

Psychological Hypnosis Newsletter

Fall/Winter 2024 | Vol. 32, Issue 3

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Editor: Chris Corlett, M.A.

Division 30 President's Column

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Afik Faerman, Ph.D.

Dear Division 30 Members,

Last month, we had a wonderful and successful APA Convention. The Division had excellent talks that were very well attended, and multiple psychologists showed interest in learning more about hypnosis. That is, in essence, what I hope for the division to achieve this year, but more on that in a moment. I want to thank Drs. Scott Hoyer and Eric Willmarth for their diligent work as the Program Chairs, and we are lucky to have them chairing the 2025 APA Convention as well!

I also want to use this platform to thank Dr. David Godot, our leaving president and our immediate past president. During his term as president, among his many achievements, Dr. Godot put a lot of work into improving and advancing our division's executive processes, internal management system, documentation, and organization, and made the next years of leading our division substantially more effective and streamlined. In addition, he served as the Division's Webmaster for many years, a title that will be passed to our acting Secretary, Dr. Cameron Alldredge. Dr. Godot is a mentor and a role model, and I feel grateful to be able to learn from him during my term as the Division's current president.

This is also an opportunity to thank the entire Executive Committee members who volunteer their time and experience to make our division what it is and work to constantly improve it. You inspire us with your generosity, drive, and expertise.

Going back to the essence mentioned earlier in this email; I vividly remember how excited I was to train in hypnosis as a graduate student. I independently sought training, as none was offered by my graduate program. After completing my introductory training, I went back and talked to my clinical supervisor about this psychological technique, hypnosis, which I hoped to include in my clinical toolbox. Their response was reflective of how I see many psychologists' approach to hypnosis these days - "Wow! This sounds really interesting! But never do it here."

The reality today is that psychological hypnosis suffers from lack of, mis-, or disinformation. These tendencies, in turn, lead to misunderstanding at best and prejudice at worst. Many psychologists (and clients) are cautious around hypnosis because of the shroud of mystery with which it is so commonly associated. The best we can provide to our community is opportunity and resources to learn more. As such, this year, I hope to increase the division's reach within the psychological community. We will divert our efforts to collaborate with other APA divisions (as also done in the recent APA Convention through joint talks), invite Division 30 Members to take a more active involvement in representing and contributing to the division's projects, and seek pathways to increase reach to our most under-represented career phase - student and trainees.

Thank you for your involvement in Division 30, and I look forward to working with and learning from you all.

Best,
Afik Faerman

Division 30's Editor's Column

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

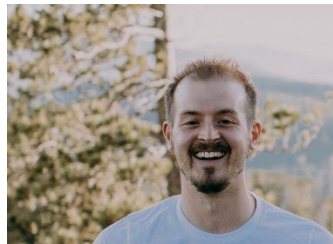
Hello Division 30 members!

Thank you for your time keeping up with the latest Division 30 news! I apologize for the late send of this edition, as I get up to speed taking over editing and communication responsibilities for the Division.

That said, I am genuinely proud to be a new graduate student member of the Division and to provide what service I can to the organization. It is a group filled with wonderful, dedicated hypnosis professionals, and I couldn't be happier to become a part of it.

We had a great time at APA 2024, highlights of which are presented below. We have a host of new executive committee members, including a new president, Afik Faerman, who you have just heard from. We're excited to see where his leadership takes us, and we wish a hearty "thank you" to newly Past-President David Godot for his time as President.

Until next time,



Chris Corlett, M.A.

Call for Submissions & Contributions for Division 30 Newsletter

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

Newsletter Editor:

Chris Corlett at cecorlett@gmail.com

APA Division 30 Newsletter Schedule & Submission Deadlines

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

1) April 2) June 3) October

For the upcoming April Issue:

Email your submissions to me by March 15th

Highlights of Division 30 Programming at APA 2024 Annual Convention

By Scott Hoye, PsyD & Eric Willmarth, PhD

The APA Annual Convention in August of 2024 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.

