

NOTES FROM THE EXECUTIVE DIRECTOR Anne Doherty Johnson



Society for Clinical &
Experimental Hypnosis

FOCUS

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SCEH Focus is published four times a year.

Plans for our 66th Annual Workshops and Scientific Session in Orlando are well underway. Watch your email inbox for more details and a call for presentations for the Annual Workshops and Scientific Session, including symposia, panels and posters.

The SCEH Annual Conference is a great opportunity - where like-minded professionals can collaborate, practice, and apply the best in hypnotic research and practical technique. As the Conference Committee reviews submissions, we'd like to ask you to tell us what you'd like to see at our upcoming event. Send us your ideas on topics you would like to learn more about, or that would address challenges in your practice, teaching or research.

One innovation we are excited about for our upcoming conference is a Flipped Classroom Introductory Course. In a flipped classroom, a number of education modules are available online in advance of the conference, with the course culminating in an on-site program where participants can practice live what they have been learning online.

In May, SCEH will be launching a strategic planning process. Watch for a brief survey as we reach out to determine ways we can better serve you. Drop us a line anytime with your suggestions and news. Finally, if you haven't yet answered our call to renew your membership, please renew this month, so that you can continue to receive membership benefits and support our efforts on your behalf.

Best regards,

Anne Doherty Johnson
Executive Director

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PRESIDENT'S COLUMN

Eric K. Willmarth, PhD

A good friend of mine told me the other day that she is “thriving with hypnosis”. I asked at what level she was referring to and she shrugged and said “All of them I guess; personally with my own health, professionally in my private practice and socially in the hypnosis community”. “The Hypnosis Community” is a term that strongly resonates with me. Having attended meetings of SCEH for over 25 years as well as ASCH, ISH, and more recently the European hypnosis meetings, I find that I’m truly blessed with the number of friendships that I have developed inside the worldwide hypnosis community.

Some of this I think is related to the quality of the individuals drawn to the field of professional hypnosis. When I first started the Living History of Hypnosis video project many years ago, I put together a collection of video clips of “Favorite Stories” about hypnosis that were offered. I think everyone who saw this first collection was struck by the caring, compassionate and passionate physicians, psychologists and therapists who shared their stories.

One of these luminaries told me that “those in hypnosis are not like fishermen, but photographers”. He explained that when a fisherman learns a new trick or finds a good fishing hole, he guards his secrets carefully. A photographer on the other hand, can’t wait to tell you all the details of a great picture they’ve taken. “Lens, aperture, lighting, shutter speed, they tell you every detail to make you more successful too”. This has certainly been my experience with the men and women in the community of hypnosis.

This is also why the SCEH officers and committee

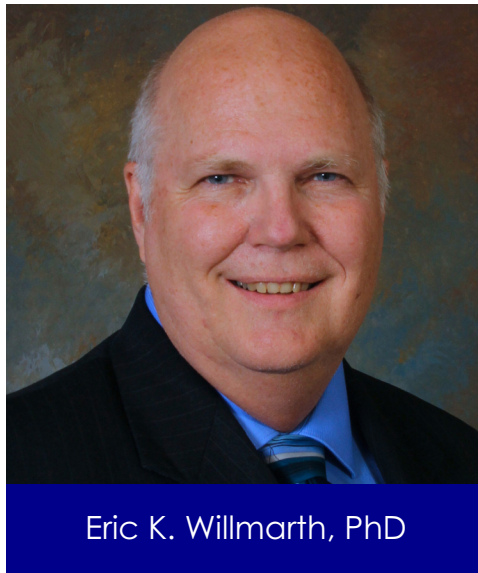
members work so hard to create the learning and social opportunities that make up our Annual Meetings. This year, Dr. Michael Nash has agreed to be our Conference Chair and selected the title “Hypnosis for the Professionally Curious”. Those of you with a sense of history will appreciate the context of this title. Joining Dr. Nash will be Dr. David Godot and Dr. Scott Hoyer organizing the Basic Workshop, Elvira Lang, MD, presenting the “Flipped Classroom” project, Dr. Marcia Greenleaf and Dr. Laurie Lipman will again organize the Intermediate Workshops, while Dr. Philip Shenefelt and Dr. Claire Frederick will chair the Advanced Workshop program. Probably the most active member of your 2015 Program Committee is our Science Chair, Dr. Devin Terhune, who along with Shelagh Freedman has already contacted a number of

keynote presenters that will make this year’s program one of the best ever! Shelagh and Werner Absenger continue to excel in putting together these newsletters. All of this work has been expertly coordinated by our Administrative Director, Anne Doherty Johnson, who has offered a number of fresh ideas to make our Society stronger.

In terms of making our Society stronger, President-Elect Dr. Gary Elkins will soon be leading a strategic planning retreat to help map out our next 5 years of

growth and service to the hypnosis community. Each of you reading this can start now in growing our community. If each member could recruit one new member, we would double our membership! Dr. Arreed Barabasz recently sent in 5 new member applications. I’ll bet some of you could do that too! Better yet, come to the 2015 Annual Meeting in Orlando and bring one person with you. The more that attend, the more opportunity we all have to thrive in the hypnosis community!

