



**SOCIETY FOR CLINICAL &
EXPERIMENTAL HYPNOSIS**

A component
Society of ISH



67th Annual Workshops and Scientific Program

October 6-10, 2016

**Hilton Boston/Dedham & William James College
Dedham & Newton, MA**

Conference Brochure

Continuing Education credits provided by the Institute for Continuing Education

Updated September 26, 2016

SCEH EXECUTIVE COMMITTEE

President: Gary Elkins, PhD, ABPP, ABPH

President Elect: Don Moss, PhD

Immediate Past President: Eric Willmarth, PhD

Secretary: Zoltan Kekecs, PhD

Treasurer: Ciara C. Christensen, PhD

IJCEH Editor: Arreed Barabasz, PhD, EdD, ABPP

2016 CONFERENCE COMMITTEE

OVERALL MEETING CHAIR

Nicholas Covino, PsyD

WORKSHOP PROGRAM CO-CHAIRS

Introductory Workshop

David Godot, PsyD

Eric Willmarth, PhD

Intermediate Workshop

Scott Hoyer, PsyD

Eric Willmarth, PhD

Advanced Workshops

Dan Handel, MD

Werner Absenger, PhD

SCIENTIFIC PROGRAM CO-CHAIRS

Devin B. Terhune, PhD

Zoltan Kekecs, PhD

2016 CONFERENCE SCHEDULE AT A GLANCE

CONFERENCE REGISTRATION: The Conference Registration Desk opens at the Hilton Dedham Boston at 3:30 PM on Thursday, October 6th, and is open at 8:00 AM each morning on the 3rd Floor of the College. See posted hours.

COLLEGE HOURS: The College opens each day at 8:00 AM. Free parking is available.

LUNCH BREAK: Lunch is on your own. Registrants can pre-order lunch from Plates Café each morning. Lunch is staggered, with Intro and Intermediate Workshop scheduled from 12-1 PM; Advanced Workshops from 1-2 PM.

BREAKS/COFFEE: See break times, generally around 10 AM and 3 PM; coffee/tea is included for registrants.

OPENING RECEPTION AT THE COLLEGE: All participants are invited to an Opening Reception, sponsored by William James College, on Friday evening at 6 PM, following the day's programming., to be held in the main lobby.

DAILY OVERVIEW

Thursday, October 6 - Our conference starts with an Opening General Session at 5:30 PM at the Hilton Boston Dedham, followed by two Keynotes and concurrent Introductory and Intermediate Workshops. All programming is at the hotel.

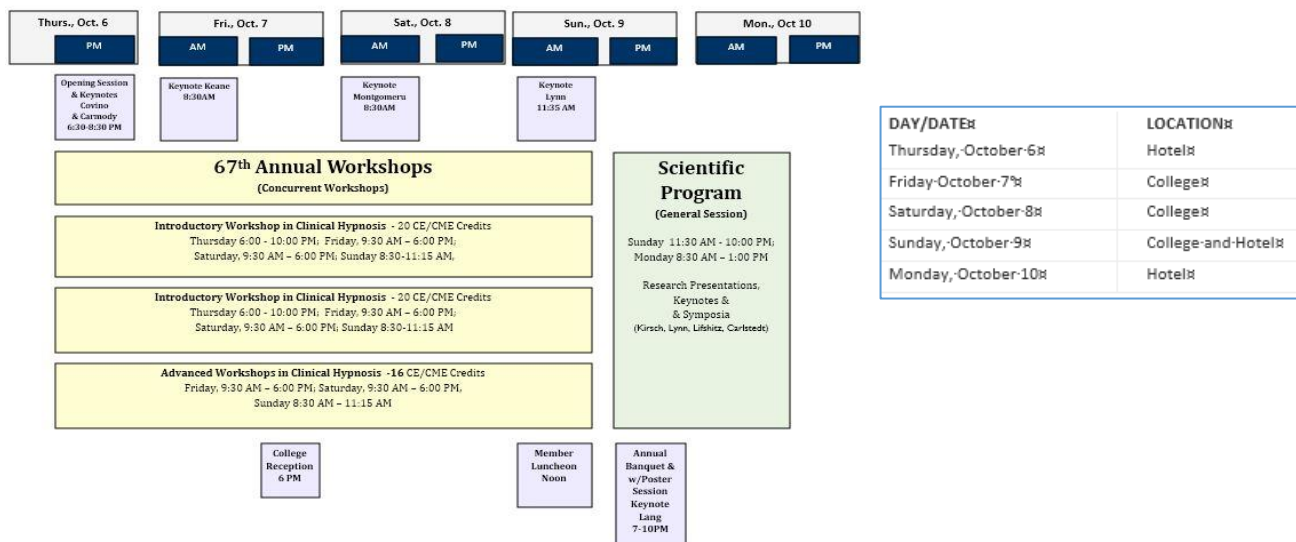
Friday and Saturday, October 7 - 8 --All activities are held at William James College. Transportation between the hotel and college will be provided by bus, with one trip to and from the college per day. Bus departs the hotel at 7:30 AM and returns after conference activities conclude.

Sunday, October 9 -- Our program continues at William James College, with workshops in the morning and the Scientific Program in the afternoon. In the evening, we move to the Hilton Boston Dedham for our Poster Session Reception and Annual Banquet and Keynote. Transportation between the hotel and college will be provided by bus, with one trip to and from the college per day. Bus departs the hotel at 7:30 AM and returns after conference activities conclude.

Monday, October 10 -- All activities are held at the Hilton Boston Dedham as we continue Scientific Program presentations and conclude with a closing General Session, adjourning at 1:00 PM.

MEETING NOTES:

- **Member Meeting & Luncheon:** Open to current SCEH members, scheduled for Sunday at noon.
- **Executive Committee & Executive Council Meetings:** Saturday evening at the hotel.



WHO SHOULD ATTEND

The program is 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.

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

WORKSHOP PROGRAM OVERVIEW

October 6-9 2016

Overall Meeting Chair: Nicholas Covino, PsyD

Introductory Workshop: David Godot, PsyD and Eric Willmarth, PhD

Intermediate Workshop: Scott Hoyer, PsyD and Eric Willmarth, PhD

Advanced Workshops: Dan Handel, MD and Werner Absenger, PhD

SCEH workshops are designed to teach participants hypnotic theory and practical techniques for immediate use in professional practice. Educational approaches include lectures, audiovisual presentations, and skill-practice groups. Workshops are scientifically-based and of the highest teaching quality. Most workshops include demonstrations and/or practice or other experiential components and are led by leaders in the field.

SCEH offers **introductory**, **intermediate** and **advanced** level workshops.

- ***Introductory (Basic) Workshop in Clinical Hypnosis (taken as a cohort)***
- ***Intermediate Workshop in Clinical Hypnosis*** (taken as a cohort, or Advanced Workshop attendees may select program block they wish to attend).
The Intermediate Workshop includes several skills-oriented workshops, labelled as blocks and noted as Advanced/Intermediate, which can be used toward intermediate certification or simply to refresh hypnotic skills.
- ***Advanced Workshops in Hypnosis*** (choose from a selection of full day, half day and quarter day concurrent sessions)



WORKSHOP REGISTRATION & OPENING SESSION: Thursday, October 6

Conference Registration opens at 3:30 PM in the lobby of the Hilton Dedham Boston.
Join us for our Opening General Session at 5:30 PM, prior to our Keynotes and Workshops.

WORKSHOP PROGRAM DESCRIPTIONS

Introductory Workshop in Clinical Hypnosis — 20 CEs

Thursday, October 6 through Sunday, October 9, 2016

Thursday 6:00 - 10:00 PM; Friday 8:30 AM - 6:00 PM*; Saturday 8:30 AM - 6:00 PM*; Sunday 8:30 - 11:15 AM

* Introductory workshop participants attend 8:30 AM Keynotes Friday and Saturday.

Co-chairs: David Godot, PsyD and Eric Willmarth, PhD

Faculty: Eric Willmarth, PhD, Saybrook University; Rick Kluft, MD, Temple University School of Medicine; Judith Thomas, DDS; Carol Ginandes, PhD, ABPP, Mclean Hospital /Harvard Medical School; Stephen Kahn, PhD; David Patterson, PhD, University of Washington School of Medicine; Dabney Ewin, MD, Tulane School of Medicine; Thomas Nagy, PhD; David Reid, PsyD and Gary Elkins, PhD.

This practically-focused workshop will provide introductory training in the theory and application of clinical hypnosis in psychotherapy, dentistry, and medicine. A combined format of lecture, demonstration, and supervised practice is used to teach and develop clinical skills in the use of hypnosis. Topics include: types and principles of hypnotic induction, methods of hypnotic induction, self-hypnosis, anxiety management, pain management, addressing issues of resistance, hypnosis with habit disorders, exploration of unconscious dynamics, treatment planning and technique selection, and integration of hypnosis into clinical practice. Participants will have many opportunities for hands-on practice in supervised small-group sessions. The goal of the workshop is to provide the requisite training for attendees to begin utilizing hypnosis in their own clinical practices. Ongoing feedback and mentoring will be provided to support the development and applicability of new skills. The contents of the workshop comply with the Standards of Training in Clinical Hypnosis utilized by the American Society of Clinical Hypnosis.

Thursday, October 6th

<i>Session</i>	<i>Time</i>	<i>Topic</i>	<i>Description</i>	<i>Faculty</i>
A1	6:00 PM	Introduction	Welcome, introductions, overall workshop structure, workshop schedule	Willmarth
A2	6:05 PM	Definitions, Theories and History Of Hypnosis		Willmarth
A3	6:50 PM	Preparing the Client for Hypnosis	Presenting hypnosis to the patient, myths and misperceptions about hypnosis, hypnosis and memory, self-report ratings of hypnotizability, informed consent, workshop safety, realerting	Kluft
	7:30 PM	Interlude		
A4	7:45 PM	Hypnotic Susceptibility and Hypnotic Susceptibility Scales		Willmarth
A5	8:30 PM	Hypnotic Phenomena and their Therapeutic Applications		Thomas
A6	9:20 PM	Demonstration of Hypnotic Phenomenon		Thomas

(continued on next page)

Introductory Workshop, continued

Friday, October 7th

8:30 AM Keynote - Recent Advances in the Psychological Treatment of PTSD - Terence M. Keane, PhD

Session	Time	Topic	Description	Faculty
B1	9:30 AM	Principles of Hypnotic Induction and Realtering I: the Process of Hypnosis	Positive expectations, fix attention, manage resistance, pace, deepen, lead, suggest, realert	Reid
	10:15 AM	<i>Break</i>		
B2	10:30 AM	Principles of Hypnotic Induction and Realtering II: Induction Techniques	Explanations & demonstrations of relaxation inductions, ideomotor inductions, eye fixation, visualization, etc.	Ginandes
B3	11:15 AM	Supervised Small-Group Practice I	Participants will practice hypnotic induction and realtering	Workshop Faculty
	12:00 PM	<i>Lunch Break</i>	<i>1 hour Lunch Break</i>	
B4	1:00 PM	Principles in Formulating Hypnotic Suggestions I	Principles of direct & indirect suggestion	Reid
B5	1:45 PM	Principles in Formulating Hypnotic Suggestions II - Supervised Small Group Practice	Participants will practice crafting and delivering suggestions for eliciting each hypnotic phenomenon	Workshop Faculty
B6	2:30 PM	Hypnotic Deepening and Trance Ratification	Depth & Stages of Hypnosis, Methods of Deepening Hypnotic Involvement, Trance Ratification	Ginandes
	3:15 PM	<i>Break</i>		
B7	3:30 PM	Supervised Small-Group Practice II	Participants will practice hypnotic induction, deepening, suggestion, and realtering	Workshop Faculty
B8	4:30 PM	Treatment Planning, Strategy, and Technique Selection		
B9	5:15 PM	Strategies for Managing Resistance to Hypnosis		

