SOCIETY OF PSYCHOLOGICAL HYPNOSIS

Psychological Hypnosis Newsletter

Fall/Winter 2023 | Vol. 31, Issue 3

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Co-Editors: Lauren Simicich, PsyD
Cassondra Jackson, MA
Cameron Alldredge, PhD

Division 30 President's Column

David Godot, PsyD

When my late friend and mentor, Edward J. Frischholz, welcomed me into the hypnosis community as a first-year graduate student, I could scarcely believe what I was seeing. Here was the most high-flying consortium of intellectual misfits I'd ever encountered. Scientists, clinicians, healers, philosophers, pranksters, leaders, iconoclasts; folks who did not shy away from difficult and conflicting data, or from reaching toward profound understandings of life and consciousness through rigorous and systematic exploration.

We now stand upon a vast foundation, almost two centuries deep, of scientific inquiry. Our community has consistently been on the forefront of perplexing concepts that often leave mainstream academia scratching their heads — think placebo effects, dissociative phenomena, and psychoneuroimmunology.

Yet, to me, this community represents more than just the utility of hypnosis. It's a gateway to understanding consciousness, diving into the nuances of language, unraveling the threads of relationships, and deciphering social dynamics. It's about the audacity to venture where others hesitate, to unearth actionable insights from the seemingly inscrutable. And more than that, it is about bringing together the types of unique personalities who are willing to follow those pursuits.

With no small sense of awe or obligation, I now serve in a role once held by luminaries like Ernest Hilgard, Ted X. Barber, and Erika Fromm. The stories of those early days, with ferocious theoretical debates and raucous parties, are matched by my own early experiences. In the early 2000s, Ed Frischholz always made a point of organizing gatherings of the most accomplished and intellectually nimble members of the community, filling the table with wine, and getting the conversation flowing. I still laugh at the memory of a Division 30 Social Hour, during my tenure as Secretary, which became *so festive that police intervened!*

In essence, if you were looking for an orgiastic explosion of intellect and wonderment, the hypnosis community has always been the correct place to find yourself. And that, my friends, is the organizing principle for my agenda as President of this society.

There has been some debate in recent years about what value our organization ultimately seeks to provide to its members. And after a decade of involvement in its leadership, I have

concluded that the value of a society is in the society itself. In the fact of us being together. In the relationships that the organization facilitates.

At core, the true essence of our society is its members — the very same strange and wonderful cast of characters I've been describing — it's you! It's us. When I have had opportunities to come together with you, in teaching and learning and discussing, I have always come away truly enriched and encouraged. And so, my primary agenda is to create more opportunities for you and me to get involved with each other this year.

To that end, I have already been hard at work re-organizing the activities of our committees to provide more opportunities for collaboration and inclusion:

- Our Education & Training Committee is planning our first in-person pre-APA conference Introductory Hypnosis workshop in years, as well as a series of web symposia on important topics in hypnosis today.
- Our new Relations Committee is brainstorming new initiatives for helping our members reach new audiences within other APA divisions, and other societies.
- Our new Communications Committee is continuing to expand newsletter, social media, and web services.
- Our new Historical Committee is dedicated to mining our rich past for insights into our path forward, and sharing the intriguing stories of our community in increasing tantalizing ways.
- Our Fellows & Mentorship Committee is enlisting the help of our most accomplished members to find new ways to mentor the newest, ensuring a vibrant future for our society.
- Our Membership Committee is exploring ways to offer regular opportunities to connect and share ideas with each other.
- Our APA Program Committee has already begun planning an exciting roster of events for the 2024 APA Convention in Seattle!

Although professional society memberships in general have been decreasing recently, our Division has continued to enjoy an influx of new members joining us every year. Each one of you brings fresh perspectives, ideas, and energy. It's crucial that we get to know each other, work together, and continue the spirit of innovation and rigor that has defined our community for centuries.

In closing, I invite you to join me in our collective journey. Please reach out to me at dgodot@gmail.com to express your interest in contributing further. I'll be in touch with many of you soon, aiming to enlist a core group of active members to serve on communities, get involved in projects, and participate in upcoming social and educational programs.

David Godot, Psy.D.

Division 30's Co-Editors Column

A 'hello' and update from the three members of the APA Division 30 Newsletter Editorial team

Hello there, dear newsletter companions!

We're genuinely grateful for you taking a moment to read this newsletter. It's not just me (Cassondra), but also my co-editors who are genuinely thankful for your keen interest in the content we craft just for you!

We're literally burning the midnight oil, working hard to ensure that we keep you in the loop with all the latest happenings in the world of hypnosis. We're talking about everything from new and exciting research publications, to the latest innovative techniques, and all the buzzing news. We're on a mission to keep you updated and informed!

