

Psychological Hypnosis Newsletter

Spring 2025 | Vol. 33, Issue 1

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Editor: Chris Corlett, M.A.

Division 30 President's Column

2

Afik Faerman, Ph.D.

Dear Division 30 Members,

First and foremost, I would like to welcome our new Division members who joined us in 2025! Growing our division's community brings new opportunities for us to learn, teach, and support practitioners across the board.

As we approach the APA 2025 Convention in Denver, Colorado (August 7-9), we build on our successful 2024 conference and work on designing an effective and productive Division 30 agenda to provide introductory and in-depth sessions and talks. Registration is now open, and we hope to meet as many of you as possible at our Division schedule and outside of it! More information can be found on the [APA 2025 Convention website](#).

This year, Division 30 has put an effort into expanding our work with APA, including new collaboration with other APA divisions. You may have noticed that I have been sending more emails over our division listserv about requests for experts on various topics to help develop or provide feedback on multiple projects and initiatives. Additionally, our division was recently awarded the APA Committee on Division/APA Relations (CODAPAR) Interdivisional Grant. Together with APA Division 56 (Trauma Psychology) and other divisions, we will contribute to a multispecialty training program focused on educating psychologists on psychedelic-assisted therapy. The development of the project is planned to continue until 2026. Let us know if you are interested in joining the project! Additionally, as part of our division's growing efforts, we have an opening for our Membership Chair position - please reach out to me to nominate a colleague or yourself.

Furthermore, to better communicate Division 30's goals, we recently submitted to APA our updated division priorities:

1. Advance and disseminate understanding of psychological hypnosis, focusing on knowledge, research, and scientific evidence regarding hypnosis interventions for psychological and medical symptoms.
2. Support education and training in the clinical application of psychological hypnosis.
3. Promote the study of consciousness and its correlates in neurobiology, behavior, and phenomenology.
4. Support dissemination of research regarding theories of hypnosis, dissociation, and trauma treatment outcomes.
5. Promote research into the transpersonal, transcultural, and humanistic aspects of experience and their relationship to hypnosis.

Lastly, the recent political climate and drastic changes have impacted many psychologists nationwide. APA is seeking people to share how policy changes are affecting your work and clients to be used to educate policymakers about the real-world implications of political policies. You can share your story on the [APA Action Center](#). To stay informed about APA's work concerning relevant policies, please visit the [APA Response Center](#).

As always, I wish to thank the Executive Committee members for volunteering their time, experience, and attention to promote our division and its goals. It is an honor to work with and learn from every single one of you.

May we all be safe and well,

Afik Faerman, PhD

Editor's Column

A 'hello' from the APA Division 30 Newsletter Editor

Hello Division 30 members!

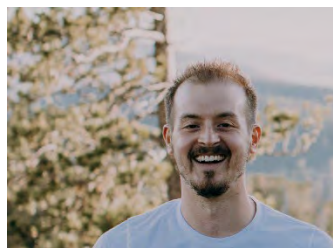
Welcome once again to the Division 30 tri-annual newsletter. We're so appreciative to have you all as members as we continue to build an organization that is a meaningful communal space to meet, exchange ideas, and grow together professionally.

We're of course looking forward to seeing you all August 7-9 at the 2025 APA Convention in Denver, Colorado. I'm especially looking forward to it because Denver was my home for 12 years before I started my Ph.D. studies at Baylor University. While the Division 30 agenda is not yet set, we have a number of fantastic presenters and presentations that will be sure to interest you. We also aim to offer many CE credits for those of you who wish to keep your certifications up to date.

Thanks again for keep up with the latest from Division 30. We hope to see you soon. Whether at the upcoming convention or just following along with the next summer newsletter.

Your D30 Communications Chair,

Chris Corlett



Chris Corlett, M.A.

