

**ZOLTAN KEKECS**

SCEH Mentorship

PG: 20

**SAM STORK**

Meditation & Hypnosis

Review PG: 21

**INSIDE THIS ISSUE**

PG: 2

SCEH FOCUS VOLUME 59

NUMBER 2



68th Annual Workshops and Scientific Program

October 25-29, 2017

**Holiday Inn Chicago Mart Plaza River
North and the Chicago School of
Professional Psychology
Chicago, IL (connected via walkway)**

Inside This Issue

From the Executive Director...	3
President's Column...	7
About the Conference...	9
Keynote Speakers...	11
Scientific Program...	14
SCEH Student Opportunities...	15
SCEH Membership...	17
Clinical Hypnosis Day...	19
SCEH Mentorship Program...	20
Meditation and Hypnosis...	21
Mark Jensen new book...	23
Send Us your News...	24



SAVE THE DATE!

JOIN SCEH IN CHICAGO

**68th Annual
Workshops and
Scientific
Program**

October 25-29, 2017

SCEH Letter from the Executive Director June 2017 Focus

Your Society and its Conference Committee have been hard at work putting the final touches on another exciting annual conference. For 2017, we are off to the Windy City, a city unlike any other. It marries a cosmopolitan atmosphere with beautiful lakeside parks. The downtown area features a mosaic of restaurants, shopping districts, museums, theatre and live entertainment. Among the sights to see are the Magnificent Mile, “The Bean” in Millennium Park and the Chicago Riverwalk. The Mayor has announced a goal to welcome over 55 million visitors to Chicago by 2020! That’s serious attention to courting visitors, and we think the city will prove to be a great location for what will be the 68th gathering of the Society.

Again this year, we will be dividing our conference time across two locations. The majority of the program will be at the Chicago School of Professional Psychology (otherwise known as TCSPP), while the Annual Awards Banquet and Poster Reception will be held at the Holiday Inn Chicago Mart Plaza River North. The hotel is a short walk to TCSPP and puts you in the middle of downtown Chicago's bustling River North area. The hotel has upscale lodging atop the famous Chicago Sun-Times building, next door to the Merchandise Mart. From here, the Loop, the main business district, Magnificent Mile, Navy Pier and much more are just minutes away.

It is not too early to book your hotel room. Check our website for full details on the special and very attractive group pricing we have secured for SCEH conference attendees. We encourage you to make your reservations early, since we usually sell out.

View site and accommodations details here.

<http://www.sceh.us/site-and-accommodations-chicago>

We are delighted to be holding the conference at the TCSPP. The Chicago School was founded in 1979 by psychologists and educators committed to advancing the field and providing professional training in a nonprofit setting. Today the school has more than 4,300 students studying in one of more than 20 degree programs, making it the largest nonprofit professional psychology school in the nation.

In keeping with our “Hypnosis for the Ages” theme, we have created a schedule filled with a strong offering of workshops, which highlight how hypnosis has been and is being used throughout a client’s lifespan and throughout history. You will find sessions focused on pediatric as well as end of life applications, in addition to our normal complement of varied topics. We are delighted to welcome back some distinguished faculty members, and will be introducing you to some new faces.

What sets SCEH apart is our commitment to shining the light on evidenced-based approaches and practices that can help you improve both patient and client outcomes, and our collective understanding of hypnosis. Again this year, our Scientific Program will enlighten attendees on the latest research studies and trends. We promise another outstanding conference program.

While the educational programming is all set, we are still accepting posters on a rolling basis. Presenting a poster at SCEH is an excellent opportunity to showcase research studies or clinical case studies, pilot studies or preliminary research. Poster authors enjoy valuable feedback from conference attendees. If you have a poster you would like to share, please consider submitting it.

<http://www.sceh.us/call-for-papers#Scientific>

In other Society news, SCEH has been working to ensure that we keep pace with advances in the nonprofit arena. We are always mindful about how we can best serve your needs and position SCEH for the future as a strong and sustainable organization.

