

# FOCUS

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## 2018 SCEH Annual Conference Highlights

## Membership Renewal Time

## Call for Nominations

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# MESSAGE FROM THE PRESIDENT

BY DONALD MOSS, PHD, ABPP, ABPH



## **The 69th Annual Meeting in Las Vegas was Awesome!**

The SCEH annual meeting took place from October 10-14 and produced many memorable moments, against the backdrop of the Las Vegas strip!

The keynote presenters, invited speakers, and symposia presented a combination of data-based scientific presentations and inspirational perspectives on the future of hypnosis in integrative healthcare. This issue of FOCUS includes several items about the meeting, including photos.

**Recognition.** My special thanks go out to executive director Anne Doherty Johnson and the SCEH program committee, including Program Chair Janna Henning, Science Chairs Shelagh Freedman and Zoltan Kekecs, Advanced Workshop Chairs Ciara Christensen and David Reid, and Introductory Workshop Chairs Eric Willmarth and Paul Larson.

The social events that brought members together were the Networking Reception Thursday evening, the Student and Early Career Professionals Luncheon on Friday, the Women's Breakfast on Saturday, the Member Luncheon on Saturday, and the Awards Banquet Saturday evening. The Embassy Suites' staff also worked over-time to provide warm hospitality and service.

## **Executive Council Meeting**

The Executive Council (EC) is the governing body of SCEH and is composed of all past-presidents in attendance at the annual meeting, current officers, and chairs of standing committees. This year the Executive Council met on Friday evening, and reviewed the state of the society, including budget, meetings held, and committee activities.

The EC approved a new "Policy on Diversity and Inclusivity." This policy supports current efforts to reach out and extend a specific welcome to early career professionals, women, ethnic and sexual minorities, and any other group under-represented in SCEH. The

objective is twofold: to support growth in the SCEH membership, and to educate professionals in hypnosis that better reflect the demographics of the general population. Inclusiveness and diversity are major themes among professional societies today, in healthcare and elsewhere. The new policy is now posted on the SCEH website.

The EC also discussed the changes of the membership requirements in the SCEH bylaws, which opened the doors for additional professional groups to join SCEH. Several members of the EC suggested that if SCEH is to have a meaningful place in the future of healthcare, the requirements should be modified further, and additional professional groups welcomed into full membership.

## **The SCEH 70th Annual Meeting for October 2019**

The 70th annual meeting will take place in New Orleans from October 16-20, 2019. Mark your calendars now, as you will not want to miss this 70th Anniversary celebration.

The event will be held at the Ace Hotel on Carondelet Street. The co-chairs for the New Orleans meeting will be Ciara Christensen and David Reid. The meeting theme will be: *Clinical and Applied Hypnosis: Evidenced-Based Practice and the Therapeutic Relationship*

## **Mid-Year Meeting in Denver, April 26-27, 2018**

SCEH plans a Mid-Year Training event in Denver, Colorado, Friday/Saturday, April 26-27, 2019. The program will include an "Introduction to Clinical Hypnosis," with Donald Moss and Eric Willmarth, an "Intermediate Clinical Hypnosis" training with Ian Wickramasekera, and an advanced workshop by Gary Elkins on "Evidence-Based Hypnosis: Anxiety, Pain, and Sleep."

The basic, intermediate hypnosis, and advanced training will provide 12.5 hours of clinical hypnosis training each and can be applied to the SCEH Certification requirements.

The Colorado Society for Clinical Hypnosis will assist SCEH in marketing. Please tell your students or colleagues about this hypnosis training opportunity.

### Volunteers Needed

The backbone of any professional society is the work of volunteers. SCEH currently is seeking volunteers for the following positions.

*Education Chair:* SCEH needs a new Education Chair to oversee all educational programs, including those at the Annual Conference, Midyear Workshops and online educational activities. The Education Chair will coordinate with the Conference Committee Co-Chairs, the Executive Director and the President in planning educational activity, assuring quality, and obtaining CE credit.

*Legacy Development Chair.* SCEH is seeking a long-term member to contact other SCEH members and discuss creating bequests and legacy gifts for SCEH as an organization, as well as for the SCEH scholarship fund. We can define a Legacy gift as follows: "The creation of a future gift to a non-profit organization such as SCEH." Any individual can set up a legacy gift simply by naming a non-profit organization on the beneficiary form of a savings, checking, or pension account; remembering a charity in a will or living trust; or using a more complex

instrument such as a charitable life-income trust. All of these forms of legacy giving demonstrate a meaningful way for individuals to create a philanthropic legacy for a cause they care about.

*Marketing Chair:* SCEH needs an individual to organize SCEH campaigns to promote its events and programs. The Marketing Chair will work with the Annual Conference Co-Chairs, the Executive Director and the President in promoting SCEH activities. The Marketing Chair may also coordinate with the Membership Chair to plan marketing campaigns to solicit new members.

