

FOCUS



Happy 75th Anniversary
to



SCEH SOCIETY FOR CLINICAL & EXPERIMENTAL HYPNOSIS

Celebrating 75 years of promoting excellence and progress in hypnosis research, education and clinical practice.

Since 1949 Website: www.sceh.us Contact Us: info@sceh.us

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Message from the President



November 2024

In October SCEH celebrated our anniversary during the 75th Annual Workshops and Scientific Program of the Society for Clinical & Experimental Hypnosis. It was our first live, in person conference since 2019. What fun to be next to an iconic theme park with nightly fireworks! I am still glowing from the warm feelings that come from meeting so many people in person, including people I've only known through our online interactions. It was especially touching to see so many trainees from all over the world in attendance! Generous scholarship contributions helped make that possible ("To infinity and beyond!").

Dr. **Zoltan Kekecs**' Behavioral Medicine and Research Credibility Laboratory at Eötvös Loránd University in Budapest, Hungary had strong representation among student scholarship awardees, including **Flóra Bajcsai**, **Boglárka Cserni**, **Yeganeh Farahzadi**, and **Azadeh Zandi**. Another strong showing among scholarship recipients came from the Mind-Body Medicine Research Laboratory of Dr. **Gary Elkins** at Baylor University in Texas, including **Cameron Alldredge**, **Vindhya Ekanayake**, **Alexander Hood**, **Vanessa Muniz**, **Katherine Scheffrahn**, and **Michael Vinson**. Other scholarship recipients included **Chandler Broadbent** (Vanderbilt University), **Tiago Garcia** (Brazil and King's College, London), **Merranda McLaughlin** (University of Miami, Florida), **Nicola Park** (University of Washington, Seattle), **Aman Raturi** (University of Delhi, India), and **Nitzan Theodor-Katz** (Ben Gurion University of the Negev, Israel).

The pandemic necessitated shifting to a virtual format for SCEH's earlier Midyear Workshops and Annual Conferences. In a sense, we had to "just keep swimming." In the future, we will likely have in-person annual conferences every other year, alternating with online meetings. This helps us develop the kinds of connections that are most easily made face-to-face yet retain the convenience of synchronous virtual meetings where people can attend from across the globe. It's interesting that it took a global pandemic for so many organizations, including SCEH, to discover the benefits of different meeting formats. I once heard someone say, "The flower that blooms in adversity is the most rare and beautiful of all." Now I *believe* it.

With the adjourning of the conference, I am now in my second year of my two-year term as President of SCEH. With that in mind, let's talk about what all of us can do to further the science and practice of hypnosis. After all, as someone wise once said, "The only way to get what you want in this world is through hard work."

Membership in SCEH: Whether you are renewing or joining for the first time, membership in SCEH includes many benefits, including subscription to the *International Journal of Clinical and Experimental Hypnosis*, discounts on conferences, workshops, and webinars, Focus, our quarterly membership newsletter, and opportunities to connect with like-minded colleagues.

SCEH Certification for Clinicians and Researchers: Demonstrate your commitment to research and evidence-based practice by pursuing SCEH certification. Being certified by SCEH shows you have put in the time and energy to become educated in the field of hypnosis and embrace the SCEH mission to promote excellence and progress in hypnosis research, education, and clinical practice.

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Message from the President

Make a Commitment to Ongoing Learning:

There are many pathways to learning more about hypnosis. Through SCEH, consider taking advantage of monthly webinars, either live online or through past webinars on demand; attending the *Midyear Workshops* (mark your calendars – March 7-10, 2025, live online); or attending next year's *76th Workshops and Scientific Sessions* (October 8-12, 2025, live online). Beyond SCEH, consider the immensely popular *Hypnotic Idea Exchange* offered by the North Carolina Society of Clinical Hypnosis, where you can avail yourself of free presentations by many experts in hypnosis, including many SCEH members. Many of us belong to more than one hypnosis organization; in addition to SCEH, I belong to the *American Society of Clinical Hypnosis*, the *International Society of Hypnosis*, and Division 30 of the American Psychological Association (*The Society of Psychological Hypnosis*). Across these different organizations, there are numerous opportunities for further engagement with hypnosis.

Become a “Hypnosis Champion”:

I belong to other organizations in addition to all the hypnosis societies I just mentioned. Do the other organizations you belong to talk about hypnosis? As an example, within the past year I joined the *Functional Neurological Disorder Society* because of my interest in the topic. At their biannual meeting in June, I met a few other individuals who use hypnosis in their work, and we are now in the process of developing a *Hypnosis Special Interest Group*. It's a great opportunity to extend the reach of what we do. Think about the organizations you already belong to and consider presenting a paper or offering a workshop on hypnosis. Publishing in journals with wide readership is another means of championing what hypnosis can do.

Form a Hypnosis Practice Group:

Getting together with a handful of individuals you have met in person or online while attending

hypnosis workshops is another great way to practice hypnosis skills and discuss cases. Such groups can be closed or open, meet weekly, monthly, or every other week, include guest speakers, meet in person or online — the possibilities are truly endless with this one, and geography is not even a limiting factor any longer. It is a fantastic means of building new professional relationships.

Increase Your Involvement with SCEH:

As a member, you are already involved. You vote for officers, you pay dues, you attend events, and you may even present workshops or presentations at some SCEH happenings. What else would you like to do? What resonates with your interests and talents? In what ways can greater involvement in SCEH help you advance professionally? There are numerous committees doing work behind the scenes. Volunteer to serve on one. Run for office! “Remember who you are.” As always, I encourage people to reach out to me at mccann@uw.edu if you want to discuss ideas for greater involvement.

As the 75th Annual Workshops and Scientific Program of the Society for Clinical and Experimental Hypnosis was winding down, I challenged those present to do a bit of age progression, to imagine, “where will you be in another 25 years, in the year 2049, when we celebrate SCEH's 100th anniversary? See yourself 25 years from now, see SCEH 25 years from now, and then think back to this conference, in 2024. What did you do after the conference adjourned?” The year 2049 may seem distant in some ways, but it is not that far off. Will SCEH be back in Anaheim again, treated to nightly fireworks displays from a nearby theme park? Remember, “Even miracles take a little time.”

Sincerely,

Barbara McCann, PhD,
SCEH President

Letter from the Executive Director

November 2024



Dear Member,

I am writing this in the afterglow of a most successful Annual Conference in Anaheim. It was gratifying to greet all our participants in person and to have the chance to spend time in person with so many committee volunteers or Presenters whom I had first come to know online. It was such a pleasure to be all together!

Included in the group were attendees from seven countries and 23 states — including Alaska and Hawaii — with a mix of both new attendees and familiar faces, students and world-renowned experts in the field.

The Anaheim Majestic Garden Hotel made a fitting background for SCEH to celebrate and kick off its 75th Anniversary year. Attendees could view the Disney fireworks from the front of the hotel, adding a special feeling of celebration.

It was very gratifying to speak with so many attendees and to witness the many positive interactions and lively discussions happening both inside the various Workshops and Scientific Program as well as during the breaks and networking events. Our Membership Luncheon, and special networking events for Students and Early Career Professionals and Women featured the chance for introductions and good conversation and connections. Similarly, our Opening Network Reception, Poster Session, and Annual Awards Banquet were all events where people lingered, forming and strengthening connections in the hypnosis community. Perhaps this was summed up best by one attendee who proclaimed, “I am so sad that this is ending,” on the last day of the Scientific Program, as good a testament to any event I can think of.

Thank you to our Keynotes, **Jon Amundson MA, MAPP, PhD, David Spiegel, MD, and Michael Yapko, PhD**, for thought-provoking talks, and to all our Presenters who shared their expertise. I also want to thank our 2024 Conference Committee for their work in making this event a success:

- Overall Meeting Chairs: **Deanna Denman, PhD and Tova Fuller, MD, PhD**
- Introductory Workshop Co-Chairs: **Barbara McCann, PhD and Tova Fuller, MD, PhD**
- Intermediate/Skills Workshops Co-Chairs: **Nicholas Olendzki, PsyD and Yeganeh Farahzadi, MS**
- Advanced Workshops Co-Chairs: **Cameron Alldredge, PhD and Jillian Ballantyne, PhD, ABPP**
- Scientific Program Co-Chairs: **Deanna Denman, PhD and Jessie (Kittle) Markovits, MD**
- Members: **Barbara S. McCann, PhD, Ciara Christensen, PhD, and Anne Doherty Johnson, Executive Director**

Congratulations to all our SCEH Award Winners who were recognized in person at the Annual Awards Banquet. A complete list of winners can be found later in this issue.

