

Psychological Hypnosis Newsletter

Summer 2025 | Vol. 33, Issue 2

Inside this Issue

President's Column	2
Editor's Column	4
Call for D30 Newsletter Submissions.....	5
APA 2025 D30 Schedule	6
Call for D30 Distinguished Awards Nominations and Hilgard Award.....	12
Applications Welcome for APA D30 Fellow Status	13
News from IJCEH.....	15
Upcoming SCEH Webinars	18
Abstracts from Latest Issue of IJCEH.....	19
Articles Titles from Latest Issue of Psychology of Consciousness	23
Spotlight On: Vanessa Muñoz, M.A.....	24
D30 Leadership and Contact Information	27

Editor: Chris Corlett, M.A.

Division 30 President's Column

2

Afik Faerman, Ph.D.

Dear Division 30 Members,

As we conclude this past year's rotation, I want to express my sincere gratitude to all who dedicated their time and energy to help our division grow. Your commitment has made Division 30 more dynamic and valuable to both current and prospective members.

Our executive committee and affiliates have worked collaboratively to broaden the division's reach and benefit for psychologists. Over the past year, we facilitated inspiring inter-divisional collaborations (both broadly and at the APA Convention). We expanded our outreach to psychologists interested in the practice, history, and diverse applications of hypnosis. We also successfully conducted our first independent division election.

You may have noticed that we partnered with APA's elections vendor to run a separate presidential election for the division. Although this project began due to an administrative oversight, it gave us invaluable experience in managing division-specific elections and other administrative projects. We gained insight into the procedures, infrastructure, and areas for internal improvement, positioning us well should any such need arise in the future.

Looking ahead, we are thrilled for the 2025 APA Convention in Denver, Colorado. Division 30 will be offering a series of engaging talks, sessions, and meet-ups. As always, we aim to serve as a hub for psychologists exploring hypnosis as a psychological tool. We hope to see many of you there and welcome your input, questions, and enthusiasm.

At the conference, division leadership will transition to the capable hands of Dr. Ciara Christensen, a respected cross-organizational leader in the field and someone from whom I have learned a great deal. I am excited to see the division's continued growth under her guidance.

Thank you again for your support, your participation in our community, and your interest in Division 30. I encourage you to consider getting involved, as we have several leadership opportunities opening soon.

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!

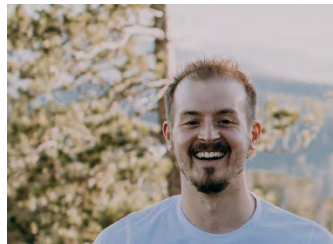
I hope you had a good first half of the year! While everyone is hunkering down in the AC to survive another summer heatwave (at least here in Texas), we've been hard at work preparing a great conference for you. The 2025 APA Convention begins in Denver in just a couple weeks, and we have a lot of great presentations and events on the schedule.

In this issue of the newsletter, you'll find an update from D30 president Dr. Afik Faerman, information about the upcoming conference, news and abstracts from the most recent issue of the *International Journal of Clinical and Experimental Hypnosis*, and a spotlight on an up-and-coming graduate student and hypnosis researcher, Vanessa Muñiz.

Thanks for keeping up with the latest from Division 30. We look forward to seeing you in Denver. Stay cool!

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) July 3) October

For the upcoming October Issue:

Email your submissions to me by September 20th

For the upcoming April Issue:

Email your submissions to me by March 20th

APA Division 30 Conference Schedule 2025: A Robust Program in Denver

By Scott Hoye, Psy.D. & Eric Willmarth, Ph.D.

Division 30: Society of Psychological Hypnosis is delighted to invite all members and colleagues to our dynamic program at the 2025 APA Annual Convention, August 7-9. This year's schedule reflects our division's dedication to advancing the scientific understanding, clinical application, and interdisciplinary integration of hypnosis.

