

The Future of Professional Hypnosis: Practice, Process, and Outcomes

64th Annual Workshops and Scientific Session

October 2-6, 2013

Berkeley, California

Doubletree Hotel by Hilton Berkeley Marina

Co-sponsors:

Institute for Continuing Education

Bournewood Hospital

WORKSHOP PROGRAM AT-A-GLANCE

October 2-4, 2013

Overall Meeting Chair: Edward Frischholz, PhD, ABPH, private practice, Chicago, IL

Introductory Workshops Co-Chairs: D. Corydon Hammond, PhD, ABPH and David Godot, PsyD

Intermediate Workshop Co-Chairs: Marcia Greenleaf, PhD and Laurie S. Lipman, MD

Advanced Workshop Co-Chairs: Richard P. Kluff, MD, PhD; Claire Frederick, MD, and Catherine Fine, PhD

The **AIM OF THE WORKSHOPS** is to teach participants hypnotic theory and practical techniques for immediate use in professional practice. The educational approaches will consist of lectures, audiovisual presentations, and skill-practice groups.

Wednesday, October 2	Thursday, October 3		Friday, October 4	
EVENING	MORNING	AFTERNOON	MORNING	AFTERNOON
Introductory Workshop in Clinical Hypnosis Wed, 6:00-9:30pm; Thu, 8:00am-6:00pm; Fri, 8:00am-6:00pm 20 CE/CME Credits				
Intermediate Workshop in Clinical Hypnosis Wed, 6:00-10:00 pm; Thu, 8:00am-6:00pm; Fri, 8:00 am-6:00 pm 20 CE/CME Credits				
Hypnosis for Skin Procedures and Disorders 6-9:15 p.m. 3 CE/CME Credits	Facilitating Cognitive Behavioral Interventions with Hypnosis 8:30 -11:45 a.m. 3 CE/CME Credits	The Re-Definition of Self Process: A Hypnosis Based Protocol for Trauma Resolution 1-4:15 p.m. 3 CE/CME Credits	Future Focused Therapy with and without Formal Hypnosis 8:30 -11:45 a.m. 3 CE/CME Credits	Pediatric Hypnosis Tech. are not Just for Kids 1-4:15 p.m. 3 CE/CME Credits
PTSD Treatment: Evidence Based Single Session Abreactive Hypnosis 6-9:15 p.m. 3 CE/CME Credits	Breath Training as an Adjunct to Hypnosis and Psychotherapy 8:30 -11:45 a.m. 3 CE/CME Credits	Hypnosis & Meditation Crosswalk for Body-Mind-Spirit Integration 1-4:15 p.m. 3 CE/CME Credits	Using Hypnosis as a "Search Engine" to Help Adolescents and Young Adults Lost in Cyberspace 8:30 -11:45 a.m. 3 CE/CME Credits	Unwrapped: The Transformative Impact of Hypnotic Experiential Therapy w/ Gay Men 1-4:15 p.m. 3 CE/CME Credits
Treatment of Headaches Utilizing Self-Hypnosis 6-9:15 p.m. 3 CE/CME Credits	Metaphorical Approaches for Helping Children Change Habits 8:30 -11:45 a.m. 3 CE/CME Credits	Hypnotic Treatment of Anger 1-4:15 p.m. 3 CE/CME Credits	Maximizing the Clinical Response to Hypnosis of Moderately Hypnotizable Patients 8:30 -11:45 a.m. 3 CE/CME Credits	Harnessing Creativity & Spirituality with Hypnosis: Theories and Techniques for Generative Transformation 1-4:15 p.m. 3 CE/CME Credits
Precision Cognitive Therapy: Integrating Neuroscience, Hypnosis and Deep Structure Cognitive/Behavioral Therapy 6-9:15 p.m. 3 CE/CME Credits	Pain Control 8:30 a.m. - 4:15 p.m. 6 CE/CME Credits		Hypnosis in the Treatment of DID and Allied Forms of DDNOS 8:30 -11:45 a.m. 3 CE/CME Credits	Effective Mgmt of Chronic Anxiety and Depression w/ Essential Neurobiological Comm. & Hypnosis 1-4:15 p.m. 3 CE/CME Credits
	Healing the Divided Self: Foundations of Ego State Therapy in the 21 st Century 8:30 a.m.-4:15 p.m. 6 CE/CME Credits		Not Just Your Ordinary Kind of Master Class on the Use of Hypnosis for Developmental Repair 8:30 a.m.-4:15 p.m. 6 CE/CME Credits	
	Video: "Hypnosis is for the Birds" (and other stories) 8-10:00 p.m. 2 CE/CME Credits		Hypnosis Research 8:30 a.m.-4:15 p.m. 6 CE/CME Credits	

WORKSHOP PROGRAM DESCRIPTIONS

Wednesday through Friday, October 2-4, 2013

Introductory Workshop in Clinical Hypnosis

Co-Chairs: D. Corydon Hammond, Ph.D., ABPH, Past President American Society of Clinical Hypnosis; University of Utah School of Medicine, Salt Lake City, Utah & David Godot, PsyD, VA Texas Valley Coastal Bend Healthcare System, Harlingen, TX

Faculty: Dabney M. Ewin, MD, FACS, Clinical Professor of Surgery and Psychiatry, Tulane Medical School and Clinical Professor of Psychiatry, Louisiana State University Medical School, New Orleans, LA; Thomas F. Nagy, PhD, Independent Practice in Psychology, Palo Alto, CA, Adjunct Clinical Faculty, Dept. of Psychiatry and Behavioral Sciences, Stanford University School of Medicine, Stanford, CA; Philip D. Shenefelt, MD, AMBH, Assistant Professor, Department of Dermatology and Cutaneous Surgery, University of South Florida College of Medicine; Marcia Greenleaf, PhD, Private Practice, New York, NY; Voluntary Attending, Medical Staff, Lenox Hill Hospital, New York, NY; Richard P. Kluft, MD, PhD, Clinical Professor of Psychiatry, Temple University School of Medicine, and faculty member Philadelphia Center for Psychoanalysis, Philadelphia, PA; David R. Patterson, PhD, ABPP, Professor of Psychology, Department of Rehabilitation Medicine, University of Washington School of Medicine; Stephen Kahn, PhD, private practice, Chicago, IL; Elvira V. Lang, MD, FSIR, FSCEH, Associate Professor of Radiology, Harvard Medical School & President, Hypnalgescics, Brookline, MA; Joseph P. Green, PhD, Professor of Psychology, Ohio State University, Lima, OH

Introductory Workshop in Clinical Hypnosis: This practically-focused workshop will provide introductory training in the theory and application of clinical hypnosis in psychotherapy, dentistry, and medicine. A combined format of lecture, demonstration, and supervised practice is used to teach and develop clinical skills in the use of hypnosis. Topics include: Types and principles of hypnotic induction, methods of hypnotic induction, self-hypnosis, anxiety management, pain management, addressing issues of resistance, hypnosis with habit disorders, exploration of unconscious dynamics, treatment planning and technique selection, and integration of hypnosis into clinical practice. Participants will have many opportunities for hands-on practice in supervised small-group sessions. The goal of the workshop is to provide the requisite training for attendees to begin utilizing hypnosis in their own clinical practices. Ongoing feedback and mentoring will be provided to support the development and applicability of new skills. The contents of the workshop comply with the Standards of Training in Clinical Hypnosis utilized by the American Society of Clinical Hypnosis.

