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Itinerary of APA 2022, Div 30 Convention Schedule
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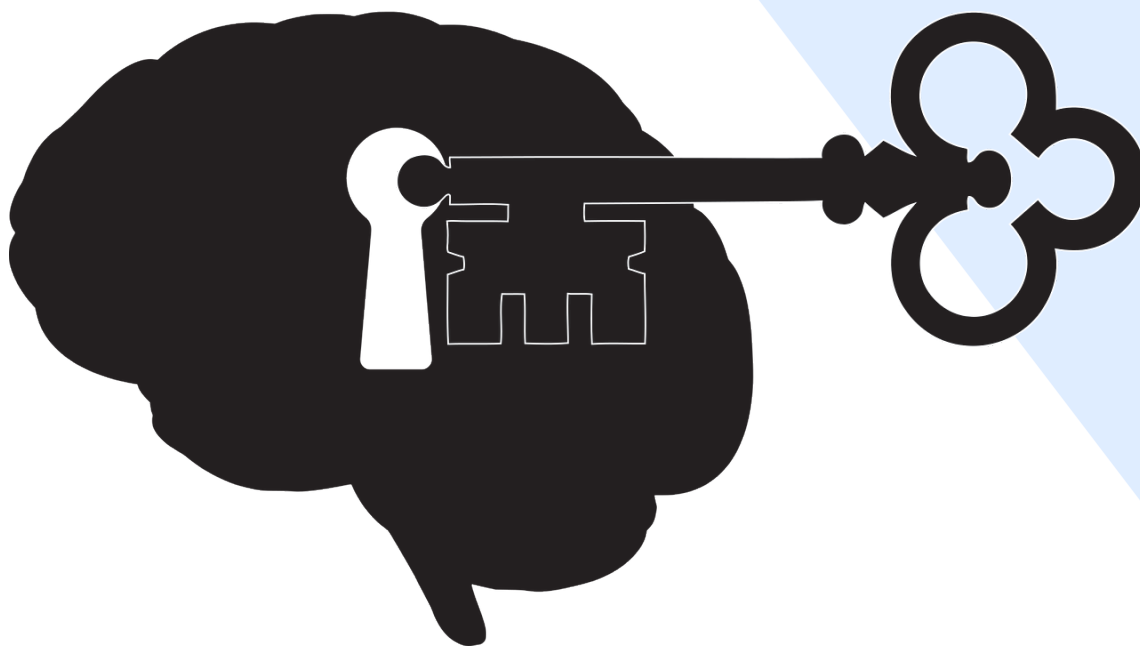
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I. EXECUTIVE SUMMARY

President's Letter

DAVID B. REID, PSY.D.

Greetings, Division 30 Members!

Once again, as Division 30 President, I welcome you to our latest newsletter. It amazes me that a year has passed and I will soon transfer the presidential gavel to our incoming president, Scott Hoyer at the upcoming APA convention (August 4th-6th) in a matter of weeks!

As noted in our last newsletter, Division 30 will be offering exceptional workshops in Minneapolis on contemporary aspects of clinical hypnosis (<https://convention.apa.org/agenda/division-highlights#1231433429>). In addition to our annual business meeting, thanks to the generosity of our Executive Committee, Division 30 will host a "Social Hour" for members on Friday August 5 at 7:00PM. Details on the social hour will be forthcoming with announcements posted at the Convention Center.

D30 members are also encouraged keep an eye out for an upcoming invitation from APA to subscribe to the quarterly publication, *Psychology of Consciousness: Theory, Research, and Practice* for \$45/per year (50% off the discounted rate currently offered to APA members). I invite you to review this journal for your consideration: <https://www.apa.org/pubs/journals/cns>

Content Editor

CHARLOTTE A. YOUNG, M.A.



Am writing to you on the 155th Birthday of Canada Day, July 1st, reporting from Mi'kma'ki, Algonquin unceded territory of Eastern Canada. I welcome you to Division 30's Spring/Summer Newsletter of 2022. During the last 2 years when everything was virtual from the pandemic, we were lucky to have Eric Willmarth,

PhD now Past President; David B. Reid, Psy.D. as President; and by the time you read this Newsletter, will be President Elect, Scott Hoyer, Psy.D.

Meanwhile, I have completed my term, as Content Editor. We are now accepting nominations for the next, incoming Newsletter Editor for Fall/Winter 2022. (I will be open to help you with the transition.) As digital technology,

It is also my honor to announce that Dr. Gary Elkins has been appointed to represent Division 30 as "Science Partner" to help cultivate cross-talk with other division representatives, and the APA Science Directorate and Board of Scientific Affairs. Thank you, Gary for your continued service to D30!



