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SCEH 67th Annual Workshops & Scientific Program:



The Future of Clinical & Experimental Hypnosis in the Era of Health Care Reform

October 6-10, 2016
Boston, MA

Society for
Clinical &
Experimental
Hypnosis

SCEH

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From the Executive Director

By Anne Doherty Johnson

Dear Member,

As you can see in this issue, our Conference Committee has put together an outstanding annual meeting for 2016. And if that weren't enough, we will be holding it just outside one of America's most beautiful cities, and my hometown, Boston. Visiting the Boston area in the autumn allows you to experience New England's famous foliage in all its splendor.

Be sure to secure your hotel room earlier than usual this year, since our

meeting takes place during the popular Columbus Day weekend, which historically sells out the hotel. If you decide to arrive or stay in the area a bit longer to do some exploring, check out our website for some links to area attractions.

Our meeting venues this year will be particularly conducive to learning, with most of the conference being hosted at a state of the art educational institution, William James College. We are delighted to be bringing our event to their beautiful campus. Additional portions of the conference (Thursday,

Sunday night and Monday) will take place at the nearby Hilton Boston/Dedham Hotel.

If you are looking for a way to sharpen your skills, deepen your understanding of hypnosis, or share ideas with colleagues, we hope you will find your way to Boston in October. With workshops offered at the introductory, intermediate and advanced levels, exciting keynotes and a Scientific Program that offers the chance to discuss and review the latest empirical research, we are confident you will not be disappointed. This is a great opportunity not only for experiential learning with colleagues and faculty, but also for a chance to grow and strengthen your network. View more information in this issue of Focus and online at:

<http://www.sceh.us/2016-conference>

Also, be on the lookout for an email from the Society for our annual database review. Please take a moment to log in and update your information in our online Member Directory. (For those who prefer not to be listed, there is a box you can check to that effect.) Please be sure the information we have for you is current, so that you can continue to receive email correspondence from us, as well as your mailed hard copy subscription to the International Journal of Clinical and Experimental Hypnosis. Thank you.

Finally, we would like to call on members to help us grow the Society. We want to expand our ability to promote excellence and progress in hypnosis research, education, and clinical practice – and are focused on adding new full and student members. Since you have found value in your membership, won't you share information about SCEH with a colleague or student? Word of mouth is an important way the Society can grow, and for that we need your help. Please direct interested potential members to our membership benefits page at: <http://www.sceh.us/membership-benefits>

Thank you for your continued support.

Anne Doherty Johnson, Executive Director, SCEH

SCEH SOCIETY FOR CLINICAL &
EXPERIMENTAL HYPNOSIS

Search Underway for SCEH Editor in Chief

SCEH announces that the Society is beginning a search for a new Editor in Chief. A five-year term will begin January 1, 2018.

Candidates must have and a strong record of research and clinical scholarship in hypnosis. Diplomat status (ABPP or equivalent) is required as evidence of clinical distinction.

A university affiliation is essential, as is a commitment to provide support for the editor and the journal.

We invite potential candidates to send letters of interest to the Chair of the SCEH Publications Committee (see below) no later than August 15, 2016.

Michael Nash, PhD
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President's Column

By Gary Elkins, PhD, ABPP, ABPH

Dear Colleagues and Friends,

There are only a few months before our annual meeting in Boston on October 6-10, 2016. Much work has been put into organizing a fantastic program of clinical hypnosis workshops, scientific program, keynote speakers, banquet, and activities. Please register soon – hotel rooms at the Hilton Boston/Dedham hotel (at a great rate for Boston area hotels) are going quickly! Information on Registration and hotel reservations can be found on the SCEH web page.

We have a great meeting planned and I want to thank our overall Conference Chair, **Dr. Nick Covino** for arranging meeting rooms at William James College which will host many of the workshops and provide space for a portion of the scientific program. The meeting space is excellent and we will have an abundance of rooms for our meetings.

The **Introductory Workshop Chairs are David Godot, PsyD and Eric Willmarth, PhD**. They have organized an impressive program that will begin on Thursday evening (October 6) and extend to Sunday (October 9), when the Scientific Program begins in the afternoon. The Introductory workshop will provide basic training, consistent



Gary Elkins, PhD,
ABPP, ABPH
SCEH President

with the Standards of Training in Clinical Hypnosis, and feature multiple small group practice sessions.

The **Intermediate Workshop Chairs are Scott Hoye, PsyD and Eric Willmarth, PhD**, and will also begin on Thursday evening following the opening session. We will be introducing an innovative approach to the Intermediate workshops this year, in which it will be possible for attendees to attend the Intermediate workshop in its entirety, or to attend specific “blocks of lectures and practice.” This is something new, with the rationale that the focus of the Intermediate sessions is on “Refining Hypnotherapy Skills” and some of these sessions may appeal to more advanced practitioners who wish to share their expertise, as well as to work on refining hypnotic inductions, knowledge and skills. More

information on this will follow, and it will give more flexibility in choosing sessions that are right for you! I thank Drs. Hoye and Willmarth for putting together this innovative approach to training.

The **Advanced Workshops in Clinical Hypnosis Chairs are Dan Handel, MD and Werner Absenger, PhD**. The Advanced program will begin Friday morning with transportation to William James College. We have an extensive array of advanced workshop topics to choose from, such as a workshop by: Bruce Eads, MSW, Integrated Treatments for PTSD and Pain: Alert Hypnosis and Tai Chi Movements; Ronald Pekala, PhD, Noetics: Quantifying the Mind to Better Understand Your Client’s Hypnotic Talents; Assen Alladin, PhD, Evidence-Based Cognitive Hypnotherapy for Anxiety Disorders; Philip Shenefelt, MD,

Altered States of Consciousness Experiences Related to Spiritual and Religious Aspects of Skin and Skin Disorders; Richard Kluff, MD, Treatment of Dissociative Identity Disorder and Allied Conditions; Dabney Ewin, MD, Regression Techniques for Diagnosis and Therapy; and Carol Ginandes, PhD, Trance Enhancement of Core Renewal – Beyond Relaxation; as well as many other advanced workshop topics each day. There will be something for everyone and a chance to meet the masters in clinical hypnosis training!

