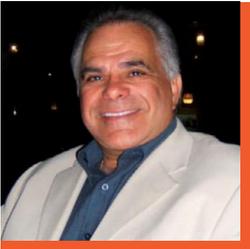


From the Desk of the President

Dear Fellow ASCH Members,



As many of you know, March serves as a point of reflection and change within our society. It is a time when we honor outstanding members with awards and welcome a new slate of leadership for ASCH. I am honored to serve as your president during the 2022–2023 term.

Over the past year, we have seen tremendous transformations for ASCH. The new bylaws passed in January will provide us a strong foundation to build on our past successes, streamline administrative processes, and bring us a more nimble, future-looking association. A key improvement in the new bylaws is the phasing out of the rather complicated structure with the executive council and board of governors and the adoption of a more approachable board of directors. The new board structure retains both the immediate past and past past presidents, ensuring these individuals can continue to share their expertise and institutional knowledge.

Crafting new bylaws and structures and presenting this big change to our membership was no small task. Leading this charge was our ASCH Immediate Past President Dr. Bridget Bongaard. I am extremely thankful for her thoughtfulness, drive, and dedication to ASCH and its members. Her service and advocacy has made ASCH better — not just for today and tomorrow, but for years to come. Also instrumental in this change was Executive Director Molly Alton Mullins. Molly and her team, building on their years of experience in association management, have been invaluable resources in developing the right structure for the society to move forward confidently, competently, and with financial security.

Within the pages of this newsletter you'll find a recap of our Annual Scientific Meeting and Workshops, held virtually on March 3–6. Although we had hoped to meet in person, I understand the hesitancy of our members. I am very proud of the ASCH faculty and staff who were quickly able to pivot resources and approaches to hold this important training event online. Participant feedback has been excellent: a 4.41 weighted average on a zero-to-five scale, with five being “excellent.” Many thanks to the faculty and participants for their evaluations, kind words, and suggestions for the next round of advanced workshops.

It is a privilege to serve as president as ASCH commemorates 65 years of promoting hypnosis as a clinical tool with broad applications. We continue to

CONTINUED NEXT PAGE ➔

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UPCOMING EVENTS

- April 10, 2022**
Webinar: Create Impact by Utilizing Musical Principles in Hypnosis
Presented by Anita Jung
Online; See page 8
- April 21–24, 2022**
Level 1 & Level 2 Workshops
Virtual
- June 16–19, 2022**
Level 1 & Level 2 Workshops
Hilton Alexandria Mark Center, Alexandria, Virginia
Registration Now Open
- September 8–11, 2022**
Level 1, Level 2, and Advanced Workshops
Lincolnshire Marriott Resort, Lincolnshire, Illinois
- October 6–7, 2022**
Teaching and Consultation Workshop
Virtual

President's Message CONTINUED

provide a community for those sharing the same goals, ethics, and interests, and those always seeking the best ways to provide the best outcomes for our patients. It is with this spirit of intellectual curiosity, camaraderie, and care that ASCH has become a strong association. Thank you to all of those who have worked on behalf of the society. I am looking forward further collaboration to carry out our mission.

Sincerely,



Joseph Tramontana, PhD

ASCH Governance Structure

In January 2022, ASCH members approved the adoption of new bylaws for the association. The society's governance structure was reorganized with a board of directors providing leadership of ASCH. A series of eleven divisions informs the board. Six division chairs are appointed by the ASCH president. Four chairs are held by elected members of the board of directors. The Component Society Division and Past Presidents chairs are elected by their respective groups. Turn to page 9 for a list of officeholders. Individuals and groups in italics reflect committee representatives from the previous



2022 ANNUAL SCIENTIFIC MEETING AND WORKSHOPS

True to Theme “Resiliency in Action,” Successful Event with Late Switch to Virtual

In January, member feedback informed ASCH leadership’s to offer a full-virtual format for the 64th Annual ASCH-ERF Annual Scientific Meeting and Workshops (ASMW). The new format focused solely on advanced workshops and plenary sessions. From March 3 through March 6, nearly 150 ASCH members from across the nation gathered in front of the computers for four days of more than 30 engaging advanced workshops.