(continued on next page)

Introductory Workshop, continued

Saturday, October 8th

8:30 AM Keynote - Hypnosis in Cancer Care: Past, Present and Future - Guy H. Montgomery, PhD

Session	Time	Topic	Description	Faculty
C1	9:30 AM	Q&A and Demos		Workshop faculty
	10:15 AM	<i>Break</i>		
C2	10:30 AM	Self-Hypnosis: What It Is and How to Teach It to Clients		Kahn
C3	11:15 AM	Hypnotic Relaxation Therapy	The use of hypnosis for stress management and anxiety	Elkins
	12:00 PM	<i>Lunch Break</i>		
C4	1:00 PM	Cognitive Behavioral Applications of Hypnosis	Integration of hypnosis into CBT. Discussion of examples such as habit disorders, phobia, & depression	Kahn
C5	1:45 PM	Hypnotic Strategies and Techniques for Pain Control		Patterson
C6	2:30 PM	Supervised Small-Group Practice III	Participants will practice inducing hypnotic analgesia & anesthesia	Workshop Faculty
	3:15 PM	<i>Break</i>		
C7	3:30 PM	Ideomotor Signaling for Unconscious Exploration	Psychodynamic applications of hypnosis. Discussion of examples such as somatic disruption, treatment-resistant psychological symptoms.	Ewin
C8	4:30 PM	Supervised Small-Group Practice IV	Participants will practice the use of ideomotor signaling	Workshop Faculty

Sunday, October 9th

Session	Time	Topic	Description	Faculty
D1	8:30 AM	Medical Applications of Hypnosis		Lang
D2	9:30 AM	Ethics, Professional Conduct, and Certification		Nagy
	10:15 AM	<i>Break</i>		
D3	10:30 AM	Workshop Wrap-Up	Q&A, group realerting & processing	Workshop Faculty

WORKSHOP PROGRAM DESCRIPTIONS

Intermediate Workshop in Clinical Hypnosis — 20 CEs

Thursday, October 6 through Sunday, October 9, 2016

Thursday 6:00 - 10:00 PM; Friday 8:30 AM - 6:00 PM; Saturday 8:30 AM - 6:00 PM; Sunday 8:30 - 11:15 AM

* Intermediate workshop participants attend Keynotes at 6:00 PM Thursday and 8:30 AM Friday and Saturday.

Intermediate Workshop /Enhancing Skills/Fine-tuning Techniques

This workshop is taken as a cohort for those seeking Intermediate level training - 20 CEs/CMEs. This workshop has been designed to be consistent with the Standards of Training for the Intermediate Workshop Curriculum found in the Standards of Training in Clinical Hypnosis (1998, Elkins/Hammond). Accordingly, if you choose to attend all of these workshop offerings, you can earn up to 20 credits toward your Intermediate Level hypnosis qualification.

Advanced Workshop registrants may also select from topic blocks noted below.

Co-Chairs: Scott Hoyer, PsyD & Eric Willmarth, PhD

Faculty: David Reid, PsyD; Eric Willmarth, PhD; Stephen Kahn, PhD; Molly Delaney, PhD; Janna Henning, PhD; David Patterson, PhD; Gary Elkins, PhD; Donald Moss, PhD; Judy Thomas, PhD; Thomas Nagy, PhD and Richard Kluft, MD (supervision of group practice)

The Intermediate Workshop allows practitioners who have taken a basic workshop the opportunity to add to and refine their clinical skills in the use of hypnosis and its applications as a clinical tool in medicine, psychiatry, psychology, social work, nursing, or dentistry. The Intermediate Workshop faculty, whose knowledge, practice, and teaching of hypnosis are based on published research, come from a variety of schools of thought on hypnosis, and are university trained and affiliated. This workshop includes 20 hours of lectures and hands-on practice sessions.

Thursday, October 6, 2016

6:00-7:00 PM—Keynote —Workshop Participants attend (1 CE/CME)

A Role for Hypnosis in Light of Health Care Reform
Nicholas A Covino, PsyD

7:00-10:00 PM k—Introduction to Intermediate (3 CE/CME)

7:00-7:15 PM	Introductions and Overview (Willmarth)
7:15-8:15 PM	Review of Hypnosis—Clinical and Experimental Applications (Reid)
8:15-9:15 PM	Principles of Induction/Demonstration (Kahn/Delaney)
9:15-10:00 PM	Group Practice (Workshop Faculty)

(continued on next page)

Intermediate Workshop, continued

Friday, October 7, 2016

8:30-9:30 AM Keynote — Workshop Participants attend (1 CE/CME)

Recent Advances in the Psychological Treatment of PTSD

Terence M. Keane, PhD

9:30 AM-3:30 PM Block—Induction Review & Refining Skills (4.5 CE/CME) Advanced/Intermediate

9:30-10:15 AM Hypnotic Phenomena and Principles (Thomas)

10:15-10:30 AM Break

10:30 AM-12:00 PM Induction Demonstrations and Group Practice (Willmarth, Lombard, Reid, Kahn & Delaney, Henning, Thomas, et al)

12 PM Lunch

1:00-3:15 PM Induction Demonstrations and Group Practice (Willmarth, Lombard, Reid, Kahn & Delaney, Henning, Thomas, et al)

3:15-3:30 PM Break

Objectives: Participants who complete this workshop will be able to demonstrate working knowledge of at least two new inductions and describe their usefulness for eliciting hypnotic phenomena for use with various clinical populations.

This workshop will review the principles of hypnotic inductions and refine participants' skill sets. A deeper exploration of inductions with regard to eliciting specific hypnotic phenomena will be thoroughly explored. Faculty will demonstrate a number of inductions, and participants will be given ample time to practice them with supervision. The format is very experiential and a free exchange of ideas with the presenters will be encouraged.

3:30-6:00 PM Block—Treatment Planning and Safety Concerns (2.5 CEs/CMEs) Advanced/Intermediate

3:30-4:45 PM Case Conceptualization and Treatment Planning (Elkins)

4:45-6:00 PM Ego Strengthening and Handling Difficulties (Moss)

Objectives: Participants who complete this workshop will be able to describe and create a basic treatment plan for integration of clinical hypnosis into psychotherapy, and will be able to describe safety preparation, re-alerting, and ego-strengthen techniques to use with clients.

This workshop will focus on treatment planning and safety concerns that can arise when working with a clinical population. Specific uses of hypnotic phenomena and suggestions for clinical disorders will be highlighted, as well as preparation and re-alerting of clients. Ego strength techniques for eliciting post-hypnotic resilient states will be covered as well. Faculty will demonstrate treatment plans and inductions, and participants will be given ample time to practice them with supervision.

(continued on next page)

Intermediate Workshop, continued

Saturday, October 8, 2016

8:30-9:30 AM Keynote — Workshop Participants attend (1 CE/CME)

Hypnosis in Cancer Care: Past, Present and Future
Guy H. Montgomery, PhD

9:30-3:30 PM Block: Anxiety Disorders and Trauma/Dissociative Disorders (4.5 CE/CME) Advanced/Intermediate

9:30-10:15 AM	Anxiety Disorders (Reid)
10:15-10:30 AM	Break
10:30-11:00 AM	Anxiety, continued (Reid)
11:00 AM-12:00 PM	Group Practice
12:00-1:00 PM	Lunch
1:00-2:00 PM	Trauma and Dissociation (Henning)
2:00-3:00 PM	Group Practice
3:15-3:30 PM	Break

Objectives: Participants who complete this workshop will be able to describe the underlying physiological and psychological causes of anxiety, trauma, and dissociative disorders, and three techniques for use with them in a clinical setting. Participants will also be able to describe safety concerns and techniques to utilize with these populations.

This workshop will introduce the use of hypnosis as an intervention with anxiety, trauma, and dissociative disorders. Participants will learn the major theoretical models and treatment considerations, as well as hypnotic techniques for alleviation of symptoms. Safety considerations for these populations will also be covered. Faculty will demonstrate a number of inductions, and participants will be given ample time to practice them with supervision.

3:30-6:00 PM Block: Ethics (2.5 CE/CME) Advanced/Intermediate

3:30-6:00 PM	Ethics (Nagy)
--------------	---------------

Objectives: Participants who complete this workshop will be able to describe at least three ethical concerns with the use of hypnosis in clinical practice and their best case resolutions.

This workshop will cover extensive ethical concerns regarding the use of clinical hypnosis. Case examples from legal and ethical board issues will be discussed.

Sunday, October 9, 2016

8:30-11:15 AM Block: Pain Management (2.5 CE/CME) Advanced/Intermediate

8:30-9:30 AM	Pain Management (Patterson)
9:30-10:15 AM	Group Practice
10:15 AM	Break
10:30-11:15 AM	Wrap Up

Objectives: Participants who complete this workshop will be able to describe the physiological and psychological theories of pain, and describe at least two induction and suggestions for the clinical setting.

This workshop will cover basic theories of pain, pain management strategies, and hypnotic inductions and suggestions for use with this clinical issue. Faculty will demonstrate a number of inductions, and participants will be given ample time to practice them with supervision.



Not Yet a Member? Join Today.

OUR MISSION: To promote excellence and progress in hypnosis research, education, and clinical practice.

SCEH - Global Hypnosis Community

As a member of SCEH, you are part of a selective society that contains some of the best and most productive hypnosis researchers and clinicians in the field.

SCEH Workshops and Scientific Session -- CE/CME Credit Opportunities

SCEH provides professional development opportunities which include an Annual Conference and periodic workshops and scientific meetings. As a member, your registration fee is discounted.

SCEH Scholarly Journal

Your membership includes a subscription to our peer-reviewed publication, the International Journal of Clinical and Experimental Hypnosis (IJCEH), one of the most cited journals in psychological literature. IJCEH is the leading voice in hypnosis worldwide for researchers, scholars and clinicians in psychiatry, psychology, social work, dentistry, and medical specialties.

Focus, Our Quarterly Member Newsletter

Members receive our quarterly newsletter, Focus, with news and updates about Society members and how SCEH is working to advance the hypnosis field.

SCEH Member Directory

The Member Directory is a great resource for networking with colleagues and for finding referrals. It is available for member login to our website.

Founded in 1949, SCEH is an international organization dedicated to the highest level of scientific inquiry and the conscientious application of hypnosis in the clinical setting.

Learn more about membership at <http://www.sceh.us/membership-benefits>

WORKSHOP PROGRAM DESCRIPTIONS

Advanced Workshops — up to 20 CEs when attending all keynotes*

Thursday, October 6

* Advanced workshop attendees are invited to attend our Opening General Session and Thursday evening Keynotes.

Friday, October 7 through Sunday, October 9, 2016

Friday 8:30 AM - 6:00 PM*; Saturday 8:30 AM - 6:00 PM*; Sunday 8:30 - 11:15 AM

* Advanced workshop participants are invited to attend 8:30 AM keynotes on Friday and Saturday.

Co-chairs: David Godot, PsyD and Eric Willmarth, PhD

Advanced Workshop registrants select from the following Advanced Workshops or they may also select from topic blocks in the Intermediate Workshop /Enhancing Skills/Fine-tuning Techniques.

