

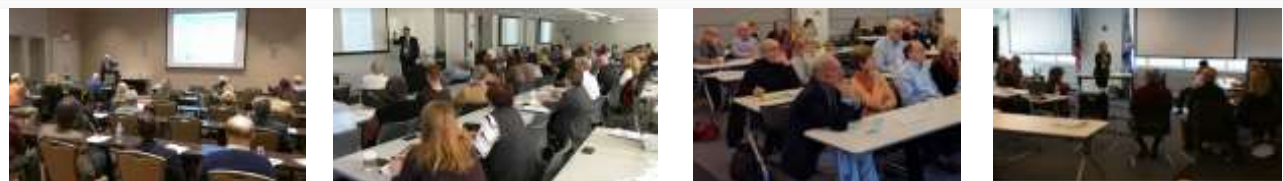


70th Annual Workshops & Scientific Program

*Clinical and Applied Hypnosis: Evidence-based Practice
and the Therapeutic Relationship*

OCTOBER 16-20, 2019

ACE HOTEL - NEW ORLEANS, LA



2019 Annual Conference Brochure

Co-sponsored by the Society for Experimental and Clinical Hypnosis
and The *Institute for Continuing Education*.

Please refer to our website for the latest conference information.

Acknowledgements

SCEH EXECUTIVE COMMITTEE

President: Don Moss, PhD
President Elect: Janna Henning, JD, PsyD, FT
Secretary: Zoltan Kekecs, PhD
Treasurer: Ciara C. Christensen, PhD
Immediate Past President: Gary Elkins, PhD, ABPP, ABPH

IJCEH Editor: Gary Elkins, PhD, ABPP, ABPH
Executive Director: Anne Doherty Johnson

2019 CONFERENCE COMMITTEE

OVERALL MEETING CO-CHAIRS

David Reid, PsyD and Ciara Christensen, PhD

WORKSHOP PROGRAM CO-CHAIRS

Introductory Workshop Co-Chairs:
Paul Larson, PhD, JD and Samuel Kohlenberg, PhD

Skills /Intermediate Workshops Chair:
John Alexander, PhD and David Reid, PsyD

Advanced Workshops Co-Chairs:
Joseph Tramontana, PhD and Joseph Green, PhD

SCIENTIFIC PROGRAM CO-CHAIRS

Shelagh Freedman, MA and Zoltan Kekecs, PhD

COMMITTEE MEMBERS

Don Moss, PhD and Janna Henning, JD, PsyD, FT

Contents

Acknowledgements	2
Introduction	4
Conference Theme	4
Who Should Attend	4
2019 CONFERENCE SCHEDULE AT A GLANCE	5
Schedule by Day	5
Special Activities and Events	5
Conference Registration Desk	5
Keynote & Invited Speakers	6
CONTINUING EDUCATION - CE Credit	7
Coffee Breaks and Meals	9
CONFERENCE HOTEL - Site and Accommodations	9
Hotel Room Block	10
Hotel Policies	10
Hotel Dining	10
Getting There	11
Air Travel	11
Hotel Directions	11
Hotel Transportation and Parking	11
Networking Reception	12
Luncheon for Students and Early Career Professionals	13
Women’s Breakfast	14
Member Luncheon	15
Annual Poster Session and Awards Banquet	16
WORKSHOP PROGRAM OVERVIEW	17
Opening General Session: Wednesday, October 16	17
Introductory Workshop in Clinical Hypnosis — 20 CEs	18
Skills Workshops — 20 CEs	21
Advanced Workshops — 15 CEs	28
Scientific Program — 15 CE	39
2019 Conference Pricing	56
2019 Conference Registration	57



Introduction

SCEH is very excited to be celebrating its 70th anniversary at the conference. The event will celebrate a proud tradition of SCEH meetings that focus on the evidence base of hypnosis. This year's event will explore some new and varied topics, while providing attendees the opportunity to gain CE credits, engage in vibrant debate and learn best practices and tools from instructors and colleagues."

All Presenters and Attendees should review the [SCEH Confidentiality Statement for Attendees and Presenters](#).

Conference Theme

This year's theme, ***Clinical and Applied Hypnosis: Evidence-based Practice and the Therapeutic Relationship***, puts a focus, first on selecting treatment interventions well tested by rigorous research, and second, on personal mastery of the relationship variables that optimize all therapeutic interventions. Conference components will illustrate these twin themes, with scientific presentations covering the scope of hypnosis in both medical and psychological practice.

Who Should Attend

Our events are designed for: Psychologists; Physicians; Social Workers; Counselors; Dentists; Chiropractors; Master's level Nurses, Clinical Nurse Practitioners and Health Care Coaches; other Master's level licensed mental health and healthcare professionals, and clinical and experimental researchers in hypnosis.

Any health care professional who is eligible for SCEH membership may register. Special student rates apply. [View SCEH membership eligibility requirements here.](#)

2019 CONFERENCE SCHEDULE AT A GLANCE

Updated 10/3/2019

Schedule by Day

	Opening General Session Keynote & Symposium	Introductory Workshop (taken as a cohort)*	Skills Workshops (taken as a cohort)*	Advanced Workshops (can also select Skills Sessions)	Scientific Program	Special Activities (times below)
Wednesday	4:00-6:15 PM	4:15-9:45 PM	4:15-9:45 PM*	6:30-9:45 PM	4:00-6:15 PM	
Thursday		8:15 AM-5:45 PM	8:30 AM-5:45 PM *	8:30 AM-5:45 PM *	4:45-5:45 PM	<input checked="" type="checkbox"/>
Friday		8:15 AM-6:15 PM	8:30 AM-6:15 PM *	8:30 AM-6:15 PM *	4:45-6:15 PM	<input checked="" type="checkbox"/>
Saturday					8:15 AM – 5:45 PM	<input checked="" type="checkbox"/>
Sunday					8:50 AM - 1:00 PM	

* Agenda includes selected keynotes

Special Activities and Events

- Thursday Networking Reception** – free, for all attendees; 5:45-6:45 PM.
- Friday Student/ECP Luncheon** – free, for students and Early Career Professionals, 12:00-1:00 PM.
- Friday Evening SCEH Executive Council Meeting:** Private; attendance by invitation, held at hotel.
- Saturday Women’s Breakfast** – free, for female-identified attendees, 7:15-8:15 AM
- Saturday Member Meeting and Luncheon** – free for current or prospective members, 12:00- 1:30 PM.
- Saturday Evening Poster Session Reception, 6:30-7:30 PM and Annual Awards Banquet, 7:30-9:30 PM.**

Conference Registration Desk

All attendees are required to check in at the Conference Registration Desk to receive a badge, meeting materials and continuing education forms. Hours: Wednesday 2:00-7:00 PM and Thursday through Saturday from 8:00-9:00 AM and 3:00-4:00 PM.

Keynote & Invited Speakers

Complete details appear under Scientific Program Agenda and Session Descriptions.



Above, left to right: Éva I. Bányai, PhD; Irving Kirsch, PhD; Michael R. Nash, PhD; Karen Olness MD; Devin B. Terhune, PhD and Jeffrey K. Zeig, PhD.

Keynotes (listed in order of appearance)

Wednesday, October 16 -- 4:15 - 6:15 PM

Michael R. Nash, PhD, University of Tennessee, Knoxville, TN -- **Still Seriously Curious about Hypnosis**

Thursday, October 17 -- 4:45-5:45 PM

Éva I. Bányai, PhD, ELTE Eötvös Loránd University, Budapest, Hungary -- **Hypnotic Relationship as Corrective Emotional and Cognitive Experience: Empirical Results and Theoretical Considerations**

Friday, October 18 -- 5:15 - 6:15 PM

Irving Kirsch, PhD, Program in Placebo Studies and the Therapeutic Relationship, Harvard Medical School, Cambridge, MA -- **What Hypnosis Can Learn from Research on the Placebo Effect and the Therapeutic Relationship**

Saturday, October 19 -- 8:30 - 9:30 AM

Jeffrey K. Zeig, PhD, The Milton H. Erickson Foundation, Phoenix, AZ -- **Hypnosis as Evocative Communication**

Saturday, October 19 -- 3:10 - 4:10 PM

Karen Olness MD, Case Western Reserve University, Cleveland, OH -- **Hypnosis: By Another Name in a Variety of Settings**

Invited Address

Saturday, October 19 -- 2:10-3:10 PM

Devin B. Terhune, PhD, Goldsmiths, University of London, London, England -- **Revisiting (and Rethinking) Dissociation and Suggestibility**

CONTINUING EDUCATION - CE Credit

The 70th Annual Conference is co-sponsored by the Society for Experimental and Clinical Hypnosis and The Institute for Continuing Education. The program offers continuing education credit as listed below. 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 additional fee for continuing education credit. Conference attendees who wish to receive continuing education credit MUST check in at the continuing education desk to make formal application and receive CE materials for completion.

Target Audience: Licensed mental health professionals including Psychiatrists, Psychologists, Social Workers, Counselors, Marriage-Family Therapists, and allied professionals.

Course Completion: To qualify to receive continuing education credit, attendees must complete the CE materials, sign in/out daily at designated locations, and complete an evaluation of the sessions attended. CE verification is mailed to attendees within 30-days following the receipt of completed CE materials.

Questions: If you have questions regarding continuing education, the program, faculty, or for a listing of learning objectives, comprehensive speaker bios, please contact The Institute at: 800-557-1950; e-mail: instconted@aol.com.

Learning Objectives: For a listing of learning objectives by session, contact The Institute at: instconted@aol.com

Commercial Support: The Institute for Continuing Education receives no funds from any commercial organization for financial support of its activities in providing continuing education sponsorship of the Colloquium. The Institute's sponsorship of this Conference does not imply endorsement of featured exhibits.

Note: It is the responsibility of attendees to determine if continuing education credit offered by The Institute for Continuing Education meets the regulations of their licensing/certification board.

(continued on next page)

Continuing Education Offered:

Psychology: The Institute for Continuing Education is 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. Not all sessions may offer psychology CE credit. CE materials distributed at registration will indicate any non-credit sessions; or you may contact The Institute for Continuing Education within 30-days of the Conference at: instconted@aol.com

Skill Level: Workshops have been ranked for skill level. Participants are urged to review session description for appropriateness for professional and personal development.

Instruction Methodology: May include lecture, audio-visual, demonstration, experiential practice of techniques, large and small group discussion

Non-Credit Activities: Credit is not offered for breakfast, luncheon, dinner, social events, poster sessions, networking sessions, tour activities. If you have questions, contact The Institute for Continuing Education at: instconted@aol.com

Ethics Hours / Academic Credit: The Conference offers no “academic” credit and CE hours awarded are not eligible toward fulfillment of a degree. No “ethics” hours are offered by our CE provider. Note that the Skills Workshop session on Ethics MAY might meet regulations for some state psychology boards. Since these requirements vary widely state to state, please check with your state board. Any attendee always has the right to submit information to their Board independently for consideration of Ethics hours.

ADA: For accommodations on the basis of disability, please contact SCEH at info@sceh.us.

Continuing Education Hours Offered*:

Introductory Workshop:	20.00 hrs.
Skills Workshops:	20.00 hrs.
Advanced Workshops:	15.00 hrs.
Scientific Program:	12.50 hrs.

