



Society for Clinical & Experimental Hypnosis

FOCUS

Volume 55 | Number 1 | Winter 2013

Notes from the Executive Director Michele Hart, M.A.

Greetings!

We began our membership renewal process a few weeks late this year. By now you should have received a paper renewal form in the mail as well as notification via email. Reminder postcards have also been mailed and the office will issue a few more electronic reminders to assist with the renewal process.

Membership dues are critical to the health of the organization. As a membership-based society, SCEH relies on dues to fund the central office, the online presence, and the annual meeting. Dues also contribute to subscriptions for the International Journal of Clinical & Experimental Hypnosis.

Projects that have long been in the pipeline and continue to be evaluated are additional trainings, online education, shared research, and greater connection with student and younger populations. SCEH is also working in greater capacity with other professional hypnosis organizations, including the International Society of Clinical Hypnosis (ISH) and American Society of Clinical Hypnosis (ASCH) to promote events and provide support. SCEH ended 2012 with a well-attended meeting in Toronto and a positive relationship with our Canadian counterparts, Canadian Society of Clinical Hypnosis – Ontario Division (CSCH-OD) and Canadian Federation of Clinical Hypnosis (CFCH).

As a means of creating more community within SCEH the FOCUS newsletter will now include updates about members.

Inside This Issue

2

Letter from the President

5

64th Annual Meeting News

6

Member Update

8

ACE Certified Members

9

Books

11

Ideas for Increasing Graduate Student Participation in SCEH

12

Student Meeting News

Hart, continued...

Please be sure to send any professional information about yourself to editor@sceh.us. We'd like to know if you've received promotions, published articles and/or books, or anything else that you think your professional colleagues would find of interest.

We continue to look for more ways to

make the organization useful for you. What else would you like to see? Please drop me a line anytime at Michele@sceh.us with suggestions.

Finally, save the dates for October 2-6, 2013 in Berkeley, California and October 8-12, 2014 in San Antonio, Texas.

Best-
Michele Hart, Executive Director, SCEH

Letter from the President

Stephen Pauker, M.D.



It's a new year, and it opens new opportunities for SCEH and for us all. In the US, our President was re-inaugurated recently and has designated a largely new team. SCEH is also off to a happy fresh start.

We've held our first meeting of a new By-laws Committee, to put our corporate house in order and in compliance with various rules and regulations. We will likely be incorporated in the beautiful Commonwealth of Massachusetts where Michele Hart runs a tight ship for us.

I would also like to recognize that Focus has a new Editor, to wish Eric Willmarth well, and to thank Marilee Snyder for her outstanding service as past Editor.

Our 2012 meeting in Toronto in October was a great success and it was delightful to interact with our Canadian colleagues. As I

explicated in my Presidential talk there, I have come to believe that hypnosis societies manifest a peculiar kind of Dissociative Identity Disorder.

Rather than the various professional societies collaborating to strengthen the field of hypnosis clinically and scientifically, we seem to pick fights with each other to the detriment of the field as a whole, sort of like unruly ego states barely aware of the needs of the field as a whole. I had come to believe that this in-fighting was a peculiarly American tradition, but just as Gordon Allport noted in his "Nature of Prejudice," I



Eric Willmarth, Norman Doidge and Don Moss enjoy the Joint Meeting of SCEH and CSCH-OD in Toronto

Pauker, continued...

now believe it is endemic to hypnosis as a small field that generates suspicions in our more traditional colleagues. Not only do ASCH and SCEH bicker, but so do the various Canadian hypnosis professional organizations (Societies and Federations). At the Toronto meeting, I awarded the SCEH Presidential Peace Prize jointly to the leaders of the Canadian Federation (Judy Coldoff) and the Ontario Society (Jacques Gouws) for their collaboration in creating a superb basic workshop.

We have also initiated (yet again, but with more gusto) discussions about collaboration between SCEH and ASCH. Our memberships overlap substantially; our goals and meetings are quite similar; many workshops are presented in both venues. We share a single, joint Ethics Committee, under Tom Nagy's leadership.

We have two superb but quite different journals. In short, we are them and they are us. We have at different times had the same individuals serve as President of ASCH and President of SCEH. To exist in a state of explicit or implicit antagonism or even competition is counterproductive, perhaps even pathological. When Erickson founded ASCH, SCEH had very restrictive membership criteria that were exclusionary.

That is no longer the case. Perhaps there is a difference in emphasis on research, but even here we are both moving (actually it's almost a sort of drifting) to the realization that outcomes and evidence are the names of the game in the 21st century and the field had best play or there will be no pay.