We have already begun planning our 2025 Annual Conference, which will be offered live online from October 8-12th, 2025. Please note the date on your calendar. We hope you can make that a part of your plans. The Call for Papers will be issued in early 2025.

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Letter from the Executive Director

Monthly Webinars Continue

As we round out the year and turn the page to 2025, be sure to check out our upcoming webinars. These include:

- **The Suggestible Brain: From Magic to Science** on December 13th with **Amir Raz, PhD, ABPH**, Canada Research Chair in Cognitive Neuroscience of Attention, Department of Psychiatry at McGill University and SMBD Jewish General Hospital.

[Details and registration](#)

- **Evaluating the Efficacy of Online Hypnosis: Modern Approaches to Longstanding Hypnosis Practices** on January 10th with **Spencer Arbige, MRes** and PhD Candidate, Macquarie University's School of Psychological Sciences.

[Details and registration](#)

- **Exploring the Synergy: When Hypnosis Meets Virtual Reality** on January 24th with **Audrey Vanhauzenhuysse, PhD**, Clinical Scientist in the Algology Interdisciplinary Center of the University Hospital (CHU) of Liège, Belgium; **David R Patterson PhD, ABPP**, Emeritus Professor of Psychology in the Departments of Rehabilitation Medicine, Surgery and Psychology at the University of Washington School of Medicine, and **Floriane Rousseaux, PhD**, Post-Doctoral Fellow, Maisonneuve-Rosemont Hospital Research Center (HMR), Montreal.

[Details and registration](#)

And, apropos for Valentine's Day – **A Tool of Versatility: Clinical Hypnosis for Cardiac Patients** on February 14th with **Huaiyu Zhang, PhD, MS**, Clinical Assistant Professor Department of Medicine – Cardiovascular Medicine Stanford University School of Medicine.

[Details and registration](#)

Membership Renewal Reminder

Our annual membership renewal campaign is now well underway. Thank you to all those who have already renewed! If you have not yet done so, please show your support of the Society by paying your dues in the next few days so we can achieve a strong financial finish to the year. Thank you for all your support.

I will conclude by wishing all of you a happy and safe Holiday Season and much success in the year ahead.

Sincerely,

Anne Doherty Johnson
Executive Director

SCEH Member News

- **From Ciara Christensen, PhD, Immediate Past President** (right, with Barb McCann and Cassandra Jackson, at SCEH annual conference).



What a wonderful experience we shared at our first in-person annual conference since 2020! It was a joy to see familiar faces, give hugs, and connect with new colleagues—some traveling from as far as India, Iran, Hungary, and Brazil. The energy in the rooms (during experientials/live demonstrations) and the chance to engage face-to-face underscored the unique value of gathering together. While virtual technology has been essential for maintaining connections and learning, being physically present offered a special dynamic that words can't quite capture. Undeniably, both

formats have their place, each bringing something distinct to the learning experience.

Special thanks go to SCEH President Barbara S. McCann, PhD, Executive Director Anne Doherty Johnson, and our dedicated Conference Planning Committee: Deanna Denman, PhD; Tova Fuller, MD, PhD; Nicholas Olendzki, PsyD; Yeganeh Farahzadi, MS; Cameron Alldredge, PhD; Jillian Ballantyne, PhD, ABPP; and Jessie (Kittle) Markovits, MD. Their hard work ensured that this event was impactful for students and early career members, setting a new standard for future gatherings.

I also want to express my heartfelt gratitude to Dr. McCann and my esteemed colleagues for awarding me the Bernard Raginski Award, SCEH's highest honor in clinical hypnosis leadership. While I couldn't attend the ceremony, I am deeply honored to be recognized with this award.

My journey with SCEH began as a graduate student, and over the years, I've had the privilege to grow alongside this wonderful organization. SCEH truly creates a supportive environment for students and early career professionals, and I am incredibly grateful for this recognition.

- **From Maureen F. Turner, MEd**

SCEH member Maureen F. Turner, MEd, RNBC, LCMHC, LCSW reports she will be speaking at this upcoming event on January 10-11, 2025: Virtual Workshop - HYPNOSIS AND ADHD FOR ADOLESCENTS AND ADULTS: 18 Signs and Symptoms, Hypnotic Treatments, Techniques, and more. The Canadian Federation of Clinical Hypnosis - Alberta Society (CFCH -AS) will be hosting a special workshop on treating Attention Deficit Hyperactive Disorder (ADHD) with Maureen Turner, MEd, LCMHC, RNBC, LCSW, Approved ASCH Consultant, ADHD-Certified Clinical Service Provider (ADHD-CCSP). The workshop is intended for those with a working knowledge of clinical hypnosis such as American Society of Clinical Hypnosis (ASCH) Level 1. There will be Case Studies, Videos, Demos and Handouts including Assessment Tools provided during the workshop. This workshop is approved for 14 CEU hours. Information & Registration: www.clinicalhypnosis.ca

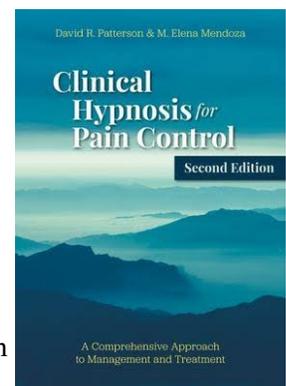


- **From David Patterson, PhD, ABPP**



SCEH member David Patterson and Elena Mendoza are excited to announce the publication of their book *Hypnosis for Pain Control: A Comprehensive Approach to Management and Treatment*, Second Edition (2024) American Psychological Association.

Said David: "This new edition was released in November. We took great pride in writing extensively about combining hypnosis with meditation for pain management, based on the tenants of Zen Buddhism. We also introduced a complete, eight-module psychotherapy for pain management that is informed by hypnosis, meditation, and motivational interviewing. This edition reports on current research on outcome research and neurophysiology of hypnotic analgesia."

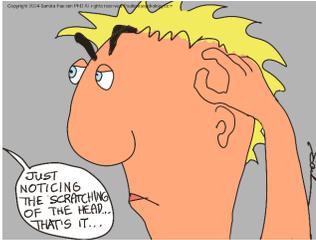


SCEH Member News *(continued)*

Annual Conference Impressions – Advanced Workshops & Scientific Program

by Sandra Paulsen, PhD

The October 2024 SCEH Conference in Anaheim was interesting for so many reasons. I attended several workshop sessions, and presented one of my own. Being a cartooning psychologist, my note-taking tends to include my sketching cartoons as visual representations of some aspect of the talk that caught my focused attention, or one might suggest, my absorption. What do you think? Does the form of these cartoons, separate from the content, represent hypnotic phenomena? Why or why not? Does it depend on the content as well? Here are a few impressions:



David Patterson spoke about pain management and other fascinating topics. Of interest was his discussion of hypnotic induction by following the client's observed behavior – such as scratching – (See Figure 1) with curiosity, rather than being directive which might evoke demand avoidance. Coupled with a stance of curiosity in a mindful way, moment to moment, this may be done as part of an informal and nonlinear induction.

Figure 1

Similarly, several speakers (David Patterson, Joseph Tramontana, Gary Elkins and Cameron Alldredge, Sandra Paulsen and others) talked about strategies for bypassing defenses, represented by the logical linear mind, using hypnotic devices including curiosity, imagery, metaphor and even evocative cartoons. As depicted, the logical left hemisphere here is more protective, or closed, and the right more open and curious.



Figure 2

Ron Bell spoke about unconscious moments that the therapist can track in the client by observing elements as shown in this cartoon. Though the client may be unaware, the therapist can utilize these unconscious moments as contributory to the unfolding process.

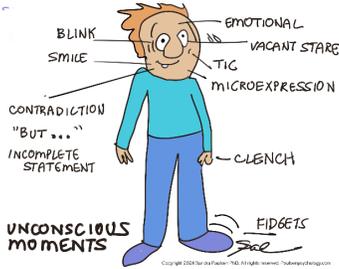


Figure 3

Sandra Paulsen spoke about the intersection of hypnosis, imagination, and EMDR in the repair of very early trauma held in implicit memory from the attachment period. In this image, the child has no choice but to sign on the dotted line no matter what the fine print says (See Figure 4).