*** Hrs. are awarded based on actual attendance**

CME NOTE: Medical CE credit is not available for this conference. We welcome any inquiries from members, colleges or universities who can work with us to obtain CME for future meetings.

Coffee Breaks and Meals

Coffee Breaks

Coffee service is provided during scheduled breaks, generally around 10 AM and 3 PM. See details for your selected Workshop section and the Scientific Program Agenda for exact times.

Meals

Meals are NOT included in the registration fee except for the Annual Banquet on Saturday evening for those who purchase a registration package containing this option.

SCEH members in good standing are invited to attend our Member Luncheon and Business Meeting on Saturday. Other scheduled activities include a complimentary Networking Reception, Student/Young Professionals Luncheon and Women's Breakfast.

CONFERENCE HOTEL - Site and Accommodations

ACE HOTEL NEW ORLEANS

600 CARONDELET ST
NEW ORLEANS, LA 70130



Hotel website:
www.acehotel.com/neworleans

A friendly gathering place, Ace Hotel New Orleans sits on the corner of Carondelet and Lafayette streets in the Warehouse District. Our hotel is close to up-and-coming art galleries and shopping, museums, cocktails and just a jaunt to the French Quarter and South Market District. [View the hotel FAQ for details.](#)

Hotel Map



Hotel Room Block

We have secured a special discount rate of \$189 for the duration of our conference. Our special group rate is in effect until September 15 or until we sell out, whichever occurs first. Please email our office (info@sceh.us) if you have difficulty getting a reservation.

To reserve a room:

1. **Use this link:** [SCEH Annual Conference Reservations](#)

This link takes you to the reservations website for our meeting. You will see available rooms in the block, at the special block rate. Guests can alter the check-in and check-out dates anytime between October 15th and October 21, 2019.*

2. Alternatively, guests can **input the group code directly from the Ace Hotel central reservations website** at <https://www.acehotel.com/reservations/neworleans>

Select check in date and checkout dates anytime between October 15 - 21, 2019.*

Scroll down to Corporate, Promotional, and Group Discount Codes Select "Group Code" and enter Promo Code: **1910SCEH**

Click Check Availability then complete your reservation.

3. Finally, guests can **call central reservations at 504.941.9191** and provide the name of the block or booking code to book. This is the best method for any guests seeking nights outside of the contracted block. As a reminder, guests will be able to book until the cutoff date of **September 15th, 2019**.

Hotel Policies

For complete information on hotel policies, including cancellation and early departure policies, please review the hotel's term of service when making your reservation. We encourage all conference attendees to stay at the conference hotel. Thank you.

Check-in time: after 3:00 PM. **Check out time:** 12: 00 Noon

View our [Site and Accommodations web page](#) for full details.

Hotel Dining

The hotel includes several restaurants.

- [Josephine Estelle](#) - Named after each of their daughters, Josephine Estelle reflects the collaborative spirit of James Beard Award-nominated chefs Andy Ticer and Michael Hudman whose renowned culinary tell is the unlikely marriage between classic Italian recipes and the bright and mystifying flavors of the American South. With an emphasis on seasonal ingredients, homemade pastas and recipes passed down from our Maw Maws, Josephine Estelle is open for breakfast, lunch, dinner and happy hour.

(continued on next page)

Hotel Dining, continued

- [Seaworthy](#) - Seaworthy showcases wild-caught and sustainably harvested oysters from American waters, Gulf Coast, East Coast and West Coast alike, as well as locally sourced fish and game. The celebrated beverage program offers both classic and proprietary cocktails, with a smart selection of beer and wine.
- [Alto](#) - The hotel's rooftop bar offers seasonal cocktails and small plates you can enjoy poolside.
- [Three Keys](#) -The hotel's music venue is open late-night and has a full bar and bar menu.
- [Stumptown Coffee](#) - The hotel's coffee shop claims meticulously sourced, perfectly roasted and expertly brewed libations.

Getting There

Air Travel

The nearest airport to the hotel is Louis Armstrong New Orleans International Airport, the primary commercial airport serving the area. For information on airport shuttles and ground transportation, [visit the airport website](#).

Hotel Directions

The hotel is located at 600 Carondelet Street, on the corner of Carondelet and Lafayette Streets. View [map and directions](#).

Hotel Transportation and Parking

The hotel offers valet parking at a nightly rate of \$39 + tax. The hotel offers free parking for SCEH conference attendees who are staying at the hotel.

Networking Reception

*Mix and mingle with SCEH leaders, conference speakers,
SCEH members and fellow attendees*

NETWORKING RECEPTION

Please Join Us!

Thursday, October 17, 2019

5:45-6:45 PM

Lobby Outside Barnett Hall

All attendees are invited.

Network with like-minded peers, meet new friends and colleagues and renew relationships in the hypnosis community. If you would like an introduction to someone, please ask.

Many professional collaborations -- as well as personal friendships -- have started at SCEH meetings. We are confident this year's event will be no different.

There is no additional cost to participate. Cash bar.

Please indicate your plans to attend on your registration form. Thank you.

Reception sponsored by:



New Orleans Society of Clinical Hypnosis

(Formerly "La Societe du Mesmérisme de la Nouvelle Orleans")

Luncheon for Students and Early Career Professionals

SPECIAL FRIDAY LUNCHEON FOR STUDENTS & EARLY CAREER PROFESSIONALS

Free to students and early career professionals.

Friday, October 18, 2019

12:00 Noon - 1:00 PM

Are you a Student or Early Career Professional?

Then plan to join your peers and SCEH leaders for a chance to meet some new people and learn about SCEH activities and how they can help your career. Come hear about our Student Advisory Committee and share your ideas about increasing student engagement in SCEH.

Hosted by Janna Henning, JD, PsyD, FT and Don Moss, PhD



Please indicate your plans to attend on your registration form. Thank you.

WOMEN'S BREAKFAST



Female-identified conference attendees are invited to RSVP for this complimentary Women's Breakfast during the registration process.

Saturday, October 19, 2019

7:15-8:15 AM

Barnett Music Room

This event will feature brief remarks by Janna Henning, JD, PsyD, FT, SCEH President Elect, followed by informal networking.

Please indicate your plans to attend on your registration form. Thank you.

The breakfast is offered free of charge thanks to the generous contributions of SCEH officers and current and past presidents to fund this event!

Member Luncheon

Open to members and prospective members.

MEMBER BUSINESS MEETING & LUNCHEON

Saturday, October 19, 2019

12:00 – 1:30 PM

Join fellow SCEH members for an update on SCEH activities and a chance to network with colleagues. We will also ask all participants to introduce themselves and invite your participation in ways we can all assist one another.

Brief remarks will be offered by Don Moss, PhD, SCEH President, joined by members of the SCEH Executive Committee.



Please indicate your plans to attend on your registration form. Thank you.

Join SCEH

Not yet a member? Learn more:

www.sceh.us/apply-for-membership

Annual Poster Session and Awards Banquet

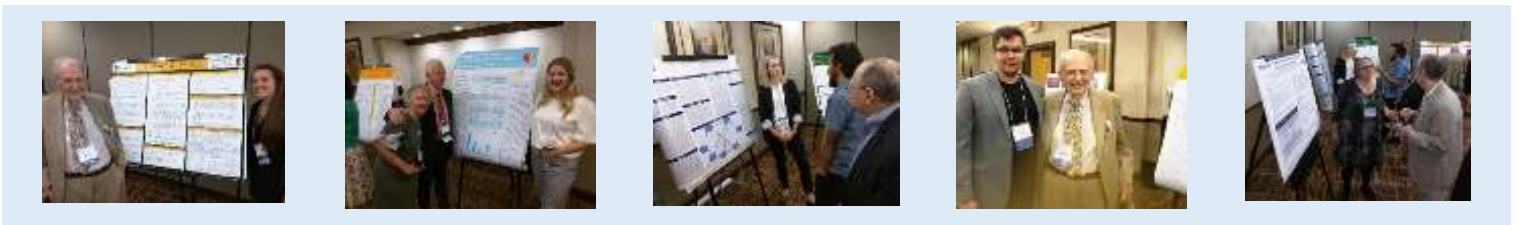
DON'T MISS OUR 70TH ANNIVERSARY CELEBRATION!

Saturday, October 19, 2019

6:30-7:30 PM Poster Session

7:30-9:30 PM Annual Banquet

POSTER SESSION & COCKTAIL HOUR



ANNUAL AWARDS BANQUET



Banquet tickets are included for those who purchase a registration package containing this option; tickets are non-transferable; spouse/guest tickets available for purchase.

WORKSHOP PROGRAM OVERVIEW

SCEH workshops 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 practica or other experiential components.

SCEH offers **Introductory**, **Skills-building** and **Advanced** level workshops.

- **Introductory (Basic) Workshop in Clinical Hypnosis**
(Taken as a cohort)

- **Skills Workshops in Clinical Hypnosis**
*(Taken as a cohort, or Advanced Workshop registrants can choose from a selection of sessions.)
This workshop can be used toward intermediate certification or simply to refresh hypnotic skills.*

- **Advanced Workshops in Hypnosis**
(Choose from a selection of full or half day concurrent sessions or mix and match with Skills Workshop sessions.)

Workshops meet accepted Standards of Training in Clinical Hypnosis and count toward [SCEH Certification](#).

Opening General Session: Wednesday, October 16

Conference Registration opens at 2:00 PM



Join us for our Opening General Session: 4:00 – 6:15 PM

- 4:00 PM - Conference Welcome
- 4:15 PM - Keynote
- 5:15 PM - Scientific Symposium

See the Scientific Program Agenda and Session Descriptions for details.

Introductory Workshop in Clinical Hypnosis — 20 CEs

Wednesday, October 16 through Friday, October 18, 2019

Co-chairs: Paul Larson, PhD, JD and Samuel Kohlenberg, PhD

Faculty: Paul Larson, PhD; JD; Samuel Kohlenberg, PhD; Janna Henning, PsyD, JD; FT; Donald Moss, PhD and Ciara Christensen, PhD

Introductory (Basic) Workshop Overview

This class is taken as a cohort.

Wednesday October 16, 2019 -- 4:15-9:45 PM

Thursday, October 17, 2019 -- 8:15 AM- 5:45 PM

Friday, October 18, 2019 --8:15 AM- 6:15 PM

This workshop meets accepted Standards of Training in Clinical Hypnosis and count toward [SCEH Certification](#).

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. Workshops meet accepted Standards of Training in Clinical Hypnosis and count toward [SCEH Certification](#).

