

# FOCUSNUMBER 4

**SCEH** SOCIETY FOR CLINICAL & EXPERIMENTAL HYPNOSIS



A prominent figure in the field of hypnosis passed away on August 1, 2016.

**Emily Carota Orne**  
1938-2016

## From the Executive Director

**By Anne Doherty Johnson**

It's been a busy spring and summer for the Society. We are busy preparing for the Annual Conference and have rolled out an exciting new initiative, the SCEH Mentorship Program (see related article in this issue on page 9).

### Register Now for Our 2016 Conference in Boston

As we get closer to the 2016 Annual Conference, I am excited about the prospect of so many SCEH members gathering together in my hometown of Boston. In speaking with many of you, some have told me of having New

England roots while others are delighted to get the chance to revisit a location they enjoy. For others, this may be your first trip to Beantown.

October is a busy, but particularly good time to visit, with foliage in bloom and cooler temperatures. I hope you can add a few days before or after the conference to explore the region's rich history and cultural attractions. With Massachusetts' health care legislation having led to national changes, it provides a fitting location for exploring this year's conference theme, The Future of Clinical and

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Experimental Hypnosis in the Era of Health Care Reform. We are thankful to William James College for offering us an ideal educational environment in which to discuss the latest research, sharpen skills and share ideas on how to improve the adoption and effectiveness of hypnosis in clinical and medical settings.

Our conference programming is impressive. Again this year, we offer Introductory, Intermediate and Advanced Workshops covering a broad array of topics. The Scientific Program follows, featuring presentations and symposia covering issues in hypnosis research and practice and related areas. Learn more by visiting the [sceh.us](http://www.sceh.us) website and downloading our conference brochure (PDF):

<http://www.sceh.us/assets/2016scehconferencebrochureboston.pdf>

### **Conference Hotel Reservations Reminder**

As a reminder, please don't wait to reserve your room at the conference hotel. Columbus Day is a busy holiday weekend in New England. You can reserve by calling the hotel at 781-329-7900 or Central Reservations at 1-800-HILTONS. When making your reservation, be sure to use our special conference booking code: SCEH. For more information on the conference hotel, please visit:

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

### **SCEH Mentorship Program**

The SCEH Mentorship Program is a new member's only benefit designed to bring together experienced experts with students and others who share research and clinical interests. It is our hope you will consider participating. We have interest in the program already, and expect to be updating the site with new Mentors on a regular basis. Special thanks to Zoltan Kekecs, PhD, SCEH Secretary, who has spearheaded the project. 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 at [kekecs.zoltan@gmail.com](mailto:kekecs.zoltan@gmail.com).

### **Annual Member Profile Update**

We want to make sure that important Society communications reach you. We recently emailed you a request to review and update your membership profile. If you have not yet done so, please take a few minutes now to review the mailing address, current email address and other pertinent details we have on file for you. We use the billing address as our mailing address for important notices and your subscription to the International Journal of Clinical and Experimental Hypnosis, so please take particular care that these are complete and up to date. Please include the country dropdown selection too. Note that Canadian provinces are listed alphabetically in the dropdown menu immediately following the list of U.S. states. Thank you.

### **Growing Our Hypnosis Community**

As we seek to attract new members to the Society, we know that our most effective ambassadors are you, our current members. Will you please take a moment this week to reach out to a colleague or student who you think would benefit, as you have, in SCEH membership? You will be helping them and SCEH in an important and tangible way. Thank you.

See you in Boston!

Anne Doherty Johnson  
Executive Director

## **SCEH 67th Annual Workshops & Scientific Program**

**October 6-10, 2016, Boston, MA**

Early Registration Ends September 16<sup>th</sup>  
Register for this year's conference here:

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

# President's Column

By Gary Elkins, PhD, ABPP, ABPH

Dear Colleagues and Friends,

I hope you will come to this year's annual meeting of the Society for Clinical and Experimental Hypnosis in Boston, October 6-10, 2016. Our program chairs: **Nick Covino, PsyD** (Overall conference) **David Godot, PsyD** (Introductory Workshop); **Scott Hoyer, PsyD** and **Eric Willmarth, PhD** (Intermediate Workshops); **Dan Handel, MD** and **Werner Absenger, PhD** (Advanced Workshops); and **Devin Terhune, PhD** and **Zoltan Kekecs, PhD** (Scientific Program) have assembled a magnificent program of clinical workshops, scientific presentations, and keynotes. The agenda promises to be stimulating and informative.