Advanced Workshop Topics

Friday Full Day Sessions

- Evidence-Based Cognitive Hypnotherapy for Anxiety Disorders
- Hypnosis, Suffering, and Eastern Philosophy
- Utilizing New Research on Applying Hypnosis Techniques to Reduce Symptoms & Traits of Attention Deficit Disorder

Friday Morning Sessions

- Integrated Treatments for PTSD and Pain: Alert hypnosis and Tai Chi movements
- Heart Rate Variability Biofeedback as an Adjunct to Hypnosis Practice
- Noetics: Quantifying the Mind to Better Understand your Client's/Participant's Hypnotic Talents

Friday Afternoon Sessions

- Beyond Suggestion: Hypnosis Techniques Refresher: Live Demonstrations
- Reversed Relationships Between Resilience and Resourcefulness, and Psychopathology
- Hypnosis within the Context of You Are Not Your Brain!

Saturday Full Day Sessions

- Integrative Hypnotic CBT Techniques for the Rapid Resolution of Traumatic Memories without Abreaction
- Subliminal Therapy: A New Paradigm in Psychotherapy
- The Treatment of Dissociative Identity Disorder and Allied Conditions

Saturday, Morning Sessions

- Altered States of Consciousness Experiences Related to Spiritual and Religious Aspects of Skin and Skin Disorders
- Depth Hypnosis and the Inner Self
- Integrative Therapy with Gay Men: Creating a Mindful Connection

Saturday, Afternoon Sessions

- Administration and Scoring of the Elkins Hypnotizability Scale for Utilization in Clinical Practice
- Heal in the Space Between the Words; Exploring the intersection of Hypnosis, Neurobiology, and Quantum Physics
- Helping Adolescents/Young Adults Absorbed in Cyberspace Find Their Inner Selfie: Hypnotherapy as the Search Engine, Ego States as the Home Page
- Hypnotically Enhanced Addictions Treatments: Alcohol Abuse. Drug Abuse, Smoking, Gambling and Weight Loss

Sunday Morning Sessions

- Regression Techniques for Diagnosis and Therapy
- Trance Enhancement of Core Renewal- Beyond Relaxation

FRIDAY FULL DAY WORKSHOPS

FRIDAY

Friday, October 7, 2016

FULL DAY

9:30 AM - 6:00 PM

**9:30 AM -
6:00 PM**

Utilizing New Research on Applying Hypnosis Techniques to Reduce Symptoms & Traits of Attention Deficit Disorder (ADD)

Maureen Turner, MEd

6.00 CEs

The paucity of research on Clinical Hypnosis applications to adults with ADD - gives clinicians little guidance. Yet, many of our patients either have an ADD diagnosis or are one of 10 million estimated undiagnosed adults. Many of whom have been self-medicating with stimulants: sugar, worry, nicotine, marijuana, alcohol, caffeine, prescription and street drugs. Ironically, applied hypnosis research studies abound in ADD co-morbid diagnoses: Addictions, Anxiety, OCD, PTSD, Depression and ODD, but do not directly address ADD.

In 2014, at the SCEH Conference, clinician Maureen Turner gave a Preliminary Report of a Longitudinal Observational Study: Applying Clinical Hypnosis Techniques to ADD Traits & Symptoms of 14 Adults. The methods utilized 4-7 ADD diagnostic assessment tools to establish a benchmark and were re-taken anew in 6-12 mos. intervals by 14 economically diverse Caucasian adults with ADD, ages 22-66, 8 Female/6 Males. Results were correlated with gender, age, ADD diagnosis, etiology to hypnosis techniques utilized from 2012-14. The project statistician, Ramiro Barrantes, PhD. concluded: These research results are very suggestive that the applied clinical hypnosis techniques had a positive influence on the reduction of ADHD symptoms and management of traits measured. All 14 individuals showed signs of improvement (29-33%) in at least one symptomatic area.

This workshop focus is on the hypnosis techniques correlated with the changes in 142 answers compiled after clinical hypnosis applications. Diagnostic tools, research findings and clinical implications will be reviewed. Primarily, Clinical Hypnosis techniques researched will be presented, demonstrated in class and via video, practiced and discussed.

Structure: Lecture, Audiovisual, Case Presentation, Experiential

Prerequisites: Introductory Hypnosis

Learning Objectives:

1. Describe and explore three findings of the report "Longitudinal Observational

Study: Applying Clinical Hypnosis Techniques to ADD Traits and Symptoms" of 14 adults

2. Articulate three direct suggestion clinical hypnosis techniques found to enhance ADD symptoms and traits management

3. Give examples of many co-morbid diagnoses seen in ADD clients

4. Identify three clinical hypnosis age regression techniques found to enhance ADD symptoms and trait management

5. Summarize the changes identified and compiled after clinical hypnosis applications

6. Apply information and skills acquired to clinical work with this population

FRIDAY

FULL DAY

9:30 AM -
6:00 PM

6.00 CEs

Friday, October 7, 2016

9:30 AM - 6:00 PM

Evidence-Based Cognitive Hypnotherapy for Anxiety Disorders

Assen Alladin, PhD

Although they appear simple on the surface, most chronic anxiety disorders represent complex conditions. The complexity could be due to a variety of factors, including early emotional injuries, comorbidity with other conditions, interpersonal problems, etc.

Therefore a symptomatic approach to treatment, at least for some patients, may not suffice.

This Workshop will describe an integrated treatment protocol for the management of anxiety disorders, which can also be applied to other emotional disorders. The treatment approach is based on the wounded self model of anxiety disorders (Alladin, 2016; Wolfe, 2005), which can be defined as patients' chronic struggles and preoccupation with their subjective distress. From this perspective, the onset, development, exacerbation and maintenance of anxiety symptoms are hypothesized to stem from two layers of psychological processes. The first layer comprises conscious awareness of symptoms, which results from cognitive distortions. The second layer involves unconscious interpretations of what the symptoms mean to the patient. This model thus embodies both explicit and implicit psychological processes in the etiology of anxiety disorders. In other words, it provides the theoretical rationale for including both conscious and unconscious therapies such as behavior therapy, cognitive therapy, psychodynamic psychotherapy, mindfulness-based therapies, etc., in the treatment of anxiety disorders.

The workshop is based on Dr. Alladin's over 30 years of clinical experience treating anxiety disorders both in outpatient and inpatient settings, and his latest book, *Integrative CBT for Anxiety Disorders: An Evidence-Based Approach to Enhancing Cognitive Behavioral Therapy with Mindfulness and Hypnotherapy* (Wiley, 2016).

Structure: Lecture, Experiential

Prerequisites: Training in hypnosis and some knowledge of CBT

Learning Objectives:

1. Establish theoretical and empirical rationale for integrating hypnosis and CBT in the treatment of emotional disorders.
2. Identify innovative strategies for breaking the anxious cycle and promoting psychophysiological coherence.
3. Describe techniques for eliciting and healing "self-wounds" (roots of core beliefs).
4. Examine the use of this model in both inpatient and outpatient clinical settings
5. Share outcome results from the use of this model in chronic anxiety disorders
6. Apply information and skills acquired to clinical work with this population

FRIDAY

FULL DAY

9:30 AM -
6:00 PM

6.00 CEs

Friday, October 7, 2016

9:30 AM - 6:00 PM

Hypnosis, Suffering, and Eastern Philosophy

David Patterson, PhD

This workshop will focus on the presenter's recent developments in combining Eastern Philosophy with Ericksonian hypnosis and motivational interviewing as an approach to facilitate to living with suffering. Suffering is defined as resisting the inevitable pain that comes from life. The pain that will be addressed in this workshop will be that from emotional as well as physical sources.

The workshop will follow the instructor's model of conducting hypnosis workshops in that one third of the workshop will be based on didactics that are intended to translate philosophy and neuroscience into clinical applications. Another third will be involve demonstrations with individuals or the entire group, and one third will involve participants practicing the concepts presented in small groups or dyads. A primary teaching tenant espoused is that the presenter's job is to break down the concepts to a level where they are easy to understand and practice for participants, and the attendees need to have an opportunity to verbalize the induction components "out loud".

The workshop will begin with an overview of how suffering can be addressed through Zen and other Eastern Philosophical principals. We will then focus on brief, direct hypnotic approaches based on dissociation for intense pain and suffering (for patients in crisis). The final half of the workshop will focus on teaching participants to perform non-linear hypnotic inductions that avoid the trappings of excessive cognitions and allow them to be present with pain, rather than resist it. In general, the workshop will be intended to be a light-hearted, with the instructor intending to provide growth experiences for the participants, while releasing his inner comedian.

Structure: Lecture, Audiovisual, Case Presentation, Discussion Groups, Experiential

Prerequisites: None

Learning Objectives:

1. Explain the neurophysiological basis of pain, and the implications of this for designing tailored and targeted hypnotic suggestions
2. Examine the cognitive and behavioral factors that influence pain and the implications of this for designing hypnotic suggestions that help clients shift from maladaptive to adaptive cognitive processes and behaviors.
3. Distinguish between acute and chronic pain
4. Describe Ericksonian approaches to hypnosis
5. Describe approaches to acute crisis, procedural and chronic pain
6. Apply information and skills acquired to clinical work

FRIDAY MORNING WORKSHOPS

FRIDAY MORNING

Friday, October 7, 2016

9:30 AM - 1:00 PM

Heart Rate Variability Biofeedback as an Adjunct to Hypnosis Practice

Donald Moss, PhD

9:30 AM -
1:00 PM

3.00 CEs

Heart rate variability (HRV) has been a medical index for thirty years for physical and emotional illness. Low HRV predicts risk for further cardiac illness and even death after heart attack. HRV is lower in depression, anxiety states, PTSD, asthma, fibromyalgia, and other illnesses. Conversely, high HRV is a marker for aerobic fitness, optimal health, vitality, and resilience. This presentation will define what heart rate variability is, briefly review the physiology of HRV, and introduce the potential uses for HRV training as an adjunct to hypnosis-based therapies. Participants will also observe the changes in respiration and heart rate variability during hypnotic induction.

HRV biofeedback has applications in health psychology, psychotherapy, medicine, and optimal performance. Only in the past twenty years have practical technologies developed to provide real time feedback on heart rate variability. HRV biofeedback has been applied effectively for treating many mental health and medical problems, but has proven equally useful for optimal performance and coaching interventions. Cosmonauts in the Russian space program, soccer players for the World Cup Milan team, and performers in a variety of Olympic events have benefited from training to achieve high levels of HRV. Three recent special issues of Biofeedback magazine included studies applying HRV training to corporate executives, physicians, college students, musicians, professional football players and a host of other individuals.

The presenter will demonstrate inexpensive entry level HRV biofeedback equipment, including the inexpensive emWave® and Inner Balance® devices from HeartMath, and also a higher end multi-modal biofeedback system for more advanced use. The presenters will describe three cases in which HRV produced a therapeutic effect: one adult woman with anxiety disorder, one adult woman with cancer, and one healthy adult male with performance anxiety about speaking in business settings.

Structure: Lecture, audio-visual

Prerequisites: None

Learning Objectives: Participants will be able to:

1. Develop intervention strategies for utilizing heart rate variability (HRV) training in coaching and educational applications.
2. Explain the basic physiology the basic physiology of HRV for client orientation.
3. Explain the range of instrumentation available for HRV training, including the inexpensive yet effective devices suited for coaching and education.
4. State the body's physiological response. to hypnotic induction, including changes in respiration, heart rate variability, and autonomic nervous system activation

**FRIDAY
MORNING**

Friday, October 7, 2016

9:30 AM - 1:00 PM

Integrated Treatments for Post Traumatic Stress Disorder (PTSD) and Pain: Alert hypnosis and Tai Chi movements.

9:30 AM -
1:00 PM

Bruce Eads, MSW

3.00 CEs

Acute and chronic pain treatment with clinical hypnosis is well documented. The use of alert, eyes open hypnosis (Wark 1998) has shown positive results as a rapid induction model to manage acute onset as well as chronic pain condition for patients dealing with combat PTSD (Eads and Wark 2015). Clinical applications show that the alert induction can be facilitated by specific kinesthetic activity. These activities, used with alert hypnosis, can offer greater gains in session to connect mind/body experience. Clients may have a greater opportunity to fully engage in the change process mentally and physically.

