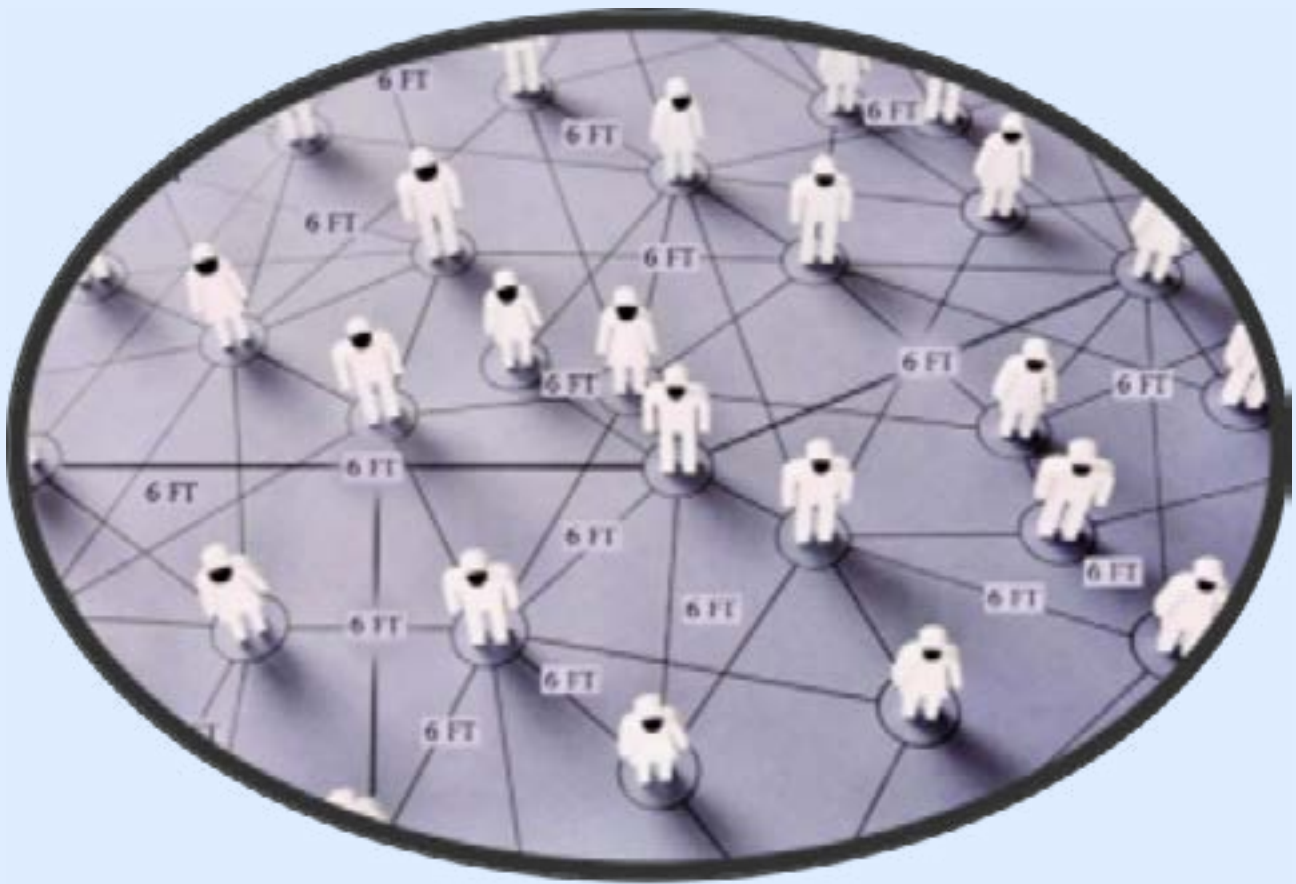




SOCIETY OF
PSYCHOLOGICAL HYPNOSIS

FALL / WINTER | 2021
ISSUE #2, VOLUME 29

End of Winter, Seasonal Holiday Bulletin 2021



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Itinerary of Advanced Hypnosis Workshops in Spring 2022

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I. EXECUTIVE SUMMARY

President's Letter

BY DAVID B. REID, PSY.D.

Greetings, Division 30 colleagues!

It is my pleasure as current President of Division 30 to welcome you to our newsletter. I first want to thank immediate Past-President Dr. Eric Willmarth, for his leadership and assistance in his many years of service to Division 30.