The Opening Session on October 6 (Thursday evening) will include keynote speakers **Dr. Nick Covino, who will speak on A Role of Hypnosis in Light of Health Care Reform.** This opening keynote will be consistent with the overall theme of this year's annual meeting, which is "*The Future of Clinical and Experimental Hypnosis in the Era of Health Care Reform*". Many of you know Dr. Covino as a Past-President of SCEH, who is the President of William James College, where a prestigious PsyD program in Clinical Psychology is housed. The opening session will also feature a keynote address by **Dr. James Carmody who will speak on Being in the Moment: Mindfulness Eases the Anxiety of Being Human.** Dr. Carmody is a Professor in

the Department of Medicine, Division of Preventive and Behavioral Medicine at the University of Massachusetts Medical School. He has lead a number of NIH funded studies into mindfulness and is interested in delineating the qualities of attending to experiences that are associated with distress and wellbeing. As such, his research is on the psychological and neural mechanisms of mindfulness and mind-body processes more generally, including the evolutionary and biological imperatives that impinge upon these. He has studied and practiced Zen, Tibetan, Treavada and Advaita traditions in a number of countries and is the Director for Research for the Center for Mindfulness and an instructor in the U. Mass Mindfulness-Based Stress Reduction Program.

The **Scientific Program Chairs are Devin Terhune, PhD and Zoltan Kekecs, PhD.** The Scientific Program will formally begin on Saturday, October 9 and continue until the afternoon of Monday, October 10. The Scientific Program will feature an **opening keynote address by Dr. Steven Jay Lynn presenting on *Toward an Integrative Model of Hypnosis: My Personal Journey.*** Dr. Lynn is a Distinguished Professor in the Psychology Department at Binghamton University, Binghamton, New York. He is a

Diplomate in Clinical and Forensic Psychology, Past-President of Division 30 of the American Psychological Association, Founding Editor of *Psychology of Consciousness*, and a prolific researcher in clinical and experimental hypnosis.

Additional keynote addresses will include **Terence Keane, PhD, Associate Chief of Staff and Director of the Behavioral Science Division, U.S. Department of Veterans Affairs and Professor of Psychiatry and Assistant Dean for Research at Boston University School of Medicine.** Dr. Keane's interests are Post-Traumatic Stress Disorder, anxiety management, and addictive Disorders.

A keynote address will be provided by **Guy H. Montgomery, PhD on *Hypnosis in Care: Past, Present and Future.*** Dr. Montgomery is an Associate Professor, Oncological Sciences, at Mount Sinai Hospital, New York, NY. He is the Director of the Integrative Behavioral Medicine Program and Director of the NIH funded R25T Post-Doctoral Training Program in Cancer Prevention and Control. Dr. Montgomery is a Fellow of the American Psychological Association and Past President of Division 30 of the American Psychological Association. He is a leading

researcher in hypnosis, having published more than 90 peer-reviewed articles.

The Scientific Program will feature presentations by speakers such as **Ron Pekala, PhD on *Hypnotism as a Function of Trance State Effects*; Amanda Barnier, PhD on *Solving the Mystery of Hypnotizability: First Steps and Questions Toward a New Conceptual Model of Hypnotic Skill*; Mathieu Landry, MSc on *Attentional Networks Regulate Awareness and Metacognition*; and Lynae Roberts on *Examining Psychophysiological Changes During Formal Hypnotizability Testing***, just to name a few. The Scientific Program will also feature posters and many other presentations by leading researchers and early career professionals.

Our **Banquet Speaker** on Saturday, October 9th will be **Elvira Lang, MD, who will discuss *Training Thousands?*** Dr. Lang is a Past-President of SCEH and founder of Hypnalgessics, LLC, an interventional radiologist and former Associate Professor of Radiology at Harvard Medical School, and a pioneer and leading world expert in the use of hypnosis during medical procedures. She is the author of the groundbreaking book, *Patient Sedation Without Medication* and a renowned trainer in clinical hypnosis and research. Look forward to an informative and entertaining banquet, during which we will also have our Awards Ceremony!

SCEH was founded in 1949 and has continued to be the leader in hypnosis research and the professional home for empirically minded clinicians, and the science and practice of hypnosis among professionals. It includes the leading journal in the field, the *International Journal of Clinical and Experimental Hypnosis*, and provides annual meeting, newsletters, and support for the advancement of the clinical practice and science of hypnosis. However, SCEH is more than all of these things; it is made up of people who deeply care about our profession, the importance of hypnosis in psychotherapy and health care, and the

friendship and support we receive from this wonderful organization.

In the coming months we plan to encourage new members to join SCEH as we continue to grow. Please plan to attend the 2016 annual meeting in Boston, let your colleagues and students know of SCEH, and help advance clinical and experimental hypnosis. If you are a long time member we look forward to seeing you again; if you are new to SCEH and this is your first meeting – welcome! I think in SCEH you will find opportunities to grow and learn much about hypnosis. Furthermore, you will make life-long friends and professional colleagues.

I hope to see you in Boston!

Gary Elkins, PhD, ABPP, ABPH
SCEH President
Professor of Psychology and Neuroscience
Baylor University

Help SCEH Grow!

If you have found value in your membership, we hope you will encourage colleagues and students to join.

For membership details or our online application, visit:

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

SCEH Committees 2015-2017

Awards and Fellowships:

Chair: Eric Willmarth, PhD
Vice-Chair: Devin Terhune, PhD
Member: Michael Nash, PhD

Budget:

Chair: Ciara Christensen, PhD
Vice-Chair: Don Moss, PhD

Credentials and Membership:

Chair: Zoltan Kekecs, PhD
Vice-Chair: Marianne Barabasz, EdD

Constitution and Bylaws:

Chair: Janna Henning, PsyD, JD
Vice-Chair: Arreed Barabasz, PhD

Ethics and Professional Attitudes:

Chair: Philip Shenefelt, MD

Certification:

Chair: Roger Carlson, PhD

Education:

Chair: David Godot, PsyD
Vice-Chair: Scott Hoye, PsyD

Student Trainee Affairs and Scholarships:

Chair: Ciara Christensen, PhD

Legislation, Law and Public Relations:

Chair: Tom Nagy, PhD
Vice-Chair: Moshe Torem, MD

Nominations and Elections:

Chair: Eric Willmarth, PhD

Publications:

Chair: Michael Nash, PhD
Vice-Chair: Eric Willmarth, PhD

Research:

Chair: David Patterson, PhD
Vice-Chair: Zoltan Kekecs, PhD

Liaisons with other Societies:

Chair: Eric Spiegel, PhD
Vice-Chair: Mark Jensen, PhD

- ISH Liaison: Don Moss, PhD
- ASCH Liaison: Eric Spiegel, PhD
- Div 30 Liaison: Eric Willmarth, PhD
- Nurse Liaison: Linda Thomson, PhD

Focus Newsletter Editors:

Werner Absenger, PhD
Shelagh Freedman, PhD Candidate
Eric Willmarth, PhD, Photo Editor Emeritus

Wark Family Prize

David M Wark wants to remind readers about the prize of \$5000 for an original, peer-reviewed paper that both advances neuroscience knowledge and enhances the practice of hypnosis. The Prize is offered by his children and family in recognition of a recent big birthday. For questions or more information about submission, judging criteria and deadlines for the Wark Family Prize, email wfp@asch.net.



David Wark, PhD, ABPH

We are Seeking Nominations for SCEH Awards for 2016

All nominations are due by July 15th!

ELIGIBILITY PERIOD
July 1, 2015 through July 1, 2016

Every year, the Society for Clinical and Experimental Hypnosis presents a number of awards to distinguished individuals in the world of hypnosis to acknowledge their service and scientific and clinical contributions to our field. We seek nominations from SCEH members, and the general community of clinicians and researchers working with hypnosis. Our goal is to encourage the widest breadth of nominations.

Award Categories

- Best research paper on hypnosis
- Best paper in clinical hypnosis
- Leadership and achievement in the field of hypnosis
- Physician who has made significant contributions to medical hypnosis

- Best book on hypnosis
- Best first paper presented by a graduate student or young scientist at a SCEH meeting
- Best theoretical paper on hypnosis
- Excellence in teaching

Please suggest candidates for the awards listed above column, which will be presented in October at the 2016 Annual Meeting of SCEH in Boston.

Please email nominations to: anne@sceh.us by July 15, 2016. Thank you.

Sincerely,

2016 SCEH Awards and Fellowships Committee

Chair: Eric Willmarth, PhD
Member: Michael Nash, PhD
Member: Devin Terhune, PhD

SCEH Launches Mentorship Program to Promote Research-driven Careers in the Field of Hypnosis

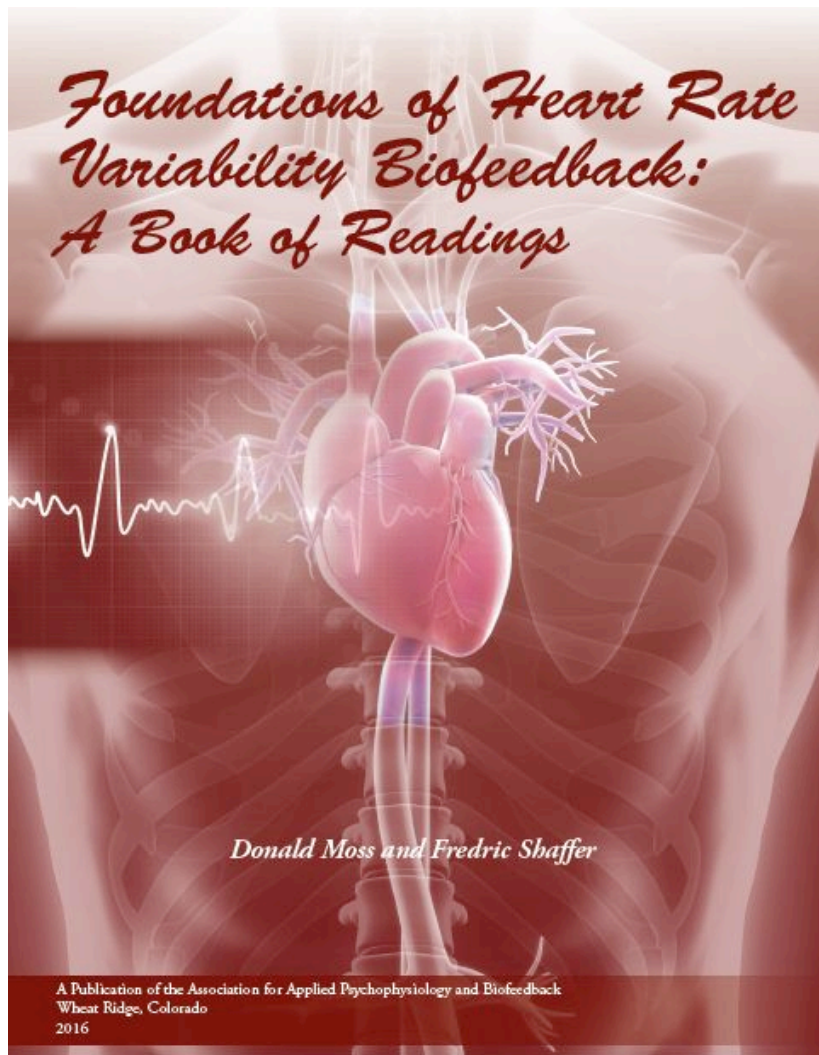
SCEH is the 'research home' for scholars studying hypnosis. The society is devoted not only to accommodating already accomplished researchers, but to foster the next generation of scientists in the field. In order to facilitate the professional growth of young researchers within the society, SCEH is proud to present its newly developed Mentorship Program.

The program will connect early career scientists who are looking for guidance, with senior members of the society intent on supporting new talents. The mentor-mentee pairs will be matched based on

their research interests, needs and expertise. The SCEH website will house a list of available mentors and their profile pages, which will allow the mentees to select their preferred mentors. Student members or full members are eligible to apply to be mentees.

Keep an eye out for the announcement on the start of the program and the links to the application site on the SCEH website!

The anticipated start date with applications on our web page is July 15, 2016.



Foundations of Heart Rate Variability Biofeedback: A Book of Readings

Book Review by R. Lynae Roberts



Lynae Roberts is a doctoral student in experimental psychology studying with Dr. Gary Elkins in the Mind-Body Medicine Research Lab at Baylor University.