*Webinar Chair:* SCEH needs an individual to organize a SCEH webinar series for professional continuing education, to recruit speakers for specific topics, and to coordinate the actual delivery of webinars. The Webinar Chair may also provide IT technical support for the webinars or may recruit a volunteer to serve as technical support. The Webinar Chair reports to the SCEH Education Chair and to the President.

## ***New SCEH Member Benefit!***

### **Book Discount through Springer Publishing Company**



We are pleased to announce we have arranged a special discount for SCEH members with **Springer Publishing Company** that will provide our members with a 25% discount on all books ordered on the publisher's website. To access this members only program, **click here** (log in required).

To take advantage of this offer, enter code **SCEH25** when placing an order on their website. Discount applies to **all titles**, including all of their **hypnosis content**.

***Please note that this offer is for a limited time.***

*SCEH members interested in placing a bulk order of five (5) or more copies, may receive additional consideration. Please contact Springer Publishing's Leigh Montville at [lmontville@springerpub.com](mailto:lmontville@springerpub.com) to obtain specific pricing information.*

# LETTER FROM THE EXECUTIVE DIRECTOR

BY ANNE DOHERTY JOHNSON



As we head into December and the end of another year, I would like to thank you for your support of the Society in 2018 and extend season's greetings and best wishes for a happy and healthy New Year.

## Another Conference Filled with Learning and Networking

It was a genuine pleasure to see so many new and familiar faces at our 2018 Annual Conference in Las Vegas. Our sincere thanks go out to all who made this is a success -- from our hardworking Conference Committee, our skilled presenters, stimulating keynotes and invited speakers and our enthusiastic and engaged participants. It was a jam-packed five days full of information sharing, networking and camaraderie. We hope you left with many useful ideas you can use in your practices and/or research projects. As always, we welcome your ideas about how we can make our next event even better.

## Invitation to Be a SCEH Ambassador

If you find your SCEH membership to be valuable, please do not keep SCEH a secret! When you attend other hypnosis events or encounter those interested in the field, please take a few moments to share your experience so that more people are aware of SCEH and our goals. Please help us remind others in the health care community about us and invite them to check out our website for more information.

With every new member comes a greater chance for the Society to live its mission to **promote excellence and progress in hypnosis research, education, and clinical practice**. You are our best Ambassadors, so please help as much as you can by sharing your recommendations to others about joining, or telling a story to a potential member about how SCEH has helped you.

If you are on social media, we also ask that you take a moment to like our page, post a comment or share a SCEH resource. You can find us online here:

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

## It's That Time of Year!

Have you renewed your membership yet? If not, please do so in the next few days. We need your support now to achieve a strong year end finish and to continue the work we do on your behalf. If you have already responded to our dues renewal notice, thank you! If you have not quite gotten to this yet, please consider making it a priority within the next week. We need your support. Thank you.

Sincerely,

**Anne Doherty Johnson**  
SCEH Executive Director

P.S. Renewing is easy--just click [here](#) to renew now.

If paying by check, please mail it no later than December 12<sup>th</sup> to allow sufficient time for delivery and processing. Thank you.



# SCEH Call for Nominations

Dear SCEH members,

The time is near for SCEH to select our **President-Elect**, **Treasurer**, and **Secretary** for the coming two-year term of office from 2019-2021. Officers will begin their terms following our 2019 Annual Conference.

If you would like to nominate a person for these important offices (self-nominations are also welcome), please forward your nomination with contact information via email to:

Gary Elkins, Ph.D., ABPP, ABPH  
SCEH Nominations Chair  
Email: [Gary\\_Elkins@baylor.edu](mailto:Gary_Elkins@baylor.edu)

**Deadline: Nominations must be submitted by January 19, 2019.**

The Nominations Committee will review all nominations, confirm acceptances of nominations, and circulate candidate statements and ballots by May 15, 2019.

If you have comments or questions, please contact me via email at:  
[Gary\\_Elkins@baylor.edu](mailto:Gary_Elkins@baylor.edu)

For operational and management issues, you may contact;  
Anne Doherty Johnson, Executive Director  
Phone: 617-744-9857  
Email: [anne@sceh.us](mailto:anne@sceh.us)

Summary of duties:

**PRESIDENT-ELECT** shall preside in the absence or disability of the president and perform other duties as may be assigned by the president or by the Executive Council. The President-Elect becomes President at the conclusion of the SCEH 2021 Annual meeting.

**SECRETARY** shall be concerned with the communications of SCEH and keep minutes of SCEH Executive and Executive Council meetings.

**TREASURER** shall keep the accounts of SCEH and present annual financial report at the annual business meeting and other duties as outlined in the SCEH bylaws.

