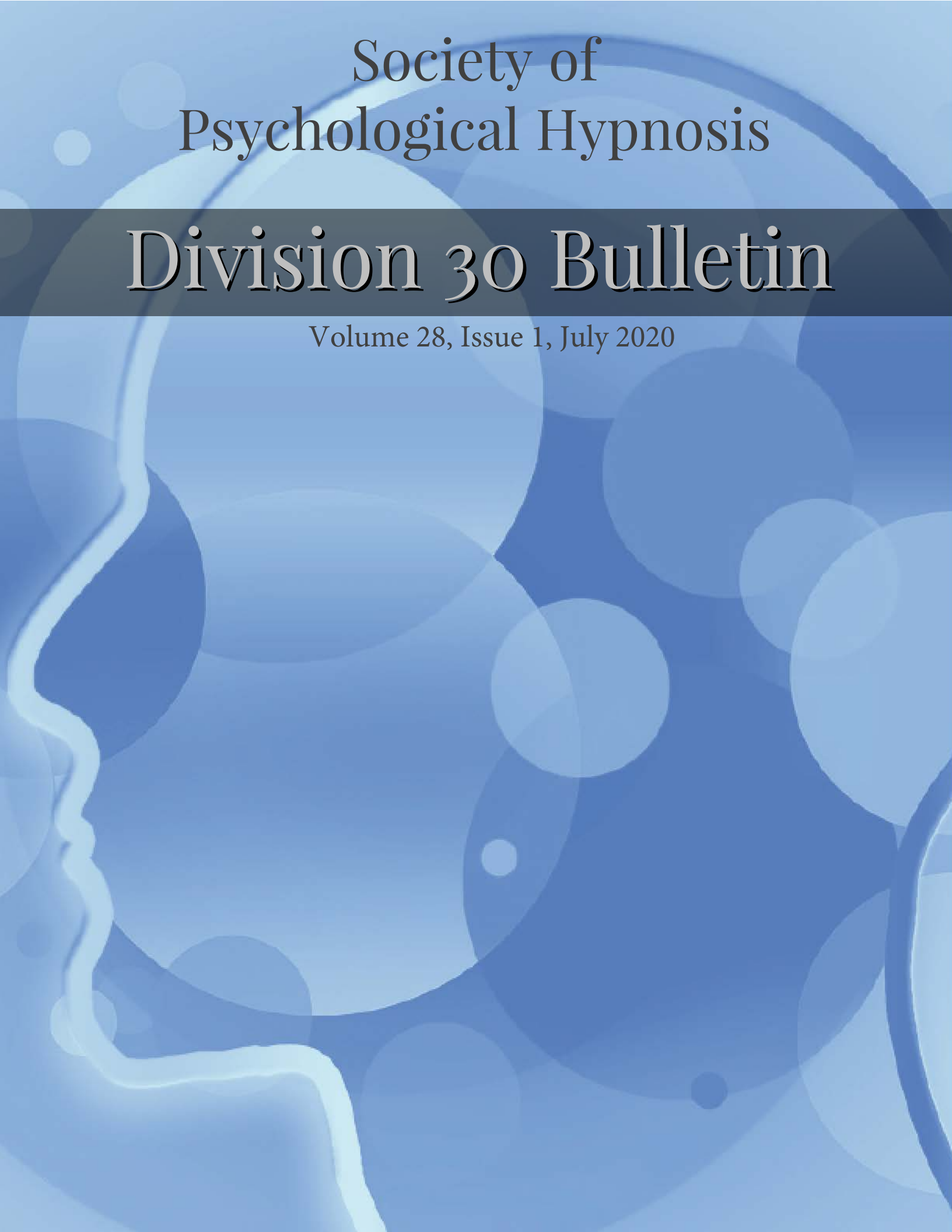


The background is a light blue gradient with several overlapping circles of varying shades of blue. On the left side, there is a white, stylized profile of a human head facing right, with a wavy line representing the hair or a thought process.

Society of
Psychological Hypnosis

Division 30 Bulletin

Volume 28, Issue 1, July 2020

From the Editor

Greetings to all of our Division 30 members during a difficult and challenging time for both our members and their families. This issue of the Bulletin contains updates about upcoming Division 30 presentations at the 2020 APA Convention, a message from president Joseph Green, APA information & resources, and a "Call for Comments" for a collaborative project between Divisions 30 & 2.

Turbulent times can challenge our inner resources, resiliency, and creativity. These times may have inspired your interests in writing a submission for the Bulletin. If so, and you would like to submit something for publication in the Division 30 Bulletin, please email me via: mq101@mynsu.nova.edu

-Michael Quinones

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"Feature Presentations"

Division 30 Offers a Limited Program at 2020 APA Convention

As many of you are already aware, APA adopted a virtual format for the 2020 annual convention scheduled from August 6-8. This format presents unique difficulties and challenges. We will certainly miss interacting with old friends and sharing stories and newfound knowledge with our colleagues in a face to face manner. With the sudden change in format and relatively short time frame allotted to create a pre-recorded video presentation, some of our invited speakers decided to withdraw their planned presentation. We certainly understand the decision to withdraw. Hopefully, some of these planned but canceled presentations can be incorporated into next year's program.