So, if you haven't done it yet, please do give us a follow on D30's Facebook and Twitter accounts. That way, you're never out of touch with the amazing world of hypnosis. Just a click and you're there!

Serving the hypnosis community is an honor and a delight for us. It's not just a job, but a passion that we look forward to each day. We're excited to continue bringing you great content and keep making our community even stronger! So, stay tuned and keep reading!

Until next time,

Cassondra Jackson, MA

Lauren Simicich, PsyD

Cameron Alldredge, PhD

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 Co-editors:

Lauren Simicich at **simicich.lauren@gmail.com**
Cassondra Jackson at **cjackson7@saybrook.edu**
Cameron Alldredge at **cameron_alldredge@baylor.edu**

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 April Issue:

Email your submissions to any of the Co-Editors listed above by March 15th

Highlights of Division 30 Programming at APA 2023 Annual Convention

By Scott Hoye, PsyD & Eric Willmarth, PhD

The APA Annual Convention in August of 2023 featured a lineup of events that showcased the strong presence of hypnosis within the American Psychological Association. The Division 30 presentations provided top-notch discussions and insights into psychological hypnosis.

Etzel Cardeña led a Symposium that delved into the life and work of Dr. Irving Kirsch. Additionally, he engaged in a critical conversation titled, "Anomalous / Extraordinary Experiences: What Have We Learned in the Last 20+ Years?" These sessions were among the standout events of the convention.

Notable presentations included Ronald Pekala's talk on "The Use of Quantitative First-Person Self-Reports to Better Understand the Mysteries of Hypnosis," Afik Faerman's exploration of "Hypnotizability: Neuropsychological, Clinical and Experimental Considerations," and Ian Wickramasekera II & Stanley Krippner's discussion on "Transpersonal Perspectives on Hypnosis and Hypnotic-Like Phenomena." Guy Montgomery had a packed room as he gave an insightful workshop titled "Introduction to Clinical Hypnosis." Dr. Tobi Zausner and Dr. Krippner also led an enthralling discussion on the Creative Trance and correlations with indigenous healings.

This year the presidential gavel was passed on to David Godot at the annual Executive Committee meeting, and saw Afik Faerman take the helm as President Elect. David discussed his ideas for further shoring up membership activity and participation within the general membership of Division 30. Our much-anticipated social hour provided an opportunity to connect with fellow attendees at the convention for further networking with members here in the states, as well as across the pond.

This years Division 30 Award winners included:

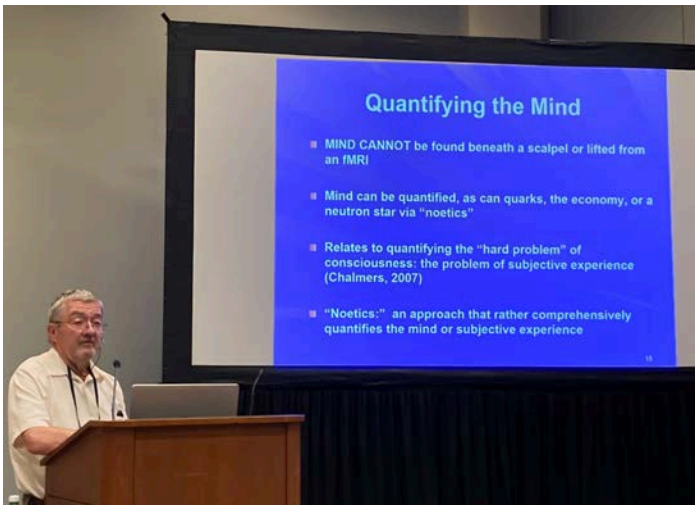
Afik Faerman, PhD	Early Career Contribution Award
Donald Moss, PhD	Distinguished Contributions to Professional Hypnosis
Olafur Palsson, PsyD	Distinguished Contributions to Scientific Hypnosis

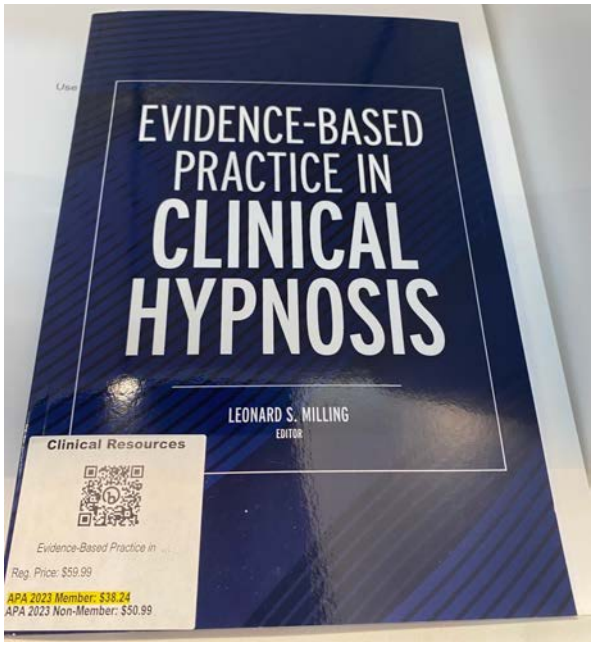
Next year, we look forward to an even more stellar line-up of division presentations. Symposia, scientific papers, and poster presentations will again be offered. The Education Committee is also working on a pre-conference training workshop. Details will be forthcoming as we move into winter.

