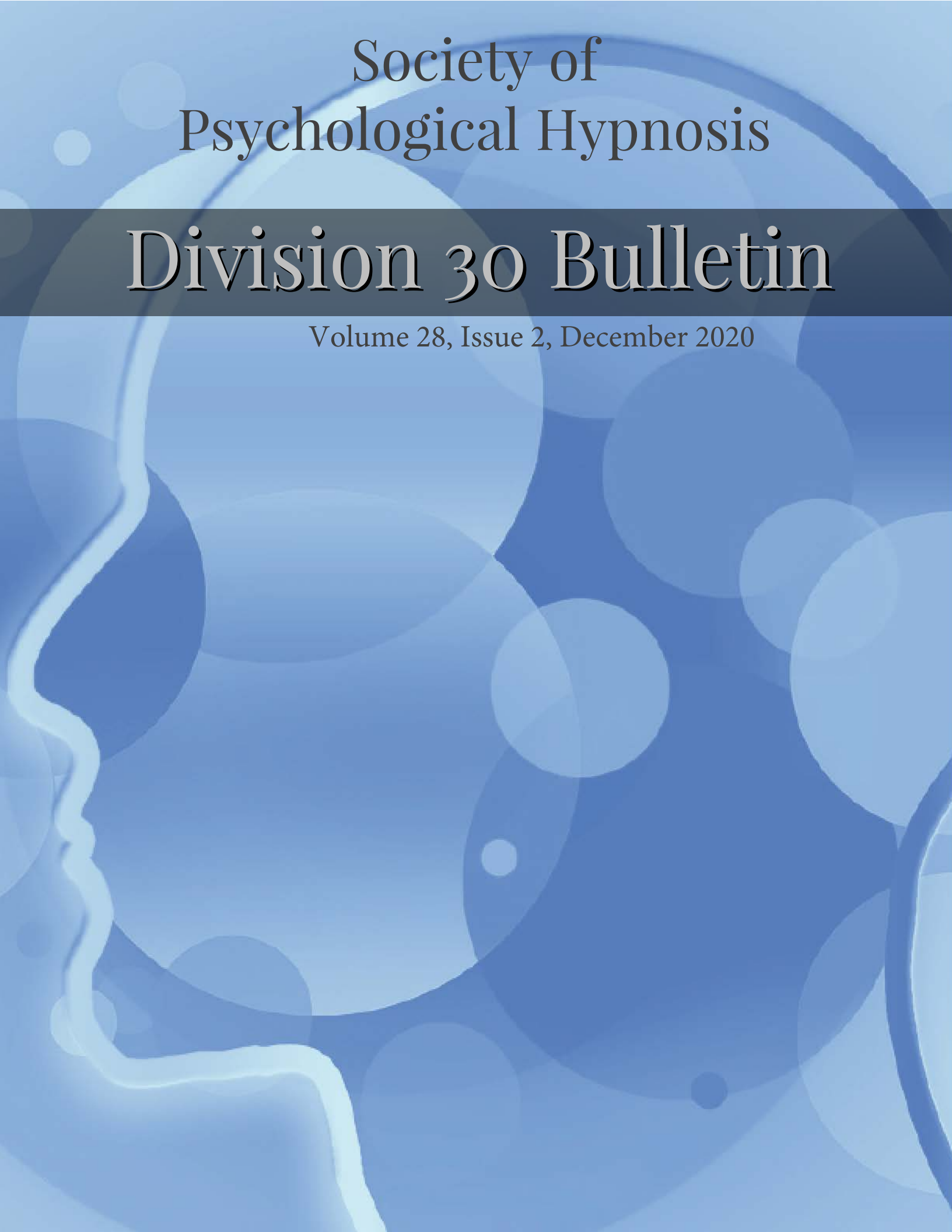


The background of the cover is a light blue gradient. It features several overlapping circles in various shades of blue, creating a bokeh effect. On the left side, there is a white, stylized profile of a human head facing right, with a wavy line representing the hair or a thought process.

Society of
Psychological Hypnosis

Division 30 Bulletin

Volume 28, Issue 2, December 2020

From the Editor

Greetings to Division 30 members! Wishing you a peaceful holiday season as we continue to navigate difficult and challenging times in the professional, social, and personal aspects of life. This issue of the Bulletin contains several important updates including information from D30 president Eric Willmarth, proposed changes to the D30 bylaws, call for proposals, nominations for leadership positions in D30, and continuing work on the collaborative project between Divisions 30 & 2.