The meeting includes opportunities for networking and social activities to connect with our colleagues in clinical and experimental hypnosis and meet new members and the next generation of students who will propel our field forward. I look forward to seeing many of you, and to our fellowship and the opportunity to learn from one another. I encourage our more experienced members to reach out and engage with the great students and early career professionals who will be joining us.

The overall theme of this year's meeting is *The Future of Clinical*



Gary Elkins, PhD,  
ABPP, ABPH  
SCEH President

*and Experimental Hypnosis in the Era of Health Care Reform.* Our conference hotel is the Hilton Boston Dedham and we will have most of our workshop program, and much of the scientific meeting at **William James College**. The registration desk and Opening Session on October 6 (Thursday evening) will be at the Hilton Boston Dedham hotel. Our opening keynote speakers are **Dr. Nick Covino**, who will speak on *the Role of Hypnosis in Light of Health Care Reform*, and **Dr. James Carmody** who will speak on *Being in the Moment: Mindfulness Eases the Anxiety of Being Human*.

From October 7-9, we will be at William James College for our Advanced, Intermediate, and Introductory Workshops. We have an impressive offering of Advanced workshop topics from which to choose. To highlight just a few, these include: Assen

Alladin, PhD teaching on *Evidence-Based Cognitive Hypnotherapy for Anxiety Disorders*; Philip Shenefelt, MD presenting *Altered States of Consciousness Experiences Related to Spiritual and Religious Aspects of Skin and Skin Disorders*; Richard Kluft, MD teaching *Treatment of Dissociative Identity Disorder and Allied Conditions*; Dabney Ewin, MD *Regression Techniques for Diagnosis and Therapy*; a workshop by: Bruce Eads, MSW *Integrated Treatments for PTSD and Pain: Alert Hypnosis and Tai Chi Movements*; Ronald Pekala, PhD on *Noetics: Quantifying the Mind to Better Understand Your Client's Hypnotic Talents*; and Carol Ginandes, PhD on *Trance Enhancement of Core Renewal – Beyond Relaxation*. Please take a look at this year's extensive workshop program, which emphasizes skill building and contemporary applications.

On October 10, the Scientific Program continues at the Hilton Boston Dedham Hotel. It includes talks by **Terence Keane, PhD**, Associate Chief of Staff and Director of the Behavioral Science Division, U.S. Department of Veterans Affairs *on Recent Advances in the Psychological Treatment of PTSD*; **Dr. Steven Jay Lynn** *on Toward an Integrative Model of Hypnosis: My Personal Journey*; **Guy H. Montgomery, PhD** *on Hypnosis in Cancer Care Past, Present and Future*. Rounding out the Scientific Program are numerous presentations by leading experts, and an array of posters on the latest research and applications of hypnosis.

Our annual Awards Banquet will be on Saturday, October 9 with banquet speaker **Elvira Lang, MD**. Dr. Lang is a Past-President of SCEH and an interventional radiologist and former Associate Professor of Radiology at Harvard Medical School. She is the founder of Hypnalgescics and the author of the ground-breaking book, *Patient Sedation Without Medication*. We will have a wonderful and enjoyable banquet, which will also include our awards ceremony.

Over the past year, we have begun implementing several recommendations from our prior strategic planning meeting. This has included updating and simplifying our membership application form and encouraging new members

to join SCEH. Along these lines we have also initiated a new research mentorship program lead by Dr. Zoltan Kekecs. The aim of this program is to provide connections and mentorship in research between members and students. It is a new program and we welcome feedback on how to make it better. All SCEH members are eligible to apply to the program. The multidisciplinary foundations of SCEH is one of our most important strengths. Please consider becoming involved in the program as a mentor or mentee as may best fit your interests and experience!

