

SCEH

FOCUS NUMBER 1

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Society for
Clinical &
Experimental
Hypnosis

Hypnosis

for the

Ages



68th Annual Workshops and Scientific Program

October 25-29, 2017

Holiday Inn Chicago Mart Plaza River North and the Chicago School of
Professional Psychology
Chicago, IL (connected via walkway)

#SCEH2017

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From the Executive Director

By Anne Doherty Johnson

As I write this, your Society is hard at work shaping this year's annual conference. We are very excited to be bringing the conference to Chicago where there is a vibrant local hypnosis group.

Each year, we ask you to take five minutes to log in and review the information in your membership profile to make sure it is current. We want to make sure that important communications reach you on a timely basis. Particularly if you have recently changed any of the following, it is important for you to ensure your info is correct:

- Mailing address
- Organizational affiliation or title
- Email address
- Recent new degrees

Please go to this link and login and review your details and make any needed adjustments. This will only take a few moments and will ensure that you do not miss any Society communications.

Also, to guarantee we land in your Inbox, please take a moment to add both info@sceh.us and anne@sceh.us to your email white list.

You are an important part of our recruitment efforts. Please share information about the Society and its programs, such as the annual conference,

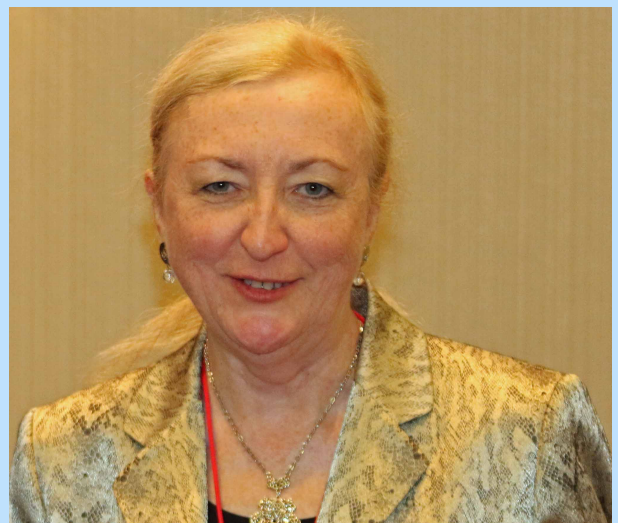
student scholarship program, member mentor program and the opportunity to network with like-minded peers. With your help, we can grow both awareness of SCEH and our membership rolls. Please send an invitation to join to a colleague or student today! Including this link will provide the recipient with access to all the details they need to know about SCEH member benefits and how to join.

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

We thank you for your continued support and look forward to seeing you in Chicago. Please help us spread the word about our 68th Annual Workshops & Scientific Program. We encourage you to bookmark the conference webpage and check back for frequent updates.

<http://www.sceh.us/2017-conference>

Anne Doherty Johnson
SCEH Executive Director



President's Column

By Gary Elkins, PhD, ABPP, ABPH

Dear Friends and Colleagues,

Plans are underway for the **68th SCEH Annual Workshops and Scientific Program**. The overall meeting Co-Chairs are **Don Moss** and **Janna Henning**. The 2017 annual meeting will be **October 25-29th** at the Holiday Inn-Chicago Mart Plaza North and hosted by the Chicago School of Professional Psychology. Please submit your scientific papers and workshop proposals. We are seeking both empirical research and clinically focused presentations. The Introductory Workshop Co-Chairs are **Eric Willmarth** and **Lisa Lombard**. The Intermediate Workshop Co-Chairs are **Scott Hoye** and **John Mohl**. The Advanced Workshop Chairs are **Drs. Ciara Christensen and David Reid**. The Scientific Meeting Co-Chairs are **Zoltan Kekecs and Shelagh Freedman**.

The theme of the 2017 annual meeting is ***Hypnosis for the Ages***. You may want to visit the SCEH web page for a welcome video from Dr. Don Moss. The program will include workshops and scientific sessions across the lifespan and also highlight what can be learned from the rich history of hypnosis. Make plans now to attend and have a great time at the 2017 annual meeting!

