, Colorado

Holiday Inn Hotel & Suites Denver Tech Center-Centennial

## WORKSHOPS

*Introductory/Basic*  
**Fundamentals of Hypnosis**

*Intermediate*  
**Intermediate Training in Clinical and Applied Hypnosis**

*Advanced*  
**Evidence-Based Hypnotherapy for Anxiety, Hot Flashes, and Pain Management**

(see page 8 for workshop descriptions)

12.5 CE credits - Workshops meet accepted Standards of Training in Clinical Hypnosis.  
See website for complete CE details.

## WHO SHOULD ATTEND

- Psychologists
- Physicians
- Social Workers
- Counselors
- Dentists
- Chiropractors
- Master's level Nurses and Clinical Nurse Practitioners
- Master's level licensed mental health and healthcare professionals
- Clinical and experimental researchers in hypnosis

*Any health care professional who is eligible for SCEH membership may register. View SCEH membership eligibility requirements [here](#). Special student rates apply.*

*Workshops are of the highest teaching quality and feature experiential learning so attendees can put learned concepts into immediate practice. See website for details.*

Training supported by Division 30 of the APA.



*SCEH is working with APA Division 30 to jointly promote these workshops and to grant their members a discounted registration price.*

**EARLY BIRD PRICING DEADLINE**  
**March 22, 2018**

## DETAILS AND REGISTRATION

Registration is now open.  
Space is limited and advance registration is required.

**TO LEARN MORE AND REGISTER**



Urban sophistication meets outdoor adventure. Get acquainted with The Mile High City, including history, transportation and neighborhood guides, click [here](#).  
Courtesy "VISIT DENVER, the Convention and Visitors Bureau"

Hypnosis is a powerful, scientifically proven tool that allows medical and psychological providers to help patients and clients address a myriad of issues. Will this be the year you learn more about Clinical Hypnosis?

### Introductory/Basic Level Workshop Fundamentals of Hypnosis



Donald Moss, PhD



Eric Willmarth, PhD

For hundreds of years, hypnosis has been a powerful tool that has allowed medical and psychological providers a means to assist their patients or clients. This course follows established Standards of Training to provide students with a basic background and understanding to begin using hypnosis within the context of their own scope of practice.

In addition to reviewing a brief history of hypnosis, this course will introduce students to the steps to facilitate a hypnotic state along with various types of suggestions for positive therapeutic change. Emphasis will be placed on how to integrate these skills into clinical practice or apply to research models.

Workshop will include live demonstrations, videos, PowerPoint lectures and supervised hands-on practice of hypnotic inductions, deepening techniques, suggestions and re-alerting. Each student will have the opportunity to hypnotize and to be hypnotized in the classroom setting.

### Intermediate Level Workshop Intermediate Training in Clinical and Applied Hypnosis



Ian Wickramasekera II,  
PsyD

This workshop will focus on teaching and practicing intermediate level hypnotic techniques including hypnotic inductions, methods of assessment, treatment methods, case conceptualization, and knowledge of current research/theory. Participants will learn how to utilize hypnotic assessment to choose methods of hypnotic induction, treatment methods, and case conceptualizations that are well suited for their clients unique hypnotic talents, psychophysiological style, and individual psychology. Participants will learn to integrate mindfulness meditation into their hypnotic repertoire of skills for induction and treatment related goals.

Emphasis will be on learning and discussing current associated research findings and theoretical perspectives that underlie clinical and experimental phenomena commonly encountered in hypnosis. Participants will practice hypnotic treatment methods that are used to help clients learn to cope with and/or transcend difficulties with PTSD, acute and chronic medical problems, and common psychological disorders such as depression and anxiety using post hypnotic suggestions and other hypnotic methods.

### Advanced Level Workshop Evidence-Based Hypnotherapy for Anxiety, Hot Flashes, and Pain Management



Gary Elkins, PhD,  
ABPP, ABPH

In this advanced workshop, participants will learn about the evidence base for hypnotic relaxation therapy (HRT) and the role that hypnosis can play in effectively treating hot flashes, reducing anxiety and stress and improving sleep quality in adults. The presenter will review contemporary research and provide a mixture of didactic and clinical material. Clinical examples and experiential approaches will be used to illustrate methods clinicians can use to expand their clinical practice.