Call for Submissions & Contributions for Division 30 Newsletter

The editorial team of the Division 30 newsletter enthusiastically welcomes submissions from members for consideration of publication in future issues. Maybe you would like to share the ways you are implementing hypnosis in your clinical practice, or you recently completed an interesting research project that you think others would find to be captivating! Perhaps you recently read a hypnosis-related article or book that you thoroughly enjoyed and would like to review, or you conducted a hypnosis-related literature review that holds some compelling findings that could make a difference in other members' clinical practice. Whether you pursue any of the above ideas or have something else in mind, please do not hesitate to contact any of the Bulletin co-editors (see their contact information below) if you have a short article, summary of work, or other pieces of professional news that you would like to share with our community. We welcome the opportunity to include more diverse content in future issues of the newsletter. Thank you!

Newsletter Editor:

Chris Corlett at cecorlett@gmail.com

APA Division 30 Newsletter Schedule & Submission Deadlines

The newsletter is scheduled to be published three times per year.

1) April 2) June 3) October

For the upcoming June Issue:

Email your submissions to me by May 20th

For the upcoming October Issue:

Email your submissions to me by September 20th

APA 2025 Annual Convention

Denver, CO | August 7-9

Thank you to everyone who has submitted their poster and presentation proposals for the APA 2025 Annual Convention! We received some very exciting submissions and look forward to finalizing the conference schedule. [*Registration is open*](#), and we will have more details and a finalized agenda for the next issue of the newsletter. For the time being, please look to our [website](#) for any conference-related updates.

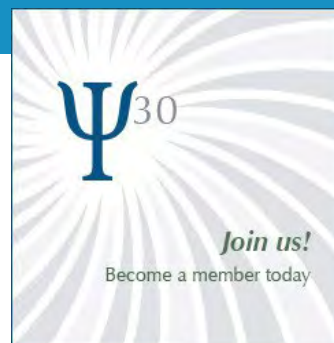
Don't forget!

Early bird pricing ends June 4, and the price goes up again on July 2. Click [here](#) to begin your registration and save yourself a few bucks.

Renew Your Membership

Spread the word and invite others to consider
APA Division 30 membership.

click here →



2025 Steven Jay Lynn

Student Travel Awards Available

Students:

In appreciation of Dr. Lynn's numerous scientific and professional contributions, the executive committee of Division 30 voted unanimously to retitle the student travel awards in his name.

Division 30 is once again extending a warm invitation to all of you, offering an incredible opportunity through our Steven Jay Lynn Student Travel Awards program. Our goal is to make it easier for you to join us at the upcoming APA Convention while alleviating some of the financial burdens that can come with attending such a prestigious event.

If you've played a part in creating an APA/D30 paper or poster as an author or co-author, you could be eligible for travel assistance of up to \$500. The exact amount you receive will depend on the number of applicants, with a total of \$3,000 being made available each year for these awards. The process is straightforward; all you need to do is make sure you're planning to attend the convention and be ready to provide original travel receipts.

To streamline your application, simply have your department chair verify your student status, whether you're an undergraduate, graduate student, or a predoctoral intern. Afterward, send this verification to the D30 Travel Awards Chair. We should also mention that award amounts may differ based on authorship order and presenter status.

This is an exceptional opportunity for you to showcase your hard work and connect with your peers in the field. Don't let this chance slip away - mark your calendars and get ready to seize this fantastic opportunity!

Please notify the D30 Travel Awards Chair via email if you are planning on applying for one of these awards. Deadline for application is **MAY 15, 2025**.

Provide the following:

1. Name, address, email, university affiliation
2. Name of APA paper and author list
3. Your contribution to the paper
4. Indicate whether you will present the paper at APA
5. An email letter from your dept. chair verifying your student status.

Dr. Scott Hoye, D30 Program Co-Chair

C/O Chicago Psychology Services 155

North Michigan Ave., Ste. 622

Chicago, IL 60601

EMAIL: dr.hoye@chicagopsychservices.com

Dr. Eric K. Willmarth, D30 Program Co-Chair

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Kentwood, MI 49508

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Apply for 2025 APA Division 30 Convention Awards

Each year the Society of Psychological Hypnosis invites presenters at the Division 30 APA program to submit their papers for consideration of competitive awards.

If you wish to apply, please note whether you are a student and whether your work is based on a thesis or a dissertation, and whether the presentation was accepted as a paper or poster.

Also, please designate which award you are applying for (see below).