Introductory Workshop Agenda

Updated

Wednesday October 16, 2019

4:15 PM	Scientific Program Symposium and Keynote Address
6:30 PM	Hypnosis Education, Certification, and Practice
6:45 PM	Intro to Hypnosis, Definitions, History, Myths and Misconceptions
7:15 PM	Rapport, Inductions and Re-Alerting
7:45 PM	Demo of Induction Arm Levitation/Reverse Levitation
8:15 PM	Break
8:30 PM	Small Group Experience # 1 - Rapport, Induction, Re-Alerting
9:45 AM	Adjourn for day

(continued on next page)

Intro Workshop, continued

Thursday, October 17, 2019

- 8:15 AM Orientation to Clinical Hypnosis
- 8:45 AM Patient Education for Hypnosis, Presenting Hypnosis to Patients
- 9:15 AM Fundamentals of Hypnotic Language and Formulating Suggestions
- 9:15 AM Demo of Induction and Deepening: Eye Fixation and Staircase
- 10:15 AM Break
- 10:30 AM Small Group #2 - Rapport, Induction, Deepening, Re-Alerting
- 12:00 PM Lunch on your own
- 1:00 PM Ego strengthening and Self-Hypnosis
- 1:45 PM Demo of Induction Easy as 1 - 2 - 3 (Eye Roll)
- 2:00 PM Small Group # 3- Ego Strengthening and Self-Hypnosis
- 2:50 PM Break
- 3:05 PM Demo of Inductions Diaphragmatic Breathing, Calm Scene, Progressive Relaxation

- 3:40 PM Small Group # 4 Rapport, Induction, Deepening, Re-alerting
- 4:45 PM Scientific Program Keynote
- 5:45 PM Adjourn for day

Friday, October 18, 2019

- 8:15 AM Treatment Planning & Therapeutic Work
- 9:00 AM Ethical Principles and Best Practices
- 9:45 AM Clinical and Legal Issues with Memory in Hypnosis
- 10:15 AM Break
- 10:30 AM In class Demonstrations: Hypnotic phenomena, Inductions, Deepening (Magnet Hands, Glove Anesthesia, or other Demonstrations)
- 11:00 AM Neurophysiology of Hypnosis with Implications for Treatment
- 12:00 PM Lunch on your Own
- 1:00 PM Hypnotizability, Stages of Hypnosis and Informed Consent
- 1:30 PM Managing Resistance/Low Responsiveness in Clinical Hypnosis
- 2:00 PM Applications to Common Problems: Surgical Prep, Smoking Cessation, Modification of Eating Behavior - Part 1
- 2:30 PM Favorite Inductions, Deepenings and Therapeutic Suggestions
- 3:00 PM BREAK
- 3:15 PM Small Group #5 Role Playing Hypnotic Interventions
- 4:15 PM Next Steps: Integrating New Skills into Practice. Using What You Have Learned

- Managing a Hypnosis Practice
Availability of Additional Training in Pediatric Hypnosis, Presurgical Applications of Hypnosis and Other Practice Areas.
- 5:15 PM Scientific Program Keynote (Poster blitz starts at 4:45 PM)
- 6:15 PM ADJOURN

Introductory Workshop Learning Objectives

- Define hypnosis based on current published definitions of hypnosis
- Identify at least three major figures in the historical development of hypnosis
- Identify at least three major theories of hypnosis
- Identify the major myths and misconceptions regarding hypnosis
- Identify three possible changes associated with hypnosis and memory.
- Discuss specific ethical/legal issues involving hypnotic restoration of memories, disqualification of testimony in court, and the “false memory” syndrome
- Cite three key points of hypnosis in a non-technical manner in educating a client or patient about hypnosis
- Summarize two or more important elements in obtaining informed consent regarding the use of hypnosis clinically
- Identify at least five phenomena associated with hypnosis and how they may be utilized in clinical practice and treatment planning
- Summarize at least two reasons for removing suggestions and for re-alerting clients; and demonstrate at least one method for re-alerting from hypnosis
- Define at least six principles of hypnotic induction and suggestion
- Demonstrate a hypnotic induction and provide a therapeutic suggestion to a volunteer client
- Participate in at least three separate hypnotic experiences as subject and as facilitator
- Cite evidence for the long-term stability of hypnotic responsiveness and be able to identify the age range when hypnotic responsiveness peaks
- List the traditional "stages of hypnosis"
- Describe at least four traditional methods for deepening or intensifying hypnotic involvement
- Be capable of teaching self-hypnosis to patients/clients
- Differentiate when one might use a suggestive hypnotic approach and when an insight-oriented or exploratory hypnotic approach might be appropriate.
- Identify therapist, patient, and context variables that may contribute to resistance
- Identify the ethical-legal issues and standards for professional conduct in using hypnosis clinically

Skills Workshops — 20 CEs

Wednesday, October 16 through Friday, October 18, 2019

Skills Workshop Co-Chairs: David Reid, PsyD and John Alexander, PhD

Faculty: David Reid, PsyD; John Alexander, PhD; Carol Ginandes, PhD, ABPP; Janna Henning, JD, PsyD, FT; David Patterson, PhD, Shelagh Freedman, PhD

Taken as a cohort or Advanced Workshop participants may mix and match with Advanced Workshops.

Skills Workshops Overview

Skills Workshops consist of sessions that feature a variety of hypnotic techniques, for induction, deepening, and therapeutic application. Skills Workshops are designed to refresh and expand skills. These skills workshops will be at the intermediate level, and will serve for persons seeking certification. They will also provide useful opportunities for advanced professionals to refine hypnotic technique.

This workshop meets accepted Standards of Training in Clinical Hypnosis and count toward [SCEH Certification](#).

Taken as a cohort or Advanced Workshop participants may mix and match with Advanced Workshops.

* If you wish to take the Skills Workshops to satisfy Intermediate level requirements for certification, please note that you must take all the Skills Workshops as a cohort, requiring full attendance for the duration of the workshop, Wednesday through Friday, as follows:

Wednesday October 16, 2019 -- 4:15-9:45 PM

Thursday, October 17, 2019 -- 8:30 AM- 5:45 PM

Friday, October 18, 2019 --8:30 AM- 6:15 PM

Advanced Workshop registrants may choose from the Advanced Workshops list or may elect to take a Skills Workshops independently for CE credit. Please note that if taking a Skills Workshop separately, that CEs are awarded in only full or half hours. If attending all Scientific Program events listed with the Skills Workshop Agenda (Symposia and Keynotes), your total CEs will amount to 20.

(Skills Workshop, continued)

Skills Workshop Agenda

Updated 9/6/2019

Wednesday October 16, 2019 -- 4:15-9:45 PM

4:15-6:15 PM	Skills Session 1 - Scientific Program Symposium and Keynote Address
6:30-9:45 PM	Skills Session 2 - The Nature of Hypnosis and Memory: Principles and Techniques of Age Regression and the Working Through of Trauma and Small Group Practice
8:15-8:30 PM	BREAK (15 minutes)

Thursday, October 17, 2019 -- 8:30 AM- 5:45 PM

8:30-12:00 Noon	Skills Session 3 – Dialectical Treatment Strategies Augmented With Hypnosis for Creating Change and Controlling Habits
10:00-10:15 AM	BREAK (15 minutes)
12:00 Noon-1:00 PM	LUNCH (on your own)
1:00-3:00 PM	Skills Session 4 – Hypnosis and Memory: Past, Present, and Future
3:15-4:45 PM	Skills Session 5 - Seeding Metaphors to Fertilize and Grow Therapeutic Changes and Small Group Practice
3:00-3:15 PM	BREAK (15 minutes)
4:45-5:45 PM	Skills Session 6 - Scientific Program Keynote – Bányai

Friday, October 18, 2019 -- 8:30 AM- 6:15 PM

8:30 AM-12:00 Noon	Skills Session 7 Hypnotic Strategies and Techniques for Behavioral Medicine and Pain Management and Small Group Practice
10:15-10:30 AM	BREAK (15 minutes)
12:00 Noon-1:00 PM	LUNCH (on your own)
1:00-3:00 PM	Skills Session 8 - The Hypnotic Induction Profile (HIP): the Methods of Herbert and David Spiegel for Assessing and Utilizing Hypnosis in Clinical Practice
3:15-4:45PM	Skills Session 9 - Clinical Hypnosis: Ethics and Professional Conduct
3:00-3:15 PM	BREAK (15 minutes)
5:15-6:15 PM	Skills Session 10 - Scientific Program Keynote - Kirsch (Poster Blitz begins 4:45 PM)

(Skills Workshop, continued)

Skills Workshops – Session Descriptions and Learning Objectives

Wednesday, Oct. 16

4:15-6:15 PM

Skills Session 1

Scientific Program Symposium and Keynote Address 2 CE

See Scientific Program Agenda and Session Descriptions for details.

6:30-9:45 PM

Skills Session 2

The Nature of Hypnosis and Memory:
Principles and Techniques of Age Regression and the
Working through of Trauma and Small Group Practice

3 CE

Janna Henning, JD, PsyD, FT

This session will review the nature of hypnosis and memory, principles and techniques of age regression, and strategies for working through trauma. There will be ample time for demonstration and small group practice.

Learning Objectives:

- Describe examples in current literature on hypnosis and memory, and its implications for clinical work.
- State the legal implications of the “constructive” nature of hypnosis and memory.
- Identify three different techniques for facilitating age regression.
- Identify at least three contraindications for conducting age regression and abreactive work.
- State how to facilitate therapeutic abreaction and methods for modulating affective intensity in age regression.
- Identify specific techniques for using hypnosis with trauma patients.

(Skills Workshop, continued)

Thursday, Oct. 17

8:30 – 12:00 Noon

Skills Session 3

Dialectical Treatment Strategies Augmented with Hypnosis
for Creating Change and Controlling Habits

3.25 CE

John Alexander, PhD

The purpose of the workshop is to instruct participants in the methods of Herbert and David Spiegel for creating change and treating habit disorders using smoking cessation and weight control to model their single-session procedures. Participants will be provided with two useful tools, namely: 1) a treatment guide based on the Spiegels' method for conducting structured hypnotically augmented weight control and smoking cessation sessions; and 2) scripts for developing patient education brochures to orient patients to hypnosis and reinforce behavioral and hypnotic strategies for habit control.

Learning Objectives:

- Describe the Spiegels' biopsychosocial model of hypnosis and their method for assessing hypnotizability and teaching self-hypnosis, the Hypnotic Induction Profile (HIP)
- Describe an overview of the Spiegels' dialectical method for structuring psychotherapy strategies for creating change, referred to as restructuring.
- Demonstrate methods for tailoring treatment strategies for patients with varying degrees of hypnotizability and personality characteristics, based on their performance on the HIP.
- Demonstrate the Spiegels' single-session method for teaching patients rapid self-hypnotic induction procedures and dialectical therapeutic strategies to create change and control habits.

10:00-10:15 AM **Beak**

12:00-1:00 PM **Lunch**

(Skills Workshop, continued)

Skills Workshop, continued

1:00-3:00 PM

Skills Session 4

Hypnosis and Memory: Past, Present, and Future

1.75 CE

Shelagh Freedman, PhD

This workshop will examine the scientific research on hypnosis and memory. With a focus on false memory, classic studies will be reviewed, and the current literature will be surveyed. Participants will gain a better understanding of contentious issues, future directions for research, and implications for clinical practice.

Learning Objectives:

- Describe an overview of the essential research in the field of hypnosis and memory
- List common beliefs and misconceptions about memory
- Describe processes involved in memory consolidation and reconsolidation
- Describe scientific studies attempting to differentiate true and false memory
- Describe age regression, the recovered memory controversy, hypermnesia, and posthypnotic amnesia
- Describe how individual differences and demand characteristics can lead to false and pseudo-memories
- List implications from hypnosis and memory research for clinical work and future research directions

3:15-4:45 PM

Skills Session 5

**Seeding Metaphors to Fertilize and Grow Therapeutic Changes
and Small Group Practice**

1.5 CE

Carol Ginandes, PhD, ABPP

The purpose of this 90-minute session is to overview the strategic use of therapeutic metaphors and stories in the context of both hypnotic induction and utilization. Also included will be a hypnotic practicum exercise focused on generating original imagery- based metaphors to stimulate therapeutic healing.