We highly encourage submissions from members for publication in the Bulletin. If so, and you would like to submit something for publication in the Division 30 Bulletin, please email me via: mquinon03@gmail.com

-Michael Quinones, PhD

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President's Column



Eric Willmarth, PhD

It has been eleven years since I first wrote a President's Column article for this Newsletter. Since I completed my first term as Division 30 president, 10 outstanding individuals have served this Division including

Donald Moss, Marty Sapp, Joe Green (x2), Arreed Barabasz, Gary Elkins, Steffanie Schilder, Ciara Christenson, Thomas Dowd, and John Mohl. Before my first term, some 40 other outstanding individuals have served in this role. See the whole list at:

<https://www.apadivisions.org/division-30/leadership/past-presidents>

I think that it's tempting to reminisce this year as we deal with a worldwide pandemic and the radical changes that this has created for the field of hypnosis and psychology. Hypnosis training and interventions incorporating hypnosis are now using videoconferencing at a level we would never have predicted one year ago. The future however is where we need to keep our attention. Did you know that the average age of a Division 30 member is over the traditional age for retirement? We need to attract younger generations into the fold. In the past it was argued that early career professionals couldn't afford the time and expense of attending professional meetings. Perhaps this new age of telemedicine will help address this issue.

We also remain active in the international world of hypnosis by supporting the International Survey of Hypnosis Clinicians and Researchers. Division 30 is co-sponsoring the Hypnosis Efficacy Task Force, *(continued on page 3)*

a multi-national team of hypnosis clinicians and researchers that has been crafting guidelines for best practices and standards for hypnosis research, as well as recommendations for research priorities for the next decade. Division 30 board member Donald Moss is a convenor for the Task Force.

As an extension of that project, the Task Force is carrying out a unique survey of clinicians, researchers, and students in the field of hypnosis, which aims to provide the most comprehensive picture to date of current practices and views in clinical and experimental hypnosis. This survey is co-sponsored by the Society of Clinical and Experimental Hypnosis, the American Society of Clinical Hypnosis, Division 30 (Hypnosis) of the American Psychological Association, the European Society of Hypnosis, and the International Society of Hypnosis.

Please participate by taking part in this important survey! All survey completers will receive by email pre-publication copies of any research reports about the survey findings as soon as these become available. The survey takes about 20-25 minutes to complete, and the data are collected in an anonymous manner:

<http://hypnosis-survey.com/participate.html>

You will be asked to provide your name and email address, and you will receive a secure personal link to complete the anonymous survey. Thank you for your support of this effort to increase our understanding of how practitioners, researchers, and students are using hypnosis!

Finally, I want to give a special acknowledgment to Dr. Joseph Green who has just finished his third tour of duty as Division 30 President. Joe's endless, energy, organization and encouragement has kept the Society for Psychological Hypnosis current and relevant. By the time you get this Newsletter you should have already received a letter from me with a ballot to vote on new bylaw revisions that are the product of many hours of work by Dr. Green as well as others in Div. 30 and the APA. Thank you Joe for the hundreds of hours you have freely given to this Division over many years. Here's to a healthy, productive 2021!

Do you want to become more involved with Division 30 activity

Contact me at ewillmarth@saybrook.edu.

Proposed Revision to D30 Bylaws: Be on the Lookout for Your Ballot



Joseph Green, PhD

Over the last two years, the Executive Committee (EC) of Division 30 has been working to update our bylaws. All eligible voting members of Division 30 should soon receive a letter describing the proposed

changes to the bylaws along with a ballot and a return envelope. The deadline for your vote to be returned is January 17, 2021.

One of the most significant proposed changes is to include the “past-past president” as a voting member of the Executive Committee. It is our tradition that the past-past president serves as our awards chair. In this role, the past-past president secures nominations and leads the review and discussion of candidates for our distinguished awards. The past-past president works with the program chair to secure convention addresses by award recipients and recommends awards for our convention-related paper and poster presentations. At present, the past-past president may participate in division meetings but is unable to officially vote on division matters. Given the importance of this role and to tap into the wisdom and experience of past presidents, the Executive Committee recommends that our past-past president become a full voting member of the EC.

Another important proposed change is to allow the division to propose future changes to our

bylaws and tabulate votes electronically. At the current time, we must physically mail ballots to members and members must return their votes back via regular mail. Consistent with most other divisions, Division 30 is proposing that we use electronic resources such as e-mail for these kinds of activities in the future. This move will save time and money because we won't have to incur the costs of postage, materials, and mail production.