This workshop will provide education, demonstration, and experiential learning processes to guide participants to use basic Tai Chi movement with alert hypnosis and thereby improve outcomes for those suffering from emotional and/or physical pain. The movements continue through the clinical process as participants gain mastery of the physical as well as mental processes of healing. Movements and standing postures are created to accommodate individual ability and all participants/clients will be able to fully engage in the experience.

Structure: Lecture, Experiential

Prerequisites: Advanced Learning

Learning Objectives:

1. Induce alert eyes open hypnosis
2. Describe effective Tai Chi movements to increase hypnotic depth
3. Integrate basic Tai Chi movements with clinical hypnosis to improve whole health recovery

**FRIDAY
MORNING**

Friday, October 7, 2016

9:30 AM - 1:00 PM

Noetics: Quantifying the Mind to Better Understand your Client's/Participant's Hypnotic Talents

9:30 AM -
1:00 PM

Ronald Pekala, PhD

3.00 CEs

This workshop will focus on acquainting therapists and researchers with a methodology for measuring the client's mind, or state of consciousness, during hypnosis, and demonstrate how that methodology may be used to better tailor hypnotic interventions to your client's hypnotic talents. By quantifying the mind of your client/participant during a hypnotic assessment, one has the means to take a closer look at what may be happening within the mind/behavior interface of clients who are interested in using hypnosis to change their self-esteem, their drug addiction, their anxiety, and their lives.

The methodology uses an analysis of mental processes and contents, as assessed during retrospective phenomenological assessment (RPA), to gain a "phenomenological snapshot" of the client's mind. The use of such noetic analysis is then integrated with the data obtained by the clinician concerning the client's history, personality, and symptomology, to treat the client. This presentation will give an overview of that methodology and show how it may be used to better understand the subjective experience of your client/participant as it relates to suggestibility, expectancy, and trance state effects.

Participants will obtain user manuals for the approach and can download the Excel program from www.quantifyingconsciousness.com to obtain a noetic snapshot of the client's mind during hypnosis. (Additional time reviewing the manuals and using the protocol will be needed by the clinician/researcher to learn how to integrate this approach into their clinical/research practice.)

[The content of this presentation does not represent the views of the Department of Veterans Affairs nor the United States Government.]

Structure: Lecture, Audiovisual, Case Presentation

Prerequisites: none

Learning Objectives:

1. Describe the theoretical literature and research concerning how hypnotic altered state effects, hypnotic suggestibility, and hypnotic expectancy combine, resulting in a client's perception of being "hypnotized".
2. Describe the rationale for a phenomenologically based assessment of hypnotic talent using the PCI-HAP (Phenomenology of Consciousness Inventory - Hypnotic Assessment Procedure), and the theory and research behind measuring hypnotic depth, hypnotic type, hypnotic suggestibility, and expectancy.
3. Describe how to utilize information about a client's phenomenological world during hypnosis to generate hypnotic interventions congruent with that world with particular reference to clients of varying hypnotic responsivity.

FRIDAY AFTERNOON WORKSHOPS

FRIDAY AFTERNOON

Friday, October 7, 2016

2:00 - 5:30 PM

2:00 –
5:30 PM

Reversed Relationships Between Resilience and Resourcefulness, and Psychopathology

Marek Celinski, PhD

3.00 CEs

Hobfoll's research documented decrease in psychopathological manifestations in individuals who utilized psychosocial and material resources. Our Resourcefulness for Recovery Inventory / Research Edition is an 18 scale instrument with subscales such as: having control versus being controlled; having positive ideations versus negative; positive emotions versus negative; integration versus disintegration, and acceptance versus non-acceptance, among others.

The scale was standardized in Canada on more than 550 patients who suffered psycho-traumatic and physical injuries.

Fifty two patients treated with psycho education, cognitive therapy and hypnotherapy for panic and generalized anxiety disorders at the Neurological and Psychiatric Institute in Moscow were administered RRI-RE pre-and post along with various measures of psychopathology (such as SCL-90-R, BDI, The Spielberger State Trait Anxiety Inventory, Five-Factor Mindfulness Questionnaire, Mindful Attention Awareness Scale, and Qualitative-Quantitative Clinical Scale). Nonparametric statistics (Wilcoxon matched pairs test, Mann-Whitney Test) were used to make comparisons between T1 and T2.

Treatment group have improved to various levels (ranging from $p < .0001$ to $p < .002$) on the measures of psychopathology as compared to the control group. The group of full recovery was characterized by the substantial improvement on the RRI-RE negative scales, while the group of partial recovery demonstrated moderate improvement of both RRI-RE positive and negative scales but to a lesser degree compared to the group of full recovery.

Complementary research involving more than 50 clients was conducted in a Toronto private psychology office where additionally our Resilience to Trauma Scale was administered at the beginning of treatment along with RRI pre-and post treatment. A therapeutic model involving interactions between resilience and resourcefulness will be reviewed.

Structure: Audiovisual

Prerequisites: familiarity with the concept of utilization and resilience and resourcefulness.

Learning Objectives:

1. Identify new measures that conceptualize resilience and resourcefulness.
2. Examine the usefulness of both constructs in predicting outcome.
3. Analyze opportunity for experiential and practical application.

**FRIDAY
AFTERNOON**

Friday, October 7, 2016

2:00 - 5:30 PM

2:00 –

5:30 PM

Beyond Suggestion: Hypnosis Techniques Refresher: Live Demonstrations

Arreed Barabasz, EdD, PhD, ABPP

3.00 CEs

This workshop is intended for those clinicians who find they are using only a limited range of hypnotic techniques. Based on approaches illustrated in Barabasz and Watkins (2005) text "Hypnotherapeutic Techniques, 2E" and the Watkins & Barabasz (2008) books, this workshop will include simple and complex induction techniques. Brief lecture and discussion will be interspersed with demonstrations of hypnotic phenomena and induction techniques. The overarching aim is to teach techniques that can facilitate responses go well beyond those that can be wrought by mere suggestion alone.

Participants will learn how to recognize and apply key discrete components of hypnotic induction; minimize conscious volition and foster dissociated control and apply anxiety reducing Pre-induction tests using hypnotic-like procedures

The following pre-induction procedures will be taught and demonstrated: Chevreul's pendulum test; Arm drop test; Postural Sway Test; Hand-clasp test and Arm levitation.

The following induction procedures will (time permitting) be reviewed and/or demonstrated with additional inductions demonstrated on request, time permitting:

- The Kohnstamn transition
- Direct stare for time critical situations
- Opposed-hand/arm levitation for resistant participants
- Watkins' Non-verbal Method
- Leaving the stones behind (for patients with significant issues but where therapeutic contact time limited to as little as a single session)
- 7 Subject-Object-complex indirect technique
- Milton Erickson's induction concepts
- Erickson's covert handshake induction
- Barabasz's Meditation induction for health and well-being (time permitting)

Structure: Lecture, Experiential

Learning Objectives: Participants will be able to ascertain if the following are true or false:

1. Describe simple and complex induction techniques for use in clinical work
2. Explore hypnotic techniques that can facilitate responses that go beyond those that accomplish mere suggestion alone
3. Explain how to recognize and apply key discrete components of hypnotic induction
4. Apply information and skills acquired to clinical work

**FRIDAY
AFTERNOON**

Friday, October 7, 2016

2:00 - 5:30 PM

Hypnosis within the Context of You Are Not Your Brain!

2:00 –

5:30 PM

Gary B. Kelley, PhD

3.00 CEs

The purpose of this presentation is to demonstrate the application of clinical hypnosis to the 4-step Solution Model purposed by Schwartz and Gladding (2011). Their model is based on conditioning and reinforcement however their treatment is cognitive/behavioral and easily applied within a hypnotic framework. The basic approach to treatment is set up as a 4 step process: Re-labeling, Re-framing, Re-focusing, and Re-evaluating. They employ the concept of splitting (mind vs brain, true self vs false self, deceptive messages vs desired messages) and a parts concept (wise advocate/inner guide). This presentation will show how hypnosis can potentiate this treatment model.

Of importance to clinicians and researchers alike is improved outcomes in Treatment. Schwartz and Gladding have demonstrated the efficacy of their 4-Step Solution model as applied to treating Obsessive compulsive patients and have generalized this to a variety of other conditions. Jensen has demonstrated how the integration of hypnosis into cognitive therapy with a chronic pain population enhances effectiveness and outcomes.

Structure: Lecture and demonstration

Learning objectives:

1. Describe the application of clinical hypnosis to the 4-step Solution Model purposed by Schwartz and Gladding (2011)
2. Explain how the integration of hypnosis with the Schwartz-Gladding 4-Step Solution model can readily be applied and lead to improved treatment outcomes.
3. Apply information and skills acquired to clinical work

SATURDAY FULL DAY WORKSHOPS

SATURDAY FULL DAY

Saturday, October 8, 2016

9:30 AM - 6:00 PM

9:30 AM -
6:00 PM

The Treatment of Dissociative Identity Disorder and Allied Conditions

Richard Kluft, MD, PhD

6.00 CEs

This workshop will review the psychopathology of the chronic complex dissociative disorders. It will present an overview of their treatment before addressing a series of specific topics in the psychotherapy of these conditions. It will discuss restraint in the introduction of hypnotic interventions, the building of foundational hypnotic skills that can be developed into major assets in enhancing safety, the therapeutic alliance, and the processing of difficult material. Assessing and addressing traumatic material will be studied, with an emphasis on gradual processing consistent with the fractionated abreaction approach. Over 20 hypnotic techniques for treating such patients will be taught. Alternative therapeutic pathways and outcomes will be reviewed.

Structure: Lecture

Prerequisites: Basic and Intermediate Hypnosis Workshops; Basic Knowledge of Dissociative Disorders and their Treatment

Learning Objectives:

1. Summarize current literature on the psychopathology of chronic complex dissociative disorders
2. Comment on the issue of restraint in the introduction of hypnotic interventions
3. Identify twenty techniques for the use of hypnosis with this patient population
4. List the dimensions of the fractionated abreaction technique
5. List five drawbacks to the introduction of hypnosis early in the treatment process
6. Apply information and skills acquired to clinical work

**SATURDAY
FULL DAY**

Saturday, October 8, 2016

9:30 AM - 6:00 PM

**9:30 AM -
6:00 PM**

Subliminal Therapy: A New Paradigm in Psychotherapy

Edwin Yager, PhD

Subliminal Therapy is a brief psychotherapy that embraces a blend of psychodynamic and learning theory. It is based on two assumptions:

1. Our present behavior and experience are largely determined by conditioning from earlier life-experiences; psychotherapy is a process of re-conditioning.
2. All persons have extra-conscious mental abilities that exceed conscious mental abilities and these abilities can be engaged to accomplish desired change.

In Subliminal Therapy, it is understood that “parts” of the patient’s mind were created during experiences in life. A part represents the conditioned, ongoing influence of an event, and may continue to influence the patient’s life based on those experiences until/unless re-conditioning occurs. In using Subliminal Therapy, these parts of the mind are identified and re-conditioned, thereby resolving the problem at the level of cause. When the cause(s) of a problem are resolved, its symptoms (e.g., headaches, anxiety, insomnia, depression and addiction) cease to exist.

For example, a child bitten by a dog will probably be conditioned to fear dogs, and that learned fear can persist for a lifetime unless and until re-conditioning occurs. Moreover, conditioning can happen without conscious awareness that it is happening, and also without conscious memory of the event. A “part” of the person’s mind was formed in the moment of trauma, a part that represents the emotion of that moment, and that part can remain active. Re-conditioning happens when new information is introduced, permitting new understanding that changes the effect of the event. New understanding changes the effect of an experience.