Wed, 6:00-9:30pm; Thu, 8:00am-6:00pm; Fri, 8:00am-6:00pm 20 CE/CME Credits

Wednesday evening, October 2nd

6:00 p.m.	Introductions
6:10-6:45	History, Nature & Theories of Hypnosis
6:45-7:45	Presenting Hypnosis to the Patient; Myths & Misconceptions; Hypnosis & Memory; Informed Consent
7:45-8:00	BREAK
8:00-8:30	Principles of Hypnotic Induction
8:30-9:10:	Process of Hypnotic Induction & Re-alerting
9:10-9:30	Demo of a Hypnotic Induction & Re-alerting

Thursday, October 3rd

8:00-9:00	Demo of Hypnotic Induction & Re-alerting
9:00-9:05	Introduction to Small Group Practice Sessions
9:05-10:45	Supervised Small Group Practice Session 1
10:45-11:00	BREAK
11:00-Noon	Hypnotic Phenomena & Their Therapeutic Applic.
1:00-2:00	Principles in Formulating Hypnotic Suggestions; Types of Hypnotic Suggestions
2:00-2:45	Depth & Stages of Hypnosis, Hypnotizability, & Methods of Deepening Hypnotic Involvement
2:45-3:00	BREAK
3:00-3:45	Strategies for Managing Resistance to Hypnosis
3:45-4:30	Medical Applications of Hypnosis

4:30-6:00 Supervised Small Group Practice Session 2

Friday, October 4th

8:00-9:30	Hypnotic Strategies & Techniques for Pain Management
9:30-10:30	Video Demonstration of Eliciting Hypnotic Phenomena
10:30-10:45	BREAK
10:45-12:15	Supervised Small Group Practice Session 3
12:15-1:15	LUNCH
1:15-2:00	Teaching Patients Self Hypnosis & Treatment of Anxiety
2:00-3:00	Ideomotor Signaling for Unconscious Exploration
3:00	BREAK
3:15-4:00	Strategy & Technique Selection in Clinical Hypnosis
4:00-4:45	Hypnosis with Habit Disorders
4:45-5:30	Question/ Answers Regarding Integrating Hypnosis into Clinical Practice
5:30-6:00	Ethics, Professional Conduct, Certification and Professional Development

Wednesday through Friday, October 2-4, 2013

Intermediate Workshop in Clinical Hypnosis

Co-Chairs: Laurie S. Lipman, M.D., Northwestern University Feinberg School of Medicine, Department of Psychiatry and Behavioral Medicine and Jesse Brown VA Chicago Healthcare System, Chicago, IL & Marcia Greenleaf, PhD, Private Practice, New York, NY; Voluntary Attending, Medical Staff, Lenox Hill Hospital, New York, NY

Additional Faculty:

Thomas F. Nagy, PhD, Independent Practice in Psychology, Palo Alto, CA and Adjunct Clinical Faculty, Dept. of Psychiatry and Behavioral Sciences, Stanford University School of Medicine, Stanford, CA; Stephen Kahn, PhD, private practice, Chicago, IL; Molly Delaney, PsyD, private practice, Damariscotta, ME; D. Corydon Hammond, Ph.D., ABPH, Past President American Society of Clinical Hypnosis, University of Utah School of Medicine, Salt Lake City, Utah; Elvira V. Lang, MD, FSIR, FSCEH, Associate Professor of Radiology, Harvard Medical School and President, Hypnalgessics, Brookline, MA; Dabney M. Ewin, MD, FACS, Clinical Professor of Surgery and Psychiatry, Tulane Medical School, Clinical Professor of Psychiatry, Louisiana State University Medical School, New Orleans, LA; David Patterson, PhD, ABPP, Professor of Psychology, Department of Rehabilitation Medicine, University of Washington School of Medicine; Mark P. Jensen, PhD, Professor and Vice Chair for Research, Department of Rehabilitation Medicine, University of Washington School of Medicine and Editor-in-Chief, Journal of Pain; Alan W. Schefflin, JD, Professor of Law, Santa Clara Law, Santa Clara, CA; Stephen Pauker, MD, MACP, ABMH, FSCEH, FASCH, Professor of Medicine and Psychiatry, Tufts University Medical School, Boston, MA

The Intermediate Workshop allows practitioners who have taken a basic workshop the opportunity to add to and refine their clinical skills in the use of hypnosis and its applications as a clinical tool in medicine, psychiatry, psychology, social work, nursing, or dentistry. The Intermediate Workshop faculty, whose knowledge, practice, and teaching of hypnosis are based on published research, come from a variety of schools of thought on hypnosis, and are university trained and affiliated. This workshop includes 20 hours of lectures and hands-on practice sessions.

Wed, 6:00-10:00 pm; Thu, 8:00am-6:00pm; Fri, 8:00 am-6:00 pm

20 CE/CME Credits

Wednesday evening, October 2nd

6:00-6:15 p.m.	Welcome, Introductions, Outline, Goals for Certification
6:15-7:15	Back to Basics: What is Hypnosis? And How and When is it Used as a Therapeutic Tool?
7:15-8:15	Review/ Learn New Induction Techniques
8:15-8:30	Break
8:30-9:15	How Do You Know If Your Patient Experienced Hypnosis? A brief introduction to the role of measurement, how it informs your patient, the diagnosis, a direction in identifying a treatment strategy and a brief introduction to the measurement scales.
9:15-10:00	Demonstrations and Practice of Individual Inductions, Group Inductions

Thursday, October 3rd

8:00-9:00 a.m.	Ideomotor Signals: How to Get Good Ones and How to Interpret Them
9:00-10:00	An Introduction to Using Hypnosis for Pain Without PET Scans or Neuroanatomy
10:00-10:15	Break
10:15-12:15	Mastering Anxiety
12:15-1:00 p.m.	Lunch Break

1:00-2:30	Ethical Issues and Hypnosis
2:30-2:45	Obtaining Patient Consent for Hypnosis: Per Se and Your Practice
3:45-6:00	Rotating Practice Groups

Friday, October 4th

8:00-9:00 a.m.	Refining Inductions and Deepening Techniques
9:00-10:00	Clinical Applications: Treating Habits and Insomnia
10:00-10:15	Break
10:15-12:15	Using Hypnosis for Pain Control
12:15-1:00 p.m.	Lunch Break
1:00-2:30	Clinical Applications: Preparation for Tests and Surgical Procedures
2:30-2:45	Break
2:45-4:15	Emergencies and Hypnosis: From ER to Office
4:15-5:15	Rotating Practice Groups (Inductions, habit control, insomnia, chronic and acute pain, and more.)
5:15-6:00	Wrap-Up and Q&A

Advanced Clinical Workshops

WEDNESDAY EVENING

October 2

6:00 P.M.—9:15 P.M.

3 CE/CME Credits

Hypnosis for Skin Procedures and Disorders

Philip D. Shenefelt, MD, ABMH, Professor, Department of Dermatology and Cutaneous Surgery, University of South Florida College of Medicine; Eleanor Laser, PhD, private practice, Chicago, IL

The skin and the nervous system begin together as ectoderm in the fetus. They remain closely connected and influence each other strongly throughout life. This workshop will present the uses of hypnosis for skin procedures and skin disorders, including the effective use of medical psychosomatic hypnoanalysis for treating selected resistant skin disorders.

Having a serious or cosmetically disfiguring skin disorder also has the potential to affect the psyche negatively in many patients. Hypnosis can help patients deal with the emotional and physical impact that the skin disease has on their lives.

PTSD Treatment: Evidence Based Single Session Abreactive Hypnosis

Arreed Barabasz, PhD, ABPP, Washington State University, Pullman, WA, IJCEH Journal Editor & Marianne Barabasz, EdD, Washington State University, Pullman, WA

This workshop will present the theory and specific procedures to treat PTSD using the evidence based 6-hour manualized ego state therapy (EST) protocol (Barabasz, Barabasz, Christensen & Watkins, 2012). Participants will learn key theoretical underpinnings of EST abreactive hypnosis; how to qualify the patient for treatment; how to contact ego states; diagnostic hypnotic exploration techniques; how to resolve internal conflicts; and how to employ abreactive techniques and scripts.

Treatment of Headaches Utilizing Self-Hypnosis

Jeffrey E. Lazarus, MD, FAAP, private practice, Menlo Park, CA

Self-hypnosis (SH) has long been known to be effective in the treatment of headaches, particularly migraines. It can be used either as a primary therapeutic modality, without the use of medication, or as an adjunctive therapy in addition to medication. When used as an adjunct, medication can often be decreased or even discontinued. Pain is a signal. It is assumed that any patient who is referred for hypnosis for headaches has first been evaluated by his or her physician. The differential diagnosis, including the signs and symptoms of a brain tumor or other organic process, will be reviewed so that we do not teach hypnosis to a patient who should not receive this type of therapy.

Precision Cognitive Therapy: Integrating Neuroscience, Hypnosis and Deep Structure Cognitive/Behavioral Therapy

James H. Straub, EdD, Director, Center for Individual and Family Counseling and Clinical Assistant Professor, Department of Psychiatry, University of Missouri, Columbia, MO

The workshop will begin with an introduction to the neurological underpinnings of psychotherapy and current understandings of underlying behavioral and belief structures that can be applied to intense emotional/behavioral patterns including those seen in what have been recognized as Axis II issues. Ways of identifying underlying neuro-patterns and helping clients identify relevant patterns and dis-identify from them so various cognitive/behavioral/affective restructuring approaches can be utilized in targeting the underlying patterns. These patterns include anger, rage, confusion, abandonment, shame, critics, rejection, etc.

An optional group experiential activity facilitating participants identifying and dis-identifying from an internal critic pattern will be provided. This pattern is used because it is common among professionals and can be worked with without getting into highly personal areas in most cases. Persons with significant abuse histories will be asked not to participate or to choose a different pattern. Participants will be helped in learning how to communicate and identifying the underlying purpose for which it was created, origin memories and simple ways of restructuring their attitudes toward the pattern and the pattern itself.