Though one part of the child “gets with the program” as a survival strategy, the child’s unheard feelings and unmet needs are represented in the client’s presenting symptoms, years later in therapy.

In the Scientific Program, Gary Elkins and Cameron Alldredge described their BREATHE assessment instrument for measuring hypnotizability reliably and validly.

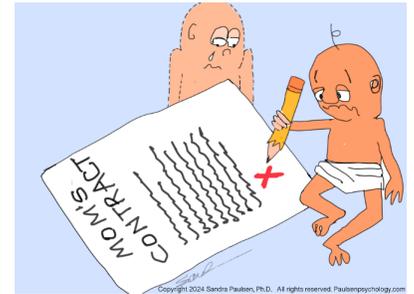


Figure 4

David Spiegel announced a new app called Reveri which is designed to make self hypnosis more readily available to the public. He described hypnosis as being comprised of three elements: 1) absorption, a term replacing “focused attention,” 2) dissociation, seemingly disconnection in its myriad possible forms, and 3) cognitive flexibility, which may be exemplified by curiosity. (See Figure 5)

These are only a few of the sessions that were on the schedule this year. Any errors or misrepresentations of the speaker’s ideas are the errors of this author. The speakers retain all rights to their ideas. Paulsen retains all rights to the cartoons which may not be reproduced in any form without her explicit permission via sandra@paulsenphd.com.

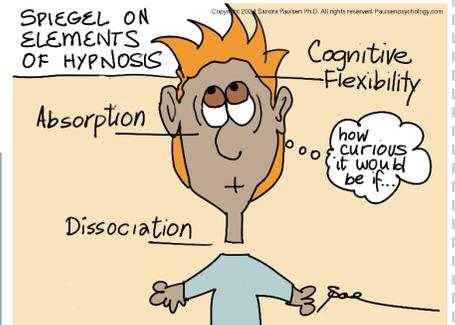


Figure 5

Sandra Paulsen, PhD, is a clinical psychologist in private practice in Bainbridge Island, WA and the author or coauthor and illustrator of many books including: *Looking Through the Eyes of Trauma and Dissociation: An Illustrated Guide*; *When There Are No Words*, for repairing attachment injury; *We're Listening Body*, on the integration of EMDR, somatic and ego state therapies, and *The Beauty and Burden of Autism*. She coedited the book *The Neurobiology and Treatment of Traumatic Dissociation: Toward an Embodied Self* with Ulrich Lanius and Frank Corrigan. Her books are on [Amazon.com](https://www.amazon.com) and she has some cartoon art available for digital download via [Etsy/shop/SandraPaulsenPhDArt](https://www.etsy.com/shop/SandraPaulsenPhDArt).

75th SCEH Conference Moments & Photos

A Few SCEH 2024 Conference Moments



Left: Aman Raturi, one of four recipients of the Assen Alladin Conference Scholarship



Above & Right: Conference attendees take a break between events.



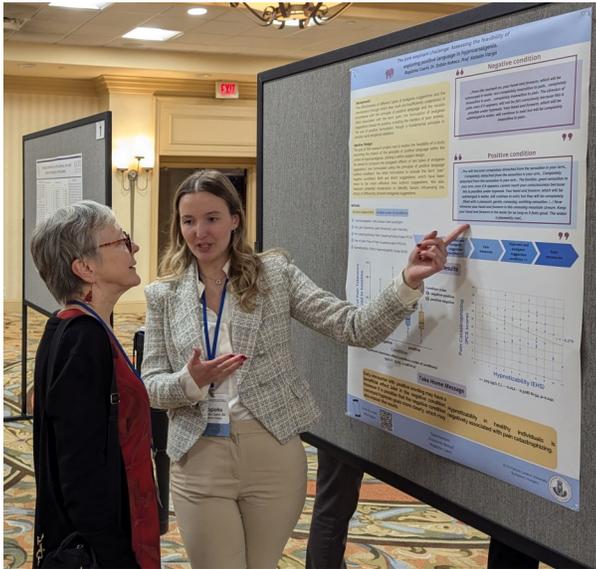
Left: Michael Vinson discussing his research with Scientific Program Co-Chairs Drs. Jesse Markovitz and Deanna Denman.



Below: Some of the trainees and scholarship recipients posed for a group photo on the final evening of the conference.

Front Row, L to R: Alexander Hood, Cameron Alldredge, Michael Vinson, Tiago Garcia, Chris Corlett

Back Row, L to R: Cassandra Jackson, Skyla Renner-Wilms, Vanessa Muniz, Katherine Scheffrahn, Chandler Broadbent, Nitzan Theodor-Katz, Boglárka Cserni, Flóra Bajcsai, Azadeh Zandi, Yeganeh Farahzadi



Left: Boglárka Cserni discussing her research



Below: Poster Session, Saturday evening

Below (from left to right): Tiago Garcia, Zoltan Kekecs, & Cameron Alldredge



75th SCEH Conference Moments & Photos: Interviews

Interview with Luis Fernando Casillas Plazola



SCEH: *Tell us a little bit about yourself and your work.*

I am currently completing my Psy.D. in Clinical Psychology at Adler University, Chicago, where I am also part of the Traumatic Stress Psychology Emphasis. As part of my training and strongly aligning with my professional goals, I have experience providing group and individual therapy, crisis intervention, and full psychological evaluations. I am a native speaker of Spanish Language and employ this skill to increase accessibility and the quality of mental health services in my work. Lastly, I use a humanistic and trauma-informed approach in my work with all clients and have received academic and clinical training on evidence-based, trauma-focused treatment modalities, such as Judith Herman's Stage Oriented Integrative Treatment Model, Patricia Resick's Cognitive Processing Therapy (CPT), and Marsha Linehan's Dialectical Behavioral Therapy (DBT).

SCEH: *What motivated you to attend the SCEH 2024 Annual Conference?*

I was encouraged to attend the SCEH 2024 Annual Conference by Dr. Janna Henning, SCEH Fellow and Past President, and director of the Traumatic Stress Psychology Emphasis at Adler University. In one of the required emphasis courses Dr. Henning introduced the potential of integrating clinical hypnosis into the treatment of posttraumatic stress and highlighted the need for continued research and practice on this subject.

SCEH: *Which workshop program(s) did you attend, and what are some of the biggest takeaways from your experience?*

I attended the Beginners Workshop (Introductory Workshop), which I would describe as nothing short of an invaluable learning experience. Personally, some of the biggest takeaways from this experience included the broad applicability of clinical hypnosis in the field of psychology, the vast and reliable research findings ascertaining the practice, and the immense need for Spanish-speaking psychologists trained in clinical hypnosis.

SCEH: *What did you enjoy most about your conference programs?*

What I enjoyed most about the Beginners Workshop was having the opportunity to practice the skills we learned and receiving individualized feedback from scholars and practitioners with decades of experience in clinical hypnosis. I also really enjoyed learning about the latest research on clinical hypnosis.

SCEH: *How do you intend to use what you have learned in the workshops going forward?*

I intend on returning for the intermediate and advanced workshops and eventually work towards SCEH certification. In the meantime, I intend to incorporate clinical hypnosis in the treatment of various mental health problems for which I have received training. I see great potential for the use of clinical hypnosis as an adjunctive tool for augmenting treatment outcomes through ego strengthening, improving emotional regulation, and increasing cognitive flexibility; all of which are important for the treatment of trauma and its associated sequelae.



Submitted by Cassandra Jackson, MA

75th SCEH Conference Moments & Photos: Interviews

Interview with Rahul Malhotra, MD



SCEH: What made you choose the SCEH Conference?

I do psychotherapy, CBT, and eclectic therapies, and whatever will help people learn about mindfulness and relaxation. In residency, you'd hear stories about Milton Erickson here and the magical things that he did. I didn't think too much about it [hypnosis], but then I found a book called *An Uncommon Casebook* about Milton Erickson. It was a series of cases, and I looked up the original books. I read multiple versions, so I was like, okay, this feels very real. Things keep changing between the cases, so there's something of a performance here, but this is really some good stuff. I reached out to Tova, who I came across through social media, and she mentioned that she was a co-chair. I asked her, what do you think of this? And that's how I ended up here.