Structure: Lecture, Case Presentation, Experiential

Prerequisites: None

Learning Objectives:

1. Define subliminal therapy and cite its use in the clinical setting
2. Articulate the concept of conditioning as the basis of psychogenic disorders
3. Articulate the basic concepts of subliminal therapy
4. Explain how trauma impacts remembered events
5. Apply the principles of Subliminal Therapy in clinical work

6.00 CEs

**SATURDAY
FULL DAY**

**9:30 AM -
6:00 PM**

6.00 CEs

Saturday, October 8, 2016

9:30 AM - 6:00 PM

Integrative Hypnotic CBT Techniques for the Rapid Resolution of Traumatic Memories without Abreaction

James Straub, EdD

Rapidly and precisely facilitating clients in the resolution, restructuring and closure of traumatic and key decision memories is an important part of the therapeutic process. This daylong experiential workshop will be used to present specific approaches and techniques for rapidly restructuring and resolving memories. These integrative approaches and techniques draw upon the works of Alfred Adler, Robert Goulding and Roberto Assagioli as well as techniques from Precision Cognitive Therapy, Neurolinguistic Programming, Timeline Therapy, Eriksonian Hypnosis, Imagery and Art Therapy.

These techniques can be effectively utilized in one or two sessions and have been found to be highly effective for nearly all clients. Participants are expected to be grounded in basic hypnotic language patterns, sensory acuity and pacing.

An overview of the neurological and symbolic storage and representation of memories will be discussed. Techniques for accessing key decision memories will be reviewed. Then a variety of techniques for restructuring and resolving traumatic and key decision memories will be taught. Application to persons with DID and large numbers of repetitious memories will be discussed as will integration of EMDR approaches.

Structure: Lecture, Case Presentation, Discussion Groups, Experiential

Prerequisites: intermediate or advanced level training

Learning Objectives:

1. Describe and apply a deep structure grounding technique
2. Describe ways of extracting aspects of the client from traumatic memories and initiating restructuring of limiting beliefs related to the experience.
3. Identify hot spots in memories and help patients disidentify related parts and disconnect the parts from memories.
4. State at least one way of transferring and integrating surface structure reframing to deeper neurologic patterns
5. State the use of imagery and affective techniques to identify key decision memories
6. Describe techniques for reframing memories

SATURDAY MORNING WORKSHOPS

SATURDAY MORNING	Saturday, October 8, 2016
	9:30 - 11:45 AM
9:30 AM - 1:00 PM	Altered States of Consciousness Experiences Related to Spiritual and Religious Aspects of Skin and Skin Disorders
3.00 CEs	<p>Philip Shenefelt, MD</p> <p>Skin and skin disorders have had spiritual and religious dimensions often derived from induced altered states of consciousness experiences since ancient times. Skin, hair, and nails are visible to self and others. The skin is a major sense organ for touch, pain, itch, heat, cold, pressure, and vibration. Skin also expresses emotions detectable by others through pallor, coldness, “goose bumps”, redness, warmth, or sweating. How much skin is covered with what kind of coverings, scalp and beard hair cutting, shaving, and styling, skin and nail and hair coloring and decorating, tattooing, and intentional scarring of skin all have had and continue to have spiritual and religious significance, often derived originally from visions or other altered state of consciousness experiences. Persons with visible skin disorders have often been stigmatized or even treated as outcasts. Spiritual and religious interactions with various skin disorders such as psoriasis, leprosy, and vitiligo are discussed.</p> <p>Structure: Lecture, Experiential</p> <p>Prerequisites: advanced level</p> <p>Learning Objectives:</p> <ol style="list-style-type: none">1. Explain the connection between altered states of consciousness and spiritual and religious experiences.2. State the culturally specific contexts in which the spiritual and religious experiences occur.3. Describe the interaction between skin and psyche and their spiritual and religious dimensions.4. Assess the influence of spiritual and religious dimensions on personal and cultural ramifications of skin disorders.

**SATURDAY
MORNING**

Saturday, October 8, 2016

9:30 AM - 1:00 PM

Integrative Therapy With Gay Men: Creating a Mindful Connection

Richard Miller, MSW

9:30 AM -
1:00 PM

3.00 CEs

Clinical hypnosis offers a powerful approach to enhancing and increasing sensory awareness for gay men. This creates a powerful resource for restoring connections, due to histories of alienation both from society as well as internally. Such connections provide a bridge between the self and body, something that is disowned by many gay men. This workshop defines and illustrates successful hypnosis-facilitated interventions to enhance the treatment of gay men. These beneficial therapeutic processes indirectly address unresolved issues that may not even be in these patients' awareness. Effective scripts targeting issues of development, religion, HIV and the urban gay male stereotype will be provided. Videos of treatment sessions will be shown in order to optimize communicating these methodologies.

Structure: Lecture, Audiovisual, Case Presentation, Discussion Groups, Experiential

Prerequisites: None

Learning Objectives:

1. Define why hypnosis is a preferred treatment modality for gay men.
2. Be able to utilize at least three successful hypnosis scripts with gay men.
3. Understand how to best interact with gay clients to enhance the outcomes of hypnosis.

**SATURDAY
MORNING**

Saturday, October 8, 2016

9:30 AM - 1:00 PM

Depth Hypnosis and the Inner Self

Joanna Adler, PsyD

9:30 AM -
1:00 PM

3.00 CEs

Depth Hypnosis sits at the cusp between contemplative practice and western hypnotherapy, as it integrates guided meditation into a deep understanding of spiritual practice. Depth Hypnosis utilizes traditional hypnotherapy techniques, including age, prenatal, and past life regression, but is unique in its integration of Buddhist understandings of the nature of mind, which are presented in a way that is easily accessed by westerners. The Depth Hypnosis method opens us to understand how suffering is generated and how to meet suffering in a more expanded state of consciousness, allowing more flexible internal states to come forward.

This advanced workshop will focus on the methods and outcomes of the spiritual counseling model of Depth Hypnosis. Skilled clinicians will learn new techniques for working with parts of the self that are at odds, or that are not aligned with the client's highest good. In addition, significant efficacy research in progress will be discussed.

Structure: Experiential

Prerequisites: Some hypnotherapy training

Learning Objectives:

1. Explain internal resourcing from the Depth Hypnosis Model
2. Describe how to bring opposing parts of the self into a peaceful alignment
3. Identify new methods for aligning clients to their highest good

SATURDAY AFTERNOON WORKSHOPS

SATURDAY AFTERNOON

2:00-4:00 PM

2.00 CEs

Saturday, October 8, 2016

2:00 - 4:00 PM

Administration and Scoring of the Elkins Hypnotizability Scale for Utilization in Clinical Practice

Gary Elkins, PhD, ABPP, ABPH

Hypnotizability, refers to a person's ability to experience various aspects of hypnosis such as experiential, behavioral and physiological responses to hypnotic suggestions. Assessment of hypnotizability can be relevant for treatment planning in the course of hypnosis-based therapies. The Elkins Hypnotizability Scale (EHS) can be integrated into clinical practice. It takes approximately 20-30 minutes to administer, by a trained therapist and involves a hypnotic induction using suggestions for focus of attention and relaxation. Following deepening suggestions items include inhibitory motor responses (arm heaviness), facilitative motor responses (arm levitation), facilitative cognitive responses (imagery involvement and dissociation), facilitative perceptual responses (olfactory hallucination; visual hallucination), and inhibitory cognitive responses (post-hypnotic amnesia).

The EHS-Clinical Scale includes items with increased sensitivity to graded responses using an ordinal scoring method, takes into consideration both behavioral and experiential responses in scoring, and is pleasant while including a high variety of test suggestion types. Responses are scored based on subjective experience of the participant and observation by the assessor. The EHS has good internal consistency and reliability (.85). EHS scores highly correspond with Stanford Hypnotic Susceptibility Scale-Form C (SHSS:C) scores ($r = .82$).

In this workshop, participants will learn how to administer the EHS and how to integrate it into clinical practice.

Structure: Lecture, Audiovisual, Case Presentation, Discussion Groups, Experiential

Prerequisites: Intermediate or Advanced

Learning Objectives:

1. Demonstrate administration of the Elkins Hypnotizability Scale.
2. Describe the scoring of the Elkins Hypnotizability Scale
3. Identify how to integrate the EHS into clinical practice

**SATURDAY
AFTERNOON**

Saturday, October 8, 2016

2:00 - 5:30 PM

2:00-5:30 PM

Heal in the Space Between the Words; Exploring the intersection of Hypnosis, Neurobiology, and Quantum Physics

Susan Pinco, PhD

3.00 CEs

Ericksonian Hypnosis, NLP and Social Psychology teach us the importance of meta-communication and the power of tone, tempo, and numerous other para-verbal elements. This seminar will focus on a particular element of meta-communication; silence. Silence as it occurs within the context of speech and within context of our sessions. In attending this seminar, participants will experience new ways of thinking about, eliciting and utilizing silence drawing from elements of Ericksonian Hypnosis, Brainspotting™, mindfulness, quantum physics, interpersonal neurobiology, and somatically oriented therapies.

Attendees will be encouraged to rethink their relationship to the space between words and to develop techniques that enhance their own palette and that of their clients; amplifying effectiveness both in and between sessions.

Structure: Experiential

Prerequisites: Intermediate to Advanced Workshop

Learning Objectives:

1. Differentiate between structured and unstructured silence
2. Demonstrate two ways to utilize both structured silence.
3. Explain how silence can be used to promote relationship both between therapist and client and within the client system (ie: between ego states)
4. Identify the techniques that can be utilized to increase the effectiveness of their work and articulate why they are effective.

**SATURDAY
AFTERNOON**

Saturday, October 8, 2016

2:00 - 5:30 PM

2:00-5:30 PM

Helping Adolescents/Young Adults Absorbed in Cyberspace Find Their Inner Selfie: Hypnotherapy as the Search Engine, Ego States as the Home Page

3.00 CEs

Tobi Goldfus, MSW

The digital life of the adolescent/young adult is a large part of their life today. This workshop focuses on the essential need for therapists to invite this reality into treatment. Developmental tasks are being practiced online daily on social media sites. Old definitions of confidentiality and boundaries have been dramatically altered. The experience of the young client combines both the many positive aspects of cyberspace as well as the caveats of being too plugged in.

This workshop will introduce a social media assessment tool, identify stages of smartphone relationship attachment, observe what developmental tasks, ego states and behaviors get practiced online, and contrast and compare hypnotic phenomena experienced online with therapeutic trance. Down-regulation interventions, including the powerful Inner Selfie technique using the young client's own mobile device will be presented. The workshop will evaluate healthy, compulsive or addictive use of cyberspace and its impact on the emotional, physical and psychological health of the client and focus on building strong and healthy boundaries and internal ego states. This will include when to unplug, how to and when not to.

Structure: Lecture, Audiovisual, Case Presentation, Experiential

Prerequisites: Hypnosis training

Learning Objectives:

1. Describe the use of the Social Media Assessment form throughout treatment including using cyber friendly hypnotherapy scripts. Identify and use the 7 states of smartphone attachment.
2. Identify developmental tasks being practiced online and assess healthy, compulsive and addictive use of cyberspace.
3. Compare and contrast hypnotic phenomena online and therapeutic trance.
4. Identify specific strategic down-regulation techniques including the Inner Selfie Technique using the client's mobile device.