Learning Objectives:

- Describe benefits of integrating metaphors and storytelling with more direct methods of hypnotic induction and suggestion.
- Describe methods of constructing metaphors to match a specific client's context and resources.
- Demonstrate the use and creation of metaphors to introduce reframing of current dilemmas and to access possible alternate solutions.

Skills Session 6 - 4:45 - 5:45 PM

Scientific Program Keynote Address

1 CE

See Scientific Program Agenda and Session Descriptions for details.

(Skills Workshop, continued)

Friday, Oct. 18

8:30 AM-12:00 NOON

Skills Session 7

Hypnotic Strategies and Techniques for Behavioral Medicine and Pain Management and Small Group Practice

3.25 CE

David Patterson, PhD

A growing body of research has demonstrated the efficacy of hypnosis for improved behavioral health and pain management. Participants will learn hypnotic techniques for behavioral health and pain management. For pain management, we will also cover how and when to use hypnosis, and how to identify both precautions for its use and risk factors in using hypnosis prior to a medical and psychological evaluation. There will be ample time for demonstration and small group practice.

Learning Objectives:

- Describe the importance of non-hypnotic methods of both medical and psychological evaluation for chronic pain and behavioral medicine patients.
- Name three hypnotic techniques for use in behavioral health.
- Name four disorders or conditions in behavioral medicine for whom hypnotic techniques have demonstrated efficacy
- Identify at least five hypnotic strategies for use in pain management.
- Identify risk factors in using hypnosis prior to a medical and psychological evaluation of a pain or behavioral medicine problem.
- Identify precautions in using hypnotic treatment methods for both behavioral medicine and pain relief.

12:00-1:00 PM Lunch on your own

(Skills Workshop, continued)

1:00 – 3:00 PM

Skills Session 8

The Hypnotic Induction Profile (HIP): the Methods of Herbert and David Spiegel for Assessing and Utilizing Hypnosis in Clinical Practice

1.75 CE

John Alexander, PhD

The purpose of this workshop is to provide an introduction to the Hypnotic Induction Profile (HIP), the Spiegel's method for inducing hypnosis, and measuring hypnotizability. The HIP is a 5-10 minute procedure which profiles an individual's capacity to enter into and experience hypnosis, respond to sensory and motor suggestions, and exit hypnosis on cue, all in a structured, and disciplined manner that can be qualified and quantified. The HIP also teaches self-hypnosis as it measures hypnotizability and integrates seamlessly into hypnotically augmented treatment strategies. Workshop participants will also be introduced to a digital application of the HIP which greatly simplifies learning to administer and score the HIP for clinical and research purposes.

Learning Objectives:

- Describe an overview of the Spiegels' two factor bio-psychosocial model for conceptualizing hypnosis: Factor one, the biological potential for hypnosis, and factor two, the psychosocial ability to experience and express hypnotic potential.
- Describe and demonstrate a digital application of the Hypnotic Induction Profile (HIP), the Spiegels' method for inducing hypnosis, assessing hypnotizability (factors one and two), and teaching self-hypnosis.
- Demonstrate how to use the HIP.
- Describe two methods for summarizing the HIP (The Profile Grade, a qualitative score, and the Induction Score, a quantitative score) and the relevance of each in clinical practice.
- Describe the relationship between performance on the HIP and mental health, psychopathology, personality styles, and as a means for individualizing treatment strategies for brief symptom oriented or more intense psychotherapy.

3:00-3:15 PM Break

(Skills Workshop, continued)

Skills Workshops, continued

3:15-4:45 PM

Skills Session 9

Clinical Hypnosis: Ethics and Professional Conduct

1.5 CE

David Reid, PsyD

Some patient issues require treatment that call for more advanced or specialized hypnotic inductions. This session will introduce these inductions, and review specific instances where they may be best utilized. This session will also provide an overview of ethical principles in hypnosis practice.

Learning Objectives:

- Describe ethical-legal issues and standards for professional conduct in using hypnosis.
- Identify professional conduct and legal issues relevant to clinical hypnosis.
- State potential conflicts of interest for utilizing clinical hypnosis
- Describe the importance of informed consent when using clinical hypnosis

5:15-6:15 PM

Skills Session 10

Scientific Program Keynote Address

1 CE

See Scientific Program Agenda and Session Descriptions for details.

Advanced Workshops – up to 16 CEs*

Wednesday, October 16 to Friday, October 18, 2019

Co-chairs: Joseph Tramontana, PhD and Joseph Green, PhD



* Depends on workshops selected. Workshop attendees are invited to attend Keynotes on both Wednesday, Thursday and Friday, which provide additional CE hours.

Advanced Workshop registrants may select a mix of Advanced or Skills Workshops.



Wednesday, October 16, 2019

6:30 - 9:45 PM

ADV-01

Hypnosis, Mindfulness and CBT for Smoking Cessation: The Winning Edge Program 3 CE

Joseph Green, PhD

As a brief, cost-effective intervention, hypnosis can be a catalyst for change. Joseph Green and Steven Jay Lynn designed The Winning Edge program to incorporate recent advances and best clinical practices in the treatment of tobacco addiction. The intervention provides a unique blend of strategies based on cognitive-behavioral, mindfulness, and hypnotic approaches to smoking cessation. Workshop participants will learn the entire program and be able to implement the intervention on an individual or group basis. Treatment materials include a one-hour educational DVD; two hypnosis audio files; Powerpoint slides; a coping model video clip; client monitoring forms; and, data collection materials. The workshop will provide step-by-step instructions so that beginning and expert clinicians can administer the program in either a largely standardized manner or incorporate various aspects of the program into existing treatments in order to tailor the intervention to individual clients. We will review commonly asked questions and anticipated concerns, address ambivalent or low motivated clients, and illustrate how clinicians can collect outcome data while using the program.

Learning Objectives:

- List the the health risks associated with smoking and the pervasiveness of smoking addiction.
- Cite the scientific evidence for incorporating hypnosis into treatment programs for smoking cessation.
- State ways to implement The Winning Edge program and how to address common questions/concerns raised by clients.

6:30 - 9:45 PM

ADV-02

Behavioral and Hypnotic Intervention for Chronic Pain: Our Role in Reducing Opioid Reliance – 3 CE

Karen Slaton, PhD

A reliance on opioid therapy to treat chronic non-cancer pain has resulted in an opioid crisis. Recent CDC guidelines on opioid prescribing recommend alternative treatments for chronic pain. The Comprehensive Addiction and Recovery (CARA) Act of 2016 provides guidelines for treatment and recovery and mandates Complimentary Integrated Healthcare modalities (including clinical hypnosis) for the management of chronic pain. This workshop will place the "opioid crisis" in historical context and will describe the biopsychosocial model of chronic pain. Participants will learn the major differences between acute and chronic pain and will learn behavioral interventions (non-medical treatments) for chronic pain. A special focus will be on utilizing clinical hypnosis for the treatment of chronic pain.

(continued on next page)

Learning Objectives:

- Describe the biopsychosocial model of chronic pain..
- Describe two hypnotic interventions for chronic pain.
- Practice two hypnotic interventions for chronic pain.

6:30 - 9:45 PM

ADV-03

Altered States of Consciousness Experiences Related to Spiritual and Religious Aspects of Skin and Skin Disorders

3 CE

Philip Shenefelt, MD, ABMH

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.

Learning Objectives:

- Explain the connection between altered states of consciousness and spiritual and religious experiences.
- Recognize the culturally specific contexts in which the spiritual and religious experiences occur.
- Describe the interaction between skin and psyche and their spiritual and religious dimensions.

Thursday, October 17, 2019

8:30 - 4:30 PM

ADV-04

Use of Hypnosis in Cognitive Behavior Therapy

6.5 CE

Barbara McCann, PhD

Cognitive behavioral therapy (CBT) is an evidence-based psychological intervention for many clinical presentations. CBT as traditionally practiced makes use of a combination of didactic methods, Socratic questioning, disorder-specific treatment manuals, and between-session homework. Such approaches to treatment delivery resonate with well-educated individuals (particularly from Western cultures) who find such approaches familiar. Hypnosis affords the practitioner many alternative methods for introducing the CBT model to patients, and encouraging them to examine and distance themselves from negative automatic thoughts and destructive intermediate and core beliefs. The highly experiential nature of hypnosis allows for in-session rehearsal of behavioral activation, interpersonal skills, and tolerance of distress during exposure to previously avoided situations. Although a basic familiarity with the principles of CBT is assumed, in this workshop, key concepts of CBT will be reviewed. Case examples, experiential learning, and brief didactic overviews will help prepare the learner to use hypnosis to facilitate the delivery of cognitive behavioral interventions.

Learning Objectives:

- Describe basic principles and approaches of CBT, including many of the core tasks of CBT interventions.
- Explain seeding of ideas and truisms during induction and deepening, and use of the hypnotic state itself, to experientially convey the core CBT model to patients.
- Demonstrate the hypnotic parallels for some common psychiatric symptoms (panic attacks, avoidance) and help patients develop new associations to these symptoms.
- Create useful metaphors to help patients identifying and respond to maladaptive automatic thoughts, intermediate beliefs, and core beliefs.
- Explain the use of post-hypnotic suggestion as a means of engaging patients in the practice of newly acquired skills and concepts between sessions.
- Describe methods to strengthen the therapeutic relationships in CBT through the use of hypnosis.

Advanced Workshops, continued

8:30 - 4:30 PM

ADV-05

Non-linear Hypnotic Inductions

6.5 CE

David Patterson, PhD

This full day workshop will focus on advanced inductions for patients that are struggling with hypnosis, as well as those who require multi-layered suggestions to match clinical conceptualizations. A premise of this workshop is that direct, linear inductions are the ones that are most commonly used in clinical hypnosis but have a number of limitations. The instructor will use power point presentations, demonstrations, discussion and frequent presentee practice to provide theoretical and practical knowledge about non-linear inductions. The workshop will rely on neurophysiology, cognitive linguistics, motivational interviewing and Ericksonian approaches to provide a foundation for the inductions. The components of the non-linear inductions (e.g., dissociation, confusion, indirect suggestions, multiple choices) will be taught as individual skill sets and then combined as a whole both in demonstrations and practice.

Learning Objectives:

- Articulate the theory behind direct and non-linear hypnotic inductions.
- Demonstrate how to translate complex clinical conceptualizations into multilayered inductions.
- Explain how the neurophysiology of hypnosis can guide effective inductions.
- Demonstrate use of dissociation, indirect suggestions and pacing and leading in conducting hypnosis.
- List three suggestions and provide them in a multiple choice format.
- Demonstrate an ability to integrate concepts of zen into hypnosis.