We welcome your participation at APA in August of 2024! Please consider presenting with us. We have a rich tradition of collaboration across APA divisions. We invite you to consider working alongside us and through the division to continue to share your explorations in the field of consciousness studies, clinical interventions, and the neuroscience of the human experience!

Picture Submissions from APA 2023 Washington, DC | August 3-5

Thank you to all those who took the time to capture these precious moments and were willing to share them with the APA D30 community!


Quantifying the Mind
MIND CANNOT be found beneath a scalpel or lifted from an fMRI
Mind can be quantified, as can quarks, the economy, or a neutron star via "noetics"
Relates to quantifying the "hard problem" of consciousness: the problem of subjective experience (Chalmers, 2007)
"Noetics:" an approach that rather comprehensively quantifies the mind or subjective experience


EVIDENCE-BASED PRACTICE IN CLINICAL HYPNOSIS
LEONARD S. MILLING
EDITOR
Clinical Resources
Evidence-Based Practice in
Reg. Price: $59.99
APA 2023 Member: $38.24
APA 2023 Non-Member: $50.99

YOU BELONG HERE.
APA 2023

Call for Proposals for 2024 APA Annual Conference

Next Year's Conference will be taking place in
Seattle, Washington on August 8-10

DIVISION PROGRAMS—SUBMISSION DEADLINE **FRIDAY, DECEMBER 15TH**

Types of Submissions:

- **Symposia:** Focused sessions in which multiple participants present their views one common theme, issue, or question.
- **Skills-building session:** Programs teaching direct skill sets or interventions and application of theory to participants.
- **Posters:** Sharing of research findings, novel and new ideas, advances in the profession
- **Papers:** Papers submitted will be grouped by the Division Chairs within the paper sessions by 50 minutes or one hour and 50 minutes.

All Proposals Must Be Submitted Online Via the APA Call for Convention Proposals Website

Questions can be submitted to Eric Willmarth @ ewillmarth@saybrook.edu or Scott Hoye @ dr.hoye@chicagopsychservices.com

2024 Student Travel Awards Available from Division 30

Students:

We're thrilled to share some exciting news with you! Division 30 is once again extending a warm invitation to all of you, offering an incredible opportunity through our 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, 2024.**

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
4660 Bonnie Ave SE
Kentwood, MI 49508
EMAIL: ewillmarth@saybrook.edu

Apply for 2023 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, 2024

Chair, Division 30 Convention Awards Committee
David Reid, Psy.D.
dreid@drdavidreid.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. David Reid, Chair of the D30 Distinguished Contributions Awards Committee prior to November 6, 2023 at the following email address: dreid@drdavidreid.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: dreid@drdavidreid.com.

Good luck!

David Reid
Chair, Division 30 Convention Awards Committee
dreid@drdavidreid.com

Call for Division 30 Leadership Position Nominations

Division 30 Members and Fellows:

Division 30 seeks nominations for leadership positions that will begin in August 2024. Division 30 thrives on the active engagement from its members. We call on you to help support and continue to uphold the study and practice of psychological hypnosis by your participation in our organization.

President Elect
This position is a 4-year commitment.

President-elect for one year, President, then serving as Past-president and Election Committee Chair, and Past-past-president and Awards Committee Chair.

Treasurer
This is a 3-year commitment.

Member-at-Large
This is a 3-year commitment.

Self-nominations are encouraged. Further information regarding each position can be obtained from our Policy & Procedural manual here:

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

Please send all nominations to Scott Hoye @ dr.hoye@chicagopsychservices.com or Cameron Alldredge @ cam.alldredge@gmail.com by December 15th, 2023.

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.

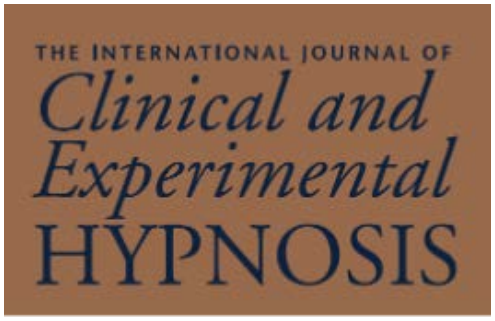
If you decide to apply for Initial APA Division 30 Fellow status, what other information and dates would be important for you to know?