Thursday, August 7th opens with a compelling skill-building session, "The Influence of Demons and Shadows in Psychology: Awakening Your Shadows and Feeding Your Demons." Dr. Cai Carvalhaes and Kate Greer Dickson (Pacifica Graduate Institute) will guide participants in integrating shadow work with practical approaches for clinical and personal growth. Dr. Moshen Fatemi & Professor Sheldon Malev will present on Hypnotherapy and Pain Management in our informal meeting room, in the Sheraton Hotel in the Colorado Room at 5 pm. Our Executive Committee Meeting will be held later that evening, fostering dialogue and collaboration among division leadership.

Friday, August 8th offers a robust slate of events situated in the heart of the convention. We begin with "Using Clinical Hypnosis to Facilitate Mystical Experiences," presented by Chris Corlett, MA (Baylor University), followed by a pediatric-focused workshop led by Dr. Lisa Lombard and colleagues. The midday session, "How to Start Using Clinical Hypnosis in Your Therapy Practice Now," is tailored for practitioners eager to apply evidence-based tools immediately. In the afternoon, Dr. David R. Patterson (University of Washington) explores the integration of hypnosis with psychedelic-assisted therapy. The day concludes with a symposium honoring the contributions of Dr. Phillip Zimbardo, featuring Dr. Ian Wickramasekera II and Dr. Donald P. Moss. To celebrate our vibrant community, all are invited to join the Division 30 Social Hour at Pint's Pub.

Saturday, August 9th highlights innovation and collaboration. Our annual poster session, located in Exhibit Hall A and available online, will feature new empirical contributions from established and emerging scholars. Topics include mindful hypnotherapy's impact on psychological distress, grounding techniques, animal models for pain management, and the integration of mindfulness and hypnosis. We round out the program with a critical conversation on the growing role of hypnosis apps in clinical practice, led by researchers from Baylor University.

This year's events are co-listed with numerous divisions, including 10, 12, 17, 22, 26, 32, 39, 52, 54, and 56, underscoring our commitment to interdisciplinary engagement and mutual enrichment.

We warmly encourage all members, new and returning, to join us for these sessions. As Division 30 looks toward the future, we remain dedicated to fostering academic excellence, clinical innovation, and a collegial spirit. We look forward to seeing you in Denver for a program that truly reflects the evolving landscape of clinical hypnosis.

APA 2025 Annual Convention

Denver, CO | August 7-9

Schedule of Division 30 Events

All times Mountain Standard

Thursday, August 7

1:00 p.m. – 2:00 p.m.

The Influence of Demons and Shadows in Psychology: Awakening Your Shadows and Feeding Your Demons

Presenters: Cai Carvalhaes, PhD, Pacifica Graduate; Kate Greer Dickson, Pacifica Graduate Institute

Skill Building

Co-listed: Divisions 10, 12, 39, 56

Location: Colorado Convention Center, Street Level, 207

Concepts on archetypal psychology and working with complexes, including the shadow, will be discussed and compared, followed by a brief, guided practice led by each presenter. Two hypnotic sessions will be facilitated where participants will be taken to a subconscious space to meet their demons and shadows.

5:00 p.m. – 6:00 p.m.

Pain Management & Hypnosis

Presenters: Sayyed Mohsen Fatemi & Sheldon Malev

Location: Sheraton Denver, Colorado Room

6:30 p.m. – 8:00 p.m.

Division 30 Executive Committee Meeting

Location: Sheraton Denver, I.M. Pei Tower, Mezzanine Level, Silver

Friday, August 8

8:00 a.m. – 9:00 a.m.

Using Clinical Hypnosis to Facilitate Mystical Experiences

Presenter: Chris Corlett, MA, Baylor University

Skill Building – CE Session (1 credit)

Co-listed: Divisions 10, 32

Location: Colorado Convention Center, Ballroom Level, Mile High Ballroom 1B

This presentation will describe the history of mystical experiences, their corollaries with psychedelic therapy, overlap with hypnosis, and recent work investigating whether hypnosis can be used to induce a mystical experience. Participants will learn how to incorporate hypnotically induced mystical experiences into their therapeutic practice.

11:30 a.m. – 12:30 p.m.

Skills From Pediatric Clinical Hypnosis That Help Children Help Themselves!