I want to again extend my appreciation to our content editor, Charlotte Young for her energy, enthusiasm, and dedication to our newsletter. As Charlotte mentioned in her parting letter to our members, we are seeking and welcome nominations for our future newsletter editor. Interested members are welcome to send a message to me at dreid@drdavidreid.com.

In closing, I thank you for the opportunity to serve as Division 30 President this past year, and especially appreciate the support and consultation I received from our dedicated Executive Committee.

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

organization is not my 'forte', in this issue we continue to contract mother/daughter, graphic artists team, Melissa and Kailey Reid. Before that, we had Afik Faerman, MS. as Technology Editor.

Please submit content, feedback, or comments for the Fall/Winter issue to the Division President for standard clinical newsletter articles.

You may appreciate the copy-editing from our President, for a heavily stream-lined issue, from my usual. I introduce and feature 3 of 11 researchers who were delegate presenters at the APA 2021 Virtual Convention.

Good luck to all attendee delegates, to smoothly get to the CPA Minneapolis for August 4-6th.

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

II. THREE APA CONVENTION PRESENTATIONS (FROM AUGUST 14, 2021)

WITH INTRODUCTIONS BY C.A. YOUNG, M.A.

APA Invited Address A Featured Update on Parapsychology

ETZEL CARDEÑA, PH.D.

Presenting, Etzel Cardeña

C. YOUNG, M.A.

Etzel Cardeña, is Past President of Hypnosis Division 30, from 2000-2001. He was awarded the 2020 Outstanding Career Award from the Parapsychological Association. As Invited Address of the Virtual APA Convention in 2021 we welcome his research presentation that updates the latest empirical evidence supporting parapsychological phenomena.

He has over 374 published, scientific papers of research. He holds the prestigious, Thorsen Chair Award (defined as private equity, faculty endowment, in perpetuity) in psychology, at Lund University in Sweden; where he also instructs as a professor on Advanced methodological and statistical research, in addition to parapsychology, hypnology and anomalous states of conscience.

As Director of the Center for Research on Consciousness and Anomalous Psychology (CERCAP), he has published books on “Varieties of Anomalous Experience”, available ([Varieties of Anomalous Experience: Examining the Scientific Evidence](#)) ; two volumes on Altering Consciousness: *A Multidisciplinary Perspective; and Parapsychology*: ([Altering Consciousness \[2 volumes\]: Multidisciplinary Perspectives](#)); and a handbook on [Parapsychology: A Handbook for the 21st Century](#). He is past editor of the *Journal of Parapsychology* and is current editor of [Mindfield: The Bulletin of the Parapsychological Association](#).

Lastly, a most interesting, anecdote that you may not know about Etzel is, he also had a professional career as theatre director, actor, and playwright.



Etzel Cardeña, Thorsen
Professor, Lund University
(Past Division 30 President)

Interviews with Etzel Cardeña, PhD hosted by Jeffrey Mishlove, PhD that are on topics of parapsychology can also be found at:

Experimental Evidence for Parapsychological Phenomena, November 10, 2019

<https://podcasts.apple.com/ca/podcast/new-thinking-allowed-audio-podcast/id1435178031?i=1000456456002>

Altered States and Enhanced Functioning with Etzel Cardeña, November 12, 2019

<https://podcasts.apple.com/ca/podcast/new-thinking-allowed-audio-podcast/id1435178031?i=1000456638495>

Psi and the Visual Arts with Etzel Cardeña, January 26, 2021

<https://podcasts.apple.com/ca/podcast/new-thinking-allowed-audio-podcast/id1435178031?i=1000506588785>

Update on the Experimental Evidence for Parapsychological Phenomena

ETZEL CARDEÑA, PH.D.

In 2018, I published in the flagship journal of APA, *American Psychologist*, a comprehensive overview of the experimental evidence for parapsychological (psi) phenomena. It was based on the more than 10 comprehensive meta-analyses on psi published at that point.

Psi includes the scientific (i.e., following the scientific method and practices) of the hypotheses that organisms can:

1) Be influenced by events that are temporally or spatially distant, without mediation from the senses or reason, and unexplainable by mere randomness (i.e., anomalous cognition or “ESP”, which includes telepathy, precognition, and so on).

