

From the Desk of the President



Dear Fellow ASCH Members,

I am once again pleased to address my esteemed American Society of Clinical Hypnosis colleagues. Much is happening at the ASCH that I am excited to share with everyone.

In light of the unfortunate societal and political movements in the United States creating division and discrimination, as ASCH Board members, we have prepared a diversity statement to announce our commitment to equality and acceptance formally.

The American Society of Clinical Hypnosis welcomes members and training participants of all faiths and religious backgrounds, people of all races, ethnicities, national origins, gender identities and expressions, sexual or affectional orientations, and political beliefs. As a professional organization focused on the highest clinical hypnosis training and research standards, we are committed to multiculturalism and stand against all forms of discrimination. We at the American Society of Clinical Hypnosis believe everyone deserves to feel safe, valued, and equipped to thrive. Our overarching goal is to provide healthcare professionals with the skills to promote healing, growth, autonomy, and empowerment in those we serve.

It is our hope that through the training of fellow clinicians and researchers, we will contribute to the best interests and well-being of the patients and systems we touch.

With the broadening of our membership to individuals in the healthcare field, I am pleased to state that we are developing a Level 2 Intermediate Workshop tailored to non-mental health professionals. This program will focus on hypnotic interventions for nurses, occupational and physical therapists, dental assistants, and EMS workers who address helping patients cope with invasive medical procedures, pain, sleep, and adjustment difficulties, among many other situations encountered in medical settings. I thank Linda Thomson and Bridgette Bongaard for their initiative and valuable contributions to this new program.

We have held several in-person workshops over the past six months and find that participants greatly value training in this format. We have consistently provided breakfast and lunch for participants, which has allowed for networking and valuable time interacting with each other and faculty. The meals have been so good that I suggested we advertise the menus to increase attendance! I'd like to extend my sincere appreciation to Maria Koustenis as she makes all the hotel and food arrangements. We are very fortunate to have her as a member of our team. She always does such a great job! Thank you, Maria!

I would also like to thank the members of our Clinical Hypnosis Training Committee and our workshop faculty for their untiring efforts to create and deliver our many exceptional clinical workshops. Much appreciation is extended to Lane Wagaman, Samantha Price, David Reid, Mary Wells, Courtney Armstrong, Akira Otani, and Jennifer Swaim for their many faculty contributions. Of course, none of this would be possible without the committed and outstanding organizational skills and magic of Kelsey Kind! Thank you, Kelsey!

The ASCH Distance Learning Committee is always hard at work recruiting presentations for our Webinar Series and making recordings available on our E-Learning site, where they can be purchased and viewed for continuing education credits. I greatly appreciate

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- December 7 - 10, 2023**
Virtual
Level 2 Clinical Workshop
Alberta Clinical Hypnosis Society
- January 14 - 21, 2024**
Level 1 Hypnosis Training
Associated Therapists of
Rockland, Leslie Laskin
- January 24, 2024**
Healing Grief with Hypnosis
New England Society of Clinical Hypnosis
- February 22-25, 2024**
Virtual
66th ASCH Annual Scientific Meetings & Workshops

JOURNAL NOW ONLINE ONLY

Beginning with Volume 66, the American Journal of Clinical Hypnosis, the official journal of ASCH, is now available online only. Hard copy issues will only be available through the publisher at a nominal fee.

ASCH members receive an online subscription to the AJCH as well as online access to all issues of the AJCH from 1958 forward.

the work of George Glaser, David Wark, and Akira Otani for their outstanding work on this committee. Moreover, George Glaser’s long-standing commitment to ASCH is also recognized in his work maintaining our listserv.

As education in clinical hypnosis is one of our primary commitments, it behooves us to acknowledge appreciation to Stephen Lankton for his skills in editing our premiere journal, which gets better every year, the *American Journal of Clinical Hypnosis*. Thank you, Stephen!

Much work is also occurring within our committees due to the valued efforts of our new Executive Director, JerriLynn Kind. It has been a pleasure working with her, and she has played a crucial role in facilitating our organizational restructuring. There is still much to be done, but we remain fortunate to have strong committee chairs and members.

We are looking forward to another outstanding Annual Scientific Meeting and Workshops in February 2024. Our incoming president, John Hall, is the program chair, and he and the programming committee are presently finalizing the program. We have excellent plenary speakers, and Stephen Porges, PhD, will appropriately open our Hypnosis and the Healing Relationship meeting. Look for the full program announcement soon to be released.

All of us at the ASCH wish you safety, connection, and well-being through the trying times of our nation and world. May the care and support we provide to all we serve contribute to the betterment of humanity.

