

Sharpening your **FOCUS**



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Letter from the Editors - Saying goodbye...

Dear Readers,

Thank you for sharing your news over the years. This will be my last issue of Focus. I began as co-editor with Werner Absenger in early 2014. We worked hard to expand the content and bring Focus to you as a regular newsletter.

Ciara Christensen took over Werner's role a year and a half ago – bringing style and new life to the bulletin. I am so very thankful for her adept and much needed help. It has been a sincere pleasure to work with both Ciara and Werner. A special thank you to Eric Willmarth for his regular contributions and steady supply of incredible photographs, and to Anne Doherty Johnson for her correspondence management and keen eye.



Please continue to send your news to Focus. I look forward to hearing about your work and successes, and wish the new editors the best of luck.

Sincerely yours,

Shelagh Freedman



Some time ago, it was brought to light that Shelagh Freedman was in need of a co-editor. While I had little to no experience with any sort of newsletter crafting for distribution, I knew I thoroughly enjoyed interacting with Shelagh, so I didn't hesitate to volunteer! The learning curve was steep and I won't lie, did test my patience a time or two, yet working with Shelagh really made all the difference in the world.

Working with the Focus, I not only had the opportunity to cultivate a new skill set, I also had the privilege to do so with a seasoned pro and deepen a friendship. I will thoroughly miss the exchanges we had and the planning behind the final distributions which members received. I have immense gratitude to have served as a co-editor alongside Shelagh, yet here I find myself at the crossroad, where life has taken me in a new direction.

As I trek onward, I will think fondly of these moments. I look forward to receiving news and updates from the newly appointed Focus editors and welcome them with enthusiasm.

In kindness and with appreciation,

Ciara Christensen

From the Executive Director

By Anne Doherty Johnson

Las Vegas Here We Come

As I write this, we have just put the finishing touches on our 2018 Annual Conference Program. I extend you a most cordial invitation to join us in Las Vegas in October.

The Las Vegas of today has many family focused entertainment opportunities, and numerous tours to nearby outdoor wonders like Lake Mead, the Hoover Dam, Red Rock Canyon and day trips from Death Valley, Zion, Bryce Canyon National Parks and of course the Grand Canyon allow you to sample America's West.

This year's conference site and hotel accommodation at the Embassy Suites by Hilton Convention Center Las Vegas will provide an ideal backdrop for our meeting. This non-gaming hotel is just three miles from McCarran International Airport and close to the best shopping, dining and entertainment Las Vegas has to offer. Conference attendees will enjoy a relaxing stay in a two-room suite featuring amenities to make you feel at home, including free WiFi (in your suite) and a convenient workspace to keep in touch with business and family. Other hotel amenities include a fitness center, heated indoor pool, an outdoor hot tub and sundeck. The hotel also offers a complimentary shuttle to the Convention Center/Monorail Station and Fashion Show Mall in the downtown area.

We encourage all conference attendees to stay at our official hotel since this helps SCEH keep registration rates down, facilitates interactions with fellow attendees, allows you to save money and places you right in the middle of all conference activities. We have secured a special discount rate of \$119 for the duration of our conference. Our rate includes a full cooked-to-order breakfast and nightly drinks and light snacks (see website for times and details), and represents excellent value.

When making your reservations, **please call the hotel directly** at (702) 947-7166 or (888) 243-9146 and mention "2018 SCEH Conference" to ensure you get this special rate. Doing so will ensure all SCEH attendees are counted towards our room block. Our discounted rate is in effect until **September 11** or until we sell out, whichever occurs first. Hotel and conference registration are now open.

“What happens in Vegas does NOT stay in Vegas! Let us share it to the far reaches of the globe, much like SCEH’s membership.”

This year’s theme of Hypnosis in Integrated/Integrative Healthcare: Collaborative, Connected and Creative Approaches is an important one. In this case -- what happens in Vegas does NOT stay in Vegas! Let us share it to the far reaches of the globe, much like SCEH’s membership. Before you leave Vegas, we want to arm you with new tools to treat illness, vanquish pain, defeat anxiety and depression, improve client outcomes and equip patients with scientifically based methods that can help them improve their self care and their lives. We want to help you improve the quality of hypnosis research and grow its reach.

We think you will find the SCEH Annual Conference to be a welcoming environment for discussion, collaboration, learning and forging new relationships. It is always gratifying to see so many SCEH conference attendees forge new friendship and collaborations at our conference.

We hope you can attend this year’s conference, a place where you can rub elbows with colleagues and leaders in the hypnosis field, activate your grey cells with new insights and approaches, share challenges and find collaborators – and advance the use and effectiveness of hypnosis.