Also, SCEH seeks your input and involvement in our organization. If you have interest in serving on a

committee, assisting with member recruitment, certification, or other programs, please let me know of your willingness to serve. Also, with the leadership of **Janna Henning** we are seeking student SCEH members who may be interested in involvement as a student representative on selected committees. We are seeking ways to encourage and involve students and early career professionals in SCEH and the clinical and experimental aspects of hypnosis.

Along these lines, we are making progress with our *Strategic Plan* to: (1) increase membership in SCEH; (2) expand educational offerings; (3) support research mentorship opportunities; and (4) support communication with SCEH members.

Included with this issue of FOCUS you will find a copy of the SCEH membership application. Please encourage membership in our wonderful organization. You can do that by making a copy of the membership application and making it available at workshops or scientific programs you may attend or present at. Also, please reach out to your professional colleagues and let them know about SCEH and encourage them to join. We have kept dues reasonably low and the membership application is relatively easy to complete. We have established a process so that

most applications can be processed within a few weeks.

We are also making progress in expanding our educational offerings. While there are many details yet to be worked out, plans are underway for a mid-year workshop meeting in May, 2018. More details will follow, however this can provide more training in the evidence-based practice of hypnosis and clinical skills which have been identified as an important member service.

Related to our educational offerings is the SCEH Certification program. We are looking at ways to make the certification program more accessible and as an important option for our members who are clinical practitioners. Dr. David Reid is serving as Chair of this committee. We believe SCEH Certification can be an excellent way for recognizing extensive training in clinical hypnosis.

The SCEH research **mentorship program** is up and running thanks to **Dr. Zoltan Kekecs**. We are planning some ideas for the annual meeting that will allow research mentors and mentees to connect and establish productive relationships. We want to support research and experimental hypnosis and the development of effective researchers and mentorship is an important aspect.

Please also consider donating to SCEH. Each year we utilize a part of our funds to support grants to student presenters at the annual meeting. With donations, we hope to expand the scholarship funds to support more students.

With sufficient donations by individuals or estates, we hope to be able to support small grants for research. Of course, funding is the key!

To end, make plans now to attend the Annual Scientific

Meeting and Workshops, October 25-29th, 2017. If you have not already done so, send your ideas, submit proposals for papers and workshops; the program is filling up fast!

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



Gary Elkins, PhD, ABPP, ABPH
SCEH President

**Renew Your
Membership!
Click [HERE](#)**



SCEH PRESIDENT ELECT, DONALD MOSS, PHD INVITES YOU TO JOIN SCEH IN CHICAGO 2017!!

Watch a video about the conference by clicking here: <https://www.youtube.com/watch?v=EjhnNFXMwjM>



Donald Moss, PhD



Take a sneak peak at the conference hotel!

<http://www.martplaza.com/photos.aspx>



LAST CALL FOR SUBMISSIONS !

March 15, 2017

The SCEH Annual Meeting in Chicago, October 25-29, 2017

The Program Committee for the annual meeting in Chicago is making an urgent appeal: Please submit your program proposals for a scientific presentation, a poster, a skills-based workshop, or an advanced workshop now.

The deadline has been extended to March 15!

The meeting theme for 2017 is "Hypnosis for the Ages," the applications of hypnosis for each stage of life. The conference will feature keynotes, symposia, and workshops on *Pediatric and Adolescent Applications of Hypnosis*, *Current Approaches to Hypnosis in Geriatrics and End of Life Care*, and *Highlights in the History of Hypnosis*. The meeting will also include scientific presentations and posters on the *Evidence-Base of Medical Hypnosis*.

Program Chairs: Donald Moss, PhD

and

Janna Henning, PhD, JD

Conference Theme

The 2017 Annual Meeting of the **Society for Clinical and Experimental Hypnosis** will celebrate that hypnosis is "for the Ages". Modern hypnosis has a 300-year history; it is a therapy for the ages!

Clinical hypnosis has relevance for each stage in the human life cycle. The "**Hypnosis for the Ages**" conference will feature keynotes, symposia, and workshops on **Pediatric and Adolescent Applications of Hypnosis, Current Approaches to Hypnosis in Geriatrics and End of Life Care**, and **Highlights in the History of Hypnosis**. The meeting will also include scientific presentations on the **Evidence-Base of Medical Hypnosis**.