Whenever a division of the American Psychological Association (APA) proposes changes to their bylaws, APA Office of Legal Affairs reviews the entire bylaws and makes recommendations for modifications. Given that our bylaws had not been revised in several years, it was not a surprise that APA Legal made several recommendations to update and streamline our bylaws.

One example was to the proposal to remove the “Enabling Claus” section of our current bylaws - this detailed the process of how the division elected its original slate of officers and is no longer relevant today. Another recommendation was to remove descriptions of job duties from the bylaws. Instead, job descriptions are more appropriately housed within our Policy and Procedure Manual. Importantly, during the review, we realized that we did not have a procedure in place to potentially remove a member (or an elected officer) of the division should that ever become necessary. Whereas we all hope that it would not be necessary to implement such a process, we agree with APA that our division should have basic guidelines in place (*continued on page 5*)

regarding the process of deliberation and required voting thresholds before any such deliberation would begin. We are grateful to APA Office of Legal Affairs and APA Division Services for their help and guidance during the review process.

The EC unanimously agrees with all of the proposed changes to our bylaws.

A red-lined copy of all of the proposed changes is available on our website:

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

We ask that you review the proposed bylaws changes detailed in the forthcoming letter to voting members and visit our website to see all of the redlined changes, and then return your ballot before the deadline.

Warm regards,
Joe

Joe Green, Ph.D.
Past-President of Division 30
Chair, Bylaws Review Committee

Report on 2020 Election of Council Representatives

(submitted by Lisa Lombard, PhD):

Election results were conveyed by Garnett Coad, Director, Elections, Governance Office, American Psychological Association. The 2020 Apportionment ballot election for legislative year 2022 was launched November 1 and closed December 16. The ballots have been counted and the Election Committee has certified the election. In summary, Divisions 17, 29, 39 and 42 each lost a seat. Divisions 32, 35, 40 and 56 each picked up a seat. This means that the number of seats for Division 30 is unchanged, holding at 1! Thank you to all who voted, and for adding your support to Division 30.

Division 30 Call for Proposals for APA 2021

Greetings,

Division 30 is currently accepting proposals for APA 2021. Please be aware that all division programming will be virtual with pre-recorded sessions. Proposals are due by **January 12, 2021** and CE workshop proposals are due by **January 6, 2021**.

Division 30 welcomes all submission types involving hypnosis and related topics (e.g., dissociation, mindfulness, consciousness), especially presentations involving hypnosis integrated into psychotherapy, interventions, and treatments.

To learn more and to submit a proposal, visit <https://convention.apa.org/proposals/division-programs> or, if you have questions or would like me to submit your proposal, please contact me at black.34@buckeyemail.osu.edu

Sincere and warm regards,



Katharine Black
Division 30 APA 2021 Chair

Division 30 Nominations for Leadership Positions

Dear Division 30 Members and Fellows:

Division 30 seeks nominations for the following positions of leadership beginning in August, 2021:

President-Elect

- This position involves a 3-year commitment. President-elect for one year, followed by a Presidential year, and then serving one year as Past-President which includes chairing our awards committee).

Secretary

- This is a 3-year position.

Treasurer

- This is a 3-year position.

Member-At-Large

- This is a 3-year position.

Self-nominations are encouraged.

Information regarding each position can be found in our Policy and Procedures manual which can be found here:

<https://www.apadivisions.org/division-30/leadership/committees/policy-procedures.pdf>

Please send all nominations and/or questions to Joseph Green (green.301@osu.edu) by January 15, 2021, at 11:59 PM.

Sincerely,
Joe Green

Upcoming Events

SCEH 2021 Midyear Clinical Hypnosis Workshops – online via zoom

- April 23-24, 2021
- Conference has been moved to on-line format
- For more information (see page 6) send email to: info@sceh.us

ASCH-ERF Virtual Annual Scientific Meeting and Workshops (ASMW)

- March 4-7, 2021
- Conference has been moved to on-line format
- Visit ASCH on-line at <https://www.asch.net/> for more information

Call for Submissions Contributions for Division 30 Bulletin

Division 30 Bulletin welcomes submissions from members for consideration of publication in future issues if you have a short article or summary of work that you think would be of interest to our readers, please contact the Bulletin editor (examples might include clinical applications of hypnosis in your practice book reviews research projects literature reviews). We welcome the opportunity to include more content and articles in future issues of the Bulletin.

Call for D30 Distinguished Award Nominations and the Hilgard Award

Dear Division 30 Members:

Nominations are now being accepted for the following four Division 30 awards. Please submit your nomination(s) and supporting letter(s) to Dr. John Mohl, Chair of the D30 Distinguished Contributions Awards Committee prior to **January 10th 2021**.