Thank you for your continued support of SCEH and I look forward to your nominations.

Gary Elkins, Ph.D., ABPP, ABPH  
Chair, Nominations Committee

# SCEH STUDENT COLUMN

BY R. LYNÆ ROBERTS, MA

I am a 4<sup>th</sup> year PhD student at Baylor University in Waco, Texas, USA. In our doctoral program we take a number of courses and have regular teaching opportunities in the Psychology and Neuroscience Department. We also learn within a lab that aligns with our research interests, so I am a researcher in the Mind-Body Medicine Research Lab (MBMRL) which is directed by Dr. Gary Elkins.

I collaborate with fellow PhD, PsyD, and undergraduate students to help design, carry out, and disseminate research. I am currently working on various stress or hypnosis-related studies, including my dissertation. Much of my research assesses clinical applications and efficacy of hypnosis. I also study psychophysiological changes associated with hypnosis and mind-body medicines, as I am interested in the mechanisms of response to these treatments.

My other hypnosis-related role is as managing editor of the *International Journal of Clinical and Experimental Hypnosis*. I communicate with authors, reviewers, copy editors, and the publishing company to help ensure high-quality articles are published in each quarterly issue. Led by the editor, Dr. Elkins, the journal aims to support new researchers and clinicians. We invite students, and anyone who is new to research or writing, to submit your work for peer review consideration or to email us ([ijceh@baylor.edu](mailto:ijceh@baylor.edu)) with your journal-related questions.

I have been attending SCEH annual meetings only since 2016 but have already seen benefits of being in this community. The conferences offer a chance to meet and listen to influential leaders in the field, and it is a supportive environment for presenting your work. The first time I attended a SCEH conference there were very few students, and I felt welcomed but a bit out of place. In just 3 years, the growing involvement of young members and new professionals has been noticeable and encouraging. A more varied member base (whether age, ethnicity, background, the list goes on...) brings new ideas to the table and strengthens societies. I encourage students to find mentors among those who are more experienced and to attend workshops and scientific meetings.

Over the past few years, I have enjoyed connecting with fellow SCEH members, and I look forward to seeing you all in the near future.

## MEMBER NEWS

**Phil Shenefelt, MD.** is Program Chair for the ASCH Annual Meeting and President-elect of ASCH. He has coordinated the teaching program for the annual ASCH meeting to be held at the Riverwalk in San Antonio, Texas, March 28-31, 2019 entitled "Reframe Their Alamo, Achieving Resilience through Hypnosis to Rally to New Freedom of Mind, Body, and Spirit." With internationally known plenary speakers and many fascinating workshops it promises to be an excellent meeting.

Recent works by **Etzel Cardeña, Ph.D.** Thorsen Professor of Psychology, Department of Psychology, Lund University:

Cardeña, E. (2018). The experimental evidence for parapsychological phenomena: A review. *American Psychologist*, *73*, 663-677. doi: 10.1037/amp0000236

Cardeña, E., & Krippner, S. (2018). Commentary on *The cultural evolution of shamanism*: Some needed psychological clarifications on the experience(s) of shamanism. *Behavioral and Brain Sciences*, *41*, <https://doi.org/10.1017/S0140525X17002035>

Gušić, S., Malešević, A., Cardeña, E., Bengtsson, H., & Søndergaard, H. P. (2018). "I feel like I do not exist." A study of dissociative experiences among war-traumatized refugee youth. *Psychological Trauma: Theory, Research, Practice, and Policy*, *10*, 542-550

Evrard, R., Pratte, E. A., & Cardeña, E. (2018). Pierre Janet and the enchanted boundary of psychical research. *History of Psychology*, *21*, 100-125  
 Cardeña, E. (2018). Hypnos and Psyche: How Hypnosis Has Contributed to the Study of Consciousness [reprint from *Psychology of Consciousness: Theory, Research, and Practice*, 204, 1, 2, 123–138]. In M. Velmans (Ed.), *Consciousness*, Vol. 4. London, UK: Routledge

Cardeña, E. (2018). Altering Consciousness: Setting up the Stage [reprint from *Altering Consciousness: Multidisciplinary Perspectives*, Volume I. History, Culture, and the Humanities (Santa Barbara, CA: Praeger, 2011), pp. 1-21]. In M. Velmans (Ed.), *Consciousness*, Vol. 4. London, UK: Routledge

Stiernströmer, E. P. S., Wolgast, M., Johansson, M., Innes-Ker, Å., & Cardeña, E. (2018). The effect of variations of emotional expressions on mnemonic discrimination and traditional recognition memory. *Journal of Cognitive Psychology*. doi: [doi.org/10.1080/20445911.2018.1493486](https://doi.org/10.1080/20445911.2018.1493486)