We are also reviewing the SCEH Certification program and identifying ways the program can serve as a stronger benefit to members. Roger Carlson, PhD is our Certification Chair and we are looking toward growing the program and possibly expanding training opportunities. One idea for discussion is a potential mid-year SCEH meeting to provide more clinical and research workshop training opportunities.

Please plan to join your colleagues at the 2016 annual meeting in Boston. As I write this column from my home in Texas, it is August and the temperature is a hot 100 degrees most days. I know I am looking forward to the cooler temperatures in Boston in October -- I mean it when I say

I am looking forward to being at the Hilton Dedham hotel and William James College in Boston! I look forward to seeing you there!

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

## Help SCEH Grow!

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

For membership details or our online application, visit:

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





# IN MEMORIAM

Emily Carota Orne  
1938-2016

By David F. Dinges<sup>1</sup>  
John F. Kihlstrom<sup>2</sup>  
Kevin M. McConkey<sup>3</sup>

<sup>1</sup>University of Pennsylvania School of Medicine

<sup>2</sup>University of California, Berkeley

<sup>3</sup>University of New South Wales

Emily Orne, John Mohl and his lovely wife Megan and  
Emily's caregiver Michael McCullough

## Permission to publish granted from the IJCEH.

Emily Carota Orne, wife of the late Martin T. Orne and his companion in research for almost 40 years, passed away on August 1, 2016, from amyotrophic lateral sclerosis.

Emily Orne was born in Boston on September 7, 1938, to Ruth Farrell Carota and Emil Carota. As an undergraduate at Bennington College, she did a field work term at the Massachusetts Mental Health Center, which brought her into contact with Martin, who was Senior Research Psychiatrist there, and Director of the Studies in Hypnosis Project. After graduation in 1959, she did graduate work in psychology at Brandeis University, where she was taught by Abraham Maslow, Ulric Neisser, and Walter Toman.

Emily and Martin were married in 1962, and worked together for the next 38 years. In 1964, the Orne laboratory, known as the Unit for

Experimental Psychiatry, moved to the Institute of Pennsylvania Hospital and the University of Pennsylvania School of Medicine, in Philadelphia, where she was a Research Associate of Psychology in Psychiatry. Martin died in 2000, and Emily retired in 2014.

Emily's most salient contribution to hypnosis research was to develop, with Ronald E. Shor, the Harvard Group Scale of Hypnotic Susceptibility. (Shor had been a student of Maslow's at Brandeis, and had joined Orne's lab.) An adaptation for group administration of Weitzenhoffer and Hilgard's Stanford Hypnotic Susceptibility Scale, Form A, the Harvard Scale can be administered by audio recording to even very large groups, with reliable selfscoring by objective behavioral criteria. The Harvard Scale introduced substantial economies into the assessment of hypnotizability, and made it possible for investigators of even limited resources to become involved in hypnosis research. By any standard, it has been the most frequently employed measure of hypnotizability by

researchers worldwide, having been cited almost 1500 times (according to Google Scholar) and translated into many languages.

Emily was particularly concerned with the forensic use of hypnosis, and was a leading figure in the debate over the hypnotic recovery of memories of child sexual abuse and other traumas. She co-authored influential studies that warned of the dangers that the suggestive nature of hypnosis posed for the accuracy of memory, and cautioned that any memory “recovered” through hypnosis should be independently confirmed. She was also interested in the medical applications of hypnosis, and published a number of studies on the use of hypnosis in pain relief and stress management in children with sickle-cell disease. Through all of her research, Emily insisted, as Martin did, that the effects of hypnosis were “real”, in the sense that they were subjectively compelling, even as the subject’s interpretation of contextual demand characteristics shaped his or her response to the hypnotist’s suggestions.