At our meeting last fall, the SCEH Executive Council voted to fund a legal

review to ensure we remain up to date with the latest rules and best practices for today's nonprofits. This project is currently underway and we will have more information to share when it is completed.

Another key component of sustainability for today's organizations, is of course member growth.

We continue our efforts to grow membership and ask for your support. We encourage you to become a part of our ongoing membership campaign. Here are five ways you can help.

1. Personally invite a colleague or student to join. There are no better SCEH member ambassadors than you! Let others know about SCEH. To help you introduce SCEH, you can access a membership brochure here

<http://www.sceh.us/assets/scehmemberbrochure.pdf>

or find either online or printable member applications here.

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

2. Provide a written testimonial on what SCEH membership means to you. Just a few sentences about how SCEH has helped you expand your use or understanding of hypnosis will help us better communicate our value in a way that will resonate with colleagues and peers. Send your testimonial and you may see it featured on our website or in a future issue of Focus.

3. Be there with a member application. Ask permission to distribute SCEH member applications at the next class or workshop you lead or attend. You can also ask local hypnosis groups if you can leave a few printed application out at their meetings. Find our printed application here:

<http://bit.ly/SCEHPrintableMemberApp>

4. Donate to help us grow. We will use your donation to bring you outstanding educational content and to support a vibrant community of professionals committed to advancing the science and efficacy of hypnosis and promoting it as a powerful and proven tool in improving human experience and helping alleviate pain and suffering. Contact our office to discuss a legacy gift or make a donation online today using this form:

https://mam.memberclicks.net/index.php?option=com_mc&view=mc&mcid=form_206379

5. Share some SCEH love on social media. If you are on social media, please stop by our various social media homesteads and say hello, like our page, comment and share your information. We need your help to get SCEH and hypnosis the attention it deserves! Use our conference hashtag (#SCEH2017) when commenting about our upcoming annual conference so that we can track our mentions. Send us your social media addresses and we can return the favor.

Here is where you can find SCEH on social media:

- Facebook - <https://www.facebook.com/scehus/>
- LinkedIn - <https://www.linkedin.com/company/society-for-clinical-and-experimental-hypnosis>
- Twitter - <https://twitter.com/SCEHypnosis>

We all benefit when we promote excellence and progress in hypnosis research, education, and clinical practice. We want to make sure that clinicians and researcher with an interest in evidence-based hypnosis are aware of SCEH and the resources and community we provide. Thank you.

Finally, a quick item about your membership profile. Please log in to our website and update your profile. Also, to ensure you continue to receive important SCEH communications delivered to your Inbox, please take a moment to whitelist the sceh.us website domain and both anne@sceh.us and info@sceh.us. How to do this varies by email platforms. If doing this is unfamiliar to you, this quick guide may help:

<http://www.whatcounts.com/how-to-whitelist-emails>

As I sign off, I ask you to stay tuned to our website and your email as we will be announcing more details about our upcoming conference in the weeks to come. I look forward to seeing you all in Chicago!

Sincerely,

Anne Doherty Johnson
Executive Director



SCEH 2017 Meeting in Chicago



68th Annual Workshops and Scientific Program

October 25-29, 2017

Holiday Inn Chicago Mart Plaza River North & the
Chicago School for Professional Psychology
(connected via walkway), Chicago, IL

Hashtag: #SCEH2017

Info: www.sceh.us/2017-conference

Come together with leading thinkers in the clinical and experimental hypnosis community at this year's SCEH Conference in Chicago.

President's Column

Dear colleagues and friends,

Now is the time to make your hotel reservations and plan to attend our annual meeting in Chicago, October 25-29! Please register soon – we have a great location at the Holiday Inn Chicago Mart Plaza River North across from the Chicago School of Professional Psychology. Information on registration and hotel reservations and program can be found on the SCEH web page. This years' program will feature introductory through advanced workshops, innovative topics ranging from child through adult applications of medical and psychological hypnosis, skill-building workshops, a fantastic scientific program, awards banquet, and special sessions for students. Watch our conference page (<http://www.sceh.us/2017-conference>) or your emails for the announcement of the opening of registration July 1, 2017 . In this President's Column I want to recognize and thank the individuals who have worked and are working to organize our annual conference and to help SCEH to grow. I want to first thank our overall Conference Chairs, **Drs. Don Moss and Janna Henning** for their work in identifying the conference theme – Hypnosis for the Ages and bringing together the workshop co-chairs, scientific program co-chairs, and presenters. Also, I want to recognize our meeting chairs.