**Katharine "Kay" Black,
Program Co-Chair**

As program co-chair of Division 30, I'm excited to continue working with APA and to salvage what we can from our originally planned program and to put forth a few interesting and cutting-edge presentations involving clinical and experimental hypnosis. Confirmed virtual programming includes the following presentations: Dr. Leonard S. Milling will deliver an invited address On the Efficacy of Hypnosis as a Treatment or Intervention. Dr. Milling is the 2020 recipient of our Distinguished Contributions to Scientific Hypnosis Award. Dr. Donald Moss will share his knowledge on the use of physiological monitoring during hypnosis sessions with his virtual presentation entitled, Physiological Monitoring to Enhance Clinical Hypnosis and Hypnotically-Assisted Psychotherapy. Dr. Moss provided a preview of his presentation below. Division 30 president, Joe Green, will use his time to acknowledge award winners, provide a brief update on division business, and mark the transition of leadership to incoming president, Dr. Eric Willmarth. At the present time, we believe that many of our scheduled research presentations will remain part of APA programming as poster presentations. Unlike invited talks, APA is responsible for communicating with poster presenters to confirm participation in the virtual convention. At this time, APA is in the process of determining the final program. Accepted Division 30 poster topics included: The Similarities of Hypnosis and Mindfulness Meditation Between Groups; Hypnosis and Gender Minorities; Applications of Hypnosis to Counseling Psychology; Human Givens: Integrating Hypnosis Techniques into a Solution-Focused Brief Psychotherapy; and, Examining Whether Coloring a Mandala Image Reduces Anxiety. ("Featured Presentations" continued on next page)

Upcoming Events

SCEH 2020 Annual Conference: *"Hypnosis To Enhance & Augment Treatment Outcomes"*

- October 14-18, 2020
- Conference has been moved to on-line format
- <https://www.sceh.us/2020-annual-conference>

ASCH-ERF Annual Scientific Meeting and Workshops (ASMW)

- March 4-7, 2021
- Omni Hotel Jacksonville, Jacksonville, FL
- Program submissions accepted until July 31st, 5:00pm
- <https://www.asch.net/Education/2021ASCHAnnualMeetingSubmissionForm.aspx>

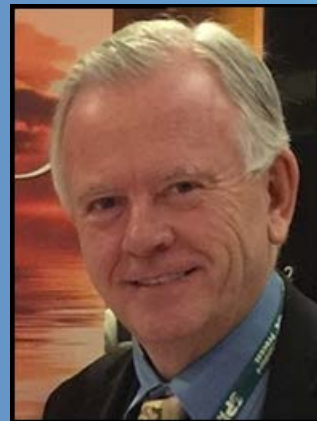
Call for Submissions & Contributions for Division 30 Bulletin

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

Featured Presentations by Division 30 Members

Physiological Monitoring to Enhance Clinical Hypnosis and Hypnotically-Assisted Psychotherapy.

- Donald Moss, PhD, Dean, College of Integrative Medicine and Health Sciences, Saybrook University, Pasadena, CA



Brief description: *This presentation provides an introduction to the use of physiological monitoring during hypnosis sessions and hypnotically-assisted psychotherapy sessions. Physiological monitoring provides a useful access into the patient's affective state during therapeutic sessions. Physiological monitoring identifies autonomic dysregulation and can also display the process of restoring autonomic regulation via hypnosis and other quieting strategies. The lecture will introduce commonly used modalities for physiological monitoring and provide clinical examples of how psychophysiological monitoring can be used in hypnosis and hypnotically assisted psychotherapy. The author recommends including greater amounts of psychophysiological knowledge in hypnosis education.*

On the Efficacy of Hypnosis as a Treatment or Intervention.

- Len Milling, Ph.D., Professor of Psychology, University of Hartford.

Brief description: *The presentation will describe recent meta-analytic evidence of the effectiveness of hypnosis when used as an intervention or treatment.*

President's Column

June 1, 2020,

Hello Division 30 Members. I greet you during these challenging and uncertain times amid the COVID crisis.



Joseph Green, PhD

The disruption to routine, feelings of social isolation, and anxiety-laden concerns about health, safety, and security take a toll. It is difficult to maintain motivation and focus in the midst of so much uncertainty. Watching news reports can be depressing. Increasingly, I find each email from university officials, professional societies, governmental agencies, and service organizations to be singularly informative but collectively, the avalanche of repetitive information can overwhelm the spirit and tempt surrender to the conclusion that things will never be the same.