2) Have an effect, typically very small, on physical objects such as random number generators unmediated by muscular or mechanical activity (i. e., anomalous perturbation or force, also known as psychokinesis or PK).

It is important to underline that there are many phenomena, such as astrology or UFOs that are often mistaken with psi, even by academics; but these have nothing to do with it. Various surveys across the globe have found that majorities of respondents claim to have had experiences of psi, although it is impossible in most cases to rule out explanations such as faulty, or selective recollection, or mere random occurrence of unlikely events.

For those reasons, scientists engaged in the study of psi (including Nobel prizewinners and other eminent personages) have designed different experimental protocols to control for extraneous variables and to allow for statistical analyses.

In my paper, I first discussed the lack of validity in three common criticisms over psi phenomena:

- 1) They violate the “laws of nature”; (and if so,)**
- 2) They would invalidate scientific achievements; (and that)**
- 3) There are no theories to account for them.**

After considering interpretations of nonlocality, time, and the role of sentience, hospitable to Psi phenomena, the paper summarized the 11 extant meta-analyses of psi paradigms.

I concluded that there is scientific evidence to support the psi hypothesis since all meta-analyses showed significant (albeit small) effects across time and protocol that cannot be easily discarded as the product of low-quality experiments, or questionable research practices.

Nonetheless, psi experiments do not always replicate (in a similar fashion to many areas of accepted research in psychology and medicine) and the effect sizes leave much to be desired (although, again, these are comparable to accepted areas in various disciplines).

I would like to end mentioning two developments since the publication of the paper.

1) The first, is that authors (both psychologists) who made rebuttals of the paper & simply took a tagged position that “the data are irrelevant” because “psi is impossible” according to their interpretation of physics; it was alleged without examination of the data or analyses (Reber & Alcock, 2019a,b. For one of various responses to their paper see Cardena, 2019; Williams, 2019).

2) The second, is meta-analysis’ to support psi & rebuke contentions are also found in spontaneous reports, that Psi phenomena are more likely to occur (or at least more likely to become conscious) when people are in an altered state of consciousness (Tressoldi & Storm, in press).

One final point is that yet another updated meta-analysis (Duggan & Tressoldi, 2018) reports that pre-registered studies produced better effects than those not pre-registered, going against the explanation that supportive Psi studies in general follow QRPs.

In sum, although reasonable people may differ in the extent to which they are swayed by the evidence, they should not deny that one can maintain a belief in the validity of psi phenomena, based on consideration of the scientific evidence.

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APA Symposium. Report on Task Force of Guidelines for the Assessment of the Efficacy of Clinical Hypnosis: Assessment of Hypnotizability in Clinical Practice: Elkins Hypnotizability Scale

GARY ELKINS, PH.D., ABPP, ABPH

Presenting, Gary R. Elkins, Ph.D., ABPP, ABPH
(American Board of Professional Psychology; The
American Board of Public Health)

C. YOUNG, M.A.

Gary R. Elkins Ph.D., ABPP, is a tenured psychology and neuroscience professor at Baylor University, in Waco, Texas. He is lead instructor of the Post-Doctoral fellows, program; instructs Graduate School candidates and undergraduate students in Clinical Psychology as well as General-Experimental Psychology. Prior to that, Gary was Professor of Psychiatry and Behavioral Science in the Texas A& M University College of Medicine for 15 years.

Gary is Director of the Mind-Body Medicine Research Laboratory at Baylor U where he specializes in new approaches in how to provide integrative and alternative medicine, involving Hypnotherapy. He has over 100 science publications; and has 5 published books including the Handbook of Medical and Psychological Hypnosis: Foundations, Applications and Professional Issues. In addition to running over a 100 international workshops on Mind-body interventions in Behavioral Medicine. He has won several prestigious awards for his innovations in science. He is the Editor-in-Chief of the International Journal of Clinical and Experimental Hypnosis.

Spoiler Alert, Gary Elkins was chosen as the Winner of Division 30's, most prestigious award for Distinguished Contributions to Scientific Hypnosis in 2022. He will be featured in the Fall/Winter issue of Division 30 Newsletter, once he is presented his Award at the August APA Convention 2022, to be held in Minneapolis. Gary's Symposium presentation at APA 2021 Convention was part of a Task Force on guidelines in the Assessment of the Efficacy of Clinical Hypnosis. He instructed on the Top 8 of applied essentials necessary for conducting randomized Control trials in scientific research.