The **Introductory Workshop Co-Chairs** are **Drs. Eric Willmarth and Lisa**

Lombard. They have organized an impressive program that will begin on October 25th and provides a combination of lectures, demonstrations, and small group practice sessions consistent with the Standards of Training in Clinical Hypnosis and the foundational course for SCEH Certification in Clinical Hypnosis. Please encourage your students and colleagues to attend and gain knowledge about the integration of hypnosis into clinical practice.

The **Skill-Building/Intermediate Workshop Co-Chairs** are **Scott Hoyer, PsyD and John Mohl, PhD**. This will provide a number of excellent workshops designed for practitioners at the intermediate to advanced level to refine hypnotherapy skills and expertise.

Advanced Workshops Co-Chairs are **Ciara Christensen, PhD and David Reid, PsyD**. You will find the advanced workshops bring a number of innovative topics such as hypnotically enhanced psychotherapy, developmental considerations in Pediatric Hypnosis, Regression Techniques, Hypnosis and Zen Buddhism for Chronic Pain and Suffering, Pharmacotherapy: Desired Outcomes Enhanced by Hypnosis, Dissociative Disorders, Clinical Hypnosis in Palliative Care, Manualized

Abreactive Hypnosis for PTSD, Teaching Self-Hypnosis, Hypnotizability in Clinical Practice, and Evidence-Based Cognitive Hypnotherapy for Depression, just to name a few!

The **Scientific Program Co-Chairs are Zoltan Kekecs, PhD and Shelagh Freedman, PhD candidate.** The Scientific Program will feature a number of keynote addresses by leading experts in the field. Please refer to the Scientific Program for details for paper presentations that this year will include basic as well as clinically oriented research presentations. Poster presentations are also welcome and accepted on a rolling-basis leading up to our annual meeting.

Our **Awards Banquet Speaker** will be **Arreed Barabasz, PhD, EdD, ABPP**, who is the Editor-in-Chief of the International Journal of Clinical and Experimental Hypnosis, author of several books on hypnosis, leading expert on hypnosis theory and research, and Professor at Washington State University. Dr. Barabasz is also a Past-President of SCEH and in the past served as President of the Society of Psychological Hypnosis of the American Psychological Association. He is the author of the ground breaking book, *Advanced Hypnotherapy Techniques* and a renowned expert on use of hypnosis in the treatment of Post-Traumatic Stress Disorder and other clinical issues. Look forward to an informative and enjoyable banquet in which we will also have our Awards Ceremony!

Our annual meeting this year will also provide an opportunity for outreach to students interested in hypnosis. Under the leadership of **Janna Henning and Don Moss** SCEH will host a Student Luncheon

which will provide students with an opportunity to network, meet clinicians and researchers in the field, and engage in SCEH activities. **Janna Henning** has been developing a Student Advisory Committee and ideas for engagement of student members. Our Mentorship program, led by **Zoltan Kekecs** will also complement the student luncheon. If you are interested in serving as a research mentor or seeking mentorship in developing hypnosis research, please consider becoming involved in the mentor program this year. Learn more here: <http://www.sceh.us/mentor-program>

The annual meeting will also provide an opportunity for training and more information on the SCEH Certification program. **Dr. David Reid** is the Chair of the SCEH Certification Committee (with **Dr. Roger Carlson** as Vice-Chair) and has been reviewing our Certification Program toward refining requirements and the application process. More information will follow as we continue to develop the SCEH Certification program.

SCEH is the leader in hypnosis research and the professional home for empirically minded clinicians. Please let your colleagues and students know about SCEH, and help advance clinical and experimental hypnosis. I hope to see you in Chicago this coming October!