D30 APA Convention Paper/Poster Award categories:

1. **Best Research Paper Award** (Accepted posters can also apply.)
2. **Best Applied Paper Award** (Accepted posters can also apply.)
3. **Best Theoretical Paper Award** (Accepted posters can also apply.)
4. **Nicholas P. Spanos Best Student Paper Award** [\$300 prize]
 - a. This award is reserved for exceptional work by a student author.
5. **Outstanding Student Paper Award** [\$100 prize]
 - a. Both graduate and undergraduate students may apply.
6. **Best Student Poster Award** [\$100 prize]
 - a. Both graduate and undergraduate students may apply.

Written Summary (in WORD or PDF format): The awards committee requests a written summary of the material that you will be presenting at the convention (e.g., approximately 10-15 double-spaced pages, excluding tables, figures, or references). In order for the committee to judge the merit of a given work, the narrative summary should address the study rationale, design, results, discussion, and limitations. Poster applicants may send a PowerPoint or PDF copy of the poster in addition to a written summary fully explaining the work. Please do not send an entire dissertation or a lengthy ready-to-be-published manuscript; rather, the committee would like a summary of your work that you will be presenting at APA.

If you are a student, also please have your department chairperson send an email attesting to the fact that you are a student in good standing.

Deadline June 15, 2025

Chair, Division 30 Convention Awards Committee

Dr. Scott Hoye, Psy.D.

dr.hoye@chicagopsychservices.com

Call for Division 30 Distinguished Award Nominations and the Hilgard Award

Dear Division 30 Members:

We are now accepting nominations for the following four Division 30 awards. Please submit your nomination(s) and supporting letter(s) to Dr. Scott Hoye, Chair of the D30 Distinguished Contributions Awards Committee prior to December 6th, 2025 at the following email address: dr.hoye@chicagopsychservices.com.

Awards:

The **Distinguished Contributions to Scientific Hypnosis Award** is the most prestigious Award for Scientific Merit bestowed by Division 30. It has been given to the scientific leaders of our field.

The **Distinguished Contributions to Professional Hypnosis Award** recognizes outstanding contributions to the field of clinical hypnosis as well as distinguished service to the Division. Training, education, theoretical innovations, clinical research, clinical scholarship, and service to Division 30 (e.g., leadership positions) are considered in the nominations for this award.

The **Early Career Contributions to Hypnosis Award** recognizes excellent young psychologists who have their Ph.D. for ten years or less. The recipient could be nominated for applied or scientific work.

The **E.R. Hilgard Best Graduate Level Academic Thesis Award** is bestowed upon the author of a recent (i.e., completed within the last two years) outstanding dissertation.

Details about submitting an application are available on the D30 website:

<https://www.apadivisions.org/division-30/awards>.

Email nominations to: dr.hoye@chicagopsychservices.com.

Good luck!

Dr. Scott Hoye, Psy.D.
Chair, Division 30 Convention Awards Committee
dr.hoye@chicagopsychservices.com

APA Division 30 Welcomes Applications for *Fellow Status*

By Gary Elkins, PhD, ABPP

Why would you want to become a Fellow of APA Division 30?

Division 30, The Society of Psychological Hypnosis, SPH, welcomes within its membership psychologists who are interested in and who identify with the field of psychological hypnosis—clinical hypnosis in practice, research, service to the Society and APA, instruction/teaching, supervision, consulting, mentoring, and/or other missions. The Society encourages members who have made significant contributions to these missions to apply for fellow status in the Division. Fellow status is a way for the division to showcase the contributions that our Division makes both within APA and to the general public. Most importantly, it is a way to identify and honor individuals for their exceptional work and contribution to clinical psychology.

Being recognized as an APA Division 30 fellow may well increase the visibility of your work, may provide greater opportunities to share your work or develop collaborations. Fellows are often sought as mentors of peers and early career psychologists, as well as in teaching and advisor capacities. Fellows are encouraged to become active in the Division and help shape the Division's mission and work.

What do you need to do to become a Fellow of APA Division 30?