Who Should Attend

Our meeting brings together top experts in the field of hypnosis to share the latest in both research and clinical applications of hypnosis. The program is designed for Psychologists, Physicians, Social Workers, Dentists, Chiropractors, Master's level Nurses and Clinical Nurse Practitioners, other Master's level licensed mental health and healthcare professionals, and clinical and experimental researchers in the field of hypnosis.

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

SCEH Annual Workshops

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

- **Introductory (Basic) Workshop in Hypnosis** - taken as a cohort
- **Skills Workshops (Intermediate to Advanced)** - choose from a selection of topics designed to sharpen your skills or be used toward certification requirements
- **Advanced Workshops in Hypnosis** - choose from a selection of full day, half day and quarter day concurrent sessions

Site & Accommodations

The meeting program will be held in two locations -- the **Holiday Inn Chicago Mart Plaza River North** and the **Chicago School of Professional Psychology** (connected via walkway). We have secured a block of rooms at the Holiday Inn Chicago Mart Plaza River North for conference attendees. **More information coming soon!**



This year's Saturday Night
Banquet Keynote

Arreed Barabasz, PhD, ABPP

Washington State University,
Pullman



Student Scholarships for the 68th Annual SCEH Conference in Chicago

<http://www.sceh.us/scholarships-2017>

Submission deadline extended to: March 15, 2017

Please be sure to submit your scholarship application as soon as you submit a Scientific Program presentation.

In 2017, SCEH will offer a limited number of competitive scholarships. Students applying for scholarships must do so by the conference submission deadline of March 1. Please be sure to submit your complete scientific presentation proposal before you complete the scholarship application.

If you are a student and wish to apply for a Scholarship, we ask that you submit a Scientific Paper for this year's conference. Please be sure to submit your complete Scientific Paper proposal before you complete the scholarship application.

Eligibility

Full-time students who are enrolled in Masters or doctoral programs in: psychology; counselling; marriage and family therapy; medicine; dentistry or nursing, as well as interns at qualified medical and psychological training institutions, are eligible to apply. Priority is given to those who are first authors of a paper accepted for the Scientific Program who will present that paper at the meeting. All recipients must be SCEH student members.

Scholarship details

The scholarship provides a waiver of registration fees. A limited number of stipends (\$250) may be awarded for travel, lodging, and/or meals based upon scientific merit of presentation proposal. See "How to Apply" below for more information and link to the application form.

How to Apply

Please complete the online Scholarship Application. You will receive confirmation of your application via email.

For more information or questions, please contact the Scholarship Committee Chair:

Ciara Christensen, PhD - christec@slhs.org

Tips for Conference Preparation

Preparing an engaging poster can be a challenge. Here are some tools for creating a great poster for upcoming hypnosis conferences!

<http://www.cfhi-fcass.ca/PublicationsAndResources/ResourcesAndTools/CommunicationNotes/10-06-01/792275c8-da93-48dd-a7f0-98bc9d864284.aspx>

Posters for the SCEH 2017 will be accepted on a rolling basis.

Click here <http://www.sceh.us/call-for-papers> to submit



Call for Nominations

The time is near for SCEH to select our **President-Elect, Treasurer** and **Secretary** for the coming two-year term of office from 2018 - 2020. Officers will begin their terms following our 2017 Annual Conference. If you would like to nominate a person for these important offices, please forward your nomination with contact information to:

Eric Willmarth, PhD

SCEH Immediate Past President and Nominations Committee Chair
via email: ewillmarth@saybrook.edu

Self nominations are also welcome.

Deadline: Nominations must be submitted by Friday, March 24.