Hypnotic relaxation therapy is a clinical method that utilizes hypnotic inductions, mental imagery, direct and indirect suggestions, and individualization to meet treatment goals. The concept of hypnotizability will be considered as it relates to clinical practice. Participants will develop increased knowledge and competency in: 1) understanding the principles of hypnotic relaxation therapy; 2) evidence base for effectively treating anxiety, hot flashes, and sleep disturbances, and 3) consider research informed clinical hypnosis approaches.

All SCEH workshops meet accepted Standards of Training in Clinical Hypnosis.

The SCEH Midyear Fundamentals of Hypnosis Workshop fulfills all the requirements for basic training for certification by the SCEH. This Fundamentals training also fulfills 12.5 of 20 hours required at the basic level for certification by ASCH.



## Clinical Hypnosis Instructors Needed for Introductory and Intermediate Workshops

Do you have experience teaching clinical hypnosis at professional conferences or at the university level? Are you interested in sharing your knowledge with SCEH conference attendees?

We are looking for experienced instructors to teach portions of the Introductory and Intermediate Clinical Hypnosis Workshops at our upcoming Annual Meeting in New Orleans in October, from October 16-20, 2019. Instructors receive a discounted registration fee.

For complete details, see our Call for Papers at [sceh.us/call-for-papers-2019](http://sceh.us/call-for-papers-2019).

SCEH workshops meet accepted Standards of Training in Clinical Hypnosis and count toward SCEH Certification Programs. Workshops are scientifically-based and of the highest teaching quality. Most workshops include demonstrations, practica or other experiential components designed to impart immediately actionable information attendees can use in their practices.

If you are interested, please email us at [info@sceh.us](mailto:info@sceh.us) with a note about specific areas of this training that you would feel best qualified to teach. Members of the Conference Committee will contact you.

Introductory Workshop Co-Chairs: Paul Larson, PhD, JD and Sam Kohlenberg, MA, LPC  
Intermediate Workshop Co-Chairs: John Alexander, PhD and David Reid, PsyD



## MEMBERSHIP

**The Society for Clinical and Experimental Hypnosis (SCEH) is an international organization of psychologists, physicians, psychiatrists, dentists, social workers and master's level nurses and certain other professionals who are dedicated to the highest level of scientific inquiry and the conscientious application of hypnosis in two settings; clinical and experimental.**

***For more information and to apply online:***

**[How to Join](#)**  
**[Requirements Membership](#)**  
**[Membership Approval](#)**  
**[Member Benefits](#)**  
**[Important SCEH Communications](#)**

Annual Dues: Full Membership - \$165 ♦ Professional Affiliate - \$165 ♦ Student Affiliate Membership - \$49



## 70th Annual Workshops & Scientific Program

*Clinical and Applied Hypnosis: Evidence-based Practice and the Therapeutic Relationship*

OCTOBER 16-20, 2019

ACE HOTEL - NEW ORLEANS, LA

“ We are very excited about our 70th Annual event! We are confident this will be among our best conferences ever, celebrating the proud tradition of SCEH meetings that focus on the evidence base of hypnosis. We will explore some new and varied topics, while providing attendees the opportunity to gain CE credits, engage in vibrant debate and learn best practices and tools from instructors and colleagues.”  
-SCEH President, Don Moss, PhD

This year's theme, **Clinical and Applied Hypnosis: Evidence-based Practice and the Therapeutic Relationship**, puts a focus on selecting treatment interventions well tested by rigorous research, and on personal mastery of the relationship variables that optimize all therapeutic interventions.

Our 2019 conference will feature keynotes, symposia, and workshops that illustrate these twin themes, as well as scientific presentations extending the scope of hypnosis in both medical and psychological practice.

Introductory, Skills and Advanced Workshops plus Scientific Program.  
Workshops meet accepted Standards of Training in Clinical Hypnosis and count toward [SCEH Certification Programs](#).

### IMPORTANT DATES

**Call for Papers: Now Underway - Deadline: April 8, 2019**

Conference Registration Opens: June 2019.

Hotel Reservations: Now Open Special discounted rates for our hotel room block are valid until it sells out or **September 15th, 2019**, whichever occurs first. Reserve now.

[For more information-click here](#)

## MEMBER NEWS

**Joe Green** and **Steven Jay Lynn** recently published a treatment manual entitled, *Cognitive-Behavioral Therapy, Mindfulness, and Hypnosis for Smoking Cessation: A Scientifically Informed Intervention* (Wiley; 2019). The volume presents a comprehensive program to help smokers achieve their goal of life-long abstinence from smoking. This brief, cost-effective intervention, called The Winning Edge, incorporates state-of-the-science advances and best clinical practices in the treatment of tobacco addiction and offers participants a unique blend of strategies based on cognitive-behavioral, mindfulness, and hypnotic approaches to achieve smoking cessation.