Gary Elkins, PhD, ABPP, ABPH, SCEH President

Professor of Psychology and Neuroscience, Baylor University



SCEH 2017 Meeting in Chicago

68th Annual Workshops and Scientific Program

October 25-29, 2017

Holiday Inn Chicago Mart Plaza River North & the Chicago School for Professional Psychology (connected via walkway), Chicago, IL

Hashtag: #SCEH2017

Info: www.sceh.us/2017-conference

Come together with leading thinkers in the clinical and experimental hypnosis community at this year's SCEH Conference in Chicago.

Clinical hypnosis has relevance for each stage in the human life cycle. The "**Hypnosis for the Ages**" conference will feature keynotes, symposia, and workshops on *Pediatric and Adolescent Applications of Hypnosis*, *Current Approaches to Hypnosis in Geriatrics and End of Life Care*, and *Highlights in the History of Hypnosis*. The meeting will also include scientific presentations on the *Evidence-Base of Medical Hypnosis*.

We are excited about our 2017 conference format and our venue, **The Chicago School for Professional Psychology**. We will explore some new and varied topics, while providing attendees with an opportunity to earn CE credits, network with colleagues, explore potential collaboration and engage in vibrant debate.

Who Should Attend

Our meeting is the gathering place for the top experts in the field of hypnosis. Attendees include: Psychologists; Psychiatrists; Physicians; Social Workers; Dentists; Chiropractors; Master's level Nurses and Clinical Nurse Practitioners; other Master's level licensed mental health and healthcare professionals; clinical and experimental researchers in the field of hypnosis, and students pursuing related degrees.

SCEH Annual Workshops

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

components, providing hands-on, real time tutelage critical for enhancing hypnosis skills. Continuing Education (CE) credits are provided by the Institute for Continuing Education.

SCEH Scientific Program

The Scientific Program features presentations or symposia on empirical issues in hypnosis research and practice and related areas. Presentations shine the light on novel research findings, including experimental studies, case reports, clinical trials, meta-analyses, and systematic reviews. Symposia bring together the world's leading hypnosis researchers to address a specific theme, and most integrate research and practice or draw upon research in psychology, psychiatry, or neuroscience to highlight issues that improve our understanding of hypnosis. Our poster session provides another glimpse into the newest research.

Society for Clinical and Experimental Hypnosis

305 Commandants Way – Commoncove Suite 100

Chelsea, MA 02150-4057 USA E: info@sceh.us T: 617-744-9857 Web: www.sceh.us

Registration for the SCEH Annual conference will open July 1st:

<http://www.sceh.us/2017-conference>

Reserve your hotel room in Chicago:

<https://mam.memberclicks.net/site-and-accommodations-chicago>

We are accepting posters presentations on a rolling basis:

<http://www.sceh.us/call-for-papers>



SCEH Annual Meeting in Chicago: You are Invited!

The 2017 annual meeting of the Society for Clinical and Experimental Hypnosis will take place October 25 through 29 in Chicago, Illinois. We are meeting in the classrooms of the Chicago School for Professional Psychology, at 325 Wells Street in Chicago's River North area.

The meeting theme this year is "HYPNOSIS FOR THE AGES." Clinical hypnosis has relevance for each stage in the human life cycle. The "Hypnosis for the Ages" conference will feature keynotes, symposia, and workshops on applications of hypnosis throughout the human life cycle. The meeting will also include scientific presentations on the evidence-base of medical hypnosis.