- The *Division of Psychological Hypnosis Award for Distinguished Contributions to Scientific Hypnosis* is the most prestigious Award for Scientific Merit bestowed by Division 30. It has been given to the scientific leaders of our field.
- The *Division of Psychological Hypnosis Award for Distinguished Contributions to Professional Hypnosis* 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 *Division of Psychological Hypnosis Award for Early Career Contributions to Hypnosis* 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 2 years) outstanding dissertation.

Details about submitting an application are available on the D30 website: <https://www.apadivisions.org/division-30/awards> Email nominations to: DrJohnMohl@gmail.com

Good luck!

Sincerely,
John Mohl

2021 Midyear Clinical Hypnosis Workshops (Three Tracks)

Supported by SCEH and APA Division 30



April 23-24, 2021 (Friday and Saturday) – Virtual via Zoom

Clinical hypnosis is a powerful, evidence-based tool that allows medical and psychological healthcare providers to help patients and clients address a myriad of issues. Will 2021 be the year you expand your understanding and use of Clinical Hypnosis?

Our workshops meet accepted Standards of Training in Clinical Hypnosis and count toward the SCEH Certification Programs. Three tracks are offered:

- **Introductory/Basic** -- Foundations of Clinical and Applied Hypnosis
- **Intermediate** -- Intermediate Training in Clinical and Applied Hypnosis
- **Advanced** – Three varied topics. Sign up for individual sessions or all three.
 - Clinical Hypnosis for Pain-Related Anxiety
 - Hypnotherapy for Stress Management: Integration of Mindfulness, Music, Relaxation, and Suggestion in Clinical Practice
 - Hypnosis Applications for Chronic Illness and Medical Procedures

➤ Earn 12.5 CE credits for Introductory and Intermediate Tracks or up to 10 CE for Advanced Track if you take all three sessions.)

➤ All SCEH workshops are of the highest teaching quality and feature experiential learning so you can put learned concepts into immediate practice with clients and patients.

➤ Designed for: Psychologists, Physicians, Social Workers, Counselors, 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. The event is open to any health care professional who is eligible for SCEH membership. Special student rates apply.

- See the SCEH website for details: www.sceh.us
-

Executive Committee

Executive Committee Officers

President

Eric Willmarth, PhD (2020-21)

President-Elect

David Reid, PhD (2020-21)

Nominations Chair (Past President)

Joe Green, PhD (2020-21)

Secretary

David Godot, PsyD (2019-21)

Treasurer

Ciara Christensen, PhD (interim, 2019-21)

Members-at-Large

Donald Moss, PhD (2020-23)

Len Milling, PhD (2020-23)

Scott Hoye, PsyD (2019-21)

APA Council Representative

Lisa Lombard, PhD (2020-23)

Other Chairs and Appointments

Awards Chair (Past Past President)

John Mohl, PhD (2020-21)

Program Chairperson(s)

Katharine Black

Student Representatives to the Executive Committee/Program

Kristen Ricondo

Membership Chair

John Mohl, PsyD (2020-21)

Fellows Chair

Donald Moss, PhD

Ethics Committee Chair

Omar Sanchez-Armass, PhD

Policy and Procedures Chair

Joe Green, PhD (2018-21)

Division 30 & Division 2 (Society for the Teaching of Psychology): Collaboration on Hypnosis Teaching Guide

A Call For Comments

(Continuation from previous deadline of August 31st, 2019)

A collaboration between Division 30 and Division 2 (Society for the Teaching of Psychology) seeks to create a teaching guide about hypnosis for psychology teachers. This came about after realizing how little coverage hypnosis gets in introductory psychology courses and how little is known about it collectively among instructors. The guide has two parts to it: an introduction and a main section where some of the more pertinent and most frequently asked questions about hypnosis are presented in a question/answer format. The guide attempts to avoid technical language (as acknowledged in the introduction, some of the concepts are simplified for clarity) and refrains from using parenthetical citations. At the same time, every attempt was made to be theoretically balanced and objective in its presentation.

Division 30 seeks comments on this document pertaining to content (writing style, syntax, and other writing conventions will be addressed later on). We would like to know what should be added, deleted, or modified. Are there glaring inaccuracies or omissions of important concepts or research that should be included? Please send all comments to John Mohl at DrJohnMohl@gmail.com by **January 15, 2020**. The guide can be accessed through this link:

<https://bit.ly/div30comment>