

# FOCUS

PROMOTING EXCELLENCE & PROGRESS IN HYPNOSIS RESEARCH, EDUCATION, AND CLINICAL PRACTICE

## SCEH

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MEETING**

Toronto, Ontario

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Call for  
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## HYPNOSIS:

### The Mind, the Body, and Words

SCEH 63<sup>RD</sup> ANNUAL WORKSHOPS & SCIENTIFIC PROGRAM

OCTOBER 10-14, 2012 • DELTA CHELSEA HOTEL TORONTO

## Letter from the President

*Stephen Pauker, M.D.*

It's a gorgeous day in Boston – Spring has sprung – the clocks have just leapt forward. It's also springtime for SCEH, and a time to look toward the rest of what promises to be a great year.

We're anticipating an outstanding annual meeting in Toronto. This year we are co-sponsoring the meeting with the Ontario Division of the Canadian Society for Clinical Hypnosis. You may also notice that CSCHE-OD's name has joined other illustrious societies on the cover of *IJCEH*.

For the 63<sup>rd</sup> Annual Meeting, we have a clinical and research lineup of extraordinary learning experiences chaired by our gifted colleagues. Tom Wall, PhD and Dabney Ewin, MD co-chair the Introductory Workshop; Marilee Snyder, MSW, DCSW and Rick Kluff, MD, the Intermediate; and Claire Frederick, MD, and Philip Shenefelt, MD the Advanced. Add to that panoply of talent a day and a half of cutting edge scientific presentations chaired by Amir Raz, PhD, ABPH and Michael Lifshitz, BA and you have a conference you'll remember years from now.

Come, mingle and learn in a world-class city. We will be at the well-known Delta Chelsea hotel, in the heart of Toronto. So submit your workshop proposals and scientific papers now. Next year (October 2-6, 2013) our meeting will be at the Doubletree Marina hotel in Berkeley, California.

I invite each of you to apply for ACE certification and to join your respected colleagues on the ACE rolls. I also invite you to consider the requirements of the various American Boards of Clinical Hypnosis and to apply for that recognition. The American Boards certify competence, not just commitment.

Let me take this opportunity to congratulate Debbie Nesbitt who joins Linda Thompson as the only advanced practice nurses to be certified by the American Board of Medical Hypnosis as they continue on the path to establish the American Board of Hypnosis in Nursing.



Our executive director, Michele Hart, has created for your shopping pleasure a SCEH bookstore with a link on our webpage. It contains an interesting selection of books on hypnosis. The order goes through your Amazon account. You may find it convenient, and it is yet another way (at no cost to you) to slightly increase SCEH's shekel count.

Our Journal (*IJCEH*) continues to publish groundbreaking research and clinical ideas. As a benefit of membership you will also have electronic access not only to *IJCEH* but also to some issues of the *American Journal of Clinical Hypnosis*. Kudos to our editor, Arreed Barabasz.

Finally, be forewarned. I am getting on a soap box, a perch I will take in

future columns. For all the good work we do and for the research we publish, I observe that hypnosis as an arrow in the quiver of a good clinician is substantially under-accepted and under-respected by our non-hypnotic colleagues.

In an analysis that Elvira Lang and I presented at SCEH Boston 2 years ago, we posited that we are talking to ourselves. We publish books (not a rigorous peer-reviewed venue) and articles in our own journals (the *IJCEH* and the *AJCH*).

Not only do those articles go unread by the "unannointed," but also colleagues view those venues as not rigorous, tantamount to being throwaways. In the 21<sup>st</sup> century books are even less academically respected; self publishing is easy and cheap, and such books can even be listed on Amazon.

So for those of you who publish scientific studies or clinical commentary, I implore you to consider submitting your work to traditional journals, even though it entails extra work and a high risk of rejection. You will be making a great contribution to the field.

Remember, you have a solemn obligation to move mountains to join us in Toronto, October 10-14, 2012, and to bring two colleagues who are not yet members of SCEH. If by some herculean tragedy you cannot join your colleagues in Toronto, then your obligation changes (slightly). You will be absolved if you merely send four of your closest colleagues to come and represent you in your absence! I'll be looking for you.

*Steve*

Stephen G Pauker MD, MACP, FSCEH, ABMH  
President, SCEH

# Toronto Sites & Sights

 The Delta Chelsea Hotel - Site of the SCEH 63<sup>rd</sup> Meeting

## Toronto neighborhoods

Entertainment District	Bloor-Yorkville
Old Town Toronto	University of Toronto
Chinatown	City Centre



The photo montages you've seen on our postcards and on the front of this newsletter are taken from some of the many attractions that Toronto has to offer visitors. In the small map above, our hotel is designated with a star, in the center of the action. The other geometric symbols are of various arts, cultural, and architectural sites that you may want to visit and are keyed to the photos below.