Eric K. Willmarth, PhD
SCEH President



Eric K. Willmarth, PhD

CALL FOR SUBMISSIONS

ADVANCED WORKSHOPS,
RESEARCH PRESENTATIONS,
SYMPOSIA & POSTERS

MAY 15TH 2015

WWW.SCEH.US/2015-CONFERENCE 

SCEH 66TH ANNUAL
WORKSHOPS &
SCIENTIFIC SESSION

SEPTEMBER 30TH -
OCTOBER 4TH 2015

SCEH 66th Annual Conference Keynote Speakers



Deirdre Barrett, PhD

Department of Psychiatry,
Harvard Medical School
and Past President of the In-
ternational Association for
the Study of Dreams and of
the American Psychological
Association's Division 30



Paul F. Dell, PhD, ABPP

Past President at the Interna-
tional Society for the Study
of Trauma and Dissociation
and Director of the Trauma
Recovery Center in Norfolk,
Virginia



**Maximilian Muenke,
MD, DABMA**

Chief & Senior Investigator of
the Medical Genetics Branch
of the National Institute of
Health

Saturday's Banquet Address



Amir Raz, PhD, ABPH

Canada Research Chair in
the Cognitive Neuroscience
of Attention, Faculty of
Medicine, McGill University
and Director of the Clinical
Neuroscience and Applied
Cognition Laboratory at the
Lady Davis Institute for
Medical Research at the
Jewish General Hospital

APA Division 30

Student Scholarships for Training in Hypnosis

Deadline: May 20th 2015

The Society of Psychological Hypnosis (APA Division 30) is pleased to offer a special opportunity to all eligible students enrolled in graduate level clinical or counseling psychology programs. Division 30 will hold a full-day pre-convention workshop on clinical hypnosis on Wednesday, August 5th in Toronto, Ontario, Canada. Attendees will learn the basic uses of hypnosis as a tool to augment therapeutic interventions. The Executive Committee has created two scholarships for any eligible graduate student who attends this workshop.

Awardees will have the workshop fee waived, and will not have to pay a registration fee. However, they will still be accountable for all other associated costs (e.g., travel, food, etc.).

Guidelines and eligibility requirements can be found on the first page of the application. The application can be found here:

<https://www.surveymonkey.com/s/HypnosisWorkshop>

Because there are a limited number of scholarships available, applicants may be selected based on the merit of their application by an appointed committee of Division 30 members. Applications are due by May 20th.

Questions may be sent to:
John Mohl, PhD
Membership Chair of Division 30
John.Mohl@bucks.edu

Wark Family Prize in Hypnosis and Neuroscience

\$5000

David Wark, PhD, ABPH, is thrilled to announce The David Wark Family Prize for an original paper that both advances neuroscience knowledge and enhances the practice of hypnosis. Initially, the award is \$5,000

David Wark, PhD, ABPH, is an Emeritus Professor of Psychology, University of Minnesota, and a former Board Member of the Society of Clinical and Experimental Hypnosis. He is a Diplomat of the American Board of Psychological Hypnosis.

Wark started graduate school, almost 60 years ago, in a program sponsored by the Ford foun-

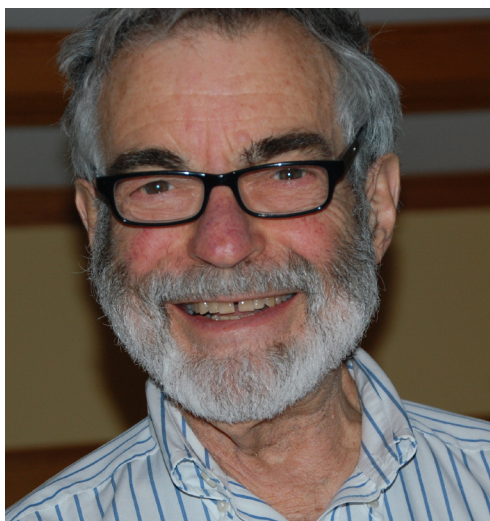
dation. It was designed to train students in a then new interdisciplinary specialty labeled "Behavioral Sciences". Says Wark, "We never quite pulled off the integration, in part because we were all pretty naive, and in part, I think, because our mentors weren't sure about integrating cross-disciplinary research. Now, at the end of my career, I think it's time to try again. But instead of starting with graduate students, I considered focusing on mature clinicians and scientists. To celebrate my last birthday, my children and family made that dream possible. I'm thrilled to announce the Wark Family Prize in Hypnosis and Neuroscience. It will be given to the author, or authors, of an original

paper in English that “Advances neuroscience knowledge and enhances the practice of hypnosis”.

Currently the judges from the field of hypnosis are Amir Raz, PhD, McGill University, and Mark Jensen, PhD, University of Washington. From specialization within neuroscience, the judges are Tobias Egner, PhD, Duke University, Axel Cleeremans, PhD, Université Libre de Bruxelles, and John Gabrieli, PhD, Massachusetts Institute of Technology.

Wark said, “I started my career by teaching college students how to learn more effectively. Hypnosis was one of the techniques that seemed to be useful. Over time, I have helped establish the value of alert, eyes open hypnosis, especially as it relates to academic, sport, and other kinds of performance. Moreover, since the early days of my training, there have been great and continuing discoveries in neuroscience. My long-term vision is for a clearer, more useful integration of both those fields. To that end, the prize is designed to stimulate investigation and interaction between specialists in clinical hypnosis and neuroscience. I am grateful to the officers and staff of the American Society of Clinical Hypnosis, and the ASCH-Education and Research Foundation, but especially my wonderful and loving family, for making it possible”.

For information about submission, judging criteria, dates and deadlines, send questions about the Wark Family Prize to: wfp@asch.net



David Wark, PhD, ABPH

Call for Advanced Workshop Submissions

Deadline: May 15th 2015

The Advanced Workshop Co-Chairs are now accepting submissions for the Advanced Workshops in the Society for Clinical and Experimental Hypnosis' 2015 Annual Scientific Meeting and Workshops - September 30th to October 4th in Orlando Florida.

Although it will be necessary for you to fill out the form on the SCEH website:

<http://www.sceh.us/call-for-adv-workshop-proposals>

We also need for you to submit directly to us as well.

Directions for Direct Submission

Your submission should include:

- an abstract and
- a very brief biography

It should be emailed directly to the two workshop chairs:

Philip Shenefelt, MD
pshenefe@health.usf.edu
(813) 974-4270

Claire Frederick, MD
montamat1@sbcglobal.net
(617) 733-3654

If you have any questions before you submit, or at any point in the process, please do not hesitate to get in touch with either of them.