The activity will be processed and participants will be facilitated in reorientation if needed. The use of hypnosis and imagery in establishing an internal structure for maintaining separation from the patterns in regular activity, restructuring the patterns and integrating the changes in day to day life as well as typically triggering situations. The background and underpinnings introduced earlier in the workshop will be discussed in more depth. How it can be utilized in Ego State Therapy, CBT, Object Relations Therapy and other approaches will be presented. Also possible restructuring of developmental skills such as object constancy will be presented. Various case studies will be presented and participants will be given the opportunity to discuss cases and the possible applications to their clients. Working with trauma memories will be briefly covered based on time constraints as well.

THURSDAY MORNING

October 3

8:30 a.m.—11:45 a.m.

3 CE/CME Credits

Facilitating Cognitive Behavioral Interventions with Hypnosis

Barbara McCann, PhD, Professor of Psychiatry and Behavioral Sciences, University of Washington School of Medicine, Seattle, WA

The goal of this workshop is to prepare the learner to use hypnosis to facilitate the delivery of cognitive behavioral interventions. Particular emphasis will be placed on using this approach for patients for whom traditional cognitive behavioral methods fail. Cognitive behavioral therapy (CBT) is an effective, empirically supported psychotherapy for many psychiatric conditions. However, its usual style of delivery often relies on a

combination of didactic methods, Socratic questioning and "homework" which most often resonates with well-educated individuals (particularly from Western cultures) who find such approaches familiar. Hypnosis provides a good alternative for presenting the CBT model to patients, and encouraging them to examine and distance themselves from negative automatic thoughts and destructive intermediate and core beliefs. The highly experiential nature of hypnosis allows for in-session rehearsal of behavioral activation, interpersonal skills, and tolerance of distress during exposure to previously avoided situations. This workshop assumes a basic familiarity with the principles of CBT; however, key concepts of CBT will be reviewed.

Breath Training as an Adjunct to Hypnosis and Psychotherapy

Donald Moss, PhD, Chair of the College of Mind-Body Medicine, Saybrook University, San Francisco, CA & private practice, MI

Hypnosis practitioners regularly employ slowed, paced breathing as a component in induction and deepening procedures. Diaphragmatic and yogic breathing are familiar tools in meditative practice and in self-regulation/coping training. Dysfunctional respiration contributes to asthma, anxiety (panic), functional cardiac symptoms, chronic pain, and other syndromes. Traditional Chinese Medicine observed the reciprocal relationship between regular breathing and the subject's mental state: "...the tranquility of the mind regulates the breathing naturally and, in turn, regulated breathing brings on concentration of the mind naturally" (Xiangcai, 2000, p. 7).

This workshop introduces the psychophysiology of respiration, highlighting the role of carbon dioxide and oxygen levels in the bloodstream, the role of hyperventilation and irregular breathing in producing systemic hypocapnia, cerebral hypoxia, and a host of physical and emotional symptoms. The workshop introduces the Nijmegen questionnaire as a tool to identify the likely presence of maladaptive breathing. The presenter reviews current research on the use of specific yogic breath practices. The workshop will include demonstrations of procedures for assessing dysfunctional breathing, for effective training of mindful, effortless, paced, diaphragmatic breathing using biofeedback instrumentation, and for effective breath training without instrumentation.

Metaphorical Approaches for Helping Children Change Habits

Linda Thomson, MSN, PhD, FASCH, DABMH, FANPNP, Past President New England Society of Clinical Hypnosis and Northeastern Mountain Society of Clinical Hypnosis, President, American Society of Clinical Hypnosis, co-founder Hypnovations, Medical Director of Vermont Academy, Ludlow, VT

The presentation will describe interventions that can be used with children with habit disorders that not only gives the child skills to solve the problem himself but also increases self-esteem, bolsters a sense of accomplishment and gives the child a valuable skill that he can adapt to many new situations throughout life. Utilizing metaphors in hypnosis can be an effective and creative way to help children help themselves with a variety of habit disorders such as nail biting, thumb sucking, enuresis, encopresis, tics and trichotillomania.

This session will include a review of the developmental stages of childhood and the conditioned psycho-physiological, semiconscious behavior patterns that may develop and then become habituated and difficult to extinguish. Effective hypnotic interventions and metaphors for a variety of common habit disorders will be discussed along with video demonstrations of hypnosis sessions with children. The remainder of the workshop will be devoted to increasing the knowledge, skills and comfort level of the participants in designing treatment strategies for children with habit disorders. Small group skill practice sessions will be used as experiential opportunities for the attendees to learn to cultivate the positive forces of imagination, bypass natural resistance to change and generate new patterns of consciousness by using metaphors in their hypnotic work.

THURSDAY AFTERNOON

October 3

1:00 p.m.—4:15 p.m.

3 CE/CME Credits

The Re-Definition of Self Process: A Hypnosis Based Protocol for Trauma Resolution

Marie Wilson, MD, private practice, Edmonton, Canada

As a result of basic biological research over the past decade, the mechanism of fear based memory creation, maintenance, and modification has been delineated. In this workshop presentation, Dr. Wilson will describe the five step pathway that has been identified as essential in order to modify fear based memory, specifically, memory activation, retrieval, labilization, updating, and reconsolidation. This pathway is identifiable within the hypnosis based trauma therapy protocol, titled the Re-Definition of Self Process, developed by Dr.

Wilson. The theoretical background supporting the structure and purpose of the protocol will be explained followed by a detailed description of what to do and how to use the protocol. Participants will be provided with handouts detailing all this information as well as view a filmed demonstration of this protocol used with one of Dr. Wilson's clients.

As well, with the help of a volunteer, Dr. Wilson will demonstrate the use of the protocol during a role-play, utilizing a client experience described by the volunteer. Following this, working in pairs of facilitator and subject, the participants will practice a brief induction that will allow for the identification and ownership of personal, positive resourcefulness. Finally, as effective grieving for past losses is a significant component of trauma resolution, participants will learn about and use a grief letter writing exercise that is immediately applicable to clinical practice.

Hypnosis & Meditation Crosswalk for Body-Mind-Spirit Integration

Darlene A. Osowiec, PhD, Clinical Psychologist, Geneva, IL

In an era of globalization, unprecedented change, rapid technological advances, and increasing uncertainty, our most basic assumptions about the nature of reality, science, the mind, and optimal human functioning are being questioned and examined. It is now being recognized that the Mind-Body dichotomy is actually a Mind-Body-Emotions-Spirit continuum. Two key approaches to self-regulation—hypnosis and meditation—are excellent examples of the workings of Mind and Body, with meditation bringing in the dimension of the Spirit.

The purpose of this workshop is to explore the commonalities and distinctions between these two methods or practices, drawing on the historical contexts, origins, theoretical underpinnings, and research findings. Outcomes such as enhanced functioning, symptom resolution, equanimity, resilience, and biological self-regulation will be discussed. There will be ample time to clarify persistent misconceptions. A combination of the didactic, the experiential, and the interactive learning styles will provide a flow to the workshop experience. There will be ample time for practice, question and answer, discussion, and application to one's personal and professional life and work.

Hypnotic Treatment of Anger

Stephen Kahn, PhD, private practice, Chicago, IL; Molly Delaney, PsyD, Private practice, Damariscotta, ME; Janna Henning, JD, PsyD, FT, BCETS, Associate Professor, Adler School of Professional Psychology; Chicago, IL.

This workshop will focus on 3 varied approaches to anger management. The first is a multimodal hypnotic approach involving a four-step cumulative process:

- A. Affective/Visceral Control
- B. Cognitive Control
- C. Dynamic Control
- D. Ecological Integration

Each step will be explained with clinical examples. The second focuses on the healthy use of anger in recovery from PTSD through redirecting anger away from the self and toward external situations or past introjects that require confrontation or creation of a self-protective environment. Finally, an Ericksonian approach will utilize naturalistic interventions designed for both impulse control and minimizing self-destructive interactions. This approach will show how resistances can be bypassed to facilitate expressing the pain underlying the anger which can then be directed toward problem solving and increasing self-efficacy.

THURSDAY FULL DAY

October 3

8:30 a.m.—4:15 p.m.