SCEH: What was the experience of being in the Intro Program like for you?

It was really great. I very much liked Barb, and then I sat in workshops and sessions. I was skeptical, and I just had to swallow it and try to listen to people. With a lot of psychotherapy therapy, schools are very culty, and SCEH didn't feel like them. People were asking questions the whole time, and no question was off-limits. No question was like, how dare you? It's very scientifically oriented. I like the fact that science is centered, and I am thinking about how we know what we know. It was also very hands-on. You taught us things, and I remember that I'm like a sophomore now, and I have a structure. I have a little bit of muscle memory through the basics, and I've been presented with really clear stuff. I organized my notes and have a skill in what I can do, but now I have to seek out supervision. I want to figure that out, and I'm really excited. I am thinking of a number of patients with whom I've hit resistance, and maybe this could help push me to the next level.

SCEH: What would you say are some of your biggest takeaways?

While hypnosis is not for everyone, hypnotizability seems to be a big focus here. It's a clinically inclined part, but not that big of a focus. You can assess it informally, and it's a good idea, too, but then you can really help people a lot with a different kind of effort. It's very personalized, and you have to be very present when doing that. If you have the ability to do that, it's just about being with the person, and then it's not as complex a procedure as I thought. It's going to require practice. I can do a lot of good for my patients in ways that they are not getting anywhere else.

SCEH: How do you like the scientific program so far?

You know what I really like is that we're all in one room together. I was saying I'm sure it's probably better for the organization if it was larger, more attended, and had more breakout sessions, but I've never been to such an in-depth conference. I heard the back-and-forth with that last Q&A, and people talk about how I do this. And how do we measure hot flashes? Hearing that kind of wisdom, the combination of people who are very wise and experienced and people like me. It was a nice combination.

SCEH: Are you planning to attend the midyear conference? And, if so, do you have any hopes for your experience?

Yes! I will probably do the intermediate. I hope to grow and find supervision. I've already got two people from the intro who want to get together and form a group to practice and go through cases. I've already talked to Barb about the possibility of organizing a group supervision.

Submitted by Cassandra Jackson, MA

SCEH Recognizes Achievements in the Hypnosis Community

On Saturday, October 26, 2024, the Society for Clinical and Experimental Hypnosis held its Annual Awards Banquet in connection with its 75th Annual Workshops and Scientific Program in Anaheim, California. The event recognizes achievements within the hypnosis community. Hosted by SCEH President Barbara McCann, PhD, the ceremony acknowledged the contributions of winners in the areas of clinical hypnosis education and training, hypnosis research and publication, and SCEH programs and activities that advanced the organization's mission to promote excellence and progress in the field.

Nominations were sourced via a member Call for Awards, then selected by the Society's Awards and Fellowship Committee. The 2024 Awards Committee included Chair, Immediate Past President Ciara Christensen, PhD and members Gary Elkins, PhD, ABPP, ABPH, Don Moss, PhD and David Reid, PsyD. (Committee members recused themselves from voting in certain categories if nominated for an award.) The SCEH Awards Program also includes Presidential and Living Treasure Awards selected by the current SCEH President. SCEH celebrates the accomplishments and contributions of this year's award winners:

- *Stanley Krippner Award* for efforts supporting the field of hypnosis by students or early career professionals to **Vanessa Muniz, MA**
- *Crasilneck Award* for the best first paper presented by a graduate student or young scientist at a SCEH meeting to **Yeganeh Farahzadi, MS** in recognition of their paper, "A Window into the Hypnotized Brain: Interpretable Deep Learning Model for Decoding Hypnotic Experience from Raw EEG Data"
- *Hilgard Award* for the best theoretical paper on hypnosis to **Cameron Alldredge, PhD** and **Gary Elkins, PhD, ABPP, ABPH** in recognition of their paper, "Adaptive Experiential Theory of Hypnosis" in the *International Journal of Clinical and Experimental Hypnosis*, 71(3), 165-175.
- *Roy M. Dorcus Award* for the best paper in clinical hypnosis to **Dipesh Vasant** and **S. S. Hasan** in recognition of their paper, "The Emerging New Reality of Hypnosis Teletherapy: A Major New Mode of Delivery of Hypnotherapy and Clinical Hypnosis Training" in the *International Journal of Clinical and Experimental Hypnosis*, 71(2), 153-164.
- *Henry Guze Award* for best research paper on hypnosis to **Hassan Khazraee, M. Bakhtiari, A S Kianimoghadam, & E. Ghorbanikhah** in recognition of their paper, "The Effectiveness of Mindful Hypnotherapy on Depression, Self-Compassion, and Psychological Inflexibility in Females with Major Depressive Disorder: A Single-Blind, Randomized Clinical Trial" in the *International Journal of Clinical and Experimental Hypnosis*. 71(1), 63-78.
- *Reviewer of the Year Award* to **Jeffrey Feldman, PhD** for significant contribution to the Society's peer-reviewed quarterly, the *International Journal of Clinical and Experimental Hypnosis*.
- *The 2024 Arthur Shapiro Award* for the Best Book in Hypnosis was shared by two winners for 2024:
 - **Leonard Milling, PhD** in recognition of the book *Evidence Based Practice in Clinical Hypnosis*. American Psychological Association. August 2023, and
 - **Julie Linden, Giuseppe DeBenedittis, Laurence Sugarman and Katalin Varga** in recognition of the book *The Routledge International Handbook of Clinical Hypnosis*. Routledge. February 2024
- *Bernard Raginski Award*, the Society's highest honor, for leadership in the field of clinical hypnosis to **Ciara Christensen, PhD**.

Living Treasure Awards

Two individuals were selected for the Living Treasure Award, for their significant contributions to SCEH and the field of clinical hypnosis:

- **David Spiegel, MD**
- **Michael Yapko, PhD**

The Society congratulates all nominees and winners, and expresses its thanks to the Awards and Fellowship Committee. The Call for Nominations for each year's Awards Program is issued in the spring. More information on the SCEH Awards Program can be found at www.sceh.us/awards or by contacting the SCEH office.

SCEH Recognizes Achievements in the Hypnosis Community

Presidential Awards

The Awards Program also includes awards chosen by the current SCEH President. Singled out this year by President Christensen for a Presidential Citation were the following:

- **Anne Doherty Johnson** in recognition of her service as SCEH Executive Director, for her skillful association leadership and management in serving our members over the last ten years, supporting the Society in all its efforts to expand and deliver meaningful programs that benefit the hypnosis community.
- **Zoltan Kekecs**, PhD for service as as valued member of our Executive Committee, and for his long time and dedicated service as Treasurer, and ongoing oversight and attention to SCEH finances, helping to ensure the current and long term financial health of the Society.
- **David Reid**, PsyD for service as as valued member of our Executive Committee, serving as SCEH Secretary and Certification Chair, and for his contributions as a Presenter and Intermediate Co-chair of the 2024 Midyear Workshops.
- **Ciara Christensen**, PhD for service as as valued member of our Executive Committee, as Immediate Past President, and Chair of three committees: Awards & Fellowship, Student Trainee Affairs & Scholarships, and Nominations, and for her contributions as a Presenter and Intermediate Co-chair of the 2024 Midyear Workshops.
- **Donald Moss**, PhD for service as as valued member of our Executive Committee, as President-Elect, and as Chair of two committees, Education and Publications, and for continuing to develop an excellent Midyear Workshops event each year as well as a successful ongoing Webinar Series.
- **Gary Elkins**, PhD, ABPP, ABPH for his leadership and professionalism as Editor-in-Chief of our International Journal of Clinical and Experimental Hypnosis, delivering a highly regarded peer-reviewed publication that shares and highlights the latest research supporting the evidence base of hypnosis.
- **Flavio Epstein**, PhD for his continued dedication and service as Credentials and Membership Committee Chair, overseeing our new member approval process and annual member retention campaign.
- **Deanna Denman**, PhD for service as 2024 Annual Conference Overall Co-Chair and Scientific Program Co-chair, helping to grow our understanding of hypnosis.
- **Tova Fuller**, MD, PhD for service as 2024 Annual Conference Overall Co-Chair and Introductory Workshop Co-chair, helping to grow our understanding of hypnosis.
- **Cameron Alldredge**, PhD for serving as 2024 Annual Conference Advanced Workshop Co-chair, selecting topics and speakers, and helping grow our understanding of hypnosis.
- **Jillian Ballantyne**, PhD, ABPP for serving as 2024 Annual Conference Advanced Workshop Co-chair, selecting topics and speakers, and helping grow our understanding of hypnosis.
- **Nicholas Olendzki**, PsyD for serving as 2024 Annual Conference Intermediate Workshop Co-chair, selecting topics and speakers, and helping grow our understanding of hypnosis.
- **Yeganeh Farahzadi**, MS for serving as 2024 Annual Conference Intermediate Workshop Co-chair, selecting topics and speakers, and helping grow our understanding of hypnosis.
- **Jessie (Kittle) Markovitz**, MD for serving as 2024 Annual Conference Scientific Program Co-chair, securing keynotes and developing the Scientific Session Agenda, helping to grow our understanding of hypnosis.
- **Cassandra Jackson**, MA for continued service as a Member of the FOCUS Newsletter Team, in recognition of her efforts to publish relevant topics to keep our members informed and engaged.
- **Jillian Ballantyne**, PhD, ABPP for service as a Member of the FOCUS Newsletter Team, in recognition of her efforts to create new content and publish relevant topics to keep our members informed and engaged.
- **Lauren Simicich**, PsyD for continued service as an outgoing Member of the FOCUS Newsletter Team, in recognition of her efforts to publish relevant topics to keep our members informed and engaged.