The research program at the Unit was very broad, and Emily was also involved in a wide variety of studies outside of hypnosis, including the effects of sleep and naps on attention and human performance, the psychophysiological detection of deception. Whatever the topic, she devoted herself to the research completely. She had an excellent eye for viewing experimental situations “from the subject’s point of view”. When new studies were being discussed, planned, and piloted, Emily, as Martin did, ensured that the investigators could articulate the conceptual and methodological alignment of those studies, would anticipate the possible empirical outcomes (not just the desired one) and consider alternative explanations for those outcomes, and would bring the investigators back to understanding the perspectives of the subjects in the study. And after the study was completed and being written up, regardless of whether Emily was an author, she was a tireless editor of the Unit’s publications. Draft after draft would pass through her hands, returned to its author(s) liberally splashed with red ink, until the final version was as good – clear, concise, and convincing -- as it could possibly be before

submission. And when the paper came back from editorial review, she would repeat the process all over again. She lavished the same talent on articles submitted to the *International Journal of Clinical and Experimental Hypnosis* during Martin’s term as Editor-in-Chief (1961-1992), a period in which the Journal rose to pre-eminence not only as a venue for hypnosis research, but also as an exemplar of strong contemporary thinking in psychology and psychiatry. In recognition of her contributions to the field of hypnosis, she was awarded the Benjamin Franklin Gold Medal from the International Society of Hypnosis.

Over the years many people worked with Emily and Martin at the Unit for Experimental Psychiatry, some for short periods of time and some had a long association; and that association was highly influential for many. Whatever the period of time together, whatever career followed, and wherever in the world they went, Emily’s direct and indirect influence persisted in various ways. In addition to a continuing interest in the careers of many of those people, as evident in letters and emails about a publication she read or a career move she heard about, Emily also expressed keen interest in the personal activities, family members and loved ones, and happiness of those whose careers she had helped to shape.

Emily Carota Orne is survived by her son Frank T. Orne, and her daughter Tracy M. Orne, her brother Noel Farrell Carota, her sisters-in-law, Lindsay Stradley Carota and Susie Orne, and their families, and by her caregiver Michael McCullough.

Posters for the SCEH 67th Annual  
Workshops &  
Scientific Program  
are being accepted on a rolling basis:

**SUBMIT YOUR  
POSTER NOW!**

<http://www.sceh.us/scientific-posters-2016>

# Getting to Know Emily Orne

By John Mohl, PhD

My series of interactions with Emily began in 2013 through email correspondences, in which I sought to obtain IRB-mandated permission to use the Harvard Scale in my dissertation research. She did grant permission, but she also insisted that we meet. Since we both lived in Philadelphia, she invited my wife and me to dinner not far from where she lived. What I thought was going to be a series of instructions and cautionary notes turned out to be a fascinating conversation about experimental hypnosis. She told stories and explained ideas that captivated my wife, who is not a psychologist. Moreover, she was genuinely interested in my views and approach to hypnosis, as well as the progress of my dissertation. Even though she had just retired from her research institute, her interest in SCEH and hypnosis research remained unabated. We met for dinner a second time along with my two young children,

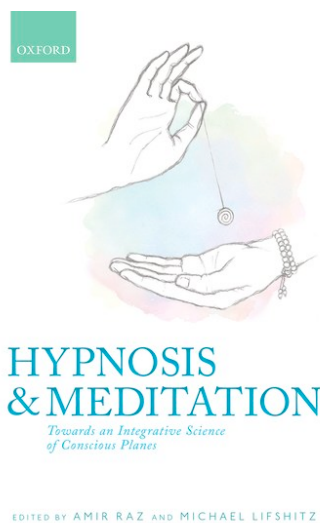
whom she insisted she meet and, showing that her role as a grandmother extended to others, to whom she each gave a gift. She was always willing to answer questions or discuss broad topics, be it in person or through email, which I enjoyed reading as even the simplest of messages read like well-written prose.

I learned of her declining health last fall. She described briefly her diagnosis, prognosis, and how she wished she could still sing to her granddaughter (ALS robbed her of that pleasure). But, she continued, "enough about me" and then she went on to ask a research-related question. Learning that I had recently moved, she quipped: "I don't envy your move. Martin always said Goethe missed in his stages of Hell: moving". I was amazed by her dedication, and amused because, in spite of her illness, she did not envy me!

Emily was a major part of the Philadelphia group during the Golden Age of hypnosis research. Her impact and legacy lives on through the people that she mentored and trained, as well as her development of one of the most widely used scales in hypnosis experiments today. I am grateful to have met and befriended Emily.