Sincerely,


Louis Damis, PhD, ABPP

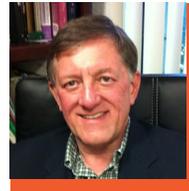
ASCH 2023 Election Results

Congratulations to our newest elected members of the ASCH Board of Directors.

The following people will begin serving on the ASCH Board in March 2024.

President-Elect

C. Philip Colosimo,
PhD



Secretary

Jeffrey B. Feldman,
PhD



Members at Large

Darlene Viggiano, PhD



Bruce Eimer, PhD



We also want to thank all the candidates for their dedication to ASCH and for their desire to achieve our mutual goals. And, thanks to everyone who voted! Your participation guides the future of ASCH.

Shape the Future of ASCH and Volunteer to Serve on New Divisions

At the start of the year, ASCH began a new chapter, sunsetting its former leadership structure and launching a new Board of Directors. The goal of this change was to allow the organization to nimbly adapt, change and provide more leadership opportunities for the ASCH membership. Under this new format, the Board is comprised of various divisions, which focus on the management of crucial ASCH programs. These divisions are the heart and soul of the organization, and we need your help.

ASCH is currently looking for volunteers to join our divisions to help chart the course of the organization. Where does your interest lie? Education and training? Do you prefer to engage with the certification process or membership verification? Perhaps building the connection with components? No matter the interest, ASCH has a home for you.

Simply click and complete the form below and let us know where you’d like to engage. We cannot thank you enough for your interest as we build the ASCH of the future.

IMPORTANT REMINDERS ABOUT AMERICAN JOURNAL OF CLINICAL HYPNOSIS

ASC Members receiving issues of the American Journal of Clinical Hypnosis, please note the following important changes:

ONLINE FORMAT ONLY

Beginning in January 2024, ASCH members will receive all issues for the journal in online format only.

If you wish to purchase a hardcopy volume of the journal, there is a preferential rate of \$30 for ASCH members. To purchase a subscription, contact +44 (0)20 7017 5543 or email societies@tandf.co.uk.

All authors of submitted articles for the American Journal of Clinical Hypnosis, please note the following important changes.

ARTICLE SUBMISSION AND REVIEW PROCESS

All articles are to be submitted to the peer-review system, Manuscript Central, by the author. A link to the system can be found here: <https://mc.manuscriptcentral.com/AJCH>.

After manuscripts undergo peer-review and in the case an accept decision is reached, the articles are moved to post-acceptance to begin the production process. The first step in this process is to undergo standard templating and typesetting, after which articles are sent to authors for a chance to review and make any corrections before publication.

ACCEPTED ARTICLES POSTED ONLINE IMMEDIATELY

Once all changes are applied, all articles are published online immediately and are available in the "Latest Articles" section of the journal, which can be found here. This is the same for all articles, including articles for special issues. The articles will remain in the Latest Articles section of the website until they are added to a regular or special issue. The journal publishes 4 issues in each volume year and beginning in January, these will fall across the calendar year.

For any question around the peer-review process, contact the peer-review team at UJHY-peerreview@journals.tandf.co.uk. Questions related to post-acceptance can be directed to UJHY-production@journals.taylorandfrancis.com. For any other questions you can contact Portfolio Manager Hayley Baber at hayley.baber@tandf.co.uk.

Blog Writing Opportunity

Dr. Ran D. Anbar, past president of ASCH, writes a weekly blog, "Understanding Hypnosis," for Psychology Today Online. He is happy to invite guest writers from the ASCH community to contribute to these blogs. The desired blog length is 400-1000 words, and references can be included; for examples of published blogs, see: <https://www.psychologytoday.com/intl/contributors/ran-d-anbar-md>. Blogs about current issues involving hypnosis would be especially welcome! For further information, you can contact Ran at ran.anbar@centerpointmedicine.com.

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>
February 2024	January 12
May 2024	April 3
August 2024	July 22
November 2024	October 2

YOUR NEWSLETTER, YOUR VOICE

Member Submissions Welcome for ASCH Advisor

ASCH members are invited to submit news, reviews, letters to the editor, and other material for inclusion the society's quarterly newsletter. Submissions may be edited for clarity, consistency, and to conform with ASCH's editorial style guide. Please include photos and images as appropriate.

The next issue will be distributed in February. Please send any submissions — and reach out with any questions — to marketing@asch.net. The submission deadline is Jan. 12.