ASMW began with a plenary session by Michael D. Yapko, PhD. In this opening session, titled “Hypnotically Catalyzing Resilience: The Merits of Encouraging Vision,” the private practice clinical psychologist and author identified ways hypnosis can be used to promote resilience, examined the consequences of a future orientation on different aspects of psychological functioning, and analyzed ways a temporal orientation influences treatment results.

After the opening plenary, participants broke into separate workshop sessions that fit into four tracks: Level 3 topics, Mind-Body-Spirit, Pain Management, and Trauma. The workshops were

offered in session blocks of 90 minutes or three hours.

A closing plenary by psychologist David Patterson, PhD, ABPH, capped the four-day virtual event. Patterson has 30 years of experience practicing hypnosis and experimental hypnosis. His plenary session, “Scientific Principles to Enhance and Broaden Inductions and Suggestions for Enhanced Resilience,” explored three areas of science that can promote more effective hypnotic inductions, and evaluated language of inductions based on dissociation, neurophysiology, and social psychological principles.

Based on post-event evaluations, participants found tremendous benefit in the 2022 program. Nearly all respondents (98 percent) noted ASMW was a good or excellent value to their professional development. An overwhelming majority of 96 percent rated the quality of the presentations as good or excellent. Respondents also provided feedback on their areas of interest, with the most numerous being pain management, lifestyle and behavioral change, and use of clinical hypnosis in psychotherapy.

UPCOMING WORKSHOPS

MORE INFO ONLINE
www.asch.net/education

April 21–24, 2022

Level 1 & Level 2 Workshops
Virtual

June 16–19, 2022

Level 1 & Level 2 Workshops
*Hilton Alexandria Mark Center
Alexandria, Virginia*

September 8–11, 2022

Level 1, Level 2, and
Advanced Workshops
*Lincolnshire Marriott Resort
Lincolnshire, Illinois*

October 6–7, 2022

Teaching and Consultation
Workshop
Virtual

November 3–6, 2022

Level 1 & Level 2 Workshops
Virtual

December 1–4, 2022

Level 1, Level 2, and
Advanced Workshops
*Wyndham Orlando Resort and
Conference Center
(Celebration Area)
Kissimmee, Florida*

ASMW Content to Debut in New Online Learning Portal

Later this spring, ASCH will launch a new learning management system to provide timely and informative education to members. The first set of courses in the system will be 24 advanced workshops originally presented at the 2022 ASMW. The workshop recordings have been enhanced with assessments to qualify for ASCH CE/CME. A subscription to the advanced workshops is \$275 for members (\$365 for non-members). Additional courses and webinars will be added to the learning system in the coming months. Stay tuned for more details provided via email, on the ASCH website, and in this newsletter.

During the virtual Annual Scientific Meeting and Workshops, ASCH recognized members for their work to advance the society and the greater field of clinical hypnosis. Congratulations to all of the recipients of the 2022 awards.

Awards of Merit

Given to those individuals for exceptional contributions to ASCH and effective and outstanding teaching abilities.

Joseph Tramontana, PhD
Anita Jung, MS
John Hall, PhD
David Alter, PhD, ABPP, ABPH
Philip D. Shenefelt, MD, ABMH, ASCH-ERF Chair
G. Lane Wagaman, EdD
Eric Willmarth, PhD
Cheryl Beighle, MD
Debbie Benschung, MSW
Maggie Dickens, MS, LPC, LCDC
Atousa Safavi, DDS, MSCR
Linda Thomson, MSN, APRN, ABMH, ABHN
Mary Wells, PhD