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 71, Issue 3
The most recent issue of the IJCEH features the publication of a newly proposed theory of hypnosis, The Adaptive Experiential Theory of Hypnosis. Additional articles in this issue include a systematic review and research articles on hypnotherapy for a wide variety of conditions such as sleep disturbance, chronic nociplastic pain, and weight loss. Finally, this issue also includes two studies on the association of hypnotizability to interoception and emotion and the reliability and validity of the Elkins Hypnotizability Scale within a clinical sample. This is the third issue of 2023 and we look forward to publishing many more outstanding articles this year!

Call for Papers: Research from the 16th European Society of Hypnosis Conference
We are excited to announce an opportunity to be featured in our next special issue. The call for papers for a special issue in collaboration with the 16th European Congress of Hypnosis/ European Society of Hypnosis is open now **until December 4, 2023.** This special issue will feature the research of presenters from this conference and approximately six articles will be selected. For more information and to submit your work, I invite you to visit our website dedicated to this Call for Papers: https://bit.ly/Hypnosis_Research

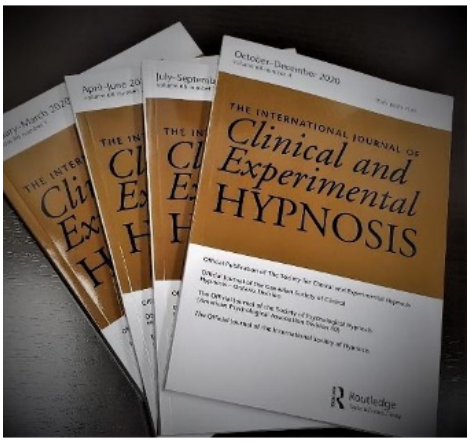
Call for Papers: Intersections of psychedelics, psychedelic and mystical experiences, placebo, and hypnosis
You are invited to share your innovative research in this call for papers for a special issue of the *IJCEH.* This special issue will feature relevant research, theoretical perspectives, or clinical and professional perspectives related to psychedelics, mystical experiences, hypnosis, and non-ordinary states of consciousness. All submitted manuscripts will be peer-reviewed for the possibility of publication in this special issue. Interested authors are encouraged to provide letters of interest by December 15, 2023, and complete manuscript submissions by May 1, 2024. Submissions will be received electronically via our submissions portal: at https://rp.tandfonline.com/submission/create?journalCode=NHYP

If you have any questions, contact Vanessa Muñiz, IJCEH Managing Editor, at IJCEH@baylor.edu

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

Have you considered what Open Access Publishing can do for your research? Open Access publications are a great way to extend the reach of your work. Publishing your accepted article in the IJCEH is free, but some authors elect to cover the costs of publishing, making their paper freely available to anyone online. The number of authors electing to publish their articles with Open Access in the IJCEH has been increasing. Open Access papers have many more views, more readers, and usually more citations. This is beneficial to the authors and to the journal! If your manuscript is accepted, consider Open Access publishing, and email us with any questions.

OPEN SCIENCE BADGES: Consider publishing your research with an Open Science Badge! These Badges are implemented to acknowledge open science practices and serve as incentives for researchers around the world to share data and materials associated with the publication. Publishing with an Open Science Badge signals to the reader that the content has been made available and certifies its accessibility in a consistent location.



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).

If you have a paper to submit, go to Taylor & Francis' submission portal located at https://rp.tandfonline.com/submission/create?journalCode=NHYP. Everything you submit will be conveniently available for you to view on the online system.

Contact us at: IJCEH@baylor.edu

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Managing Editor: *Vanessa Muñiz*

Follow us on Twitter

Here are some 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 Twitter Account**
- @ElkinsGary – Follow the Editor of the IJCEH
- @tandfonline – Taylor & Francis Research Insights' Official Twitter Account
- **Find us online at**: www.IJCEH.com or www.tandfonline.com/nhyp

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SUBMIT PAPER

Abstracts from the Articles Published in the Most Recent Issue of

THE INTERNATIONAL JOURNAL OF Clinical and Experimental HYPNOSIS

July 2023 Issue – Volume 71 (3)

OPEN ACCESS

Adaptive Experiential Theory of Hypnosis

Cameron T. Alldredge & Gary R. Elkins

State and nonstate theories of hypnosis have dominated the field for decades and helped advance hypnosis clinically and scientifically. However, they fall short in various ways including insufficient consideration of unconscious/experiential processes. The authors' new theory is predicated on Epstein's cognitive-experiential self-theory, a dual-process model that provides a comprehensive understanding of the rational system and the experiential system and highlights that, although they interact synergistically, their features and modes of operation differ greatly. The rational system, influenced by logic and reason, is demanding of cognitive resources and operates effortfully with minimal affect. In contrast, the experiential system is emotionally driven, associative, and encodes reality in images and feelings without conscious effort. Our theory, the adaptive experiential theory, posits that complex hypnotic responding is attributable to an individual's ability to adapt and deliberately shift from processing primarily within the rational system to the experiential system. Greater association with the experiential system yields alterations in processing reality, which allows hypnotic suggestions to be internalized and enacted without excessive interference from the rational system.