The requirement for fellow status includes to provide documentation showing *outstanding* contributions in either clinical or experimental research, advancing practice, or outstanding services to the Division, APA, and/or at a national or international level. Thus, this level is most often achieved during mid-career or beyond. The applicant identifies their relevant achievements and asks three current APA Division 30 Fellows to review the application and provide letters of support attesting to those outstanding achievements.

If you are considering applying for APA Division 30 Fellowship status now or in the future, what actionable steps would be helpful for you to take?

If you are considering applying, the current APA Division 30 Mentorship and Fellows Committee members are available to provide advice and guidance through the process. Do not hesitate to ask current Fellows for assistance in evaluating when it would be appropriate to apply and to ask for letters of endorsement during the process. See here for a list of current APA Division 30 Fellows: <https://www.apadivisions.org/division-30/membership/fellows>. All current Fellows have gone through this process and understand the requirements. In some cases, it is wise to begin planning and identifying the requirements

several years in advance of your application. The current Chair of the Mentorship and Fellows Committee for APA Division 30 is Gary Elkins, PhD, ABPP. You may email initial inquiries at gary_elkins@baylor.edu.

If you decide to apply for Initial APA Division 30 Fellow status, what other information and dates would be important for you to know?

If you are an APA and Division 30 member who is interested in becoming an APA initial fellow, it's a good idea to begin by reviewing the APA Fellows website to learn more about the process and timeline. Applications to initial Fellow status are made through an APA division to which a member belongs. Applicants need to specify which division they are applying through and verify if they meet the APA and division criteria. Before starting an application, reach out to the Division 30 Mentorship and Fellows Chair to determine the division deadline for submitting your materials to the Fellows portal. This information may be found on the Division 30 website. The deadline for Division Fellows chairs to submit their nominations for initial Fellows to the APA Fellows Committee is February 14, 2023. The APA Fellows Committee encourages nominations from early career psychologists. If you qualify, it's not too early to be recognized by your peers for your outstanding and unusual work in the field of psychology. A good place to start is visiting the APA Fellows page at: <https://www.apa.org/members/your-membership/fellows/apply>

If you are already a Fellow of another Division of APA and want to become a Fellow of APA Division 30, what do you need to do?

Current Fellows who are APA members and are already Fellows in at least one division may also become Fellows in another Division without approval from the APA Fellows Committee. If you are a Fellow in another Division of APA and a member of APA Division 30 and, interested in applying for fellow status in Division 30, contact Gary Elkins, PhD, ABPP at gary_elkins@baylor.edu. More information on the process for current Fellows can be provided.

Latest News from the *International Journal of Clinical and Experimental Hypnosis*



Recent Issue: Volume 73, Issue 1

Welcoming the year 2025, our latest issue of the *International Journal of Clinical and Experimental Hypnosis* (IJCEH) features a collection of studies examining the efficacy and feasibility of hypnosis-based interventions across diverse health conditions. In our feature article, Zimmerman et al. investigate variables influencing a self-administered hypnosis intervention for sleep

improvement. This manuscript's findings suggest that a "general factor" may best account for hypnotizability! Moreover, Mohammadi et al. assess the feasibility of hypnotherapy for managing fatigue and sleep disturbances in patients with multiple sclerosis, and Rhodes and colleagues explore the use of immersive virtual reality hypnosis for post-surgical pain and anxiety management, opening avenues for future research. Finally, this issue includes two systematic review articles that critically evaluate the quality and evidence base of hypnosis for smoking cessation and publicly available hypnosis-related mobile apps. Together, these studies contribute valuable insights into the remote, virtual, and self-delivered applications, limitations, and future directions of hypnotherapy in healthcare. You can read each of the articles' abstracts below for more information.

Up next at the IJCEH

We are excited to announce that this upcoming April issue will feature a special issue dedicated to the works of Dr. Steven Lynn. This special issue will be composed of seven peer-reviewed articles and a guest editorial letter from Joseph P. Green, Ph.D. Thank you to all of our contributors and Dr. Green for making this special issue possible!