Foundations of Heart Rate Variability Biofeedback: A Book of Readings

Moss, D., & Shaffer, F. (2016). *Foundations of heart rate variability biofeedback: A book of readings*. Wheat Ridge, CO: Association for Applied Psychophysiology and Biofeedback. ISBN: 978-0-9842979-5-5

Lower heart rate variability (HRV) is correlated with many disorders ranging from asthma to depression. Using biofeedback techniques, HRV can be increased to boost therapeutic effects. Many hypnosis practitioners are interested in HRV and the integration of biofeedback and hypnosis. With this book, Dr. Moss and Dr. Shaffer have compiled a collection of important works in HRV biofeedback into one concise volume. Divided into four sections, the book is well-organized and easy to read. Included in the collection is a comprehensive review of the current knowledge, research-

supported protocols, practicalities of the training process, and applications for various clinical issues. Also included are instructions on how to earn Continuing Education credits or a Certificate of Completion in HRV biofeedback. This book is useful for those who are simply curious about biofeedback as well as those who regularly use it in their practice. **Section I** reviews the relatively short history of HRV biofeedback and the foundations of its use. Leaders in the field introduce how HRV biofeedback emerged as a treatment tool and review the most common protocol and

uses. HRV was a medical and psychophysiological topic before HRV biofeedback was developed for therapeutic use. Using insightful narratives, Paul Lehrer shares his and his colleagues' histories of developing this approach. The "resonance frequency" protocol, which is commonly used in HRV biofeedback research, is described. A modified, 5-visit treatment course from Paul Lehrer and colleagues is included with helpful overviews and instructions for sample visits. A review by Richard Gevirtz presents empirical evidence on the value of HRV biofeedback from a mechanistic view. A wide range of disorders are discussed through the lense of the nervous system pathways affected and the treatment outcomes that research has shown to date. Methods of stimulation and the systems involved in HRV biofeedback are discussed by Paul Lehrer and Evgeny Vaschillo. Promising predictions of future discoveries and resulting implications are included in these first chapters.

Section II includes discussions of the science and technology behind HRV biofeedback and how it works. The anatomy, mechanisms, and recording of HRV are the focus of the five chapters in this section. Fredric Shaffer and John Venner discuss, in detail, the anatomy and physiology of the cardiac cycle, HRV and its sources, HRV frequency measurements, and leading models and theories of HRV biofeedback. Therapeutic implications for cardiovascular rehabilitation and inflammatory disorders are reviewed. Andre Aubert and Bart Verheyden discuss the relatively recent emergence of neurocardiology. This multidimensional field is considered from physiological and clinical perspectives. Fredric Shaffer and Didier Combatalade review the physiological processes in HRV and how to minimize signal contamination in HRV recordings. Paul Lehrer reviews current models of the effects of HRV biofeedback, including direct effects on the cardiovascular and respiratory systems as well as indirect effects on emotional reactivity and possibly inflammation. Christopher Gilbert discusses how simple, non-

invasive monitoring using pulse oximetry can aid patients who incorrectly feel that they are getting inadequate oxygen. Pulse oximetry can also reveal when oxygenation is indeed low and a medical condition may be present.

Section III delves into the many emerging applications for HRV biofeedback, offering a glimpse into the possibilities for future treatments. The promising research included suggests that HRV biofeedback can improve cardiovascular disorders, depression, PTSD, traumatic brain injuries, sport performance, and emotional regulation. Christine Moravec and Michael McKee contend that HRV biofeedback can provide patients with benefits similar to more invasive treatments with less risk of adverse effects. With HRV biofeedback, there is an added benefit as the patient takes an active role in their treatment increasing their self-efficacy. A pilot study is then described in which the functioning of a failing cardiac cells is improved following biofeedback intervention. Richard Gevirtz summarizes evidence for the protective role of the vagus nerve on cardiac muscle and pacemaker functioning and how biofeedback therapies could lead to heart disease prevention and treatments. Maria Katsamanis reviews the use of HRV biofeedback in the treatment of major depression. Richard Gevirtz and Constance Dalenberg assert that HRV biofeedback, along with cognitive behavioral methods, should be employed in the treatment of trauma symptoms and posttraumatic stress disorder (PTSD). Gabriel Tan, Penelope Wang, and Joy Ginsberg also support the use of HRV biofeedback for the treatment of PTSD, as this is a disorder of the autonomic nervous system. A pilot study is reported that shows significant improvements of PTSD measures. Leah Lagos and colleagues describe the theories and a case study of HRV biofeedback treatment for postconcussion syndrome. Michael Thompson, Lynda Thomson, and Andrea Reid-Chung also include HRV

biofeedback in their framework for treating postconcussion disorder. Leah Lagos and colleagues then report the possible use of HRV biofeedback with virtual reality technology as a tool to improve golf performance. It is noted that findings from their case study are similar to other studies in reporting that effects of biofeedback are generally optimal after repeated practice. Rollin McCraty then reviews how emotion can be self-regulated with HRV biofeedback treatment. Patients can use portable or computer-based technologies to identify and replace negative emotions to help improve their relationships and well-being. The chapters in this section contain many promising applications for HRV biofeedback and suggest future directions for the development of new therapies.

Section IV reviews professional issues and delves into the practicalities of working with HRV biofeedback. Fredric Shaffer, Judy Crawford, and Donald Moss describe a certification process for those who are interested in using HRV biofeedback in practice. The development and advantages of the formal certification are described, highlighting an aim to improve the standard of treatment. Lastly, a chapter by David Hagedorn reviews practice standards and what practitioners can do to minimize risk of infection. Because many biofeedback providers do not receive training in aseptic techniques as medical practitioners do, reasonable principles and procedures of risk management are illustrated.

Foundations of Heart Rate Variability Biofeedback: A Book of Readings is the most up-to-date compilation of readings available to the field of HRV biofeedback. Many aspects are examined in *Foundations of Heart Rate Variability Biofeedback: A Book of Readings*. Applications of HRV biofeedback, both theoretical and researched, are reviewed and realities of protocols and procedures are discussed. As busy professionals, many of us do not have the time to search

numerous sources for information on each question we have on a topic. Thankfully, the authors have presented the necessary, current material on HRV biofeedback all in one place. This book is essential for hypnosis and biofeedback clinical practitioners, researchers, and anyone who wishes to learn about contemporary approaches and the use of HRV biofeedback.