Hypnosis Research Update Conference 2015: Paris, France

The ISH board of directors and the 2015 ISH World Congress organizing committee are pleased to announce that a one-day hypnosis research update conference will be held on August 26th in Paris, just before the 2015 ISH World Congress.

The idea for this conference grew from the recognition that there are a handful of scientists around the world who are actively addressing important questions regarding the effects and mechanisms of hypnosis as a part of their research programs, yet there are limited venues for discussing these findings with other scientists who are also studying hypnosis and related phenomena as a result, many scientists present their findings at scientific conferences that might not include as participants some of the best scientists studying hypnosis.

For example, the handful of researchers who are studying the efficacy and mechanisms of hypnotic analgesia normally present their findings at national and international scientific pain conferences. While they may get an enthusiastic response to their findings from pain researchers, they do not get the kind of feedback or scientific interaction that helps them push their thinking forward regarding hypnosis, because the scientists at these meetings are not hypnosis experts. Currently, there are no international meetings that

leading hypnosis researchers consistently attend where they can present their newest research findings and obtain critical feedback and scientific discourse about the state of the field.

Given that important components of ISH's mission are to "...stimulate and improve research, discussion, and publications pertinent to the scientific study...of hypnosis," "...encourage cooperative relations among scientific disciplines with regard to the study... of hypnosis" and "...promote scientific events...about hypnosis", the ISH board

thought to address this problem by one-day conference that would address these goals. Our plan is to have an intimate meeting of a small group of 10 to 12 hypnosis researchers whose work is on the cutting edge of the field; to give them an opportunity to present their findings to other hypnosis researchers, and

facilitate discussions that would move the science of hypnosis forward.

The theme of the conference is "Neuroscience and Hypnosis: Implications for State and Non-State Views." As of mid-March, 2015, eleven scientists have agreed to participate in the event (Wolfgang Miltner, PhD, Germany; Graham Jamieson, PhD, Australia; Christian Rominger, PhD candidate, Austria; Devin Terhune, PhD, United Kingdom; Giuliana Mazzoni, PhD, United Kingdom; Athena Demertzi, PhD, Belgium; Patrik Vuilleumier, Switzerland; PhD, Éva Bányai, PhD,



Marie-Elisabeth Faymonville, MD, PhD, and Mark P. Jensen, PhD
Co-Organizers of the 2015 Hypnosis Research Update Conference

Hungary; Vilfredo De Pascalis, PhD, Italy; as well as the event's co-organizers, Mark P. Jensen, PhD, USA, and Marie-Elisabeth Faymonville, MD, PhD, Belgium).

The event will be organized to allow for 40 minutes for specific participants to discuss their newest research findings with the group, and also have time set aside for a general discussion of the findings. The meeting will result in a final report that will be available to ISH members, the primary findings of which we also plan to submit for publication. We are also planning for the meeting to be videotaped, so that ISH members and students can have access to the presentations and discussions.

We anticipate a highly successful conference that will provide a forum for new hypnosis research findings and facilitate international communication and future collaborations. The ISH Board of directors will evaluate the meeting, and use this evaluation to plan another similar event at the 2018 World Congress, or even consider a stand-alone international hypnosis conference that focuses on the science of hypnosis sometime sooner. We are very excited about the benefits that this and future similar meetings will have on improving our scientific understanding of the effects and mechanisms of hypnosis.

For more information:

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

Mark P. Jensen and Marie-Elisabeth Faymonville
Co-Organizers of the 2015
Hypnosis Research Update Conference

Save the Date!

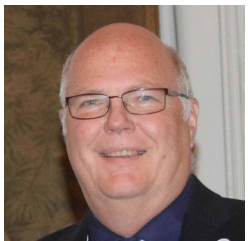
HYPNOSIS FOR THE PROFESSIONALLY CURIOUS

66th Annual Workshops
& Scientific Session

Sept 30th – Oct 4th 2015
Rosen Plaza Hotel
Orlando, Florida

www.sceh.us/2015-orlando 

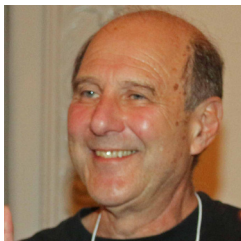
THANK YOU VERY MUCH!



Eric K.
Willmarth, PhD



David
Patterson, PhD



David
Spiegel, MD

The Society would like to acknowledge the financial support of the following individuals who responded to a fundraising challenge at our 2014 meeting in San Antonio.

Thank you for your support:

Eric K. Willmarth, PhD
David Patterson, PhD
David Spiegel, MD

The Chicago Society of Hypnosis

The Chicago Society of Hypnosis (CSCH) is re-forming after a brief hiatus. SCEH members Stephen Kahn and Scott Hoyer are working with the interim Board of Directors to reestablish the organization. CSCH will begin hosting trainings, presentations and workshops in the Chicago area beginning in May 2015.

For more information: www.hypsociety.com | www.facebook.com/hypchicagosociety

National Pediatric Hypnosis Training Institute (NPHTI) Workshops



Pamela Kaiser, PhD, CPNP, CNS, and
Daniel P. Kohen, MD, FAAP, FSCEH, ABMH

Co-Founders and Co-Directors of the National
Pediatric Hypnosis Training Institute (NPHTI)

www.nphti.org



As Co-Founders and Co-Directors of NPHTI (National Pediatric Hypnosis Training Institute) we are pleased to announce the 2015 NPHTI Workshops - Introductory, Intermediate, and Advanced Workshops in Pediatric Clinical Hypnosis, scheduled for October 15-17th at the Crowne Plaza Hotel in Minneapolis, MN.