The color-coded neighborhood districts are also located on the map. The **entertainment district** features concert halls,

theaters, comedy clubs, great restaurants and hotels, cinemas, cafes, and five professional sports teams. **Old Town**, true to its name, is where Toronto was born, holding heritage sites including the St. Lawrence Market and other historic architecture.

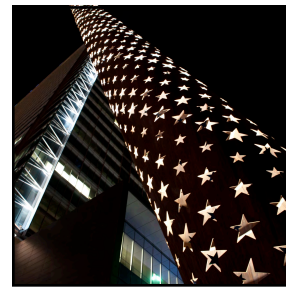
**Chinatown** is a vibrant district offering an abundance of diverse Asian foods, ethnic goods, and festivals. The **Bloor-Yorkville** district is home to more than 700 designer boutiques, spas, restaurants, outdoor concerts, live theater, community festivals, and world class galleries. **City Centre** happily connects it all.



The Royal Ontario Museum



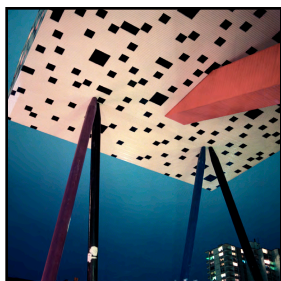
The Allen Gardens Conservatory



Air Canada Centre, site of major conventions and concerts



The CN Tower and harbor light show seen from Algonquin Island



Ontario College of Art and Design



The Frank Gehry Staircase at the Art Gallery of Ontario



## Call for Awards Nominations

Each year at the Annual Awards Banquet SCEH recognizes leaders in the field of hypnosis. The Awards include:

- ★ **The Henry Guze Award** – for the best research paper on hypnosis (since 1970)
- ★ **The Roy M. Dorcus Award** – for the best paper in clinical hypnosis (since 1971)
- ★ **The Bernard Raginski Award** – for leadership in the field of clinical hypnosis (Since 1960)
- ★ **The Shirley Schneck Award** – to a physician who has made significant contributions to the development of medical hypnosis
- ★ **The Arthur Shapiro Award** – for the best book on hypnosis (since 1970)
- ★ **The Crasilneck Award** – for the best first paper presented by a graduate student or young scientist at a SCEH meeting
- ★ **The Hilgard Award** - for the best theoretical paper on hypnosis
- ★ **The Erika Fromm Award** - for excellence in teaching (established 1999)
- ★ **The Presidential Award** – for outstanding contributions to scientific and professional hypnosis and for outstanding work on behalf of the Society

**The Awards Committee encourages you to nominate colleagues you feel meet any of the above qualifications. You may submit your nominations to Michele Hart at [michele@sceh.us](mailto:michele@sceh.us).**

## Students: It's Time to Apply for a Scholarship

Full-time students enrolled in counseling, psychology, social work, or nursing graduate programs, as well as interns at qualified psychological and medical institutions, are eligible to apply for a Professional Development Scholarship for the 63<sup>rd</sup> Annual SCEH Conference.

The scholarship provides some support for travel, lodging, and/or meals. It may also include waiver of registration fees.

Priority is given to those who are first authors of a paper accepted for the conference's Scientific Program and who will present that paper at the meeting.

Other graduate students demonstrating an interest in the use of hypnosis in their practice are encouraged to apply. All recipients must be SCEH student members. Maximum support is \$500.00

**SCHOLARSHIP  
APPLICATION DEADLINE is  
August 15, 2012**

### How to Apply:

The application process is quite simple. You can download a copy of the scholarship application right now by clicking in the box at the right.

If you are reading this newsletter as a hard copy, then visit the SCEH website at [www.sceh.us](http://www.sceh.us), click on "Annual Conference" in the left column, and then select "Scholarships" in the drop-down menu.

Fill out the information in the application and email it to [drdpmsmith@stbh.org](mailto:drdpmsmith@stbh.org) and [dps3@midway.uchicago.edu](mailto:dps3@midway.uchicago.edu).

Or mail to the address below. You will also be required to have your major

professor or your academic director send an email to David Smith, PhD, at [dps3@midway.uchicago.edu](mailto:dps3@midway.uchicago.edu) confirming your status as a student (you can forward this yourself if you like). Please include an approximation of your expected expenses.