Certificates of Appreciation

Debora Nesbitt, MSN, APRN, PMHNP, ABMH
Eric Spiegel, MD
John Hall, PhD

Crasilneck Award

Carolyn Daitch, PhD

William Wester Award

Ran Anbar, MD

Component Society Award

Debbie Benschung, MSW

Early Achievement Awards

Maggie Dickens, MS, LPC, LCDC
Atousa Safavi, DDS, MSCR

Presidential Award

Delle Jacobs MSW, LICSW, LMFT

Lifetime Achievement Award

Linda Thomson, MSN, APRN, ABMH, ABHN

American Journal of Clinical Hypnosis Awards

Milton H. Erickson Award for Scientific Excellence in Writing on Clinical Hypnosis

Rinaldo Livio Perri

Ernest R. Hilgard Award for the Best Paper on a Historical Topic on Hypnosis

Enrico Facco

William S. Kroger Award for the Best Paper on Hypnosis, Health and Behavioral Medicine

Vilfredo De Pascalis, Paolo Scacchia, and Arianna Vecchio

Editor-in-Chief's Award for the Most Downloaded Article (2021–2022)

Giuseppe De Benedittis

Editor-in-Chief's Award for Second-Most Downloaded Article (2021–2022)

Aurore Fernandez, Leah Urwicz, Patrik Vuilleumier, and Chantal Berna

Editor-in-Chief's Award for Third-Most Downloaded Article (2021–2022)

Laurence I. Sugarman

Editor-in-Chief's Award

Brent Geary	Carol Low
Mark Oster	Olafur Palsson
Michael Yapko	

ASCH Fellows Awardees

2021 Recipient (*delayed honor*)

G. Lane Wagaman, EdD

2022 Recipients

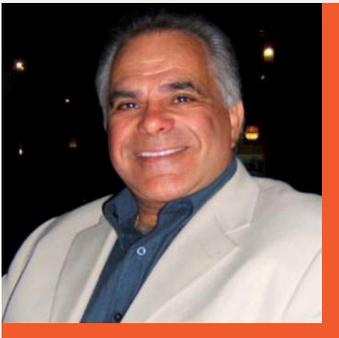
David Alter, PhD, ABPP, ABPH
Louis F. Damis, PhD, ABPP, FASCH
Holly Forester-Miller, PhD
Wendy K. Lemke, MS, LP
Eva M. Szigethy, MD

President's Award

Bridget Bongaard, MD

CLINICAL CORNER

A CONVERSATION
WITH
**JOSEPH
TRAMONTANA**
PhD



Clinical Corner features interviews with experienced clinicians who have used hypnosis for a variety of topics in many different health care settings. Many thanks to those professionals for being willing to share their best tips, techniques, and advice. We hope you enjoy and benefit from these interviews.

Joe Tramontana, PhD, is ASCH's current president. He is a licensed clinical psychologist specializing in both adult and child clinical services. Tramontana currently maintains private practices in Baton Rouge and Metairie, Louisiana. Tramontana is also an associate professor of psychology with the Chicago School of Professional Psychology's Xavier University campus.

Professional Discipline

I am a clinical psychologist.

How long have you been using hypnosis in your professional practice?

Since I attended my first ASCH workshop in 1978 in St. Louis.

On what specific topic would you like to share your best tips, techniques, and advice?

Well, that has changed over the years. My first published book was titled *Hypnotically Enhanced Treatment of Addictions: Alcohol Abuse, Drug Abuse, Gambling, Smoking, and Weight Loss*. Then, I started focusing on sports hypnosis, which led to my second book, *Sports Hypnosis in Practice: Strategies, Scripts and Case Examples* and a book specifically for golfers titled *Golf: Peak Performance Through Self-Hypnosis Training*. So, I am happy to give tips/advice in any of those areas, although more recently I have been presenting workshops and have a paper being edited on "Future Projection Therapy."

When you first started using hypnosis to address this topic, what were your favorite scripts, hypnotic techniques, strategies or processes?

Ha! You'll have to buy my books, read the paper, or attend the workshops to get that information.