These skill development workshops are designed for those who care for children and adolescents regularly in their practice. The Intermediate Workshop is specifically for those who have already had the PEDIATRIC-SPECIFIC Introductory Workshop (such as that provided by NPHTI 2010-2014 or under the auspices of our prior sponsor, the Society for Developmental and Behavioral Pediatrics - SDBP - from 1987-2009) and are utilizing hypnosis with children on a daily or near-daily basis.

The full brochure can be viewed at:

www.cmecourses.umn.edu

Scroll down to October 15-16-17th for further information and registration.

Introductory Workshop:

http://cme.ahc.umn.edu/Scripts/4Disapi.dll/4DCGI/events/Register.html?Action=Register&ConfID_W=389

Intermediate Workshop:

www.cme.umn.edu/interpedshypnosisreg

Advanced Workshop:

www.cme.umn.edu/advpedshypnosisreg

Please feel free to share this information and these links with your colleagues, graduate students, or residents who work with children.

RESEARCH NEWS:

MEDICAL HYPNOSIS IN BREAST CANCER SURVIVORS (MHBCS)

WERNER ABSENGER, MSc, PhD CANDIDATE
(ADVISOR ERIC K. WILLMARTH, PhD)

Evidence suggests that cancer-related sickness behavior is a cytokine-induced inflammatory symptom cluster. Sickness behavior symptoms can include fatigue, reduced appetite, sleep disorders, altered mood and cognition (“chemo brain”) and major depressive episodes. Sickness behavior can manifest during and after cancer treatment, negatively impacting the quality of life of cancer patients and survivors long after active treatment.

The purpose of this study was to conduct research to refine our current understanding of medical hypnosis’ (a mind-body intervention) effects on interleukin-1 beta (IL-1 β) expression in breast cancer survivors. Breast cancer survivors randomly received either a medical hypnosis intervention (n = 15) or a white noise sham hypnosis intervention (n = 9).

Saliva to assess IL-1 β was collected at baseline and immediately following the hypnosis or sham hypnosis session. Participants also provided answers to a 2-question qualitative pre-hypnosis and an 8-question post-intervention questionnaire to gain a better understanding of the re-



Werner Absenger
MSc, PhD candidate

search participants’ subjective experiences of medical hypnosis.

Assessment of hypnotic ability, utilizing the Stanford Hypnotic Clinical Scale for Adults (SHCS:A) was the final step for research participation.

White noise sham hypnosis intervention

This control group received 46:30 minutes of recorded white noise (SimplyNoise v1.3, Reactor LLC, downloaded from www.simplynoise.com) presented in the context of medical hypnosis. Research participants received the same recorded instructions as participants in the medical hypnosis group, however, they were further informed that:

- their medical hypnosis intervention utilized white noise, and
- the effects of the medical hypnosis were being produced by alterations in the frequency of white noise and that participant should try to focus on the white noise throughout the medical hypnosis session (Kendrick et al., 2012).