The following will appear in a Special Issue of the *American Journal of Clinical Hypnosis*, coeditor: **David M. Wark PhD**

- Eads, B. & Wark, D. M. (In press). Alert Hypnosis with Tai Chi Movement for Trauma Resolution. *American Journal of Clinical Hypnosis*. 61 (2) X
- Wark, D. & Reid, D. (In press). Looking at Alert Eye Open Conversational Hypnosis. *American Journal of Clinical Hypnosis*. 61(2) X

The Pierre Janet Award for Clinical Excellence is given to an awardee whose lifetime of published clinical experience substantially advances the understanding of the uses of hypnosis in obtaining effective results in clinical practice. The Pierre Janet award was presented at the recent International Society of Hypnosis Meeting in Montreal in August 2018 to **David M. Wark PhD**.

**Carol Ginandes** had two new medical hypnosis audio programs recently published by Health Journeys; one is for tinnitus sufferers and the other is for TMJ.

In September, **Stanley Krippner** and **Darlene Viggiano** conducted a hypnosis training weekend in Guangzhou, China. In October, Darlene conducted a second training for clinicians. Materials from SCEH handbooks and publications were used. Most of the Chinese students were mental health professionals. But there were students from educational, business, and governmental centers in the first weekend training. All students were enthusiastic and eager to learn.

## Share Your News with the SCEH Community!

- ▶ Book or article reviews
- ▶ Awards or public recognitions
- ▶ Promotions, job changes, retirements
- ▶ New ways you are using hypnosis in your practice
- ▶ Articles you have written
- ▶ Recently published books
- ▶ Recent talks
- ▶ Events you are hosting
- ▶ A milestone you are celebrating
- ▶ Research/special projects
- ▶ Items of interest to the membership
- ▶ Photos of the above (*please include caption*)

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

*SCEH reserves editorial rights over all submissions.*

**We look forward to hearing from you!**

## Don't Miss Important Communications from the Society

To ensure that you continue to receive important emails from the Society—please take a moment now to add our email and IP addresses to your safe senders list or address book or white list them with your e-mail provider.

- [mam@memberclicks-mail.net](mailto:mam@memberclicks-mail.net)
- [anne@sceh.us](mailto:anne@sceh.us)
- [info@sceh.us](mailto:info@sceh.us)

We also suggest that you whitelist these IP addresses (*as of September 2018*):

- 168.245.116.231
- 168.245.127.241
- 168.245.20.17
- 168.245.25.254

## MEMBER NEWS *continued*

**Jeanne Clark, LCSW, DSW** received her DSW in July, 2018. She focused her dissertation on using hypnoanalysis and how it can be applicable to a generalist psychotherapy practice. She uses hypnoanalysis in her private practice and teaches hypnoanalysis to licensed clinicians in the Chicago area and in north west Wisconsin.

In January my family and I have moved to the wonderful city of Budapest, because I got an assistant professor position at the Institute of Psychology at ELTE. I started working there on February 1st. I am happy to be a part of a great team there full of enthusiastic scholars who are devoted toward producing good science. At the same time I keep my ties with Lund University, as I will be teaching there as lecturer part time.  
**–Zoltán Kekecs**

**Richard E. Dimond, PhD** has retired from active patient care as of August 30, 2018. He continues to maintain his license to practice and is exploring opportunities to provide continuing education seminars and to do active consulting work with younger colleagues and practitioners.

### Naropa Society for Clinical Hypnosis Enthusiasts!

THIS GROUP IS FOR YOU IF...

- You have completed a beginning level clinical hypnosis training, or intensive.
- You would like to be a practice client.
- You would like to engage in discussions about different clinical hypnosis texts.
- You would like to practice hypnotic case conceptualization and treatment plan development.
- You would like to learn more about ASCH and how to get involved locally!