8:30 - 11:45 AM

ADV-06

Hypnosis Research Workshop: Designing Case Studies and Clinical Trials and Preparing Papers for Publication

3 CE

Gary Elkins, PhD, ABPP, ABPH and Lynae Roberts, MA, Baylor University, Waco, TX; Zoltan Kekecs, PhD, ELTE Institute of Psychology, Budapest, Hungary; Michael Nash, PhD, University of Tennessee, Knoxville, TN

This workshop is intended to provide foundational knowledge regarding hypnosis research. Topics include discussion of the evolving body of research into clinical and experimental hypnosis. Also, key considerations in design of case studies and randomized clinical trials of hypnosis and related concepts (relaxation, mindfulness, suggestion methods, etc.) will be discussed. Topics will also include assessment of hypnotizability and cognitive expectancies, participant selection in clinical and experimental studies, experimental designs and control conditions. Empirically-based research will be discussed and preparation of papers for submission for publication. Participants will be encouraged to bring and develop hypnosis research ideas. This workshop will be of interest empirically minded clinicians, researchers, experimental and clinical graduate students, interns, fellows, and residents, as well as professionals in the field who wish to learn more about the potential of hypnosis research to inform clinical practice.

(continued on next page)

Advanced Workshops, continued

Learning Objectives:

- Identify key components of well-designed case studies of hypnosis interventions.
- Discuss purpose and design of pilot studies.
- Identify three components of randomized clinical trials of hypnosis interventions.

NOTE TIME CHANGE

1:00 - 4:15 PM ~~8:30—11:45 AM~~
ADV-07

Hypnotically Enhanced Addictions Treatment

3 CE

Joseph Tramontana, PhD

In this time of what is being called the "opioid epidemic," working with pain patients to reduce their dependence on drugs is of utmost importance. While most hypnosis advanced workshops having to do with addictions focus on smoking and weight loss, this presentation also covers alcohol abuse, drug abuse, and gambling. Smoking and weight loss will be covered, as well, with strategies for packaging sessions. The presentation will include demonstrations, scripts, strategies, and ample case studies, including successes and failures.

Learning Objectives:

- Explain techniques to expand their practices into the addictions field.
- List strategies for working with pain patients to reduce dependence on opioids.
- Develop scripts to use with addicted clients.

CANCELLED

1:00 - 4:15 PM
ADV-08

Future Focused Interventions with and without Formal Hypnosis

3 CE

Moshe Torem, MD

This workshop will review the various forms of hypnotherapy as related to the issue of time focus. Many therapies have focused on the present and the past, attention to the future has been rather minimal. However, future focused therapy can be a powerful strategy to bring about transformational change in patient's behavior and symptoms in the present. Hypnosis allows the patient to experience a desirable therapeutic outcome in the future, which is internalized on both a conscious and sub-conscious level. Participants will learn the use of future focused communication, suggestions and age progression techniques with and without formal hypnosis.

Learning Objectives:

- Explain hypnotic communication in terms of its time focus (past, present, or future).
- Explain the value of a future focused orientation.
- Articulate examples of effective therapeutic communication and suggestions with age progression techniques, with and without formal hypnosis.

(continued on next page)

Friday, October 18, 2019

8:30 AM - 4:30 PM

ADV-10

Techniques of Age Regression and Age Progression: Research, Theory, Techniques-Applications and Practice! Practice! Practice!

6.5 CE

Maureen Turner, MEd, LCMHC, RNBC, LCSW

An Age Regression technique is any technique that connects present belief and behavior to the past and past to the present and encourages insight. Hypnosis can augment that connection to belief change and therefore, behavior change. The main focus will be to teach, apply and practice the techniques most utilized, adapted and developed by the presenter and now used by colleagues she has trained in the practice of Age Regression hypnosis.

Hypnosis has been utilized for trauma-release intuitively cross-culturally for centuries (Harms, 1967). In 2007, Lynn and Cardena reviewed empirically supported evidence-based principles and practices that suggests that hypnosis can be a useful adjunctive procedure in the treatment of posttraumatic conditions. Their conclusion was that more research on hypnosis, hypnotic-suggestibility, and posttraumatic conditions is urgently needed. This workshop will briefly review the still sparse hypnosis research in applications fostering connections from the past to present and future (Rotaru and Rusu, 2016; Turner, 2016, 2017, 2018; Grogan, Barabasz, and Christensen, 2017).

The applications of theory and techniques will include:

- Assessing for timing and conditions for age regression.
- Deepening inductions that can also double for self-hypnosis, such as the Elman-Turner and Chakra Inductions.
- Teaching clients to anchor positive mind states and set triggers for self-soothing self-talk.
- Demonstrating techniques that help facilitate age regression like the Somatic-Affect Bridge, adaptations of the Meeting Room, the Magic Sieve and Turner's Rescue Mission protocols.
- Handouts, demonstrations, videos, case presentations, supervised experiential exercises, practice and practice will be included in the workshop experience.

Learning Objectives:

- State timing issues and three conditions where age regression would be appropriate treatment.
- Describe techniques to induce and deepen to induction, for both use as self-hypnosis for the client and a means of establishing a deep trance state by the therapist.
- Describe how to anchor positive mind states and set them to be triggered for self-soothing self-talk.
- Describe the Turner Rescue Mission and describe the roles of the therapist and the client .
- Demonstrate at least 2 technique(s) to facilitate age regression.

8:30 AM - 4:30 PM
ADV-11

Deep Structure Cognitive-Behavioral Therapy: An integrative Hypnotic Approach

6.5 CE

James Straub, EdD

Deep Structure Cognitive Therapy is an integrative targeted approach utilizing tools, patterns and techniques identified through advances in neurology and psychotherapy for helping increase the effectiveness of psychotherapy. This hypno-cognitive/behavioral/trans-theoretical approach has been used in both inpatient and outpatient settings for more than 20 years and combines various Eastern and Western approaches in a cohesive structure that draws on Adler's Individual Psychology, Psychosynthesis, Buddhism, Eriksonian Hypnotherapy, NLP, Imagery and understanding of neurological underpinnings of cognitive/behavioral functions. It is particularly useful in helping clients modify wellingrained personality disorders and patterns related to complex posttraumatic stress disorder.

In the effort to survive, belong and develop identity, individuals create neuro-networks that serve as internal maps and response patterns, often in the form of procedural memories. These phenomenological structures do not form a unified integrated pattern and can be in conflict. However, once created, they typically become fixed as part of a person's private logic at an unconscious or semiconscious level. Such patterns often are neurologically isolated and not easily updated to the current reality and yet can significantly influence perceptions, thoughts, behaviors and emotions.

Learning Objectives:

- Describe and demonstrate how to apply a deep structure time and place grounding technique.
- Describe and demonstrate methods to identify, reframe and "separate" parts/neuropatterns" from the self.
- Describe and demonstrate methods for identifying, reframing and "separating" parts/neuropatterns" from traumatic memories.
- Describe and demonstrate methods of restructuring limiting beliefs and memories.
- Describe and demonstrate methods to identify disidentify from neuropatterns.
- Describe and demonstrate techniques for reintegrating restructured parts/patterns.
- Describe and demonstrate two techniques for reframing memories..

Advanced Workshops, continued

8:30 - 11:45 AM

ADV-12

Measuring the Core Competencies of Ericksonian Hypnosis

3 CE

Dan Short, PhD

For the first time in the history of the Ericksonian movement, a set of core competencies has been identified and endorsed by a majority of the leading figures in Ericksonian hypnosis. Furthermore, these key concepts have been subjected to empirical testing and found to be pivotal to the identity of this unique form of therapy. Dan Short, the person leading this work and the author of the recently released Core Competencies Manual for Ericksonian Therapy, will familiarize the audience with the concepts while demonstrating clinical applications. This workshop will be highly interactive as the instruction is individualized to the needs of the audience. Dr. Short is known for his energetic and enthusiastic teaching style as well as for his dynamic demonstrations and his willingness to communicate complex ideas using simple principles. The overall context will be one of diversified instruction and healthy encouragement.

All participants will be provided with an electronic copy of The Principles and Core Competencies of Ericksonian Therapy. This is the 136-page treatment manual that was recently distributed to leaders of Ericksonian institutes throughout the world.

Learning Objectives:

- Demonstrate deliberate practice of isolated skill sets, using a statistically validated measurement device that you will be trained to use as a self-monitoring tool.
- Explain the underlying principles behind: tailoring treatment, utilization, strategic intervention, destabilization, experiential events, and the naturalistic approach.
- Explain how to be more innovative, and how to use and apply these principles to create new techniques you can use as you encounter unique circumstances.

8:30 - 11:45 AM

ADV-13

Back to the Future: Using Biological Age Regression and Other Strategies to Accelerate Healing

3CE

Carol Ginandes, PhD, ABPP

Hypnotic strategies can be utilized to elicit beneficial physiological changes as well as psychological improvements. After overviewing the presenter's research /clinical model of hypnotically augmenting mind/body healing, the workshop will focus in on three approaches to targeting site- specific healing and somatic regeneration which can be adapted for use in a variety of mind/body conditions. Such strategies will include: consultation with somatic ego states; accessing biological resource retrieval utilizing "Biological Age Regression", and creating hypnotic "pseudo-scientific instruments" to target specific healing outcomes.

Discussion and modeling of these techniques will precede opportunities for structured dyadic practice. Workshop methods will include didactic elements as well as a generous amount of practicum and experiential components.

(continued on next page)

Learning Objectives:

- Describe a customizable multi-modal hypnotic model integrating various strategies to facilitate mind/body healing.
- Explain methods of inducing and utilizing “Biological Age Regression”.
- Demonstate two hypnotic strategies for creating hypnotic “pseudo -scientific instruments” for targeting site- specific healing.

1:00 - 4:30 PM

ADV-14

Hypnotic-Like Practices of Advanced Tibetan Yoga and Meditation

3 CE

Ian Wickramasekera, PsyD

The tradition of Dzogchen meditation has been practiced by both the Bonpo and the Buddhist communities of Tibet for at least the last 1,500 years. The term Dzogchen refers to an experiential and philosophical understanding of the boundless nature of human potential which is often translated as “the great self-perfection” (Reynolds, 2008). The term Dzogchen also refers to hypnotic-like methods of meditation and other experiential yogic exercises that help one to fully realize their true nature from the self-delusion that is said to commonly plague human beings.

The philosophical viewpoints and experiential practices of Dzogchen are very similar to many traditions of hypnosis. In particular, there are many aspects of the Ego State Therapy, Social Cognitive, and Transpersonal traditions of hypnosis that easily demonstrate the hypnotic-like (Krippner, 2004) nature of the tradition of Dzogchen meditation. In particular, the Dzogchen model of mind is polypsychic like some traditions of hypnosis (Frederick, 2005; Hilgard, 1977) which posit that the human mind has at least two psychic structures which refers to the conscious and unconscious nature of mind. The Dzogchen model posits that the polypsychic nature of human beings is caused by a psychic structure referred to as the Kunzi-Namshe which divides the seamless nature of experience into deluded conceptual categories that become the “parts” of people. This idea has a number of interesting parallels in the Neo-Dissociative, Ego States, and Social Cognitive positions on the nature of the self. Dzogchen techniques also utilize many hypnotic-like practices of selective attention, visualization, and post-hypnotic suggestion to help their practitioners develop an experiential understanding of the illusion of self that is also frequently spoken of in Transpersonal Psychology (Wickramasekera, 2013).

We will practice several introductory forms of Tibetan Yoga and meditation that are foundational to Dzogchen in this workshop. Please wear comfortable clothes and consider bringing a yoga mat and/or a meditation cushion so that you can learn the practice personally. We will then discuss the experience and the philosophy of Dzogchen theory in light of hypnosis research with the remaining time.