These next two paragraphs are meant to be provocative, one of my proclivities. Having sort of indicated what I perceive to be pushing a societal boundary, let me comment on what many practitioners perceive to be the "other," the "unwashed," the "enemy"--- the lay hypnotist.

Our ethics policy and our Bylaws and procedures prohibit our members from teaching hypnosis to unlicensed individuals, beyond any formal training they may have received in hypnosis from lay organizations. On the other hand, we teach hypnosis, including techniques of induction, to our patients, who by and large are unlicensed lay individuals.

"In short, we are them and they are us."

Nothing precludes them from using that education to help or harm their friends, family and associates---perhaps a necessary inconsistency where theory or policy meets reality. Some of us publish in the non-professional literature books, CD and even You Tube snapshots that include a fair bit of "how to" material.

Even in our workshops that admit only vetted licensed professionals, we offer a unified basic and intermediate level workshops whether the student be a physician, a psychologist, or a dentist, as long as they are duly licensed by some authority. But they are all "professionals," albeit in different professions. On the flip side, I was recently asked by my hospital to provide and meet criteria for the practice of hypnosis, but was told that psychiatrists are not required to be so credentialed because hypnosis is a part of psychiatric training and psychiatry. Is it? Not in my academic

Pauker, continued...

Pauker, continued...

medical center unless the resident elects to take an elective or workshop, supervised by yours truly---a simply country doc.

Given the somewhat chaotic and inconsistent training licensed trainees are offered, is it time to ask exactly what training do lay hypnotists receive? I cannot ask how they perform as we have scant evidence how even licensed clinicians perform using hypnosis. My evidence base is admittedly weak; I have attended a single two day convention of lay hypnotists. Save for a rather distasteful hypnosis and magic show one evening, I perceived little difference between their meeting and a typical ASCH or SCEH meeting. We have begun to offer workshops on magic too. Most interesting at the Toronto meeting, the book display included much material from the lay community; much of it was on a par with our own members' books. I was particularly struck by one volume: a book on regression therapy that was co-authored by one of our own (Bruce Eimer) and an excellent lay hypnotist (C. Roy Hunter), who taught a workshop at the lay convention that I attended. So then, it may be time to realize that the lay hypnosis community is not going away.

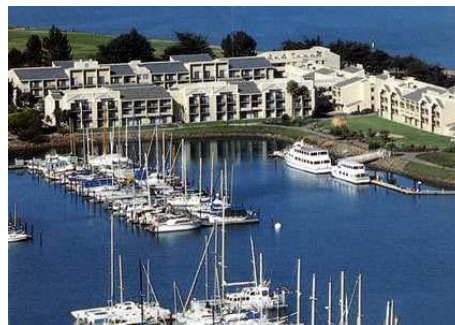
The National Guild is a component of the teamsters, who provide political support to their efforts. Is it time to consider (perhaps yet again) what our relationship might be with the lay hypnosis community and what roles they might serve in helping our patients? We are not getting enough new recruits to our workshops to meet the needs for hypnotic approaches to our patients' diseases and wellness. Perhaps (that magic word), we can do it together. Recall, I said I was going to be provocative. I hope I have succeeded.

Back to business! Ed Frischholz is organizing an exciting, all-star 2013 meeting at the Berkeley Marina--- The Future of Professional Hypnosis: Practice, Process and Outcomes. Again, please note the emphasis on outcomes and evidence. Please see elsewhere in the Focus for details. Make your plans to come early, if not often. It's not like voting Chicago-style. We have zeroed in on a site for the 2014 meeting--- in the great State of Texas, again in the Fall of 2014. San Antonio has been the site of excellent meeting experiences in the past, a place to remember like the Alamo, but in a very positive sense. I look forward to seeing YOU in Berkeley, October 2-6, 2013. You can fly into SFO or Oakland, which is nearer. Not only should you plan to attend yourself, but you should bring as many friends, colleagues, trainees, and students, as well as ALL your spouses, even if you have more than one.

Although I cannot promise you that your name will be in lights or a part of a fireworks display, the thanks from your audience should amply reward your work preparing any workshop that you have submitted.

Steve

Stephen Pauker, MD, MACP, ABMH
President, SCEH



The Doubletree Berkeley Marina Hotel, site of the 64th Annual SCEH meeting.