MONDAYS  
 FROM NOON- 1:50PM  
 PARAMITA  
 RM 1435

FOR MORE INFO EMAIL  
 MADELINE.STEIN@STUDENTS.NAROPA.EDU

DON'T FORGET TO CHECK OUT:



WWW.CSCH.ORG  
 @COLORADOHYPNOSIS

WWW.ASCH.NET



#### Stay Connected.



@scehus



@SCEHypnosis



[society-for-clinical-and-experimental-hypnosis](http://society-for-clinical-and-experimental-hypnosis)

#### 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:

[www.sceh.us/apply-for-membership](http://www.sceh.us/apply-for-membership)

# IJCEH

## International Journal of Clinical and Experimental Hypnosis

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

**Managing Editor:**  
Lynae Roberts, MA

IJCEH has been a leader in the field for over 60 years, quarterly publishing peer-reviewed articles which represent the interests and needs of those in disciplines related to hypnosis. With readers and authors on every populated continent, the IJCEH has a global reach. Of the articles published in 2018, the authors represented 17 different countries, across 4 continents.

**Submitting Manuscripts:** The IJCEH ScholarOne online submission site is now open at [mc.manuscriptcentral.com/ijceh](https://mc.manuscriptcentral.com/ijceh) and our website has been updated to reflect the new procedure. We are still accepting submissions via email ([ijceh@baylor.edu](mailto:ijceh@baylor.edu)), and we are available via this email address for questions at any time.

**Types of submissions accepted:** Empirical research (including clinical trials evaluating the efficacy of hypnosis interventions, neurophysiological studies of hypnosis, mechanistic studies of hypnosis, hypnotizability, feasibility studies, replications); Clinical papers (including well-designed multiple or single case studies); systematic reviews, meta-analyses, research-informed theoretical papers, and significant historical or cultural material.

**Topics can include:** Hypnosis and hypnotherapy in psychology, psychotherapy, psychiatry, medical and dental specialties, wellness, nursing, allied areas; and studies relating hypnosis to germane phenomena such as mindfulness, contemplative practices, and consciousness.

**Website:** [ijceh.com](http://ijceh.com) is a great tool for prospective authors seeking basic information, with links to the journal publisher's site ([tandfonline.com/nhyp](http://tandfonline.com/nhyp)) for more detailed instructions and information about subscribing.

 Follow us at [twitter.com/ijceh](https://twitter.com/ijceh)

**We are pleased to share abstracts from the articles published in the  
most recent issue of the *International Journal of Clinical and  
Experimental Hypnosis***

**Abstracts from the January 2019 Issue****THE ROLES OF RESPONSE EXPECTANCIES, BASELINE EXPERIENCES, AND HYPNOTIZABILITY IN SPONTANEOUS HYPNOTIC EXPERIENCES**

*Etzel Cardeña & Devin B. Terhune*

This study evaluated factors underlying individual differences in spontaneous (unsuggested) experiences during hypnosis. Participants varying in hypnotizability (low, medium, and high) completed a questionnaire about various dimensions of consciousness they would expect to experience at the “deepest level of hypnosis” (expectancy), an eyes-closed resting condition (baseline), and their actual experiences during “neutral hypnosis” (hypnosis). Responses during hypnosis were characterized by higher scores in dimensions related to alterations in conscious experience, affect, and imagery, and lower scores in rationality and agency. Only highs and mediums evinced increases in altered experience and body image. Across conditions, highs reported greater alterations in time experience and lower self-awareness than other groups. Participants overall tended to overestimate the changes they would experience in hypnosis. Baseline and hypnosis correlated in various dimensions, including affect, arousal, and internal dialogue. After controlling for baseline scores and hypnotizability, expectancies correlated with some dimensions having to do with alterations in consciousness. In sum, spontaneous experiences during hypnosis are driven by response expectancies, hypnotizability, and baseline experiences, which show differential effects.

**CAN SUBJECTIVE RATINGS OF ABSORPTION, DISSOCIATION, AND TIME PERCEPTION DURING “NEUTRAL HYPNOSIS” PREDICT HYPNOTIZABILITY?: AN EXPLORATORY STUDY**

*Audrey Vanhauzenhuysse, Didier Iedoux, Olivia Gosseries, Athena Demertzi, Steven Laureys, & Marie-Elisabeth Faymonville*

This study explored absorption, dissociation, and time perception on visual analogue scales (VAS) after a neutral hypnosis session to predict hypnotizability. Sixty-two subjects completed the Stanford Hypnotic Susceptibility Scale, Form C (SHSS:C) and, during a neutral hypnosis session, VAS ratings of absorption, dissociation, and time perception. The findings indicated that 44% of subjects scored high, 35% medium, and 21% low on hypnotizability, as determined by scores on the SHSS:C. Dissociation VAS ratings significantly differed when comparing low to high and medium to high hypnotizable subjects. However, ratings were not significantly different between medium and low subjects. Significant positive correlation was found between dissociation VAS ratings and SHSS:C total scores. Future research is needed to validate this proof-of-concept study.