Keynote presentations in this year's meeting include:



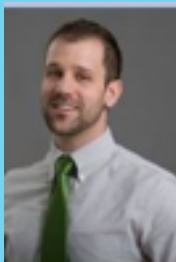
Arreed Barabasz, EdD, PhD, ABPP, Washington State University, Pullman, WA

Topic: Humor in Psychotherapy (BANQUET SPEAKER)



Melanie Brown, MD, MSE, FAAP, Children's Hospitals and Clinics of Minnesota and The University of Chicago

Topic: An Integrative Approach to Pediatric Pain Management



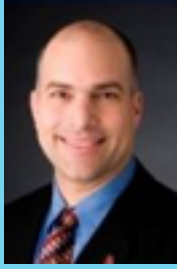
James Gerhart, PhD, Department of Behavioral Sciences, Rush Medical College

&



Sean O'Mahony, MB, BCH, BAO, MS, FAAHPM, Section Director, Palliative Medicine, Rush University Medical Center,

Topic: Workforce Resiliency for Palliative Medicine Teams



Amir Raz, PhD, ABPH, McGill/Chapman University, Montreal, QC, Canada
Topic: On Hypnosis and Science



Pierre Rainville, PhD, Université de Montréal, Montréal, Québec, Canada
Topic: Pavlov Meets the Zen Brain: Mindfulness in the Fear of Pain



David Spiegel, MD, Department of Psychiatry & Behavioral Sciences,
 Stanford University School of Medicine, Palo Alto, CA
Topic: Tranceformation: Hypnosis in Brain and Body

SCEH Workshop Program

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

- ***Introductory (Basic) Workshop in Hypnosis** - taken as a cohort*
- ***Skills Workshops (Intermediate to Advanced)** - choose from a selection of topics, designed to sharpen your skills or be used toward certification requirements*
- ***Advanced Workshops in Hypnosis** - choose from a selection of full day, half day and quarter day concurrent sessions*

Details on the program can be found at: <http://www.sceh.us/2017-conference>

We hope to see you in Chicago!

Donald Moss and Janna Henning
Program Co-Chairs



SCEH 2017 Meeting in Chicago

We are very excited about this year's **Scientific Program**. The program is packed with valuable content featuring presentations of state of the art scientific research from some of the best hypnosis researchers around the globe, presenting on basic and clinical research, theory and history.

The **Scientific Program** includes two symposia. In the “**Neuroscience of Hypnosis**” symposium, world- leading experts will discuss current research and future directions in the search for the neurobiological correlates of hypnosis. While in the “Chicago Paradigm” symposium, a range of high profile speakers will discuss how Erika Fromm and the Chicago Paradigm influenced their scholarly, clinical, professional, and personal development.

Continuing the trend from last year, we offer an increased number of keynote presentations, at least one for each conference day. This year the Annual Meeting features seven distinguished speakers: **Arreed Barabasz, Melanie Brown, James Gerhart, Sean O'Mahony, Pierre Rainville, Amir Raz, and David Spiegel**, who will talk about topics such as the use of mindfulness in palliative medicine, the neuroscience of hypnotic trance, and humor in psychotherapy.

Thus, we are confident that our conference presents a highly valuable and enjoyable program for all those interested in the science and evidence based utilization of hypnosis.

Zoltan Kekecs and Shelagh Freedman

Scientific Program Co-Chairs



Renew Your SCEH Membership!

Click [HERE](#)

Join SCEH October 25 through 29 in Chicago, Illinois for the 2017 annual meeting

Hypnosis for the Ages



SCEH Student Opportunities

It's very important for students and early career professionals to be represented, involved, and included in SCEH – we need you! Your thoughts, energy, and ideas matter to us, so this year we're launching several initiatives to increase leadership development and networking experiences for students/ECPs who are interested in hypnosis.

First, to make it easier for you to attend, there will be a reduced Conference registration rate for students – registration for the 2017 Conference will open on July 1st.

This year, the Conference will also feature a special networking luncheon on Saturday, October 28th that will provide an opportunity for students and early career professionals to get to know each other, and to meet and speak with more experienced researchers, clinicians, and teachers in the hypnosis field who will have lunch with you, answer your questions, and offer informal mentoring. [If you plan to attend the conference and would like to participate in the luncheon, watch the SCEH website for more details!]

In addition, we'll soon be recruiting a panel of student representatives to participate in the work of SCEH's committees and contribute your thoughts and ideas so that SCEH can best represent your interests and needs! Stay tuned for more information about how you can get involved...