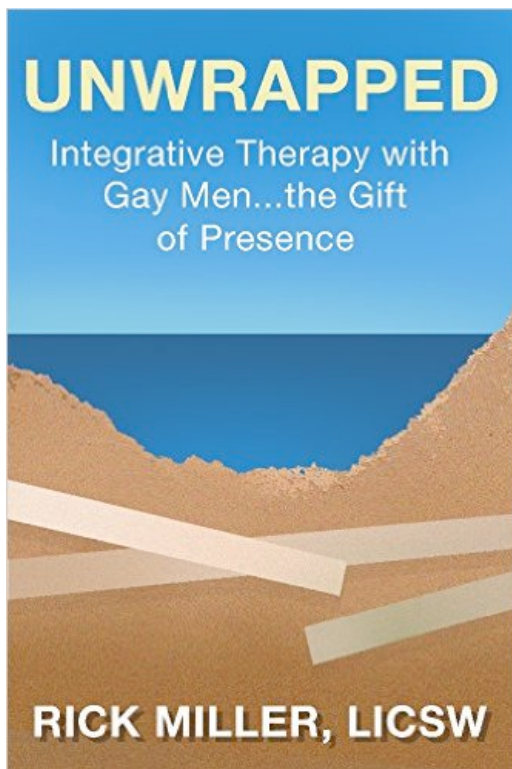
The Trance

*I fell into a trance
My head began to buzz
And when I woke back up
I wasn't who I was*

*My pain was gone, my heart
was light
I soon began to see
That all my life the things
that hurt
Were not a part of me*

*I flow into a trance
A peaceful heart to see
And now when I awake
I know the real me.*

*Eric K. Willmarth, PhD
2007*



Even if You Think You Know All That You Should About Working with Gay Men, Think Again!



Book Review By Dr. Susan Pinco, LCSW

Dr. Susan Pinco is a Licensed Clinical Social Worker. She maintains a private practice in the Upper Westside of New York City and in Edgewater, NJ and teaches Internationally.

Unwrapped: Integrative Therapy with Gay Men... The Gift of Presence

Miller, R. (2014). *Unwrapped: Integrative Therapy with Gay Men... the Gift of Presence*. Zeig, Tucker & Theisen, Phoenix, AZ. ISBN: 978-1934442500

To say that this book, with its fresh, easy to read style, is engaging and a must read for any therapist who contemplates working with gay men, feels like faint praise. This excellent

book, with its lyrical use of language and powerful metaphors engages the reader in a journey; a journey that takes you to the heart of what it has been like for past and present generations of gay men to navigate the complexities of growing up and into relationships with their families, their communities and themselves.

As we all know, journeys can require frequent detours in response to the myriad of obstacles life

places in our paths. *Unwrapped* presents us with a review of the most common challenges; the threads that are woven into the fabric of a gay man's being, which both give them their structural integrity and their fault lines.

Each challenge is paired with practical advice, detailed hypnotic scripts, and case studies; all designed to help the reader get a visceral sense of the experience and the path to resolution.

The book begins with a discussion of why psychotherapy with gay men is its own category. It touches on how shame is the hallmark of gay existence, and how unlike other "minority" groups there is no assumed support of one's family. These and other factors lead gay boys and men to grow up dissociated from their bodies, a practice that few of them are aware of. Using this as a jumping off point, Rick then invites us to join him on his own, personal journey, as he discovers the power of experiential therapy delivered within the context of Ericksonian Hypnosis and tailors it to his work with gay men. Almost immediately, Rick jumps into action, introducing us to a client, "Alex" and leads us through the process he used to engage Alex in developing a state of relaxation. Alex notes that "This was better than a benzo!" As the story of Alex

so clearly demonstrates, experiential work, focused and amplified by the innovative hypnosis scripts Rick provides, allows gay men to befriend/be befriended by their bodies; a unique and transformative experience. It is worthwhile noting that much of Rick's work is indirect, providing both comfort in the moment and planting the seeds of transformation that are harvested over time. Rick continues to take us deeper into the realm of experiential therapy in chapter 2 – "A Transformational Approach." Here we learn more about internal resources, hypnosis and the distinction between doing hypnosis and being hypnotic. Scripts for enhancing body awareness and a secure place are presented although Rick reminds us that scripts should be used for inspiration rather than as something to be read as written. He talks about the importance of the therapist's presence, authenticity and creativity, as well as the need to tailor our interventions, fitting them to the language and modalities of our clients. Chapter 2 ends with a reminder that the therapist must model "letting go" and stepping into change. Concrete suggestions on how to do this, such as trying new things and risking utilizing your intuition are presented in an easy to implement fashion.

Chapter 3 looks at "Growing Up Gay Then and Now." Again we are introduced to a number of men, each with a unique yet shared history. As we get to know these men, Rick presents us with ways to work with the issues they struggle with and offers us targeted scripts such as "Rear View Mirror." The chapter ends with a list of things that will help in our work with gay men and with anyone struggling with self-acceptance, shame and attachment issues.

Chapter 4 - The Therapy Relationship, Experience Expansion and Expanded Experience looks at the challenges and opportunities inherent in being a gay therapist with a gay man and contrasts that to the challenges and opportunities of being someone other than a gay male therapist with a gay male client. After exploring attunement in action, Rick offers a script; "Seeing and Knowing you."

In Chapter 5, "The myth of the Urban Gay Man", Miller states that, "the life of an urban gay man is

not easy". There are internalized societal norms to deal with and a lifetime of trying to, either meet the dictates of those norms, or to conform to the stereotypes and norms of the gay community. We are introduced to "the scene and the unseen" and to the role and impact of Facebook and social media. An outstanding script; "Stepping into the Closet" gives us a visceral sense of the path a gay man utilized to move toward self-acceptance.

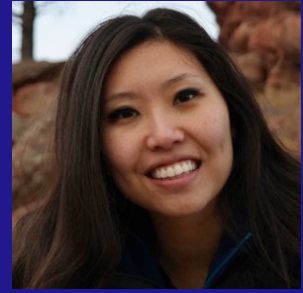
Chapters 6 and 7 address sex and problems related to sex respectively. In these chapters the author helps us struggle with questions like "what is normal", how to dance with "ease with discomfort" and "what is sex versus what should it be?" In addition to case vignettes and scripts, Rick offers us a series of questions that we can utilize to more fully understand our client's relationship to sex and intimacy.