Film: Hypnosis as Sole Anesthesia for Caesarean Section Operation

This APA session featured a screening of the restored, and only existing copy of this film, originally produced by Upjohn Pharmaceutical Company in 1970, and was followed by a panel discussion. The film was first seen at the 75th Annual APA meeting in Miami Beach, in September 1970, where it was discussed by Panelists: William A. Carlson (Chairperson), Ralph V. August, Theodore X. Barber, and Joseph Reyher. Theodore Barber, a "Role Theorist", argued against a "State View" of hypnosis as applied to this operation, while Dr. August defended it.

This operation was filmed at Mercy Hospital in Muskegon, Michigan. Panelist, Donald Moss, also a Michigan resident, was able to share the experience of his wife, who happened to be a patient of Dr. August. He successfully delivered all 3 of her children with hypnoanesthesia, a technique offered to all of Dr. August's patients, and one that she freely chose. It proved to be highly successful for her.

The film showed the induction and hypnotic suggestions for anesthesia as Dr. August performed the operation, his discussion with other physicians about the use of hypnosis for anesthesia in their own practices, and his interview with the patient immediately post-surgery. Ralph August performed 16 Caesarean Operations and over 2,000 vaginal deliveries prior to the making of this film.

The question why hypnoanesthesia has not been more widely used today, more than a half century later, remains to be answered, and is worthy of research.

For more information about this presentation, the film, or about Dr. Ralph August, readers may contact: Sheldon Malev. E-Mail: sheldon.malev@sunywcc.edu or profshell1@aol.com.

Bringing Hypnosis to APA Attendees in other Divisions

The new Division 30 Relations Committee was active in contributing to the APA program this year, with the goal of bringing hypnosis information to members of other Divisions. Division 30 sponsored a program initiated by the Relations Team, on Integrating Hypnosis and Hypnosis Techniques with Cognitive Behavioral Therapy. The moderator was Donald Moss and the speaker was Barbara McCann. This session was also listed for Divisions 1, 6, 12, 13, 17, 25, 38, APAGS and Psi Chi.

The Relations Committee also proposed a program sponsored by Division 32, on Humanistic Perspectives on Hypnosis, with moderator Donald Moss and speaker Ian Wickramasekera. This program was also listed for Divisions 24, 30, and 46.

Both of these programs qualified for CE credit, and attendance was excellent with attendees from a broad mix of divisions.

Honoring Stanley Krippner

Division 30 sponsored a symposium honoring Dr. Stanley Krippner and his lifelong contributions to hypnosis. Dr. Krippner is a longstanding member of Division 30 and has contributed substantially to research on altered states of consciousness, hypnosis, indigenous healing, parapsychology, and personal mythology. The symposium included presentations by Deirdre Barrett and Ian Wickramasekera. Dr. Krippner was also present and spoke memorably about his career and life experiences.

Finally, after seeking nominations from D30 members and holding votes for the 2024 D30 Award Winners, the awards committee was pleased to announce the following winners:

Dan Brown, Ph.D. (posthumously)	Contributions to Psychological Hypnosis
David Wark, Ph.D.	Contributions to Psychological Hypnosis
Elvira Lang, M.D.	Contributions to Scientific Hypnosis
Cameron Alldredge, Ph.D.	Early Career Contribution Award

We welcome your participation at APA in August of 2025! 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!

Call for Proposals for 2025 APA Annual Conference

Next Year's Conference will be taking place in
Denver, Colorado on August 7-9

DIVISION PROGRAMS—SUBMISSION DEADLINE WEDNESDAY, JANUARY 8TH

Types of Submissions:

- **Symposia:** Focused sessions in which multiple participants present their views on 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

2025 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, 2025**.