How to Get More Out of Your Membership

We want each of our members to feel enriched by being a member of the SCEH community. Here are a few ways that you can get more out of your Society membership.

Help Us Grow

SCEH has been described as a “best kept secret” by some and we are actively seeking ways to expand awareness of the Society. We are in this together, but we do not have a budget for a marketing campaign. Instead we rely on one of the most effective marketing methods available – personal referrals from our members. Please look for ways to help us recruit members who share your interest in hypnosis – you will be creating a stronger organization each time you do. If every member recruited just one new member, we would double in size! Will you take on this challenge and help us? You can find our membership application and member benefits online under the [Membership page on our website](#).

Give – or Take!

With any membership, you get what you put into it. Your SCEH is like a library card -- the more you use it, the more value you derive. I encourage you to investigate our Mentor Program and consider becoming a mentor or mentee. Mentors gain the pleasure that comes with giving back, while mentees can get help with a current project or challenge or added perspective from someone with experience. [Find out more about the SCEH Mentor Program](#).

Contribute a Tool to our New Hypnosis Clinical Resources Page

We recently announced this new feature on our website and encourage your contributions. Contributors benefit from heightened visibility for their expertise while members will have new resources at their disposal to help with clinical practice and challenges. This new content also helps SCEH advance our educational goals. You can find this new page under the [“What is Hypnosis?”](#) tab on our website.

These are just a few Ideas. Need help with a current challenge or project? Looking for an introduction to another member? Let us know. We are here to help you.

[View a list of member benefits.](#)

Stay in Touch

You recently received an email asking you to update your Member Profile and communication preferences. Please take five minutes today to complete this request. Our primary communication vehicle is email and we hope you will continue to opt in to receive emails from us. To log in now, visit the www.sceh.us and click on Member Login in the upper right corner.

Don't Miss Important Society Communications

To ensure our communications land in your in box, we ask you to take another moment or two to add our email and IP addresses to your safe senders list. If you fail to do so, you may miss important communications from us. Please note that this is not something we can do for you – you must take action. Thank you.

Please add these addresses to your email safe senders or white list:

- mam@memberclicks-mail.net
- anne@sceh.us
- info@sceh.us

Please whitelist these IP addresses:

- 168.245.116.231
- 168.245.127.241
- 168.245.20.17
- 168.245.25.254



I look forward to seeing both new and familiar faces in Las Vegas!

Sincerely,

Anne Doherty Johnson
SCEH Executive Director

President's Column

By Donald Moss, PhD, ABPP, ABPH

Successful Mid-Year Workshops

On April 20-22, SCEH held mid-year workshops in Albany, New York, co-sponsored by Division 30 of the American Psychological Association.

The *Introduction to Clinical Hypnosis* was taught by Eric Willmarth and Donald Moss, and was attended by twelve individuals. This was a rich 20-hour training, covering the Standards of Training and providing students with a basic background and understanding to begin using clinical hypnosis.

The *Advanced Workshop on Power Tools for Anxiety and Affect Regulation* was conducted by Carolyn Daitch. Nine experienced clinicians attended the advanced workshop.

This was the first SCEH and Division 30 collaborative meeting, and reflects the SCEH leadership objective of providing an event that members might benefit from outside the annual meeting. The current leadership in SCEH and Division 30 will be meeting soon to discuss the possibility of jointly sponsored mid-year workshops in Spring 2019.



Las Vegas Meeting Emphasizes Hypnosis in Integrated/Integrative Healthcare: Collaborative, Connected and Creative Approaches

SCEH will hold its 69th Annual Meeting in Las Vegas, Nevada, at the Embassy Suites by Hilton. We encourage members to register for the meeting now, and book your hotel rooms now to receive the very modest conference rate of \$119.00/night! Some features of the meeting include:

Opening Session on Wednesday evening, SCEH President Donald Moss, PhD, will address the meeting theme:

- **The Place of Hypnosis in Integrative Healthcare**

**Renew Your
Membership!**

Keynote sessions will include:

- Gary Elkins, PhD, ABPP - Hypnotic Relaxation Therapy: Research and the Future of Integrative Medicine
- Roxanna Erickson-Klein, PhD - Its About Time! Erickson & Hypnosis: Past, Present & Future
- Elvira Lang, MD, FSCEH - Hypnosis in the Age of Value-Based Medicine
- David Patterson, PhD, ABPH - Hypnosis, Zen and Suffering
- Michael Yapko, PhD - Mood and Medicine: Depression's Stranglehold on Healthcare