Cardeña, E. (2018). Keeping up is hard to do. [Editorial]. *Journal of Parapsychology*, *82*, 5-7. <http://doi.org/10.30891/jopar.2018.01.01>

Cardeña, E. (2018). The unbearable fear of psi: On scientific suppression in the 21st century (abridged, edited version). In C. Carol (Ed.), *Skeptical about skeptics*. pp 83-90. Transpersonal Paradigms Publishing

## Share Your News with the SCEH Community!

- ▶ Book or article reviews
- ▶ Awards or public recognitions
- ▶ Promotions, job changes, retirements
- ▶ New ways you are using hypnosis in your practice
- ▶ Articles you have written
- ▶ Recently published books
- ▶ Recent talks
- ▶ Events you are hosting
- ▶ A milestone you are celebrating
- ▶ Research/special projects
- ▶ Items of interest to the membership
- ▶ Photos of the above (*please include caption*)

Please send your news and photos to the FOCUS editors at: [focus@sceh.us](mailto:focus@sceh.us)

SCEH reserves editorial rights over all submissions.

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

## Don't Miss Important Communications from the Society

To ensure that you continue to receive important emails from the Society—please take a moment now to add our email and IP addresses to your safe senders list or address book or white list them with your e-mail provider.

- [mam@memberclicks-mail.net](mailto:mam@memberclicks-mail.net)
- [anne@sceh.us](mailto:anne@sceh.us)
- [info@sceh.us](mailto:info@sceh.us)

We also suggest that you whitelist these IP addresses (*as of September 2018*):

- 168.245.116.231
- 168.245.127.241
- 168.245.20.17
- 168.245.25.254

# MEMBER NEWS *continued*

**Zoltan Kekecs** is involved in the organization of a new hypnosis conference called "Hypnosis. New Generation" This is a new conference specifically catering for students and early career professionals, but of course also welcoming professionals later in their career stage.

## Interview with Dr. Katalin Varga, Co-Chair of the Hypnosis: New Generation 2019 Conference

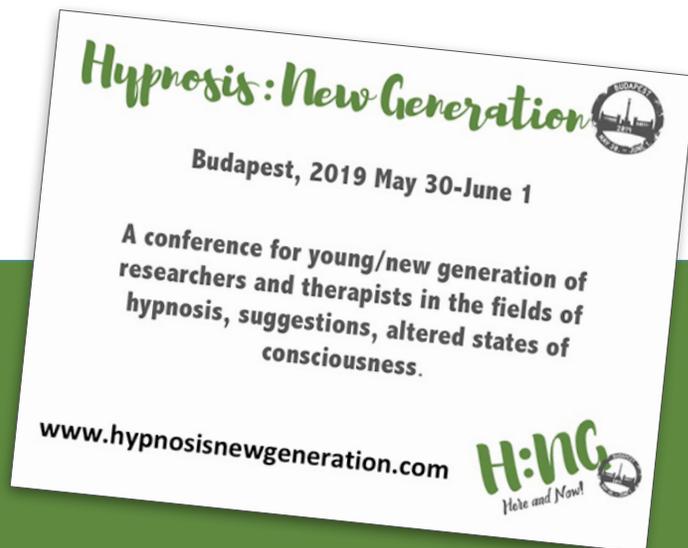
by *Fanni Pusztai*

Dear Kata, as the mastermind and one of the main organizers behind the Hypnosis: New Generation (H:NG) conference, to take place between the 30<sup>th</sup> of May and 1<sup>st</sup> of June 2019, in Budapest, Hungary, could you please tell me what is the concept of this conference and how it occurred to you?

Yes, well there were two main considerations in working out the concept of H:NG. We were having an interesting conversation with a few colleagues at the European Society of Hypnosis' conference back in 2017 in Manchester, UK, and some financial aspects came up in that conversation. That is when I found out that a surprisingly big percentage of the society's income actually goes into paying big hotels' and/or congress centers' fees for these events. That is what got me thinking that maybe it would be beneficial to start a new line of conferences. The idea is basically that the scientific content would be just as high-standard as for example at the triennial meetings, while the service part would be more modest. So the first consideration is this: on one hand we want to keep these prestigious, elegant conference locations, especially for the triennial conferences of the ISH and the ESH, which are in a way more formal and express the importance and solemnity of the event. On the other hand, we would like to start a new line of meetings with maybe somewhat different atmosphere and background. And we here in Budapest happen to be so lucky that we have a location just right for this aim. The second consideration is linked to this first one, which is that it is important to involve the younger colleagues, to encourage them to take part in congresses, present their findings, to allow the older and the younger professionals to have a platform where they can exchange ideas, get to know each other and so on. So I combined these two goals and that is how the conference got its name: "Hypnosis: New Generation. New trends in research and clinical application."