I hope you can attend the 2022 APA convention in Minneapolis, Minnesota from August 3-6. Division 30 will be represented by some of our most accomplished members, offering workshops on contemporary aspects of clinical hypnosis. While in Minneapolis, I will be honored with presenting the 2022 Division 30 Distinguished Contributions to Scientific Hypnosis award to Dr. Gary Elkins.

This past month, on behalf of and in collaboration with the Presidents of ASCH (Dr. Joseph Tramontana), SECH (Dr. Ciara Christensen) and ISH (Dr. Mark Jenson), I submitted a formal comment to the proposed 2022 CDC Clinical Practice Guidelines

for Prescribing Opioids, addressing their blatant omission of clinical hypnosis as an evidenced based, noninvasive, non-pharmacological treatment for chronic pain. Additionally, with the support of our Executive Committee, a contract with APA was formalized to establish a reduced rate for D30 members for the quarterly publication of the journal *Psychology of Consciousness: Theory, Research, and Practice*. Stay tuned for an upcoming announcement from APA concerning subscription details.

In closing, I want to thank our editor, Charlotte Young for her continued dedication to our newsletter.

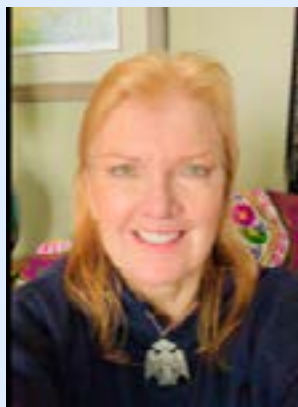
I look forward to connecting in-person in Minneapolis!

[David B. Reid, Psy.D.](#)



Content Editor

BY CHARLOTTE A. YOUNG, M.A.



Reporting to you from Mi'kma'ki, Algonquin unceded territory of Eastern Canada, I welcome you to the final Newsletter of 2021. During this issue, we continue into the global pandemic and how we live has so many strange environmental twists, maybe there will be a new norm.

In this issue, we have seasonal complimentary hypnosis give-aways and training for Division members. We announce highly specialized hypnosis training to look forward to in 2022.

Lastly, the reason this Winter Newsletter is not arriving until 2022 is we searched high and low for six months to find a technical editor with access to digital

technology capacity for digital graphic layouts of our content. Please welcome the mother-daughter graphic artist duo Melissa and Kailey Reid.

Some events in this issue are time-stamped and will require immediate attention.

Please feel welcome to submit content, feedback, or comments in 2022 to c.young@videotron.ca. Consider taking a successor role to become the next 2023 Newsletter Editor as well.

“Leadership success is measured by the success of your successor.” ~ Rev. Myles Munroe M.A., Ph.D (1954-2014 who crossed-over in a plane crash)

2022 Student Travel Awards Available from D30

BY JOSEPH GREEN, PH.D.

The executive committee approved offering students within our division financial assistance to attend the APA convention. Individual awards will not exceed \$500 and may be less depending on the number of eligible applicants. The division will incur a cost of no more than \$3000 per year for all awards.

Eligibility requirements include the following: (a) the student must be an author or co-author of an APA/D30 paper or poster; (b) the student must attend the conference; (c) the student must turn in original receipts of travel related expenses to our treasurer. Applicants should arrange for their department chair to verify their student status by sending an email to Joe Green. A “student” is defined as someone who, at the time of the application, is enrolled in undergraduate or graduate school or is in their pre-doctoral internship year. Post docs are not eligible for this travel award. Authorship order and presenter status may influence the amount of the award.

Please notify Joe Green via email if you are planning on applying for one of these awards.

Deadline for application is MAY 15, 2022.

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.**

Note: Awards will be given after the convention and mailed out by APA. You will need to keep travel related receipts of your expenses and turn them into the Division 30 Treasurer Ciara Christensen (ciara_christensen@yahoo.com) in order to receive reimbursement (i.e., receive the award) from APA.

**Joseph P. Green, Chair,
D30 Student Travel Committee
The Ohio State University, Lima
4240 Campus Drive
Lima Ohio 45804
EMAIL: green.301@osu.edu**



NOTICE of Division 30 APA Convention Awards:

Deadline June 15, 2022

BY JOSEPH GREEN, PH.D.

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.**
 - a. Accepted posters can also apply.
2. **Best Applied Paper Award.**
 - a. Accepted posters can also apply.
3. **Best Theoretical Paper Award.**
 - a. 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.