But I can say that early on, I used *Hammond's Handbook of Hypnotic Suggestions and Metaphors*. While some of our members/teachers talk negatively about using scripts, especially for new practitioners. I say,

"Why re-invent the wheel?" In fact, my books on addictions and sports hypnosis provide many scripts for other providers to use.

I recommend Dabney Ewin and Bruce Eimer's book *Ideomotor Signaling for Rapid Hypnoanalysis*, Gary Elkins' *Handbook of Medical and Psychological Hypnosis*, Michael Yapko's *Trancework: An Introduction to the Practice of Clinical Hypnosis*, and for working with pain patients, Mark Jensen's *Hypnosis for Chronic Pain Management* and Dave Patterson's *Clinical Hypnosis for Pain Control*.

How does this differ with your treatment process today?

It has evolved and synthesized, which I believe to be the best way to develop. The major change, I would say, is focusing more on the future than on age regression; that is, "where do you want to go versus where have you been?"

What advice would you give a new professional as they begin to use hypnosis in their practice for this topic?

Read, read, read! Attend workshops! Over the years, every time I attended an ASCH or SCEH workshop, even if presented by a speaker with whom I was already familiar, I learned something new. And while the virtual workshops are good, I believe the in-person ones offer so much more as we often learn from talking with others during breaks, at lunch, or even at the social functions. Also, make use of the ASCH listserv to seek support/advice from more experienced members.

COMPONENT SOCIETY **IN**FOCUS

Component Society InFocus takes a closer look at the clinical hypnosis community across the country.

Over the past year I've worked closely with the ASCH Executive Committee in reviewing what makes sense for ASCH and ASCH Component Societies. I appreciate greatly all the input from Component Leaders when I've asked for your thoughts. As I believe you all know the hard work has paid off and the membership vote to adopt the new bylaws and organizational structure of ASCH passed. Thank you all for your support and efforts in getting these changes passed. This means the old structure with the board of governors (BOG) has been sunset. Under the new structure we now officially have a vote on the board of directors (BOD) as the chair of the Component Society Division sits on the BOD. Initially my appointed position as chair of the Component Sections Committee will transition into my being chair of the new Component Society Division (CSD) until we get a structure in place to nominate and elect a chair to the CSD.

Since we are in transition from the old structure to the new structure, what does this mean on a practical

level? It means several things that typically happen this time of year will not happen. The annual meeting of the BOG where each component in good standing sends a representative will not take place. Additionally, the annual report required by each Component Society to be considered in good standing is not required this year. It is very likely there will be an annual report needed from each component as we move forward. However, I have recommended we review and modernize it and hopefully have an online form to make it easy to complete.

It is more important now than ever that each component president provides input into the Component Society Division as we create our new operational structure with updated policy and procedures to go with the new bylaws and organizational structure. While we are in the process of developing these, please do not hesitate to send me your thoughts and suggestions on what you think would be beneficial in our CSD as well as if you have anything you'd like me to represent

at the BOD meetings.

I also want to assure all of you that the component society workgroups have been continuing and we have some great proposals around accredited continuing education and marketing that I will be bringing forward to the board in the next few meetings.

One final thought for all of you to think about is around the CSD electing the next chair to replace me. Under the new structure we — the CSD — will elect our chair. After the annual meeting we will hold a CSD leadership meeting so I can gather your thoughts and ideas.

Warm Regards,

Debbie Benschung, LCSW



*Chair,
ASCH Component Society Division
debbenweb@gmail.com*

ASCH ADVISOR NEWSLETTER

COMMUNICATIONS MANAGER

Jason Vaughan

COMMUNICATIONS ASSISTANT

Emma Brescia

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marketing@asch.net

ABOUT THE NEWSLETTER

ASCH Advisor is published quarterly and distributed via e-mail to ASCH members. Submissions and articles are welcome. All submissions will be edited for content, style, and length. Newsletter material should be submitted to the ASCH office via email to marketing@asch.net.