A symposium based on a year-long training project at the Osher Center in Nashville, will also address the meeting theme of integrative healthcare:

- From Training to Practicing Hypnosis in Integrative Medicine: An Empirical Case Series, with Lindsey C. McKernan, PhD; David Patterson, PhD; Landrew S. Sevel; PhD, Danielle M. Dorn, PhD; Alexandra Chadderdon, PhD; and Shelby Reyes, PhD

Eric Willmarth, Donald Moss, Carolyn Daitch in Albany (L) and students from the Introduction to Clinical Hypnosis Workshop (R)



Feature on SCEH Website

Today we are announcing another new feature for the SCEH Website. We have created a [Hypnosis Clinical Resources](#) page on the SCEH website. Do you have a useful patient hypnosis handout, a podcast on a hypnosis related topic, a training video, or other material you might be willing to share on the *Hypnosis Clinical Resources* page? If so, please send the resource and a cover letter to me at: dross@saybrook.edu. Our Education Committee will screen material and make final decisions on postings.

President Gary Elkins has generously provided the first resource that we will post on this page. Gary is the author of the Elkins Hypnotizability Scale (EHS), a measure that correlates at 0.86 with the Stanford Hypnotic Susceptibility Scale, and can be administered in 30 minutes. Posted is a downloadable version of the EHS on the website, along with a training video providing instructional guidelines for administration.

President-Elect's Column

By Janna Henning, JD, PsyD, FT, BCETS

As co-chair for the upcoming **69th Annual SCEH Meeting, Hypnosis in Integrated/ Integrative Healthcare: Collaborative, Connected and Creative Approaches**, I'd like to encourage you to join us in October in sunny Las Vegas!

We have a wonderful lineup of Advanced Workshops planned, featuring new speakers and a wide range of stimulating topics, including the use of hypnosis in:

- Couple and relationship therapy
- The treatment of ADHD
- The treatment of addiction disorders
- The management of chronic medical conditions

In addition, workshops will be offered in designing hypnosis studies and publishing the results, the exploration and practice of Tibetan Yoga and meditation in comparison with hypnosis, and live refresher courses and demonstrations of techniques in assessment, ideomotor signaling, and inductions.

Inclusion Initiatives at the 2018 Meeting

We are offering several exciting new features this year to warmly welcome and deepen our connections with women and students at the meeting.

First, a Women's Breakfast will be held on Saturday morning from 7:30-8:30am. Female-identified individuals will have the option to RSVP for the Women's Breakfast during the registration process. The breakfast will be offered free of charge – many thanks to the SCEH officers and current and past presidents for their generous donations to fund this event!

Register for the SCEH Conference

Second, several new opportunities have been created to ease the financial burden on students who wish to attend the meeting. Please share this information with students to help us meet our goal of attracting more student attendees to the conference and to SCEH membership.

- **Student presenters, including poster presenters, will have their entire registration fee waived!**
- **Students who are giving workshops or presentations will be eligible to apply for a scholarship toward travel costs.**
- **The registration fee for student members who are not presenting has been reduced to \$275; for non-member students, it has been reduced to \$315.**
- **Students who volunteer at the time of registration to contribute two to four hours of their time to assist before or during the conference will be eligible to receive a \$50 Student Volunteer Scholarship discount. Students must sign up for this in advance and will receive a Student Volunteer Scholarship Discount Code to use when registering.**

We're looking forward to a wonderful, productive, inspiring gathering in October, and we hope to see you all there!

Janna Henning
SCEH President-Elect, 2019-2021



**Apply for a
Student
Scholarship
by July 15th**

Nominations for Awards

by July 13th 2018

Giving awards for members' achievements is a valuable SCEH tradition. Our awards highlight the wonderful contributions that our members make to the science and practice of hypnosis and can be a valuable addition to a member's curriculum vitae.

Now is the time once again to submit your nominations. Please consider nominating your colleagues or yourself for one of the following awards:

- Henry Guze Award - for the best research paper on hypnosis
- Roy M. Dorcus Award - for the best paper in clinical hypnosis
- Bernard Raginski Award - for leadership in the field of clinical hypnosis
- Shirley Schneck Award - to a physician who has made significant contributions to the development of medical hypnosis
- Arthur Shapiro Award - for the best book on hypnosis
- Crasilneck Award - for the best first paper presented by a graduate student or young scientist at a SCEH meeting
- Hilgard Award - for the best theoretical paper on hypnosis
- Erika Fromm Award - for excellence in teaching

Send your nominations via email to info@sceh.us

Looking for Volunteers!