**SATURDAY
AFTERNOON**

Saturday, October 8, 2016

4:00 - 6:00 PM

4:00-6:00 PM

Hypnotically Enhanced Addictions Treatments: Alcohol Abuse, Drug Abuse, Smoking, Gambling and Weight Loss

2.00 CEs

Joseph Tramontana, PhD

After years of attending hypnosis workshops searching for techniques for working with addictions, the author found only workshops that focused on smoking and weight loss. He also found that there is a dearth of literature on other addictions. So he decided it was time to present his experience using hypnosis with addictions. Regrettably, there is not a great deal of scientific support for this approach, but there are many case examples of the efficiency of hypnosis with this population.

The goal of this workshop is to present his techniques, including scripts, for working with alcohol abuse, drugs and gambling. Smoking and weight loss will be briefly addressed, specifically his modifications and combinations of other approaches. The author presented this workshop at the 2009 and 2015 ASCH annual meetings and will be presenting at the 2016 ASCH meeting; in 2013 to the Louisiana Academy of Medical Psychologists, and shorter versions at the New Orleans Society of Clinical Hypnosis in 2010 and at two different State Psychological Association conferences. In 2015, he presented a poster on this topic at the annual SCEH meeting; in 2013, he presented a workshop titled Hypnotically Enhanced Treatment of Gambling Addiction to the Midwest Conference on Gambling and Substance Abuse. Other hypnosis workshops presented include workshops on enhancement of sports performance (his other interest area) at ASCH and SCEH annual conventions.

Structure: Lecture, Discussion Groups, Experiential

Prerequisites: Advanced Level

Learning Objectives:

1. Identify approaches and scripts for working with alcohol, drug abusers and gambling addicts.
2. Develop innovative ways to deal with these populations and be able to provide services to this clientele.
3. Expand existing hypnotic work to include work with addictions
4. Learn techniques and alternative approaches for working with smokers and weight loss clientele.

SUNDAY MORNING WORKSHOPS

SUNDAY MORNING

Sunday, October 9, 2016

8:30 - 11:30 AM

Trance Enhancement of Core Renewal- Beyond Relaxation

Carol Ginandes, PhD

8:30 –

11:30 AM

2.50 CEs

Trance practices, in both Eastern and Western contexts, can elicit beneficial physiological changes as well as psychological improvements. However, the use of hypnosis to access states of physiological quiescence that go well beyond the familiar induction of relaxation, are underutilized. Such an application, in concert with appropriate suggestion strategies, can be a powerful non-pharmacological adjunctive treatment for counteracting systemic dis-regulation and fostering health.

After an overview of some of the research, the program will explore hypnotic approaches to tapping core physiological rest, eliciting systemic homeostasis, fostering energetic replenishment and stimulating somatic regeneration for use in a variety of mind/body conditions. Workshop methods will include didactic, practicum and experiential components related to these target goals and will draw on the presenter's experience as a health psychologist/hypnotherapist and former yoga instructor. Comfortable attire for such activities is suggested.

Structure: Lecture, Audiovisual, Case Presentation, Experiential

Prerequisites: minimum intermediate training in hypnosis

Learning Objectives:

1. Describe a customizable hypnotic model integrating various strategies to facilitate mind/body healing.
2. Differentiate between eastern(such as yoga) and western(hypnosis) methods of inducing and utilizing trance .
3. Demonstrate two hypnotic strategies for eliciting profound psycho-physiological rest to foster mind/body replenishment.

**SUNDAY
MORNING**

Sunday, October 9, 2016

8:30 - 11:30 AM

8:30 –

11:30 AM

2.50 CEs

Regression Techniques for Diagnosis and Therapy

Dabney Ewin, MD

We start by reviewing Konrad Lorenz's Nobel Prize study on birth imprints in birds and recent fMRI's of 70 human newborns showing that the default mode network that is considered responsible for retrieving autobiographical memories is intact at birth.

Then we will review some cases of affect bridge and age regression, with the technique of first doing ideomotor subconscious review, followed by verbal review. The technique for handling an abreaction will be discussed.

If we have a volunteer, a demonstration will be done.

Structure: Lecture, Audiovisual, Case Presentation, Experiential

Prerequisites: Intermediate level training

Learning Objectives:

1. Describe the handling a regression as far back as birth.
2. Conduct a regression to the key incident causing a psychosomatic illness.
3. Explain how to adjust the technique when there is resistance to the regression.

2016 Keynotes



Thursday evening, October 6

- **Nicholas A Covino, PsyD**, President, William James College, Newton, MA
Topic: **A Role for Hypnosis in Light of Health Care Reform**
- **James Carmody PhD**, Professor of Medicine, University of Massachusetts Medical School, Worcester, MA
Topic: **Being in the Moment: Mindfulness Eases the Anxiety of Being Human**

Friday morning, October 7

- **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**

Saturday morning, October 8

- **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**

Sunday morning, October 8

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

Sunday evening, October 8

Banquet Speaker



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

67th ANNUAL SCIENTIFIC PROGRAM

Scientific Program – 11 CEs

(including 1 Free CE with Banquet Keynote)

Sunday, October 9 – Monday, October 10, 2016

Overall Meeting Chair: Nicholas Covino, PsyD

Scientific Program C-Chairs: Devin B. Terhune, PhD and Zoltan Kekecs, PhD

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.

Sunday, October 10, 2016

OPENING OF THE SCIENTIFIC PROGRAM

11:30 AM

Scientific Program Welcome

Scientific Program Chairs: Devin Terhune, PhD and Zoltan Kekecs, PhD

KEYNOTE

11:35 AM-12:30 PM

Toward an Integrative Model of Hypnosis: My Personal Journey

Keynote

Steven Jay Lynn, PhD, Professor, Psychology Department, Binghamton University (SUNY), Binghamton, NY

12:30-1:45 PM

Lunch Break – on your own

12:30-1:45 PM

Member Luncheon & Business Meeting (SCEH Members Only)

Join us for an update on Society activities.

1:55-2:20 PM

What Changed? A Data Analysis/Integration of Four Instruments Measuring Results of the Longitudinal Observational Study: Applying Clinical Hypnosis Techniques to ADD Traits & Symptoms

Research Presentation

Maureen Turner, MEd

2:20-2:45 PM

Pain, Panic and Anxiety: Symptoms of Medically Activated Trauma in Cancer Patients

Research Presentation

Kathy Kravits, MA

(continued on next page)

Scientific Program, continued

RESEARCH PRESENTATION

2:45-3:05 PM **Music and Suggestion to Improve Quality of Life in Palliative Care: Preliminary Findings**
Research Presentation
Gary Elkins, PhD; Zoltan Kekecs, PhD; Alisa Johnson; Russel Gavin, PhD; Daniel Handel, MD; Ming Hwei Yek

3:05- 3:15 PM **Networking Break**

SYMPOSIUM

3:15-4:45 PM **Hypnosis and Placebo**
Symposium
Chair::
Gary Elkins, PhD, ABPP, ABPH, Department of Psychology and Neuroscience, Mind-Body Medicine Research Laboratory, Baylor University, Waco, TX
Papers/Presenters:

- **The Effects of Presenting Hypnosis as a Nondeceptive Placebo: Attitudes, Hypnotic Responses, and Subjective Experiences**
Steven Jay Lynn, PhD
- **Placebo Response Correlates With Hypnotic Suggestibility**
Michael Lifshitz, MSc
- **Hypnotic Susceptibility and Placebo Responders: An Unknown Threat to the Integrity of Randomized Clinical Trials?**
Roland Carlstedt

RESEARCH PRESENTATIONS

4:45-5:10 PM **Hypnotism as a Function of Trance State Effects, Expectancy and Suggestibility: An Italian Replication**
Research Presentation
Ronald Pekala, PhD

5:10-5:35 PM **Revisiting the Construct Validity of the Harvard Group Scale**
Research Presentation
Devin Terhune, PhD, Jenny Chan, MA

5:35-6:00 PM **The Effects of Low Dose Ketamine on Hynotizability**
Research Presentation
David Patterson, PhD

6:00-6:45 PM **Bus Transport to Hotel**

(continued on next page)

Scientific Program, continued

POSTER SESSION

7:00-8:00 PM

Poster Session & Networking Reception

Meet with authors to discuss their posters while networking with colleagues and presenters.

KEYNOTE & BANQUET

8:00-10:00 PM

Annual Awards Banquet

Banquet Keynote

Training Thousands?

Elvira Lang, MD, **FSIR, FSCEH**, CEO, Comfort Talk® and Former Associate Professor of Radiology, Harvard Medical School.

Monday, October 10, 2016

RESEARCH PRESENTATIONS

8:00-8:25 AM

Attentional Networks Regulate Awareness and Metacognition

Research Presentation

Mathieu Landry, MSc

8:25-8:50 AM

Hypnosis as a Viable Tool for Modulating Visual Awareness: Displacing the Threshold for Access to Consciousness

Research Presentation

Hernan Anllo

8:50-9:15 AM

Personality Predictors of Pendulum Performance

Research Presentation

Jay Olson, MSc

9:15-9:40 AM

Examining Psychophysiological Changes During Formal Hypnotizability Testing

Research Presentation

Lynae Roberts

9:40-10:05 AM

Does Hypnosis Decrease Sympathetic Arousal? A Confirmatory Study.

Research Presentation

Zoltan Kekecs, PhD; Krisztian Kasos, MA; Eniko Kasos, MA and Katalin Varga, PhD

10:05-10:20 AM

Networking Break

(continued on next page)

Scientific Program, continued

SYMPOSIUM

10:20 -11:20 AM

Hypnosis and Chronic Pain

Symposium

Chair & Presenter:

Lindsey C. McKernan, Vanderbilt University, Nashville, TN

Papers and Presenters:

- **The Challenge of Central Sensitization in Chronic Pain: Clinical Hypnosis with Complex Regional Pain Syndrome (CRPS) and Interstitial Cystitis (IC/BPS)**
Lindsey C. McKernan, Vanderbilt University, Nashville, TN
- **Neuropathic Pain After Guillain-Barre' Syndrome**
David Patterson, PhD, University of Washington School of Medicine
- **Preparing a Patient for a Five-year Course of Bladder Cystoscopy .**
Michael Nash, PhD, University of Tennessee, Knoxville, TN

RESEARCH PRESENTATIONS

11:20 -11:45 AM

A Pilot Study of the Spiritual Counseling Method of Depth Hypnosis in the Treatment of Posttraumatic Stress Disorder, Depression, Anxiety and Well-Being

Research Presentation

Joanna Adler, PsyD

11:45 AM-12:10 PM

Age Regression to Primary Process Thinking: Topographic or Temporal?

Research Presentation

Gary Grogan, PhD, Arreed Barabasz, EdD, PhD, Marianne Barabasz, EdD and Ciara Christensen, PhD

12:10-12:35 PM

Contemporary Investigations into Clark Hull's Conclusions about Hypnosis: Heteroactive Hypersuggestibility and the Practice Effect

Research Presentation

John Mohl, PhD, MEd

12:35-12:50 PM

Comments from the President

Gary Elkins, PhD, President, Society for Clinical and Experimental Hypnosis

12:50-1:00 PM

Closing Remarks

Scientific Program Chairs: Devin Terhune, PhD and Zoltan Kekecs, PhD

Adjourn

Poster Session

Sunday October 9

Poster presenters will be available to discuss their work during our Poster Session prior to the Annual Banquet.