Janna A. Henning, JD, PsyD, FT, BCETS



Help SCEH Grow!

If you have found value in your membership, we hope you will share it with colleagues and students.

Prospective members can also complete an application online.

For membership details or our online application, visit: <http://www.sceh.us/apply-for-membership>

Consider Membership in the Society for Clinical & Experimental Hypnosis

The Society is an international organization dedicated to the highest level of scientific inquiry and the conscientious application of hypnosis in clinical and experimental settings. For details on membership requirements, and a copy of the membership application, please visit our website at www.sceh.us.

Full Membership is available to physicians, dentists, doctoral level psychologists, social workers who have been awarded a Master's or doctoral degree in social work by a university accredited by the Council on Social Work Education, doctoral level speech pathologists qualified for membership in the American Psychological Association, chiropractors and those with a Master's degree in nursing, psychology or marital/family therapy, doctoral level practitioners of Traditional Chinese Medicine who are accredited by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM), or other fields recommended by the Credentials and Membership Chair and approved by the Executive Committee.

All full members shall have received their degree from a University or College accredited by its appropriate regional accrediting body; shall be licensed or certified at the independent practice level in the state/province in which they practice OR shall have a faculty or senior level research position at a university or other research facility, or shall be conducting research on hypnosis which has the potential to make a bone fide contribution to the literature; have an interest in hypnosis; and agree to the code of ethics of the SCEH. Full Members shall have the right to vote, hold office, and chair a standing committee.

Student Membership is available to candidates for one of the degrees required for full membership. For example, student membership is available to students in pursuit of doctorates or who are serving an internship or residency, students in programs approved by the Council of Social Work Education leading to a Master's Degree in Social Work, or students in programs leading to a Master's Degree in Nursing. An appropriate letter from the chair of the department or an executive officer of the institution shall accompany their application verifying current student status. Additionally, Student Members shall have an interest in hypnosis and agree to the code of ethics of the SCEH. A Student Member shall receive all the privileges of Membership with the exception of the right to vote or hold office.

To view membership requirements and access an online application, visit www.sceh.us/apply-for-membership

To print a membership application, visit:

www.sceh.us/assets/scehnewmemberapppdfnov2016rev.pdf



Renew Your SCEH Membership!

Click [HERE](#)

Join SCEH October 25 through 29 in Chicago, Illinois for the 2017 annual meeting

Hypnosis for the Ages

May 23rd was Clinical Hypnosis Day

An interdisciplinary ASCH Committee was charged by the Executive Committee this past year to create a special recognition day to advocate for the use of clinical hypnosis. We are delighted to present to you and invite all SCEH members to celebrate Clinical Hypnosis Day (CHD) with us on May 23rd in future years, which coincides with the birth date of Franz Anton Mesmer, an instrumental figure in the history of modern hypnosis. This day of recognition is a campaign to educate and increase public awareness of the benefits of clinical hypnosis across multiple health disciplines including medicine, surgery, dentistry, and behavioral health.

On this day we celebrate our work and share how the use of hypnosis can affect health and healing for our clients/ patients. We have created a tool kit for you to more easily educate the public on what hypnosis is and is not, the science that anchors the process of hypnosis, and how it can be utilized clinically to benefit and augment the healing process no matter what professional discipline you practice.

Go on the ASCH website (www.ASCH.net) to find a portal with more information. There you can download a wealth of educational pieces (papers, video's, public informational sheets, ideas on how to use this day to publicly showcase the clinical practice of hypnosis).

If you have other ideas (including video donations, or papers etc.) to add to the tool kit, please contact us so we can grow this into a library for everyone's use.

Be proud of what you do as a clinician and a member of ASCH and SCEH.

SCEH Mentorship Program

SCEH is the research home for clinicians, researchers, and scholars studying hypnosis. The **SCEH Mentorship Program** is a member benefit designed to bring together experienced experts with students and others who share research and clinical interests in order to facilitate the professional growth of researchers within the society.