David P. Smith, MA, PhD  
Chief Psychologist & Director of Training  
St. Bernard Hospital, Suite 212  
326 West 64th St.  
Chicago, IL 60621  
[drdpmsmith@stbh.org](mailto:drdpmsmith@stbh.org)  
[dps3@midway.uchicago.edu](mailto:dps3@midway.uchicago.edu)

[Click here to access the Scholarship web page.](#)

## A glimpse of David Spiegel, M.D. between planes

**Director, Center on Stress and Health  
Stanford University School of Medicine**

*A loyal man who refused an oath of loyalty*



by  
*Marilee Snyder  
LCSW, DCSW*

### In transit

between Charlotte and Panama City, Dr. Spiegel recently took forty minutes of his time to speak with me by cell phone while pulling up to the gate, disembarking from his plane in Atlanta, walking through the concourse, and arranging to board his next flight. He was on his way to attend a conference on stem cell and neurobiology research sponsored by the Pew Charitable Trust. A scientific advisor to Pew, Dr. Helen Blau is David's wife of 35 years. She is also the director of the Baxter Laboratory for Stem Cell Biology and professor of microbiology and immunology at Stanford University. I hope they made time between their various professional duties to enjoy the rainforest birds and monkeys and avoid the Panama alligators.



### Being the son

of his world famous father, the late Herbert Spiegel, M.D., David was exposed to hypnosis from a very early age. He became particularly convinced of its effectiveness after watching a film of

his dad treating a female patient who had non-epileptic seizures. "She was flopping around, almost falling off the couch while they were filming. My dad taught her self-hypnosis to control the seizures and to make them less and less intense." This woman was able to reduce the seizures to

a slight nod of her head. David was thus convinced his dad knew a thing or two, and that hypnosis could help people do a thing or two.

Much later on, at Children's Hospital in Boston, he seized on an

opportunity to hypnotically help a teenage girl with serious asthma, who was desperately trying to breathe. Unresponsive to medication, she now faced the prospect of general anesthesia... or hypnosis by third-year medical student, David Spiegel. You guess which of those options she chose.

The hypnosis was so effective that within five minutes she was breathing better and no longer wheezing. She had only one hospitalization after that: a young woman who had been hospitalized

monthly with asthma attacks. For helping her, David had hell to pay with the conservative medical establishment of Boston, but of course he won. It was a question of following a certain medical standard of care based on tradition, versus employing a non-invasive, evidence-based, patient-centered brief intervention. Needless to say, the girl and her mother were quite happy with the result, and the rest of the world began to come around. He never told them that he hadn't yet learned how to treat asthma in the medical school hypnosis course he was taking.

### Facing down Goliaths

appears to be a prominent theme in David's life. He has consistently walked a path which leads him to define himself, and his humanistic values, in courageous ways against the dehumanizing backdrop of bureaucratic systems.

As a Yale student in 1964, he had the opportunity to hear a talk by a Green Beret and to talk with other objectors about the Vietnam War. He became convinced that the war was morally wrong, and as a result became a conscientious objector. This caused a temporary rift with his father Herb Spiegel, who was a WWII Purple Heart veteran. David's parents had raised a son with principles, like them. The configuration of the world's conflicts had changed. David wasn't making impulsive decisions, but instead standing up for his carefully considered beliefs.

He then became active in the Anti-War Movement. He attended the Chicago Democratic Convention in 1968 as a medic and a demonstrator, and was there arrested (although not booked). He treated the people hurt by police in the ensuing protests, including a journalist with a broken arm.

Later on, after he and Helen had graduated from Harvard Medical School and moved from the East Coast to the Bay Area to start a new life, David was presented with another Goliath.

He applied for his first job as a Stanford assistant professor at the VA Hospital in Palo Alto in 1975. This was to be the beginning of his academic career and he was understandably nervous. As a final condition of his employment, the VA personnel director asked him to sign an oath stating "I am not now, nor have I ever been, a member of the Communist Party." This was 1975, twenty years after the official censure of the House UnAmerican Activities Committee and Joe McCarthy (the "junior senator from Wisconsin").

Spiegel was stunned, and refused to sign the VA "loyalty" oath. As a result, he was denied the job. After recovering from the shock and disappointment, he sued the VA with the help of a former ACLU lawyer. He quotes the late Peter Marshall, chaplain of the U.S. Senate: "If you don't stand for something, you'll fall for anything." A federal judge ruled in his favor and David was granted the job without signing the oath. A few months later the VA quietly dropped the requirement to take that oath.