Ian Wickramasekera II has written about and practiced these techniques from the perspective of hypnosis for over fifteen years and was authorized to teach these practices by the Bon lineage of Dzogchen by Khenpo Yungdrung Rinpoche, the Abbott of a Bon monastery in Kathmandu, Nepal.

Learning Objectives:

- Explain how to practice the five tsa lung practice of Tibetan Yoga.
- Describe an introduction in how to practice Tibetan sound healing meditation.
- Explain research perspectives and some other similarities of the tradition of Dzogchen and Hypnosis.

1:00 - 4:30 PM
ADV-15

Utilization of Hypnosis in Pain Management

3 CE

Presenters: Dabney Ewin, MD, ABMH, Joseph Tramontana; PhD and David Patterson, PhD

Workshop leaders will present techniques and issues regarding hypnosis in treating pain. After each gives a presentation, there will be ample time for workshop participants to “pick the brains” of the presenters.

Topics will reflect the focused expertise of each presenter. Dr. Ewin is well known for his ideo-motor signaling techniques in working with pain patients and psychosomatic conditions. Dr. Patterson is internationally known for his work in clinical hypnosis, and specializes in pain control and recovery from physical trauma. Dr. Tramontana is primarily known for his use of hypnosis with addictions and sports hypnosis, and frequently uses hypnosis for pain management in working with reduction of opioid medication for pain patients.

Learning Objectives:

- Identify three new techniques to utilize with pain patients.
- Create scripts that work for the style of both the therapist and the patient.
- Describe two ways to use hypnosis with patients recovering from physical trauma.
- List two ways to use ideo-motor signaling techniques with patients with psychosomatic conditions.
- State two ways to use hypnosis to help patients reduce opioid medication.

Scientific Program – 15 CE

Wednesday, October 16 - Sunday, October 20, 2019

Scientific Program Co-Chairs: *Shelagh Freedman, MA 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.



The Scientific Program is a general session.

* Workshop attendees are invited to Keynotes, which provide additional CE hours. See Scientific Program Agenda for details.



Scientific Program Agenda and Session Descriptions

Wednesday, October 16, 2019

4:00-4:15 PM

Opening General Session

Conference Welcome and Introductory Remarks

Donald Moss, PhD, President, Society for Clinical and Experimental Hypnosis

4:15-5:15 PM

Keynote

Still Seriously Curious about Hypnosis

Michael Nash, PhD, University of Tennessee

At its best, SCEH is a place where curiosity thrives and collaboration is the rule. My SCEH is generative and future oriented. The mentorship of luminaries such as Kenneth Bowers, Erika Fromm, Ernest Hilgard, and Herbert Spiegel showcase the spirit of hypnosis research, both in the laboratory and the clinic. This address looks at how those who paved the way can inform us about how to engage constructively and with integrity, and how clinicians can scientifically conduct N of 1 studies that test efficacy and are acceptable to the scientific community.

Learning Objectives:

- Describe the evolution of hypotheses and theories within hypnosis research
- Describe the previous challenges and solutions in the field of hypnosis
- List and evaluate examples of collaborative and generative hypnosis research

5:15-6:15 PM

Presidential Symposium

Evidence-Based Practice of Hypnosis

Chair: Donald Moss, PhD, Saybrook University, West Olive, MI

Participants: Gary Elkins, PhD, ABPP, ABPH; Baylor University, Waco, TX; Zoltan Kekecs, PhD, ELTE Institute of Psychology, Budapest, Hungary; Irving Kirsch, PhD, Harvard Medical School, Cambridge, MA; Joshua Rhodes, and Lauren Simicich, Department of Psychology and Neuroscience, Baylor University

The evidence-based movement in health care has attempted to bridge the gap between research and practice, so that well-documented research findings can better inform treatment selection. Ideally, well-designed outcomes research can identify specific replicable treatment interventions with documented clinical efficacy and clinical effectiveness. In the behavioral health area today, therapies such as cognitive-behavioral therapy, prolonged exposure therapy, and interpersonal therapy are favored by clinics and insurance companies, because of the availability of multiple large-scale outcome studies utilizing these interventions. The present symposium will review the history of evidence-based treatments, define key terms in the evidence-based dialogue, and identify the challenge of creating a stronger evidence-base for hypnosis. Leaders in North American and European hypnosis are undertaking initiatives to organize and improve the evidence for the efficacy of hypnosis for many common disorders.

Hypnosis is frequently not mentioned in compendiums on evidence-based care, in spite of the rich research tradition in hypnosis. This symposium will describe the demanding standards for outcomes research today, highlight the stronger areas in current hypnosis research, and identify remaining challenges for hypnosis researchers in light of today's research design standards.

Learning Objectives:

- Describe standards for outcomes research and highlight the stronger areas in current hypnosis research.
- Identify research design standards challenges.

Thursday, October 17, 2019

4:45-5:45 PM

Keynote

Hypnotic Relationship as Corrective Emotional and Cognitive Experience: Empirical Results and Theoretical Considerations

Éva I. Bányai, PhD, Department of Affective Psychology, Institute of Psychology, Faculty of Education and Psychology, ELTE Eötvös Loránd University, Budapest, Hungary

Our research laboratory has adopted an explicitly interactive framework of analysis and developed an interactional experimental research paradigm to study hypnotic interactions since 1982. On the basis of analyzing 837 traditional relaxational and 95 active-alert hypnotic interactions in a complex way – taking into consideration attitudes toward hypnosis, verbal and non-verbal behavioral manifestations, physiological indices, reports on subjective experiences and relational characteristics of both the subjects and the hypnotists – we reported that strong mutual archaic involvement develops between the two interactants, characterized by different styles of attunement to each other, even in a laboratory setting.

Our research indicates that the hypnotic relationship may be suited to help the hypnotized person arrive at a corrective emotional and cognitive experience, since his/her early emotional relationship patterns are revived in hypnosis. “Maternal” hypnosis – characterized by a high amount of interactional synchrony between the two persons – may play a role in arousal modulation, rhythm-modification, emotion regulation, and stimulus selection. “Paternal” hypnosis – in which the hypnotist leads and guides the subject relying more on his authority – may have a greater importance in stimulus selection and rhythm-regulation. In “friend-like” hypnosis, an equal, complementary relationship may help in increasing the patient’s activity and in ego strengthening.

Learning Objectives:

- Describe the main results of studies conducted with an interactional experimental research paradigm to study hypnotic interactions.
- Identify the mutual archaic involvement developing as a result of hypnotic interactions.
- Evaluate the characteristics of different styles of hypnosis with respect to therapeutic outcome.

Friday, October 18, 2019

4:45-5:15 PM

Poster Blitz Session One

Moderated by Shelagh Freedman, MA and Zoltan Kekecs, PhD, Scientific Program Chairs

Each poster presenter will give a two-minute synopsis of their work to help set the stage for our Poster Session on Saturday evening. Learn about the the latest research and get an overview of the clinical hypnosis and related topics covered in this year's Poster Session. Then join us for Saturday's Poster Session, where you can discuss these topics with poster authors.

Learning Objectives:

- Cite three examples of recent topics and data in hypnosis research.

5:15-6:15 PM

Keynote

What Hypnosis Can Learn from Research on the Placebo Effect and the Therapeutic Relationship

Irving Kirsch, PhD

Similarities between hypnosis and the placebo effect include 1) Both affect the same clinical conditions, 2) Expectancy manipulations can enhance both placebo and hypnotic responding, 3) Neither requires the presence of a trance state, 4) Like placebos, hypnotic inductions have no specific components, and 5) Suggestion is the active ingredient of both. Although this does not make hypnosis a placebo, it does indicate that that research on the placebo effect and the therapeutic relationship can inform optimal clinical use of hypnosis.

Learning Objectives:

- Describe the similarities between hypnosis and the placebo effect.
- Describe how research on the placebo effect can inform clinical use of hypnosis.
- Evaluate how hypnosis can be used as an extra-strength non-deceptive placebo.

Saturday, October 19, 2019

7:15 - 8:15 AM

Women's Breakfast

Breakfast host: Janna A. Henning, JD, PsyD, FT, SCEH President Elect

Join us for an open-ended networking/community building event (no formal program) to strengthen our inclusion and support for female-identified SCEH members.

8:15-8:30 AM-

Morning Remarks

Shelagh Freedman, MA and Zoltan Kekecs, PhD, Scientific Program Chairs

8:30 - 9:30 AM

Keynote

Hypnosis as Evocative Communication

Jeffrey K. Zeig, PhD

Communication can be primarily evocative or informative. Evocative communication is used in the arts to elicit conceptual realizations and alterations in states. It is based in heuristic principals. Informative communication relays facts and is algorithmic. Parallels will be drawn between the arts and hypnotic procedures and processes.

Learning Objectives:

- Describe evocative communication.
- Given a client, demonstrate how to use evocative communication for induction and therapy.
- Describe the similarities between the grammar of hypnosis and the grammar of the arts.

9:30 - 10:30 AM

Symposium

The Common Factors in Hypnosis and Psychotherapy

Chair: Donald Moss, PhD, Saybrook University, West Olive, MI

Participants: Éva I. Bányai, PhD, ELTE Eötvös Loránd University, Budapest, Hungary; Mattie Biggs, Baylor University, Waco, TX; Gary Elkins, PhD, ABPP, ABPH, Baylor University; Lauren Simicich, Baylor University, Ian Wickramasekera, II, PsyD, Naropa University, Boulder, CO

Psychotherapy research has identified a number of so-called “common factors” in psychotherapy, which include variables such as: empathy, the treatment alliance, goal consensus, the therapeutic relationship, congruence, positive regard, and patient expectancy. The common factors research suggests that variables such as empathy and the treatment alliance are highly predictive of treatment success, and in some studies show higher effect sizes than the choice of a specific intervention. This symposium will review the literature on common factors in psychotherapy, discuss its relevance for hypnosis practice, and discuss strategies for extending research on common factors in hypnosis. Presenters will give special attention to empathy, the alliance, and the therapeutic relationship.

Learning Objectives:

- Describe common factors in psychotherapy and its relevance for hypnosis practice.

10:30-10:50 AM

Networking Break

10:50-12:00 PM*Symposium***Clinical Complexity in Hypnosis: Trauma, Obsession, and Complex Pain**

Chairs: Lindsey McKernan, PhD, Vanderbilt University School of Medicine, Nashville, TN; David Patterson, PhD, , University of Washington School of Medicine, Seattle, WA;

Participants: Alexandra Chadderdon, PhD, Postdoctoral Fellow, Cleveland Clinic, Cleveland, OH; Nalini Conner, PhD, Psychologist, Vanderbilt University Counseling Center, Nashville, TN; Erin Connors, MA, Doctoral Student, Tennessee State University, Nashville, TN; Michael T.M. Finn, PhD, Postdoctoral Fellow, Vanderbilt University Medical Center, Nashville, TN; Shelby Reyes, PhD, Postdoctoral Fellow, Vanderbilt University Counseling Center

In medical and counseling settings, common referrals for clinical hypnosis include diffuse chronic pain, migraines, and gastrointestinal distress. These clinical populations are enriched with higher rates of co-occurring mood and anxiety disorders, and have often been exposed to more traumatic events across the lifespan. For example, individuals with trauma exposure are approximately three times more likely to experience widespread pain (Afari, 2014) and an estimated 20% of individuals with chronic pain suffer from post-traumatic stress disorder (Siqueland, 2017). In short-term symptom-focused treatment (Nash, 2008), clinicians can adopt a straightforward focus on ameliorating a cluster of symptoms and enhancing coping; however, with complex cases this separation is not always possible. For a significant proportion of patients, co-occurring conditions play a role in active symptomology. Embracing these issues in treatment can enrich clinical process and improve treatment adherence and outcomes. This symposium involves intermediate clinicians reviewing challenging cases and their treatment approaches to complex clinical problems in hypnosis.