Credentials and Membership Committee

The Credentials and Membership Committee is looking for volunteers to engage in community outreach, and the recruitment and retention of members.

We are committed to increasing the diversity within our Society and to providing equal opportunity for everyone, including leadership roles. Thus, we encourage all volunteers regardless of sex, age, race, or culture. Those who are devoted toward diversity and equality are especially welcomed, as some of the tasks may be related to outreach to external communities in order to extend the diversity of our organization.

This is an excellent opportunity to give back to the Society and to contribute to the sustenance and the resilience of our community.

Members interested in volunteering in the committee should contact Dr. Zoltan Kekecs, Credentials and Membership Chair, zoltan.kekecs@gmail.com

69th Annual Workshops & Scientific Program

Hypnosis in Integrated/Integrative Healthcare: Collaborative, Connected and Creative Approaches

October 10-14, 2018

**Embassy Suites by Hilton Convention Center
Las Vegas, Nevada**





SCEH Annual Conference - 2018 Keynote Speakers

- Gary Elkins, PhD, ABPP - Hypnotic Relaxation Therapy: Research and the Future of Integrative Medicine
- Roxanna Erickson-Klein, PhD - Its About Time! Erickson & Hypnosis: Past, Present & Future
- Elvira Lang, MD, FSCEH - Hypnosis in the Age of Value-Based Medicine
- David R. Patterson, PhD, ABPH - Hypnosis, Zen and Suffering
- Michael Yapko, PhD - Mood and Medicine: Depression's Stranglehold on Healthcare
- **Presidential Address:** Donald Moss, PhD - The Place of Hypnosis in Integrative Healthcare

We are accepting poster submissions

on a rolling basis

until August 15th

[Submit your poster here!](#)

SCEH Annual Conference Programming

Invited Addresses:

- Russell T. Hurlburt, PhD - Exploring Inner Experience in the Natural Environment
- Vince Polito, PhD - Cognitive and Physiological Markers of Altered Agency in Hypnosis

Symposia:

- From Training to Practicing Hypnosis in Integrative Medicine: An Empirical Case Series
Chairs: Lindsey C. McKernan, PhD and David Patterson, PhD
Presenters: Alexandra Chadderdon, PhD; Danielle M. Dorn, PhD; Landrew S. Sevel, PhD; and Shelby Reyes, PhD
- Hypnosis and Memory
Chair: Shelagh Freedman, PhD Candidate
Presenters: Arreed Barabasz, PhD, EdD ABPP; Janna Henning, JD, PsyD, FT; Richard Kluff, MD; and Michael Yapko, PhD
- What Can We Learn from Stage Hypnosis?
Chair: Shelagh Freedman, PhD Candidate
Presenters: Michael DeSchalit, CI, CHt, CH; Catherine Hickland; Richard K. Nongard, PhD, LMFT; and Marc Savard
- Assessing Hypnotizability in a Clinical Setting
Chair: Zoltan Kekecs, PhD
Presenters: John Alexander, PhD; Ciara Christensen, PhD; Gary Elkins, PhD; and Elvira Lang, MD, FSCEH

Conference Information



**EMBASSY
SUITES**
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Convention Center Las Vegas

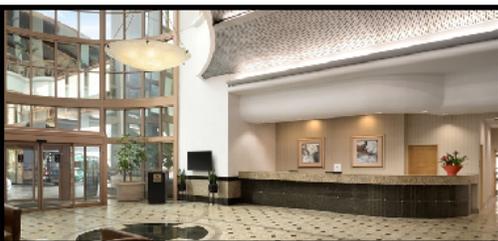
Hotel Overview

Our non-gaming Las Vegas hotel is steps away from the Las Vegas Convention Center and monorail and is near a variety of popular tourist attractions including the Las Vegas strip. The hotel is only three miles from McCarran International Airport and near the best shopping, dining and entertainment Las Vegas has to offer.

Guest can enjoy a relaxing stay in a two-room suite featuring amenities to help you feel at home. Relax on a double or king-sized bed in the private bedroom, or unwind in the spacious living room equipped with a sofa and 37-inch flat-screen TV. The large dining/work table and WiFi access offer convenient work space to keep in touch with business and family.

Start your day with a delicious complimentary cooked-to-order breakfast. In the evening, the hotel offers complimentary drinks and a light snack at the Evening Reception at the Terrace Bar. The hotel's Fountain Grille Restaurant is open for lunch and dinner. Other hotel amenities include a fitness center, heated indoor pool, an outdoor hot tub and sundeck. There is also a 24-hour BusinessLink™ business center with convenient business amenities and services.