Chapter 8 looks at "the shadow of HIV" exploring the changing impacts of the disease from the 70's to the current day. Chapter 9, aptly labeled "No Room in Heaven: Religion" explores how religion and family are closely bound and suggests questions that you should explore with you clients that will help illuminate issues related to this realm. Chapter 10 is titled Aging Well and explores the unique challenges facing gay men as they age. Chapter 11 "Moving Forward a Generative life" offers "some closing ideas for opening up possibility". These chapters are rich and informative and follow the template that Rick has employed throughout this excellent book; presentation of concepts, vignettes to illustrate his key points and scripts to address the core issues.

I can't say enough good things about this book. I, a straight white female of a certain age, who is well versed in mindfulness practices, experiential psychotherapy and Ericksonian Hypnosis, and who has worked successfully with numerous gay men over the years was delighted over and over again with new insights, information and ideas as I eagerly turned the pages of Rick's ground breaking book.

Skeptical Optimism: A Student's Perspective on Hypnosis

By Hyeji Na, PsyD Student, Clinical Psychology, Baylor University



I would describe myself as a skeptical optimist, and, indeed, I was a skeptical optimist when I was first exposed to hypnosis in graduate school. I had no formal training in hypnosis before I started the Clinical Psychology PsyD program at Baylor University. I did, however, read a book on hypnosis while I was applying to graduate school -- *Hypnotherapy for Dummies*. The book was aptly titled because I was naive to think that it could prepare me for my budding professional relationship with hypnosis. Sure, I could learn the “technique” from that book but there was a lack of depth and understanding that I could only obtain through formal training, research, and experience.

As a student in Dr. Gary Elkins’ Mind-Body Medicine Research Laboratory, I was expected to be trained in hypnotherapy before I could run any research participants. Consequently, one of my first experiences of hypnosis was listening to a hypnotic audio recording, the paradoxically compelling and lulling voice of my graduate mentor and current president of SCEH, Dr. Gary Elkins, emanating from the speakers. *“Is this actually hypnosis? I don’t feel any different.”* I was more of a skeptic than an optimist, at that point. Despite my skepticism, I was excited to learn more about hypnosis and its therapeutic applications, and after completing numerous hypnosis practice sessions, I was ready to run my first research participants.

It was while I settled into my research therapist role that my skepticism started to be challenged. Radically. During my involvement with a validation study for a hypnotizability scale that Dr. Elkins developed, I witnessed university students age-regressing to when they were five years old and hallucinating voices coming from an imaginary wall

speaker. It was during our clinical research studies that I saw the faces of gratitude from women who were effectively treated with hypnotherapy for sleep problems, hot flashes, and fatigue.

This was not an aberration. I saw this time and time again. People were being helped by hypnosis and it was remarkable! As a clinician, the therapeutic applications of hypnosis are very appealing. Not only have I had the opportunity for utilizing hypnotherapy in research studies, I am using hypnosis in my clinical practice. I have learned to apply hypnosis to relieve pain for the patients I have seen at a medical rehabilitation center and used hypnotherapeutic principles to relax my wound-up adolescent clients at a juvenile correctional facility.

As a young professional, attending SCEH conferences have provided many rich opportunities for further developing my skills as a psychotherapist using hypnosis through workshops, exposure to cutting-edge research, and networking with professionals and experts across fields.

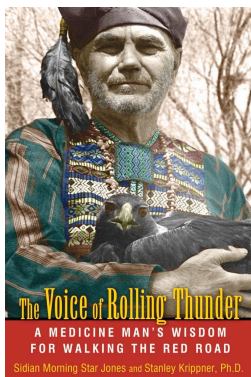
After my experiences, I am a believer, if you will, of clinical and experimental hypnosis. However, it is my initial skepticism for which I credit the optimistic vision that hypnosis will one day be ubiquitously applied to a wide array of conditions. With the help of organizations like SCEH, I am optimistic that this vision will be realized sometime in my professional career. After enumerating the benefits of attending SCEH conferences, it only seems appropriate to conclude with a plug: Students, apply for or renew your SCEH student membership today!

SCEH Member News



Paul Gunser, PsyD, BCIA Senior Fellow, BCN, successfully used hypnosis as a depression and pain intervention for an inpatient. The consultation referral stated that the patient was stage 4 with severe depression.

During the clinical assessment it became evident that this female patient was suffering level 10 pain (0-10 scale), with severe depression as well. The clinical psychologist asked permission to intervene to help relieve her pain without medication. She nodded her head in agreement. The patient during the interview was responding with no eye contact and subvocalizations. After a four minute hypnotic intervention, the patient opened her eyes smiling. Her pain level declined to a 1. Two days later on follow-up, the patient reported a 0 pain level and the nurse confirmed the discontinuation of her morphine drip the day before. Albeit non-reimbursable by insurance, the gratification of helping this patient was enough remuneration.



Stanley Krippner's latest book is *The Voice of Rolling Thunder*, co-authored with Sidlan Morning Star Jones, the grandson of Rolling Thunder, the famed Native American medicine man. The book contains several references to hypnosis, including

Krippner's use of hypnosis, at Rolling Thunder's request, to treat a client's alcoholism. A three-year follow-up indicated their joint efforts were successful.



Rick Miller, LICSW has recently been appointed to the board of NESCH, New England Society of Clinical Hypnosis. Also, PESI is publishing his workbook on *The Mindfulness Connection With*

Gay Men (for psychotherapists). Please see the review of his book *Unwrapped: Integrative Therapy with Gay Men...the Gift of Presence* (2014) in this issue (page 11).



Joe Tramontana, PhD, has an article in press titled *A Brief History of Hypnosis in New Orleans (La Societe du Magnatisme de la Nouvelle Orleans): A Tribute to Dabney Ewin*. It will be published in an

upcoming issue of the *International Journal of Clinical and Experimental Hypnosis*.