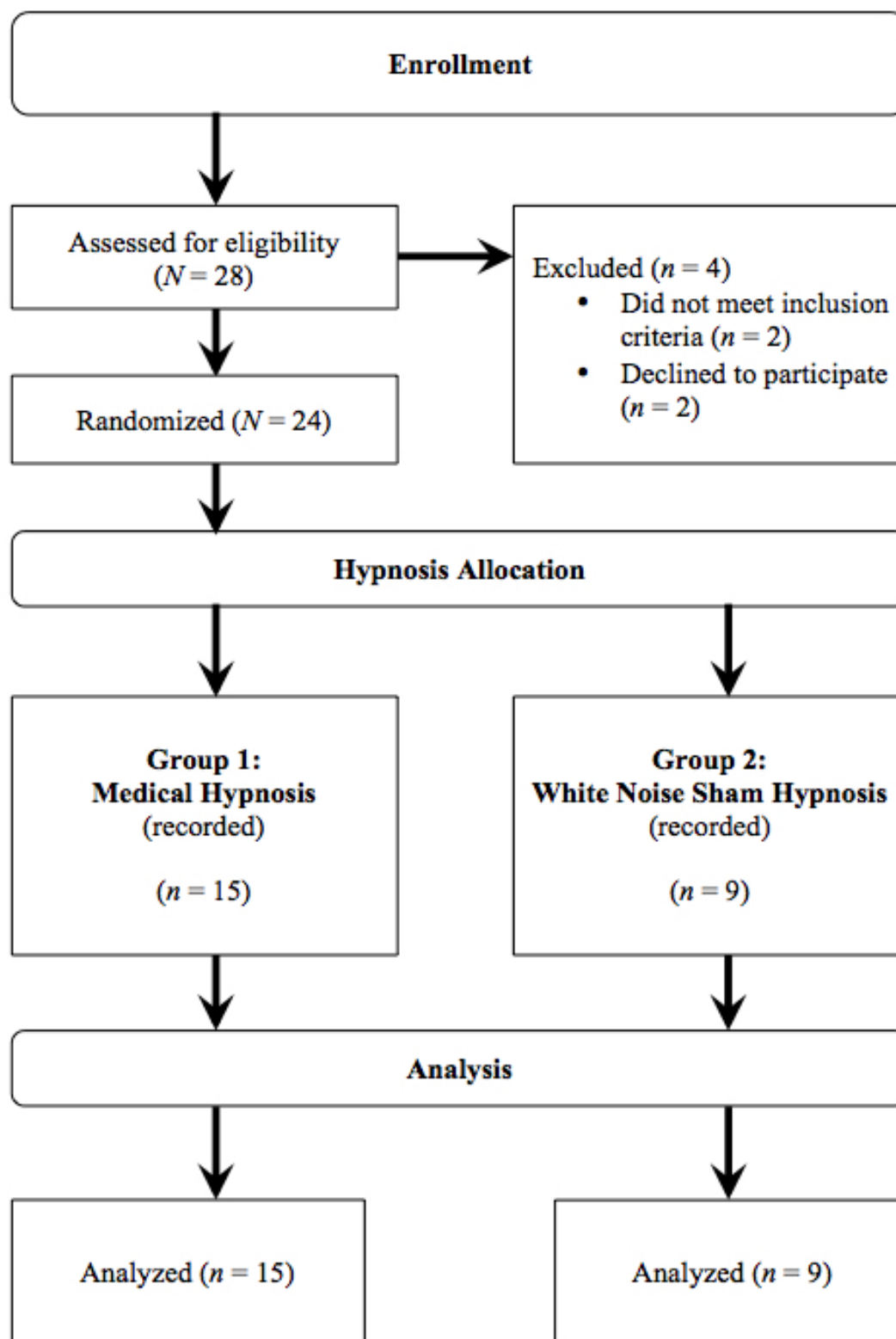
Medical hypnosis intervention

To ensure consistency of the medical hypnosis intervention, this group received 46:30 minutes of prerecorded medical hypnosis, spoken and recorded by the researcher. The medical hypnosis intervention consisted of a single session medical hypnosis adapted from “Hypnosis Induction and Suggestion Protocol Immune and Endocrine Balancing (Wood et al., 2003, pp. 194-96). The researcher provided the hypnosis session in a one-on-one therapeutic encounter.

The medical hypnosis protocol sequence was as follows:

- Induction and deepening: Barber’s “A Naturalistic Hypnotic Induction” (Hammond, 1998, pp. 35-37)
- Deepening technique involving focusing on the participant’s breath (Hammond, 1998, pp. 75-76)

Flow diagram of research participants' progress through the phases of the Medical Hypnosis in Breast Cancer Survivorship (MHBCS) study.



Note. This figure is adapted from Schulz KF, Altman DG, Moher D, for the CONSORT Group. CONSORT 2010 Statement: Updated guidelines for reporting parallel group randomized trials. BMJ 2010; 340:c332.

- Ego strengthening: Hartland's (Hammond, 1990, pp. 147-149)
- Introduction of the balance concept within physiological systems (Wood et al., 2003)
- Balance metaphors (Wood et al., 2003, pp. 194-96)
- Direct and post-hypnotic suggestions for continued relaxation, stress reduction/management, and optimal balancing of the immune and neuroendocrine systems (Wood et al., 2003, p. 196)
- Re-alerting and naturalistic suggestions for disengagement protocol (Yapko, 2003)

Physiological measure: IL-1 β

Saliva samples taken from research participants at baseline and completion of the hypnosis interventions were quantified in duplicate utilizing enzyme-linked immunosorbent assays (ELISA) for IL-1 β by Salimetrics Laboratories (Carlsbad, CA). Results from this quantification served as the basis to test the specific aims and hypotheses statistically.

Qualitative pre and post questionnaires

Kendrick, Koep, Johnson, Fisher, and Elkins (2012) undertook groundbreaking research with healthy volunteers examining the feasibility of a white noise sham hypnosis intervention in a college setting. Inspired by Kendrick and colleagues, the current study was designed to include an active control group. The qualitative arm of this study was designed to gain a better understanding of the research participants' subjective experiences as they participated in the MHBCS study.

Results

Analysis of the qualitative data revealed that research participants accepted both the medical hypnosis intervention and the white noise sham hypnosis. Preliminary data analysis, using Wilcoxon signed rank test, revealed that in research participants with high hypnotic ability

($n = 14$), mean IL-1 β expressed in pg/ml was significantly higher in the post-intervention condition when compared to the baseline condition. However, it is not entirely clear whether or not research participants' immune response was desirable due to the absence of standardization of key cytokines and their ratios in clinical practice (Yarlagadda, Alfson, & Clayton, 2009).

Relevance of the MHBCS study to clinicians

Sickness behavior has pernicious effects on the quality of life of patients with chronic inflammatory conditions such as cancer (Bower & Lamkin, 2013; Bower, 2007; Dantzer, 2009; Green et al., 2013; Myers, 2008). It appears that pro-inflammatory cytokines IL-1 β , IL-6, and TNF- α can be chronically hyper expressed during cancer treatment and/or in cancer survivorship. Researchers believe that this chronic hyper elevation of IL-1 β , IL-6, and TNF- α can be the physiological basis of cytokine-induced sickness behavior. Included in sickness behavior are lethargy, depression, anorexia, energy conservation, fever, anhedonia, cognitive dysfunction, sleep disturbances, hyperalgesia as well as social withdrawal, amongst others.

Medical hypnosis research shows promise for attenuating pro-inflammatory cytokine expression in healthy volunteers (Johnson et al., 1996; Kiecolt-Glaser et al., 2001; Schoen & Nowack, 2013; Wood et al., 2003). Mawdsley, Jenkins, Macey, Langmead, and Rampton (2008) report on the effects of medical hypnosis on the expression of pro-inflammatory cytokines in chronically ill patients suffering from ulcerative colitis. However, we still do not completely understand the mechanisms of hypnosis' action.

Clinicians and researchers alike need explanations for the biological mechanisms of action to increase our understanding of medical hypnosis and how it affects health outcomes and quality of life for cancer survivors. The results of the MHBCS fill a gap in current medical hypnosis literature demonstrating medical hypnosis as a conciliator of breast cancer survivors' cytokine milieu.

Conclusion

In closure, it seems the results of the MHBCS study raised additional questions of significant importance on how to deconstruct medical hypnosis best into its effective components. Finding answers to these questions will allow researchers to develop a credible sham hypnosis procedure. Ultimately allowing researchers, as Kendrick and colleagues (2012) put it, to "...enable hypnosis research to achieve the 'gold standard' in empirical investigation: The randomized, placebo-controlled clinical trial" (p. 329). Sufficiently powered randomized controlled trials investigating mechanisms and the effects of medical hypnosis and white noise sham hypnosis, on the expression of cytokines are needed.