Chair, Division 30 Convention Awards Committee

Joe Green, Ph.D.
green.301@osu.edu

D30 Distinguished Award Nominations and the Hilgard Award

BY JOSEPH GREEN, PH.D.

Nominations are now CLOSED for the Division 30, 2022 Awards. The winners will be announced in upcoming issues of the Newsletter. Please plan ahead for the 2023 Distinguished Awards with your nomination(s) and supporting letter(s) to Joseph Green, Chair of the D30 Distinguished Contributions Awards Committee, prior to November 15, 2022.

EMAIL: green.301@osu.edu

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

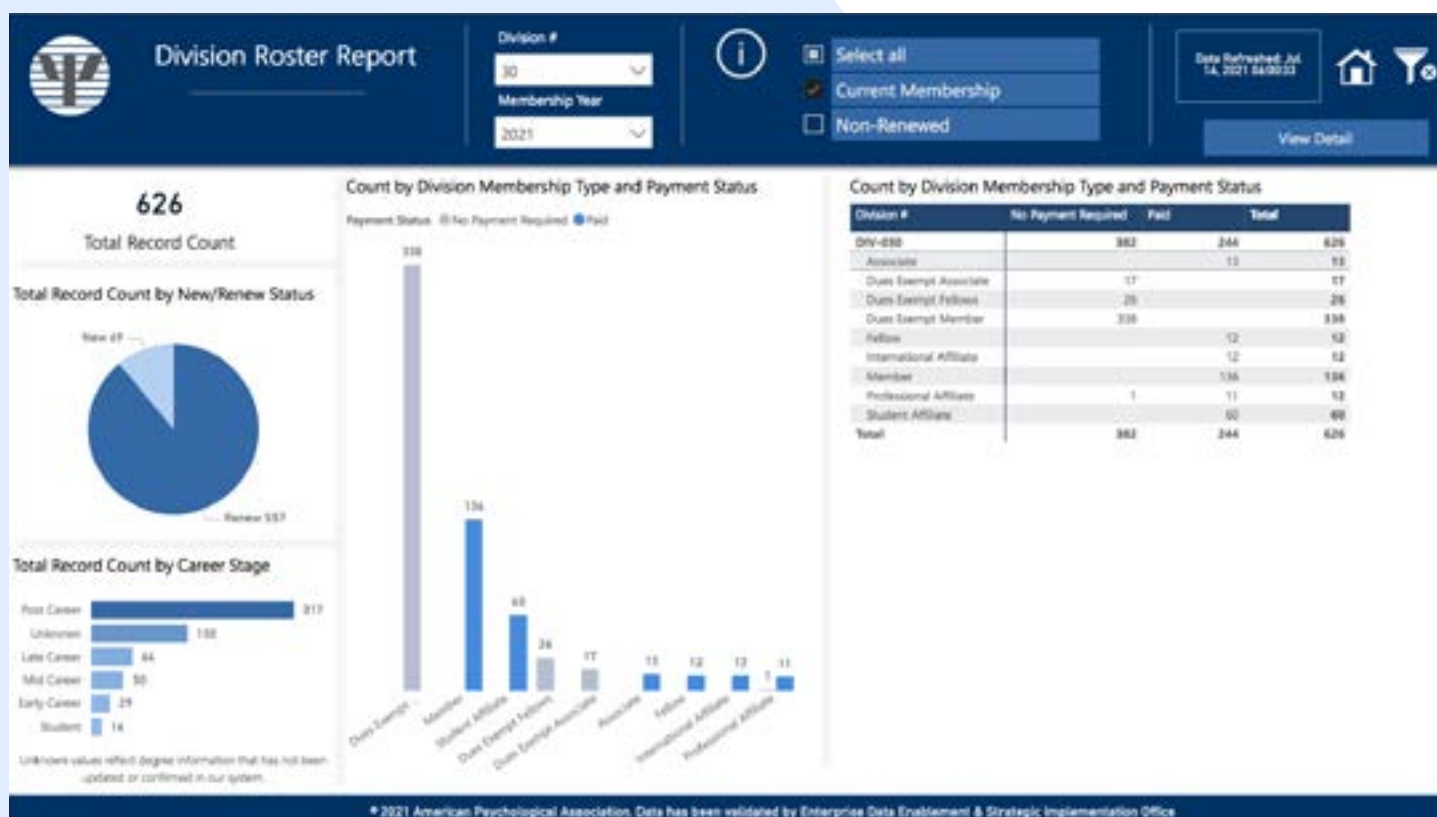
service to the Division. Training, education, theoretical innovations, clinical research, clinical scholarship, and service to Division 30 (e.g., leadership positions) are considered in the nominations for this award.