6 CE/CME Credits

Pain Control

David R. Patterson, PhD, ABPP, Professor of psychology, Department of Rehabilitation Medicine, University of Washington School of Medicine & Mark P. Jensen, PhD, Professor and Vice Chair for Research, Department of Rehabilitation Medicine, University of Washington School of Medicine

This full day workshop will focus on hypnosis for treating acute and chronic pain. The morning will include a brief overview of pain control theory, Ericksonian approaches to hypnosis and approaches to acute pain. The afternoon will focus on chronic pain treatment, with a discussion on integrating Motivational Interviewing into treatment. Attendees will be given clear paradigms to use for hypnotic interventions for patients who are (1) in acute pain and crisis, (2) anticipating a painful medical procedure, or (3) living with chronic pain. The instructors will base the workshop on their combined 40 years of clinical experience in the field of pain management, the over 350 papers and book chapters they have published in the area of pain control and health psychology and hypnosis, as well as Patterson's recent book entitled *Clinical Hypnosis for Pain Control* and Jensen's soon-to-be-published therapist guidebook on self-hypnosis training for chronic pain management. The emphasis of the workshop will be on applied clinical technique; demonstrations, brief exercises and the opportunity for consultation will be included.

Healing the Divided Self: Foundations of Ego State Therapy in the 21st Century

Claire Frederick, MD, Saybrook University, San Francisco, CA

Ego State Therapy is a therapeutic modality that emerged in the 1970's. It is focused on working therapeutically with the polypsychic energies within the human mind. It combines techniques of individual, family, and group therapies, and it has been used for the successful treatment of many disorders including complex post traumatic stress disorder and the dissociative disorders. It is often helpful with refractory clinical situations. Its co-creators believed that Ego State Therapy "should generate research hypotheses while suggesting new and as yet unobserved relations..... [and] make prior assumptions explicit" (Watkins & Watkins, 1997, p. 2). They assumed that future neurobiological studies would confirm their theories.

This basic workshop will introduce the fundamentals of Ego State Therapy in light of the evolution of the contributing fields of neurobiology, trauma, dissociation and psychotherapy that has taken place in the past thirty-five years. It will focus on the trauma response and attachment variables in the formation of pathological ego states. Participants will also learn the mechanisms for activating safely and stabilizing ego states in therapy, securely accessing trauma, and achieving integration. They will also learn the principles for working with activated ego states and essential the role of phase oriented treatment. The mechanisms of healing in of Ego State Therapy will be explained as will the integration of other therapeutic modalities (such as somatic experiencing, energy therapies, CBT, and EMDR) into Ego State Therapy. The problems presented by malevolent, silent, and immature ego states will be considered. Although the workshop will include lecture and slides, it will focus on clinical applications, and will integrate lively experiential components with the inclusion of video, practica, role-playing and discussion. Participants will be prepared for more advanced study of EST.

THURSDAY EVENING

October 3

8:00 p.m.—10:00 p.m.

FREE 2 CE/CME Credits

FREE Video Presentation: "Hypnosis is for the Birds" (and other stories)

Eric K. Willmarth, PhD, FSCEH, SCEH Focus News Editor, Professor, Adjunct Professor, Saybrook University, San Francisco, CA

Do you have a favorite story about hypnosis? Over the past 15 years Dr. Eric Willmarth has asked that question to about 150 well-known hypnosis researchers and clinicians from all over the world. This years' SCEH meeting will feature an entertaining compilation of these stories mixed in with clips from Hollywood that will provide a number of surprising insights into the nature of hypnosis and the tremendous breadth of this field. Between the stories

about hypnosis and the stories about the people who use hypnosis, you won't want to miss this program!

How did the experts first learn about hypnosis? What was their favorite clinical example of the power of hypnosis? What mistakes have been made? What were the surprises, unexpected outcomes or unintended consequences of their hypnotic practice? The answers to these and other questions will provide a powerful insight into the power, versatility and applicability of this thing we call hypnosis.

FRIDAY MORNING

October 4

8:30 a.m.—11:45 a.m.

3 CE/CME Credits

Future Focused Therapy with and without Formal Hypnosis

Moshe S. Torem, MD, Professor of Psychiatry, Northeast Ohio Medical University and Chief of Integrative Medicine, Akron General Medical Center, Akron, OH

This workshop will review the various forms of hypnotherapy as related to the issue of time focus. Many therapies have focused on the present and the past, attention to the future has been rather minimal. However, future focused therapy can be a powerful strategy to bring about transformational change in patient's behavior and symptoms in the present. Hypnosis allows the patient to experience a desirable therapeutic outcome

in the future, which is internalized on both a conscious and sub-conscious level. Participants will learn the use of future focused communication, suggestions, and a variety of age progression techniques with and without formal hypnosis.

Using Hypnosis as a "Search Engine" to Help Adolescents and Young Adults Lost in Cyberspace

Tobi Goldfus, LCSW-C, BCD, private practice, Germantown, MD

Hypnosis can dramatically help adolescents and young adults "unplug" from cyberspace, which has changed the world and how we communicate in a powerful and awesome way. For adolescents and young adults, this plugged-in world has merged with real life, and the definitions of boundaries and confidentiality have dramatically changed. Social media sites and apps offer multiple interfaces with the global universe. This workshop will target goals that down-regulate physical, social and psychological affective states using clinical hypnosis. Although being highly skilled and technologically adept on the internet is required to navigate the world today, too much time and activity on social media sites have also been found to increase symptoms of depression and anxiety in adolescents and young adults. This workshop will present strategic hypnotic techniques that connect with the "online" realities of adolescents and young adult social media. Strategic hypnotherapy tools that offer "outside the box" emotional impact will be used to increase a healthier balance of moving between "online" realities and "in real life" (IRL). Utilizing both mobile devices (videos of cases) and scripts using cyberspace language as metaphors, clinical hypnosis tailored to these goals will be presented. Integrating "online profiling and identities" with a young person's developing ego states in hypnotic inductions and post-hypnotic suggestions will also be part of the course.

Maximizing the Clinical Response to Hypnosis of Moderately Hypnotizable Patients

Robert Karlin, PhD, Associate Professor of Psychology, Rutgers University, New Brunswick, NJ

This workshop is geared to the special problems and opportunities involved with working with moderately hypnotizable patients, especially those with chronic pain. Induction procedures and suggestions specific to moderates (including those for analgesia) will be handed out in written form, discussed and demonstrated. These are procedures meant to ensure that moderates will experience appropriate subjective changes and define their experience as involving hypnotic trance. Utilizing these and conceptually similar techniques make it highly likely that positive cultural beliefs and expectancies about hypnosis will be brought into play, including each patient's belief that s/he is being influenced by a highly effective and powerful technique. (cf. Karlin, 2005; Wampold, 2001). Additionally, the problem of chronic pain patients with an unsatisfactory response to standard hypnotic treatment will be discussed.

Hypnosis in the Treatment of DID and Allied Forms of DDNOS

Richard P. Kluft, MD, PhD, Clinical Professor of Psychiatry, Temple University School of Medicine and Faculty Member, Philadelphia Center for Psychoanalysis, Philadelphia, PA

This workshop will provide attendees with foundational information about the use of hypnosis in the treatment of complex chronic dissociative disorders. After a review of the core phenomena of these conditions, it will demonstrate the shortcomings of current models of dissociation to encompass them. It will review (and role-play when relevant): 1) certain diagnostic approaches that can play a valuable role in treatment; 2) the importance of affect theory in resolving dissociation; 3) over 20 hypnotic techniques specifically designed for these conditions; 4) the rationale for working with alters; and 5) an overview of trauma work. Thereafter there will be an intense focus on the use of the Fractionated Abreaction Technique, and small group practice for developing its protocols. The workshop will conclude with a module on integration, resolution, and follow-up, and with time for questions and answers.

FRIDAY AFTERNOON

October 4

1:00 p.m.—4:15 p.m.

3 CE/CME Credits

Pediatric Hypnosis Techniques are not Just for Kids

F. Ralph Berberich, MD, Pediatrician, Pediatric Suggestions, Berkeley, CA

Many phobias, fears and anxieties have their origin in childhood and owe their persistence to recurring experiences throughout adolescence and into adulthood. The terror and focus characteristic of a child in fear may be considered a negative trance state, manifested also by adults who regress, imagine catastrophic outcomes, or exhibit exaggerated hypervigilance. Many hypnosis techniques utilized to help fearful children help themselves also will find a place in the treatment of apprehensive adults. Interspersed therapeutic

language and a variety of dissociative suggestions are the cornerstones of this approach.

Dr. Berberich will discuss what seems most useful to address fears and phobias, especially in the medical context, illustrating pediatric techniques by which therapists and clinicians may reduce anxiety and fear of injections at any age, as well as plant salutary post-hypnotic suggestions. There will be a presentation of a novel hypnosis-based method to reduce immunization discomfort. Pediatric hypnosis and therapeutic language principles are useful in preparing a fearful individual for a painful procedure.