Hypnosis and  
Meditation:  
Towards an  
Integrative  
Science of  
Conscious  
Planes

Oxford University  
Press  
(2016)



It gives us great pleasure to announce the release of our recent edited volume. This book lays the foundation for a sorely lacking bridge between the

scientific and clinical domains of hypnosis and meditation. Putting together this collection has been a labor of love, and a real SCEH endeavour from beginning to end. We began pursuing this theme in a symposium at the SCEH meeting that took place in Toronto back in 2012. Following on the enthusiastic responses we received, we invited a group of leading researchers and practitioners to more deeply explore the interface of hypnosis and meditation in book format.

We were amazed at the scope and quality of contributions we received from luminaries in the field—including from many venerated as well as up-and-coming faces of SCEH. Our volume brings social and cultural perspectives into dialogue with advances in cognitive, neurological, and clinical

science. Collectively, the diverse chapters pave the road to a more unified understanding of how attention and suggestion control states of consciousness and promote healing. We're really thrilled about how this book turned out and hope

you will find it to be a valuable resource in your research and practice.

For more information please see:  
<https://razlab.org/books>

# The Artistry of Milton H. Erickson, MD

We are now distributing,

## The Artistry of Milton H Erickson,

a film made in 1975 by Herbert Lustig MD.

It is the best production video of Milton Erickson in existence,  
having been filmed in the television studio.

<https://erickson.ce21.com/item/the-artistry-stream>

### **Also from the Milton H Erickson Foundation**

Available books include:

1. Hypnotic Induction and 2. Psychoaerobics authored by Jeffrey K. Zeig, PhD

16 volumes of Milton Erickson's writing is available in the collectors edition.

The Brief Therapy Conference  
will be held in December in San Diego

An intensive training program  
will take place in Phoenix in October

For information [www.Erickson-foundation.org](http://www.Erickson-foundation.org)



## U.S. National Pediatric Hypnosis Training Institute: NPHTI Will Travel!



At which developmental stage is it appropriate to use hypnotic phenomena and techniques such as age progression? Psychological metaphors? Abstract concepts? Hypothetical possibilities? A “mind’s eye”? Etc.

If your hypnosis training is circumscribed to adults yet you work hypnotically with teens and children, it is likely that such interventions may miss the mark and could result in iatrogenic treatment failures. The U.S. National Pediatric Hypnosis Training Institute ([www.NPHTI.org](http://www.NPHTI.org)), a non-profit organization, offers a series of pediatric-specific hypnosis skills workshops that can bridge this gap and broaden your skill-set.

In addition to former SCEH President, Karen Olness, MD, and Dan Kohen, MD, both renowned pioneers in pediatric hypnosis, NPHTI’s faculty include other international experts in the field of pediatric hypnosis, i.e. Drs. Leora Kuttner, Laurence Sugarman, Howard Hall, and Pamela Kaiser. NPHTI’s 30+ seasoned, multi-disciplinary faculty, with advanced training in small group facilitation of hypnosis skills development, are committed to creating safe and supportive

supervision while rotating through carefully clustered small groups who remain together over the intensive 3-day training.

Over 500 pediatric clinicians from around the globe have taken NPHTI workshops in the past six years; their evaluations rank the training as very high quality. NPHTI’s curriculum is based on research highlighting methods that maximize adult and small group learning and memory. NPHTI’s concurrent, four-level workshops feature extensive experiential (small group) learning, faculty videos, large group exercises, and evidence-based pediatric clinical applications. Dynamic state-of-the-art presentations include visual design elements shown to augment adult memory.

In addition to the upcoming annual pediatric hypnosis training in Minneapolis (October 6-8, 2016), NPHTI provides regional workshops at other venues in the US and internationally. NPHTI can also travel to your institution with a subset of our faculty to do onsite trainings. If interested, contact co-founders/co-directors, Pamela Kaiser, PhD, CPNP ([drpkaiser@gmail.com](mailto:drpkaiser@gmail.com)) and Dan Kohen, MD, FAAP, ABMH ([dpkohen@umn.edu](mailto:dpkohen@umn.edu)).