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 for Distinguished Awards are available on the D30 website: <https://www.apadivisions.org/division-30/awards>

Division Roster Report, End of 2021 from CPA



II. UPDATES FROM OUR HYPNOSIS NETWORKS

Complimentary Hypnosis Training for Cancer Pain, The Center for Behavioral Oncology, at the Icahn School of Medicine at Mount Sinai

BY GUY H. MONTGOMERY, PH.D



HYPNOSIS FOR CANCER PAIN: A Mind-Body Approach to Cancer Pain Management

Complimentary Hypnosis Training for Cancer Pain, The Center for Behavioral Oncology, at the Icahn School of Medicine at Mount Sinai.

By Guy H. Montgomery, Ph.D.

The National Cancer Institute (NCI), Hypnosis for Cancer Pain (HCP) training program.

The Center for Behavioral Oncology, at the Icahn School of Medicine at Mount Sinai, is excited to announce our National Cancer

Institute Hypnosis for Cancer Pain (HCP) training program.

This is a NCI-funded, complimentary, research education program for using evidence-based hypnosis to treat unmanaged, chronic pain from diagnosis to end-of-life.

No previous training in hypnosis or pain management necessary. All who are interested in learning are welcome!

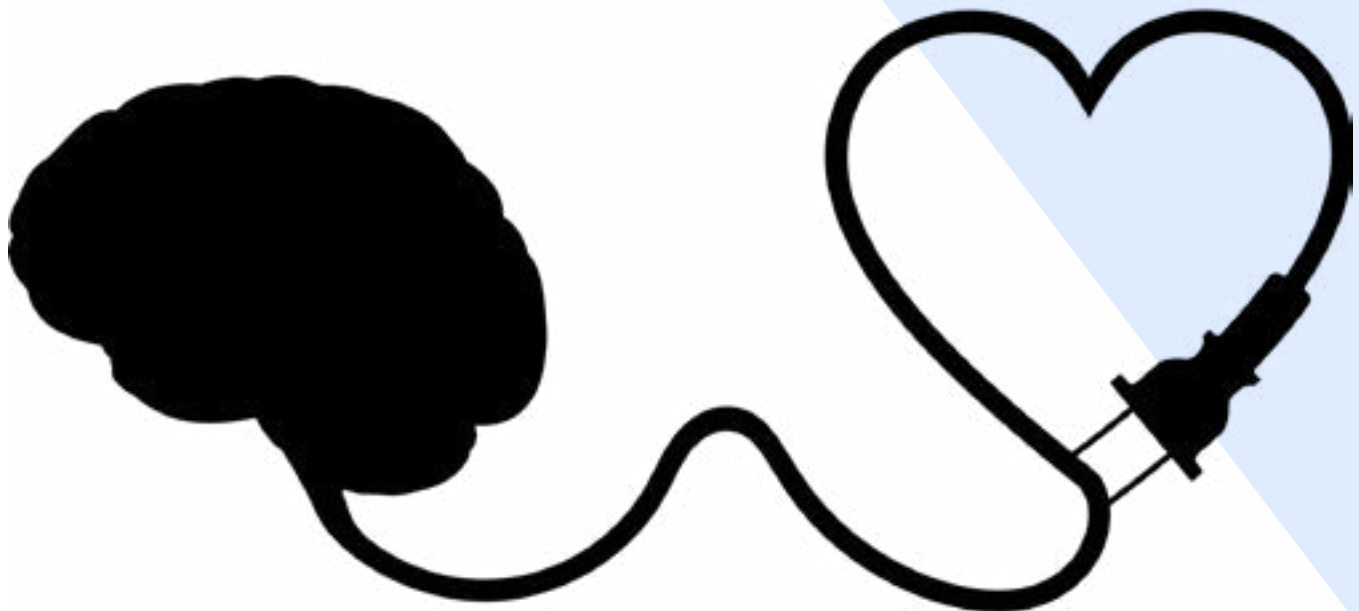
For more details on the course,

including program faculty, course content and materials, and FAQs, please visit us at <https://hypnosis-for-cancer-pain.com/>

Apply Now: <https://redcap.moun-tsina.org/redcap/surveys/?s=LNP-WLWLT49>

Email Us: staff@hypnosisforcancerpain.edu

Follow Us: <https://twitter.com/HcapHypnosis>



Upcoming SCEH Hypnosis Workshops, in early Spring 2022

BY DAVID GODOT, PSY.D.