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

As always, if you have comments or questions, please contact me via email at:
Gary_Elkins@baylor.edu

Also, for operational and management issues, you may contact:

Anne Doherty Johnson, Executive Director

P: [617-744-9857](tel:617-744-9857) F: [413-451-0668](tel:413-451-0668)

Email: anne@sceh.us

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

Sincerely yours,

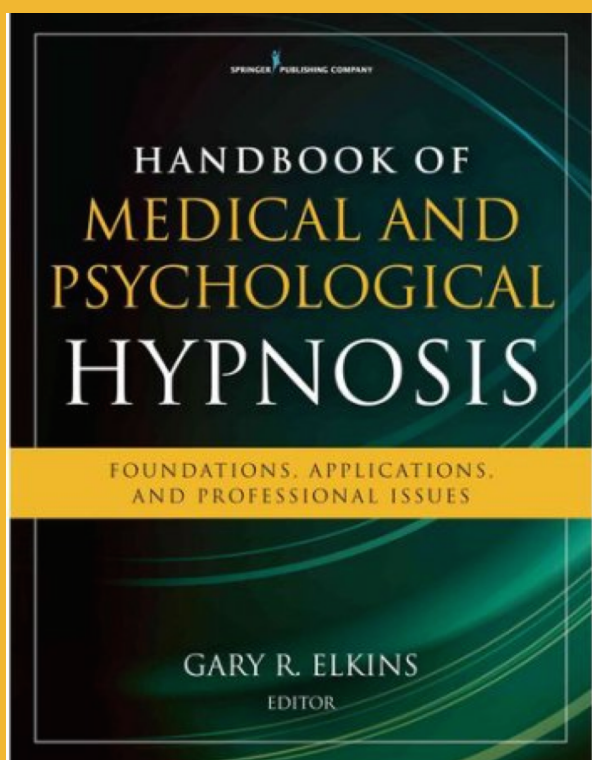
Gary Elkins, PhD, ABPP, ABPH
President

The Handbook of Medical and Psychological Hypnosis: Foundations, Applications, and Professional Issues

Reflections from an Early Career Clinician's Perspective

by Kimberly Hickman, MSCP

Kimberly Hickman is a doctoral student in clinical psychology studying with Dr. Gary Elkins in the Mind-Body Medicine Research Lab at Baylor University.



Upon receiving my copy of *The Handbook of Medical and Psychological Hypnosis: Foundations, Applications, and Professional Issues*, I was struck by the comprehensive information on hypnosis theory, research, and clinical practice. As a graduate student in clinical psychology and a “clinician-in-training,” Dr. Gary Elkins’ textbook has proven invaluable in my studies and I am grateful to have such an

up-to-date resource on medical and psychological hypnosis.

The handbook, authored by world-renowned hypnosis experts, is divided into four sections: 1) Foundations of Medical and Psychological Hypnosis, 2) Medical Applications, 3) Psychological Applications, and 4) Professional Issues. The four sections of this desk-reference allow for ease of information identification and readability.

The first section, *Foundations of Medical and Psychological Hypnosis*, provides historical background, theories of hypnosis, laws and principles, and an introduction to the foundational skills and interventions necessary to utilize hypnosis with patients.

Having attended both the introductory (2014) and intermediate workshops (2015) on clinical hypnosis at the Society for Clinical and Experimental Hypnosis, I was struck by how thoroughly the initial chapters of the text capture essential information on clinical hypnosis and how this text would likely provide a wonderful resource to those attending SCEH conferences.

The second section, *Medical Applications*, includes chapters describing both research and case examples of clinical hypnosis for medical concerns and disorders including: asthma, headaches, irritable bowel syndrome, hot flashes, dental applications, and more. Each chapter provides an overview of a particular medical problem, the relevant research on hypnosis for that disorder, case examples, and techniques or transcripts that have proven particularly beneficial in treatment. Due to my interest in interdisciplinary treatment in health psychology settings, I found the case examples and transcripts provided for each disorder to be particularly useful for training purposes.

The third section, *Psychological Applications*, similarly outlines scholarly knowledge and case examples for a wide range of psychological problems including: anxiety, stress management, depression, PTSD, and more. Additionally, this section discusses the intersection of current psychological practices, such as mindfulness and forensic interviewing, with hypnosis research, theory, and practice. The inclusion of case examples and transcripts also provides clinicians with useful and creative ways to verbalize targeted suggestions and induction techniques.