David M. Wark, PhD, ABPH received the Lifetime Achievement Award from the American Society of Clinical Hypnosis at the last Annual meeting (March 2016) in St. Louis, Missouri. "In grateful

recognition and appreciation for his professional lifetime contributions to the field of hypnosis, hypnosis education, and a deep and abiding interest to promote the ethical practice of hypnosis".

Renew Your Membership! Click [HERE](#).

SCEH 67th Annual Workshops & Scientific Program

October 6-10, 2016
Boston, MA



The meeting will be held at the Hilton Boston/Dedham Hotel (Dedham, MA) and nearby William James College (Newton, MA).

In the words of SCEH President, Gary Elkins, PhD, ABPP, ABPH:

“We are very excited about our new format and the chance to have our event at an educational institution like William James College. Our 67th Annual Workshops and Scientific Program promises to be among our best to date. We plan to explore some new and varied topics from the leading minds of hypnosis, while providing conference attendees the opportunity to gain CE/CME credits, engage in vibrant debate and network with colleagues and discuss the leading issues of the day.”

Schedule Overview

Our 2016 conference will begin **Thursday, October 6** at the Hilton Boston Dedham, with an opening General Session at 5:30 PM, with two Keynotes and the concurrent Introductory and Intermediate Workshops immediately following. The entirety of our programming for October 6 will be at the hotel.

For **Friday and Saturday, October 7 and 8**, all activities are held at William James College.

On **Sunday, October 9**, we continue our program at William James College, with workshops in the morning and the Scientific Program in the afternoon. In the evening, we move the conference to the Hilton Boston Dedham for our Poster Session Reception and Annual Banquet.

For **October 10**, all activities are held at the Hilton Boston Dedham. We continue our Scientific Program presentations, and conclude with a closing General Session, adjourning at 1:00 PM.

Site & Accommodations

The meeting program will be held in two locations -- the Hilton Boston Dedham Hotel, in Dedham, MA and at the nearby campus of William James College in Newton. Make your hotel reservation or learn more about the conference under [Site and Accommodations](#).

About William James College

One Wells Avenue, Newton, MA 02459 (20 minutes outside Boston)

William James College strives to be a preeminent school of psychology that integrates rigorous academic instruction with extensive field education and close attention to professional development. We assume an ongoing social responsibility to create programs to educate specialists of many disciplines to meet the evolving mental health needs of society.

Among its core value are: Experiential Education, Social Responsibility and Personal Growth. The college may be familiar to some of our readers by its prior name, the Massachusetts School of Professional Psychology.

[College website](#)

Who Should Attend

The annual workshops and scientific program are designed for psychologists, physicians, social workers, dentists, chiropractors, master's level nurses and clinical nurse practitioners, other master's level licensed mental health and healthcare professionals, and clinical and experimental researchers in the field of hypnosis. Students enrolled in related fields of study are invited to attend and participate.

Session topics are varied, and have included the following: providing a definition of hypnosis; reviewing clinical applications of hypnosis; reviewing the latest in hypnosis research; medical hypnosis and its uses; discussing hypnosis for pain management, hypnosis for ADHD, PTSD, hypnosis treatment for hot flashes, anxiety and substance abuse; discussing hypnosis in health care settings; reviewing clinical applications of alert hypnosis; discussing hypnotizability; discussing hypnosis and mind-body communication, mindfulness; and meditation; reviewing ego state therapy, trance, virtual reality hypnosis; discussing hypnosis and dissociation; discussing hypnosis and mind-body approaches.

Our meeting brings together top experts in the field of hypnosis to share the latest in both research and clinical applications of hypnosis.

SCEH Annual Workshops

By tradition, SCEH offers **introductory**, **intermediate** and **advanced** level workshops. Workshops are scientifically-based and of the highest teaching quality. Most workshops include demonstrations and/or practica or other experiential components and are led by leaders in the field.

- [Introductory \(Basic\) Workshop in Hypnosis](#) (taken as a cohort)
- [Intermediate Workshop in Hypnosis](#) (taken as a cohort, or Advanced Workshop attendees may also select program blocks they wish to attend)
- [Advanced Workshops in Hypnosis](#) (choose from a selection of full day, half day and quarter day concurrent sessions)

The Workshops program in Boston will include several skills-oriented workshops, designated as "Intermediate/Advanced" which can be used toward certification or simply to refresh hypnotic skills.

SCEH Scientific Program

The Scientific Program features presentations or symposia that address empirical issues in hypnosis research and practice and related areas. Research presentations shine the light on novel empirically-based findings, including experimental studies, case reports, clinical trials, meta-analyses, and systematic reviews. Symposia bring together top-notch researchers as they critically discuss empirical findings pertaining to a specific theme of relevance to the hypnosis community. Many symposia integrate research and practice or draw upon research in psychology, psychiatry, or neuroscience to highlight issues that improve our understanding of hypnosis. Our poster session provides another glimpse into the latest research in the field.

Continuing Education Credits - CE and CME

Our programming allows attendees to earn up to 33 CE/CME by participating in the full conference.

- 20 credit hours for the Introductory (Basic) Workshop
- 20 credit hours for the Intermediate Workshop
- Up to 20 credit hours for Advanced Workshops
- 13 credit hours for the Scientific Program (including the banquet)

Continuing Education credits are provided by the Institute for Continuing Education and Bournewood Hospital.

Keynote Speakers



Dr. Nicholas A. Covino, PsyD, President, William James College, Newton, MA. *Topic: A Role for Hypnosis in Light of Health Care Reform*



James Carmody, PhD, Associate Professor of Medicine, University of Massachusetts Medical School, Worcester, MA. *Topic: Being in the Moment: Mindfulness Eases the Anxiety of Being Human*



Terence M. Keane, PhD, Associate Chief of Staff and Division Director, Behavioral Science Division, U.S. Department of Veterans Affairs and professor of Psychiatry and Assistant Dean for Research at Boston University School of Medicine, Boston, MA.