The Future of Professional
Hypnosis: Practice, Process
& Outcomes

64th Annual Meeting of the Society for Clinical and Experimental Hypnosis

By

Edward J. Frischholz, Ph.D., ABPH
Overall Chair 64th Annual Meeting of SCEH

I would like to invite you to join us at the Doubletree Berkeley Marina Hotel from October 2nd through October 6th for the 64th annual meeting of the Society for Clinical and Experimental Hypnosis.

The theme of this meeting will be: "The Future of Professional Hypnosis: Practice, Process and Outcomes."

The Basic Workshop will be chaired by D. Corydon Hammond, Ph.D. and David Godot, Psy.D. and will be conducted in accordance with the Standards of Training and Practice of the American Society of Clinical Hypnosis (ASCH). Participants who complete this workshop will be eligible for full membership in both societies.

The Basic Workshop contains a balance of didactic training modules on how to prepare potential clients for clinical hypnosis, correct myths and misconceptions, obtain informed consent and administer a variety of hypnotic inductions with supervised small group practices. Basic uses of hypnosis in the clinical setting will also be taught.

The Intermediate Workshop will be chaired by Laurie S. Lipman, M.D. and Marcia

Greenleaf, Ph.D. while the Advanced Workshops will be chaired by Richard P. Kluff, M.D., Claire Frederick, M.D., and Catherine Fine, Ph.D.

Both Intermediate and Advanced workshops will include topics such as using hypnosis in: the treatment of PTSD, Ego State Therapy, Anesthesiology, Pain Control, Dermatological Disorders, Headaches, Breath Training, Trauma Resolution, Uses in Psychiatry, Preparing Patients for Medical Procedures and many other topics.

A stimulating film program will be offered during Thursday evening (Oct. 3) from 8-10pm and all attendees will receive **2 free hours** of CE credit.

The chairs of the Scientific Program are Devin Terhune, Ph.D., and Ciara Christensen, Ph.D.

Plenary and invited addresses which have been confirmed include: John F. Kihlstrom, Ph.D. ("Hypnosis, Mind and Body"), David Patterson, Ph.D. ("Outcome Studies on Hypnosis and Pain Control"), Mark Jensen ("Process Studies on the Mechanisms

Frischholz, continued...

Underlying Pain Control and Hypnosis”), Etzel Cardeña, Ph.D. (“The Importance of Anomalous Experiences for Research and Practice”), David Spiegel, M.D. (“A Brain Signature for Hypnosis”) and Stanley Krippner (“Exploring Shamans as the First Hypnotists”).

Our Banquet Speaker will be Alan W. Schefflin, J.D., M.A. (“Hypnosis and the CIA”). One hour of **free CE credit** will be given to all Banquet attendees.

We guarantee this will be a stimulating and exciting meeting and strongly encourage you to join us for this event.



Introducing:

Eric Willmarth, Ph.D.
as the new editor of
the FOCUS
newsletter

See you in Berkeley.

Edward J. Frischholz, Ph.D., ABPH
Overall Chair 64th Annual Meeting of SCEH

SCEH MEMBER UPDATES:

FOCUS ON



PAMELA KAISER, Ph.D., CPNP

Hello SCEH colleagues,

My name is Pamela Kaiser, PhD, CPNP, a clinical child & adolescent psychologist and certified pediatric nurse practitioner. In my 40+ year career in pediatrics, I've served in various roles, including: Associate Clinical Professor, UC San Francisco Medical School; Co-investigator, NICHD-funded project researching individual differences in preschoolers' stress reactivity and health; Director, Anxiety, Stress and Health Clinic (Stanford-affiliated agency); and incoming

ASCH Executive Council member.

Beginning in childhood, my fascination with the power of the mind was dotted with entrancing events. One hot summer evening, I sold my wart to a friend's mother for a penny after promising to imagine 10 minutes daily that it was gone.

My siblings were so disappointed when I stopped being terribly ticklish, after learning from our father to pretend having fun elsewhere. My free throw accuracy improved significantly after my athletic high school boyfriend taught me the secret of mental scoring.

While a nursing student at a large children's hospital, I adopted their policy to use the "magic circle technique" prior to medical procedures. Imagine my good fortune as a subject in hypnosis experiments at the medical school. Later, I became the professor's "demo" person, and learned the *continued...*

joy of teaching about this process with other clinicians.

I've formally incorporated pediatric hypnosis and biofeedback into my clinical sub-specialty work (children with mind-body, anxiety, stress and self-regulation issues) for 25 years. Teaching about self-regulation issues and pediatric hypnosis at international and national hypnosis conferences is my passion.