**That sounds great, and how do you plan to actually involve the younger generation? What makes this conference attractive to them?**

Firstly, entry fees will depend on the professional age of an individual, meaning that the more recent someone's degree is, the less they pay, making H:NG 2019 very affordable. And second, we plan to have younger colleagues give the keynote speeches too, and they



will have all kinds of different platforms to present their findings. The aim is really to see and hear the new faces of the field. We are also planning workshops on for example tips and tricks of how to publish papers, enhancing one's presence in the scientific world, so issues that are important and interesting for beginners.

**Okay, so what happens then with the more accomplished, older generation? Where is their place in all this?**

Oh they most definitely have a place, an important one too. As mentors of the newer generation, they are more than encouraged to come to H:NG 2019 to share their knowledge and experiences with the younger colleagues. We are planning to bring in new forms of programs by which we hope to give opportunity for more informal networking, so that the new generation can actually meet and talk to the more experienced professionals. Such new programs will be for example the 'Scientific Speed Dating', or 'Conversation Hour', which are specifically designed for the conference participants to have the possibility and time to talk to accomplished professionals, with whom they otherwise might not be able to have a conversation in person.

**And you said you have the perfect location for these purposes.**

Indeed we do. Budapest by the way traditionally organizes memorable conferences like the Eurohypnosis 1996 conference, participants of that congress till today tell me how great it was. Or for example the 1<sup>st</sup> International Congress of Medical Hypnosis, also held in Budapest, 2013. This is probably not surprising,



the city itself is breathtaking with a steady spot on the lists of most beautiful places to visit both Europe- and worldwide. For H:NG 2019, we will have the recently renovated building of the Faculty of Pedagogy and

# MEMBER NEWS *continued*

Psychology of Eötvös Loránd University. I could not be happier about this, because the building is nice and relatively modernized, and it is located right in the heart of downtown Budapest, in the old city. So that means that a great many of the city's attractions are within walking distance, not to mention good restaurants, cafés and bars in all price ranges. It is the perfect place to have a conference such as this with plenty of rooms and the location also allows participants to explore the city a bit.

**So let's say during a break after a lecture and scientific speed-dating you could go out and do some sightseeing?**

That is right, for example the historic Grand Synagogue, the largest functioning synagogue in Europe is some 3 minutes away. The so-called Budapest Eye is similarly close, if one would like to get a glimpse of the city from above. Not to mention all kinds of culinary experiences one can try in this area. It is quite literally the liveliest part of the city. One might even be interested in the famous ruin pubs we have here in Budapest, the best-known one is on the same street as where the conference takes place. You could do all that and make it back to the conference just in time for the Science Slam.



**Science Slam? What happens there?**

That is also one of the new programs we are planning, one of the most fun probably. You present your scientific research or therapeutic insights in a rhyming, musical,

poem-like or stand up comedy-like way, like in slam poetry. Basically you explain your findings in any artistic form of your preference. It has been a long pursuit to bring research and clinical aspects of hypnosis closer together, and one basic principal for that is to present research findings in a clear, not overcomplicated way, along with their clinical implications. Science Slam gives all that an entertaining, informal atmosphere. We tried it at our department before and it worked so well that I thought it would be a shame to exclude it from H:NG.

**That does sound like lots of fun. It also seems like there really will be quite a few new types of programs.**

Yes, that is the whole point. Any professional working with or interested in hypnosis and suggestive communication is eligible for application, and we are broadening the variety of programs so that there is something interesting for everyone. Those who prefer more traditional programs need not to worry either: there will be lectures, workshops, poster sessions as well. Also if someone is for example interested in giving a lecture or a workshop but cannot make it to Budapest at that time, we also happily accept applications for lectures via Skype. So all together another aim is inclusivity, and hopefully to promote hypnosis to the widest possible professional audiences. It is always great to see and to experience just how colorful the variety of applying and researching hypnosis can be, how many different areas of life can benefit from the possibilities that lie within.

**So you are saying that any profession is welcome to H:NG 2019 and that the conference's main goal is to provide a place for the younger and older generations to meet, to discuss, to engage.**

Exactly. Anyone using or interested in using hypnosis is welcome, whether it be in sports, psychotherapy, medical applications, coaching and so on. And our motto for the conference is that it is an engagement and nurturing of our future, our professional future.

**You are one of the Co-Chairs of Organization of H:NG 2019. Who else is behind the conference?**

The co-organizers are Semmelweis Medical University, Anesthesiology and Intensive Care Clinic, the Department of Affective Psychology at Eötvös Loránd University, and the Hungarian Association of Hypnosis. However the International Society of Hypnosis and the European Society of Hypnosis are nominal co-sponsors, as well as the International Journal of Clinical and Experimental Hypnosis.