SUBMISSION SCHEDULE

For consideration of inclusion, please send articles and content to the ASCH office by these dates:

<i>Issue</i>	<i>Materials Due</i>
June 2022	May 23
September 2022	August 22
December 2022	November 21

NEW MEMBERS, CERTIFICANTS, AND APPROVED CONSULTANTS (DEC 2021 – MARCH 2022)

NEW MEMBERS

Malathi Acharya
Associate

Kathryn Akong, MD
Associate

LaTorie Banks
Student Affiliate Member

Jerrold Barclay, DPT Equivalency
Full Member

Sherry Beckmann
Full Member

David Bowler, MBChB, MRCPUK, CCFP,
FCFP, CAFCI, PgCPain
Full Member

Marina Capella, MD
Full Member

Sheila DeMelle
Full Member

Shirley Filipe, BSc
Student Affiliate Member

John Fortunato, MSW
Student Affiliate Member

Roxana Garcia
Resident/Intern

Shannon Gilmer, PMHNP-BC
Associate

Robin Goben, LMFT
Full Member

Srikanth Goggi
Associate

Cesar Gonzalez
Associate

Gerardo Gonzalez, Jr.
Associate

Cynthia Good, MS, LMHC
Associate

Quinn Gorman, RN, MSN
Associate

Leslie Guy, LMFT
Full Member

Jayna Haney
Full Member

Gwendolyn Hanner, MA
Full Member

Michael Hardin, PhD, LMFT, CFLE
Full Member

Mandy Hess, LPC, CSAC, ICS
Associate

T.J. Johnson
Student Affiliate Member

Kimberly Jozwiak, LCPC
Associate

Amanda Kalisz, MSW
Full Member

Catherine Keech, MA, LMFT
Full Member

Valerie Kendall, PhD
Full Member

Mary Kleitz, LCSW, CYT
Full Member

Lisa Larsen, PsyD
Full Member

Kateryna Latypova
Associate

Caitlin Lowry, MS Marriage and Family
Therapy
Associate

Peter Lucchio, PsyD
Associate

Luo Houyuan
Associate

Roseann Lynch
Associate

Kieran Maestro, PhD
Resident/Intern

Laura Merritt
Associate

Anne Molloy
Associate

Parivash Mottaghian, LMFT
Associate

Evelyn Murray, AMFT
Resident/Intern

Susan Murray, LPC, NCC, EMDR
Certified, JRI Complex Trauma
Certificate
Associate

Charulata Nadig
Full Member

Farah Rahiem
Associate

Mario Rocha, PhD
Associate

Chad Runyon, MS, MFA, LPC Resident
Resident/Intern

Christopher Slater
Student Affiliate Member

Eleanor Stein, MD
Resident/Intern

Elizabeth Sunshine, LICSW
Full Member

Jennifer Taylor-Jones, MA, EdS, LPC
Associate

Eric Teeters, PsyD
Associate

Robert Vanecek, PhD
Full Member

Annette Vielleux, PsyD
Associate

NEW MEMBERS, CERTIFICANTS, AND APPROVED CONSULTANTS

(DEC 2021 – MARCH 2022)

NEW MEMBERS (CONTINUED)