(Award photos continued on next page)

SCEH Recognizes Achievements in the Hypnosis Community



Above: Gary Elkins, PhD and Cameron Alldredge, PhD receiving the Hilgard Award.

Below: Vanessa Muniz, MA receiving the Stanley Krippner Award.



Left: Yeganeh Farazadi, MS receiving the Crasineck Award. She also received the Presidential Award.

Right: Jessie Markovitz, MD presenting the Living Treasure Award to David Spiegel, MD.



Above: Deanna Denman, PhD receiving the Presidential Award.

Left: Anne Doherty Johnson receiving the Presidential Award.

Right: Tova Fuller, MD, PhD receiving the Presidential Award.



Left: Cassandra Jackson, MA receiving the Presidential Award.

Right: Gary Elkins, PhD, receiving the Presidential Award.



Above: Michael Yapko, PhD receiving the Living Treasure Award.

Below: The complete team of Michael Yapko, MD and Diane Yapko receiving the Living Treasure Award.



Left: Donald Moss, PhD receiving the Presidential Award.

Right: Zoltan Kekecs, PhD receiving the Presidential Award.



Update on SCEH Virtual Educational Events

The **SCEH Education Committee** is currently made up of Ilyse L. Spertus, PhD, Elizabeth G. Walsh, PhD, Barbara S. McCann, PhD (SCEH President), and Donald Moss, PhD (SCEH Education Chair). The Education Committee has been actively planning virtual education programs for the remainder of 2024 as well as for 2025, including webinars and the 2025 Mid-Year Clinical Hypnosis Workshops. Members will benefit from inexpensive training and educational opportunities with no travel required.

SCEH Webinar Series

The SCEH Webinar Series features both North American and international speakers on a variety of topics, informed by research and relevant to everyday clinical practice. Most webinars are scheduled for the second Fridays of each month, at noon Eastern time. Occasionally, an alternate Friday is chosen to avoid conflicts with other SCEH events, or the meetings of related professional organizations. In January 2025, an extra Friday has been scheduled to accommodate special programs designed by our Research Task Force.

Upcoming webinar for 2024:

- December 13, 2024, **The Suggestible Brain: From Magic to Science**, with Amir Raz, PhD, ABPH.

All dates are scheduled for 2025. Initial webinars in 2025 include:

- January 10, 2025, **Evaluating the Efficacy of Online Hypnosis: Modern Approaches to Longstanding Hypnosis Practices**, with Spencer Arbige, PhD Candidate, Macquarie University, Australia.
- January 24, 2025, **Exploring the Synergy: When Hypnosis Meets Virtual Reality**, with Audrey Vanhauzenhuysse, PhD, University of Liege, Belgium, David Patterson, PhD, ABPP, University of Washington, and Floriane Rousseaux, PhD, University of Liege, Belgium.
- February 14, 2025, **A Tool of Versatility: Clinical Hypnosis for Cardiac Patients**, with Huaiyu Zhang, PhD, MS, Stanford University.
- March 14, 2025, **Mindfulness-Oriented Recovery Enhancement (MORE): MORE Relief from Pain and Addiction with a Neuroscience-Informed Mind-Body Approach**, with Eric Garland, PhD, LCSW, University of Utah.
- April 11, 2025, **Hypnobiome: A New Promising Frontier of Hypnotherapy in Functional Gastrointestinal Disorder (FGID)**, with Giuseppe De Benedittis, MD, PhD, University of Milan, Milan, Italy.

SCEH Midyear Clinical Hypnosis Workshops

The SCEH Midyear Clinical Hypnosis Workshops are shaping up nicely for March 7-10, 2025, providing virtual training at the basic, intermediate and advanced levels.

- Friday and Saturday, March 7 and 8, 2025, **Basic Training in Clinical Hypnosis**. 12.5 CE hours applicable to SCEH Certification in clinical hypnosis.
- Friday and Saturday, March 7 and 8, 2025, **Intermediate Training in Clinical Hypnosis**. 12.5 CE hours applicable to SCEH Certification in clinical hypnosis.
- Sunday, March 9, 2025, **Advanced Workshops on Neurologically-Based and Functional Disorders**. 8.0 CE hours applicable to SCEH initial certification and re-certification.
- Monday March 10, 2025, **Advanced Workshops on Meditation, Mindfulness, and Hypnosis**. 6.0 CE hours applicable to SCEH initial certification and re-certification.

Donald Moss, Education Chair

dross@saybrook.edu

Support the Society's Scholarship and Education Efforts

We Invite You to Support the Society's Scholarship and Education Efforts

With the end of the year approaching, now is an excellent time to support the Society's scholarship and educational programs with a tax-deductible donation. We invite your support.

This year, the Society awarded **17** scholarships to attend this year's five day Annual Conference in Anaheim in October, including four Assen Alladin Scholarships. The 2024 SCEH Scholarship Program encouraged eligible trainees to learn about hypnosis and its relevance to their work.

The SCEH Student/Trainee Scholarship is geared toward those enrolled in master's or doctoral programs in psychology; counseling; marriage and family therapy; medicine; dentistry or nursing, as well as interns at qualified medical and psychological training institutions. The Assen Alladin Conference Scholarship is geared to students or trainees working in hypnosis research and clinical work in psychological distress or psychiatric illness, and recognizes Dr. Alladin's contributions to the alleviation of these conditions through his research, clinical work, and teaching.

Sixteen scholarship recipients attended the conference, representing six countries and four states in the US, plus Washington DC, and eight educational or health care institutions. Students also came from Brazil, Hungary, India, Israel and Luxembourg. The program proved to be a highly rewarding and much appreciated experience for those selected.

To support our Scholarship Program, you may make a donation today at:

<https://www.sceh.us/donations-form>

Alternatively, you can send a check made payable to the Society, and including a notation that this is a donation, to us at:

Society for Clinical and Experimental Hypnosis

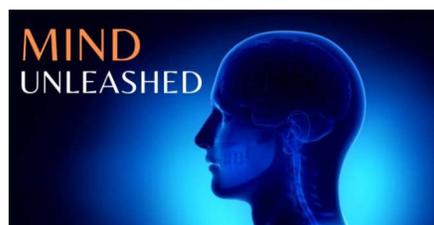
P.O. Box 6027

Chelsea, MA 02150

Details about next year's Scholarship Program will be announced with the Annual Conference Call for Papers in early 2025.

Check out the 2024 Annual Conference Slideshow!

You can click the image (*right*) or go here to watch the video created by SCEH Focus Co-Editor Cassondra Jackson, MA. It includes some great moments at the conference.