Complimentary Standard Wireless High Speed Internet access is available in all guest rooms, per computer, per connection, per 24 hour cycle. Please note there is no free internet in the meeting rooms.



Reserving a Room



Reserve your room early!

We encourage you to make your hotel reservations as soon as possible. We expect rooms to go quickly. We have secured a special discount rate of \$119 for the duration of our conference. Our special group rate is in effect until **September 11 or until we sell out**, whichever occurs first.

There are still plenty of rooms available for the dates of the conference, October 10-14. Please email our office (info@sceh.us) if you are having difficulty getting a reservation.

To reserve a room, please call the hotel at (702) 947-7166 or (888) 243-9146.

Please be sure to book directly with the hotel and mention "**2018 SCEH Conference**" when making your reservation to get our discounted group rate. See [website](#) for details. Thank you. A charge of \$10.00 per person per night will be added for each third and fourth adult sharing the same room. Maximum occupancy for a king suite is 4 people and for a double queen suite is 6 people.

Our rate includes a full cooked-to-order breakfast and evening reception. Complimentary full Cooked-to-Order breakfast is served daily in the Fountain Grille Restaurant located on the main floor, 6:00 - 9:00 AM, Monday-Friday (Weekdays) and 7:00-10:30 AM, Saturday, Sunday (Weekends) and Holidays (New Year's Day, President's Day, Memorial Day, 4th of July, Labor Day, Thanksgiving Day and Christmas Day). Hotel guests may also enjoy complimentary drinks and light snacks served daily 5:30 - 7:30PM at the Terrace Bar located on the 3rd floor.

All individual reservations must be guaranteed with a major credit card or first night's room deposit equal to the room rate plus tax. All guaranteed reservations cancelled 72 hours prior to the day of arrival are fully refundable to the individual. If guest(s) do not check in, each individual will be charged one night room and tax as a penalty to the credit card used to guarantee the reservation and reservation will be cancelled.

Early Check-in and Early Departure Fees

Check-In Time: 4:00 PM — Check-Out Time: 11:00 AM

In the event that a conference attendee wants to check-in prior to 4:00 PM, and if rooms are available, the hotel will charge a \$25 early check in fee.

Changes in your departure AFTER check-in will result in an Early Departure fee of \$75.

Our non-gaming Las Vegas hotel is steps away from the Las Vegas Convention Center and monorail and is near a variety of popular tourist attractions including the Las Vegas strip. The hotel is only three miles from McCarran International Airport and near the best shopping, dining and entertainment Las Vegas has to offer.

Air Travel

The nearest airport to the hotel is McCarran International Airport, the primary commercial airport serving the Las Vegas Valley, a major metropolitan area in the U.S. state of Nevada. It is in Paradise, about 5 miles south of Downtown Las Vegas.

The hotel does not have an airport courtesy shuttle, but you may find transportation options at the [airport website](#).

Hotel Directions

From I-15 - Exit at Flamingo going east.

Turn left onto Paradise Road and the hotel is on the right just past Twain Avenue.

From the Las Vegas Strip - Take Sands Avenue going east to Paradise Road and turn left. The hotel is on the right, one block North of Sands Avenue.

View [map and directions](#).

Hotel Transportation and Parking

Complimentary Courtesy Shuttle Service is available to select destinations. This Shuttle Service is available daily at the bottom (:30) of the hour on request from 7:30am to 10:30pm.

The hotel's Shuttle will transport guests to the Las Vegas Convention Center/Monorail Station and The Fashion Show Mall located on the "Strip". It can accommodate a maximum of 10 passengers per trip. Pick up and drop off can be arranged in advance at the Front Desk. Shuttle schedule is subject to change without notice.

Enterprise Rent-A-Car offers a special 10% discount to all groups staying at the Embassy Suites. 15 Passenger Vans also available! Please use discount code L54H244 when contacting them for information, quotes, or reservations. For reservations, call 702-597-4535.

The hotel offers free parking for SCEH conference attendees who are staying at the hotel.



Meals

Attendees will have morning and afternoon coffee breaks during the conference program. Meals are NOT included in the registration fee except for the Annual Banquet on Saturday evening for those who purchase a registration package containing this option.

SCEH members in good standing are invited to attend a Members Luncheon and Business Meeting on Saturday. Other scheduled activities include a complimentary Student/Young Professionals luncheon on Friday and a Women's Breakfast on Saturday morning. More details on these activities will be found in the conference brochure (coming soon).