The results of the MHBCS study speak to several issues of central importance to the quality of life for breast cancer patients. The MHBCS study shows, for the first time, that exposure to medical hypnosis can potentially affect expression of IL-1 β in a population of breast cancer survivors. Thus, the results from the MHBCS study could be directly relevant to addressing the cytokine triggered symptom cluster referred to as sickness behavior in cancer survivors.

References:

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Recently Published Books and Articles

Clinical Hypnosis with Children and Adolescents—What? Why? How?: Origins, Applications, and Efficacy

Kohen, D., & Kaiser, P. (2014). Clinical hypnosis with children and adolescents—What? Why? How?: Origins, applications, and efficacy. *Children*, 1(2), 74–98.
<http://doi.org/10.3390/children102007>

Managing Your Medical Experience

Lang, E. V. (2014). Managing your medical experience.
Free Download of a chapter:
<http://www.hypnalgescics.com/pages/pr.Books.html>

Comfort Talk® Level 1 Course

Lang, E. V. (2014). Comfort Talk® Level 1 Course.
<http://www.hypnalgescics.com/pages/pr.OnlineTraining.html>

Hypnosis, Dissociation, and Absorption: Theories, Assessment, and Treatment

Sapp, M. (2015). *Hypnosis, dissociation, and absorption: Theories, assessment, and treatment* (2nd ed.). Springfield, Ill: C.C. Thomas.

This new edition has a section on multicultural applications of hypnosis and a chapter on reliability, validity, effect sizes, and confidence intervals in hypnosis research.

Traditional and Alert Hypnotic Phenomena: Development Through Anteriorization

Wark, D. M. (2015). Traditional and alert hypnotic phenomena: Development through anteriorization. *American Journal of Clinical Hypnosis*, 57(3), 254–266.
<http://doi.org/10.1080/00029157.2014.976784>

Recent Workshops, Trainings, and Talks Given by Elvira Lang, MD



Elvira Lang, MD, FSIR
Former President of SCEH

Dr. Lang's Level 1 Course and 1 Day life practice and skill deepening allowed for online preparation for her first "Flipped Class Room" experience of Comfort Talk Training, which was held at the Boston Harvard Club on April 17, 2015.

Dr. Lang also gave the enhanced clinical communication skills- Marcia Degun-Mather Memorial Lecture, and a 1 Day Workshop at the Royal Society of Medicine in London on March 9, 2015.

On March 6 and 7, 2015, Dr. Lang held a 2 Day workshop for the British Society of Clinical and Academic Hypnosis in Manchester, England.

Images from the 2015 ASCH Conference



Drs. Lawrence Sugarman, David Wark, Eric Willmarth and Dabney Ewing in careful planning of future hypnotic adventures.



Saybrook University student Arielle Dance receives the Best Student Poster Award from ASCH President Phil Colissimo.



SCEH President Eric Willmarth, PhD accepts an ASCH Presidential Award from Dr. Phil Colissimo for contributions to the field of hypnosis.



Keynote speaker Dr. Stanley Krippner chats with ASCH incoming President Moshe Torem, MD prior to his presentation on the evolutionary advantages of hypnotic ability.

Provided by Eric Willmarth



Judy Thomas, DDS enjoys the ASCH-SCEH discussions with a smile!



After the Awards Ceremony, SCEH President Eric Willmarth fends off a crew of brilliant ASCH pirate maidens.



Dr. Linda Thomson receives an ASCH Award of Merit for leadership, commitment, and innovative programming in hypnosis.



SCEH and ASCH member Dabney Ewing, MD gets some banjo lessons from Dr. Lawrence Sugarman, during a break from the awards banquet.

Please Share Your News with the SCEH Community!

- Book or article reviews
- Awards or public recognition received
- Promotions, job changes, retirements
- Articles you have written
- Recently published books
- Recent speaking engagements
- New ways you are using hypnosis in your practice
- 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 (please include a caption if submitting a photo)

Please send your news to the FOCUS editors at:

focus@sceh.us 

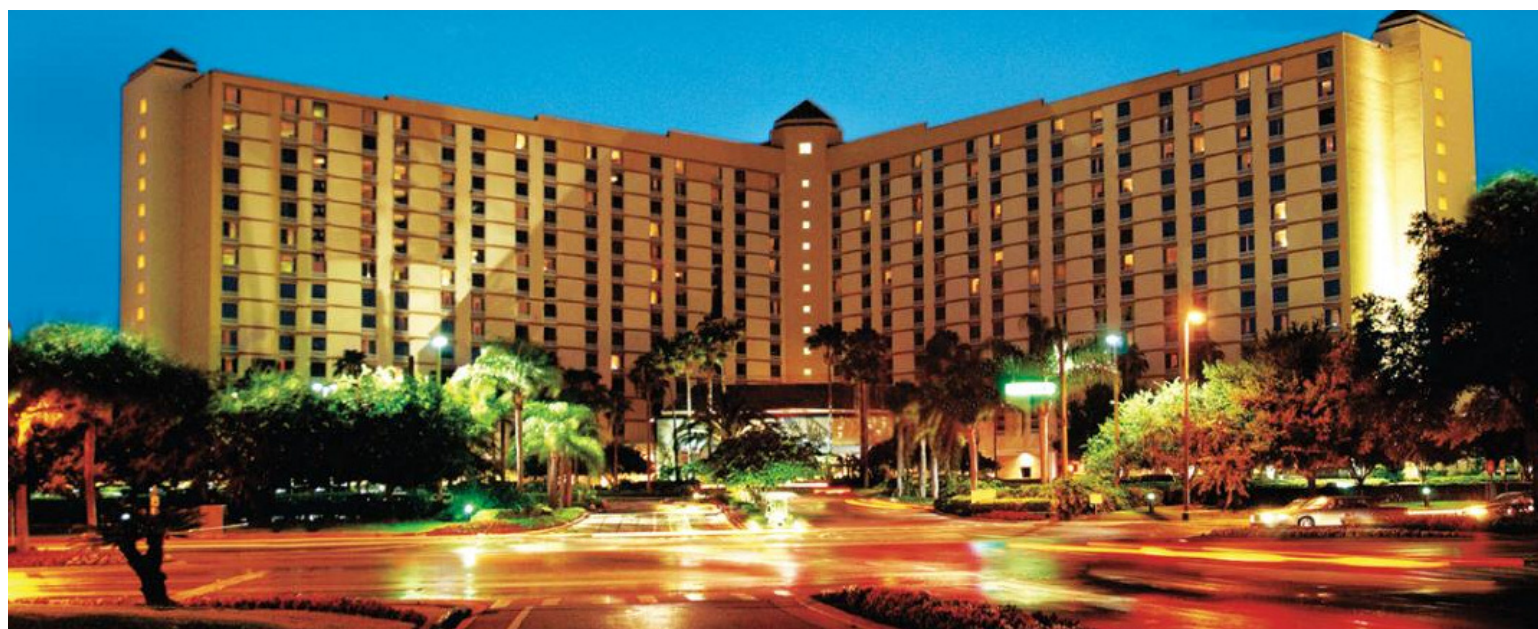
SCEH reserves editorial rights over all submissions.