Topic: *Recent Advances in the Psychological Treatment of PTSD*



Guy H. Montgomery, PhD, Icahn School of Medicine at Mount Sinai, Department of Oncological Sciences, Cancer Prevention and Control. *Topic: Hypnosis in Cancer Care: Past, Present and Future*



Steven Jay Lynn, PhD, Professor, Psychology Department, Binghamton University (SUNY), Binghamton, NY. *Topic: Toward an Integrative Model of Hypnosis: My Personal Journey*

Banquet Speaker



Elvira V. Lang, MD, FSIR, FSCEH, CEO, Comfort Talk® and Former Associate Professor of Radiology, Harvard Medical School. *Topic: Training Thousands?*

Conference Committee

SCEH wishes to express its gratitude for the efforts of our 2016 Conference Committee:

Overall Meeting Chair:

- Nicholas Covino, PsyD

Scientific Meeting Co-Chairs:

- Devin Terhune, PhD
- Zoltan Kekecs, PhD

Introductory Workshop Co-Chairs:

- David Godot, PsyD
- Eric Willmarth, PhD

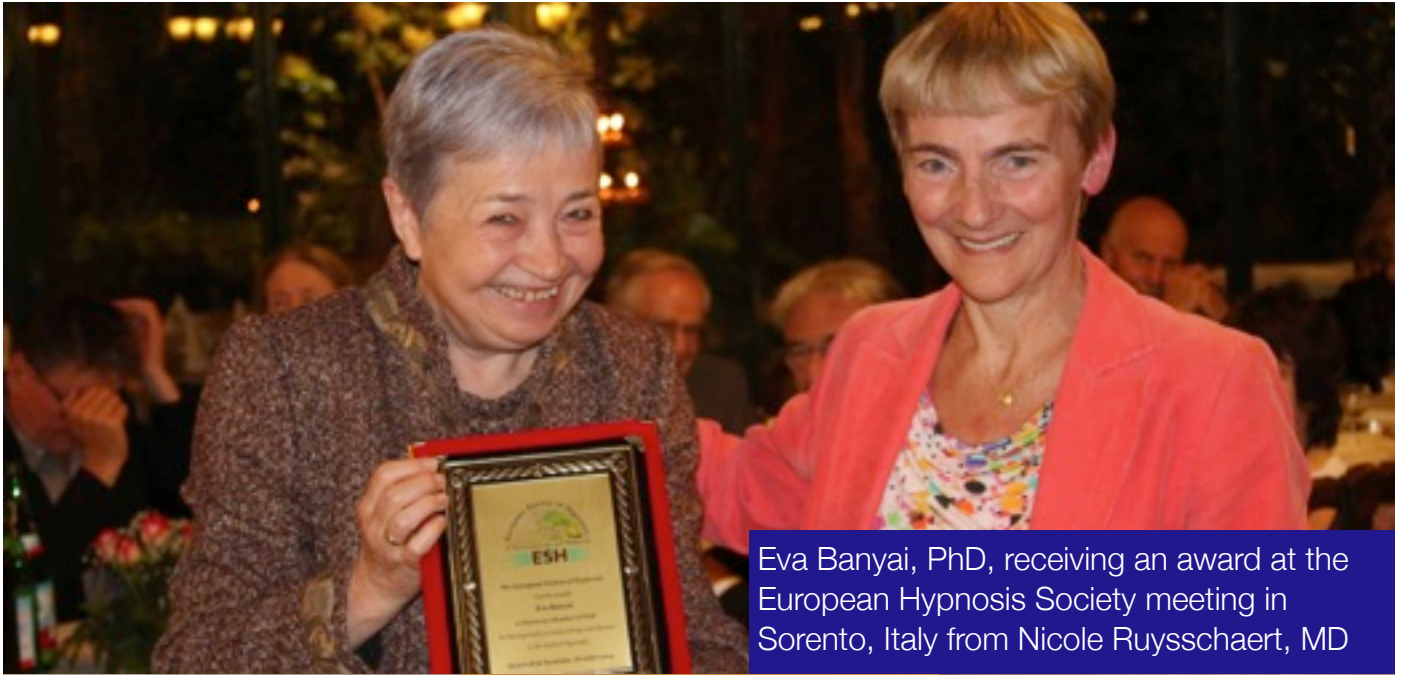
Intermediate Workshop Co-Chairs:

- Scott Hoye, PsyD
- Eric Willmarth, PhD

Advanced Workshops Co-Chairs:

- Dan Handel, MD
- Werner Absenger, PhD

[Click Here to Register](#)



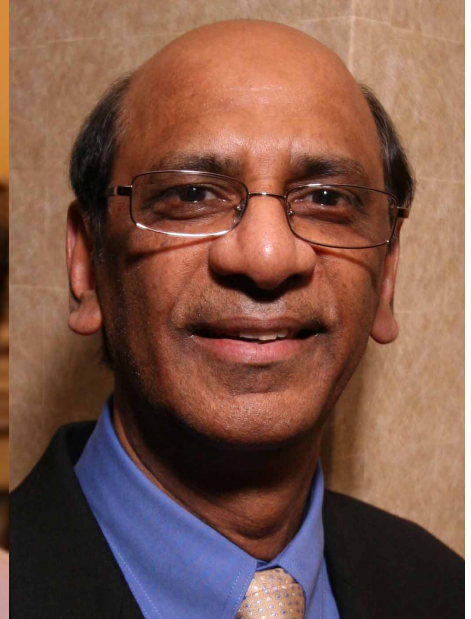
Eva Banyai, PhD, receiving an award at the European Hypnosis Society meeting in Sorrento, Italy from Nicole Ruyschaert, MD



Smiling Guy Montgomery, PhD



Norma Barretta, PhD



ASCH President and SCEH member, Assen Alladin, PhD



Judy Thomas, DDS and Linda Thomson, RN, PhD in Milton's office with his son, Robert Erickson



Donald Moss, PhD, Guy Montgomery, PhD, Darlene Viggiano, PhD, Mark Jensen, PhD



**Share Your News
with the
SCEH Community!**

**Please send us your
news to share:**

focus@sceh.us

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

- ❖ Book or article reviews
- ❖ Awards or public recognition received
- ❖ 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
- ❖ 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 of the above (please include a caption)

Please send your news and photos to the FOCUS editors at: focus@sceh.us

SCEH reserves editorial rights over all submissions.

About the Society for Clinical and Experimental Hypnosis (SCEH)



Current and Past SCEH Presidents
Gary Elkins and Eric Willmarth


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> 

SCEH Membership Levels

Full Membership: \$150

Student Membership: \$45

Society for Clinical & Experimental Hypnosis

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