This year's extracurricular activities include authoring more chapters and co-editing a text on self-regulation in childhood. These creative pursuits are balanced with my love of art, travel, nature, dear friends, and, most of all, my two adult children and other family members.

I'm delighted to tell you about a cutting-edge pediatric hypnosis teaching endeavor, called the National Pediatric Hypnosis Training Institute - (NPHTI = nifty!) (www.NPHTI.net). My colleague, Daniel Kohen, MD, ABMH, FAAP and I co-founded NPHTI in 2009, and co-direct its programs.

An earlier version of this course was taught by a core faculty group for almost 25 years, under the auspices of the Society of Developmental and Behavioral Pediatrics.

NPHTI uniquely and solely focuses on a child- &-teen hypnosis curriculum in our training workshops. Each ASCH-approved course strongly emphasizes experiential learning, including over eight hours of small group supervision, as well as state-of-the-art presentations rich with pragmatic exercises and videos of faculty with their pediatric patients.

Please check our website www.NPHTI.net for our brochure, enrollment criteria, and

general information.

Additionally, you may contact Pamela Kaiser, PhD
drpkasier@earthlink.net, and

Daniel Kohen, MD
danielpkohen@umn.org

Editor's Note: Please make a point of greeting Pamela at future meetings and thank her for "going first" in our member spotlight. Then, sit down and write your own article for future FOCUS issues!

Faces in the Crowd



Stanley Krippner recently celebrated both his 80th birthday and his 40th Anniversary of teaching at Saybrook University. The author of hundreds of articles, chapters and books, Dr. Krippner is one of 8 SCEH members who contribute to the teaching of hypnosis at Saybrook.



Saybrook students Kari Allen-Hammer and Maureen Molinari in small group practice.

Images from the International Society of Hypnosis XIX Congress: Bremen, Germany

GREAT MEETING!



ACE Certified Members

The folks on this list are ACE CERTIFIED.
Check the next issue of FOCUS to see how
you can join this list!

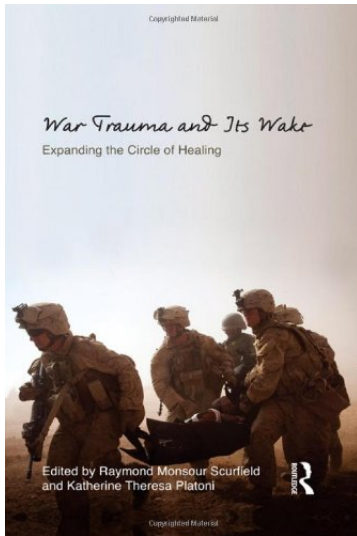
Barabasz, Arreed EdD, PhD
Carlson, Roger PhD, Mdiv.
Christensen, Ciara, Ph.D.
DuHamel, Katherine, PhD
Ginandes, Carol, PhD
Greenleaf, Marcia, PhD
Kluft, Richard, MD, PhD
Lang, Elvira, MD
Mohl, John, MA, MeD
Montgomery, Guy, PhD
Moss, Donald, PhD
Olness, Karen, MD
Pauker, Stephen, MD
Peebles, Mary Josphine, PhD
Pekala, Ronald, PhD
Pitt, Tammy, MS
Powell-Mockler, Patricia, PhD, PsyD
Shenefelt, Philip, MD
Smith, David P., PhD
Snyder, Marilee, LICSW
Spiegel, Sharon, PhD, ABPP
Stanton, Erica, PhD Student
Willmarth, Eric, PhD
Yonkovig, Michael, PhD

Introducing:
Student Editor of the
SCEH FOCUS newsletter:
Werner Absenger, M.S.
Ph.D. Candidate
Saybrook School of
Mind-Body Medicine
(Research
Specialization)



Books recently published by SCEH members

These titles are available from Routledge



War Trauma and Its Wake

Expanding the Circle of Healing

Edited by Raymond M. Scurfield and Katherine T. Platoni

Decades after Charles Figley's landmark *Trauma and Its Wake* was published, our understanding of trauma has grown and deepened, but we still face considerable challenges when treating trauma survivors. This is especially the case for professionals who work with veterans and active-duty military personnel.

War Trauma and Its Wake, then, is a vital book. The

editors—one a contributor to *Trauma and Its Wake*, the other an Army Reserve psychologist with four deployments—have produced a book that addresses both the specific needs of particular warrior communities as well as wider issues such as battlemind, guilt, suicide, and much, much more.