Introductory/Basic, Foundations of Clinical and Applied Hypnosis; April 29-30; 8 a.m.-4:30 p.m. PST
Presenters: Barbara S. McCann, PhD; Donald P. Moss, PhD; (General Fee, \$230 for APA Div. 30)

Intermediate Training in Clinical and Applied Hypnosis; April 29-30; 8 a.m.-4:30 p.m. PST
Presenters: David B. Reid, PsyD; Ciara Christensen, PhD, (General Fee, \$230 for APA Div. 30)

Advanced Workshop I: Hypnosis with Trauma; Sunday May 1st , 12:00 p.m.- 3:15 p.m. EST
Presenter: Janna Henning, JD, PsyD; (General Fee, \$102. for APA Div. 30)

Advanced Workshop II: Ego State Therapy Applications for Phase-Oriented Trauma Treatment; May 1st, 4:30 p.m.-7:45 p.m. EST
Presenter: Wendy Lemke, MS, LP; (General Fee, \$102 for APA Div. 30)

Advanced Workshop III: The Unrepressed Unconscious, Complex PTSD, Attachment, and Repair; May 2nd, 12 p.m.-6:30 p.m. EST
Presenter: Louis Damis, PhD, ABPP, FASCH; (General Fee, \$170 for APA Div. 30)

Advanced Workshop IV: Trance and Trauma; May 2nd, 7:30 p.m.-9:00 p.m. EST
Presenter: David Spiegel, MD; (General Fee, \$68 for APA Div. 30)

Registration Link is on SCEH Website:

https://mam.memberclicks.net/index.php?option=com_mcform&view=ngforms&id=2114503



IJCEH (International Journal of Clinical Experimental Hypnosis) On ways to access Hypnosis journals in your library

BY GARY ELKINS, PH.D. ABPP, ABPH

LATEST NEWS FROM



Have you considered asking your university to subscribe to access to the IJCEH in their Bundle subscription orders?

Encourage your university & City libraries to subscribe to the *International Journal of Clinical and Experimental Hypnosis*. The IJCEH is part of several “bundles” as well as individual subscriptions.

If you are willing to contact your university and your local City libraries they may wish to open Hypnosis up to the general public. Here is the relevant bundle information you require, to assure a subscription to IJCEH is carried:



Editor-in-chief: Gary R. Elkins, PhD

BUNDLES:

Social Science & Humanities library – a large collection of 1480 journals

Mental Health & Social Care collection – a collection of 125 journals

Clinical & Neuropsychology definitive collection - a smaller collection of journals

The IJCEH journal is also available as a single title via an institutional means (Higher Education, Teaching Hospitals, Government, Non-profit/Charities) or by corporate subscription.

Find us online at: *www.IJCEH.com* or *www.tandfonline.com/nhyp*

IJCEH Complimentary Gift. Advancing research and practice: The revised APA Division 30 definition of hypnosis. IJCEH updates

IJCEH Complimentary Gift.

Advancing research and practice: The revised APA Division 30 definition of hypnosis.

LIMITED TIME OPEN ACCESS ARTICLES: For a limited time, readers have open access to the most recent APA Division 30 hypnosis definition article. This article from Elkins et al. (2014) has been viewed almost 7,000 times and cited 154 times to date!

Elkins, G. R., Barabasz, A. F., Council, J. R., & Spiegel, D. (2015). **Advancing research and practice: The revised APA Division 30 definition of hypnosis.** *International Journal of Clinical and Experimental Hypnosis*, 63(1), 1–9. <https://doi.org/10.1080/00207144.2014.961870>

Special Subscription Offer for APA Division 30 Members: APA Division 30 members can subscribe to the IJCEH at a **discounted rate!** Contact +44 (0)20 7017 5543 or societies@tandf.co.uk to subscribe.



III. HYPNOSIS IN ARTS & ENTERTAINMENT

Is “Try” a Self-Hypnotic induction?



In hypnosis, “TRY” is a power word for fail.
— Julie Lindon, 2019, WCMCH

“Try” in hypnotic induction, communication (as in try to open your eyes, try to unlock your hands) is used to block a behavior to not happen.
— Mike Mandell, 2020

Hypnotic Communication is a relationship state and so is marriage.
— Jeffrey Zieg, 2019

IV. THE BACKBONE OF DIVISION 30

Executive members respond to the question How Did You Get Exposed to Hypnosis?

BY CHARLOTTE A. YOUNG, M.A.