Symposium: Best Practice Recommendations for Hypnosis Research Randomized Clinical Trials

GARY ELKINS, PH.D., ABPP, DEPARTMENT OF
PSYCHOLOGY AND NEUROSCIENCE, BAYLOR UNIVERSITY

Empirical evidence attests to the effectiveness of clinical hypnosis in treating a wide range of conditions. Efficacy of hypnosis interventions have been supported through randomized clinical trials (RCTs) in the treatment of acute pain, chronic pain, irritable bowel syndrome, anxiety, menopausal hot flashes, and a range of medical and psychological disorders.

In addition, hypnosis may be employed as an adjunctive tool to complement and enhance existing medical, psychological, and behavioral therapies. However, best practices for conducting randomized clinical trials (RCTs) is essential for future research in empirical investigation.

This presentation presented recommendations for design of hypnosis intervention RCTs, registration of clinical trials, protocol development, considerations for blinding, identification of outcome measures, consideration of mediators and moderators of hypnosis intervention effects in RCTs, hypnotizability assessment, and rigor in clinical research.

Future research should utilize best clinical practice and research guidelines to determine efficacy and effectiveness of hypnosis interventions.



Gary Elkins, Ph.D., ABPP, ABPH

Top 8 Concepts in Clinical Hypnosis Intervention for Randomized controlled trials (RCT's)

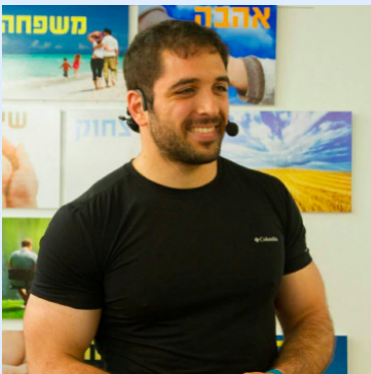
- 1. Literature Review should be sufficiently comprehensive and include any pilot/feasibility studies.**
- 2. Hypnosis Intervention must be clearly described, ideally with a treatment manual.**
- 3. Control Conditions ought to be ideally matched for time and expectancies.**
- 4. Study Design needs to include blinded randomization and scientific rigor.**
- 5. Measures must use gold standard, subjective- and objective measures.**
- 6. Assessment of Hypnotizability, has to use well validated and reliable scales**
- 7. Clinical Trial Registration will assure integrity of the study and is required by many journals. Registration at clinicaltrials.gov is strongly recommended.**
- 8. Data Safety and Monitoring with Randomized controlled trials (RCTs) ought to include an independent monitoring board for reporting adverse events, protocol deviations, and progress.**

Hypnotic Alterations of Agency in Fibromyalgia

AFIK FAERMAN, MS., PH.D. CANDIDATE

Presenting, Afik Faerman

C. YOUNG, M.A.



Afik Faerman, M.S.,
Ph.D. candidate

Afik's engrossing poster topic, dealt with sense of involuntariness in hypnosis concerning the management of chronic pain from fibromyalgia.

Afik Faerman is a Ph.D. candidate in clinical psychology with an

emphasis in neuropsychology at Palo Alto University, CA. He completed his clinical training at the University of California, San Francisco (UCSF) and is finalizing his internship at Baylor College of Medicine. His research centers on identifying key neurocognitive mechanisms in clinical change, focusing on hypnosis, pain, and sleep.

Afik will be starting a postdoctoral fellowship with David Spiegel at Stanford University. Currently, he is serving as the Chair of the Member Service Committee of Division 30, Co-Chair of the Scientific Program of the upcoming conference of Society of Clinical and Experimental

Hypnosis (SCEH) and he is Chair of the Student Committee at the Association for the Scientific Study of Consciousness (ASSC).

Since the presentation of his poster at the 2021 APA Convention, it has now been published in the Journal, Consciousness and Cognition (an International Journal with a natural science, empirical approach to issues of consciousness).

Look for Afik's next, live presentation; this time as Invited Address, on Saturday, August 6th at 8 a.m. of the APA Convention 2022 on, Enhancing hypnotizability: Theoretical considerations and clinical implications.

Hypnotic Alterations of Agency in Fibromyalgia

AFIK FAERMAN, M.S.

The “Classical Suggestion Effect” was termed by André Weitzenhoffer to describe alterations in the sense of agency in the context of hypnosis. Agency has been demonstrated to be an interesting target for the management of pain, with evidence pointing to reduced pain when the painful stimuli are under a person’s control, and contradicting findings of lower pain-related distress in external vs. internal locus of control. As such, the alterations of agency in hypnosis may play a role in the hypnotic analgesia.