Presenters: Lisa Lombard, PhD; Comfort Kits for Children; Justin Moore, Lurie Children's Hospital/Northwestern; Rashmi Bhandari, Stanford University School of Medicine

Skill Building – CE Session (1 credit)

Co-listed: Division 54

Location: Colorado Convention Center, Ballroom Level, Mile High Ballroom 1B

This session introduces pediatric clinical hypnosis and focuses on practical techniques to manage pain, reduce anxiety, and boost caregiver confidence in supporting children. Three clinicians will cover core principles of hypnosis, hypnotic phenomena across development, rapport-building, and the use of age-appropriate language and imagery to create a safe, calming experience.

1:00 p.m. – 2:00 p.m.*How to Start Using Clinical Hypnosis in Your Therapy Practice Now***Presenters:** Eric K. Willmarth, PhD, Saybrook University; Scott Hoyer, PsyD, Chicago Psychology Services**Pathway for Independent Practitioners: CE Session (1 credit)****Co-listed:** Divisions 12, 17, 22, 56**Location:** Colorado Convention Center, Ballroom Level, Mile High Ballroom 1B

Discover how to integrate clinical hypnosis into your therapy practice with this hands-on session. Learn foundational principles, evidence-based techniques, and simple interventions to treat a range of issues. Through demonstrations and practice, attendees will gain confidence in beginning to use hypnosis to expand their clinical toolkit.

2:30 p.m. – 3:30 p.m.*Combining Hypnosis with Psychedelic-Assisted Therapy***Presenter:** David R. Patterson, PhD, University of Washington**Skill Building – CE Session (1 credit)****Co-listed: Divisions** 10, 12, 17, 26, 28, 56**Location:** Colorado Convention Center, Ballroom Level, Mile High Ballroom 1B

This presentation will be a skill building, theoretical discussion on combining (not integrating) hypnosis with psychedelic-assisted therapy (PAT). Little research has been done on this topic, but the potential of hypnosis to potentiate PAP is significant, providing it is used in the correct manner.

4:00 p.m. – 5:00 p.m.*Celebrating Phillip Zimbardo's Contributions to Hypnosis***Presenters:** Ian Wickramasekera II, PsyD, Fielding Graduate University; Donald P. Moss, PhD, Dean, Saybrook University**Symposium – CE Session (1 credit)****Co-listed:** Divisions 1, 8, 12, 26, 52**Location:** Colorado Convention Center, Ballroom Level, Mile High Ballroom 1B

This symposium will celebrate Phillip Zimbardo's contributions to the science and practice of clinical and experimental hypnosis. The session will feature a summary of his research as well as personal recollections of his curiosity and passion for hypnotic phenomena.

6:00 p.m. – 9:00 p.m.

Division 30 Social Hour

Pint's Pub

Location: 221 West 13th Ave.

Denver, CO 80204

www.pintspub.com

Saturday, August 9

11:30 a.m. – 12:30 p.m.

Division 30 Poster Session (+ Virtual)

Co-listed: Divisions 12, 17, 26, 56

Location: Colorado Convention Center, Exhibit Level A, Solutions Center, Poster Sessions

Mindful Hypnotherapy's Effect on Psychological Distress: A Meta-Analysis

Presenters: Garrett Brownlee, Baylor University; Victor Julian Padilla, MS, Baylor University; Vanessa Muniz, MA, Doctoral Student, Baylor University; Katherine Scheffrahn, BS, Baylor University; Gary Elkins, PhD, Baylor University

Hypnotic Reorientation as a Grounding Technique: A Single Case Study

Presenters: Samuel Kohlenberg, PhD, University of Denver

A Proposed Animal Model of Hypnosis for Pain Reduction: Tonic Immobility in Rabbits

Presenters: Katherine Scheffrahn, BS, Baylor University; Madison Pyles, Baylor University; Neena Chakkathara, Baylor University; Gary Elkins, PhD, Baylor University

Mindfulness and Hypnosis in Clinical Practice

Presenter: Raymond Gornell, PsyD, Independent Practice

1:30 p.m. – 2:30 p.m.