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

*The Society is devoted not only to accommodating accomplished clinical and experimental researchers, but also to fostering the next generation of scientists in our field.*

In order to boost the professional growth of early career professionals engaged in research within the

society, **SCEH is proud to present its newly developed Mentorship Program.**

This *members only* program will connect early career professionals looking for guidance with senior members of the Society intent on supporting new talent. The Mentor-Mentee pairs will be

matched based on their research interests, needs and expertise.

The SCEH website will feature a list of available Mentors, linked to an online profile, allowing Mentees to select a preferred Mentor. Please note this list will be expanded and updated as we roll out this new initiative and add program participants.

### **Program Outline** **Matching Mentors and Mentees**

Participating in the SCEH Mentorship Program is voluntary for both Mentors and Mentees. Mentees submit applications online via an online form on the SCEH website. Mentees should be aware they may not be accepted by their preferred Mentor. SCEH then sends the Mentees application to the requested Mentor. Each Mentor decides if they wish to consider mentoring a particular applicant.

### **Details on What is Provided in the Mentorship**

The details of the mentorship is to be negotiated between the Mentor and Mentee. The mentorship could take the form of a single phone call, or regular in-person meetings. Mentorship can be related to clinical or experimental research, or development of teaching skills.

### **Eligibility Criteria for Mentors:**

- current and full member in SCEH
- able to commit at least 3 hours a year for each mentee

### **Eligibility Criteria for Mentees:**

- current member of SCEH (student or full member)
- able to commit at least 3 hours a year to the program

### **Members Invited to Participate**

*Full Members are urged to become SCEH Mentors. Full and Student Members are eligible to apply to become SCEH Mentees.*

To participate, members are invited to complete the appropriate online form noted below. Member log-in is required.

After your form has been submitted, the SCEH Mentorship Committee will follow up with you.

A list of Mentors can be found [here](#). (Check back for updates as we roll out the program.)

[\*\*SCEH Mentor Form\*\*](#)

[\*\*SCEH Mentee Form\*\*](#)

### **Questions?**

Please contact Dr. Zoltan Kekecs via email: [kekecs.zoltan@gmail.com](mailto:kekecs.zoltan@gmail.com)

We look forward to growing this exciting new members only program and hope you will consider participating.

## **ASCH-Approved Basic Workshop Nov 4 - 6, 2016**

Clinical Hypnosis Education and  
Training Programs  
Hampton Inn  
Burlington/Colchester, Vermont

For more information:  
<http://www.hypnovations.com>  
[mturner@motivationhypnosis.com](mailto:mturner@motivationhypnosis.com)

Maureen Turner, LCMHC, RNBC, LCSW and  
Linda Thomson, APRN, PhD



# Effect of Team Training on Improving MRI Study Completion Rates and No-show Rates

Elvira V. Lang, MD, FSIR, FSCEH  
Founder & President of Comfort Talk®

A recently published paper with >97,000 patient visits!

## PURPOSE:

Magnetic resonance imaging (MRI) is a high-cost imaging modality, and an optimized encounter ideally provides high-quality care, patient satisfaction, and capacity utilization. Our purpose was to assess the effectiveness of team training and its impact on patient show-up and completion rates for their MRI examinations.

## MATERIALS AND METHODS:

A total of 97,712 patient visits from three tertiary academic medical centers over 1-year intervals were evaluated, totalling 49,733 visits at baseline and 47,979 after training. Each center's MRI team received team training skill training including advanced communication and team training techniques training. This training included onsite instruction including case simulation with scenarios requiring appropriate behavioral and communicative interventions. Orientation and training also utilized customized online tools and proctoring. The study completion rate and patient show-up rate during consecutive year-long intervals before and after team training were compared to assess its effectiveness. Two-sided chi-square tests for proportions using were applied at a 0.05 significance level.

## RESULTS:

Despite differing no-show rates (5-22.2%) and study incompleteness rates (0.7-3.7%) at the three academic centers, the combined patients' data showed significant ( $P < 0.0001$ ) improvement in the patients' no-show rates (combined decreases

from 11.2% to 8.7%) and incompleteness rates (combined decreases from 2.3% to 1.4%).