Special Issues coming soon

Additionally, we have planned a special issue entitled "*Intersections of psychedelics, psychedelic and mystical experiences, and hypnosis*" targeting the exploration and novel findings on the therapeutic benefits, mechanics, and theoretical frameworks of psychedelics and mystical experiences, as well as its potential parallels between psychedelics and hypnosis. This issue is scheduled for publishing in our October issue, but early online access will be provided for select articles.

Special Issue/Call for Papers – *Ericksonian Psychotherapy*

Finally, a special issue dedicated to the diverse applications, theoretical advancements,

empirical research, and clinical outcomes associated with *Ericksonian Psychotherapy* will be available later in January 2026. For more information on this and any future call for papers and special issues of the *IJCEH*, visit our journal's website at: https://think.taylorandfrancis.com/special_issues/ericksonian-psychotherapy/

Interested Authors:

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

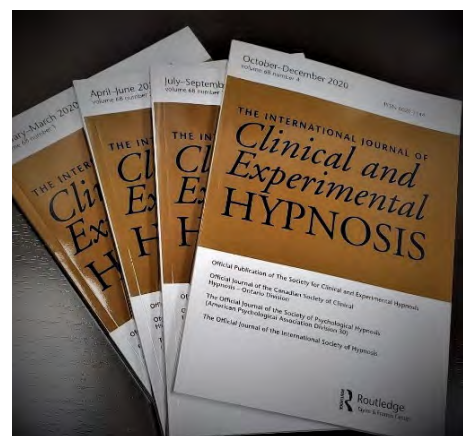
Instructions to authors can be found at:

<https://www.tandfonline.com/action/authorSubmission?show=instructions&journalCode=nhyp20>

Contact us at: ijceh@baylor.edu

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

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



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



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- [@ElkinsGary](#) – Follow the Editor of the IJCEH
- [@tandfonline](#) – Taylor & Francis Research Insights' Official Twitter Account
- Find us online at: www.tandfonline.com/nhyp

Abstracts from the Articles Published in the Most Recent Issue of

THE INTERNATIONAL JOURNAL OF
*Clinical and
Experimental*
HYPNOSIS

January 2025 Issue – Volume 73 (1)

Editorial Letter: Hypnotherapy for Smoking Cessation, Sleep, Pain, and the Potential of Hypnosis Apps

Gary Elkins, PhD

This issue of the IJCEH provides a systematic review of hypnotherapy for smoking cessation as well as a systematic review of hypnosis apps. These reviews are followed by articles that examine hypnotherapy for sleep disturbances in patients with multiple sclerosis and provide results from a randomized clinical trial of immersive virtual reality to reduce pain and anxiety in individuals undergoing orthopedic surgery. In addition, an important new study, with findings that suggest a “general factor” may best account for hypnotizability is presented. Together, these articles address important emerging research on applications of clinical hypnosis and methods of intervention.

Exploring Variables Associated with the Effects of a Self-Administered Hypnosis Intervention for Improving Sleep Quality

Kimberly Zimmerman, Vindhya Ekanayake, Cameron T. Alldredge, Morgan Snyder, and Gary R. Elkins

The objective of this study was to determine the model fit of a standardized hypnotizability measure in a targeted clinical sample. The Stanford Hypnotic Susceptibility Scale, Form C (SHSS:C) was administered to 168 post-menopausal women aged 39 to 75 years. Confirmatory factor analysis was conducted, and comparative fit index (CFI) and root mean square error of approximation (RMSEA) were used to determine goodness of fit. Results indicated that the single-factor structure modeled with twelve indicators based on the individual items on the SHSS:C provided the best description of fit. Results of the present study demonstrate that the SHSS:C has a single-factor structure. These findings suggest that new scales of hypnotizability can be optimized by focusing on the use of items that correlate highly with the overall score representing the unidimensional construct of hypnotizability. The findings should be interpreted with caution due to the small sample size, and further research is needed with other populations to clarify generalizability.