The Use of Hypnosis Apps Within Clinical Practice: Research, Strategies, and Skill Building

Presenters: Vanessa Muniz, MA, Doctoral Student, Baylor University;
Katherine Scheffrahn, BS, Baylor University; Vindhya Ekanayake,
Baylor University; Gary Elkins, PhD, Baylor University

Critical Conversation - CE Session (1 credit)

Co-listed: Divisions 12, 17, 26

Location: Colorado Convention Center, Street Level, 403

This team-led session will offer short presentations based on current research and lead discussions on the use of hypnosis apps as a tool for clinicians to use within their practice. This discussion will be addressing benefits, challenges, and strategies to identifying and utilizing hypnosis health apps.

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 3

This recent issue of the *International Journal of Clinical and Experimental Hypnosis* (IJCEH) presents our long-awaited special edition honoring the life and work of Dr. Steven Jay Lynn, who passed away on March 29, 2024. Dr. Lynn leaves behind a lasting legacy, marked by more than 500 publications and a profound impact on the many students and colleagues he mentored and inspired. This commemorative issue, guest-edited by Joseph P. Green, Ph.D., features a diverse collection of articles that reflect Dr. Lynn's influential contributions to the field of hypnosis. Topics include memory and hypnotizability, theories of hypnosis, and clinical applications of hypnosis. Readers will discover a rich selection of research celebrating Dr. Lynn's lasting influence in the field of hypnosis and his multidisciplinary contributions.

Sneak Peak into the following issue:

This upcoming October issue will feature a special issue highlighting the *"Intersections of Psychedelics, Psychedelic and Mystical Experiences, and Hypnosis."* This very timely and thought-provoking issue aims to advance the scientific conversation surrounding the therapeutic potential, psychological mechanisms, and theoretical frameworks that underpin both psychedelic experiences and hypnotic states. Select articles from this issue are now available through early online access, offering a preview of this issue to our readers.

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 on Ericksonian Psychotherapy in the Upcoming Year

The *International Journal of Clinical and Experimental Hypnosis* (IJCEH) is also pleased to announce an upcoming special issue dedicated to *Ericksonian Psychotherapy*, scheduled for publication in January 2026. This issue will explore the wide-ranging influence and contemporary relevance of Milton H. Erickson's approach to psychotherapy and hypnosis,

highlighting its enduring impact on theory, practice, and empirical research. 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/

Thank you to all of our contributors for making these special issues possible!

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>

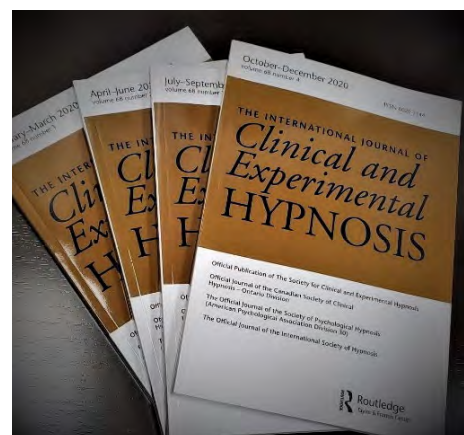
Instructions to authors can be found at:

<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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Here are some X (Twitter) accounts to follow! You can keep up to date on recent articles, event information, the latest news from hypnosis societies, and discussion on hypnosis research.

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

Interested in Learning More About Hypnosis?

Here are some recommended webinars hosted by the *Society of Clinical and Experimental Hypnosis*:

August 1, 2025

Hypnosis for the Curious: Everything You Need to Know about Hypnosis

Donald Moss, PhD, Lisa Lombard, PhD and Janna Henning, JD, PsyD

September 12, 2025

Hipponosis: Helping Children Help Themselves with Hypnosis

Linda Thomson, PhD, APRNN, ABMH, ABHN, FASCH

October 3, 2025

Bridging Hypnosis with Psychedelic-Assisted Psychotherapy: Preparation and Integration Strategies

Ciara Christensen, PhD

November 14, 2025

Hypnosis for Pelvic Pain and Lower Urinary Tract Symptoms

Lindsey McKernan, PhD, MPH and Elizabeth G. Walsh, PhD

Sign up or find more information at this link:

<https://mam.memberclicks.net/webinars>

Abstracts from the Articles Published in the Most Recent Issue of

THE INTERNATIONAL JOURNAL OF
*Clinical and
Experimental*
HYPNOSIS

July 2025 Issue – Volume 73 (3)

Editorial Letter: An Introduction to the Special Issue Honoring Steven Jay Lynn

This issue of the *International Journal of Clinical and Experimental Hypnosis* includes a collection of articles in honor of Dr. Steven Jay Lynn. Dr. Lynn passed away on March 29, 2024, however his impact on the field of hypnosis and psychology continues through his many students, colleagues, and publications of over 500 published works, including 23 books. Dr. Lynn's enormous work covers a wide range of areas including: evidence-based psychotherapy; the treatment of psychological disorders; critical thinking and scientific inquiry; theories of hypnosis; clinical and forensic applications of hypnosis; memory, dissociation, and suggestibility; and, mindfulness and other mind-body approaches. Readers will find this special issue also covers a range of fascinating topics reflective of Dr. Lynn's work.

Exploring Links Between ACT Scores, STEM Field Preferences, Academic Grades, and Hypnotizability

Joseph P. Green & Victoria R. Bradford

Interest in associations between intelligence and hypnotizability spans nearly a century; however, results have been mixed, leaving open the question of whether intelligence or cognitive ability is associated with hypnotic responsiveness. The present study explored links between scores from the American College Testing (ACT) exam, high school and college grade point averages (GPAs), choice of major in a STEM field, and hypnotizability among undergraduate students ($N = 221$). This present study found significant negative correlations between ACT scores and students' initial hypnotizability assessment via the Harvard Group Scale of Hypnotic Susceptibility, Form A (Shor & Orne, 1962). Correlations were consistent across male and female students, behavioral and subjective indices of hypnotizability, and across subsets of HGSHS:A items (i.e., challenge and direct suggestion items). Results from regression analyses showed that ACT scores predicted hypnotizability beyond students' expectancy to be hypnotized. STEM choice and GPAs were not linked to hypnotizability. To date, this is the first exploration of ACT scores and choice of a STEM field as potential correlates of hypnotizability.

Hypnosis at a Crossroads: A Primer of the Past and Visions for the Future

Guy H. Montgomery, Joseph P. Green, Clément Apelian, Anoushiravan Zahedi, Craig P. Polizzi, Devin B. Terhune, & Steven Jay Lynn

The field of hypnosis has intrigued clinicians and researchers alike for more than 200 years. In this article, a review of hypnosis is presented from historical, theoretical, experimental, and clinical perspectives in order to provide those readers less aware of the field with a broad foundation. The literature reveals that while theoretically driven experimental research has led to groundbreaking clinical applications, there remains much to be done regarding dissemination of efficacious interventions and our understanding of underlying mechanisms responsible for observed effects. The goal is to inspire readers to pursue innovative work to improve our understanding of hypnosis and the quality of life of patients through clinical application. Along the way, we highlight empirical findings and selective writings of Dr. Steven Jay Lynn who was a tireless champion of hypnosis and psychotherapy.

The Development and Use of the Valencia Scales of Attitudes and Beliefs towards Hypnosis

Javier Llinares-Segura, Ana Alarcón, M. Elena Mendoza, Joseph P. Green, & Antonio Capafons

The importance of attitudes and beliefs in relation to people's behavior, both in general and within the context of psychological treatment, is undeniable. This is especially true in the field of hypnosis, where misinformation and myths are widespread. In response to a request from, and as a tribute to, Professor Steven Jay Lynn, we summarize the status of the Valencia Scales of Attitudes and Beliefs towards Hypnosis, both the client (VSABH-C) and therapist (VSABH-T) versions. A literature review was conducted in May 2024 across nine databases. The only inclusion criterion was that the studies had to cite and/or use either or both versions of the VSABH scales as a measurement instrument. A total of 73 references were selected and classified into four categories: psychometric analyses, use of the scales, citations, and unpublished references. The findings indicate that the VSABHs are widely used, useful, robust, and versatile scales with international projection, and its 37-item version is recommended. Scholars and practitioners are encouraged to continue the psychometric and applied study of these scales and to undertake adaptation processes in different languages, cultures, and samples, adhering to the guidelines set forth by the International Test Commission (ITC) rather than relying solely on reverse translations.