**THE NEUROPHENOMENOLOGY OF OUT-OF-BODY EXPERIENCES INDUCED BY HYPNOTIC SUGGESTIONS**

*Enrico Facco, Edoardo Casiglia, Benedikt Emanuel Al Khafaji, Francesco Finatti, Gian Marco Duma, Giovanni Mento, Luciano Pederzoli, & Patrizio Tressoldi*

Inducing out-of-body experiences in hypnosis (H-OBEs) offers an almost unique opportunity to investigate them under controlled conditions. OBEs were induced as an imaginative task in a resting condition (I-OBE) or in hypnosis (H-OBE) in a group of 15 high hypnotizable subjects. A 32-channel EEG was recorded, and the spectral power and imaginary coherence of each frequency band and each couple of electrodes were calculated. At the end of each session, the Phenomenology of Consciousness Inventory (PCI) was administered to assess the phenomenological aspects of the subjects' experience. Significantly higher scores in the altered state, positive affect altered experience, and attention subdimensions of the PCI were reported in H-OBE than in I-OBE, which were associated with a significant decrease of power in beta and gamma band activity in right parieto-temporal derivations. These results suggest that the H-OBE may offer a useful experimental model of spontaneous OBEs.

**SKYPE HYPNOTHERAPY FOR IRRITABLE BOWEL SYNDROME: EFFECTIVENESS AND COMPARISON WITH FACE-TO-FACE TREATMENT**

*Shariq S. Hasan, James S. Pearson, Julie Morris & Peter J. Whorwell*

Gut-focused hypnotherapy is an effective treatment for irritable bowel syndrome but is not widely available. This study assessed whether providing hypnotherapy by Skype might partially overcome this problem. Using a 50-point or more reduction in the IBS Symptom Severity Score as the primary outcome measure, 65% of subjects responded to Skype hypnotherapy with all other outcomes significantly improving. The primary outcome figure for face-to-face hypnotherapy was 76%. When other outcome scores for Skype and face-to-face treatment were compared, the mean changes were these: symptom severity (-94.1 vs. -129.2), noncolonic score (-52.3 vs. -64.8), quality of life (+56.4 vs. +66.2), anxiety (-3.3 vs. -3.0), depression (-1.7 vs. -2.5), and a 30% or more pain reduction (44% vs. 62%). Skype hypnotherapy is effective but slightly less so than face-to-face treatment. However, many patients would have been unable to access treatment without the Skype option.

**AUDITORY EVOKED POTENTIALS EVIDENCE FOR DIFFERENCES IN INFORMATION PROCESSING BETWEEN HIGH AND LOW HYPNOTIZABLE SUBJECTS**

*Anna V. Kirenskaya, Zinaida I. Storozheva, Svetlana V. Solntseva, Vladimir Yu Novototsky-Vlasov & Mikhail N. Gordeev*

N100 and P300 auditory evoked potentials in 2-stimulus oddball paradigm were analyzed in high (HH, n = 18) and low (LH, n = 15) hypnotizable participants under waking condition. LH subjects committed more errors than HH subjects. HH subjects demonstrated shorter N100 latencies at frontal electrodes and significant N100 differences between target and nontarget stimuli (higher N100 amplitude and increased latency at parietal sites to targets vs. nontargets), whereas LH subjects failed to show any differences. The overall increase of P300 amplitude with frontal-central localization of P300 maximum was found in HH subjects compared to LH subjects. The obtained results support the psychophysiological model of HH individuals having more effective frontal attentional systems involved in detecting, integrating, and filtering relevant information.

**Call for Papers*****International Journal of Clinical and Experimental Hypnosis*****Evidence-Based Clinical Case Studies**

As hypnosis has many applications in medical, dental, and psychological practice, I am issuing an invitation for authors to submit relevant and innovative Evidence-Based Clinical Case Studies for consideration for possible publication in the *International Journal of Clinical and Experimental Hypnosis*. Well-conducted and empirically reported case studies can provide very useful information for clinicians and researchers.

Clinical case study research can identify new theoretical ideas and show the potential of combining hypnosis with other therapies. Such studies can also reveal innovative applications of hypnosis and potential feasibility. Rich clinical data helps to bridge the gap between empirical research and clinical practice, as thoroughly described interventions provide clinical methods for further research and replication.