Unwrapped: The Transformative Impact of Hypnotic Experiential Therapy with Gay Men

Richard Miller, LICSW, private practice, Boston & Cape Cod, MA

Many gay men feel alienation from their families of origin, society, and themselves. Clinical hypnosis offers a powerful approach to enhancing and increasing sensory awareness, which creates a powerful resource for restoring connections within. Such connections provide a bridge between the self and body, something that is disowned by many gay men. This is crucial to address – those who disown their connections with their bodies become less attuned to protecting their physical health, with potentially painful consequences. This workshop defines and illustrates successful hypnosis-facilitated interventions to enhance the treatment of gay men. These beneficial therapeutic processes indirectly address unresolved issues that may not even be in these patients' awareness. Effective scripts targeting issues of development, religion, HIV and the urban gay male stereotype will be provided. Videos of treatment sessions will be shown in order to optimize communicating these methodologies.

Harnessing Creativity & Spirituality with Hypnosis: Theories and Techniques for Generative Transformation

David Paul Smith, PhD, Chief Psychologist and Director of Training, St. Bernard Hospital and President and CEO, Integrative Psyche Services, S.C.; Faculty Member, Saybrook University College of Mind-Body Medicine; Adjunct Faculty, Adler School of Professional Psychology and the Chicago School of Professional Psychology; Chicago, IL & Scott Hoyer, MA, PsyD, LPC, Biofeedback Therapist, Rehabilitation Institute of Chicago, Chicago, IL and Predoctoral Fellow, Gateway Foundation, Chicago IL

This workshop will introduce the audience to a history of thinking that examines the relationship between spirituality, aesthetics and the creative process. Drawing from important work in the modern study of religion and hypnosis, we will span the time from the Enlightenment to the present and explore the relationships between artistic inspiration and spiritual development. Dr. Smith will work from clinical case files, as well as his research on spirituality and traditional healing. Dr. Hoyer will present clinical examples and share his doctoral research on hypnosis and creativity. The second half of the workshop will be devoted to teaching and experiencing hypnotic techniques designed to enhance spiritual growth and the creative process.

Effective Management of Chronic Anxiety and Depression with Essential Neurobiological Communication & Hypnosis

Bart Walsh, MSW, LCSW, private practice, Portland, OR

Chronic anxiety and depression present significant challenges for those affected by these conditions. A behavioral treatment that accesses deep levels of psychiatric functioning facilitates remission of these debilitating conditions. This treatment, conceptualized as essential neurobiological communication (ENBC), incorporates a form of body language known as ideomotor signaling. Because these are chronic conditions, the affected individual learns how to fully manage these states on their own. Participants will also learn a non-invasive, structured format for reducing the adverse influence of unresolved emotion on present experience. Essential to this model is a progressive ratification sequence intended to ground emotional adjustments in thought and behavior. This brief procedure is a useful adjunct to other treatment modalities and instrumental in clarifying the focus of treatment.

FRIDAY FULL DAY

October 4

8:30 a.m.—4:15 p.m.

6 CE/CME Credits

Not Just Your Ordinary Kind of Master Class on the Use of Hypnosis for Developmental Repair

Claire Frederick, MD, Saybrook University, San Francisco, CA

Hypnosis is a premier modality for facilitating developmental repair and stimulating multiple dimensions of psychological growth in individuals and in personality energies or parts. This workshop will introduce ways to assess the need for repair and development and review some of the classic hypnotic techniques for developmental repair. Developmental issues include repair of maladaptive attachment patterns, the development of

object permanence and object constancy, boundary formation and strengthening, and ethical repair of inadequate nurturing. The workshop draws on the works of Baker, Murray-Jobson, Brown and Fromm, Brown, Fine, Frederick and McNeal, and others.

The workshop will bring increased vitality to these topics by punctuating theory with interactive non-hypnotic role play by participants of their own clinical case material with the workshop leader. These experiential demonstrations will focus the workshop on observation and assessment by proxy. This emphasis on participants' active engagement in role playing and workshop participants' group discussion of live clinical material will bring greater understanding of how to identify deficient and troubled developmental patterns, how to improve assessment of patients' developmental needs, how to select the most appropriate hypnotic and non-hypnotic techniques to best serve the patient, and how to enlist collegial support in developmental repair work.

Hypnosis Research

John F. Kihlstrom, PhD, Professor, Department of Psychology, University of California, Berkeley; Amanda J. Barnier, PhD, Associate Professor and Australian Research Council Future Fellow, Australian Research Council Centre of Excellence in Cognition and its Disorders and Department of Cognitive Science, Macquarie University, Sydney, Australia; Mike Nash, PhD, Professor, University of Tennessee, Knoxville, TN; Arreed Barabasz, PhD, ABPP, Washington State University, IJCEH Journal Editor, Pullman, WA; David R. Patterson, PhD, ABPP, Professor of Psychology, Department of Rehabilitation Medicine, University of Washington School of Medicine & Mark P. Jensen, PhD, Professor and Vice Chair for Research, Department of Rehabilitation Medicine, University of Washington School of Medicine

Hypnosis is entering a "second golden age" of research, involving the applications of psycho-physiological and neuroimaging paradigms to understanding the biological substrates of hypnosis and its effects. This workshop will introduce new researchers to the fundamentals of hypnosis research, including the assessment of individual differences in hypnotizability; the adaptation of methods of cognitive and social psychology to understanding the nature of hypnosis; the challenges of clinical research; and advice about obtaining "human subjects" approval for hypnosis research. Participants are encouraged to bring their research proposals for discussion.

64th ANNUAL SCIENTIFIC PROGRAM – October 4-6, 2013

*Chairs: Devin Blair Terhune, PhD, University of Oxford, UK &
Ciara C. Christensen, PhD, Burrell Behavioral Health, Springfield, MO*

13 CEs/CMEs (additional 1 Free CE/CME with Banquet Keynote)

FRIDAY, OCTOBER 4 (3 CE/CME)

- 5:15 – 6:45 p.m.** **PLENARY: Hypnosis, Mind and Body**
John F. Kihlstrom, PhD, Professor, Department of Psychology, University of California, Berkeley, CA
- 6:45 – 7:00 p.m.** **COFFEE BREAK**
- 7:00 – 8:30 p.m.** **PLENARY: Hypnotic Analgesia: Outcomes and Mechanisms**
Mark P. Jensen, PhD, Professor and Vice Chair for Research, Department of Rehabilitation Medicine, University of Washington School of Medicine & David R. Patterson, PhD, ABPP, Professor of Psychology, Department of Rehabilitation Medicine, University of Washington School of Medicine

SATURDAY, OCTOBER 5 (6.5 CE/CME or 7.5 CE/CME with banquet keynote)

- 8:30 – 8:45 a.m.** **OPENING OF THE SCIENTIFIC PROGRAM**
Edward J. Frischholz, PhD, ABPH, private practice, Chicago, IL
- 8:45 – 9:10 a.m.** **SCIENTIFIC TALKS**
Modifying Responsiveness to Hypnotic Suggestion
Sheida Rabipour, M.Sc., Clinical Neuroscience and Applied Cognition Laboratory & Amir Raz, PhD, McGill University, Montreal, QC, Canada
- 9:10 – 9:35 a.m.** **Investigating the Enhancement of Hypnotic Responding with Transcranial Electrical Stimulation**
Devin Blair Terhune, PhD, Department of Experimental Psychology, University of Oxford, Oxford, UK; Fiona Beaton, Department of Experimental Psychology, University of Oxford, Oxford, UK; Roi Cohen Kadosh, Department of Experimental Psychology, University of Oxford, Oxford, UK
- 9:35 – 10:00 a.m.** **Connecting Hypnosis and Empathy**
Shelagh Freedman, MA, Concordia University, Montreal, QC, Canada
- 10:00 – 10:25 a.m.** **Psychological Mindedness, Stress, Anxiety, and Expectancies for Hypnotic Relaxation Interventions**
Lauren L. Koep, PsyD, South Texas Veterans Health Care, Frank M. Tejada Outpatient Clinic, San Antonio, TX; Cassie Kendrick, PsyD; Gary Elkin, PhD
- 10:25 – 10:50 a.m.** **COFFEE BREAK**
- 10:50-11:15 a.m.** **SCIENTIFIC TALKS**
Hypnosis and Cognitive Behavioral Therapy for Men with Refractory Chronic Prostatitis and Chronic Pelvic Pain Syndrome
Thomas F. Nagy, PhD, Independent Practice in Psychology, Palo Alto, CA, Adjunct Clinical Faculty, Dept. of Psychiatry and Behavioral Sciences, Stanford University School of Medicine, Stanford, CA; Rodney Anderson, MD; Elaine Orenberg, PhD; Angie Morey, MS; Patricia Glow, BA
- 11:15-11:40 a.m.** **Description of Patient Demographics, Practice Patterns, and Outcomes of a Nurse-Led Hypnosis Service at a Comprehensive Cancer Center**
Kate Kravits, MA, RN, HNB-BC, LPC, NCC, ATR-BC, Nursing Research and Education, Population Sciences, City of Hope, Duarte, CA