**Thank you very much for the interview. Just one last question: where can we find more information and updates on H:NG 2019?**

The H:NG 2019 website is open, under the following link: [www.hypnosisnewgeneration.com](http://www.hypnosisnewgeneration.com)

It is going to be updated soon enough, so I would advise anyone interested to check back in a bit. However until then, we are more than happy to answer any questions and inquiries at the following e-mail address: [hng@convention.hu](mailto:hng@convention.hu).

**Stay Connected.**



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# International Journal of Clinical and Experimental Hypnosis

## Call for Papers

### Evidence-Based Clinical Case Studies

The *International Journal of Clinical and Experimental Hypnosis* is issuing an invitation for authors to submit relevant and innovative Evidence-Based Clinical Case Studies for consideration for possible publication. As the Editor-in-Chief I am initiating this call for papers as clinical case study research can identify new theoretical ideas and show the potential of combining hypnosis with other therapies. Such studies can also reveal innovative applications of hypnosis and potential feasibility. Rich clinical data helps to bridge the gap between empirical research and clinical practice, as thoroughly described interventions provide clinical methods for further research and replication.

Submissions should review relevant literature, offer verbatim hypnosis transcripts, and provide empirical outcome data, discussion, and recommendations. Authors must provide scientific justification for the intervention, clearly identify the rationale, describe the intervention, and provide objective outcome data. The following guidelines should be followed by those that are interested in submitting an Evidence-Based Clinical Case Study for peer review and consideration for publication in the *International Journal of Clinical and Experimental Hypnosis*.

Evidence Based Clinical Case Studies should include the following components:

- Cover page and Abstract of 140 words or less.
- Comprehensive and relevant review of previous research.
- Appropriate informed consent must be obtained before any measures are administered.
- Description of case(s) with well-substantiated clinical diagnosis or symptom presence.
- Patient's history, referral source, and relevant details.
- At least two standardized assessment measures (completed by the patient or an independent rater) of the target symptom, problem, and/or global rating.
- Measures should be administered at least twice—at baseline and end of treatment, and may also be reported at long-term follow-up.
- Details of the hypnotic induction used, procedures used, specific suggestions.
- Data analysis of results/outcomes.
- Discussion of findings (successful or unsuccessful).
- Discussion of study limitations, implications for clinical practice, and future research recommendations.

Additional components recommended for clinical case studies:

- Assessment of hypnotizability is *strongly encouraged* as well as measures of treatment expectancy.
- Use of both self-report *and* objective (e.g., physiological) data, if available.
- Clinical transcripts and vignettes should be included to illustrate the intervention and provide enough detail to allow for clinical use or for potential replication by other investigators. Hypnosis intervention transcripts may be included as an appendix.

### Submitting your Paper

All manuscripts for *The International Journal of Clinical and Experimental Hypnosis* must be submitted to the Editor:

**Email submissions as an attachments to: [IJCEH@baylor.edu](mailto:IJCEH@baylor.edu)**

Instructions to authors can be found at: <https://www.tandfonline.com/loi/nhyp20>

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**Managing Editor: Lynae Roberts**



# 2018 SCEH Annual Conference 69th Annual Workshops & Scientific Program

*Hypnosis in Integrated/Integrative Healthcare:  
Collaborative, Connected and Creative Approaches*

## SCEH Annual Conference in photographs...

October 10-14, 2018



## SCEH Annual Conference: AWARDS & RECOGNITIONS



Every year, SCEH recognizes those individuals who have made significant scientific and professional contributions to the hypnosis community. The awards presentations took place at the conference banquet Saturday evening, October 13. This year's awards included:

### STUDENT SCHOLARSHIPS

Presented to two students who made presentations in the science program:

**Shelagh Freedman**  
**Lynae Roberts**

### ERNEST R. AND JOSEPHINE R. HILGARD AWARD

For best theoretical paper was given to two separate papers this year:

**Paul Dell** for his paper on "Reconsidering the Autohypnotic Model of the Dissociative Disorders," which appeared in the *Journal of Trauma & Dissociation*.

**Mark Jensen, Graham Jamieson, Antoine Lutz, Giuliana Mazzoni, William McGeown, Enrica Santarcangelo, Athena Demertzi, Vilfredo De Pascalis, Éva Bányai, Christian Rominger, Patrik Vuilleumier, Marie-Elisabeth Faymonville, and Devin Terhune** in recognition of their paper "New Directions in Hypnosis Research: Strategies for Advancing the Cognitive and Clinical Neuroscience of Hypnosis," which appeared in the journal, *Neuroscience of Consciousness*.

### HENRY GUZE AWARD

For best research paper on hypnosis was presented to:

**Max Coltheart, Rochelle Cox, Paul Sowman, Hannah Morgan, Amanda Barnier, Robyn Langdon, Emily Connaughton, Lina Teichmann, Nicholas Williams, and Vince Polito** for their paper "Belief, Delusion, Hypnosis, and the Right Dorsolateral Prefrontal Cortex: A Transcranial Magnetic Stimulation Study," which appeared in the journal *Cortex*.