Betty Villagomez
Associate

Jeffrey Widner MSW-LGSW
Full Member

Rhonda Zabrodski, MSW
Full Member

NEWLY APPROVED CERTIFICANTS

Jo Brainin Rodriguez, MD

Sharlene DeMartini-Guth, PsyD

Sheila DeMelle

Susannah Feder, PsyD

David Gray, MA

Joan Murphy, EdD, LPC, NCC,
NCSP

Pamela Samson, PhD

Nadamayi Shanti, LPC

Elizabeth Sunshine, LICSW

Melissa Talamantes, PsyD

NEWLY APPROVED CONSULTANTS

Dale Bertram, PhD, LMFT

UPCOMING WEBINAR: SUNDAY, APRIL 10

Jung Leads Program on Utilizing Musical Principles in Hypnosis

On Sunday, April 10 at 2 pm, internationally acclaimed lecturer and psychotherapist Anita Jung will present a 90-minute virtual workshop focusing on creativity by combining principles found in music with hypnosis to create a memorable and lasting impact. Structure-based musical parameters, such as melody, harmony, and especially rhythm, are effective methods for capturing the brain and body's attention. With the commencement of just a few chords, music elicits sensations and memories. Just as the cadence of voice and patterns of speech form the music of communication in hypnosis, the repetition and rhythm create the emergence of a trance state in music, whereas being monotonous does not necessarily create impact. Instead, learning to use musical principles such as rhythm to anchor suggestions will help practitioners be impactful and inspirational.

The utilization of music within a hypnotherapy model functions as a catalyst accentuating the nuances of seeding, guiding associations, deepening trance, shifting perceptions, and inspiring change. Methods for discovering, recognizing, and utilizing rhythmic components inherent in medical and therapeutic processes, gift-wrapped in landscapes of music, will enhance and guide the patient/client's self-awareness towards creativity, novelty, and healing.

Participants will experience connecting to their inner rhythm and their client's rhythm, thereby creatively changing rhythm and vibrational patterns of states or perceptions. The workshop is designed to motivate and inspire the practitioner and to feel rejuvenated after meeting with a patient while, at the same time, increasing the patient's satisfaction and positive expectancy regarding treatment.

Webinar Details

Sunday, April 10, 2022 from 2 pm to 3:30 pm

Learning Objectives

- Demonstrate and design a consistent method to add hypnotic rhythm to your practice of hypnosis.
- Demonstrate and design a consistent method to attune to your own rhythm and to the rhythm of the client or patient to increase rapport.
- Prioritize and propose two musical principles that you will add to your current medical or therapeutic practice.

Attendees may earn 1.5 ASCH CE/CMEs for attending this webinar but must be present at the scheduled virtual event for credit.

Registration Fees: Members \$35; Non-members \$45

[CLICK TO REGISTER](#)

Your Generosity Ensures a Next Generation of Clinical Hypnosis Practitioners

ASCH-ERF currently manages two scholarship funds for students: the Mutter Scholarship Fund for Student and Early Career Professional Training and the Betty Alice Erickson & Kay Thompson Student Scholarship Fund.

At any given time these funds carry varying levels of money that is available to help students dependent upon the generosity of our donors. To learn more about these scholarships—and more critically—make a donation to ASCH-ERF, click the link below.

[ASCH-ERF Scholarships](#)

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Joseph Tramontana, PhD

PRESIDENT-ELECT

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TREASURER

John Hall, PhD

SECRETARY

David Alter, PhD, ABPP, ABPH

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Jeff Feldman, PhD

Wendy Lemke, MS, LPCS, LCDC

Lane Wagaman, EdD

IMMEDIATE PAST PRESIDENT

Bridget Bongaard, MD, FACP, HCMD

EXECUTIVE DIRECTOR

Molly Alton Mullins

PAST PAST PRESIDENT

Anita Jung, MS, LPC-S, LPA, FAPA

Division Chairs

ASCH-ERF

Anita Jung, MS, LPC-S, LPA, FAPA

EDUCATION

Lane Wagaman, EdD

AMERICAN JOURNAL OF CLINICAL HYPNOSIS

Joe Tramontana, PhD

ETHICS

David Alter, PhD, ABPP, ABPH

BYLAWS

Eric Willmarth, PhD

FINANCE

John Hall, PhD

CERTIFICATION APPROVAL

Mary Wells, PhD

MEMBERSHIP

Maggie Dickens, MS, LPC, LCDC

COMPONENT SOCIETY

Debbie Benschung, LCSW

NOMINATIONS AND ELECTIONS

Bridget Bongaard, MD, FACP, HCMD

PAST PRESIDENTS

Linda Thomson, MSN, APRN, ABMH, ABHN