## CONCLUSION:

Our preliminary results suggest training of the imaging team can improve the no-show and incompleteness rates of the MRI service, positively affecting throughput and utilization. Team training can be readily implemented and may help address the needs of the current cost-conscious and consumer sensitive healthcare environment.

Norbash, A., Yucel, K., Yuh, W., Doros, G., Ajam, A., Lang, E., ... Mayr, N. (2016). Effect of team training on improving MRI study completion rates and no-show rates: Improving MRI Study Completion Rates. *Journal of Magnetic Resonance Imaging*.

<http://doi.org/10.1002/jmri.25219>



Florida Society of  
Clinical Hypnosis

Intermediate/Advance Workshop

Clinical Hypnosis and Ego State Therapy  
With an Emphasis on Trauma-Related  
and Dissociative Disorders

Presented by  
Wendy Lemke, MS  
October 22-23, 2016

For more information:  
[http://www.fsch.org/  
WorkshopAnnouncementFall2016.html](http://www.fsch.org/WorkshopAnnouncementFall2016.html)

## Graduate Student Life: Finding a Map for the Evidence- Based Practice of Hypnosis

By Kim Hickman, MSCP

Doctoral clinical psychology student at Baylor University



I have always loved maps. They provide direction and an outline for what has already been explored. I entered the PsyD program at Baylor University looking for my map. Working in the Mind-Body Medicine Research Laboratory under the mentorship of Dr. Gary Elkins, I started my journey with a theoretical interest in hypnosis as a complementary and alternative medicine; however, I longed for a direction in which to point my academic career.

I began my first year of my graduate studies by working on a research project investigating the psychometric properties of a measure of hypnotizability developed at Baylor University. I had the opportunity to learn how to administer and score the Elkins Hypnotizability Scale (EHS) and the Stanford Hypnotic Susceptibility Scale: Form C. Training to administer hypnotizability measures provided me with an introduction to hypnotic inductions, hypnotic phenomena, and an understanding of how to identify individuals who may benefit the most from hypnotic interventions, skills I plan to take with me into my professional career.

During my second year of graduate school, I was excited to expand upon my knowledge of hypnosis by attending the introductory workshop and research presentation of the SCEH conference. Attending the conference proved to be a learning experience that solidified my desire to bridge the gap between the

scientific exploration and clinical practice of hypnosis. Becoming a student member of SCEH provided me with the opportunity to learn about exciting international research on hypnosis, learn foundational psychotherapeutic skills in hypnosis, and meet experts in the field. My roadmap towards my professional career as a psychologist-in-training was beginning to take shape.

Following my introductory training at SCEH, I trained as a research therapist on projects assessing the effect of Hypnotic Relaxation Therapy on sleep, sexual-self image, cancer-related fatigue, and post-menopausal symptoms. I was excited to return to SCEH the following year to attend the intermediate workshop and research conference. Continuing to immerse myself in the hypnosis literature, learn from experts, have access to cutting-edge research, and hone my skills as a clinician with patients has given me the map I craved for my future. I am grateful for SCEH's role in guiding my path towards evidence-based-practice. I am continually excited to grow professionally as I maintain my connection with SCEH, and I encourage all students to attend workshops, conduct research on hypnosis, and apply for, or renew their SCEH memberships today!



## SCEH Member News

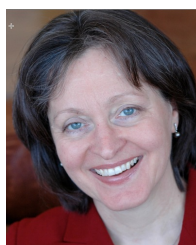


Paul Gunser, PsyD, BCIA Senior Fellow, BCN

•Is engaged in a research project using HRV and CBT for stress management in law enforcement officers in the NYS region.

- Currently is working on an article on the use of hypnosis and other psychological interventions in palliative care.
- Gave a presentation at Westchester County Medical Center on HRV and its use in Stress Management in the Spring of this year.
- Gave a talk on HRV to the medical staff at St. John's Riverside Hospital last year
- Is the current president of the Neuropsychology Division of the New York State Psychological Association. They are holding a conference on Oct. 22nd 2016 at NYU in NYC.