66th Annual Workshops and Scientific Session: Hypnosis for the Professionally Curious

2015 Annual Conference

[illegible]**September 30 - October 4, 2015**

Rosen Plaza Hotel, Orlando, Florida



Call for Scientific Papers, Symposia, and Posters

Deadline: May 15th 2015

The 66th Scientific Session will take place from Friday, October 2 to Sunday, October 4, 2015.

We invite researchers and clinicians to submit a proposal for a research presentation, symposium, or poster addressing empirical issues in the science of hypnosis and related topics, including suggestibility, placebo effects, and contemplative practice. The SCEH meeting provides a unique venue for presenting and integrating rigorous data-based findings in an atmosphere conducive to constructive criticism and debate.

[Scientific Session Proposal Form](#) 

Research Presentations, Symposia, and Posters

The Scientific Session features presentations or symposia that address empirical issues in hypnosis research and practice and related areas.

Research presentations shine the light on novel empirically-based findings, including experimental studies, case reports, clinical trials, meta-analyses, and systematic reviews.

Symposia bring together top notch researchers as they critically discuss empirical findings pertaining to a specific theme of relevance to the hypnosis community. Many symposia integrate research and practice or draw upon research in psychology, psychiatry, or neuroscience to highlight issues that improve our understanding of hypnosis.

Poster presentations allow authors to concisely present a case report or data that can be easily grasped in this format. Poster presentations often permit more discussion between presenters and attendees and may be especially advantageous for students, clinicians, and new investigators.

Authors will be expected to stand by their poster and be prepared to answer questions about its content during the poster session. The submission should clearly specify that the submission is for a poster presentation.

Presenting a poster at the SCEH Scientific Session is an excellent opportunity to present fully completed research studies or clinical case studies, pilot studies as well as preliminary research. It affords presenter the opportunity to gain valuable feedback from leading clinicians and researchers in the hypnosis field, both in group and one on one discussions. It also gives presenters experience in the poster format and a forum to expand their professional relationships.

PRESENTER FEES

We offer presenters a reduced registration fee of \$300. This mandatory fee covers attendance to the Scientific Session and Workshops, and allows presenters to receive continuing education credits in accordance with their professional board. SCEH also offers scholarships (maximum stipend support: \$500) to students who present at the conference (for further details, see information on our 2015 Scholarship Program).

Pre-submission inquiries may go to the Scientific Chairs:

Devin B. Terhune, PhD
devin.terhune@psy.ox.ac.uk

Shelagh Freedman, MA
shelagh.freedman@concordia.ca

For general questions, please contact the SCEH office at: info@sceh.us

Call for Advanced Workshop Proposals

Deadline: May 15th 2015

Student Scholarships 2015

submit with your proposal

The Workshops portion of the conference takes place from Wednesday evening, September 30th through October 2nd 2015.

The SCEH tradition for workshops is that they are scientifically-based and of the highest teaching quality. We strongly encourage workshops with demonstrations and/or practica or other experiential components.

Submitting a Proposal

Although it will be necessary for you to fill out the form on the SCEH website:

[Advanced Workshops Proposal Form](#) 

We also need for you to submit directly to us as well. Your submission should include:

- an abstract and
- a very brief biography

It should be emailed directly to the workshop chairs:

Philip Shenefelt, MD
pshenefe@health.usf.edu

Claire Frederick, MD
montamat1@sbcglobal.net

We view the presentation of workshops at SCEH as both a service and an honor. All presenters must pay a reduced presenter registration fee of \$300 even if they attend no workshops other than their own. Registration fees allow presenters to take additional workshops, attend the Scientific Session and receive continuing education credits in accordance with their professional board.

Full-time students enrolled in counseling, psychology, social work, and nursing graduate programs, as well as interns at qualified psychological and medical institutions, are eligible to apply for a Professional Development Scholarship for the 66th Annual SCEH Conference. Priority is given to those who are first authors of a paper accepted for the conference's Scientific Program and who will present that paper at the meeting. Other graduate students demonstrating an interest in the use of hypnosis in their practice are encouraged to apply.

The scholarship provides a stipend for travel, lodging, and/or meals as well as a waiver of registration fees. All recipients must be SCEH student members. Maximum stipend support is \$500.

The Scholarship Committee will review all applicants based on merit and need. Applicants will be notified about the status of their applications on or about August 15, 2015, or in some cases earlier for those who have submitted accepted proposals.