The final section, *Professional Issues*, provides guidance on ethical considerations, precautions, research methods, placebo effects, and certification in clinical hypnosis. This section is especially useful to those wondering how to continue to learn and stay involved within hypnosis research and practice. I was particularly grateful for

the extensive inclusion of relevant research on professional issues as a means of deepening my understanding of how and when to incorporate hypnosis into my training.

Overall, the *Handbook of Medical and Psychological Hypnosis* provided an in-depth and engaging overview of clinical hypnosis and disorder specific information on the use of hypnosis for over 50 medical and psychological concerns. As an early-career clinician, the textbook has proven invaluable for both my evidence-based clinical work and research purposes. In particular, each chapter benefits from the rich experiences and knowledge base of each author and the textbook's editor, Dr. Gary Elkins. As it has during my graduate training, I am confident that Dr. Elkins' handbook will serve as an informative and essential desk-reference for years to come.



Kimberly Hickman, MSCP

The Role for Psychologists in Palliative Care and Hospice Care by Dr. Paul Gunser, PsyD

Abstract

Palliative Care and Hospice Care are areas ripe for psychological interventions. As a profession we offer a host of techniques, compassionate evidenced based interventions and technological approaches such as biofeedback. Palliative and Hospice Care departments and teams are evolving and available at most facilities caring for seriously ill patients. As psychologists we need to become better informed and trained in these areas of patient and family needs. A number of studies have already substantiated the value of psychological care and case studies will also be presented demonstrating the pre and post status outcomes after psychological interventions.

Background

I have been a member of the St. John's Riverside Hospital Palliative Care Department for several years. Among our members are two Pastoral Care Counselors, a Palliative Care Certified Physician, a Palliative Care Nurse Coordination, a Director of Nursing and additional professionals from our hospital (nurse educators) and a Hospice Nurse from Cavalry Hospital.

At this point I would like to make a distinction between

Palliative Care and Hospice. Whereas Palliative Care refers to providing physical, emotional and spiritual pain relief and comfort interventions when the patient still is receiving aggressive treatments, Hospice Care is end of life care while the patient no longer receives active treatments to address their disease. However, comfort measures are instituted such as appropriate pain management as well as comfort care is offered (Rome RB, 2011 Winter).

The World Health Organization also notes that Palliative Care focuses on psychosocial, spiritual and pain management intervention to improve patient's quality of life and support their caregivers as well (WHO, 2002).

The Veterans Administration hospital system has instituted training programs for psychologists as well as other health care professionals. Fellows in the Psychology Post Doctorate program receive training in areas encompassing but not limited to terminal illness treatments, grief and bereavement, symptom management (i.e., pain), ethical considerations,

etc. (Reviewed by Hsu, 2015; 2002).

Depression and Anxiety are frequently present when patients face serious or life threatening diseases. As psychologists we are often asked to perform diagnostic consultation and therapy for these patients. Sometimes they are also receiving psychotropic therapy but talk therapy including cognitive therapies are also helpful, if not necessary. Depression is often manifested by vegetative signs, including anergia, concentration difficulties, insomnia, and of course depression.

Chemotherapeutic agents and opiates may also mimic depressive symptoms. Therapy should consider encompassing "dignity therapy", which involves a life review. Psychotherapy should also address both the patient's anger, depression, pain as well as the anguish experienced by the members of the patient's family. In patients receiving these interventions, depression decreased, quality of life improved and some modest improvement in longevity was observed. (Sean Marks, 2013 August).

In the capacity of a clinical psychologist, I receive consultation requests from the attending physician to evaluate and perhaps treat inpatients with serious illnesses and often times end stage disease. After performing my initial assessment, I ask the patient if they desire interventions from me after providing a description of how I might be able to offer some relief for their suffering. A majority of these patients indeed request that I see them for treatment.

In addition, I make myself available to the patient's family members with the patient's permission. Often times they are also in need of emotional and spiritual support. As a psychologist trained and certified in Pain Management, I am able to incorporate hypnotherapeutic interventions such as diaphragmatic breathing and guided imagery to offer relief of physical pain, depression and anxiety.