Let's Celebrate

Happy 75th Anniversary
to

SCEH SOCIETY FOR CLINICAL &
EXPERIMENTAL HYPNOSIS

*Celebrating 75 years of promoting excellence and progress in
hypnosis research, education and clinical practice.*

Since 1949 Website: www.sceh.us Contact Us: info@sceh.us

Spotlight on Women in Hypnosis: Brittany & Sharon Meredith



Brittany Meredith (*left*) and **Sharon Meredith** are a daughter and mother team of Registered Psychologists, working together in private practice, in the greater Edmonton, Alberta area. They have both completed the Master of Counseling degree, Sharon at the University of Leftbridge in Alberta after serving for 29 years as an RCMP police officer, and Brittany at City University of Seattle, Edmonton campus. Sharon first completed training in both hypnosis and EMDR and became an advocate for both, “poking” Brittany to follow suit — which she did after overcoming initial misconceptions. They specialize in working with trauma and complex trauma, as well as in the integration of clinical hypnosis

and EMDR. They are both EMDRIA-approved Consultants and EMDR trainers, and are both ASCH Certified in Clinical Hypnosis. They served on the Canadian Federation of Clinical Hypnosis-Alberta Society (CFCH-AS) for several years, with Brittany having served as President from 2021-2023. Brittany is also a new member of SCEH! Also in the photo above is **Indus**, a Lions Foundation of Canada Facility Support Program Dog Guide. Per Brittany: “*Indy provides light and deep pressure, including hugs to help clients with self regulation. He works in all the offices of Power Psychology and is particularly skilled at providing an attuned and nonjudgmental presence. We are so blessed, and thankful for Pet Valu and Smucker's Canada for sponsoring Indy to join our practice*”.

SCEH: *How did you first conceptualize the idea of integrating clinical hypnosis and EMDR?*

Brittany: I think that both of us having done the hypnosis training first, kind of immediately saw that there was a lot of overlap. There were things that we recognized from the hypnosis world in the EMDR training. So right from the get go recognizing that, we started to integrate the two.

Sharon: We have some people in the EMDR world who really acknowledge the influence, that hypnosis is used quite a bit. People like Mark Grant, A J Popkey, and Sandra Paulsen as well, all acknowledge the influence of hypnosis in EMDR.

Brittany: Well, I got lucky in that Sharon had already started it, so I kind of just joined into the practice, right? And we've developed our approaches kind of alongside each other. And obviously I've learned a lot of what I know from her, and her encouragement to take these different trainings, conferences that we've gone to together, too, in Canada, and in the U.S. As mentioned, there are people in the EMDR world who have really acknowledged the influence, and recognize that hypnosis is used quite a bit.

SCEH: *How do you integrate clinical hypnosis and EMDR in your work with trauma survivors?*

Brittany: There are the 8 different phases in EMDR, and so many places, such as the history-taking where you can use the float back and the affect scan, so recognizing that as hypnosis, and other methods of hypnosis that can also be incorporated or used to enhance that. Really it can come into each of the 8 phases, adding something hypnotic, or enhancing what is already there with trance.

Sharon: So many things, especially in the preparation phase, the container, the spiral technique, and all of those hypnotic-type tools. We started to recognize, you know, the affect bridge being the Watkins technique. There was some acknowledgment of that in the initial two books that Francine wrote. The way you find the targets, is by using a tool introduced by Helen and Jack Watkins in the hypnosis world, almost identical to theirs that Francine used as the way to find the previous incidents that are related to current concerns. They called it the affect bridge and the somatic bridge.

(continued)

Spotlight on Women in Hypnosis: Brittany & Sharon Meredith



SCEH: *I want to make sure readers understand this. So when you're doing EMDR, and you're looking to identify the target, what 'target' are you referring to?*

Sharon (left): We're going to start with what brings the client in — their presenting concerns. And then we want to be able to figure out what in the past may be influencing the current symptoms. In order to do that, we visit a current time and notice what's happening there in terms of feelings, the somatic presentation, thoughts, all of that stuff. And then from this place we float back to earlier experiences that have a kind of a right-brain/body sense of being connected to what's happening in the current time. So that's one of the ways that we look at separating out or identifying targets in order to keep them kind of in the same neural network. And lots of times, we're using the thoughts or the core belief to isolate this neural network from potentially other neural networks that might be influencing the client in other ways. And so Francine brought in the idea of the plateaus of information processing, and identified the plateaus, as responsibility, safety, and power and control. So, we're really looking for what belief pops up, or what core belief is associated with the current symptoms. And where is it? Which one of these plateaus is it in? And how do we find out what else it is related to, what's driving the current symptoms, in terms of old traumas or old events that are unprocessed, memories that are not adaptively processed.

SCEH: *Did you want to add anything Brittany?*

Brittany: What it looks like in practice is listening to the client. Well, we talk about listening in literal, and in the world of hypnosis, to what the client is telling us and what they're bringing to us in terms of what they want to work on, and also what the resources that they're bringing to us. And so, in listening in literal, we can get a sense of what negative cognitions, EMDR-wise, they're coming in with, and help them identify those belief networks that Sharon was talking about. And once we identify that belief, then doing the float back to an earlier time that you felt that belief, that body sensation and that emotion, probably the earliest time. And then you get a series of targets from there. And sometimes there are, you know, medically unexplained symptoms or targets or symptoms that clients can't identify or have a difficult time identifying what they're there for, particularly in my work with body-focused, repetitive behaviors. I find ideomotor exploration to be quite helpful. Such as Cheek and LeCron's work, Dabney Ewin's work, Ernest Rossi, and Richard Hill's work. So, we'll use ideomotor signaling, like head-nodding or shaking or finger movements, or Chevreul pendulum at times, at any depth of hypnosis, to help the client explore further in the subconscious what might be contributing to their symptoms, and that helps get to things in a way that hypnosis enhances in EMDR.

SCEH: *How do you determine when to use clinical hypnosis versus EMDR, or both in combination, during therapy?*

Brittany: We like to emphasize both being hypnotic and using hypnosis. Whether or not we're using hypnosis, we are always being informed by hypnosis and hypnotic principles in the way that we listen to our clients, in the language that we use, in the way that we speak to our clients, and in the way that we develop positive expectancies around treatment. And then filling in more formal hypnotic strategies based on attunement with the client, and what they're bringing in or what we feel is going to be best in the moment. Sometimes obviously we use a more formal process, but as it integrates with EMDR. Like in the preparation phase, you tend to kind of do more formal stuff there. But then when we're pulling it in, like cognitive interweaves, then it's more based on attunement.

Sharon: I think we are using hypnosis throughout. When Brittany talks about the cognitive interweaves, it's a little suggestion, right, just to get that train moving. And we're using history-taking to figure out, you know, what might be some little suggestion that might be helpful if this person got stuck. So the suggestion can come in as just, even an inquiry, a comment. The purpose of it is to get things moving again, and to get the processing to continue if it feels like it's stopped or stuck in any moment. We're generally bringing in little tools from hypnosis anytime we have any bit of 'stuckness' in the processing.

Brittany: Like suggestions and metaphors and things also based on our knowledge of how the subconscious responds to traumatic events, or to things or people that clients identify with, or suggestions that they take on, or symptoms that they take on based on their histories and why that might be.

(continued)

Spotlight on Women in Hypnosis: Brittany & Sharon Meredith

Sharon: I think we're always integrating the two. We're more likely to be doing just hypnosis than just doing EMDR. Pretty much anytime we're doing EMDR, there's hypnosis there.

Brittany: Unless we've got a client who specifically says, for religious or cultural reasons, that they don't want to do hypnosis. It's usually hypnosis that they refer to in that case. But we can't stop ourselves from being hypnotic or listening in the way that we do that's informed by hypnosis, right? We don't always then use formal hypnosis. But we also acknowledge that EMDR also has a lot of hypnosis in it naturally. Part of that also is a balance between respecting the client, and dispelling myths and misconceptions about hypnosis and what it is or isn't.

SCEH: *Can you please share any specific areas within the eight phases of EMDR where clinical hypnosis enhances treatment outcomes?*

Brittany: We've talked quite a bit about the preparation phase, and a bit about cognitive interweaves, and then the ideomotor exploration as well for history-taking. I really think they can enhance outcomes in terms of getting to the roots of the target. What's the most important target as far as where are the symptoms really coming from, and the way the subconscious might be interpreting things that we might not have knowledge of without hypnosis training.

Sharon: So generally we're using it in the history taking, and in the preparation. We're pretty much using it everywhere. If you think about the history-taking, instead of being just general, it's allowing us to identify what parts of the history taking is important. So we're getting general history but we're going to pull it in nice and tight with the use of float backs and ideomotor and other hypnotic techniques to really delineate what we call the neural network of trauma.