### SHIRLEY SCHNECK AWARD

for the physician who has made significant contributions to medical hypnosis was awarded to:

**Elvira Lang** for her significant contributions to the adoption and use of hypnosis by medical professionals.

### ERIKA FROMM AWARD

For excellence in teaching was awarded to:

**Donald Moss** for his many years of generous, knowledgeable, and excellent teaching on hypnosis.

### ARTHUR SHAPIRO AWARD

For the best book in hypnosis was awarded to:

**Michael Yapko** for his book "Taking Hypnosis to the Next Level."

### BERNARD B. RAGINSKI AWARD

For Leadership and Achievement was awarded to:

**David Spiegel** for his outstanding global leadership in hypnosis research and clinical practice.

### STANLEY KRIPPNER AWARD

A new award for students or early career professionals who have made an outstanding contribution to the field of hypnosis, was awarded to:

**Samuel Kohlenberg**. Past SCEH President Stanley Krippner, for whom the award was named, attended the banquet and presented the first Krippner award to the recipient.

### PRESIDENTIAL SERVICE AWARDS

SCEH President Donald Moss recognized five individuals with for outstanding contributions to SCEH in 2017-2018:

**David Reid** for service in developing the new SCEH certification program.

**Janna Henning** for leading an initiative for diversity and inclusiveness in SCEH membership and for guiding efforts to update the SCEH legal documents.

**Shelagh Freedman** and **Ciara Christensen** for their outstanding contributions and years of service producing the SCEH Focus newsletter.

**Zoltan Kekecs** for leading an initiative to expand membership inclusiveness and to modify SCEH bylaws to support inclusiveness.

# SCEH Annual Conference: REPORT ON THE SCIENTIFIC PROGRAM

BY SHELAGH FREEDMAN AND ZOLTAN KEKECS  
SCIENTIFIC PROGRAM CO-CHAIRS

This year's Scientific Program was once again a huge success! Following the format from last year, keynote addresses were given throughout SCEH's annual conference. SCEH President Donald Moss opened the conference Wednesday evening with his address, *The Place of Hypnosis in Integrative Healthcare*. This fittingly gave an overview of the conference theme - *Hypnosis in Integrated/Integrative Healthcare: Collaborative, Connected and Creative Approaches*. After the Presidential Address, Roxanna Erickson-Klein, the seventh child of hypnosis pioneer Milton Erickson, discussed *The Past, Present and Future of Hypnosis*, sharing memories of growing up with Milton Erickson, his strong work ethic and approach to hypnosis, and her personal perspectives on the future of hypnosis.

David Patterson, professor of psychology at the University of Washington School of Medicine, captivated his large audience with a keynote addressing Hypnosis, Zen and Suffering. Bringing us up to date on his research and thoughts on the integration of Buddhist perspectives into hypnosis practice and pain treatment, he promoted viewing the mind/brain as a process rather than a dualistic entity. Elvira Lang, past-president of SCEH and founder of ComfortTalk®, a corporation providing training in hypnotic language and techniques for hospital personnel, discussed *Hypnosis in the Age of Value-Based Medicine*, and its significance for the future of hypnosis. She advocated training hundreds of thousands of health care professionals and line staff, to incorporate hypnotic language into every medical encounter.

Michael Yapko was awarded SCEH's 2018 Arthur Shapiro Award for the Best Book in Hypnosis for the fourth time in his career. In addition to his many books on hypnosis, he is known for his international training program. During his keynote, *Mood and Medicine: Depression's Stranglehold on Healthcare*, he discussed the burden of depression and how hypnosis practitioners can provide truly integrated care. Gary Elkins, another SCEH past-president, addressed the use of *Hypnotic Relaxation Therapy* as an evidence-based intervention for

integrative healthcare in his keynote. Citing extensive research, hypnotic relaxation therapy has been documented to provide benefits for persons with hot flashes, sleep disturbances, pain, sexual health, and anxiety.

The Scientific Program this year also included two invited addresses. Vince Polito, a research fellow at Macquarie University in Australia, delivered an address on the *Cognitive and Physiological Markers of Altered Agency in Hypnosis*. Recounting the evolution of his research, he shared how studying altered states in sweat lodges originally inspired his studies on the hypnotic sense of agency. Russell Hurlburt, a pioneer in the introspective exploration of human consciousness, and a Las Vegas local, provided the closing address for the annual meeting: *Exploring Inner Experience in the Natural Environment*. He discussed his methodology, the common characteristics of everyday inner experience, and guided the audience to sample and describe their own inner experience.