Full Members are urged to become **SCEH Mentors**, and both Full and Student Members are welcome to join as **SCEH Mentees**. To participate, members are invited to complete an online form.

For program details please visit: <http://www.sceh.us/mentor-program>

There, you will find links to our Mentors List and sign-up forms for Mentors and Mentees (SCEH website login required.)



Questions can be directed to:
Zoltan Kekecs, SCEH Secretary
kekecs.zoltan@gmail.com

REVIEW OF MEDITATION AND HYPNOSIS ARTICLE FROM THE *INTERNATIONAL JOURNAL OF CLINICAL AND EXPERIMENTAL HYPNOSIS*

By: Samuel Stork, Doctoral Student in Clinical Psychology, Baylor University

Article: Enrico Facco (2017) Meditation and Hypnosis: Two Sides of the Same Coin?

International Journal of Clinical and Experimental Hypnosis, 65:2, 169-188.

10.1080/00207144.2017.1276361

<https://www.ncbi.nlm.nih.gov/pubmed/28230460>

In this theoretical article Dr. Enrico Facco (University of Padua, Padua, Italy, and Italian Center of Clinical and Experimental Hypnosis, Turin, Italy) considers the potential similarities and differences between meditation and hypnosis. The article examines the overlap between meditation and hypnosis in domains such as aims, procedures, phenomenology, and neuropsychology. As a doctoral student in clinical psychology, I found this comparison to be thought provoking as it has implications for understanding hypnosis and contemporary psychotherapy interventions which use meditation and mindfulness.

While existential or philosophical features may superficially distinguish meditation and hypnosis, both practices utilize remarkably similar techniques, including focused attention and open monitoring (Elkins, Barabasz, Council, and Spiegel, 2015). In focused attention, the individual concentrates on a particular internal or external object; whenever attention begins to drift from the object, the individual gently restores attention back to the object. In open monitoring, the individual simply observes reality in the present moment without attempting to control it, developing a metacognitive perspective of emotional and cognitive patterns.

Dr. Facco outlines two stages of a yogic meditation that are very similar to the process of hypnosis. The first stage, *dhāranā*, is the induction, often achieved through focused attention (e.g., breath control), in which the individual experiences deep relaxation and possibly a flow of visualization. Similarly, hypnotic inductions begin with a focus of attention, followed by therapeutic relaxation, facilitating the individual's ability to observe his or her own inner experience (e.g., thoughts, feelings, images). The second stage, *dhyāna*, is the meditative absorption state, which facilitates the "detachment" from thoughts and perceptions, allows the practitioner to strongly improve mind-body control. *Dhyāna* appears to be very similar to the hypnotic (trance) state, in that, an individual using hypnosis may achieve a therapeutic form of focused attention (Elkins, 2014).

Perhaps the biggest difference between meditation and hypnosis is the intentional use of hypnotic suggestions. As a student clinician, this article caused me to think more deeply about the similarities between hypnosis, hypnotherapy, and meditation. In fact, several authors have proposed that hypnosis and mindfulness meditation may be integrated (Alladin, 2015; Olendzki & Elkins, 2016; Raz & Lifshitz, 2016). Considering both hypnosis and meditation seem to involve an altered state of consciousness, meditation may be conceptualized as a form of self-hypnosis. *Hypnotherapy*, however, begins to differentiate from meditation due to the implementation of suggestions. In hypnotherapy, a hypnotic induction is followed by therapeutic suggestions to the patient aimed at achieving the patient's goals.

Thus, the hypnotic state and meditative state seem to be very similar, but hypnotherapy combines this state of consciousness with suggestions in order to improve targeted symptoms. Despite their differences, Dr. Facco points out that both meditation and hypnosis take advantage of the mind-body connection and share many similarities; but each practice is differentiated in part due to their distinct cultural backgrounds. As a beginning practitioner of hypnotherapy, I am interested in whether the philosophical aspects of meditation can be more integrated into hypnotherapy, and if they so, would integration achieve additional therapeutic benefit?