OPEN ACCESS

Systematic Review of Hypnotherapy for Sleep and Sleep Disturbance

Nathan Wofford, Morgan Snyder, Chris E. Corlett, & Gary R. Elkins

Sleep disturbance can negatively affect physical and psychological health. Hypnotherapy may be effective for improving sleep with fewer side effects than other treatments. The purpose of this systematic review is to comprehensively identify studies and evidence regarding hypnotherapy for sleep disturbances. Four databases were searched to identify studies examining the use of hypnotherapy for sleep in adult populations. The search yielded 416 articles, of which 44 were included. Qualitative data analysis revealed that 47.7% of the studies showed positive results regarding the impact of hypnotherapy for sleep, 22.7% showed mixed results, and 29.5% showed no impact. A subset of 11 studies that set sleep disturbance as an inclusion criterion and included suggestions for sleep were examined separately and had more favorable results, such that 54.5% showed positive results, 36.4% showed mixed results, and 9.1% showed no impact results. Hypnotherapy appears to be a promising treatment for sleep disturbance. Future studies should report effect sizes, adverse events, and hypnotizability and include sleep-specific suggestions, standardized measures, and descriptions of hypnotherapy intervention procedures.

The Efficacy of Hypnotic Analgesic Suggestions in Chronic Nociplastic Pain: A Randomized Controlled Trial

Anna D. Kaczmarska, Michal Mielimaka, & Krzysztof Rutkowski

This blinded study evaluated the relative efficacy of three hypnosis sessions in 60 patients with chronic nociplastic pain allocated randomly to one of two conditions: hypnosis with analgesic suggestions, or hypnosis with nonspecific suggestions. Pain intensity, pain quality, and pain interference as outcome measures were assessed before and after treatment. A mixed-design analysis of the variance model showed no significant differences between groups. According to the adjusted model, large effect size improvements in pain intensity and pain quality emerged for both conditions but were only meaningful for patients not taking pain medications. Analgesic suggestions may not play a primary role in beneficial outcomes of hypnosis at the beginning of chronic pain management since both interventions demonstrated similar positive effects. Future studies should investigate the efficacy of the hypnosis components over longer treatment periods.

A Qualitative Exploration of Weight Loss Experiences Through Hypnotherapy

Nurul A. Roslin, Aryati Ahmad, Mardiana Mansor, Myat Moe Thwe Aung, Farrahdilla Hamzah, & Pei Lin Lua

Hypnotherapy has been gaining recognition as an alternative treatment for excess weight problems. This qualitative study aims to explore individuals' experiences of losing weight through hypnotherapy and their perceived barriers and facilitators for healthy lifestyle changes. Semistructured interviews were conducted with 15 participants (11 women and 4 men; mean age of 23 years) who recorded having lost ≥5% weight after undergoing 3 hypnotherapy sessions previously at a public university in Terengganu, Malaysia. Each interview was audiotaped, transcribed, and analyzed using thematic analysis. The themes that emerged were the usefulness of hypnotherapy, barriers, and facilitators of healthy lifestyle changes. All participants contended that hypnotherapy played a role in their weight-loss journey through increased mindful eating and enhanced motivation to make lifestyle modifications. Barriers to healthy lifestyle changes included high costs of healthy foods and lack of support for healthy food sources in social and family settings. Hypnotherapy is essential as an adjunct tool in assisting weight loss. However, additional efforts are needed to improve support in the weight management journey.

Association of Hypnotizability, Interoception, and Emotion

Žan Zelič, Laura Sebastiani, & Enrica Laura Santarcangelo

The present scoping review reports the reciprocal relations between hypnotizability, interoception, and emotion. Brain morpho-functional differences may account for the lower interoceptive accuracy, higher interoceptive sensitivity, and different emotional strategies observed in highly hypnotizable participants with respect to medium-to-low hypnotizables. Since interoception is relevant to both physical and mental health and hypnotizability can predict both interoceptive abilities and the efficacy of interoception-based mental training, this allows for the development of new forms of treatment and rehabilitation.