The Vietnam War ended the same year he began work at the VA, giving him the opportunity to treat battle-scarred veterans returning home with flashbacks and other classic symptoms of PTSD. "I taught them self hypnosis and it worked remarkably well." Funded by both the VA and the NIH he was not only practicing clinically, but also enabled to conduct research.

## "Life and death issues

have always fascinated me," says Spiegel. As an undergrad, he majored in existential philosophy.

His interest in treating patients confronting their own mortality was bolstered when David was contacted in 1976 by Irvin Yalom, Ph.D., whose name you will recognize as an international authority on the application of existentialism to psychotherapy. David was thrilled. He states that Irv proposed they co-lead a therapy group — "I thought about it for a whole second and a half and then said 'yes'."

He became fascinated by how those support groups seemed so helpful to women dealing with breast cancer. He got enough positive feedback from the participants that he conducted two randomized controlled trials measuring the effect of emotional state on physical health. The research results led to a groundbreaking article published in *Lancet* in 1989, showing that participation in group therapy could extend survival time for cancer patients. That article continues to be cited in research papers, has been cited 2,222 times and counting.

David Spiegel is now the director of Stanford's Center on Stress and Health, and the medical director of the Center for Integrative Medicine. He has authored more than 500 research papers and chapters in scientific journals and books, authored or co-edited twelve books, and mentored over twenty-five post doctoral fellows. I could tell you a million more flashy things about David Spiegel, but the most important things to remember are that he walks his talk, he loves his family, and he is making a positive difference in this world.

Some details regarding Dr. Spiegel's CV and biography are taken from the Stanford Univ. website:  
<http://stresshealthcenter.stanford.edu/>

## SCEH Certification

In Fall 2010, SCEH initiated a certification program to recognize practitioners and scientists who are members of the Society and are willing to commit to continued excellence in the practice of hypnosis, research on hypnosis, and the teaching of hypnosis. The program is called the SCEH-ACE, for SCEH's Active Commitment to Excellence.

There are two unique features of the SCEH certification system: First, it is available for researchers and academics who are not licensed clinicians. The objective is to provide a certification for those persons dedicated to carrying forward teaching and research about hypnosis. Second, the SCEH certification is an ongoing certification based on the professional's commitment to professional development, including attendance at professional conferences and training, peer supervision, reading published literature, practice to improve one's hypnotic skills, and activities to promote the scientific and clinical field of hypnosis. Each certificant provides a three-year development plan at the time of initial certification and at each renewal.

The SCEH Certification program initially focused on certifying Fellows and leaders within the field of hypnosis. Certification is now available to practitioners and graduate students at all levels. SCEH invites all members and graduate students to submit applications for certification. Click here for information and an application form:

<http://www.sceh.us/sceh-ace-certification>

*Donald Moss, PhD*  
 Certification Committee Chair

## “Leave a Trail of Wisdom” A Tribute to Jack Watkins

*Woltemade Hartman, Ph.D. and Arreed Barabasz, Ph.D.*

Jack Watkins, at the age of nine, already showed a keen interest in astronomy when he received a one-inch rifle site telescope from his parents. At age twelve he made various star observations and published his findings in the *Journal of the American Astronomical Society*. A small telescope brought visions of celestial worlds to this young boy... and a desire for “wisdom” impelled this boy’s later move to academic halls. However, he soon discovered that universities teach only knowledge, not wisdom.

As a young man of serious mind, like a true Dao-Tsai, he searched for “The Way” – what man’s striving is all about. He traversed “The Way” for almost a century (98 years) and discovered that all life is a promise, a challenge, an exciting exploration, and that one must become a complete individual on one’s own in order to experience true oneness with a universal ocean of life energy. This man is John. G Watkins.

It is an immense honor for us to pay tribute to this man. John Watkins had become a mentor, guru, father, artist, teacher, friend, trainer and colleague for many people. Many have been inspired by his academic self, therapeutic self, his resonance and humanity in helping people to recognize the multiplicity of their inner resources and to actualize their potential.