- 11:40 -12:05 p.m.** **Abreactive Ego State Therapy for Trauma Resolution, Depression, and Anxiety**
Ciara C. Christensen, PhD, Burrell Behavioral Health, Springfield, MO; Arreed Barabasz, PhD, Washington State University, IJCEH Journal Editor, Pullman, WA; Marianne Barabasz, EdD, Washington State University, Pullman, WA
- 12:05 - 12:30 p.m.** **A Cure for PTSD and Combat Stress Injury: A Placebo Controlled Study**
Arreed Barabasz, PhD, Washington State University, IJCEH Journal Editor, Pullman, WA; Marianne Barabasz, EdD, Washington State University, Pullman, WA & Ciara C. Christensen, PhD, Burrell Behavioral Health, Springfield, MO
- 12:30 - 1:45 p.m.** **LUNCH AND SCEH BUSINESS MEETING with Presidential Address by SCEH President, Stephen Pauker, MD, ABMH**
- 1:45 - 3:00 p.m.** **SYMPOSIUM: Instrumental Hypnosis: Putting hypnosis to work**
Chair: Amanda Barnier, PhD
Amanda J. Barnier, PhD, Associate Professor and Australian Research Council Future Fellow, Australian Research Council Centre of Excellence in Cognition and its Disorders and Department of Cognitive Science, Macquarie University, Sydney, Australia; Rochelle E. Cox, PhD, Dr and Australian Research Council Discovery Early Career Research Fellow ARC Centre of Excellence in Cognition and its Disorders and Department of Cognitive Science, Macquarie University, Sydney, Australia; Vince Polito, BPsych (Hons), PhD Candidate and Faculty of Human Sciences Research Fellow, Department of Psychology and ARC Centre of Excellence in Cognition and its Disorders, Macquarie University, Sydney, Australia; John F. Kihlstrom, PhD, Professor, Department of Psychology, University of California, Berkeley, CA
- Paper 1 – Towards a Good Likeness: Hypnotic Models of Discussion
Presenter: Amanda. J. Barnier, PhD
- Paper 2 – Disrupting behavior and self-monitoring in a hypnotic analogue of alien control
Presenter: Rochelle E. Cox, PhD
- Paper 3 – Using hypnotic models to influence ‘automatic’ responses
Presenter: Vince Polito, BPsych (Hons)
- 3:00 - 3:15 p.m.** **COFFEE BREAK**
- 3:15 - 3:40 p.m.** **SCIENTIFIC TALK**
What are the Effects of Clinical Hypnosis on the Modulation of Cytokines: A systematic review
Werner Absenger, MS, PhD Candidate, Saybrook University, San Francisco, CA
- 3:40-4:30 p.m.** **SYMPOSIUM: Hypnosis in the Age of Big Data**
Elvira V. Lang, MD, FSIR, FSCEH, Associate Professor of Radiology, Harvard Medical School and President, Hypnalgescics, Brookline, MA & Ian Lipski, MD, Clinical Associate Professor, Department of Anesthesiology and Perioperative Medicine, The University of Texas MD Andersen Cancer Center, Houston, TX
- 4:30-5:30pm** **PLENARY: Through the Threshold: Hypnotic and other varieties of anomalous experiences**
Etzel Cardeña, PhD; endowed Thorsen Chair in Psychology and Director, Center for Research on Consciousness and Anomalous Psychology (CERCAP), Lund University, Sweden
- BANQUET KEYNOTE (1 CE/CME)**
8:15 -9:15 p.m. **Hypnosis and the CIA**
Alan W. Schefflin, JD, Professor of Law, Santa Clara Law, Santa Clara, CA
 Professor Schefflin has been judicially recognized in federal and state courts as an expert on mind and behavior control, suggestion and suggestibility, memory, and hypnosis. He has delivered invited addresses to all of the major professional hypnosis organizations in the United States and in several other countries. He has also addressed many professional mental health and legal organizations, including the American Psychiatric Association, the American Orthopsychiatric Association, and the American Psychological Association. Schefflin has appeared as an expert in court on issues involving the professional responsibility of lawyers and is a very well-known author, having published more than three dozen articles, book chapters, and book reviews on psychological, psychiatric, and other legal issues.

SUNDAY, OCTOBER 6 (3.5 CE/CMEs)

- 8:30 – 9:30 a.m.** **PLENARY: The Brain Signature of Hypnosis**
David M. Spiegel, MD, Jack, Lulu and Sam Willson Professor, Psychiatry & Behavioral Sciences, Associate Chair of Psychiatry, Stanford School of Medicine, Stanford, CA and Medical Director, Stanford Center for Integrative Medicine
- 9:30 – 10:15 a.m.** **SYMPOSIUM: The Current State of Evidence-Based Practice of Hypnosis and Biofeedback in Pediatrics**
Donald Moss, PhD, Saybrook University, San Francisco, CA; Linda Thomson, MSN, PhD, FASCH, DABMH, FANPNP, Past President New England Society of Clinical Hypnosis and Northeastern Mountain Society of Clinical Hypnosis, President American Society of Clinical Hypnosis, co-founder Hypnovations, Medical Director of Vermont Academy, Ludlow, VT; F. Ralph Berberich, MD, FAAP, Pediatrician, Pediatric Suggestions, Berkeley, CA
- 10:15 – 10:30 a.m.** **COFFEE BREAK**
- SCIENTIFIC TALKS**
- 10:30-10:50 a.m.** **Transcultural Perspectives on Hypnotizability Scales: Promise, caveats and future prospects**
Claire Champigny, MSc Candidate & Amir Raz, PhD, McGill University, Montreal, QC, Canada
- 10:50- 11:10 a.m.** **A History of Hypnosis in Japan: From popularity to prohibition to precision**
Eli Oda Sheiner, MSc, Transcultural Psychiatry McGill University; Giulia Sato, BA, Psychology, McGill University; Amir Raz, PhD, McGill University, Montreal, QC, Canada
- 11:10 – 11:30 a.m.** **How Aldous Huxley and Milton Erickson Probed the Boundaries of Consciousness in Meditation and Hypnosis**
Michael Lifshitz, BA, McGill University, Montreal, QC, Canada
- 11:30 – 12:30 p.m.** **PLENARY: Where Shamans the First Hypnotists?**
Stanley Krippner, PhD, Saybrook University, San Francisco, CA
- 12:30 p.m.** **CLOSING REMARKS**

POSTER PRESENTATIONS Friday, October 4—Sunday October 6

All poster presentations will be available for viewing from Friday evening through Sunday. Poster presenters will be available to discuss their work on Saturday evening, October 5, prior to and during the cocktail hour.

Psychological Distance and Hypnotic Susceptibility

Jared Goldman, MA, Gyrid Lyon, BA, Michael R. Nash, PhD, ABPP, University of Tennessee Knoxville, TN

Primary and Secondary Process Mentation and Hypnotic Susceptibility

Gyrid Lyon, BA, University of Tennessee Knoxville, TN

The Use of a Hypnotic Phenomenon to Facilitate Interest and Comprehension in a Reading Passage in Highly Hypnotizable People: Preliminary Findings

John Mohl, MA, MEd, Bucks Community College, Newtown, PA

Help of Hypnosis to a Patient Suffering from Scleroderma & Efficacy of Adjunctive Hypnotherapy on Anesthesia Achievement in Teeth with Irreversible Pulpitis

Kaveh Ebrahimi, Sari Dental School, Iran

Time of Session, Gender, and Hypnotic Responsiveness

Joseph P. Green, PhD, Ohio State University, Lima, OH

The Help of Hypnosis for Diagnosis, Treatment and Follow-up of a Rare Oral Mucosal Lesion & The Effect of Hypnosis on Diagnosis, Treatment and Follow-up of Oral Pyogenic Granuloma Lesions During and After Pregnancy

Mohsen Ramazani, Sari Dental School, Iran

Is there a difference in the expression of interleukin-1 β between hypnotherapy administered on-line, face-to-face or a waitlisted control group

Werner Absenger, MS, PhD Candidate, Saybrook University, San Francisco, CA

Hypnotically-Guided Counter Conditioning for Heroin Dependence: Case Reports of Anti-Craving Benefits and Abstinence Outcomes

Ralph L. Elkins, Ph.D., Hypnotherapist and Research Director; Doug Beck, R.Ph., Pharmacist; Kaylan Dandala, M.D., Medical Director - Schick Shadel Hospital, Seattle, WA

WORKSHOP APPLICATION FORM

ELIGIBILITY FOR WORKSHOPS

Workshops are open to applicants who are eligible for membership in SCEH at the student or full membership level (although they need not be members). Eligibility for SCEH membership includes an earned degree as MD, DO, DDS, DMD, MB, ChB, PhD, EdD, PsyD, MSW, DSW, an NP or PA or a similar degree acceptable to the Executive Committee or Council from a regionally- or nationally-accredited university or Training Institution, or status as a registered and licensed practitioner in healthcare such as RN, RTR, registered medical technologist or technician. All applicants shall be licensed in the state or province where they practice unless they are researchers applying for Experimental Membership, which requires copies of representative publications in the area of hypnosis.