The editors' and contributors' deep understanding of the issues that warriors face makes *War Trauma and Its Wake* a crucial book for understanding the military experience, and the lessons contained in its pages are essential for anyone committed to healing war trauma.

SELECTED CONTENTS:

Foreword. *Scurfield, Platoni*, An Expanding Circle of Healing: Warriors and Civilians Impacted by War. *Scurfield, Platoni*, Myths and Realities about War, Its Impact, and Healing.

Part I: Warriors Impacted by War. *Rabb, Rasmussen*, Citizens/Warriors:

Challenges Facing U.S. Army Reserve Soldiers and Their Families. *Courage*, Army National Guard Warriors: A Part-Time Job Becomes a Full-Time Life. *Wilmot*, Women Warriors: From Making Milestones in the Military to Community Reintegration. *Brock, Passey*, The Canadian Military and Veteran Experience.

Part II: Special Populations of Wounded Warriors.

Rigg, Traumatic Brain Injury and Post Traumatic Stress: The "Signature Wounds" of the Iraq and Afghanistan Wars. *Lawrence*, Physically Wounded and Injured Warriors and Their Families: The Long Journey Home. *Jensen*, Military Suicidality and Principles to Consider in Prevention. *Rasmussen, Zaglifa*, Military Sexual Trauma. *Simerly*, Veterans Involved With the Criminal Justice System: Clinical Issues, Strategies, and Interventions.

Part III: Civilian Populations Impacted by War.

Dawoody, Iraqi Civilians and the Recycling of Trauma. *Badkhen*, Afghan Civilians:

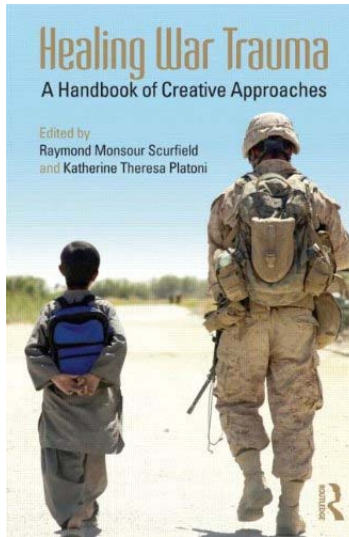
Books, continued...

Surviving Trauma in a Failed State.

Part IV: Military and Resiliency Initiatives.

Hallman, Pischke, U.S. Army Combat and Operational Stress Control: From Battlemind to Resiliency, Debriefings, and Traumatic Event Management. *Reyes*, Enhancing Resiliency Through Creative Outdoor/Adventure and Community-Based Programs. *Morley, Anderson, O'Hara*, ArtReach: Project America and Other Innovative Models in Civilian-Military Partnering. *Purinton*, Military Chaplains' Roles in Healing: "Being Here and There." *Medina*,

Afterword: A Surviving Spouse Speaks. **Epilogue.** September 2012: 368 pp. Hb: 978-0-415-50682-3: \$57.95



Healing War Trauma

A Handbook of Creative Approaches

Edited by Raymond M. Scurfield and Katherine T. Platoni

Healing War Trauma details a broad range of exciting approaches for healing from the trauma of war. The techniques described in each chapter are designed to complement and supplement cognitive-behavioral treatment protocols—and, ultimately, to help clinicians transcend the limits of those protocols.

For those veterans who do not respond productively to—or who have simply little interest in—office-based, regimented, and symptom-focused treatments, the innovative approaches laid out in *Healing War Trauma* will inspire and inform both clinicians and veterans as

they chart new paths to healing.

SELECTED CONTENTS: Part I: Surviving Both War and the Battles Back Home.

Rabb, Introduction. *Scurfield, Platoni, Rabb*. Survival Modes, Coping, and Bringing the War Home: From Vietnam to Iraq and Afghanistan. *Zacchea*, Veterans' Advocacy: Social Justice and Healing Through Activism.

Part II: Culture-Specific and Community-Based Approaches.

Wilson, Culture-Specific Pathways to Healing and Transformation for War Veterans Suffering PTSD. *Valdes*, The Journey Home From War: The Quilt and Pillow Pal Ceremony. *Csandi*, Veterans' Sanctuary: The Journey to Open a Therapeutic Community.

Part III: Expressive-Experiential Approaches.

Wise, Nash, Metaphor as Heroic Mediator: Imagination, Creative Arts Therapy, and Group Process as Agents of Healing With Veterans. *Capps*, Writing by Service Members and Veterans: A Medium to Promote Healing in Self and Others. *Daniels*, War-Related Traumatic Nightmares as a

Connect with SCEH



Books, continued...