Does Hypnosis Aid Memory Retrieval?: A Review of Steven Jay Lynn's Research

Elisa Krackow, Jihan Rashed, & Islay Thompson

Steven Jay Lynn was one of the most prolific clinical psychologists (Stewart et al., 2007) who made major contributions to the scientific literature in numerous areas, including in the area of hypnosis and memory. We review this work, limited to studies appearing in empirical journals, with special emphasis on research methodology. Hypnosis did not enhance accurate

recall in any study, and in some cases impeded recall. In numerous studies, hypnosis increased recall of never-experienced events; this recall persisted over time, and participants were at least moderately confident in their recall of these never-experienced events. We discuss the branching off of this work into the courts and psychotherapy.

How Do “Ugly Science” and “Dirty Science” Affect the Practice of Clinical Science?

William O'Donohue & Candice Basterfield

Science involves the use of specialized epistemic practices that lead to an increased probability of solving certain kinds of intellectual and applied problems. Science has been extraordinarily successful at solving an enormous number of these problems. However, psychology, particularly clinical science, has not shared a similar outcome regarding the number and degree of such solutions—what Meehl (1978) famously called the “slow progress of soft psychology.” Scholars have identified problematic conceptions of the scientific method, replication failures, publishing biases, questionable research practices, faked data, and political biases influencing the scientific literature and thus have questioned the quality of this literature. We analyze this general problem using two constructs: “ugly science” and “dirty science.” The first denotes a problematic conception of science, and the second is a problematic instantiation of an image of science. The critical question is, how can clinical science function with the unknown prevalence of such problematic science?

The Lynn Hypnotic Engagement Scale (LHES): A multi-study validation

Charlie W. McDonald, Joseph P. Green, Fiona G. Sleight, Isabella T. Seibert, & Steven Jay Lynn

We evaluated the validity and reliability of a novel measure designed to assess individuals' motivation and willingness to engage with hypnosis, the Lynn Hypnotic Engagement Scale (LHES). Across four studies involving over 800 participants, we assessed the psychometric properties of the scale. We showed that the LHES items are highly reliable and comprise a single factor reflecting an openness to hypnosis, willingness to “let go” and experience hypnosis without resistance, engagement with suggestions, and motivation to be hypnotized. We also included several other personality measures across our studies to provide preliminary evidence of convergent and divergent validity of the scale. We discuss the potential utility of the scale to predict hypnotizability and how it relates to both imagined and actual performance on a standardized measure of hypnotic responsiveness. Importantly, we found that the LHES appears to be tapping into particular aspects of hypnotic responding above and beyond expectancy to be hypnotized or interest in hypnosis. We discuss the limitations of our approach and future directions for additional research on the measure.

An Examination of Developmental Factors in False Confessions

Madison Gallimore & Elise Krackow

We examined possible developmental factors associated with false confessions. Participants

($N = 33$) between 13-and-37-years-old ($M = 21.79$, $SD = 6.20$) completed a delay discounting task and a pencil-and-paper measure of impulsivity. A researcher accused the participant of having engaged in an accidental wrongdoing. Approximately half the participants confessed. When chronological age and impulsivity scores of confessors and no-confessors were examined, neither differed significantly, although Bayesian analyses provided moderate evidence that participants who confessed were older. Additionally, some analyses were conducted by creating developmental groups in which participants were divided into ongoing and completed executive functioning (EF) groups, using age as a proxy for EF. False confessions did not differ by EF-proxy developmental group. However, an analysis of the instability of false confession across oral and written modes revealed significant developmental group effects based on specific mode of confession. The reasons people provided for their choice to confess or not confess were examined and are consistent with cases depicted in the literature of false confessions. Forensic implications, as well as the overlap between this work and that of Steven Jay Lynn are discussed.

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

2025, Volume 12, Issue 2 (June)

[Fantasy and consciousness.](#)

Pages 151-168. Bagamasbad, A.; Levin, R.