In one particularly rewarding case, the patient had a stage four cancer. She was very depressed and in severe pain on a morphine drip. Her affect was demonstrative of severe depression and pain with no eye contact and barely enunciating her verbal responses during the initial interview. She was asked if she would like help with reducing her pain. I further explained that I do

not use any medications. The patient nodded indicating that she was receptive to my proposed intervention. The next day I returned and applied a hypnotic procedure as described above. After five minutes I asked the patient in her native Spanish for her pain level (0-10 is the Pain Scale used where 10 is the extreme pain level). The patient indicated that her pain was reduced by nine points. She was smiling with full eye contact. Her depression and anxiety also were responsive to the intervention. I returned as a follow-up two days afterwards. The patient indicated that she no longer required the morphine. Her nurse was in the room at the time and verified that the morphine drip was removed the day before. The patient's pain level was at zero. Two days later the patient was discharged from the hospital so we were unable to establish any long term effects of the intervention. Needless to say, this was a most gratifying outcome not only for the patient but for this practitioner as well.

In essence, a review of health care professionals knowledge of hypnosis and separating fact from fiction was lower than might be expected. This unfortunate fact may hinder the appropriate use of complementary approaches such as hypnosis for

improving patient's quality of life. Further training for health care professionals is urgently needed. (Geetha Desai, 2011 May-Aug)

Relaxation Exercises such as Herbert Benson's, MD Relaxation Response and similar approaches may be of benefit to patient's in Palliative Care as well as Hospice Care. According to a Pub Med article "Relaxation techniques for chronic pain," relaxation techniques are "an integral part of psychological therapy for chronic pain." (Schmerz, 2011).

Psychologists play a most necessary role in providing support to the other clinicians in addressing the needs of severely ill patients as well as others. We have a responsibility to educate medical staff and hospital administrators where psychologists have not yet been accepted as members of the medical staff. Palliative Care and Hospice Care are two areas that lend themselves to our participation in providing necessary services to these patient populations. In the Mayo Clinic's End of Life article, hospice care in particular is discussed as a means of helping people "feel better and live longer." (DeANGELIS, 2002 March).

Dr. Benjamin R. Greenberg and colleagues (conducted a feasibility study of biofeedback assisted stress management on patients with

non-small cell lung cancer. Their findings were that overall these interventions did improve respiration, heart rate variability, coping and reduce stress in treated patients. Due to the drop-out rate of participating patients, the study had to be prematurely terminated (Greenberg, September 2015).

In the article “Practical Challenges of Recruitment and Retention when Providing Psychotherapy to Advanced Breast Cancer Patients” the authors noted that their efforts at recruitment of advanced stage cancer patients failed possibly due to inadequate recruitment strategies (Sheila N. Garland, 2009).

Perhaps this is a lesson we can learn from in as much as better education of health care professionals will lead to improved information being conveyed to patients and their families about palliative and hospice care.

Summary

Palliative care provides interventions while patients receive active treatments such as chemotherapy, radiation therapy or post-surgical intervention. Hospice Care addresses the needs of the dying patient as well. Hypnosis, relaxation exercises, cognitive and supportive therapies have demonstrated efficacy when working with seriously ill and

dying patients as well as treating their family members.

As a profession, we need to become more educated about the assessment and treatments available for both palliative care and hospice patients. Better informed clinicians makes for better approaches of educating the public, patients and their families when the needs arise.



Paul Gunser, PsyD, BCIA-Senior Fellow, BCN, ABMPP Member, SCEH Diplomate, American Academy of Integrative Pain Management. Attending Psychologist, St. John's Riverside Hospital

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Geetha Desai, S. K. (2011 May-Aug). Hypnotherapy: Fact or Fiction: A Review in Palliative Care and Opinions of Health Professionals. *Indian J Palliat Care*, 146-149.

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WHO. (2002). WHO Definition of Palliative Care. *WHO*.

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.