Brittany: There is some research on the preparation phase of EMDR with lots of hypnotic strategies. Andrew Leeds acknowledges hypnosis in his resource development and installation work. This informs a lot of the preparation phase for sure. There is research on different techniques, whether they have been acknowledged as hypnosis or not.

Sharon: We also use even metaphors when you think about history-taking, like with our complex or traumatized clients, we can use the metaphor of if your life was a book. We just need the headings of the book, not the details of the chapters. We're using the metaphor so that the client can manage the history taking and not get lost in the content.

Brittany: Hypnosis can enhance the installation and closure phases of EMDR as well. Especially when clients come to the positive cognition and talking about vivifying those experiences, perhaps using deep trance at times. And once they've come to the end of treatment, really get them into those future experiences, rather than just thinking about it or imagining going into the future, but vivifying that in the deep trance experience. And in the future template as well.

SECH: *What role does suggestion or metaphor play in clinical hypnosis and how might this be useful in EMDR processing?*

Brittany: To know that everything is a suggestion. Mark Grant talks about parts of the EMDR protocol being a suggestion or elicitation at times. That's important to recognize, and understanding the ways that language influences client outcomes at times because everything is just a suggestion, in one way or the other, positive or negative. And metaphors, there's so many ways that they can be brought in. I think it's a really wonderful way to individualize and utilize the client's resources, their history, and their cultural background as well. I think that hypnosis can bring a lot of diversity and inclusivity into EMDR through the use of metaphors that come from aspects of the clients' cultures in particular.

Sharon: So right from the get-go, from the explanation of the Adaptive Information Processing Model, Francine was using metaphors. The digestion metaphor became one that she used early in her EMDR work. And the train metaphor, the idea of being on a healing train that goes where it needs to go. All hypnosis stuff that informed the adaptive information process. Even in terms of how our physical body naturally heals and how our memory naturally heals as well once we give it appropriate attention and remove blocks that might be interfering with the healing. So the metaphors come in right from the beginning with adaptive information.

(continued)



Spotlight on Women in Hypnosis: Brittany & Sharon Meredith

SCEH: *How important is it for therapists to understand the nuances of both approaches when working with complex trauma?*

Brittany: I think it's really important especially in the cases of complex trauma and dissociation, to understand the similarities and differences and to know that if your clients are highly dissociative or likely to experience trance.

Sharon: I think it's important to have hypnosis skills when we're dealing with more complex trauma.

SCEH: *How do clients typically respond to the combination of EMDR and clinical hypnosis? What feedback have you received?*

Brittany: Most of them really love it. Anecdotally it enhances outcomes.

Sharon: The more complex the client, the more time I spend in clinical hypnosis before we attempt EMDR.

SCEH: *Why is that? Why does the complexity of the trauma determine how much time you spend in hypnosis?*

Brittany: I have clients who are already experiencing dissociation, already experiencing trance, so giving them ways to have more control over what to associate to via having trance experiences in sessions, where EMDR clinicians who are not trained in hypnosis may not see dissociation as an opportunity to utilize a skill that the client has. Research has shown that clients who experience more dissociation tend to be more suggestible or susceptible to deep trance experiences.

SCEH: *Are there any misconceptions about clinical hypnosis or EMDR that you would like to clarify?*

Brittany: So many! In both worlds there are misconceptions. The reputation of hypnosis was damaged during the 80s and 90s, the whole false memory syndrome. Some EMDR therapists also have misconceptions that EMDR helps you to remain in control and under hypnosis you lose control. Both actually offer wonderful tools.

SECH: *How do you see the field evolving in terms of combining EMDR with other modalities such as what you have done with clinical hypnosis, and what other modalities would you combine with clinical hypnosis?*

Sharon: We tend to use parts work/ego state, and somatic therapies, in addition to EMDR and hypnosis.

Brittany: I think a lot of people are moving towards more of an integrative practice and starting to acknowledge and integrate more hypnosis and somatic therapies and I think we'll continue to see that. I hope there's more emphasis on the brilliant work of Ernest Rossi. There is some work integrating hypnosis with neuropsychology which he influenced and folks will hopefully acknowledge. His mind-body therapy, and Erickson as well.

Sharon: We just finished a course with Sandra Paulsen and it was all about an integrative approach to therapy called N. E. S. T. (neuroaffective, embodiment, self-system therapy). She's integrating ego state therapy with somatic therapy in many ways. And there is some interesting research backing up what she called a temporal integration of the early childhood protocol that she and Katie O'Shea developed in the EMDR world. So, we're already seeing a fair amount of integration happening with others and that's going to move the field forward. I think a lot of names in the EMDR world would welcome integrative practice, including the acknowledgement of hypnosis.

Sharon Meredith (left) & Brittany Meredith (right) with Ernest Rossi at the 2017 Ericksonian conference.



Submitted by Dr. Jillian Ballantyne

This is a celebratory space in which we acknowledge the talented women who have contributed to or are currently contributing to the development of the field of hypnosis. Please send us your suggestions for women you would like to see celebrated in this space.

Latest News from IJCEH

Recent Issue: Volume 72, Issue 4

We are thrilled to share that the latest issue of the *International Journal of Clinical and Experimental Hypnosis* (IJCEH) is a special collaboration with the European Society of Hypnosis (ESH). Dr. Peter Naish, the ESH Congress Leader, served as guest editor for this edition. The issue highlights contributions from researchers and clinicians who presented at the XVI ESH Congress, themed "Hypnosis: Food for Body and Mind – An Integrated Approach to Healing." Featuring six articles, it explores advancements in research, theory, and practice across a diverse range of topics. Moreover, many of the articles in this issue explored the combination of clinical hypnosis with other methodologies, such as cognitive-behavioral therapy (Obukhov, 2024), art therapy (Valachiné et al., 2024), brain stimulation techniques (Perri et al., 2024), and virtual reality (Louras et al., 2024).



THE INTERNATIONAL JOURNAL OF
*Clinical and
Experimental*
HYPNOSIS

Transition to Online Only

As a reminder to all of our readers, starting this January 2025, the International Journal of Clinical and Experimental Hypnosis will be transitioning to online-only publishing. In our commitment to innovation and accessibility, this transition aims to provide benefits to authors and readers alike by eliminating delays associated with print distribution. This transition will expedite the timeline from submission to publication and will allow us to provide faster access to the latest academic articles published at the IJCEH on a rolling basis, attract more high-quality articles and research, and increase the number of articles available per issue.

Special Issues in the Upcoming Year

As we are preparing for the upcoming year, here are some special issues currently underway. The year of 2025 will promise several dedicated issues to advancing the field of hypnosis and expand its scope and exploration into diverse subfields of psychology & hypnosis. The first special issue of 2025, entitled, "**Intersections of psychedelics, psychedelic and mystical experiences, and hypnosis**" will be an issue targeting the exploration and novel findings on the therapeutic benefits, mechanics, and theoretical frameworks of psychedelics and mystical experiences, as well as its potential parallels between psychedelics and hypnosis. This issue is scheduled for publishing in our July issue, but early online access will be provided for select articles.

Finally, a special issue dedicated to the diverse applications, theoretical advancements, empirical research, and clinical outcomes associated with **Ericksonian Psychotherapy** will be available later in the year. For more information on this and any future call for papers and special issues of the IJCEH, visit our journal's website at: https://think.taylorandfrancis.com/special_issues/ericksonian-psychotherapy/

Interested Authors:

Submissions are accepted and articles are published on a rolling basis. The *International Journal of Clinical and Experimental Hypnosis* receives all manuscript submissions electronically via Taylor & Francis' submission portal located at <https://rp.tandfonline.com/submission/create?journalCode=NHYP>

Instructions to authors can be found at: <https://www.tandfonline.com/action/authorSubmission?show=instructions&journalCode=nhyp20>

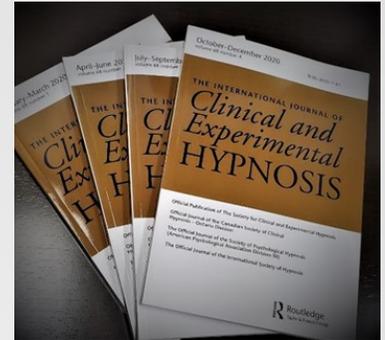
Contact us at: IJCEH@baylor.edu

Latest News from IJCEH

As a reminder, the IJCEH accepts many types of papers, including:

Empirical research (e.g., clinical trials, neurophysiological studies, mechanistic studies, feasibility studies, replications); Clinical papers (e.g., well-designed multiple or single case studies); systematic reviews, meta-analyses, research-informed theoretical papers, & significant historical or cultural material.