The aim of Evidence-Based Case Studies will be to review relevant literature, offer verbatim hypnosis transcripts, and provide empirical outcome data, discussion, and recommendations. Authors must provide scientific justification for the intervention, clearly identify the rationale, describe the intervention, and provide objective outcome data. The following guidelines should be followed by those that are interested in submitting an Evidence-Based Clinical Case Study for peer review and consideration for publication in the *IJCEH*.

Evidence Based Clinical Case Studies should include the following components:

- Cover page and Abstract of 140 words or less.
- Comprehensive and relevant review of previous research.
- Appropriate informed consent must be obtained before any measures are administered.
- Description of case(s) with well-substantiated clinical diagnosis or symptom presence.
- Patient's history, referral source, and relevant details.
- At least two standardized assessment measures (completed by the patient or an independent rater) of the target symptom and/or global rating.
- Measures should be administered at least twice – at baseline and end of treatment – and may also be reported at long-term follow-up.
- Details of the hypnotic induction, procedures, and specific suggestions.
- Appropriate data analysis of results/outcomes.
- Discussion of findings (successful or unsuccessful).
- Discussion of study limitations, implications for clinical practice, and future research recommendations.

Additional components recommended for clinical case studies:

- Assessment of hypnotizability is *strongly encouraged* as well as measures of treatment expectancy.
- Use of both self-report *and* objective (e.g. physiological) data, if available.
- Clinical transcripts and vignettes should be included to illustrate the intervention and provide enough detail to allow for clinical use or for potential replication by other investigators. Hypnosis intervention transcripts may be included as an appendix.



# PERSPECTIVES ON DIVERSITY

BY SHELBY ROBINSON

Hello fellow members of SCEH! My name is **Shelby Robinson**, I am a student member writing from Chicago, IL, USA to let you know about a networking opportunity open to all members of SCEH who identify as female or gender non-conforming. With the help of Madeline Stein, another student member of SCEH, I have created a Facebook page that is dedicated to the connection, networking, and exchanging of information with other members identifying as female or gender non-conforming. Additionally, this page is devoted to providing a safe, non-judgmental environment to discuss and explore gender-related topics that are relevant to other members. Developing this page was important to me because of my personal commitment to creating a space with dynamics in which discourse is specifically focused on female and gender non-conforming issues within the field of clinical hypnosis. Currently we are a small but growing group, and I am hopeful that this exposure will continue to foster additional growth. I look forward to engaging with all female and gender non-conforming members of SCEH and my contact information is provided below if you would like any additional information.

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# CALENDAR OF HYPNOSIS EVENTS

**April 26-27, 2019**

**Denver, CO**

*Holiday Inn Hotel & Suites Denver  
Tech Center-Centennial*

## **SCEH 2019 Midyear Clinical Hypnosis Workshops**

**Introductory, Intermediate and  
Advanced Workshops**

*Co-sponsored by SCEH and the Institute  
for Continuing Education*

*See page 7-8*

**May 30-June 1, 2019**

**Budapest, Hungary**

## **Hypnosis: New Generation**

*A conference for young/new  
generation of researchers and  
therapists in the fields of hypnosis,  
suggestions, altered states of  
consciousness.*



[hypnosisnewgeneration.com](http://hypnosisnewgeneration.com)

**June 7-9, 2019**

**Burlington, Vermont**

*Champlain College Campus*

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**ELIGIBILITY: Level 1:** Open to licensed health and mental health care professionals\*

**Level 2:** Pre-requisite: Level 1 Motivation Hypnosis Age Regression Workshop

**Level 3:** Specialties Pre-requisite: Level 2 Motivation Hypnosis Age Regression Workshop

*\*All Registrants must have taken an ASCH-Approved Basic Clinical Hypnosis Workshop (20 hrs) at minimum & have psychotherapy practice within their licensed "Scope of Practice"*

**CEU to be submitted for Approval:**  
American Society of Clinical Hypnosis– 20 Hrs and 20 CEUs–Counselors, Psychologists and Social Workers

**CONTACT: Maureen Finnerty Turner**  
[mturner@motivationhypnosis.com](mailto:mturner@motivationhypnosis.com)  
802.338.8040

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## **SCEH 2019 Annual Conference**

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Evidence-based Practice and the  
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June 2019**

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Your Society  
Membership**