Reliability and Validity of the Elkins Hypnotizability Scale Within a Clinical Sample

Kimberly Zimmerman, Vanessa Muñiz, Morgan Snyder, & Gary R. Elkins

Hypnotherapy is used in clinical settings to treat mental and physical health-related conditions. Hypnotic response can be measured through hypnotizability scales to help interventionists personalize treatment plans to suit the patients' individualized hypnotic abilities. Examples of these scales are the Elkins Hypnotizability Scale (EHS) and the Stanford Hypnotic Susceptibility Scale, Form C (SHSS:C). According to the previous literature, these scales have good discriminating ability and internal consistency ($\alpha = 0.85$) in collegiate samples, but the psychometric properties of the EHS for a targeted clinical population have not been determined yet. This study assessed said properties, and results showed adequate reliability of the EHS in a targeted clinical sample and strong convergent validity of the EHS to the SHSS:C. The authors conclude that the EHS is a strong and useful measure of hypnotizability that is pleasant, safe, brief, and sensible to individualities in hypnotic ability found in diverse clinical samples.

Call for Papers: Intersections of psychedelics, psychedelic and mystical experiences, and hypnosis

(Editor-in-Chief, Gary Elkins, Ph.D.)

Details: The therapeutic benefits of psychedelic and mystical experiences have been shown in several studies and the research base has grown rapidly in recent years. Both hypnosis and psychedelics have been investigated for a range of psychiatric disorders and transformative experiences and past research has suggested that psychedelic and mystical altered states may be facilitated or augmented by hypnosis, meditation, and positive expectancy. Several studies have identified potential parallels between psychedelics and hypnosis and some have proposed that combining hypnosis and psychedelics in psychotherapy may have enhanced benefits. Other research has suggested that hypnosis may be used to create psychedelic and mystical experiences without taking a psychedelic substance. Although there has been increased interest in psychedelics, mystical experiences, hypnosis, and non-ordinary states of consciousness, much remains unknown. For example: Can hypnosis be used by individuals to create psychedelic experiences that are comparable to psychedelic substances? Can hypnosis create psychedelic states and mystical experiences that are transformative or have therapeutic benefits? Does hypnotizability and absorption moderate the capacity to experience psychedelic or mystical experiences? What is the role of placebo effects, positive expectancy, and hypnotic suggestion in psychedelic experiences? Is the neurophysiology of substance-induced and hypnosis-induced psychedelic experiences comparable? What is a potential theoretical framework that can account for the ability of hypnosis to induce psychedelic and mystical states? How does hypnosis influence substance-induced psychedelic experiences in treatment? This special issue of the IJCEH is a call for papers (research, theoretical, or clinical) that can address these and related questions. Interested authors are encouraged to provide letters of interest and manuscript submissions before their deadlines. Manuscripts will be peer-reviewed for consideration for publication in this Special Issue.

Letters of interest are due by December 15, 2023

Deadline for Submission of Manuscripts to the IJCEH: May 1, 2024

Student Representative Column

By Victor Padilla

Greetings everyone,

I look forward to working as one of this year's Division 30 student representatives.

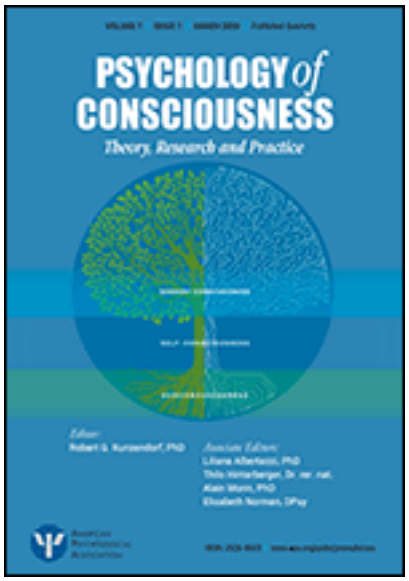
I am a graduate student studying behavioral neuroscience at Baylor University. I have had the pleasure of working under Dr. Elkins at the Baylor Mind-Body Medicine Research Lab. My interests were largely focused on studying mindfulness-based interventions prior to working at the Elkins lab, but I was drawn to studying hypnosis because of the research being done comparing the neural mechanisms of hypnosis and meditation.

As a relative newcomer to the field, it has been thrilling to dive into the literature on hypnosis, but I occasionally find myself getting overwhelmed by the vastness of it all. My goal as a student representative is to act as a resource for people interested in hypnosis who are trying to navigate the field for the first time. I want to help students become aware of opportunities to engage in hypnosis research and to learn more about its clinical applications.

If you have any questions or ideas about how to get involved, I am happy to be of assistance.