Visiting Las Vegas

World-Class Cuisine

There are few other cities in the world that are able to boast about the wide array of dining options available. Many of the great chefs have set up shop in Las Vegas restaurants, where patrons are consistently rewarded with great food. Las Vegas has options for every culinary taste, including vegan, superfood and farm-to-table choices. While planning an evening of entertainment, look to the growing roster of gourmet restaurants and unparalleled wine and food adventures in Las Vegas. A host of fine dining and lifestyle magazines have honored the city for its fantastic fare and hailed individual restaurants for their exquisite cuisine.

Visiting Las Vegas Continued...

Entertainment Capital

There are many reasons why Las Vegas commands the title as "The Entertainment Capital of the World." Some of the world's most exciting and versatile entertainers have performed here, and popular touring Broadway shows stop at the Smith Center for the Performing Arts in downtown Las Vegas. The city has a vibrant night life.

Eco-Friendly Shopping

From designer splurges to bargain deals, Las Vegas has become a one-stop shopping mecca. Many of the newest shopping experiences feature stores with 100 percent vegan products, including personal care items. There are also stores offering eco-friendly products such as bamboo alternative clothing, towels and linens as well as items made from recycled materials. Whether your preference is to splurge or indulge in eco-friendly shopping experiences, Las Vegas has something to offer everyone.

Weather

Las Vegas averages 320 days of sunshine per year and averages less than five inches of precipitation annually. This warm, dry climate is attractive for leisure and medical travelers throughout the year and allows visitors to engage in outdoor wellness activities such as hiking, walking, running/jogging and horseback riding, which may be seasonally prohibitive in other destinations. The dry climate is also beneficial for medical travelers who benefit from warmer temperatures.





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KEYNOTE SPEAKERS

- Bernhard Trenkle, Germany
- Marie Elisabeth Faymonville, Belgium
- Irving Kirsch, USA
- Leora Kutner, Canada
- Jean-Roch Laurence, Canada
- Claude Virot, France
- David Spiegel, USA
- Amir Raz, Canada
- Jeffrey K. Zeig, USA

9 Keynotes Presentations

270 Scientific and Clinical Presentations

An Excellent International Learning Opportunity

WORKSHOP THEMES (PRACTICAL, DEMO, VIDEO)

- Training & Education in Hypnosis
- Specialized Techniques in Hypnosis
- Integrative Intervention Models in Hypnosis
- Use of Hypnotic Techniques for Health Problems
- Concrete Use of Hypnosis in Medicine and Dentistry

PRE-CONGRESS WORKSHOPS

Jeffrey K. Zeig
*Advanced techniques of hypnotherapy:
 The developing state of the hypnotherapist*

Michael D. Yapko
*Bad decisions makes people's lives worse:
 Using hypnosis to address*

SCIENTIFIC SYMPOSIA

23 sessions

Variety of Topics

Improving the reliability of research in hypnosis. History and theories. Exploring interindividual differences in hypnotic phenomena. Consciousness research. Neurophysiology of hypnosis. Hypnosis and cognition. Regulating pain with hypnosis. Hypnosis, therapy and clinical psychology. Integrating hypnosis within the health-care system. Exploring the application of hypnosis in different medical contexts (e.g., surgery, oncology, reproductive health, child birth, pediatric, etc.). Using hypnosis in the context of dentistry. Eastern healing and hypnosis. And more...



<http://www.hypnosis2018.com/en/>

Catching up with the Erickson Foundation

In the past year, the Erickson Foundation has continued to broaden its horizons by offering more educational opportunities through conferences, interactive classes, YouTube training videos, streaming, the Erickson Historic Residence, and making more accessible its expansive archives.

Due to its success last year, Jeff Zeig continues to conduct online classes featuring masters in psychotherapy. Prior to class, participants view videos of the experts treating clients, and during the interactive live class, Zeig discusses the methods and applications used in order to improve participants' clinical practice. The course objectives include describing fundamental units of change from each of the theorists; describing how to effect therapy from a particular model given a particular patient; describing the metamodel of change from the perspective of each model; and providing a critique of each model

Although classes are already filled for this year, those interested in registering for 2019 can visit: <https://www.erickson-foundation.org/2018-masters-psychotherapy-online-class-jeff-zeig/>

Jeff Zeig has also been offering five-minute therapy tips on YouTube. The brief videos address client problems, professional issues, and clinical concerns. Topics covered so far include anxiety, grief, depression, pain, smoking cessation, establishing goals, gift-wrapping therapy techniques, metaphor, couples therapy, communication, utilization, confusion, therapist development, trauma, multilevel communication, communication

cop-outs, therapist states, tailoring, the meta-model, how to get the most of out of therapy, and attunement. Please visit: <https://www.youtube.com/watch?list=PLqtdzIH7y-h3jQZXUTXlms3mIXsFM3qEg&v=-4im5Ov4GJA>