Confirmed Posters for 2016

A Pilot Study of the Spiritual Counseling Method of Depth Hypnosis in the Treatment of Post-traumatic Stress Disorder, Depression, Anxiety, and Well-Being

Joanna Adler, PsyD, Private Practice

The Dissociative Ability Scale: Internal Consistency and Validity of a Measure of Normative Dissociation

Elizabeth Slonena, BS; Zoltan Kekecs, PhD; Gary Elkins, PhD, Baylor University, Waco, TX

Does Hypnosis Facilitate Primary Process Mentation? An Inquiry into the Psychoanalytic Theories of Hypnosis and Thinking

Gyrid Lyon, MA; Jared Goldman, MA; Michael Nash, PhD, University of Tennessee, Knoxville, TN

Effects of Hypnosis on Irritable Bowel Syndrome: An Experimentally Controlled Study of Manualized Gut Focused Hypnosis to Treat Irritable Bowel Syndrome (IBS)

Alicia San Miguel, BS, Washington State University, Pullman, WA

Complementary and Integrative Methods of Pain Relief during Labor and Delivery: Hypnosis, Acupuncture/Acupressure, and Water Immersion

Rachael Helpenstel, BS; Gary Elkins, PhD; Kimberly Hickman, MSCP, Baylor University, Waco, TX

Thermographic Assessment of Hand Remperature during Hypnosis and Thermal Suggestions

Maryam Alimardani, PhD and Kazuo Hiraki, PhD, University of Tokyo, Tokyo, Japan

Positive and Negative Sequelae of Stage Hypnosis as Reported by Twitter Users

John Mohl, PhD, Bucks County Community College, Holland, PA

Expectancy and Hypnotic Intervention for Hot Flashes: An Examination and Implications for Future Research

Alisa Johnson, MS; Lynae Roberts; Jim Sliwinski, PhD; Gary Elkins, PhD, Baylor University; Waco, TX

Hypnosis in the Treatment of Headache Pain: A Methodological Review

Leonard Milling, PhD, University of Hartford, Hartford, CT

Visit the SCEH conference website for more details about how to submit a poster for one of our annual conferences.

Site and Accommodations

This year, our Conference will be held across two locations:

- Hilton Boston/Dedham Hotel, 25 Allied Drive, Dedham, MA 02026
- William James College, One Wells Avenue, Newton, MA 02459

Hotel Overview

IMPORTANT NOTE: SCEH has secured a room block and superb group rate for our meeting. We expect it to sell out quickly. We cannot guarantee space, so please reserve early!



Hotel group rate: \$149

Deadline to receive the group rate:

Friday, September 23, 2016

or check with hotel for availability.



**Reserve your room early
for this holiday weekend!**

When making your reservation, be sure to:

- **use our conference booking code: SCEH (or mention Society for Clinical and Experimental Hypnosis)**
- **call the hotel directly at 781-329-7900 or call Central Reservations at 1-800-HILTONS.**

Columbus Day Weekend - Please Make Your Hotel Arrangements Reservations Early

IMPORTANT NOTE: Be aware our room block is limited and rooms may fill before then. Please reserve *your room as early as possible because this is a busy holiday weekend at the height of New England's foliage season.*

The hotel will honor our special group rate for dates booked two days pre-event and two days post-event if you plan to extend your stay in Boston.

About the Hilton Boston/Dedham Hotel: Exceptional Hospitality near Boston, MA

Overlooking tranquil woods, the Hilton Boston/Dedham is a great choice for both business and leisure travelers. Its proximity to train stations and complimentary shuttle service allow guests to travel around easily. Inside the hotel you'll find modern and welcoming rooms and suites, great recreational amenities, local cuisine and stunning indoor/outdoor function space.

- ✓ Located in a picturesque area, just 11 miles from downtown Boston
- ✓ Near numerous shops and attractions
- ✓ On-site Fountain Blue Grille restaurant and Lobby Lounge
- ✓ Spacious rooms and suites with free Wi-Fi, fridge and 37-inch HDTV
- ✓ 10,000 sq. ft. Atlantis Sports Club with modern gym and indoor pool
- ✓ Free parking and complimentary shuttle within a 5-mile radius



Rooms

The hotel's modern guest rooms and suites offer the comforts of home including complimentary Wi-Fi, 37-inch HDTVs and refrigerators. Pamper yourself in the spacious marble bathroom, or keep up with your business at the work desk.

(continued on next page)

Hotel information, continued

Earn 2X Hilton Rewards

Hilton HHonors™ members may earn Double HHonors™ Points, bringing you closer to your next reward night.

Fitness Center

Hilton Boston/Dedham boasts an expansive 10,000 square foot Atlantis Sports Club offering a modern fitness center with the latest in cardio and strength-training equipment, a racquetball court, group exercise classes, an indoor lap pool and a soothing whirlpool tub.

Transportation for Hotel Guests

For guests staying at the hotel, we will have morning transportation to take attendees from the hotel to the college and evening transportation back to the hotel. The distance from the hotel to the college is 9 miles, but travel times can vary according to traffic.

For those not staying at the Hilton Boston Dedham Hotel

There is free parking available at both the hotel and college.



Images: CityofBoston.gov website/

Air Travel

The nearest airport to the hotel is Boston Logan International, 22 miles away. The hotel does not have an airport courtesy shuttle, but you may find transportation options on the [airport's website](#).

Meals

Attendees will have coffee service during scheduled breaks. Meals are NOT included in the registration fee except for the Annual Banquet on Saturday evening, where specified.

Visiting Boston

Boston has been called the "Athens of America" for its wealth of educational and civic institutions. From theatre and live music to museums and sporting events, there is always something going on in Boston. View more information about Boston [area attractions](#).

The hotel is minutes away from major Boston attractions. Additional information is available at the [Boston Convention and Tourist Bureau website](#) or the [City of Boston tourism pages](#).

About William James College

One Wells Avenue, Newton, MA 02459

From its new campus in Greater Boston, William James College educates students for careers that meet the growing demand for access to quality, culturally competent psychological services for individuals, families, communities and organizations both locally & around the globe. The college offers graduate programs attentive to the needs of vulnerable populations including children of adversity and the needs of specific populations such as Latinos and veterans, as well as organizations and leaders on the forefront of creating social change. The foundation of the school's training provides growing professionals with hands-on experience at more than 350 field placement sites, preparing them to address the complex problems in an increasingly diverse world.



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. The school assumes 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 values are:

- **Experiential Education**
Integrate rigorous academic instruction with substantial clinical experience.
- **Social Responsibility**
Educate providers to meet a diverse society's evolving mental health needs including cultural competence and language training. Develop programs and partnerships to ensure access to mental health care for all persons.
- **Personal Growth**
Foster a supportive, challenging and available learning environment that pays careful attention to personal and professional development.

College History

William James College may be familiar to some under its former name, the Massachusetts School of Professional Psychology, founded in 1974. It officially adopted its new name in 2015.

Since its founding, an education at MSPP/William James College has meant classroom instruction that creatively integrates psychological theory and research with critical self-knowledge and clinical illustrations offered by supervisors, colleagues and a practitioner faculty.

The college is proud to attach its name to the legacy of William James (1842-1910), the founder of American psychology, and a leader considered to be one of the most influential and innovative thinkers of the 19th century. James was the mentor to, among others, John Dewey, the architect of experiential learning. James championed diversity and access to education across race and gender lines, promoted openness to wide ranging social perspectives and promoted a more practical application of psychology.

Transportation/Parking

As noted, bus transportation between the hotel and college will be provided for registered attendees staying at the Hilton Dedham Boston, with one trip to and from the college per day. Those who need more flexible arrangements may arrange independent transportation. For those commuting by car, there is free parking at both the college and the hotel for conference attendees.

MEETING OBJECTIVES INCLUDE:

Providing a definition of hypnosis; reviewing clinical applications of hypnosis; reviewing the latest in hypnosis research; discussing hypnosis for pain management, hypnosis for ADHD, PTSD, hypnosis treatment for hot flashes, anxiety and substance abuse; use of hypnosis in health care settings; reviewing clinical applications of hypnosis; discussing hypnotizability; discussing hypnosis and mind-body communication, mindfulness; and meditation; ego state therapy; trance; hypnosis and dissociation; hypnosis and mind-body approaches; hypnotherapy treatment for a variety of medical and psychological conditions.

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.

NON-MEMBERS: IF YOU ARE NOT A MEMBER AND YOU WANT TO REGISTER AT MEMBER FEES, APPLY FOR MEMBERSHIP AT THE SAME TIME THAT YOU SUBMIT YOUR MEETING REGISTRATION, BUT NO LATER THAN September 1, 2016. Apply online or download a hard copy application at <http://www.sceh.us/apply-for-membership>. You may also call the SCEH office or email us at info@sceh.us. If mailing your materials, submit the application and registration form together, with your payment. MEMBERSHIP EXPIRES DECEMBER 31, 2016. Your dues include a subscription to the International Journal of Clinical and Experimental Hypnosis and the SCEH Focus Newsletter. If you are found ineligible for membership, we will refund your application fee less the member discount for the conference.

CONTINUING EDUCATION - CE Credits

CONTINUING EDUCATION CREDIT (CE)

Continuing education credit for this event is co-sponsored by the Society for Clinical and Experimental Hypnosis and The Institute for Continuing Education. Continuing education credit is awarded on a session-by-session basis, with full attendance required for the sessions attended. Partial session credit is not offered. There is no processing fee for continuing education credit. Attendees should pick up CE packets at registration. CE verification will be mailed to CE applicants following the Conference. If you have questions regarding the program, continuing education, learning objectives, presenters, or for grievance issues, contact The Institute at: 251-990-5030; e-mail: instconted@aol.com.

It is the responsibility of attendees to check with their licensing/certification board to determine if CE credit offered by The Institute for Continuing Education will meet their boards' regulations. The Institute for Continuing Education holds no CE provider status with boards outside the United States.

Psychology: The Institute for Continuing Education is an organization approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Institute for Continuing Education maintains responsibility for this program and its content. All sessions may not be eligible for CE credit for psychology.

Counseling/ MFT: Florida Dept. Health, Division Counseling, Provider BAP 255, expiration 03/2017. Note: There is no NBCC credit offered for this Conference.

Social Work: The Institute for Continuing Education is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), through the Approved Continuing Education (ACE) program. The Institute for Continuing Education maintains responsibility for the program. ASWB Provider No. 1007. Licensed social workers should contact their individual state jurisdiction to review current continuing education requirements for license renewal.

Florida Dept. Health, Division Social Work, Provider BAP 255.

Ohio Counselor and Social Work Board Provider No. RCS 030001

New York SED: Provider 0025.

Nursing: California Board Nursing, Provider CEP 12646.

Non-Credit Events: Continuing education credit is not offered for breakfast, luncheon, dinner (with the exception of the Banquet Keynote presentation), reception events or poster sessions; breaks; Board meetings or Committee meetings. If you have questions regarding continuing education credit, please contact The Institute directly via phone at 800-557-1950 or email instconted@aol.com.

Instructional Methodology: Lecture, demonstration, audio/visual, experiential practice of techniques, large and small group discussion.

Registration Fees

2016 Conference Pricing	Member	Non-member	Student Member	Student Non-Member
Full Meeting Package Includes Workshops, Scientific Session and Annual Banquet - October 6-10	\$695	\$825	\$375	\$475
Workshop Tracks				
Introductory Workshop Only (PLUS banquet) - October 6-9	\$650	\$775	\$350	\$450
Introductory Workshop Only - (NO banquet) - October 6-9	\$575	\$700	\$325	\$425
Intermediate Workshop Only (PLUS banquet) - October 6-9	\$650	\$775	\$350	\$450
Intermediate Workshop Only - (NO banquet) - October 6-9	\$575	\$700	\$325	\$425
Advanced Workshops Only (PLUS banquet) - October 6-9	\$495	\$595	N/A	N/A
Advanced Workshops Only (NO banquet) - October 6-9	\$420	\$520	N/A	N/A
Scientific Program				
Scientific Program Only (includes banquet) - October 9-10	\$400	\$475	\$350	\$425
Program Presenter (includes banquet) - October 6-10	\$400	\$400	N/A	N/A
Guest Registration for Banquet** - October 9	\$100	\$100	\$100	\$100
Guest Ticket for Scientific Program ** - October 9-10	\$90	\$90	\$90	\$90

** Guests (spouse, guest or child) must be accompanied by registered attendee. All event attendees are required to register. Banquet tickets are not transferable.