Victor Padilla
Clinical Psychology Doctoral Student
Baylor University
victor_padilla2@baylor.edu

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



SPECIAL ISSUE: Salutogenic Effects of Self-Transcendence

Decenter to reenter nature: Relationships between decentering, self-transcendence, and nature connectedness.
Pages 205-212. Sanyer, Mathias M.; Bettmann, Joanna E.; Anstadt, Gretchen; Ganesh, Kamala; Hanley, Adam W.
https://doi.org/10.1037/cns0000307

Self-transcendent states during a modified mindfulness-based stress reduction program predict improvements in mood.
Pages 213-224. Hanley, Adam W.; Mai, Trinh; Garland, Eric L.
https://doi.org/10.1037/cns0000347

OPEN ACCESS

Effects of two online positive psychology and meditation programs on persistent self-transcendence.
Pages 225-253. Martin, Jeffery A.; Ericson, Marissa; Berwaldt, Ariel; Stephens, Elizabeth D.; Briner, Lindsay.
https://doi.org/10.1037/cns0000286

Focus on your breath: Can mindfulness facilitate the experience of flow?
Pages 254-280. Marty-Dugas, Jeremy; Smith, Alyssa C.; Smilek, Daniel.
https://doi.org/10.1037/cns0000251

Transliminality and transpersonal self-expansiveness predict paranormal belief.
Pages 281-291. Rock, Adam J.; Friedman, Harris L.; Storm, Lance; Jinks, Tony A.; Harris, Kylie P.
https://doi.org/10.1037/cns0000281

Beyond the body/self-consciousness matrix: Scale of the physical frame of reference and self-transcendence experience.
Pages 292-312. Dambrun, Michael.
https://doi.org/10.1037/cns0000314

The self-extension dimensional assessment: An instrument development study.
Pages 313-329. Hanley, Adam W.; Bettmann, Joanna E.; Baker, Anne K.
https://doi.org/10.1037/cns0000329

Membership Chair Column

By Afik Faerman, PhD

Dear Division 30 Members,

As this year comes to an end, we would like to share some advancements with regard to our division's growth and trajectory. Division 30 currently brings together 611 registered members and affiliates, a 5% growth since the beginning of the year. About 400 of our members have renewed their Division 30 membership for 2024. We encourage you to renew your membership with us as we work to grow our division and increase our impact in APA and professional psychology as a whole.

At this year's APA convention, the Division's Executive Committee has discussed increasing the representation of psychologists from all career stages, particularly for earlier stages (from students to mid-career). This includes also diversifying our Division age groups, as the mean age of Division 30 is greater than the mean age of APA members by more than a decade.

In line with increasing and diversifying our membership, we recently contacted ~1500 APPIC predoctoral internship directors for the second time since the beginning of the year, seeking information about programs that offer training and/or supervision in clinical hypnosis. At this point, it appears very few programs officially offer training in clinical hypnosis, yet multiple programs reached out and expressed interest in learning how to include hypnosis in their syllabus and training repertoire. As stated in our previous membership updates, public and professional interest in hypnosis is on the rise.

Lastly, you can directly help our division to grow. Please share the information in this newsletter and our website with your peers, students, supervisors, and professors. A profound body of scientific evidence about hypnosis has been amassed over the past two decades, and we now have the tools to share these findings with a broader audience (for example, see the social media section in this newsletter). The renaissance of psychological hypnosis is right around the corner, and you can play an active role in bringing it to life.

Afik Faerman, PhD

Please look to our website and social media accounts (see below) for any division-related updates!

Renew Your Membership

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

click here →

Division 30 Social Media Report

See below for the latest analytics and trends
from Division 30's social media accounts.

Total Audience

3,505 ↗ 0.1%

Followers

1,908

1,598 ↗ 1%

Total Impressions

474 ↗ 265%

Impressions

395 ↗ 344%

79 ↗ 93%

Total Engagement

31 ↗ 3,000%

Engagement rate

63.42% ↗ 218%

8.30% ↗ 70%

Follow Division 30 on social media to stay updated on the most current Division 30 events as well as to have easy and convenient access to other interesting and exciting evidence-based hypnosis content!

The Backbone of Division 30

Cameron Alldredge, PhD

For each issue of APA Division 30's newsletter, 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 wonderful piece from ***APA D30 Secretary Cameron Alldredge, PhD.***

My journey with hypnosis started when I was 14 years old. My parents came home from a cruise and told me and my sisters about a "hypnosis show" they saw on the ship. They explained that a "man was able to control a bunch of random strangers and made them do silly and embarrassing things." What 14-year-old wouldn't think that sounds awesome? I then started to do some of my own research on the subject. It soon became my obsession. I read books and spent countless hours on the internet trying to figure out what this hypnosis thing was. My parents took notice and were supportive of my new passion. They found a lay hypnotist in the city I was growing up in who agreed to "mentor" me on hypnosis. Throughout junior high and high school, most of my exposure to hypnosis was related to its use in a therapeutic context. I really didn't venture beyond a therapeutic use until college.