Feasibility of Hypnotherapy in Fatigue and Sleep Disturbance Management in Patients with Multiple Sclerosis Disease

Masoud Mohammadi, Maryam Owjjard, Arashk Mallahzadeh, Amir Masoud Farahmand, Etrat Hooshmandi, Tahereh Fereydoonnezhad, Sadegh Izadi

The aim of this study was to test the clinical feasibility of hypnotherapy in the management of fatigue and sleep disturbances among multiple sclerosis (MS) patients in the south of Iran. Forty patients aged 25 to 47 were enrolled, and 22 (19 females, 3 males) completed eight 50-minute sessions of hypnotherapy for 10 weeks. Patients were required to practice the hypnotherapy sessions at home throughout the week. Participants completed the Multidimensional Fatigue Inventory (MFI) and Pittsburgh Sleep Quality Index (PSQI) at baseline and after the final hypnotherapy session. The mean MFI score was significantly reduced by 8.19 points following hypnotherapy ($p < 0.05$). The mean PSQI global score following hypnosis treatment significantly decreased from 7.4 ± 3.3 to 5.52 ± 3.12 ($p < 0.05$). These results suggest that MS patients might benefit from hypnotherapy for controlling fatigue and sleep disturbance symptoms. Confirmative assessment is required in a randomized controlled trial after feasibility has been established.

Systematic Review on Hypnotherapy and Smoking Cessation

Vindhya Ekanayake and Gary R. Elkins

The main objective of this systematic review is to comprehensively describe and evaluate the evidence on hypnotherapy for smoking cessation. Included studies were comprised of adults, had measurable objective/subjective data reflecting smoking cessation, hypnosis or hypnotherapy studied alone or as part of a multicomponent intervention, and at least ten participants. A total of 745 nonduplicate publications were screened, and 63 papers were included for analysis. Based on 33 of these studies, 66.7% reported a positive impact of the hypnosis intervention for smoking cessation. Positive impact studies had longer average treatment duration, greater number of hypnotherapy sessions, and utilized both self-report and objective measures of smoking cessation outcome (40.9% vs 20%). The efficacy of hypnotherapy for smoking cessation is positive; however, more studies using biologically confirmed abstinence and reduction in the number of cigarettes smoked are needed. Hypnotherapy is a useful approach for smoking cessation that warrants additional inquiry. Future studies are needed that assess treatment fidelity and hypnotizability, provide information on race/ethnicity, and report on side effects and adverse events.

Hypnosis Apps: A Systematic Review

Katherine Scheffrahn, Cameron T. Alldredge, Morgan Snyder, Gary R. Elkins

For over a decade, the growing use of smartphone apps provided a way to make hypnotherapy more widely accessible. However, available apps vary widely in the quality of hypnosis provided to users. This study systematically reviewed apps delivering some form of hypnotherapy intervention and summarized their characteristics. Using hypnosis-related search terms, a list of apps was generated, yielding 708 unique hypnosis apps across both

Android and iOS stores, and 168 apps met inclusion criteria for this review. The most common app targets were sleep ($k = 94$, 56.0%), relaxation/meditation ($k = 92$, 54.8%), and stress ($k = 62$, 36.9%). Only 34 (20.2%) of the apps indicated that the developer or person providing hypnosis was trained in hypnosis. Thirteen (7.7%) apps included some claim of evidence-based treatment. Only four apps reported inclusion in a clinical efficacy trial. Relationships between key app characteristics were explored using chi square analysis. Though hypnotherapy apps have much potential in health care, apps based upon evidence-based protocols and empirical research are limited at this time.

Immersive Virtual Reality to Reduce Pain and Anxiety in Individuals Undergoing Orthopedic Surgery for Acute Trauma: A Randomized Clinical Trial

Joshua R. Rhodes, Chris E. Corlett, Mark P. Jensen, & David R. Patterson

Controlling acute pain for individuals undergoing orthopedic surgery is highly desirable as it is related to various treatment outcomes. Immersive, virtual reality hypnosis (VRH) is one potential treatment modality to aid in pain management. This three-arm, randomized clinical trial evaluated the efficacy of two hypnosis interventions for reducing post-surgical pain and anxiety in addition to evaluating the effects on sleep quality, mental health, and physical functioning. Results indicated no statistically significant main effects associated with intervention groups for pre-post change scores of pain intensity ($F(3, 177) = 0.35$, $p = .71$, partial $\eta^2 = .004$), anxiety ($F(3, 177) = 0.20$, $p = .81$, partial $\eta^2 = .002$) or sleep quality ($F(3, 175) = 0.81$, $p = .45$, partial $\eta^2 = .009$). Additionally, there were no statistically significant group effects of treatment condition on mental health ($F(2, 162) = .71$, $p = .49$, $\eta^2 = .009$) or physical functioning ($F(2, 165) = .43$, $p = .65$, $\eta^2 = .005$). Issues and future directions for this line of research are discussed.