At the APA 2021, we presented a poster presentation highlighting a shared mechanism between responsiveness to control- and dissociation-related suggestions and. Empowered by the feedback we received on the presentation, we expanded this research and communicated the results in a recent publication in *Consciousness and Cognition* (Faerman, Stimpson, et al., 2021). The goal of the study was to examine the relationships between responsiveness to specific suggestions in hypnosis and alterations of the sense of agency among patients with fibromyalgia. In fibromyalgia, a chronic pain syndrome associated with functional dysregulation of pain networks, the interplay between agency and pain is of the most common narratives in patient complaints.

We recruited 98 participants with fibromyalgia for the original study, an NIH-funded project to test the ability to modulate hypnotizability using transcranial

magnetic stimulation. While the encouraging finding of the original study have not been peer-reviewed yet, they are currently available as a preprint (Faerman, Bishop, et al., 2021). At the initial screening appointment, participants were evaluated for hypnotizability using the Hypnotic Induction Profile (HIP), followed by the Sense of Agency Rating Scale (SOARS). These evaluations happened twice – at the beginning and at the end of each screening appointment. We also collected clinical pain measures – the McGill Pain Questionnaire (MPQ) and the Brief Pain Inventory (BPI).

Our results indicated that the level of responsiveness to suggestions about the sense of control, ideomotor functions, and disconnectedness of the arm (i.e., dissociation) predicted the level of involuntariness participants reported after the induction. We also showed that hypnotizability was negatively correlated with the level of affective pain (i.e., how much pain bothers a person) and positively correlated with the subjective level of benefit a person receives from pain treatment. Conversely, alterations in agency were not significantly correlated with pain outcomes. In the paper, we further discuss the theoretical and clinical implications of our findings for therapeutic use of hypnosis in pain management and expand on the need for more research in the field.

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III. APA CONVENTION

MINNEAPOLIS 2022, SCHEDULE OF DIVISION 30 EVENTS, AUGUST 4-6

APA 2021 ANNUAL CONVENTION Feature Presenters

Thursday 8/4/2022

Executive Committee Meeting: 8:00am-9:50 am, Session ID #770

Invited Address: 10:00am-10:50am, Session ID #767

- **Gary Elkins, PhD:** Receives Distinguished Contributions to Scientific Hypnosis Award.

Friday 8/5/2022

Presidential Address: 9:00-9:50 am, Session ID #766

- **David B. Reid, PsyD:** If “all hypnosis is self-hypnosis” why wouldn’t a hypnosis session that reinforces a client’s internal resources conclude with a more permissive and unhurried approach? Can we discount the countdown?

Invited Address / Workshop: 10:00-10:50 am, Session ID #1035

- **Ciara Christensen, PhD:** Breathing techniques taught by Hof, Buteyko and Grof can improve functional breathing patterns. This session reviews these breathing practices and their shared features with hypnosis including absorption, visualization, and physiological changes.

Business Meeting: 6:00pm-6:50pm, Session ID #960

- Overview of Div 30 accomplishments of the past year, plans for our future, comments from D30 members/prospective members. A social hour will follow (site TBA).

Social Hour: Friday, 7:00pm-8:50pm, Session ID #1058

- Join your host and D30 President, David Reid, for the D30 “social hour.” D30 will cover \$50 toward your meal (excluding alcoholic beverages). Venue to be determined and announced in Minneapolis.

Saturday 8/6/2022

Invited Address: 8:00am-8:50am, Session ID #773

- **Afik Faerman, MS:** Enhancing hypnotizability: Theoretical considerations and clinical implications.

Skill Building Session: 9:00-9:50 am, Session ID #768

- **Rodney Luster, PhD:** Engaging Neural Dynamics and Hypnotherapeutic Techniques for Mind-Hacks Within Conventional Therapy: This session provides insight and helpful approaches to utilizing what we call “mind-hacks” or neural breach-methods to getting around the deeper sub-conscious mind using some of the more innovative potentials of hypnotherapy and neuropsychology.

Poster Session: 11:00am-11:50am, Session ID #769

- **Samuel Kohlenberg, PhD; Linda Gersen, PhD:** Confidence in earning new clinical skills is an important learning outcome. This work asked whether or not the current standards of training, lead to learner confidence.

Power and Control in Cults: 3:00pm-3:50pm, Session ID #3206

- In conjunction with Division 36, Society for the Psychology of Religion and Spirituality.