SCEH reserves the right to cancel any workshop due to insufficient registration; agenda is subject to change.

Limited bus transportation: will be provided for conference attendees who are registered at the Hilton Boston Dedham under the SCEH group, with one trip to and from the college per day. Attendees needing more flexible transportation may wish to make independent arrangements.

Refunds and Cancellations: Cancellations received on or before September 16, 2016 5:00 PM EST USA will be issued a refund, minus a \$75 processing fee. **No refunds will be made after September 16, 2015.**

Early bird registration discount: in effect to September 16. **After September 16, please add a \$100 late registration fee.**

SCEH Room Block – Please reserve rooms early – our special rate applies until sold out or before our room block cutoff date. For details, please see page 40.

Non-Members: To apply for membership, use our online application or print a copy at: <http://www.sceh.us/apply-for-membership>. To be eligible for member rates, please include completed membership application, conference registration and payment. **Students:** Full-time interns/residents/fellows/graduate students in an accredited college or university must submit proof of status.

QUESTIONS? Call 617-744-9857, email info@sceh.us or visit: www.sceh.us/2016-conference to register online.

REGISTRATION FORM

67th Annual Workshops and Scientific Program
October 6-10, 2016 -- Hilton Boston Dedham and William James College

View our [conference website](#) for the latest updates. [Register Online here](#) (opens online form).

Name: _____ Degree(s) Attained: _____
Nickname for Badge: _____ Profession: _____
Company/Organization/Institution: _____
Mailing Address: _____
Street Address: _____
Street: _____
City/State/Zip: _____ Country: _____
Email: _____ Phone: (_____) _____

Please check appropriate choices below.

Amount enclosed: \$ _____

Member Type—Select one:

- ☐ Member SCEH
☐ Non-Member
☐ Student Member SCEH
☐ Student Non-Member

Registration Type — Select one:

- ☐ Meeting Package (Workshops, Scientific Session & Banquet)
☐ Introductory or Intermediate Workshops Only PLUS Banquet
☐ Introductory or Intermediate Workshops Only NO Banquet
☐ Advanced Workshops Only PLUS Banquet (no student option)
☐ Advanced Workshops Only NO Banquet (no student option)
☐ Scientific Program Only
☐ Presenter

Banquet & Guests:

- ☐ Attending Banquet – Sunday night (included in registration except where noted). Special dietary needs: _____
☐ Not attending Banquet
☐ Banquet Guests** \$ 100 X _____ Number = Subtotal \$ _____ Guest special dietary needs: _____
☐ Scientific Program Guests** \$ 90 X _____ Number = Subtotal \$ _____
** Spouse, guest or child; must be accompanied by registered attendee.

Workshops: Choose workshop and complete *Workshop Application Form*. **Advanced Workshop attendees:** also complete *Advanced Workshop Form*.

- ☐ Introductory Clinical Hypnosis Workshop ☐ Intermediate Clinical Hypnosis Workshop ☐ Advanced Workshops

Total Enclosed: \$ _____ Credit Card Type: ☐ Visa ☐ Mastercard ☐ Discover

Credit Card #: _____ Security Code: _____ Exp. Date _____
(3 digits on back) (month/year)

Name (as it appears on credit card) _____ Signature _____

Transportation Needs - Please Check One. This will help us with bus transportation we are planning for conference hotel guests.

- ☐ I plan to stay at the conference hotel (Hilton Boston/Dedham) and will need transportation to the college.
☐ I plan to stay at the conference hotel (Hilton Boston/Dedham) but will be using independent transportation to the college.
☐ I will be commuting to the conference and not staying at the conference hotel.

Consent to Use of Photographic Images: Registration and attendance at, or participation in, SCEH meetings and other activities constitutes an agreement by the registrant to the use and distribution of the registrant or attendees image or voice in photographs, videotapes, electronic reproductions and audiotapes of such events and activities by SCEH.

Refunds and Cancellations: Cancellations received on or before September 16, 2016 5:00 PM EST USA will be issued a refund, minus a \$75 processing fee. **No refunds will be made after September 16, 2016.** After September 16, please add a \$100 late registration fee.

SCEH Room Block – Please reserve rooms early – our special rate applies until sold out or before September 16, 2016. For details, please see page 41.

ADA Statement: In compliance with the Federal American Disabilities Act (ADA), please check this box ☐ if you require assistance because of a disability to make this program accessible to you. Someone from the SCEH Central Office will contact you.

Payment: Make checks payable to Society for Clinical and Experimental Hypnosis and mail to: Society for Clinical and Experimental Hypnosis, 305 Commandants Way – Commoncove Suite 100, Chelsea, MA 02150-4057 USA

Workshop Application Form

NOTE: SCEH/CSCH/CFCH/ASCH/DIV 30/ISH Members do not need to complete this page.

ELIGIBILITY FOR WORKSHOPS

Workshops are open to applicants who are eligible for membership in SCEH at the student or full membership level (although they need not be members). Eligibility for SCEH membership includes an earned degree as MD, DO, DDS, DMD, MB, ChB, PhD, EdD, PsyD, MSW, DSW, an NP or PA or a similar degree acceptable to the Executive Committee or Council from a regionally or nationally-accredited university or Training Institution, or status as a registered and licensed practitioner in healthcare such as RN, RTR, registered medical technologist or technician. All applicants shall be licensed in the state or province where they practice unless they are researchers applying for Experimental Membership, which requires copies of representative publications in the area of hypnosis.

Interns or residents in medicine and dentistry advanced graduate students in accredited doctoral programs in psychology and in second year MSW (or equivalent) social work programs are eligible for Student Affiliate status in SCEH, and therefore may be admitted. However, only full time students, interns, and residents qualify for the special reduced rates shown on the registration form upon submission of verification of status. To qualify for reduced fees, please be certain the letter of endorsement indicates full time student status. Students may also apply for Scholarships Funds. Please see our web site at www.sceh.us or contact the Central Office at info@sceh.us for more information.

Intermediate/Advanced workshop attendees must generally have completed an approved Basic Workshop of a least 20 hours.

Name: _____

Profession: _____

Licensed as: _____

Degree: _____ Year: _____

HYPNOSIS TRAINING

Institution/Organization & Instructor

Date

#f Hours

PURPOSE AND GOALS FOR TAKING WORKSHOP(S):

Please state your goals for taking this workshop; instructors may review your comments prior to the workshops.

GRADUATE STUDENTS, INTERNS, FELLOWS AND RESIDENTS

Training status: ☐ Resident ☐ Fellow ☐ Intern ☐ Graduate Student (working toward which degree?) _____

School or Hospital and Department: _____

Department Chair/Graduate Advisor/Clinical Director: _____

Year graduate school or internship/residency/fellowship began: _____

Student Signature: _____ Date: _____

Workshop Applicants: Fill out this form along with your registration form and mail it, with payment to:

Society for Clinical & Experimental Hypnosis, 305 Commandants Way - Commoncove Suite 100, Chelsea, MA 02150-4057

Advanced Workshop Selections

NOTE: Complete this page if you are registering for Advanced Workshop and include it with your registration form.

Your name: _____

Thursday PM Keynotes

- 5:30 PM Opening General Session & Conference Welcome
- 6:00 PM A Role for Hypnosis in Light of Health Care Reform
- 7:00 PM Being in the Moment: Mindfulness Eases the Anxiety of Being Human

Friday Full Day (9:30 AM – 6:00 PM)

- Evidence-Based Cognitive Hypnotherapy for Anxiety Disorders
- Hypnosis, Suffering, and Eastern Philosophy
- Utilizing New Research on Applying Hypnosis Techniques to Reduce Symptoms & Traits of Attention Deficit Disorder (ADD)

Friday AM (9:30 – 1:00 PM)

- Integrated Treatments for PTSD and Pain: Alert hypnosis and Tai Chi movements
- Heart Rate Variability Biofeedback as an Adjunct to Hypnosis Practice
- Noetics: Quantifying the Mind to Better Understand your Client's/Participant's Hypnotic Talents

Friday PM (note times vary – refer to workshop descriptions)

- Beyond Suggestion: Hypnosis Techniques Refresher: Live Demonstrations
- Reversed Relationships Between Resilience and Resourcefulness and Psychopathology
- Hypnosis within the Context of You Are Not Your Brain!

Saturday Full Day (9:30 AM – 6:00 PM)

- Integrative Hypnotic CBT Techniques for the Rapid Resolution of Traumatic Memories without abreaction.
- Subliminal Therapy: A New Paradigm in Psychotherapy
- The Treatment of Dissociative Identity Disorder and Allied Conditions

Saturday AM (PM (note times vary – refer to workshop descriptions)

- Altered States of Consciousness Experiences Related to Spiritual and Religious Aspects of Skin and Skin Disorders
- Depth Hypnosis and the Inner Self
- Integrative Therapy with Gay Men: Creating a Mindful Connection

Saturday PM (note times vary – refer to schedule)

- Administration and Scoring of the Elkins Hypnotizability Scale for Utilization in Clinical Practice
- Hypnotically Enhanced Addictions Treatments: Alcohol Abuse, Drug Abuse, Smoking, Gambling and Weight Loss
- Heal in the Space Between the Words; Exploring the intersection of Hypnosis, Neurobiology, and Quantum Physics
- Helping Adolescents/Young Adults Absorbed in Cyberspace Find Their Inner Selfie
- Hypnotherapy as the Search Engine, Ego States as the Home Page

Sunday AM (8:30 - 11:30 AM)

- Regression Techniques for Diagnosis and Therapy
- Trance Enhancement of Core Renewal - Beyond Relaxation



Membership Benefits

SCEH - Global Hypnosis Community

As a member of SCEH, you are part of 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. As a member, you have opportunity to ask questions, exchange ideas and collaborate with those who are most experienced with a variety of clinical problems and techniques in hypnosis.

SCEH Workshops & Scientific Session -- CE/CME Credit Opportunities

SCEH provides professional development opportunities which include an Annual Conference and periodic workshops and scientific meetings. As a member, your registration fee is discounted.

SCEH Scholarly Journal

Your membership includes a subscription to our peer-reviewed publication, *the International Journal of Clinical and Experimental Hypnosis (IJCEH)*. This prestigious publication is among the 10 most cited journals in the psychological literature and is mailed to you. IJCEH is the leading voice in hypnosis worldwide for researchers, scholars, and clinicians in psychiatry, psychology, social work, dentistry, and medical specialties. Contributors include some of the most prominent scholars in the field, with articles covering topical trends and the latest findings from and well designed studies for 'students' of hypnosis.

Online Journal Access

Members have online access to the International Journal of Clinical and Experimental Hypnosis as well as the American Journal of Clinical Hypnosis, the journal of the American Society of Clinical Hypnosis. To access the journals online log in to the web site with your username and password and select Online Journals from the Members Area. These are best viewed in Internet Explorer.

SCEH Focus, Our Quarterly Member Newsletter

Members receive our quarterly newsletter, Focus, with news and updates about Society members and articles about how SCEH is working to advance the field of hypnosis. Submissions from members are invited. Focus is emailed to all members. Current and past issues are also available online.

SCEH Member Directory

The Member Directory is a great resource for networking with colleagues and for finding referrals. You can use it to search for members by keyword, location or other parameters. The SCEH Member Directory is visible only to current members, and to access it, you must be logged in to the Members Only portion of our website.

SCEH on Social Media

Be sure to follow us on:

[LinkedIn](#)

[Facebook](#)

[Twitter](#)

Website: www.sceh.us

[Apply for membership today.](#)