Provide the following:

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

Dr. Scott Hoye, D30 Program Co-Chair

C/O Chicago Psychology Services

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EMAIL: dr.hoye@chicagopsychservices.com

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

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Kentwood, MI 49508

EMAIL: ewillmarth@saybrook.edu

Apply for 2024 APA Division 30 Convention Awards

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

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

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

D30 APA Convention Paper/Poster Award categories:

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

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

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

Deadline June 15, 2025

Chair, Division 30 Convention Awards Committee

Dr. Scott Hoye, Psy.D.

dr.hoye@chicagopsychservices.com

Call for Division 30 Distinguished Award Nominations and the Hilgard Award

Dear Division 30 Members:

We are now accepting nominations for the following four Division 30 awards. Please submit your nomination(s) and supporting letter(s) to Dr. Scott Hoyer, Chair of the D30 Distinguished Contributions Awards Committee prior to December 6th, 2025 at the following email address: dr.hoyer@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.hoyer@chicagopsychservices.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 is seeking nominations for next year's President-Elect. Self-nominations are encouraged! However, because the division President is responsible for maintaining all ongoing functions of the division as well as steering policy for the year, the ideal candidate should have substantial experience within the division's leadership.

President Elect

This position is a 4-year commitment.

- President-elect for one year, serving on the Program Committee to assist with planning for the APA conference.
- One year as President
- One year as Past-President, serving as chair of the Elections & Nominations Committee
- One year as Past-Past-President, serving as chair of the Awards Committee

Further information can be obtained from our Policy & Procedural manual here:

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

Please email your nominations directly to our Nominations Chair, David Godot at dgodot@gmail.com by **November 1st**.

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.

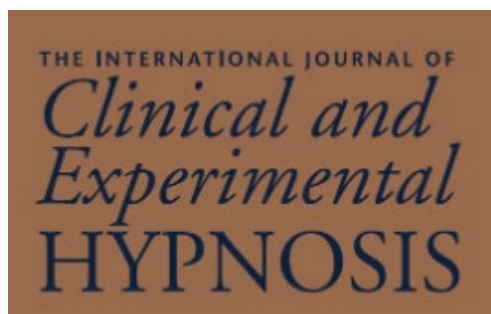
If you decide to apply for Initial APA Division 30 Fellow status, what other information and dates would be important for you to know?

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 72, Issue 3

To start the third issue of volume 72 of the *International Journal of Clinical and Experimental Hypnosis* (IJCEH), an in-memoriam in honor of Dr. Steven Lynn is available to all readers. Following, this issue also included three research studies and two review articles. In the leading article of this issue, a randomized clinical trial assessed the efficacy of clinical hypnosis as an adjunct to

Cognitive Behavioral Therapy for the treatment of major depressive disorder. Additional research studies explored the effectiveness of combined Mindful Self-Hypnosis (MSH) with resistance training (RT) for the reduction of perceived stress among female college students and psychometric properties for the French norms of a shortened online adaptation of the Harvard Group Scale of Hypnotic Susceptibility (HGSHS:A). Finally, a systematic and meta-analytic review of EEG correlates of suggestion-induced Stroop interference reduction in highly suggestible individuals, and a comprehensive review of hypnotherapy for inflammatory bowel disease management conclude the July issue of the *IJCEH* for a total of five articles.

Preview of Upcoming Issue: European Society of Hypnosis - Volume 72, Issue 4

We are excited to announce that the October issue of the *IJCEH* will feature a special issue in collaboration with the European Society of Hypnosis (ESH). This year, the ESH hosted its XVI congress with the theme of "Hypnosis Food for Body and Mind: An Integrated Approach to Healing". This special issue of the *International Journal of Clinical and Experimental Hypnosis* will include a guest editorial provided by Congress leader, Dr. Peter Naish, and is composed of six articles focused on advancing research, theory, and practice in a wide range of topics.

Transitioning to Online-Only Publishing starting January 2025!