Sam Stork

References:

Alladin, A. (2015). Mindfulness-based hypnosis: Blending science, beliefs, and wisdoms to catalyze healing. *American Journal of Clinical Hypnosis*, 56(3), 285-302.

Elkins, G.R. (2014). *Hypnotic relaxation therapy: Principles and applications*. New York, NY: Springer Publishing Inc.

Elkins, G., Barabasz, A., Council, J. & Spiegel, D. (2015). Advancing research and practice: The Revised APA Division 30 definition of hypnosis. *International Journal of Clinical and Experimental Hypnosis*, 63(1), 1-9. DOI: 10.1080/00207144.2014.961870 <https://www.ncbi.nlm.nih.gov/pubmed/25365125>

Facco, E. (2017). Meditation and hypnosis: Two sides of the same coin? *International Journal of Clinical and Experimental Hypnosis*, 65:2, 169-188. DOI: 10.1080/00207144.2017.1276361 <https://www.ncbi.nlm.nih.gov/pubmed/28230460>

Olendzki, N., & Elkins, G. (2016). Mindfulness and hypnosis. In G. Elkins (Ed.) *Handbook of medical and psychological hypnosis: Foundations, applications, and professional issues* (pp. 579-588). New York, NY: Springer Publishing.

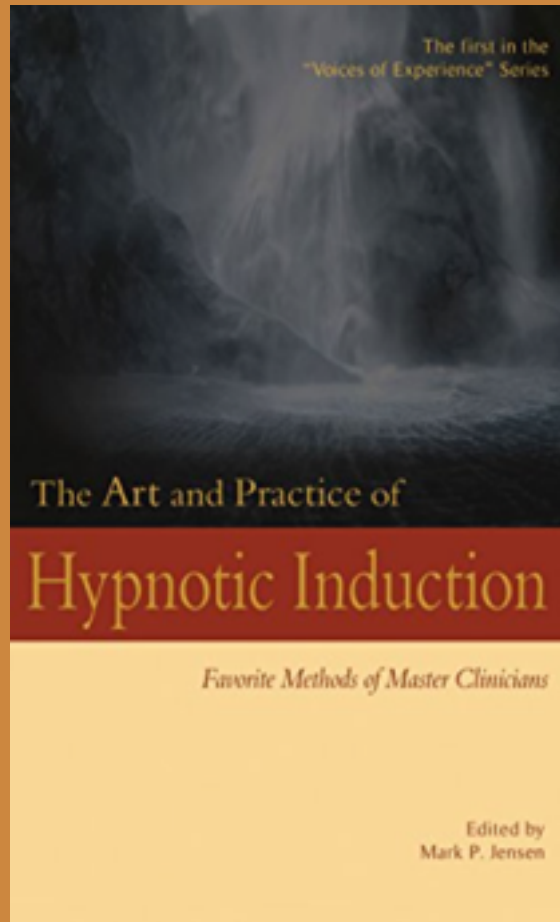
Raz, A., & Lifshitz, M. (2016). *Hypnosis and meditation: Towards an integrative science of conscious planes*. Oxford, UK: Oxford University Press.

**Mark P. Jensen : Newly published edited book
entitled “The Art and Practice of Hypnotic
Induction: Favorite Methods of Master
Clinicians.”**



Amazon: <https://www.amazon.com/Art-Practice-Hypnotic-Induction-Clinicians/dp/1946832014>

Smashwords: <https://www.smashwords.com/books/view/719275>



FOCUS: Send Us Your News!

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

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

focus@sceh.us

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

- ❖ Book or article reviews
- ❖ Awards or public recognition received
- ❖ Promotions, job changes, retirements
- ❖ New ways you are using hypnosis in your practice
- ❖ Articles you have written
- ❖ Recently published books
- ❖ Recent talks
- ❖ Events you are hosting
- ❖ An important milestone you are celebrating
- ❖ Research or special projects you are now undertaking
- ❖ Other items you think would be of interest to the membership
- ❖ Photos of the above (please include a caption)

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

SCEH reserves editorial rights over all submissions.

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