\*\*\*\*\*



Dr. Lang's upcoming talks:

"Hypnosis and Anesthesia: Rapid hypnosis for potentially painful procedures" in the General Session of the 35th Annual Meeting of the European Society of Regional

Anaesthesia & Pain Therapy in Maastricht, The Netherlands, on 8 September 2016, 16:30-17:30. For more information:

<http://www.esra2016.com>

Dr. Lang will be presenting at this year's APHA's 2016 Annual Meeting & Expo in Denver, Colorado. She will be at the Round Table Discussions and Experiences in Integrative and Complementary Health Practices (ID-47063) on Monday, October 31, 2016: 12:30 pm – 2:00 pm. Her contribution will be on "Team training in nonpharmacologic calmative and analgesic techniques: Effect on patient outcomes and operational efficiency."

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Rick Miller, LICSW has written a second book, published by PESI with a release date of 10/16: Mindfulness Tools for Gay Men In Therapy: A Clinician's Guide for Mind-Body Wellness

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In March 2016, the Colorado Society for Clinical Hypnosis was recognized as ASCH's newest component Society.

We have been enjoying meeting monthly for a professional consultation group and have started planning our first large training event.

Colorado is host to an impressive number of skilled clinicians, scholars, and institutions that CSCH hopes to partner with now, and in the future. More information can be found at the CSCH website: <http://coloradohypnosis.org/>

# SCEH 67th Annual Workshops & Scientific Program

**October 6-10, 2016  
Boston, MA**



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

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

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

## Schedule Overview

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

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

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

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

## Site & Accommodations

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

## About William James College

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

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

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

[College website](#)

### Who Should Attend

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

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

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

### SCEH Annual Workshops

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

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

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

### SCEH Scientific Program

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

### Continuing Education Credits - CE and CME

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

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

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

## Keynote Speakers



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



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



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

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



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



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

### Banquet Speaker



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

## Conference Committee

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

### Overall Meeting Chair:

- Nicholas Covino, PsyD

### Scientific Meeting Co-Chairs:

- Devin Terhune, PhD
- Zoltan Kekecs, PhD

### Introductory Workshop Co-Chairs:

- David Godot, PsyD
- Eric Willmarth, PhD

### Intermediate Workshop Co-Chairs:

- Scott Hoyer, PsyD
- Eric Willmarth, PhD

### Advanced Workshops Co-Chairs:

- Dan Handel, MD
- Werner Absenger, PhD

**Click [Here](#) to Register**





## Share Your News with the SCEH Community!

Please send us your  
news to share:

[focus@sceh.us](mailto: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](mailto:focus@sceh.us)

SCEH reserves editorial rights over all submissions.

# About the Society for Clinical and Experimental Hypnosis (SCEH)



Current and Past SCEH Presidents  
Gary Elkins and Eric Willmarth


**Our Mission: To promote excellence and progress in hypnosis research, education, and clinical practice.**

Founded in 1949, the Society for Clinical and Experimental Hypnosis (SCEH) is an international organization of psychologists, psychiatrists, social workers, nurses, dentists and physicians who are dedicated to the highest level of scientific inquiry and the conscientious application of hypnosis in the clinical setting. The membership represents a rare union of some of the finest academicians, researchers and clinicians whose collaboration is designed to support and inform the clinical work and research of its members and other professionals.

A distinguishing feature of the group is its premise that sound clinical practice is built upon serious scientific inquiry and that important empirical questions are often raised by those who care for patients. Through workshops, lectures, publication of the International Journal for Clinical and Experimental Hypnosis (IJCEH), and other teaching activities of SCEH, members educate health care professionals, academicians, researchers, students and the general public about the nature and ethical uses of hypnosis and related phenomena.

## Membership:

This is a selective society that contains some of the best and most productive hypnosis researchers and clinicians in the field. In the past four decades, the majority of the important English language publications in the field of scientific hypnosis have been written by members of the SCEH. Each year, the membership of SCEH sponsors its workshops and scientific meetings at the annual conference. Members receive discounted registration to the annual conference.

For more information about joining SCEH please go to: <http://www.sceh.us/apply-for-membership> 

## SCEH Membership Levels

**Full Membership: \$150**

**Student Membership: \$45**

### Society for Clinical & Experimental Hypnosis

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