As a reminder to all of our readers, this January 2025, the *International Journal of Clinical and Experimental Hypnosis* will be transitioning to online-only publishing. In our commitment to innovation and accessibility, this transition aims to provide benefits to authors and readers alike by eliminating delays associated with print distribution. This transition will expedite the timeline from submission to publication and will allow us to provide faster access to the latest academic articles published at the *IJCEH* on a rolling basis, attract more high-quality articles and research, and increase the number of articles available per issue. Although this

means that volume 72, Issue 4 will be our last print issue, we are eager to offer quality articles sooner to you, now in real-time!

Special Issue: *Intersections of Psychedelics, Psychedelic and Mystical Experiences, and Hypnosis*

As we are preparing for the upcoming year, here are some special issues currently underway. The year of 2025 will promise several dedicated issues to advancing the field of hypnosis and expand its scope and exploration into diverse subfields of psychology & hypnosis. The first special issue of 2025, entitled, “*Intersections of Psychedelics, Psychedelic and Mystical Experiences, and Hypnosis*” will be an issue 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 July issue, but early online access will be provided for select articles.

Special Issue/Call for Papers – *Ericksonian Psychotherapy*

Moreover, a special issue dedicated to the diverse applications, theoretical advancements, empirical research, and clinical outcomes associated with *Ericksonian*

Psychotherapy will be available later in the year. For more information on this and any future call for papers and special issues of the *IJCEH*, visit our journal’s website at:

https://think.taylorandfrancis.com/special_issues/ericksonian-psychotherapy/

Interested Authors:

Submissions are accepted and articles are published on a rolling basis. The *International Journal of Clinical and Experimental Hypnosis* receives all manuscript submissions electronically via Taylor & Francis’ submission portal located at

<https://rp.tandfonline.com/submission/create?journalCode=NHYP>

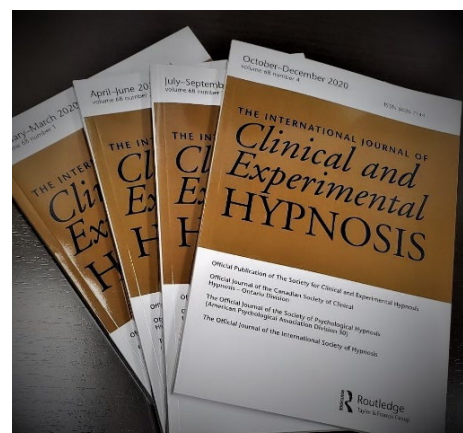
Instructions to authors can be found at:

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

Contact us at: ijceh@baylor.edu

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

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



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



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.

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

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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

Abstracts from the Articles Published in the Most Recent Issue of

THE INTERNATIONAL JOURNAL OF
*Clinical and
Experimental*
HYPNOSIS

July 2024 Issue – Volume 72 (3)

A Tribute to the Life and Work of Steven Jay Lynn (1946–2024): In Memoriam
Joseph P. Green

Cognitive behavioral therapy and hypnosis in the treatment of major depressive disorder: A randomized control trial

Nicolino Ramondo, Carmela F. Pestell, Susan M. Byrne & Gilles E. Gignac

This study investigated whether adding hypnosis to CBT (CBTH) improved treatment outcomes for MDD with a two-armed, parallel-treated, randomized-controlled trial using anonymous self-report and clinician-blinded assessments. Expectancy, credibility, and attitude to hypnosis were also examined. Participants ($n = 66$) were randomly allocated to 10-weekly sessions of group-based CBT or CBTH. LMM analyses of ITT and Completer data at post-treatment, six-month and 12-month follow-up showed that both treatments were probably efficacious but we did not find significant differences between them. Analyses of remission and response to treatment data revealed that the CBTH Completer group significantly outperformed CBT at 12-month follow-up ($p = .011$). CBTH also displayed significantly higher associations between credibility, expectancy and mood outcomes up to 12-month follow-up (all $p < .05$ or better), while attitude to hypnosis showed one significant association ($r = -0.57$, $p < .05$). These results suggest that hypnosis shows promise as an adjunct in the treatment of MDD but a larger sample size is required to fully test its merits.