Since the fall of 2017, Lana Heckman has served as intern/caretaker and tour host for the Erickson museum, now officially called the Erickson Historic Residence: <https://www.erickson-foundation.org/erickson-museum/>

On June 30, 2018, Roxanna, Helen, and Robert Erickson will host The Canoe Diary Audiobook Celebration at the museum, celebrating the release of the newly recorded audiobook, The Canoe Diary. In 1922, Erickson took a solo 1,000-mile canoe trip in order to build up strength to attend college, after enduring a severe physical decline due to polio. This was the beginning of Erickson's heroic journey, which continued until his death in 1980. To visit the Erickson Historic Residence, please visit: <https://www.ericksonmuseum.org/request-tour/>

The Foundation now offers more than 100 titles available for online streaming. Each stream contains video and audio content that was recorded from one of the Foundation's conferences or seminars, including keynotes, workshops, and discussion panels: <https://catalog.erickson-foundation.org/page/streaming>. Among the titles offered is the Artistry of Milton H. Erickson, with captions in numerous languages.

Recently, the Foundation added a home study program for users to get Continuing Education (CE) credit for viewing some streams. Currently, there are 34 titles from the 2017 Evolution of Psychotherapy Conference for which users may purchase CE credit.

Jeff Zeig’s most recent book, *The Anatomy of Experiential Impact Through Ericksonian Psychotherapy* (2017) completes an outstanding trilogy that also includes *Psychoaerobics* (2015) and *The Induction of Hypnosis* (2014). All three books focus on the development of the therapist as central for effective therapy.

The Induction of Hypnosis focuses on Ericksonian hypnosis and the phenomenological approach.

Psychoaerobics presents a series of comprehensive exercises to strengthen the therapist’s orientation so that she can elicit the best ways to convey the possibility of change. Zeig understands that people learn from experience more than they do from receiving information. Trained extensively in the methods used universally by artists, Zeig designed these activities specifically to help therapists elicit, not merely inform. The posture or “state” of the therapist is emphasized

The Anatomy of Experiential Impact rounds out this three-volume set, which provides scaffolding for creative engagement. Zeig’s meta-model of intervention — honed over decades of study, work with clients, and years teaching across the globe — is innovative, experiential, and precise. Helping people move from problem states to solution states requires the therapist to be able to efficiently map the client’s landscape and draw upon a variety of tools

to attune to the client at each juncture. Zeig’s signature approaches, such as tailoring, strategic development, gift-wrapping, and therapist posture, are taught, and case studies illustrate the art of therapy as a matter of practical application.

With these books, readers will gain an unparalleled experience of therapist empowerment— a truly fresh and effective way of seeing, doing, and being.

(To purchase these books please visit:
<https://www.erickson-foundation.org/store/>

The Foundation is currently gearing up for the 2018 Brief Therapy Conference: Anxiety, Depression, and Trauma, to be held in Burlingame, California, December 6-9. For more information on this: conference visit:
<https://www.brieftherapyconference.com/>



National Pediatric Hypnosis Training Institute



Dear SCEH Colleagues,

Thanks for the opportunity to share some important updates.

I had the wonderful opportunity recently (March, 2018) to teach a 2-day Pediatric Hypnosis Workshop for "Kid-Hyp" and the MEG (Milton Erickson Institute) in Berlin where I have taught many times over the past 28 years. Shortly after that my wife Harriet and I traveled to Luneburg, Germany where I was invited to give a keynote address celebrating the opening of a huge new Psychology and Psychiatry Outpatient Clinic Program, part of the University of Luneburg. Enduring relationships with colleagues around the world afford these wonderful opportunities. Our host, Dr. Alex Naumann, a Child and Adolescent Psychiatrist was a young psychiatrist when I met him 25 years ago and taught a Pediatric Hypnosis workshop for him and his colleagues at a Regional Psychiatric Hospital in Ravensburg, Germany. Now 20+ years later he is the Medical Director of this new program in Luneburg. I was privileged to be invited and also had the opportunity to teach two workshops, a half-day and a full-day workshop for various child health professionals in the University Faculty and working in practices in the Community. As is customary, our hosts were generous with their time and energy, touring us through Luneburg, quite a famous, charming community of historical importance because of its extensive salt mines.