Journal Article Titles from the Most Recent Issue of *Psychology of Consciousness: Theory, Research, and Practice*

2024, Volume 11, Issue 2 (June)

[Mystical experience has a stronger relationship with spiritual intelligence than with schizotypal personality traits and psychotic symptoms.](#)

Pages 137-153. Bitēna, Daiga K.; Mārtinsone, Kristīne. <https://doi.org/10.1037/cns0000312>

[Public perceptions of manipulations on behavior outside of awareness.](#)

Pages 154-176. Osman, Magda; Bechlivanidis, Christos. <https://doi.org/10.1037/cns0000308>

[Persuasiveness: An underappreciated characteristic of effective therapists.](#)

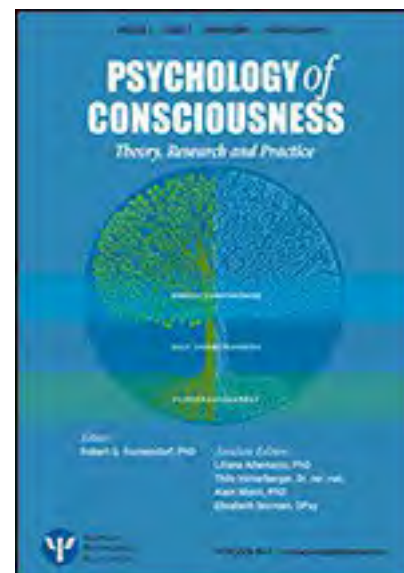
Pages 177-192. Vaz, Alexandre; Sousa, Daniel. <https://doi.org/10.1037/cns0000309>

[Features of depersonalization: An examination and expansion of the cognitive-behavioral model.](#)

Pages 193-208. Quigley, Leanne; Warren, Jonathan T.; Townsend, Courtney. <https://doi.org/10.1037/cns0000336>

[Computer versus live delivery of the Sussex Waterloo Scale of Hypnotizability \(SWASH\).](#)

Pages 209-216. Lush, Peter; Scott, Ryan B.; Moga, Gyorgy; Dienes, Zoltan. <https://doi.org/10.1037/cns0000292>



Special Section: Attention Deficit Hyperactivity Disorder From the Standpoint of Consciousness Studies

Examining the relations among working memory capacity, attention-deficit/hyperactivity disorder symptomology, and conscious experience.

Pages 217-233. Beikmohamadi, Leila A.; Meier, Matt

E. <https://doi.org/10.1037/cns0000313>

Investigating emotion dysregulation and the perseveration- and flow-like characteristics of ADHD hyperfocus in Canadian undergraduate students.

Pages 234-251. Ayers-Glassey, Samantha; MacIntyre, Peter

D. <https://doi.org/10.1037/cns0000299>

Training in tranquil abiding meditation as a treatment for core symptoms and a cognitive remediation program of executive functions in young adults with ADHD: A pilot study.

Pages 252-276. Guillaume, Nicolas; Bélisle, Marie-Pier; Jean, Martin; Dupuis, Gilles. <https://doi.org/10.1037/cns0000294>

The Backbone of Division 30

My Introduction to Hypnosis: A Path of Curiosity, Connection, and Clinical Passion

Eric Proescher Psy.D., MPH

This is a recurring feature of APA Division 30's newsletter, in which a member from the Division 30 Executive Committee is invited to contribute a bio-sketch that answers the following questions: "What was your introduction to hypnosis? And how did that play out?" This issue features a reflective piece from *APA D30 Treasurer Eric Proescher Psy.D., MPH*.