IV. THE BACKBONE OF DIVISION 30

Executive members were asked the question, How did you get exposed to hypnosis?

CHARLOTTE A. YOUNG, M.A.

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

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

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



How Clinical Hypnosis Found Me

DAVID B. REID, PSY.D. SAYBROOK UNIVERSITY



David B. Reid, PsyD

That December, I traveled to Hilton Head, South Carolina and attended what would be the first of many clinical hypnosis workshops.

I was trained as a clinical neuropsychologist and in October 2006, the last thing on my mind was attending a clinical hypnosis workshop. About that time, a brochure advertising a workshop on “Ericksonian Hypnosis” found its way to my office mailbox and a suggestion was planted.

I was skeptical from the get-go. Though I consider myself an open-minded person, I arrived with a preconceived and stereotyped notion of hypnosis. When the instructor announced that this was “an experiential workshop where you will be helping people go into trance, and where you will experience trance yourself,” I immediately pictured myself in a hooded cape, Obi Wan Kenobi beside me, offering words of encouragement: Use the force, use the force!

I found the image a bit humorous and without complete awareness, started laughing out loud. This, of course, caught the attention of the instructor who then asked if something was wrong. I shook my head, and apologized. But that wasn’t the end of it. He knew it, and I knew it.

Noticing several empty seats to my left and right, he realized I was alone and whatever just happened, likely happened in my head.

He offered another chance to share: “Are you sure about that?” And with that question, heads turned and all eyes in the room were on me.

“Use the force”, the voice echoed. I chuckled again. He laughed in turn, though still not privy to my internal joke. Just then a small wave of nervous laughter rolled through the room. The spotlight was on me, the stage was mine whether I wanted it or not. There was no turning back now.

“Okay,” I started. “When you mentioned we’d be putting each other in trance today, I just pictured myself in a hooded robe with Obi Wan Kenobi encouraging me to use the force. You know, may the force be with you,” I said as I waved my hands through the air making a light saber whoosh sound just for effect.

“Perfect,” he exclaimed and quickly settled the now amused group like only a seasoned lecturer can. “Don’t you see how perfect that is?”

I wasn’t sure if the question was rhetorical, but I answered anyway, “Not really.”

“What you just experienced was a perfect example of how we mindlessly go in and out of trance every day. You pictured something in your mind. Created it yourself and the image generated a spontaneous reaction. In your case, laughter. Certainly, you had no intentions of laughing out loud in the middle of a seminar for no reason, right?” I nodded.

“So, what you did was summon a thought, a memory, something in your data bank. And you had such a connection to it that it caused you to react as if it was really happening right now. That is trance.”

The room was silent. After allowing us to digest the thought, he said, “And what’s even better, you generated laughter from the rest of the group.”

“That’s because they were picturing me in a bathrobe talking to Obi Wan Kenobi,” I offered.

“Before that,” he said. “Before you said anything.

When I asked if you were sure you were okay, you kinda laughed, then I laughed, then a few others laughed. You hadn’t said anything. All of that, in a way, was a group generated trance experience.”

How any of this was going to enhance my clinical practice, I wasn’t sure at the time, but after three days of intensive training in Ericksonian Hypnosis eloquently presented by the ever-engaging and charismatic, Bill O’Hanlon, I was a believer. The force found me!

Since that workshop, I have employed hypnosis on a nearly daily basis in my private practice & taught at hypnosis conferences throughout the United States. I have written two books; published several articles and a few chapters on Hypnosis.

Hypnosis is certainly not the panacea for all psychological ails. Yet it offers mental health and medical practitioners with an array of potential clinical interventions. Like having another tool in the shed, it may be the first one selected, or perhaps a second or third choice if other tools don’t do the job. Hypnosis is like an adjustable power tool with various and sundry drill bits and adaptable screwdriver heads.

Clinical hypnosis changed the course of my professional career and personal life. Thanks to hypnosis, I expanded my clinical practice, broadened my education, and met some wonderful people along the way who are now dear friends and colleagues. Had someone told me 30 years ago when I competed my postdoctoral fellowship in neuropsychology at the University of Virginia that I would someday be the President of Division 30 of the American Psychological Association, I would have told them it would be more likely that I would involuntarily quack like a duck.

**Portions of this article were reproduced from my book, Hypnosis for Behavioral Health: A guide to expanding your professional practice (Springer Publishing Company, 2012).*

David B. Reid, PsyD