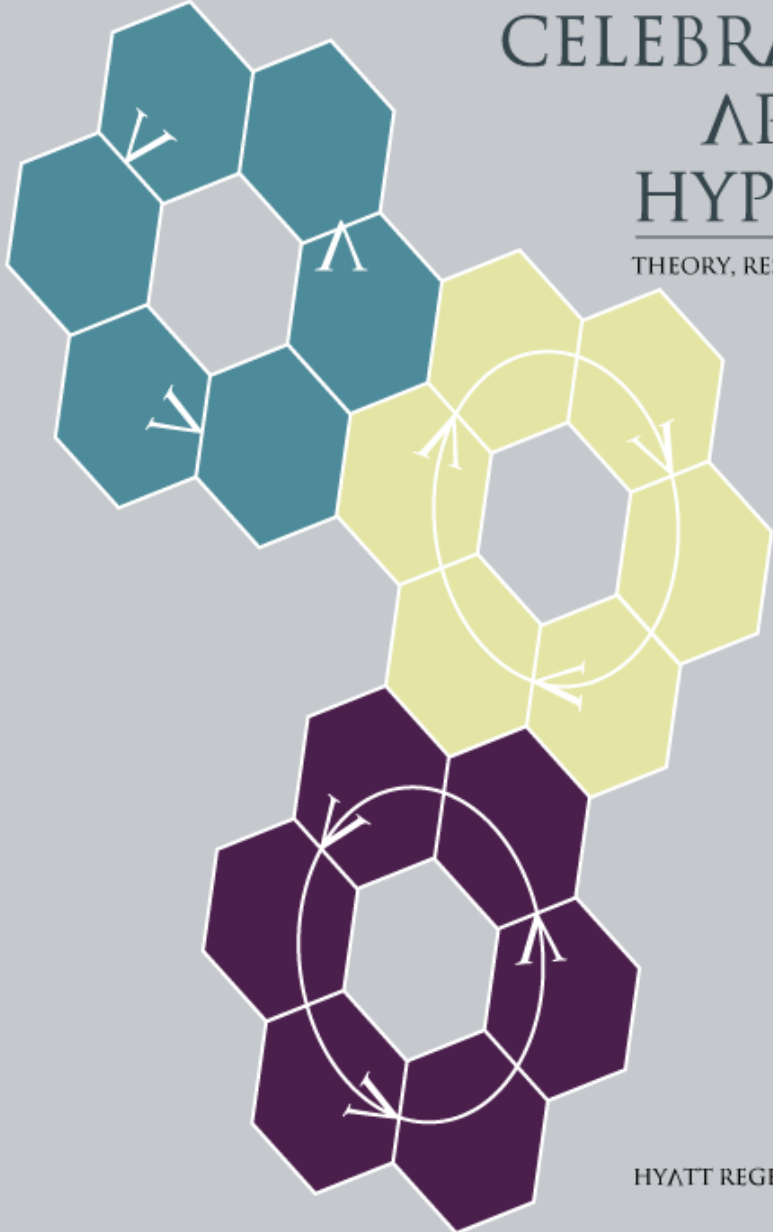
For membership details or our online application, visit:

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

Upcoming Conferences

**ASCH Scientific Meeting and Workshops - Phoenix, AZ
March 18-21st 2017**

<http://www.asch.net/Education/2017AnnualMeeting.aspx>



AMERICAN SOCIETY OF CLINICAL HYPNOSIS-
EDUCATION & RESEARCH FOUNDATION

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MARCH 18-21, 2017
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59TH ANNUAL SCIENTIFIC MEETINGS & WORKSHOP

APA Convention, Division 30
August 3-6th 2017
Washington, DC
<http://www.apa.org/convention/>



SOCIETY OF PSYCHOLOGICAL HYPNOSIS

**Registration for the 2017 APA Annual Convention in Washington, DC,
begins April 17.*

Renew Your SCEH Membership!

Click [HERE](#)



SAVE THE DATE! The XXI World Congress of Medical and Clinical Hypnosis is coming to Montreal, Canada from August 22-25, 2018.

<http://www.ishhypnosis.org/triennial-congress/invitation-to-congress/>

This communication addresses healthcare professionals, researchers and all persons interested in clinical and medical hypnosis. After Rome, Bremen and Paris, Montreal is proud to host the XXI World Congress on North-American soil.

This congress, offered by the International Society of Hypnosis (ISH) every three years, will provide a unique opportunity to work with researchers and clinicians who are members of over 35 hypnosis societies from around the world. Find out what clinical applications, research and new techniques they are working with and how this can apply to your work.