Call to Action.

Part

IV: Mind-Body Approaches.

Mizuki, Mindful-Awareness Practice to Foster Physical, Emotional and Mental Healing with Service Members and Veterans. *Platoni*, Hypnotherapy in the Wartime Theater and Afterwards: OIF, OEF and Beyond. *Kirsch*, Cranial Electrotherapy Stimulation (CES) with Alpha-Stim Mild Electrical Triage of the Brain with War Veterans.

Part V: Animal-assisted/Outdoor Approaches.

Cortani, Service Dogs and Other Canine Assistance Services for Wounded Warriors. *Buckley, Raulerson*, Back in the Saddle and SCUBA Warriors: Innovative Therapies to Healing.

Part VI: Technological/ Web-based Approaches.

Casura, Healing Combat Trauma: The Website, the Vision, the Impact. *Rizzo*, SIMCOACH: An Online Intelligent Virtual Human Agent System for Breaking Down Barriers to Care for Service Members and Veterans.

Part VII: Other Creative Approaches.

Scurfield, Platoni, Resolving

Combat-related Guilt and Responsibility Issues. *Williams*, Slogging the Bog of War to Return to the World of Work. *Lanham, Pelletier*, Spirituality in Facilitating Healing From War Trauma. *Scurfield, Platoni*,

Afterword.

October 2012: 368pp. □Pb: 978-0-415-63777-0: \$59.95

Ideas for Increasing Graduate Student Participation in SCEH

By
Scott Hoye

Interests/Needs of Students

Advisors mentor graduate students and their training departments to increase their competitiveness for the internship process. To this end, they are asked to take up leadership positions in school organizations and chapters of national groups, such as Psi Chi.

Leadership positions within professional organizations, such as the APA, or SCEH, provide more professional

credence for their curriculum vitae. These positions are competitive in nature and few exist.

In light of the above, the following recommendations are submitted for increasing student memberships and involvement.

1. Create a graduate student organization within SCEH
2. Create student leadership positions within the current committees and sub-groups of SCEH. This is a good way to mentor these students within the organization, preparing them to take on leadership roles in the future. These students will form the leadership committee for the graduate student organization.
3. The committees can pick student leaders for the first year. As student membership and awareness of the roles increases, elections can be held.
4. Student members will be automatically enrolled in the student section.

Increasing Awareness of Existing Opportunities for Students

Student involvement in SCEH

Hoye, continued...

is low, even though SCEH already has several opportunities for student participation. These include submitting posters and papers for presentation at the annual conference, scholarships, and the *Student Corner* section of the *Focus* newsletter.

Graduate students seek such opportunities to gain additional professional credence as they grow into their roles as clinicians. SCEH can increase awareness of these opportunities within existing student memberships in the following ways:

1. Create a separate, electronic monthly email bulletin for student members. This could be similar to the APAGS monthly bulletin of the APA.
2. Increase marketing to graduate students with an eye toward offering the above listed opportunities.
3. Use of a *Survey Monkey* survey to existing student members to raise awareness of the above opportunities, and to obtain feedback for creating other student focused initiatives.

Re-marketing an Old Dog

As a graduate student, I can attest that the general attitude among students is that they are looking for utilitarian ways to make a living and to simultaneously practice evidence-based treatments after graduation. Focusing on the pragmatic, evidence-based aspects of hypnosis, and the ease with which it may be integrated into existing models of psychotherapy, can lead to better, all-around marketing of hypnosis, and cater to the interests of clinicians-in-training. Surveys, such as the *Survey Monkey* survey mentioned earlier, can be created with this in mind.

Student Meeting News Toronto, 2012

By
Scott Hoye



The student meeting was a success, save for the fact that I was the only student in attendance. This is not disheartening news: remember, even dwarfs start small. Here are some notes and attendance count:

In attendance: Chris Lobsinger, Steve Kahn, Molly Delaney, DP Smith, Lynn Marshall.

Ideas in the earlier document were reviewed, and the following ideas were also contributed:

The idea for the structure of the SCEH student organization is much like APAGS and IPAGS, the APA and IPA student organizations. Mentorship of students within the components of the organization leads to students meeting their goals of entering the field while still studying, and also building their CVs .

Marketing for the Annual Conference and the Beginning and Intermediate Workshops should be targeted toward students.

Current student members and SCEH committee leaders should be contacted to solicit any and all ideas!