<https://doi.org/10.1037/cns0000359>

[The human sense of smell in spatial orientation: A state-of-the-art review.](#)

Pages 169-185. Schwarz, M.; Yang, A. L.; Hamburger,

K. <https://doi.org/10.1037/cns0000395>

[What are the critical factors that matter to our free choice when under threat from manipulation?](#)

Pages 186-205. Osman, M.; Bechlivanidis, C. <https://doi.org/10.1037/cns0000404>

[Determinism revisited: Implications for the free will debate.](#)

Pages 206-224. Helfrich, H. <https://doi.org/10.1037/cns0000375>

[Overcoming phobias by lucid dreaming.](#)

Pages 225-231. Zhunusova, Zhanna; Raduga, Michael; Shashkov,

Andrey. <https://doi.org/10.1037/cns0000331>

[Self-compassion versus detached reappraisal for emotion regulation in individuals exposed to interpersonal trauma.](#)

Pages 232-252. Mistretta, Erin G.; Davis, Mary C. <https://doi.org/10.1037/cns0000408>

[The beneficial effect of self-compassion on PTSD and complex PTSD symptoms among Israeli female veterans: The role of coping strategies.](#)

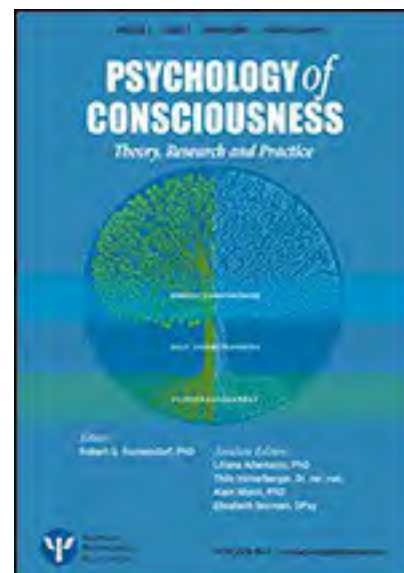
Pages 253-268. Zerach, G. <https://doi.org/10.1037/cns0000409>

[Beliefs about action efficacy mediate the relationship between self-concept clarity and self-reported compassionate action.](#)

Pages 269-288. Perrykkad, K.; Sherwell, C.; Kirby, J.; Hohwy, J. <https://doi.org/10.1037/cns0000349>

[The I in mindfulness: How mindfulness relates to aspects of self and psychological well-being.](#)

Pages 289-303. Verhaeghen, P.; Aikman, S. N. <https://doi.org/10.1037/cns0000337>



Spotlight On:

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

Vanessa R. Muñiz, M.A.

This is a new feature of APA Division 30's newsletter, in which a graduate student member of Division 30 is invited to introduce themselves to the community. This issue features an interview with Vanessa Muñiz, M.A., a member of the Mind-Body Medicine Research Lab at Baylor University.



How did you become interested in hypnosis and Division 30?

My interest in hypnosis research began during my undergraduate studies at Baylor University. Early in my academic journey, a close family member was diagnosed with breast cancer, prompting me to explore interventions that could help alleviate the side effects of cancer treatment. During this search, I found a publication on clinical hypnosis for breast cancer patients, which led me to the Mind-Body Medicine Research Laboratory (MBMRL) directed by Dr. Gary Elkins right at the same institution I was currently attending! At that time, Dr. Elkins was leading a large, NIH R01-funded, multi-site randomized controlled trial investigating the effects of clinical hypnosis

survivors. A project I soon became involved in as an undergraduate research assistant, starting my journey into hypnosis research.

Currently, I am a PhD student at Baylor University, where I can continue to carry out research focusing on clinical hypnosis for the relief of hot flashes and related dimensions of women's health. This hands-on research experience deepened my passion for clinical and experimental hypnosis and introduced me to the American Psychological Association and Division 30 (Society of Psychological Hypnosis), where I am eager to share with fellow professionals and students interested in learning more about clinical hypnosis through the latest research my colleagues and I have worked on at the MBMRL!

Tell us about your experience as a grad student.