When I moved away from home to start my freshman year at Southern Utah University, I made the mistake of telling people I was interested in hypnosis. Up until that point, no one really knew outside of my own family. Of course, if you tell a bunch of college freshmen that you know about hypnosis, they want to see it in action. Unfortunately for me, I had no idea what I was doing as far as entertaining with hypnosis goes, so my first few attempts at "demonstrating" it for people was a total flop. At that point, I realized that if I was going to claim I "do hypnosis" then I had to have something to show for it.

Any moment that I wasn't studying, I was teaching myself how to put on a hypnosis show. I did this for several weeks before I felt comfortable enough to try it out. I caught a lucky break because my next attempt of entertaining with hypnosis was attended by three fellow freshmen guys who happened to be highly hypnotizable. The little "hypnosis show" was so successful, in fact, that news about it spread throughout the college campus like wildfire. I began performing like crazy which helped me gain rapid confidence in how I explained hypnosis, how I did my inductions, how I crafted my suggestions, etc. Within a few weeks, it reached a point where I was doing 2-3 shows *a day*. I went from performing small shows in

The Backbone of Division 30 (continued)

Cameron Alldredge, PhD

in apartments for about 15 people to filling up common areas and any space we could on campus with over 100 people. These hypnosis shows became so popular that within a matter of months I was performing regularly at a local comedy club so we could accommodate the large crowds that were showing up.

The shows continued to gain traction which led me to hire a team of 9 people to start working with me to put on these shows. We did countless hypnosis shows in a variety of venues. Some audiences had over one thousand people. I typically performed for about two hours and found performing with hypnosis to be both thrilling and fulfilling. I felt that I was able to make a meaningful impact because I was able to educate attendees on hypnosis and I always left participants with positive suggestions before re-alerting them. For many people, attending one of my shows was an impactful demonstration of just how powerful hypnosis could be in a therapeutic context.

At the end of my freshman year, I decided to take a few years off of school and I moved to Budapest, Hungary. I learned to speak Hungarian and lived there for two years teaching English, meeting new people, and coordinating service projects. During this time, hypnosis was still important to me, but it went on the back-burner. While I was in Hungary, I made a commitment to myself that I would no longer perform with hypnosis and I would only advance its use in a therapeutic context. I also decided that I wanted to get a PhD in clinical psychology and focus my clinical work/research on hypnosis.

I returned to the States and finished my undergraduate degree in psychology. From there, I began to apply to graduate programs. Funny enough, I applied to Baylor University's program and indicated that I wanted to work under Dr. Elkins, but I didn't even get an interview (he and I laugh about that now). I was interviewed by Dr. Marty Sapp and offered a spot in that program (researching hypnosis) but, for many different reasons, accepted an offer from BYU's clinical PhD program.

Even though I received excellent clinical training and research opportunities at BYU, I had to stay underground with my interest in hypnosis. I wasn't able to get integrated in the clinical/scientific community of hypnosis during graduate school which I think would have really helped me. Luckily, I tried to stay up to date with clinical hypnosis in my free time and was able to attend two virtual SCEH workshops during my internship year. I still had a strong interest to join Dr. Elkins in the Mind-Body Medicine Research Lab and I saw that as one of the best ways to expand my training/research in hypnosis. Dr. Elkins was my hypnosis hero and the idea of working with him seemed unbeatable as much as it seemed improbable. As my internship was wrapping up, I reached out to Dr. Elkins to see if he was interested in hiring me

The Backbone of Division 30 (continued)

Cameron Alldredge, PhD

as a postdoc to work in his lab. A few zoom meetings later, I was in a whirlwind of signing contracts and preparing to move to Waco.

I've been working with Dr. Elkins for just over a year and it has been one of the best decisions I've made. Being here as a postdoc has allowed me to focus on hypnosis research better than I would have been able to if I was simultaneously in grad school. We have been able to accomplish a great deal within this first year and I feel like we are just getting started. We have books we want to write, training programs to develop, and a plethora of research projects to pursue.

One of the directions I am most excited about is using hypnosis to explore non-ordinary states of consciousness (e.g., those produced by psychedelic drugs) and mystical experiences. This is an endeavor we recently started getting into within the Mind-Body Medicine Research Lab as we are actively running participants to see how well we can induce a mystical-/psychedelic-type experience using only hypnosis. I anticipate there will be articles and presentations about what we find, and it could provide me with a fruitful research direction as I continue to develop as an early-career professional.

Division 30 Leadership

Executive Committee

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President-Elect: Afik Faerman, PhD

Past-President / Elections Chair: Scott Hoye, PsyD

Past-Past President / Awards Chair: David Reid, PsyD

Secretary: Cameron Alldredge, PhD

Treasurer: Ciara Christensen, PhD

APA Council Representative: Lisa Lombard PhD

Member-at-Large: Guy Montgomery, PhD

Member-at-Large: Eric Willmarth, PhD

Member-at-Large: Ian Wickramasekera II, PsyD

Contact Division 30