For the early career professional practicing hypnosis, with building experience and confidence practitioners expand hypnosis applications toward increasingly complex cases. Challenges emerge in clinically complex referrals that require flexibility in approach whilst engendering a safe, compassionate environment to explore anxiety-provoking material together. This often occurs embedded in the referral issue and can come as a surprise to both client and practitioner. Yet, a well-constructed hypnosis that incorporates expressive elements while supporting and containing the patient can lead to important discoveries for the patient and mastery over difficult material. We present an extension of the hypnosis training program at the Osher Center for Integrative Medicine at Vanderbilt, where practitioners discuss cases involving developmental trauma, the intersection between trauma and pain, and obsessive impulses. Each practitioner will present a case, with empirical data assessing patient-reported outcomes when available.

Learning Objectives:

- Cite three cases where hypnosis was used to treat developmental trauma, pain or obsessive impulses

12:30 - 2:00 PM**Member Luncheon**

Don Moss, PhD, SCEH President, and members of the SCEH Executive Committee

Join fellow SCEH members for an update on SCEH activities and a chance to network with colleagues.

1:30-2:10 PM

Poster Blitz Session Two

Moderated by Shelagh Freedman, MA and Zoltan Kekecs, PhD, Scientific Program Chairs

Each poster presenter will give a two-minute synopsis of their poster to help set the stage for our Poster. Learn about the the latest in clinical hypnosis research and get an overview of the topics covered in this year's Poster Session. After hearing this preview, please join us later in the evening at the Poster Session, where you will have the chance to speak to poster authors.

Learning Objectives:

- Cite three examples of recent topics and data in hypnosis research.

2:10-3:10 PM

Invited Address

Revisiting (and Rethinking) Dissociation and Suggestibility

Devin B. Terhune, PhD, Goldsmiths, University of London

Dissociation and suggestibility have long been intertwined but the specific link between the two remains poorly understood and is a perennial source of controversy. I will argue that much of the controversy stems from a tendency among sociocognitive and dissociation theorists to endorse overly simple conceptualizations of these phenomena. In particular, suggestibility is often viewed through the narrow lens of iatrogenesis, fantasy, and proneness to false memories. Drawing on a diverse set of studies, I will highlight how recent research is helping to clarify the circumstances under which suggestibility relates to dissociation. When divorced from narrow views of dissociation and suggestibility, this work can help to better illuminate important questions regarding hypnosis.

Learning Objectives:

- Describe two controversies regarding dissociation and suggestibility.
- Describe two implications of suggestibility research for psychopathology.
- Describe two ways that the relationship between dissociation and suggestibility has implications for our understanding of hypnosis.

3:10-3:30 PM

Networking Break

3:30-4:30 PM

Keynote

Hypnosis: By Another Name in a Variety of Settings

Karen Olness MD, Case Western Reserve University

Hypnosis, with other names, is taught in a variety of settings. These names include guided imagery, guided meditation, relaxation training and stress reduction. Settings and programs include wellness programs, spa lounges, biofeedback protocols, refugee programs, education programs and phone apps.

Learning Objectives:

- Identify hypnosis training and phenomena in programs that use names other than hypnosis.
- Describe two programs that use names other than hypnosis.
- Describe two possible ethical issues related to these applications of hypnosis.

4:30-5:30 PM

Special Programming

To be announced – watch our website conference page for details.

5:30 - 6:30 PM

Free Time

Freshen up and then join us for our Poster Session and Cocktail Party, followed by our Annual Banquet.

6:30 - 7:30 PM

Poster Session & Networking Cocktail Hour

Meet with poster authors and enjoy our cocktail reception prior to our Annual Banquet. Cash bar. View a list of [Accepted Posters](#).

7:30 - 9:30 PM

Annual Awards Banquet

Join us for our 70th anniversary celebration at our Annual Awards Banquet. Celebrate colleagues and enjoy the camaraderie of the SCEH community.

Sunday, October 20, 2019

8:50 - 9:00 AM

Morning Remarks

Donald Moss, PhD, SCEH President, and Scientific Program Co-chairs Zoltan Kekecs, PhD and Shelagh Freedman, MA

9:00 - 10:10 AM

Symposium

**The Measurement of Hypnotic Responsiveness:
Unsolved Challenges and New Frontiers**

Chairs: Shelagh Freedman, MA, Concordia University; Montreal, Canada and Zoltan Kekecs, PhD, ELTE Institute of Psychology, Budapest, Hungary

Participants: John Alexander, PhD, Private Practice, Kent, OH; Gary Elkins, PhD, ABPH, Baylor University, Waco, TX; Shelagh Freedman, MA, Concordia University; Montreal, Canada; Zoltan Kekecs, PhD, ELTE Institute of Psychology, Budapest, Hungary; Irving Kirsch, PhD, Harvard Medical School, Cambridge, MA; Devin B. Terhune, PhD, Goldsmiths, University of London, London, UK

Standardized assessment tools introduced in the 20th century advanced our understanding of hypnosis and individual differences in responsiveness. Yet the question remains, what exactly are we measuring? Issues concerning the measurement of “hypnotizability” remain a challenge for both research and clinical practice. Topics such as the limitations of current scales, the pros and cons of clinical assessment, and the modernization of instruments will be presented. The guided discussion will survey our up-to-date knowledge and consider the future of measuring hypnotic responsiveness.

Learning Objectives:

- Identify the strengths and weaknesses of various scales
- Describe the challenges of measuring hypnotic responsiveness
- Evaluate current advances and future directions

10:10 - 10:30 AM

Research Presentation

Paper #1 - Psychological Mindedness, Attitudes Toward Hypnosis, and Expectancy as Correlates of Hypnotizability

Mattie Biggs, BA, Baylor University, Waco, TX; Joshua Rhodes, BS, Lauren L. Koep and Gary R. Elkins, PhD, ABPP, ABPH, Baylor University, Waco, Texas;

This study aimed to increase the understanding of psychological characteristics in relation to hypnotizability, including psychological mindedness, attitudes toward hypnosis, and expectancy of hypnotizability. Ninety-one undergraduate students were given measures pertaining to attitudes toward hypnosis, psychological mindedness, and self-ratings of expectancy of hypnotizability. The subjects were then administered the Elkins Hypnotizability Scale (EHS). Results demonstrated a significant correlation between participant scores on the EHS and the Attitudes Toward Hypnosis Scale ($r = 0.401$, $p < 0.01$) and self-ratings of expectancy of

hypnotizability ($r = 0.391$, $p < 0.01$). The results of this study did not reveal any statistically significant correlations between psychological mindedness and hypnotizability ($r = 0.113$, $p > 0.29$) or expectancy of hypnotizability ($r = 0.175$, $p > 0.10$).

A review of the literature demonstrates an overarching theme that psychological mindedness is a construct that involves introspection, intrapersonal insight, understanding and acceptance, and openness to experience. These are personal characteristics that are also utilized in the hypnotic experience demonstrating that the ability to experience hypnosis to the fullest extent varies between individuals. As such, the exact psychological components of hypnotizability are not yet fully known. Therefore, psychological mindedness, attitudes toward hypnosis, and expectancy as correlates of hypnotizability may have clinical and research implications and allow for more tailored hypnosis interventions.

10:30 - 10:50 AM

Research Presentation

Paper #2 - When High Hypnotizability Goes Astray

Paul Dell, PhD, ABPP, Churchland Psychological Center, Norfolk, VA,

Dissociative disorders seem to be manifestations of “autohypnotic” pathology. On this view, dissociative disorders occur only in high hypnotizables who: (1) have serendipitously and usually unknowingly discovered how to mentally distance themselves from circumstances that cause them pain; and (2) have acquired an “autohypnotic” habit of unknowingly using this skill in certain circumstances. This article proposes a continuum of “autohypnotic” dissociative disorders (not a few of which are absent from the DSM and the ICD). Bottom line: When the “autohypnotic” experiences of a highly hypnotizable person are uncontrolled, they become substantially autonomous, often habitual, and manifest as a dissociative disorder.

This paper illustrates the implications and value of the autohypnotic model of the dissociative disorders. The paper: 1) explains the autohypnotic nature of the dissociative disorders; 2) sets forth the outlines of a revised nosology of the dissociative disorders for future ICDs and DSMs, and 3) establishes a legitimate, scientific home for hypnotizability in the nosologies of the American Psychiatric Association and the World Health Organization.

10:50 - 11:10 AM

Networking Break

11:10 - 11:30 AM

Research Presentation

Paper #3 - Effects of a Brief Mindful Hypnosis Intervention on Stress Reactivity

Elizabeth Slonena, BS, MSCP, Baylor University, Waco, TX; Gary Elkins, PhD, ABPP, ABPH, Baylor University, Waco, TX

A pilot study by Olendzki and Elkins (2016) indicated that 8 sessions of mindful hypnosis (MH) is effective at reducing stress. However, the impact of brief MH on stress reactivity in a standardized stress-test relative to an active-control is unknown. The effects of a brief (2 session) audio-recorded mindful hypnosis intervention on stress reactivity in comparison to an analytic cognitive training (ACT) active-control was examined. Adults with elevated stress were randomized to MH or ACT, received their audio-intervention and instructions for daily home-practice. One week later, participants received their second MH or ACT session and completed the Trier Social Stress Test (TSST). Primary outcomes were changes in stress reactivity during the TSST (Subjective Units of Distress Scale) and weekly stress (Weekly Stress Inventory-Short Form). Secondary outcomes were relaxation ratings, self-statements (Self-Statements during Public Speaking Questionnaire), mindfulness skills (Kentucky Inventory of Mindfulness Skills), adherence, and overall satisfaction of the interventions.

Interventions that increase mindfulness have been shown to reduce stress, although some mindfulness-based interventions are time-intensive. It is theorized that hypnosis can enhance mindfulness interventions for stress-reduction, however, empirical research is limited. This study aims to address the gaps in literature via a brief mindful hypnosis intervention with increased methodological rigor utilizing a randomized active-control design and a standardized stress test to objectively examine stress reactivity, positive and negative cognitive self-statements, and mindfulness coping skills. Results from this study will support the integration of mindfulness and hypnosis while also bolstering the research on the effectiveness of brief, audio-based interventions for stress-reduction.