You want to learn and meet people? Perfect, [register and attend](#). You want to share your knowledge and experiences? Great, submit an abstract before **October 15, 2017**.

Visit us this spring at www.hypnosis2018.com to view our keynote speaker announcements and to

participate in the Call for Abstracts. The abstract deadline is **October 15, 2017**.

Registration is already open at the SUPER EARLY-BIRD RATE of \$625 CAD (\$470 US) for individual members of ISH or \$725 CAD (\$540 US) for non-members, which includes coffee breaks, lunches, Opening Ceremony and Welcome Reception, and congress materials. This represents \$270 CAD of savings compared to the final registration fees. Furthermore, the foreign exchange from USD to CAD is very favorable at the moment.

If you have never been to Montreal before, this is your perfect chance to come and visit the beautiful province of Quebec and the mythical city of Montréal where European charm meets North America. The Organizing Committee is eager to welcome and charm you at the XXI ISH World Congress of Medical and Clinical Hypnosis: Montreal 2018!

SCEH Member News

Harvard Business School Finds Hypnosis Can Make a Difference

Making a Difference: Beating Pain with Brain Power

Dr. **Elvira Lang** is a former Harvard Medical School professor and the founder and **CEO of Comfort Talk** <https://comforttalk.com> discusses applications of hypnosis and how hypnotic intervention can make a difference.



Click here to watch an interview with Dr. Lang

<https://www.alumni.hbs.edu/campaign/making-a-difference/Pages/individual-spotlights.aspx?num=5985-Dr.-Elvira-Lang-AMP16>



SCEH Member News



Joe Tramontana, PhD:

Presenting a paper at the World Congress for Psychotherapy in Paris, France in July, 2017. The title of his presentation is "Hypnotically Enhanced Psychotherapy."

Connect with SCEH on Social Media

Linked in

<https://www.linkedin.com/company/society-for-clinical-and-experimental-hypnosis>

Find us on f

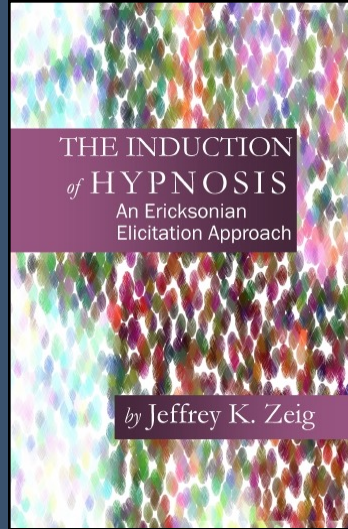
<https://www.facebook.com/scehus/>

SCEH Member News

New Books by Jeffrey Zeig, PhD

The Induction of Hypnosis:
An Ericksonian Elicitation
Approach

[https://www.erickson-foundation.org/
product/the-induction-of-hypnosis/](https://www.erickson-foundation.org/product/the-induction-of-hypnosis/)



Psychoaerobics
AN EXPERIENTIAL METHOD TO EMPOWER THERAPIST EXCELLENCE



Jeffrey K. Zeig

Psychoaerobics:
An Experiential Method
to Empower Therapist
Excellence

[https://www.erickson-
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psychoaerobics/](https://www.erickson-foundation.org/product/psychoaerobics/)

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FOCUS Co-editor

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Shelagh Freedman,
FOCUS Co-editor

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

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- ❖ Awards or public recognition received
- ❖ Promotions, job changes, retirements
- ❖ New ways you are using hypnosis in your practice
- ❖ Articles you have written
- ❖ Recently published books
- ❖ Recent talks
- ❖ Events you are hosting
- ❖ An important milestone you are celebrating
- ❖ Research or special projects you are now undertaking
- ❖ Other items you think would be of interest to the membership
- ❖ Photos of the above (please include a caption)

Please send your news and photos to the FOCUS editors at: focus@sceh.us

SCEH reserves editorial rights over all submissions.

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About the Society for Clinical and Experimental Hypnosis (SCEH)

SCEH Membership Levels Full Membership: \$150

Lifetime Membership: \$75

Student Membership: \$45

Our Mission

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

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

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

Membership

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

For more information about joining SCEH please go to

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