Still, we are resilient and persevere in our professional and personal roles helping clients, students, family, and friends. Now more than ever, it is critical to practice tolerance, acceptance, and kindness - both to others and ourselves. Finding meaning in routine daily activities, practicing self-care, appreciating nature, taking pride in work, and maintaining social connections in creative ways can nourish the soul and replenish the spirit. Being humble enough to reach out for help and seek support from others is an essential ingredient for health and well-being. Using self-hypnosis, meditation, or other mind-body practices, and practicing mindful awareness during daily activities can go a long way to calm nerves, enhance life appreciation, promote feelings of gratitude, and restore motivation.

APA offers a number of resources to assist you during times of crisis. Topics include managing stress, anxiety, and grief; the role of faith and the importance of creating meaning; parenting tips on dealing with this pandemic; suggestions on how to conduct research in this new environment; and, supportive advice and guidance regarding telehealth- practices. There are free

services and additional support offerings for psychologists and students as well, including free access to APA Journals and new memberships for recent doctorates. See <https://www.apa.org/topics/covid-19/>

In my fall (2019) column, I announced that the executive committee (EC) of Division 30 voted to add the “past-past” president as an official voting member of the EC; that this proposal required a vote of the membership to change our bylaws; and that I would be working with APA to develop a plan for voting. I’ve since learned that whenever a division requests a bylaws change, APA Legal Office reviews the entire bylaws to ensure that they are accurate and up to date. With this guidance, we identified a number of phrases, position descriptions, and procedural details that are no longer accurate. Accordingly, we will be asking membership to approve a number of changes to our bylaws. Detailed information about all of the changes will be provided to members in a forthcoming mailing and ballot to vote. We must conduct the vote by physical mail because that is what is required by our current bylaws. Indeed, we will be asking you to vote to approve that future bylaws changes can be done electronically (e.g., online and/or via email) to be more efficient and to save costs associated with physical mailings. Stay tuned.

As I am sure you are aware, APA recently decided that the 2020 convention will be held virtually. At the time of this writing, it is still unclear what shape the delivery of convention programming will take or what the attendance will be for the various sessions and events that make up the APA convention experience. In addition to future notices from APA, our program co-chairs Katharine Black and Len Milling will keep you up to date with convention-related details as they emerge.

In closing, I’m sending positive thoughts for a safe, healthy, and productive summer.

American Psychological Association COVID-19 Information and Resources*

APA has provided an online portal that provides COVID-19 related topics, articles, and resources for both practitioners and the public. Links to APA COVID-19 related topics are listed below.

*(information provided by APA (2020) at <https://www.apa.org/topics/covid-19>)

APA's COVID-19 website provides articles on topics related to self-care, telehealth, parenting, and more:

- *"Are you experiencing compassion fatigue?"*
- *"Stress management for leaders responding to a crisis"*
- *"Parenting children with chronic disease during COVID-19"*
- *"Grad students navigate the unknown"*
- *"What the Ethics Code says about reopening your practice now"*
- *"Researchers mobilize to study impact of COVID-19"*
- *"Psychologists will be able to provide services to more Medicare beneficiaries during the COVID-19 pandemic"*
- *"Providing relationship-oriented psychotherapy during COVID-19"*

APA also provides a practitioner-oriented website for information and resources to help practicing psychologists effectively adapt to changing guidelines and best-practices during the pandemic:

Click **HERE** to be re-directed to the APA website for practice-related resources including:

- **Professional Practice**
- **Billing and Regulatory Issues**
- **Telehealth and Telepsychology**

Executive Committee

Executive Committee Officers

President

Joe Green, PhD (2019-20)

President-Elect

Eric Willmarth, PhD (2019-20)

Nominations Chair (Past President)

John Mohl, PhD (2019-20)

Secretary

David Godot, PsyD (2019-21)

Treasurer

Ciara Christensen, PhD (interim, 2019-21)

Members-at-Large

Steffanie Schilder (interim, 2019-20)

Len Milling, PhD (2018-20)

Scott Hoye, PsyD (2019-21)

APA Council Representative

Donald Moss, PhD (2018-20)

Other Chairs and Appointments

Awards Chair (Past Past President)

Guy Montgomery, PhD (interim, 2019-20)

Program Chairperson(s)

Katharine Black and

Len Milling, Ph.D.

Student Representatives to the

Executive Committee/Program

Michele Gloede

Membership Chair

Scott Hoye, PsyD (2016-19)

Fellows Chair

Donald Moss, PhD

Ethics Committee Chair

Omar Sanchez-Armass, PhD

Policy and Procedures Chair

Joe Green, PhD

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

A Call For Comments

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

Division 30 seeks comments on this document pertaining to content (writing style, syntax, and other writing conventions will be addressed later on). We would like to know what should be added, deleted, or modified. Are there glaring inaccuracies or omissions of important concepts or research that should be included? Please send all comments to John Mohl at DrJohnMohl@gmail.com by August 31, 2020.

The guide can be accessed through this link:

<https://bit.ly/div30comment>

Division 30 Election Results

Following the APA convention in August, **David Reid** will become the president-elect; **Leonard Milling** and **Donald Moss** will serve as members at large; and, **Lisa Lombard** will be taking over as our Division Representative to APA Council.

Congratulations to our newly elected officers!