ASCH Mark Your Calendar

66th Annual Scientific Meetings and Workshops

Hypnosis and the Healing Relationship

February 23-25, 2024



2024 ASCH ANNUAL SCIENTIFIC MEETING AND WORKSHOP

Register Today for the Virtual ASMW 2024

February 22-25, 2024

Theme: Hypnosis and the Healing Relationship

- 2 Pre-Conference Workshops
- Daily Plenary Sessions
- 36 Advanced Workshops | Symposium Presentations

[Register Now](#)

Save Big with Early Bird Rates until **January 15, 2024.**

Early bird discounts are available for ASCH members, non-members, residents, interns, and fellows. ASCH members register the conference at a discounted rate.

This pivotal 2024 event will center around enhancing the healing relationship through the transformative power of hypnosis. Presentations will cover topics in the following areas:

- Trauma
- Veteran-Related
- Pain Management
- Dental
- EMS
- Medical & Nursing Disciplines
- Integrating Hypnosis with other Modalities
- Metaphysical & Spiritual States of Consciousness

Attendees have the flexibility to register for the pre-workshop and the main workshop separately or opt for the All-Access Registration for the full program. For those interested in specific sessions, there is also the choice to register for any individual day of the three-day main workshop.

Our faculty includes:

- Elvira Lang, MD, PhD
- Eric Spiegel, PhD
- Charles H. Bombardier, PhD
- Douglas Flemons, PhD
- Stephen Porges, PhD

[Learn more about the speakers](#) on our website.

Some Highlights from ASMW 2024

Pre-Conference Workshops: Rapid Hypnotic Techniques at the Medical Forefront (Comfort Talk)

This workshop equips participants with strategies to immediately alleviate patient distress during medical encounters. Leveraging hypnotic language proven in clinical trials, including studies with veterans, attendees will learn to rapidly establish rapport, navigate biases, optimize word choice, and counteract negative suggestions. The emphasis is on reframing concerns, moderating pain responses, and understanding the symbolic meanings of patients' symptom narratives.

Not yet an ASCH member? Learn why you should join on the [ASCH Website](#).

New Members, Certificants, and Approved Consultants (AUGUST 2023 – OCTOBER 2023)

NEW MEMBERS

Calie May Adams, CSW
Associate Member

Sarah Behe, DNP, CRNP, PMHNP-BC
Associate Member

Gregg E. Blain
Student Member

Joel S. Bovey, LCSW
Associate Member

Diana Collins, MA
Student Member

Dawn Eastman, LMHC
Student Member

Luminita Heretoiu, LMHC
Full Member

Thomas Lytle
Full Member

Marianne Marlow, MA, LMHC
Full Member

Brittany Meredith
Full Member

Srinharshini Muthukumar
Student Member

Julia Niss, LICSW
Full Member

Celso Oliveira
International Member

Constance Vydra-Orlando
Student Member

Amy Owen
Associate Member

Stephanie E. Pendleton
Student Member

Brian Thomas Rice, PhD
Associate Member

Alexandra Rubin, LGPC, EMDR
Student Member

Kelli R. Spencer
Full Member

Amra Stafford
Associate Member

Valerie K. Tolbirt
Student Member

Jessica Tulloss, BSN, RN, MPH, HNC-BC
Associate Member

Lisabeth Wheeler, LISW
Associate Member

Yoshiko Yamamoto, PhD
Full Member

Catherine Young
Full Member

Lawrence Yurow
Associate Member

NEWLY APPROVED CERTIFICANTS

Danielle Adamsky, PsyD

Brenda Rohren, MA, MFS

Rachel Sage, LCSW-C

Danielle Terry, PhD, ABPP

NEWLY APPROVED CONSULTANT

Ali Navidi, PsyD

Monica Wong, MSW, RSW, HBCE

ASCH LEADER IN THE NEWS

In November, the Rotary Club of Maui sponsored a Day of Healing workshop in Upcountry Maui. ASCH Past President Dr. Bridget Bongaard, a board-certified internal medicine physician and a hospice-certified medical director, set out to help those who are experiencing grief and post-traumatic stress disorder due to the Maui wildfires or any kind of trauma.

Read the [full article in the Lahaina News](#).

Considering ASCH Advanced Level Workshops?

Get prepared with Level 1 & Level 2 Workshops

Advanced Level Workshops are offered throughout the year. Recent professional training workshops have focused on behavioral medicine, health psychology, hypnosis and pediatrics, and mind-body medicine. Advanced level workshop participants are encouraged to complete Level 1 and Level 2 training. Skills mastered in these workshops ensure comprehension and applicability of the material.