In addition to paper presentations, four symposia were held over the weekend. Lindsey McKernan and David Patterson organized a relevant and informative symposium, *From Training to Practicing Hypnosis in Integrative Medicine: An Empirical Case Study*, with presenters Alexandra Chadderdon, Landrew Sevel, and Shelby Reyes. Shelagh Freedman led a symposium on *Hypnosis and Memory* with Arreed Barabasz, Janna Henning, Richard Kluff, and Michael Yapko, which presented various views on the subject. Zoltan Kececs arranged and guided a discussion on *Assessing Hypnotizability in a Clinical Setting* with John Alexander, Gary Elkins, and Elvira Lang, providing many insights. Finally, inspired by the Las Vegas location, Shelagh Freedman invited stage hypnotists, Michael DeSchalit, Catherine Hickland, and Richard Nongard to share their experience and views on hypnosis during the symposium: *What Can We Learn from Stage Hypnosis? – A wonderfully educational and entertaining discussion!*

The 2018 Poster Session was particularly inspiring, with even greater participation than the past years. Saturday afternoon, presenters gave a quick overview of their poster topic during the Poster Blitz Session. The poster session, held during the cocktail reception immediately before the Award's banquet, had a large gathering of conference attendees interacting with the 16 poster presenters. There was much to examine and learn.

We look forward to working on next year's Scientific Program in New Orleans, October 16-20<sup>th</sup> 2019. Keep your eyes out for information on submission deadlines and start thinking about what you would like to see included in the program.



Shelagh Freedman



Zoltan Kececs

# PERSPECTIVES ON DIVERSITY

BY MADELINE STEIN

SCEH hosted their first annual Female-Identified Women's Breakfast at the **2018 Annual Conference**. This breakfast was hosted by SCEH President Elect, Dr. Janna Henning, and was attended by female-identified SCEH members. Dr. Henning facilitated a conversation amongst female-identified students, early career professionals, and established professional members on what changes they would like to see as SCEH works to be more inclusive of diverse populations.

As an attendee, it was exciting to meet with other female-identified participants and hear about their experiences. **Speaking for myself, it felt empowering to be asked for feedback.** While it is exciting to see SCEH move towards inclusivity, it was also frustrating to reflect on my own, and on others' experiences in a historically male-dominated organization.

At points in our conversation, I felt despondent about the lack of safety and esteem female-identified members have been met with, not only at SCEH, but within other professional organizations as well. My intention in sharing this is not to place blame, but rather to invoke readers to reflect on their own experience's and how well-intentioned gestures, and comments, may have a different impact than intended. Ultimately, **it is commendable that these, sometimes, difficult conversations about diversity are being held as SCEH moves towards being more inclusive.** I feel hopeful for the future of the organization and the hypnosis community.

**Amongst other attendees, the overarching consensus is that breakfast participants would like to see more female-identified presenters at SCEH trainings and student members would like an opportunity to receive hypnosis mentoring from female-identified people.** As a result of this breakfast, student member, Shelby Robinson, has created a SCEH Facebook group for female-identified and gender non-conforming individuals. The intention of this group is to help facilitate and encourage dialogue amongst female-identified and gender non-conforming SCEH members. Individuals who would like to participate can send their Facebook name and e-mail address to Shelby at [ssloan@adler.edu](mailto:ssloan@adler.edu) to gain access to the group.

Lastly, **as a reminder to all SCEH members** please remember that we all come from different life experiences, some may have aversions to being touched. Please remember to be thoughtful and ask for consent before touching others while at SCEH workshops and trainings.

# CALENDAR

## It's Time to Renew Your Society Membership

Please renew online or by mail before **December 14<sup>th</sup>** to help the Society achieve a strong year end finish.

Renew now online (log in required):

[https://mam.memberclicks.net/index.php?option=com\\_mc&view=formlogin&form=95682](https://mam.memberclicks.net/index.php?option=com_mc&view=formlogin&form=95682)

**RENEW  
NOW**

**January 19, 2019**

**Deadline for SCEH Call for Nominations** (see page 5 for details)

**April 26-27, 2019**

**Denver, CO**

**2019 Midyear Workshops**

*Introductory and Advanced Clinical Hypnosis Workshops*

**October 16-20, 2019**

**New Orleans, LA**

*Ace Hotel*

**2019 Annual Conference  
70<sup>th</sup> Annual Workshops & Scientific Program**

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

Bookmark our [upcoming events](#) page!

### HELP SCEH GROW!

If you have found value in your membership, we hope you will share it with colleagues and students. Prospective members can also complete an application online.

For membership details or our online application, visit:

[www.sceh.us/apply-for-membership](http://www.sceh.us/apply-for-membership)

FULL MEMBERSHIP—\$165    LIFETIME MEMBERSHIP—\$82    STUDENT MEMBERSHIP—\$49