Interns or residents in medicine and dentistry advanced graduate students in accredited doctoral programs in psychology and in second year MSW (or equivalent) social work programs are eligible for Student Affiliate status in SCEH, and therefore may be admitted. However, only full time students, interns, and residents qualify for the special reduced rates shown on the registration form upon submission of verification of status. **To qualify for reduced fees, please be certain the letter of endorsement indicates full time student status. Students may also apply for Scholarships Funds. Please see our web site at www.sceh.us or contact the Central Office at info@sceh.us for more information.**

Intermediate and Advanced workshop attendees must have completed an approved Basic Workshop of a least 20 hours.

Name: _____

Profession: _____ Licensed as: _____

Degree: _____ Year: _____

HYPNOSIS TRAINING

Institution/Organization & Instructor

Date

No. of Hours

PURPOSE AND GOALS FOR TAKING WORKSHOP(S)

Please state your goals for taking this workshop: the instructor(s) may review your comments prior to the workshop(s).

GRADUATE STUDENTS, INTERNS, FELLOWS AND RESIDENTS

Training status: ☐ Resident ☐ Fellow ☐ Intern ☐ Graduate Student (working toward which degree?)

School or Hospital and Department _____

Department Chair/Graduate Advisor/Clinical Director _____

Year graduate school or internship/residency/fellowship began _____

Student Signature: _____ Date: _____

Workshop Applicants: Fill out this form along with the registration form on pg 16 and fax/ mail, along with payment to:

Society for Clinical & Experimental Hypnosis

Po Box 252

Southborough, MA 01772

Voice: (508) 598-5553

Fax : (866) 397-1839

Email: info@sceh.us

ADA Statement: In compliance with the Federal American Disabilities Act (ADA), please check this box ☐ if you require assistance because of a disability to make this program accessible to you. Someone from the SCEH Central Office will contact you.

REGISTRATION FORM

OR Register online at www.sceh.us

Name _____ Degree _____

Name for Badge _____ Profession _____

Mailing Address

Company Name: (if any) _____

Street _____

City _____ State _____ Zip _____ Country _____

EMAIL _____ Phone (W) _____ (HM) _____

WORKSHOP APPLICANTS: Please check your workshop choices below; also complete the Workshop Application on pg 15.

☐ Introductory Workshop in Clinical Hypnosis Wed – Fri

☐ Intermediate Workshop in Clinical Hypnosis Wed – Fri

If you have selected one of these options you cannot take Advanced Workshops, however you may attend the FREE Video Program Thursday evening.

Wednesday Evening Advanced Workshops (3 CE/CMES)

- ☐ Hypnosis for Skin Procedures and Disorders
- ☐ PTSD Treatment: Evidence Based Single Session Abreactive Hypnosis
- ☐ Treatment of Headaches Utilizing Self-Hypnosis
- ☐ Precision Cognitive Therapy: Integrating Neuroscience, Hypnosis and Deep Structure Cognitive/Behavioral Therapy

Thursday Morning Advanced Workshops (3 CE/CMES)

- ☐ Facilitating Cognitive Behavioral Interventions with Hypnosis
- ☐ Breath Training as an Adjunct to Hypnosis and Psychotherapy
- ☐ Metaphorical Approaches for Helping Children Change Habits

Thursday Afternoon Advanced Workshops (3 CE/CMES)

- ☐ The Re-Definition of Self Process: A Hypnosis Based Protocol for Trauma Resolution
- ☐ Hypnosis & Meditation Crosswalk for Body-Mind-Spirit Integration (3)
- ☐ Hypnotic Treatment of Anger

Thursday Full Day Advanced Workshops (6 CE/CMES)

- ☐ Pain Control
- ☐ Healing the Divided Self: Foundations of Ego State Therapy

Thursday Evening Film Program – FREE (2 CE/CMES)

- ☐ Video Presentation: “Hypnosis is for the Birds”

Friday Morning Advanced Workshops (3 CE/CMES)

- ☐ Future Focused Therapy with and without Formal Hypnosis
- ☐ Using Hypnosis as a "Search Engine" to Help Adolescents and Young Adults Lost in Cyberspace
- ☐ Maximizing the Clinical Response to Hypnosis of Moderately Hypnotizable Patients
- ☐ Hypnosis in the Treatment of DID and Allied Forms of DDNOS

Friday Afternoon Advanced Workshops (3 CE/CMES)

- ☐ Pediatric Hypnosis Techniques are not Just for Kids
- ☐ Unwrapped: The Transformative Impact of Experiential Therapy with Gay Men
- ☐ Harnessing Creativity & Spirituality with Hypnosis: Theories and Techniques for Generative Transformation
- ☐ Effective Management of Chronic Anxiety and Depression with Essential Neurobiological Communication

Friday Full Day Advanced Workshops (6 CE/CMES)

- ☐ Not Just Your Ordinary Kind of Master Class on the Use of Hypnosis for Developmental Repair
- ☐ Hypnosis Research (Free to Scientific Program Attendees – limited)

Friday – Sunday SCIENTIFIC Program

- ☐ Scientific

Registration – please check one. See next page for registration breakdown, fee and credits.

☐ SCEH/ASCH/ISH/CFCH/CSCH/APA Division 30 Members

☐ Non-Member

☐ SCEH/ASCH/ISH/CFCH/CSCH/APA Division 30 Student Members

☐ Student Non-Affiliate

- ☐ Meeting Package (workshops, banquet, scientific, video)
- ☐ Workshops Only + banquet ticket (includes Friday Scientific Session FREE)
- ☐ Workshops Only NO banquet ticket (includes Friday Scientific Session FREE)
- ☐ Advanced Workshops 12 credits NO banquet ticket
- ☐ Scientific Program Only (includes Friday Hypnosis Research Workshop FREE! Limited space)
- ☐ Program Presenter –includes all options
- ☐ Additional Ticket: Scientific (\$70)
- ☐ Additional Ticket Banquet (\$85)
- ☐ FREE Thursday Evening Film program (must be registered attendee)

Presidential Banquet, Saturday, October 5

1 FREE CE/CMES

Cost is included in your fee except where indicated under Registration Fees, pg 17. The banquet is buffet style. Price includes gratuity and all taxes.

PAYMENT: Fax to 866-397-1839 or mail PO Box 252 Southborough, MA 01772

Total Enclosed: _____ Credit Card Type: ☐ Visa ☐ Mastercard ☐ Discover

Credit Card No.: _____ Security Code (3 digit code on back of card): _____ Exp. Date: _____

Name On Card: _____ Signature: _____

A \$50 late registration fee will be assessed after September 20, 2013.

REGISTRATION FEE BREAKDOWN

Registration Fees	Non-Member*	SCEH/ASCH/ISH/CFCH/CSCH/Div30 Member	Students Non-Member**	Students SCEH/ASCH/ISH/CFCH/CSCH/Div30 Member
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*Meeting Package October 2-6, 2013

(includes Workshops, Thursday evening Film Program, Scientific Session & banquet ticket:

\$695 \$595 \$375 \$275

Workshops Only (no banquet) October 2-4 (includes 15 (advanced) or 20 (basic/intermed) CE/CMEs + 2 Free CE/CMEs for Thursday Film Program + 3 Free CE/CMEs for Friday evening Scientific Program); **no banquet ticket**

\$575 \$475 \$325 \$225

Workshops Only (+ banquet) October 2-5 (includes 15 (advanced) or 20 (basic/intermed) CE/CMEs + 2 Free CE/CMEs for Thursday Film Program + 3 Free CE/CMEs for Friday evening Scientific Program) + banquet ticket + 1 Free CE/CME at banquet

\$650 \$550 \$350 \$250

Thursday evening Free Film Program

(2 CE/CMEs) FREE to all registered attendees

Advanced Workshops 12 Credits

(includes 12 CE/CMEs; **no banquet ticket**)

\$420 \$395 N/A N/A

Scientific Program Only - October 4-6

(includes up to 13 CE/CMEs Credits & banquet)

*Scientific registrants may also register for the Friday Hypnosis Research workshop (6 CE/CMEs) for **FREE**. Space is limited. First come, first served.