ASCH Level 1 & Advanced Workshops

Hypnosis, Meditation and Neuroscience: Integration and Applications

January 25-28, 2024 | Hyatt Regency Bethesda, MD

Workshop Level 1: Why Pursue Training in Clinical Hypnosis? What are the Benefits? CE Credits: 20

The Level 1 workshop is the first step in the clinical hypnosis certification program, designed for licensed health professionals like physicians, psychologists, dentists, and social workers. Expert faculty from various health disciplines will teach hypnotic inductions, suggestions, and treatments through a blend of lectures, demonstrations, and practical exercises. Participants will leave with foundational clinical hypnosis skills to enhance their practice.

[Registration is now open.](#)

Advanced Workshop: Hypnosis, Meditation and Neuroscience: Integration and Applications

Speakers: Louis Damis and Akira Otani | CE Credits: 20

Dr. Louis Damis is a Diplomate with the American Board of Professional Psychology, a Fellow of the American Academy of Clinical Health Psychology, the Biofeedback Certification International Alliance, and the American Society of Clinical Hypnosis. He is an Assistant Professor at the UCF College of Medicine and an ESTI-accredited Ego State Therapist.

Akira Otani, EdD, is a Fellow and Approved Consultant of the ASCH. After spending over 20 years at The Johns Hopkins University and the University of Maryland Counseling Center, he decided to pursue teaching, consulting, and travel. In 2016, he spent six months in Kobe, Japan, where he intensively studied Theravada Buddhist meditation. He has published 9 books (in Japanese) and more than 70 journal articles and book chapters (in English and Japanese) on hypnosis and meditation. He maintains a part-time psychology practice in Linthicum, Maryland.

Pre-requisites: Completion of Level 1 and Level 2 Clinical Hypnosis Workshops

[Registration is now open.](#)

Certification through ASCH must be renewed every three years. In order to renew your ASCH Certification, you must have completed at least 20 hours of ASCH-approved hypnosis training within the last three years. Additional requirements below:

Certification

- Hold at least a master's degree in a health care discipline considered appropriate by the Society and have licensure/certification in the state/province which they practice;
- Membership in a professional society consistent with a degree;
- Licensure or certification by the state or province in which they practice to practice independently;
- Complete Level 1 and Level 2 ASCH approved Clinical Workshop training;
- Minimum of 20 hours of individualized training/consultation with an ASCH Approved Consultant;
- Minimum of two years of independent practice utilizing clinical hypnosis (two years from the completion of the basic course).

Approved Consultant

All of the requirements for Certification in Clinical Hypnosis, plus:

- Minimum of 40 additional hours of ASCH approved Advanced workshop training;
- Completion of the 10-hour Teaching and Consultation Workshop (TCW)
- Minimum of five years of independent practice utilizing clinical hypnosis (5 years from the completion of the basic program);
- Minimum of five years of membership in ASCH, SCEH or equivalent.

UPCOMING WORKSHOPS

MORE INFO ONLINE

www.asch.net/workshops

December 7 - 10, 2023

Virtual

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Alberta Clinical Hypnosis Society

January 14 - 21, 2024

Level 1 Hypnosis Training
Associated Therapists of Rockland, Leslie Laskin

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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 have different levels of cash that is available to help students dependent upon the generosity of our donors. To learn more about these scholarships and make a donation to ASCH-ERF, click the link below.

2023 ASCH Board of Directors

<p>PRESIDENT Louis Damis, PhD, ABPP</p>	<p>PRESIDENT-ELECT John Hall, PhD</p>
<p>TREASURER Dan Handel, MD</p>	<p>SECRETARY David Alter, PhD, ABPP, ABPH</p>
<p>REBECCA CHERRY, MD</p>	<p>MEMBERS AT LARGE Jeff Feldman, PhD</p>
<p>IMMEDIATE PAST PRESIDENT Joe Tramontana, PhD</p>	<p>DANA LEBO, PhD</p>
	<p>EXECUTIVE DIRECTOR JerrieLynn Kind</p>
	<p>PAST PAST PRESIDENT Bridget Bongaard, MD</p>

Division Chairs

<p>ASCH-ERF Bridget Bongaard, MD, FACP, HCMD</p>	<p>EDUCATION Lane Wagaman, EdD</p>
<p>AMERICAN JOURNAL OF CLINICAL HYPNOSIS Louis Damis, PhD</p>	<p>ETHICS David Alter, PhD, ABPP, ABPH</p>
<p>BYLAWS Eric Willmarth, PhD</p>	<p>FINANCE Dan Handel, MD</p>
<p>CERTIFICATION Mary Wells, PhD</p>	<p>MEMBERSHIP Daniel Skenderian, PhD</p>
<p>PAST PRESIDENT Linda Thomson, PhD, MSN, APRN, ABMH, ABHN, FSCH</p>	