There is no doubt that Jack’s life was really a legacy of gifts. He undertook a career of giving. By fostering the growth of many a young psychologist, colleague, child and client, he gave them symbols of his wisdom, about being human and himself. He gave them the gift of

learning, the gift of laughter, the gift of tears, the gift of understanding, the gift of love and above all, the gift of healing. In his book “The Therapeutic Self”, he quotes the wise old psychoanalyst, Wilhelm Stekel, who is reputed to have looked up from his deathbed, as if to grasp the meaning of the hundreds of lives, which he had treated, and, just before dying, whispered, “It’s all a matter of love”. This is also true in Jack’s case. His gifts matured into psychological wisdom that influenced the careers and

lives of so many people, clients and professionals alike. He once said: “Medical Practice can save a life; Psychotherapy can improve its quality, creating love, peace and lasting happiness.”

Jack cultivated not only a re-awakening of what we are – our Self, but also an understanding of fundamental human values such as compassion, trust, hope and above all, the interdependence of humans on each other. This is a gift from him in a time when love seems to be fading and hatred and despair rising, when human values are forgotten and only differences remain. Jack Watkins’ life may best be described as a golden journey; a discovery of self-energy, resources and potentialities, which he believed is so implicit to each human being. Finally, his life reminds one of an inevitable “quitting time”. However, Jack Watkins’s life will leave a trail of wisdom for future generations. That “life should not merely be valued for its quantity measured in chronological time, but for its quality measured in experiential time...”



### John G. Watkins

March 17, 1913 - January 12, 2012

John (Jack) G. Watkins Ph.D., Professor Emeritus of the University of Montana, passed away at the age of 98 at his home in Longmont, Colorado on January 12, 2012. He was Professor of Psychology and Director of Clinical Training at the University of Montana from 1964 to 1984, and authored over 190 academic articles and 11 books. Academically, he is known for his work in the areas of hypnosis, dissociation, and multiple personalities. With his late wife, Helen Watkins, he developed ego-state therapy, which uses hypnosis in psychotherapy to work with self or mood states. The most famous example of the use of ego-state therapy was his interview of the “Hillside Strangler”, in which he solicited a confession by revealing the killer’s multiple personalities. He was a founder and past president of SCEH, and served as president of SCEH, the ABPH, and the Hypnosis Division of the APA. Dr. Watkins also served as clinical editor of the *IJCEH*.

Dr. Watkins received his Bachelor’s and Master’s Degrees from the University of Idaho and his Ph.D. from Columbia University. He went on to teach at the University of Montana, Auburn University, and Washington State University. He served as chief psychologist at the VA Hospitals in Portland and Chicago. John Watkins lived near Denver, Colorado. He is survived by his five children and ten grandchildren.

# FOCUS

PROMOTING EXCELLENCE & PROGRESS IN HYPNOSIS RESEARCH, EDUCATION, AND CLINICAL PRACTICE

## CALENDAR:

### APRIL 15, 2012

Workshop/Paper proposal deadline

### AUGUST 15, 2012

Scholarship application deadline

### OCTOBER 10-14, 2012

63<sup>rd</sup> Annual Workshops & Scientific Program - Hope to see you there!

### OCTOBER 2-6, 2013

#### SAVE THE DATE

64<sup>th</sup> Annual Workshops & Scientific Program in Berkeley, California

## Call for Proposals Deadline • April 15

*There are only two weeks left to submit proposals for workshops and research*

### Advanced Workshop Proposals

Follow these two steps for submittal.

1. Send an electronic copy of your abstract(s) and goals in a Word document to both Philip D. Shenefelt, M.D. at [pshenefc@health.usf.edu](mailto:pshenefc@health.usf.edu) and Claire Frederick, M.D.

at [montamat1@sbcglobal.net](mailto:montamat1@sbcglobal.net). (Dentistry abstracts must also be sent to Gabor Filo, DDS, at [gfilo@shaw.ca](mailto:gfilo@shaw.ca).)

2. Complete the Workshop Proposal form and mail or email to the central office at [michele@sceh.us](mailto:michele@sceh.us). You can click to download the submission [form here](#).

### Scientific Papers, Symposia, Panels and Posters

For detailed submission instructions visit <http://www.sceh.us/call-for-scientific-papers>.

Electronic submission is preferred. Please attach a Word document to your email or paste the contents into the body of the email and send to these links:

Scientific Chair: Amir Raz, PhD

[amir.raz@mcgill.ca](mailto:amir.raz@mcgill.ca)

Scientific Co-Chair: Michael Lifshitz,

[michael.lifshitz2@mail.mcgill.ca](mailto:michael.lifshitz2@mail.mcgill.ca)

SCEH Executive Director: Michele Hart

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**SCEH** SOCIETY FOR CLINICAL &  
EXPERIMENTAL HYPNOSIS

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