Mindful Self-Hypnosis Combined with Resistance Training to Reduce Perceived Stress and Improve Other Psychological Factors in Female College Students

Chan Myae Lin Latt, Cameron T. Alldredge, Sarah Williams, Michael Vinson, Jose Seiba Moris & Gary R. Elkins

Perceived stress is a significant problem among female college students that can impact psychological distress, sleep, and overall well-being. Mindful self-hypnosis (MSH) and resistance training (RT) have both been shown to reduce perceived stress. The rationale for the present study was to investigate whether MSH combined with RT could be more effective at reducing perceived stress as measured by the Perceived Stress Scale than RT alone due to

synergistic effects achieved by combining the interventions. Forty-four female college students were randomized to one of the three groups: MSH+RT, RT only, or a wait-list control (WLC). Results indicated that, compared to RT only, the addition of MSH led to pronounced improvements in perceived stress which was significantly greater than WLC. Also, MSH+RT resulted in significant increases in mindfulness, sleep, strength, and well-being in comparison to WLC. MSH+RT was shown to be feasible with highly satisfactory participant ratings. Future research should examine the MSH+RT intervention with a larger population and with older women who are more at risk for stress and declining strength.

Can Hypnotherapy be Considered a Valuable Component in the Management of Inflammatory Bowel Disease? Insights from a Comprehensive Review

Konstantinos Mpakogiannis, Fotios S. Fousekis, Aristeidis H. Katsanos & Konstantinos H. Katsanos

Despite advancements in medication, managing inflammatory bowel disease (IBD) remains challenging, necessitating alternative control methods. Gut-directed hypnotherapy, known for alleviating irritable bowel syndrome (IBS), is debated as an IBD management method. An extensive search across PubMed, Cochrane Library, and Clinicaltrials.gov uncovered five randomized trials and two case series involving IBD patients undergoing hypnotherapy. A small trial reported statistically significant remission at one year ($p = .04$), but larger trials, including one with 63 patients, showed no significant gastrointestinal improvements. The first case series noted post-intervention reduction in the mediators of inflammation in rectal mucosal, without long-term monitoring. The second case series observed the absence of flare episodes in 12 of 13 ulcerative colitis patients during follow-up, possibly influenced by the simultaneous use of two drugs alongside hypnotherapy. Psychological outcomes, demonstrated no significant differences between hypnotherapy and control groups. While current literature doesn't decisively support hypnotherapy for managing IBD symptoms, it underscores the importance of further research, including randomized clinical trials, to thoroughly assess its effectiveness in this context.

EEG Correlates of Suggestion-Induced Stroop Interference Reduction in High-Suggestible Individuals: A Systematic Review and Meta-analysis

Aman Kumar Raturi, Sreelatha S. Narayanan & S. P. K. Jena

Studies have explored the impact of suggestion on the Stroop effect, aiming to understand how effective suggestion is in modulating this phenomenon. The suggestion effect has been replicated in multiple studies, supporting its robustness, but lacks systematic evaluation. We conducted a systematic review and meta-analysis of relevant English-language studies from PubMed, Web of Science, PsycINFO, Scopus, and ScienceDirect since databases inception until January 2023. Quality of included studies was evaluated using the Joanna Briggs Institute (JBI) appraisal checklist, and potential publication biases were assessed. Subgroup analyses were also performed, and effect sizes were estimated using Hedges' g and analyzed using random effects model. The systematic review was comprised of 19 studies. For the meta-analysis, 14 studies examined the suggestion effect on Stroop interference effect (SIE),

while six studies investigated suggestion effects on accuracy. Results have revealed significant overall effects of suggestion on Stroop performance in participants, as evidenced by SIE and accuracy. Subgroup analysis based on types of suggestion demonstrated a significant effect on SIE. Six EEG/ERP studies have also been discussed in the context of the review.