My journey into hypnosis began in an unexpected place—an undergraduate stage show at Loyola University. It was during my sophomore year when a stage hypnotist recruited my quiet and introverted roommate to participate. What I witnessed was nothing short of astonishing. My shy, bookish roommate transformed into someone I did not recognize: the very spitting image of Ritchie Valens, singing, dancing, and captivating the crowd (and me). I was both stunned and intrigued. Afterward, he simply said, "I didn't know I had it in me."

That moment sparked a curiosity I couldn't ignore. The very next day, I stumbled upon *Trance-formations* by Richard Bandler and John Grinder in a used bookstore. I can remember gazing at the cover, holding the book in my hands, a bright, colorful 1970's style illustration emblazoned with dragons, rainbows, and a sorceress beckoning toward a path. Some part of me must have known I was about to begin that journey. When I mentioned the book to my father—who had been largely absent since I was five—he recognized the names immediately. What I didn't expect was for him to reveal that he had left our family years earlier to study directly with Bandler and Grinder near San Francisco. Soon after, he sent me a box full of NLP texts and classic works like *Advanced Techniques of Hypnosis and Therapy* by Milton H. Erickson. At the time, I suppose some part of me wanted to understand what was so compelling in those teachings that it drew him away. I also wanted to seek my own path, so I threw myself into the material. This is where the fire was lit within me to become a healer.

My interest in unconscious processes and depth psychology continued to grow. I completed my undergraduate training and set my sights on obtaining my doctorate in clinical psychology. While

in graduate school, I met a kindred spirit, Ian Wickramasekera II, and in 1998 we attended the Basic Hypnosis Course by the Society of Clinical and Experimental Hypnosis (SCEH) led by Mark Wark. I'll never forget experiencing arm levitation for the first time—thinking, “This isn't going to work for me,” right before feeling the unmistakable tug on my arm. We were welcomed by then-president Elgan Baker and even had the privilege of learning from Erika Fromm in what may have been her final workshop.

That training sealed my path. Ian's passion, fueled by his father's legacy in the field, deepened my own commitment. I went on to attend numerous workshops with legends like Daniel Brown, Jack Watkins, Dabney Ewin, Mark Jensen, Claire Frederick, Irving Kirsch, David Patterson, John Edgette, Steve Lynn, and Ed Frischholz. What amazed me most was how accessible these leaders were, and how generous they were with their time and wisdom.

On September 10, 2001, my commission for Medical Service Corps Officer in the U.S. Navy was approved. The world changed the following day, and I was soon deployed to Operation Enduring Freedom at Guantanamo Bay from 2003-2004. Before deployment, I ran into Elgan Baker again at a SCEH event, and we stayed in touch. I consulted him during a particularly challenging case involving a non-English-speaking detainee with complex regional pain syndrome. Hypnosis, facilitated via interpreter, had a profound impact—so much so that the interpreters began clamoring to volunteer to work my hypnosis sessions. Prior to this, it was difficult to get assistance from interpreters in the busy camp.

After my military service ended in 2005, I joined the VA as part of a Post-9/11 outreach team, using hypnosis as a core modality for trauma recovery. I also became involved in research focused on trauma and healing. When the VA formally embraced Complementary and Integrative Health approaches, including hypnosis, I became a national clinical trainer for the VA's Basic and Intermediate Hypnosis courses. I was recently asked to be one of four Subject Matter Experts in Hypnosis by the VA's Integrative Health Coordinating Center.

Today, I continue to train, mentor, and support VA clinicians incorporating hypnosis into their practice. After more than two decades of clinical work with trauma, I transitioned in 2024 to become the Whole Health Clinical Director at Jesse Brown VA Medical Center. In this new role, I champion holistic approaches to veteran care that begin with “what matters” to the Veteran.

Outside of federal service, I maintain a small private practice in hypnotherapy. I've published on the use of hypnosis for anxiety and habits and am currently writing about rediscovering “magick” in psychotherapy through unconscious processes.

What began as curiosity on a college night has become a lifelong passion. Hypnosis has not only deepened my clinical work—it has profoundly shaped the kind of clinician and human being I strive to be.

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