\$350 \$285 \$325 \$260

Program Presenter includes attendance at all events and CE/CMEs

\$250 \$250 \$250 \$250

Additional Ticket for the Scientific Program ONLY

Accompanying person, spouse, child, etc. \$70

Guest Registration for Banquet

Accompanying person, spouse, child, etc. \$85

MAXIMUM CREDITS AVAILABLE:

Meeting Package

36 CE/CME credits may be achieved by taking:

Basic or Intermediate Workshop (20 Credits) + Thursday evening Film Program (2 Credits) + Saturday evening Banquet Talk (1 Credit) + entire Scientific Session (13 Credits).

Advanced Workshop meeting attendees deduct 5 credits = 31 credits

Basic and Intermediate Workshop Only participants may achieve a maximum of 26 credits by attending:

Wed, Thurs, Friday Basic or Interm Workshop (20 Credits) + Free Thursday evening Film Program (2 Credits) + Free Friday evening Scientific Session opening (3 Credits) + Banquet - (1 credit)

Advanced Workshop Only participants may achieve a maximum of 21 credits by attending Wed-Fri evening, plus the banquet, as outlined below. Deduct 1 credit if choosing the No Banquet option.

Wed evening Advanced Workshop (3 Credits) + Thursday Advanced Workshop (6 Credits) + Free Thursday evening Film Program (2 Credits) + Friday Advanced Workshop (6 Credits) + Free Friday evening Scientific Session opening (3 Credits) + Banquet - 1 credit

Scientific Program Only participants may achieve a maximum of 22 credits by attending:

Friday Research Workshop- FREE to Scientific Attendees (6 credits) + (SPACE IS LIMITED!) Free Thursday evening Film Program (2 Credits) + Banquet = 1 Credit + Scientific Program = 13 Credits

***Non-Members:** Contact the SCEH office for an application to be mailed or faxed to you. To be eligible for member rates include the completed application, formal registration, payment and documentation.

****Students:** Full-time interns/residents/fellows and graduate students in an accredited college, university or professional school program must submit proof of student status. We also suggest you apply for a [SCEH Scholarship](#) to help with conference costs.

Refunds and Cancellations

Cancellations received on or before September 20, 2013 will be issued a refund, minus a \$50 processing fee. *No refunds will be made after September 20, 2013.* *Postmarked no later than September 20, 2013. After September 20 add a \$50.00 late registration fee.

MEETING OBJECTIVES INCLUDE:

Providing a definition of hypnosis; discussing the principles of hypnotic inductions; discussing uses of direct and indirect suggestions; identifying uses of hypnosis for pain control; identifying uses of hypnosis for anger management; self-hypnosis; breath training; hypnosis for children and young adults; hypnosis and research.

The annual workshops and scientific program are 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.

NON-MEMBERS: IF YOU ARE NOT A MEMBER AND YOU WANT TO REGISTER AT MEMBER FEES, APPLY FOR MEMBERSHIP AT THE SAME TIME THAT YOU SUBMIT YOUR MEETING REGISTRATION, BUT NO LATER THAN September 20, 2013. Get a membership application at our website, www.sceh.us or call the SCEH office at (508) 598-5553 or email to info@sceh.us to request a membership application; submit the application and registration form together, with separate checks for membership dues and member conference registration fees.

Your dues will include a 2013 subscription to the *International Journal of Clinical and Experimental Hypnosis* and the SCEH Newsletter. *If you are found ineligible for membership, we will refund your application fee less the member discount for the conference.*

CONTINUING MEDICAL EDUCATION CREDIT

PHYSICIANS: This activity has been planned and implemented in accordance with the Essential Area and policies of the Massachusetts Medical Society for Continuing Medical Education through the Joint Sponsorship of the Society for Clinical & Experimental Hypnosis and Bournewood Hospital. Bournewood Hospital designates this live activity for a maximum of 36 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Bournewood Hospital is accredited by the Massachusetts Medical Society to provide continuing medical education for physicians.

CONTINUING EDUCATION CREDIT

Continuing education credit for this event is sponsored by *The Institute for Continuing Education*. Credit is awarded on a session-by-session basis, with full attendance required for the sessions attended. The Conference offers a total of up to 36 contact hours. Application forms and other continuing education materials will be available on site. If you have questions regarding continuing education credit, or for a listing of learning objectives by session, please contact *The Institute* at: 800-557-1950; instconted@aol.com.

**The Institute for Continuing Education holds no CE provider status with Canadian Boards, and cannot award continuing education credit to Canadian attendees who are licensed by Canadian Boards. A certificate of attendance can be provided for Canadian attendees.*

PSYCHOLOGY: This activity is co-sponsored by the Society for Clinical and Experimental Hypnosis and The Institute for Continuing Education. The Institute for Continuing Education is an organization approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Institute for Continuing Education maintains responsibility for this program and its content.

COUNSELING: The Institute for Continuing Education is an NBCC-Approved Continuing Education Provider (ACEP)™ and a co-sponsor of this event. The Institute may award NBCC approved clock hours for events or programs that meet NBCC requirements. The ACEP maintains responsibility for the content of this event.

SOCIAL WORK: The Institute for Continuing Education is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), through the Approved Continuing Education (ACE) program. The Institute for Continuing Education maintains responsibility for the program. ASWB Provider No. 1007. Licensed social workers should contact their individual state jurisdiction to review current continuing education requirements for license renewal.

California Board of Behavioral Sciences Provider No. PCE 636.

Illinois Dept. Professional Regulation Provider No. 159-000606.

Ohio Counselor and Social Work Provider No. RCS 030001.

Florida Dept. Health, Div. SW, MFT, Counseling Provider BAP 255, expiration 03/15.

NURSING: The Institute for Continuing Education is an approved provider of continuing education in nursing by the California Board of Nursing, Provider CEP 12646. Nurses are responsible for checking with their state board to determine if credit issued by an approved provider of the CA Board of Nursing is accepted by their state board.

SKILLS LEVEL: Please refer to Eligibility for Workshops on page 18.

NON-CREDIT EVENTS: Continuing education credit is not offered for breakfast, luncheon, dinner (but for Keynote), reception events or poster sessions; breaks; Board meetings; Committee meetings. If you have questions regarding continuing education credit, please contact The Institute at 800-557-1950; EMAIL: instconted@aol.com

ETHICS CREDITS ARE NOT OFFERED FOR THIS EVENT.

REGISTRATION FOR WORKSHOPS AND SCIENTIFIC PROGRAM

Registration for some workshops is limited, so apply early. SCEH reserves the right to cancel any workshop due to insufficient registration. Applications must be accompanied by checks or credit card information. Refunds, minus a \$50 service charge, will be made if the request is received by mail or email prior to September 25, 2013. **No refunds will be made after September 20, 2013.**

DO YOU HAVE QUESTIONS? Call (508) 598-5553, fax (866) 397-1839, email us at info@sceh.us, or check our website www.sceh.us for a description of the conference.

SITE AND ACCOMMODATIONS

This year, our Conference will be held at the Doubletree Hotel by Hilton - Berkeley Marina
200 Marina Boulevard
Berkeley, CA 94710
1-510-548-7920

****The hotel will honor the group rate for booked dates three days pre-event up to three days post-event (September 28 - October 10) if you would like a longer stay.**

****Reservation Phone: 510-548-7920**

Rates are \$159 per night through September 10, 2013. Please mention that you are part of the Society for Clinical & Experimental Hypnosis Meeting Group.

****Please Note: In order to guarantee the SCEH room rate of \$159 /night for a single or double you must book your room by September 10, 2013**

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Save the Date!

October 8-12, 2014

San Antonio, TX

Call for Papers to open late 2013

Registration to open summer 2014

SCEH 65th Annual Workshops & Scientific Program

The St. Anthony Riverwalk—
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<http://www.wyndham.com/hotels/texas/san-antonio/the-st-anthony-riverwalk-wyndham-hotel/hotel-overview>

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For individual reservations, call (210) 227-4392 or 1-800-Wyndham and refer to the name of the event. To receive the group rate of \$149/night please make your reservations no later than October 8, 2014. Identify yourself as affiliated with the SCEH 65th Annual Conference at the time the reservation is made to receive the group rate.

About the hotel:

Nestled in the heart of historic downtown San Antonio and within walking distance of the legendary Riverwalk, the St. Anthony Riverwalk Wyndham Hotel, a National Historic Landmark, has been welcoming guests with gracious style since 1909. With 12-foot ceilings, gold leaf topped columns and lovely French décor, this San Antonio hotel offers a unique blend of Edwardian-era charm, contemporary amenities and gracious service, making this hotel a premier choice for business and leisure travelers alike.