French Norms for a Shortened Online Adaptation of the Harvard Group Scale of Hypnotic Susceptibility, Form A

Jeremy Brunel, Stéphanie Mathey & Sandrine Delord

This study presents the norms and psychometric properties for a shortened online adaptation of a French version of the Harvard Group Scale of Hypnotic Susceptibility, Form A (HGSHS:A). Assessment of involuntariness and subjective intensity was added to the traditional scoring. A total of 373 individuals completed an online hypnotizability screening test on their own computer. Participants received the HGSHS:A script through an audio recording lasting about 30 minutes. The results showed that the item difficulty and reliability of the short online HGSHS:A were consistent with the offline version of the scale and with the reference samples. Involuntariness and subjective intensity corrections improved significantly the accuracy in the measurement of the scale and helped to dissociate between different phenomenologies in hypnotic responding. These findings indicate that the short online HGSHS:A is a reliable tool for measuring hypnotizability. Moreover, we suggest that using complementary measures of involuntariness and subjective intensity helps to shed more light on hypnotizability as part of a multi-componential approach to hypnotic response.

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

2024, Volume 11, Issue 2 (June)

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

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

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

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

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

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

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

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

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

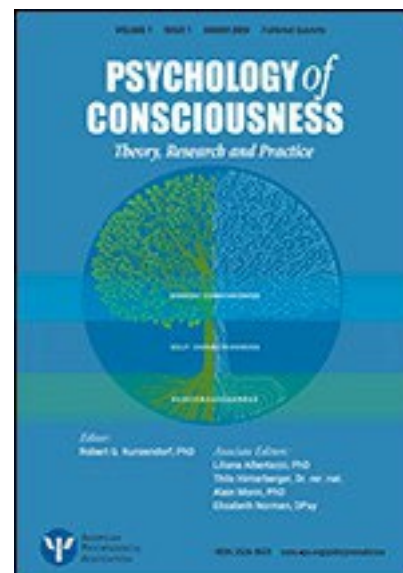
Pages 209-216. Lush, Peter; Scott, Ryan B.; Moga, Gyorgy; Dienes, Zoltan. <https://doi.org/10.1037/cns0000292>

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

[Examining the relations among working memory capacity, attention-deficit/hyperactivity disorder symptomology, and conscious experience.](#)

Pages 217-233. Beikmohamadi, Leila A.; Meier, Matt E. <https://doi.org/10.1037/cns0000313>

[Investigating emotion dysregulation and the perseveration- and flow-like characteristics of ADHD](#)



hyperfocus in Canadian undergraduate students.

Pages 234-251. Ayers-Glassey, Samantha; MacIntyre, Peter D. <https://doi.org/10.1037/cns0000299>

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

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

Membership Chair Column

By Afik Faerman, PhD



Dear Division 30 Members,

We hope you enjoyed the APA convention! The Division had successful presentations and talks, and many psychologists showed interest in learning more about how hypnosis can help their clients and patients.

Division 30 currently brings together 588 registered members and affiliates, which is more than the beginning of the year. APA has opened membership renewal for 2025, and of the current 588 members, 442 memberships have already been renewed for next year. If you have not yet done so, please renew your membership with us so we can keep advancing the field of psychological hypnosis together!

Serving as the Division's Membership Chair for the past two years was an honor. During this time, our team has expanded the Division's outreach and included more presence over social media, increased communication with members on the listserv, sought more opportunities for members to get involved with APA initiatives, and initiated projects that would serve the members starting next year and for many years to come. As I step into the role of President, I will step down from the Membership Chair position. We are currently seeking a new Membership Chair. Please reach out to me at afaerman@stanford.edu to nominate, self-nominate, or inquire about further questions.

As always, remember that YOU can help us grow! Please share the information in this newsletter and our website with your peers, students, supervisors, and professors. Let us know if you have any questions or ideas!

Best,
Afik Faerman

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