All Division 30 Executive Members are invited to contribute a bio-sketch that answers the hypnosis question: “What was your introduction to hypnosis? And how did that play out?” These are in addition to casual activities, family photos, and accomplishments, not found in other Division 30 Bios.

It was inspired by the “Psychology Talk Podcast” (in episode #9 June 4, 2019, The State of Hypnosis) in a discussion between Scott Hoyer and John Mohl, when they wondered, “what standards of hypnosis are being taught around the world?”

Hypnosis bio-sketches of executive members, will be featured in this section of future Newsletters, on an ongoing basis.



Scott Hoye, Ph.D.

My Introduction to Hypnosis



I grew up in the 1970s. At that time, there was a lot of excitement about the mind/body connection and anything that was even slightly anomalous, or “far out.” Pop culture was very open to hypnosis, meditation, and the exploration of psi phenomena. So,

it was a culture in which such

things were discussed quite a bit in the media. You could say the 1970s were a sort of transpersonal and hypnosis hay day.

I attribute my first exposure to hypnosis to my parents using a lay hypnotist for behavior modification. I was allowed to listen to the cassette recordings my mother had made for her by the hypnotist for behavior reinforcement just to experience it. I noticed that the language appeared patterned: repetition, repetition, and more repetition. It was also very direct, from what I recall. I was ten years old at the time, so I have a vague recollection of it. I was not aware of any behavior modification changes for myself at the time as I was not smoking at age ten.

Many years later, when I was engrossed in creative endeavors, I was searching for ways to improve my work as an actor. I saw many similarities in Michael Chekhov’s acting techniques with hypnotic techniques. With this intent, I trained as a lay hypnotist to learn more. I wanted to get good at inductions and practicing working with people, so I worked in a “clinic” doing simple behavior modification with clients after my training. I also ran a private practice for a bit. This was in New York City, so it afforded me a great deal of experience across a broad spectrum of populations.

I know that some of you reading this may be shuddering to think that I was once a lay hypnotist, without the requisite degrees and indoctrination into the behavioral health field. Rest assured: I did a lot of further research into what licensed professionals such as yourselves were up to, and referred out when I saw limitations in what I could do. I did, however, see some pretty powerful effects, hope, and positive

changes in people’s lives while I worked at the clinic and in my own practice.

So, my belief in the power of hypnosis to help people was solidified. I also saw that many of the problems people present have deeper or more complicated aspects to them, and saw that I was limited in what I could actually treat. So as a direct result I entered graduate school for psychology to further my education and training.

My Role in APA Div. 30

I am a former membership chair and a former Member-at-Large of Division 30. I find that being a member of a division, or several of them, helps to orient oneself during the annual meetings, and also as a means to interact across interests and within one’s division. Active involvement helps the field of psychology in general and in the area of special interest of one’s division. It’s great to be able to introduce and share psychological hypnosis with peers, and build bridges across clinical and research interests.

My Home & Life

I reside in down town Chicago with my wife, Shabnam. We love what the city affords us, and being right in the center of everything: nightlife, architecture, restaurants, museums, culture events. It really feeds our soul to be able to step out of our door and enjoy this great city.

Since Shabnam is originally from India, we visit her family in Delhi once every two years. When in India, we like to travel outside of the Delhi area to explore other regions of the country.

Career & Other Pursuits

I primarily work in private practice, and work with mind/body modalities and biofeedback. I provide rehabilitation psychology, pain management, and trauma treatment. I have provided psychological services in rehabilitation hospitals, pain management centers, and group practices. My primary training was in psychiatric hospital wards and in-patient addiction treatment. I have taught as adjunct at a number of schools, teaching graduate level assessment and intervention.

My doctoral dissertation was in creativity and hypnosis. I offer workshops on this for professional societies, and I also enjoy applying this knowledge with clients, both those who are working in big C creative fields as well as those who just wish to experience more creativity in their life and work.



~Scott's handmade, Wire Strung Harp~

I am currently building wire strung harps (think: the harp on the side of the Guinness bottle). I am being instructed by two luthier friends.

In a prior life I was involved in several musical projects, two which were Celtic bands, so this is a way to pursue that thread of interest.



~ Scott Kayaking on North Branch of the Chicago River~

We have a large terrace here in the city, and I garden there during the summer. We are able to provide ourselves vegetables, herbs, and flowers. It adds a sliver of nature to our city life. I also connect with nature in Chicago by kayaking on the branches of the river during the summer months.