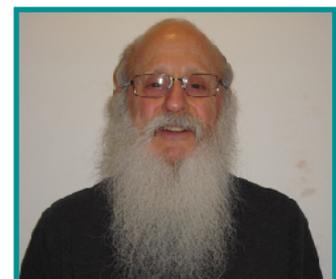
More recently (May 3-5) our National Pediatric Hypnosis Training Institute (NPHTI is nifty, you know!) I was thrilled to teach "Fundamentals in Pediatric Hypnosis", our 3-day Introduction to Pediatric Hypnosis Skill Development to a great group of pediatricians, child psychologists and social workers, child psychiatrists, anesthesiologists (4 from Brisbane Australia!), child life specialists, and advance practice nurses at Case Western Reserve Medical School in Cleveland. It was a wonderful success.

My co-Founder and co-Director of NPHTI, Dr. Pam Kaiser and I would like to invite you all to consider our forthcoming **9th annual NPHTI Workshops this October 4-6 in Minneapolis**. As usual we will offer 3 concurrent workshops: Fundamentals (formerly "Introductory"), Utilization and Expanded Clinical Applications in Pediatric Hypnosis (formerly Intermediate), and Individualized Consultation (limited to 6 participants, there are still a couple of openings...register soon!!!) We urge you to have a look at our website: www.nphti.org where you will find our brochure, faculty information, and details about the workshops, accreditation, registration, etc.

Dr. Kaiser and I will be presenting a **workshop at ISH in Montreal** which describes how our NPHTI workshops have evolved, what we have learned about innovation from focusing upon curriculum development, adult learning models, and insisting upon faculty development. We welcome your participation and hope to see you in Montreal!

With best wishes for a great summer!

Dan Kohen, MD, FAAP, ABMH, FSCEH, FASCH
Co-Founder and Co-Director, NPHTI
www.nphti.org



For information, contact mail to: drpkaiser@gmail.com or dpkohen@umn.edu

Member News



Phil Shenefelt is now President-Elect of ASCH and Meeting Program Chair for the ASCH Annual Meeting in San Antonio, Texas, March 28-31, 2019.



Dr. Joseph Tramontana was awarded FELLOW status at the March 2018 Annual Convention of ASCH. He will be presenting a paper at APA Division 30 on Hypnotically Enhanced Psychotherapy in August, then in later August, a workshop on this topic at ISH, World Congress of Medical and Clinical Hypnosis. He presented a workshop on this topic at SCEH at our 2017 annual meeting. In October, he will present on Hypnotically Enhanced Addictions Treatment at our Las Vegas meeting, then a 2-day workshop in Banff, Canada in May 2019 for the Canadian Federation of Clinical Hypnosis, which our dearly departed friend, Dr. Assen Alladin, set up before his untimely passing.



Maureen F Turner, MEd, LCMHC, RNBC, LCSW, ASCH Approved Consultant President, Motivation Hypnosis, Co-Founder/Director, Hypnovations: Clinical Hypnosis Training & Education Programs
mturner@motivationhypnosis.com

Will be presenting:
Clinical Hypnosis Age Regression Workshops: Back to the cause of the problem and help healing! Levels 1, 2, and 3, September 14-16, Isle La Motte, VT (Lodging available).

And at the XXI World Congress of Medical and Clinical Hypnosis - Montreal, Canada, August 22-25, 2018:

Clinical hypnosis research & practical applications for treatment of teen/adult attention deficit hyperactive disorder and comorbidities: Addictions, anxiety, depression, OCD, ODD, and PTSD and conducting a workshop:

Age regression: Novel approaches utilizing clinical hypnosis theory, techniques and applications to addictions, ADHD, anxiety, depression, habit change, OCD, ODD, and PTSD.



Eric Willmarth in South Africa

Eric Willmarth, PhD visited South Africa and taught a hypnosis class at the University of Kwazulu-Natal for advanced students and faculty. Later that evening he gave a presentation to local psychiatrists, psychologists and nurses. He met with 3 indigenous healers and then a troop of Zulu dancers. The final stop was at a Lion Reserve. The trip was designed to set up practicum experiences for students at Saybrook University.



New SCEH

Hypnosis Clinical Resources

Renew your SCEH membership

Register for the 2018 conference in Las Vegas

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SCEH SOCIETY FOR CLINICAL & EXPERIMENTAL HYPNOSIS

FOCUS: Send us your news!

**Share Your News
with the
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**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.

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About the Society for Clinical and Experimental Hypnosis

SCEH Membership Levels Full Membership: \$150

Lifetime Membership: \$75

Student Membership: \$45

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>