11:30 - 11:50 AM

Research Presentation

Paper #4 - Rehabilitating Agency: An Enactive Integration of Tai Chi and Active Alert Hypnosis

Michael Finn, PhD; Cindy Hui-Lio, EdD and Lindsey C. McKernan, PhD Osher Center for Integrative Medicine, Vanderbilt University Medical Center, Nashville, TN

Targeting pre-reflective, sensorimotor experience by clinical intervention remains a difficult problem. Recent work integrated Tai Chi with active-alert hypnosis for trauma resolution (Eads & Wark, 2018). We describe a case using a theoretically-informed, integrated intervention of active alert hypnosis and Tai Chi that attempts to rehabilitate basic experiences of the moving self for those in chronic pain. By this approach, provider and patient engage in a dynamic intervention that works on both attention and movement, aiming to enact and consolidate experiences of meaningful sensorimotor activity in the world. We present some basic and clinical research from enactivism on the impact of movement on experiences of self (e.g., Finn, Smith, McKernan, &

Nash, in press; Galbusera, Fellin, & Fuchs, 2019; Galbusera, Finn, & Fuchs, 2016), along with empirical case material. We explore how the perspective of enactivism might contribute to both theoretical perspectives on hypnosis and clinical practice with hypnosis.

Enactivism provides a naturalized alternative to mind-body dualism (Gallagher, 2017; Paolo, Buhrmann, & Barandiaran, 2017; Varela, Thompson, & Rosch, 1991). Assuming a continuity between mind and life, enactivism contends that pre-reflective experience of the agentic self is formed and sustained by meaningful sensorimotor activity in the world (Paolo, Cuffari, & Jaegher, 2018). Chronic pain may disrupt this functional capacity, increasing defensive action (Tabor, Keogh, & Eccleston, 2017) and leaving one feeling self-alienated (Osborn & Smith, 2006; Svenaeus, 2011). The combination of alert hypnosis with Tai Chi has been used to treat trauma (Eads & Wark, 2018); however, it has yet to be applied to chronic pain.

11:50 - 12:10 AM

Research Presentation

Paper #5 - Hypnosis for Chronic Pain in Medical Settings: A Sustainable Practice and Training Model

Lindsey McKernan, PhD, Vanderbilt University School of Medicine, Nashville, TN; Michael Finn, PhD, Vanderbilt University School of Medicine, Nashville, TN; David Patterson, PhD, University of Washington School of Medicine, Seattle, WA; Rhonda Williams, PhD, University of Washington School of Medicine, Seattle, WA and Mark Jensen, PhD, University of Washington School of Medicine, Seattle, WA

In medical settings, integrative medicine (IM) clinics serve patients with medical issues such as widespread pain, chronic migraine, and gastrointestinal distress (Hansen et al., 2019; Griffin et al., 2014; Rhee et al., 2016). As IM emphasizes prevention, wellness, and self-management (Hansen et al., 2019; Eisenberg et al., 2016), hypnosis fits ideally into these practice models, given the substantial benefits recorded for chronic pain and related conditions. A major hurdle from training to practice involves establishing services and communicating its potential to other medical providers to initiate a referral stream with appropriate cases. Further, as sustainability of services, particularly in IM models often comes into question, learning the optimal billing practices for hypnosis services could improve uptake. We present a successful and sustainable practice model in academic medicine to address common barriers to practice and provide a resource for those seeking to establish or evolve a practice.

This presentation provides a practical framework for clinicians seeking to integrate clinical hypnosis into practice, specifically for patients with chronic pain. Practical guidance is given outlining the provider education and outreach, referral process, and clinical structure necessary to build a well-functioning hypnosis practice in a tertiary clinic at an academic medical center. Further, how to integrate training clinicians and students into this process is reviewed. Lastly, billing practices will also be discussed along with data highlighting the sustainability of this adaptable clinical model in hopes of providing a helpful, reproducible resource for providers seeking to initiate or build upon hypnosis services in similar settings.

12:10 - 12:30 AM

Research Presentation

Paper #6 - Virtual Reality for Trauma Surgery Preparation

David Patterson, PhD, University of Washington School of Medicine, Mercer Island, WA,

One hundred eighty nine patients hospitalized for trauma were randomly assigned to groups that received hypnosis delivered through an immersive virtual reality medium, audio recorded hypnosis or standard control. Ratings of pain and anxiety post surgery served as outcome measures. We hypothesized that both VR hypnosis and audio hypnosis would reduce ratings of pain anxiety. The results failed to support the hypothesis as no differences between groups were found.

This is a large clinical outcome study funded by NIH. The findings have implications for using hypnosis in the hospital setting, and also to combining hypnosis and technology. Further, there are implications regarding the possible reduction of opioid analgesic use.

12:30 - 12:50 PM

Research Presentation

Paper #7 - A Theoretical Model for Clinical Hypnotherapy in a Family Practice Setting

Habib Sadeghi, DO, Be Hive of Healing Integrative Medical Center, Agoura Hills, CA

The presentation offers a theoretical medical model for psychiatrists and clinical psychologists who practice hypnotherapy to achieve a quicker and easier induction, as well as a deeper experience for the patient. The application of purge emotional writing (PEW 12) and its associated therapy purge emotional writing dialogue (PEW 12-D) act as supportive modalities for the therapist and patient in both the pre and post treatment setting. As a pre-induction intervention, PEW 12 and/or PEW 12-D work to reduce stress, clear the mind, increase relaxation, and guide the patient into parasympathetic resonance, priming the mind for easier induction. As a post treatment tool, it offers patients the opportunity to continue to work their emotional process without having to wait until their next session, providing for a more consistent plan of care and empowering them by providing the means to take an active part in it.

Pre-induction interventions such as PEW 12 condition patients to increased susceptibility for induction and by association to a deeper experience, which improves outcomes with regard to the goals that have been set for the hypnosis session. This holds great potential with regard to both the psychological and medical applications of hypnosis. Not only are destructive habits eliminated more easily, but psychosomatic illnesses have been completely eradicated, particularly with regard to unexplained dermatological issues.

12:50 - 1:00 PM

Closing Remarks

Shelagh Freedman, MA and Zoltan Kekecs, PhD, Scientific Program Chairs



The banner features the SCEH logo on the left, which includes the text "SCEH SOCIETY FOR CLINICAL & EXPERIMENTAL HYPNOSIS". To the right of the logo, it says "Events Calendar: www.sceh.us/annual-conferences". Below this, a tagline reads "Promoting excellence and progress in hypnosis research, education & clinical practice." The banner is decorated with two rows of small photographs showing various scenes from a conference, including people networking, presentations, and group photos.

Join Today.

We invite you to be part of our community and assist our efforts to promote excellence and progress in hypnosis research, education, and clinical practice.

SCEH is an international professional society association whose mission is to promote excellence and progress in hypnosis research, education, and clinical practice. A distinguishing feature of the Society is its emphasis on empirical inquiry and the evidence-base of hypnosis.

SCEH hypnosis training programs are scientifically based and are recognized by professional schools (medical, dental, psychology, social work). SCEH also offers hypnosis certification programs for clinicians and researchers. Among SCEH member benefits are the *International Journal of Clinical and Experimental Hypnosis* (the Society's quarterly scholarly journal), a quarterly member newsletter, hypnosis resources, a mentorship program and book discounts.

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

2019 Conference Pricing

Registration rates vary depending on selected package.

CONFERENCE PACKAGES	Members	Non Members	Student Members	Student Non-Members
FULL MEETING PACKAGE				
<i>Full Meeting -- includes Workshops, Scientific Program and Banquet</i>	\$ 695.00	\$ 825.00	\$ 280.00	\$ 320.00
<i>Presenter/Faculty</i>	\$ 475.00	\$ 545.00	Waived	\$ 320.00
<i>Student Poster (Approved for Poster Session)</i>	N/A	N/A	\$50	\$ 320.00
WORKSHOP TRACKS				
<i>Intro Workshop only (plus banquet)</i>	\$ 650.00	\$ 775.00	\$ 280.00	\$ 320.00
<i>Intro Workshop only (no banquet)</i>	\$ 575.00	\$ 700.00	\$ 280.00	\$ 320.00
<i>Skills Workshop only (plus banquet)</i>	\$ 650.00	\$ 775.00	\$ 280.00	\$ 320.00
<i>Skills Workshop only (no banquet)</i>	\$ 575.00	\$ 700.00	\$ 280.00	\$ 320.00
<i>Advanced Workshop only (plus banquet)</i>	\$ 505.00	\$ 605.00	\$ 280.00	\$ 320.00
<i>Advanced Workshop only (no banquet)</i>	\$ 475.00	\$ 550.00	\$ 280.00	\$ 320.00
SCIENTIFIC PROGRAM				
<i>Science program only (plus banquet)</i>	\$ 410.00	\$ 485.00	\$ 280.00	\$ 320.00
<i>Guest registration for banquet</i>	\$ 105.00	\$ 105.00	\$ 105.00	\$ 105.00
<i>Guest ticket for Science program</i>	\$ 92.00	\$ 92.00	\$ 92.00	\$ 92.00

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

EARLY BIRD REGISTRATION DISCOUNT: in effect to September 15, 2019. Please note that all registration prices above increase after September 15. Register early for the best pricing. Your event registration is not considered complete until payment is received.

CANCELLATIONS AND REFUNDS: Cancellations received on or before September 15, 2019 at 5:00 PM EST USA will be issued a refund, minus a \$75 processing fee. No refunds will be made after September 15, 2019.

SCEH HOTEL ROOM BLOCK: Please reserve rooms early – our special rate applies until sold out or before 9/15/2019, whichever comes sooner. Be sure to book directly with the hotel and mention "1910SCEH" when making your reservation to get our discounted group rate. See website for details.

REGISTER ONLINE: All attendees must register online. After you hit "Submit" on the registration form, you are brought to the payment page where you have the option to pay by credit card at that time or mail a check.

CHECK PAYMENTS: If you pay by check, note that your registration is not complete until payment is received. Make checks payable to Society for Clinical and Experimental Hypnosis. See website for address.

(continued on next page)

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

PRICING NOTES

- **Special Discounted Rate for SCEH Members:** *SCEH Members receive a discounted registration*
- **Special Discounted Rate for Workshop and Scientific Program Faculty/Presenters:** Faculty/Presenters who give Workshop or Scientific Presentation receive a discounted registration fee.
- **Special Discounted Rates for Students and Student Members:** SCEH offers a discounted conference registration rate to qualified students, and special discounts to student members who actively participate as speakers or are approved for the Poster Session:
 - Student members giving Research Presentation, Workshop or speaking in a Symposium are given a free registration (a \$280 savings).
 - Student members approved for the Poster Session receive a deeply discounted registration of only \$50. (Non-member students pay the regular discounted student rate of \$320.)

NON-MEMBERS WISHING TO APPLY FOR MEMBERSHIP: To be eligible for member rates, please join BEFORE you register for an event to ensure you receive member pricing. Please allow 2-3 weeks for member application review. To access a membership application, see <http://www.sceh.us/2019-annual-conference>. Students: Full-time interns/residents/fellows/graduate students in an accredited college or university must submit proof of status. See membership application for details. Allow 2-3 weeks for member application review.

2019 Conference Registration

EVENT DETAILS AND REGISTRATION: Find full conference details at: www.sceh.us/2019-annual-conference

REGISTER ONLINE: [Use this link](#). Login required. New users are prompted to create an account.

PAYMENT OPTIONS: All attendees must register online. After you hit the Submit button, you are brought to the payment page where you have the option to pay by credit card at that time or mail a check.

CHECK PAYMENTS: If you pay by check, note that your registration is not complete until payment is received. Make checks payable to Society for Clinical and Experimental Hypnosis. See website for address.

QUESTIONS? Email info@sceh.us, call 617-744-9857.