I am currently a fourth-year Ph.D. student in the Department of Psychology and Neuroscience at Baylor University. Definitely a significant part of my academic journey has been shaped by my experiences as a first-generation, Latina college student. These experiences have fueled my commitment to serving as a resource and advocate for other first-generation undergraduate and graduate students throughout my time at Baylor.

As part of this mission, I am pleased to serve as the founding president of the newly established McNair Scholars' Graduate Student Association at Baylor University. This organization is dedicated to empowering students as they navigate their master's and doctoral programs. Through this organization I help connect first-generation graduate students to resources such as assisting with fellowship and scholarship applications, and professional development opportunities such as identifying conferences and presentation opportunities and mentoring undergraduate McNair Scholars as they prepare their applications for graduate school.

In addition to my leadership and mentoring work, I have served for the past three years assisting Dr. Elkins, as the Managing Editor for the *International Journal of Clinical and Experimental Hypnosis (IJCEH)*; the leading journal in the field with a world-wide impact. This role has been one of the most enriching parts of my entire graduate experience! It has provided me with a deeper understanding of the manuscript preparation, peer-review, and publication process from an editorial perspective. It has also allowed me to stay up-to-date with the current literature and to meet and connect with the many wonderful authors, guest editors, and international hypnosis societies affiliated with the journal.

What projects have you worked on and what research are you most passionate about?

Throughout my doctoral training, I've had the opportunity to work on a range of interdisciplinary projects that align with my passion for advancing evidence-based hypnosis interventions, particularly in the areas of women's health, chronic pain, and psychometric assessment. One area I'm especially passionate about is the use of **clinical hypnosis to address symptoms related to menopause and women's health**. For example, in my recent *scoping review* published in *Women's Health Reports*, my colleagues and I discussed the literature available to-date for both clinical hypnosis and cognitive behavioral therapy for managing hot flashes. This was with the goal of providing further information on the differences in treatment efficacy across these two interventions and identifying future research directions. The findings showed clinical hypnosis to be superior to CBT in reducing and managing hot flashes as well as improving sleep. This project has now gained national recognition and has been cited by and spotlighted across several medical newsletters including, National Geographic, Contemporary OB/GYN, WebMD, and Healio.

During the first two years of my graduate training, I also assisted as the data coordinator for a large, multi-site, NIH-funded R01 randomized controlled trial investigating the effects of hypnotherapy on reducing hot flashes and related symptoms in postmenopausal women and breast cancer survivors. This role equipped me with the skills necessary to now lead and manage an ongoing pilot

randomized controlled trial as co-principal investigator. This pilot study examines the use of app-delivered hypnotherapy to reduce hot flashes and improve sleep disturbances in postmenopausal women.

Another key area of my research has been the **development and evaluation of psychometric tools** that improve accessibility of assessment in research and clinical settings. For instance, my first independent study at the MBMRL was the development and feasibility of the Spanish translation of the *Elkins Hypnotizability Scale*, and my master's thesis focused on the reliability and validity of the *Brief Remote Elkins-Alldredge Test of Hypnotizability*. Additional psychometric studies I assisted with included the most recent validation study of the *Elkins Hypnotizability Scale* within clinical populations, and the feasibility and acceptability of the *Psychological Distress Profile* for evaluating distress among cancer patients.

What are your plans after you graduate?

After I graduate, I plan to pursue a postdoctoral research fellowship that will allow me to continue building upon my experience in clinical research and hypnosis interventions including the mechanisms of hypnotherapy and empirical evidence for efficacy. I am seeking a postdoctoral fellowship with a particular focus on women's health research and mind-body medicine.

Do you plan to continue studying hypnosis and where do you see your research going in the future?

Yes, I absolutely plan to continue studying and contributing to the field of hypnosis! My long-term goal is to become a tenure-track faculty researcher at a research-intensive university, where I can conduct research that improves the accessibility, cultural congruence, and scientific rigor of hypnosis interventions to improve women's health (i.e., physical and psychological health outcomes among breast cancer patients and related population).

Is there anything else you'd like to mention?

I am looking forward to attending the annual meeting of the American Psychological Association and presenting during the APA Division 30 programs. I have gained so much from attending APA, networking with other students, and interacting with the leaders in clinical hypnosis and research!

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