[Scholarship Application Form](#) 

DEADLINE – August 1, 2015

Note: Please submit your scholarship application as soon as you submit a Scientific Session proposal.

How to Apply

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

For more information or questions contact the Scholarship Committee (next page):

**For more information about student scholarships
contact the Scholarship Committee:**

David P. Smith, MA, PhD
Chief Psychologist & Director of Training
St. Bernard Hospital, Suite 212
326 West 64th St.
Chicago, IL 60621
drdpsmith@stbh.org
dps3@midway.uchicago.edu

Scott Hoyer, MA, PsyD
Rehabilitation Institute of Chicago
Adjunct Faculty, Adler School of
Professional Psychology
Adjunct Faculty, Chicago School of
Professional Psychology
scottalanhoey@gmail.com



SCEH President:

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● Gary Elkins, PhD

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● Werner Absenger, MSc

● Shelagh Freedman, MA

2015 SCEH Conference Information and Details

The 2015 SCEH Conference will be held at the:



Rosen Plaza Hotel
9700 International Drive
Orlando, Florida 32819
<http://www.rosenplaza.com/>

Book your room online now OR make your reservations by calling the hotel directly at:
800.627.8258

Be sure to ask for the "SCEH 66th Annual" rate or booking ID: 45464

The deadline to lock in the conference rate is September 1, 2015

Hotel Overview

Centrally located, the Rosen Plaza Hotel is famous for its high standard of excellence and offers luxurious accommodations with a boutique-feel in the heart of the International Drive resort area. Situated just 15 minutes from Orlando International Airport, Rosen Plaza's convenient location is the ideal setting for your Orlando visit.

Rooms and suites feature state-of-the-art RFID key locking system with automatic deadbolt technology. Rooms also include complimentary wireless Internet access, cable TV with on-demand movies and video check-out, electronic safes, hair dryer, lighted makeup mirrors, iron and ironing board, coffeemaker, and digital phone.

Hotel amenities include a heated swimming pool and heated whirlpool spa, complimentary Fitness Center and a convenient business center. Rosen Plaza is close to all of Orlando's famous theme parks and attractions. It is right across from Pointe Orlando—a spectacular 17-acre open-air shopping, dining and entertainment complex which boasts over 40 restaurants, eclectic shops and exciting attractions surrounded by palm trees and fountains.

Hotel Amenities and Nearby Attractions

The Rosen Plaza Hotel offers award-winning hospitality service from an experienced, multilingual staff. The hotel is smoke-free in all indoor public areas and guest rooms.

Amenities include:

- Swimming pool and whirlpool spa, seasonally heated
- State-of-the-art fitness center with Life Fitness equipment and free weights
- Boutique shopping for gifts
- Tickets and transportation to area attractions arranged by Guest Services
- VIP and special services desk
- Business center with print, fax and photocopy services
- Dry cleaning services

Minutes Away from All Orlando Attractions

Universal Orlando® Resort – 5 minutes
Walt Disney World® Resort – 10 minutes
SeaWorld® Orlando – less than 5 minutes

Driving Directions Address

For driving directions to the hotel, please use this address:

9700 International Drive, Orlando, Florida 32819

Reserving a Room

Rates are \$159 per night for the duration of our conference. These rates apply until our room block fills. To guarantee this rate, please book your room as soon as possible.

The hotel will honor the group rate for booked dates three day prior, and 3 days after our conference should you wish to extend your stay.

Please note that the check-in time for the hotel is after 3:00PM. Checkout time is 11:00AM.

If needed, you may want to call the hotel to see if you can arrange an earlier check-in.

Air Travel

The nearest airport to the hotel is the Orlando International Airport, which is 15 miles, or a 15 minute drive.

Parking & Transportation

Parking: Self-parking is available for \$8 Valet parking is also available for \$20 all day or overnight (prices subject to change).

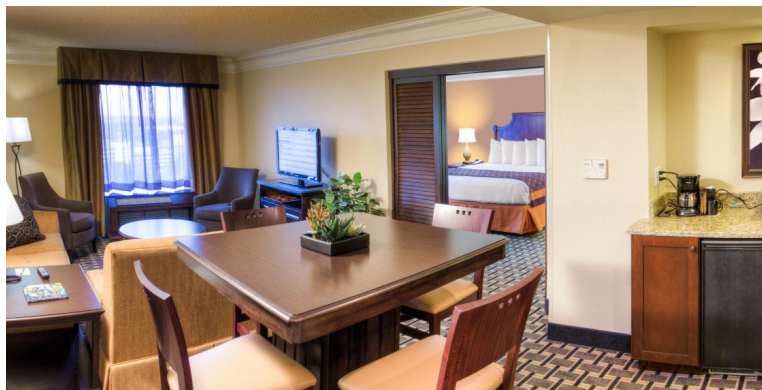
Food

Attendees will have coffee service and two scheduled snack breaks per day. Meals are NOT included in the registration fee except for the Evening Banquet on Saturday.

Perfect for every palate any time of day, Rosen Plaza Hotel features:

- a classic steakhouse
- an impressive buffet restaurant
- pizza shop
- 24-hour deli and
- prompt room service

The Hotel is conveniently located and only a short walk from many attractions and restaurants. The hotel's concierge desk can assist you with restaurant reservations.



WE LOOK FORWARD
TO SEEING YOU
IN ORLANDO!

ABOUT THE SOCIETY FOR CLINICAL AND EXPERIMENTAL HYPNOSIS (SCEH)

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>



Find us on
Facebook

SCEH Membership Levels

Clinical Membership: \$150

Experimental Membership: \$150

Lifetime Membership: \$75

For members who have been active in the society for more than 10 years and are at least 65 years of age

Student Membership: \$45

All memberships include a quarterly subscription to the International Journal of Clinical & Experimental Hypnosis, access to the hypnosis listserv and a discount at the annual conference

Society for Clinical & Experimental Hypnosis

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