Topics can include: Hypnosis, hypnotizability, and hypnotherapy in psychology, psychotherapy, psychiatry, medicine, dentistry, wellness, nursing, and related areas; and studies relating hypnosis to other phenomena (e.g., mindfulness, contemplative practices, & consciousness).



Have you considered what Open Access Publishing can do for your research?

Open Access publications are a great way to extend the reach of your work. Publishing your accepted article in the IJCEH is free, but some authors elect to cover the costs of publishing, making their paper freely available to anyone online. The number of authors electing to publish their articles with Open Access in the IJCEH has been increasing. Open Access papers have many more views, more readers, and usually more citations. This is beneficial to the authors and to the journal! If your manuscript is accepted, consider Open Access publishing, and email us with any questions.

Editor-in-chief: Gary R. Elkins, PhD

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Latest News from IJCEH

We are pleased to share abstracts from the articles published in the most recent issue of



Editorial Letter: Special Issue in Collaboration with the European Society of Hypnosis

Peter Naish

Power of a Few Vagrant Words: Effects of Direct and Indirect Suggestions for Self-Representation in Art-Based Online Interventions

Zsuzsanna Geréb Valachiné, Katalin Varga & Renáta Cserjési

This study compares two groups of university students with differing instructions participating in an object drawing task as a part of an art therapy-based self-help online intervention. The intervention aimed to help participants enhance positive mood and subjective feeling of self-control and reduce negative mood. The object task contained suggestive elements in the instructions similar to self-hypnosis with an indirect and a direct way of formulation. Quantitative (positive affect and negative affect scale and Self-Assessment Manikin scale) and qualitative methods (text and picture rating) were used to investigate the difference between the outcome effects on the two groups. Results found a significant decrease in negative mood for indirect suggestion, while a significant increase of positive mood for the direct suggestion condition. Based on qualitative analyses, findings indicated that hidden implications in the art-making instructions modified the chosen imaginary and emotional changes related to art-making. Suggestions in the instructions can make a difference in mood and this should also be considered while designing guidelines for self-hypnosis.

Non-Invasive Brain Stimulation (NIBS), Hypnosis, and Hypnotizability: Literature Review and Future Directions

Rinaldo Livio Perri, Maria Assunta Donatob, & Gloria Di Filippoa

Non-Invasive Brain Stimulation (NIBS) stands as an advanced technology embraced by researchers and clinicians to influence thoughts, emotions, and behaviors. The prevalent NIBS methods include transcranial Direct Current Stimulation (tDCS) and Transcranial Magnetic Stimulation (TMS), both proficient in either exciting or depressing neural activities in specific cortical regions. Recently, NIBS has been integrated into hypnosis research with the goal of enhancing hypnotizability. Specifically, the limited existing studies have predominantly focused on the dorsolateral prefrontal cortex (DLPFC) due to its significant role in neutral hypnosis. Overall, these studies suggest the fascinating potential to alter hypnotizability and hypnotic phenomena, although the impact on responsiveness to suggestions remains modest. In contrast to psychological and pharmacological methods, NIBS enables alterations in hypnotic experiences that are independent of operators and noninvasive. This grants researchers the chance to employ a causal approach in investigating the brain-behavior relationship associated with suggestibility. The present paper evaluates existing NIBS studies in this domain, delving into the neurocognitive mechanisms at play and their potential implications for hypnosis research and practice.

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Hypnosis, Free Will, and Consciousness

Peter L. N. Naish

Hypnosis has sometimes been described as an “altered state of consciousness,” but what is “unaltered” consciousness? We approach the issue by first exploring the sense of free will, because it can be lost during hypnosis. However, the argument is developed that free will is an illusion, so should not be present in the waking state. Thus, in a sense, hypnosis is a more accurate state of consciousness. The sense of free will is shown to result from an experience of agency, which is often missing in hypnosis. We consider how hypnotic, illusory perceptions are developed, and plausible processes are discussed, but none throws clear light upon what the philosopher David Chalmers called the “hard problem” of consciousness. The paper concludes with a brief evaluation of the possibility that phenomenal consciousness is associated with feedback loops, which transform the simple registering of stimuli into experiences of which we are aware.

Utilizing Involuntary Unfolding Phenomena as Catalyst for Adaptive Responsiveness and Reorganization

Erika Chovanec

This paper explores the complex area of so-called unfolding processes and unfolding phenomena in hypnotherapy, emphasizing on unfolding movements and unfolding images, identified as complex involuntary phenomena, which emerge spontaneously without suggestions for these phenomena. Unfolding phenomena are examined as foundational elements of the unfolding process. On the one hand, the study unveils the macro-structure of the unfolding process by categorizing it into involuntary unfolding sets, phases, and unfolding subunits, all of which are analogous among patients and across different organizational levels. On the other hand, detailing the micro-structure aids in elucidating the functionality and elements of the unfolding phenomena. These elements encompass unfolding schemas and instruments. They are emphasized for their role in intrapsychic ideodynamics and responsiveness, aiding recurrent induction aligned and being promoted via an intuitive state of consciousness. Unfolding phenomena elucidate resource elicitation, and adaptation, contributing to the phenotypic organization and reorganization. In this context, the mechanisms of responsiveness, characterized by an unfolding process during hypnotherapy with distinct phases, are examined to help therapists and researchers understand how hypnotherapy can induce phenotypic changes, thereby facilitating treatment, personal growth, and the emergence of a new form of consciousness.

A Multicomponent Cognitive-Behavioral Hypnotic Approach for Obsessive-Compulsive Disorder Treatment: A Case Study

Nikita V. Obukhov

This article proposes a multicomponent hypnotherapeutic approach for obsessive-compulsive disorder (OCD) treatment. This new approach combines hypnosis with exposure and response prevention, cognitive reappraisal, principles of acceptance and commitment therapy, and other components. In the presented case study, the patient was treated for four months with both biological and psychological first-line therapy with minor effects; the patient was then treated with hypnotherapy. The patient listened to a recorded hypnosis

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session, which was constructed according to the new proposed principle. After three weeks of near-daily listening to the session, the patient's Yale-Brown Obsessive-Compulsive Scale score decreased by 38.5%, which helped achieve a 51.5% reduction from the initial score, suggesting that this method might have significantly contributed to the therapeutic outcome. In addition, this article discusses the differences between the proposed approach and previously published hypnotherapeutic methods for OCD treatment and the hypothetical use of such an approach for other disorders characterized by compulsive behavior. Further randomized controlled studies are needed to confirm the efficacy of hypnotic approaches for treating OCD.

Virtual Reality Combined with Mind-Body Therapies for the Management of Pain: A Scoping Review

Mélanie Louras, Audrey Vanhauzenhuysse, Rajanikant Panda, Floriane Rousseaux, Michele Carella, Olivia Gosseries, Vincent Bonhomme, Marie-Elisabeth Faymonville, & Aminata Bicego

When used separately, virtual reality (VR) and mind-body therapies (MBTs) have the potential to reduce pain across various acute and chronic conditions. While their combination is increasingly used, no study offers a consolidated presentation of VR and MBTs. This study aims to propose an overview of the effectiveness of VR combined with MBTs (i.e., meditation, mindfulness, relaxation, and hypnosis) to decrease the pain experienced by healthy volunteers or patients. We conducted a scoping review of the literature using PubMed, Science Direct and Google Scholar and included 43 studies. Findings across studies support that VR combined with MBTs is a feasible, well-tolerated, and potentially useful to reduce pain. Their combination also had a positive effect on anxiety, mood, and relaxation. However, insufficient research on this VR/MBTs combination and the lack of multidimensional studies impede a comprehensive understanding of their full potential. More randomized controlled studies are thus needed, with usability evaluation protocols to better understand the effects of VR/MBTs on patients wellbeing and to incorporate them into routine clinical practice.

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