

Spring 2019



NEWSLETTER



From the President's Desk....

Thank you to all participants, presenters, and SFA staff who helped to generate a wonderful annual meeting in San Antonio, Texas this past March. Special thanks to the plenary speakers Michael Yapko, Shirley McNeal, Cory Hammond, and Dabney Ewin for their fascinating presentations. The setting on the Riverwalk was an excellent experience with many restaurant and shopping choices and the Alamo was a very short walk away. Next up is our Regional Workshop in Alexandria, VA

(on-line registration available). In addition to offering the Fundamentals of Clinical Hypnosis and Refining Skills & Treatment Applications Workshops, ASCH-ERF will be offering the following Advanced Workshop in Alexandria: "Hypnosis, Mindfulness and Meditation: Comparisons and Clinical Applications" Chair: Akira Otani, Ed.D, ABPH. Faculty Cheryl Beighle, MD, Sharon Spiegel, PhD,

The ASCH Board of Governors will be presenting a list of candidates for the next ASCH election cycle this fall so watch for the Summer ASCH newsletter with candidate information. Voting will begin in September and be complete by the end of October. Please be sure to vote. Winning candidates will assume office the following March. Continued high quality leadership is very important to ASCH as we face challenges and opportunities in a rapidly changing association landscape.

During the past year President Eric Spiegel helped us to focus on who we are as an organization and where we want to go. I plan to continue that self-evaluation and help move us forward in marketing ASCH as an organization dedicated to high quality teaching of hypnosis for medical and mental health areas by qualified practitioners along with the warm camaraderie that we experience at meetings. ASCH is also providing some online trainings for CEU/CMEs. Please check them out. I would like to expand the online offerings and need your participation in utilizing them. You can access the ASCH website by computer or smart phone, and there are instructions on the ASCH website on how to make a smartphone icon for ASCH for your phone. I would also appreciate your input on thoughtful ways that we can improve your experience and help to attract others to ASCH. My e-mail is psheneffe@health.usf.edu. Please help us make ASCH even more vibrant and exciting.

UPCOMING EVENTS

Regional Workshop
June 20-23, 2019
Alexandria, VA

Regional Workshop
September 19-22, 2019
Schaumburg, IL

Regional Workshop
October 17-20, 2019
Dallas, TX

Regional Workshop
December 5-8, 2019
Orlando, FL

Annual Scientific Meeting & Workshops
March 19-22, 2020
Reno, NV

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Letter from the Editor



It is my pleasure and privilege to offer the 2019 Spring/Summer ASCH Newsletter. Much has transpired since our most recent Winter edition. Yet again we experienced the loss of an incredible mentor, teacher, colleague and friend. At the same time, in our continued effort to move forward and expand our society, we inducted our next President, and transitioned ASCH leadership with a newly elected Executive Committee during the Annual Conference in San Antonio.

As most are likely are aware, Betty Alice Erickson, LPC, LMFT, passed away on January 17, 2019. Holly Forester-Miller who visited Betty Alice days before her passing kindly offered a most poignant and befitting annotated memoriam for our Newsletter. Dr. Joe Zastrow also provided a compelling invitation to all of us to contribute to a recently established scholarship fund in memory of Betty Alice and Kay Thompson, DDS, two amazing women who have selflessly contributed to ASCH as well as the clinical hypnosis community. I echo Joe's invitation and encourage everyone to contribute to this scholarship fund.

Since our last newsletter, during the 2019 Annual Conference, a newly elected Executive Committee has convened, offering a smooth transition of leadership, including the passing of the Presidential gavel from Dr. Eric Spiegel to Dr. Phil Shenefelt. On behalf of our society, I extend my congratulations and best wishes to Phil and the EC for a successful and prosperous year.

I also want to take this opportunity to congratulate our 2019 ASCH Annual Meeting award winners for their professional accomplishments and services provided to ASCH. We would surely falter as a professional organization without the seemingly endless contributions of our dedicated members.

Dr. Joseph Zastrow has submitted a compelling paper, for our Clinical Corner, on the utilization and clinical benefits of ideomotor communication and hypnotic exploration. Joe's case presentation is also a reminder for all of us to tend to our patients' language and utilize the hypnosis skills in our therapeutic toolbox.

See You in September!

ASCH-ERF Regional Workshop

September 19-22, 2019

DoubleTree Hotel Chicago Oak Brook

Oak Brook, IL

In addition to offering the Fundamentals of Clinical Hypnosis and Refining Skills & Treatment Applications Workshops, ASCH -ERF will be offering the following Advanced Workshop in Schaumburg, "Clinical Hypnosis In the Treatment of Chronic Illness: Empirical Foundations and Clinical Perspectives" with Suzanne Candell, PhD, LP.

For more information, or to register, visit www.asch.net

Letter from the Editor (Continued)

I want to extend a thank you to Debbie Benschung our ASCH Component Section Chair for her update on *(continued on page 3)*

ASCH component sections. I encourage everyone to visit the ASCH website for information on component section educational offerings and opportunities to earn CEUs that can be utilized in pursuit of ASCH Certification, Approved Consultant and Fellow.

This is the time of year to identify our ASCH election candidates for the next election year (2020-2021). The future of our society, as always, depends upon strong leadership and their support of clinical hypnosis. Statements from the candidates will appear in a forthcoming publication of the Newsletter. So be on the lookout for that and be sure to VOTE!

In closing, it is with mixed emotions that I share with you that this will be the last ASCH Newsletter for which I will serve as Editor. It has been an honor and privilege for me to edit this newsletter for the past two years. Serving in this capacity has afforded me the opportunity to appreciate and learn from the delicate balance that exists when editing a newsletter on behalf of a professional society. Whether overseeing and editing exciting news about our society's accomplishments or sharing disheartening information about the passing of a cherished and respected colleague, I appreciate the trust and support provided to me by my ASCH family. I especially want to acknowledge the endless support and assistance I received from Beth Goins. I could not, and quite frankly would not, have edited and produced this newsletter without her.

Betty Alice Erickson, LPS-S, LMFT

On January 17, 2019 we lost Betty Alice Erickson, an amazing woman, excellent therapist, and teacher of clinical hypnosis. Betty Alice was also a kind, loving person, with a wonderful smile, and a big heart.

Betty Alice was the fourth eldest of eight children born to Milton Erickson, and first child born to Elizabeth Moore Erickson. Betty Alice traveled the world teaching and sharing her father's legacy. She taught with energy and an excitement for clinical hypnosis that mesmerized her students. She taught with awe. Awe for what can be accomplished with hypnosis, awe for people achieving their utmost potential, and awe for the wonders of the world in general. Her excitement and joy were contagious for anyone fortunate enough to be in her presence.

Betty Alice was also very generous of spirit and generous financially. When teaching, she often donated part, or all, of her honorarium for student scholarships. If you have been touched by Betty Alice and would like to acknowledge her impact on your life personally or professionally, I invite and encourage you to contribute to the Betty Alice Erickson and Kay Thompson Student Scholarship Fund. You can make a tax-deductible contribution to the fund through this ASCH-ERF link: <https://www.asch.net/Education/ASCH-ERFScholarshipDonation.aspx>.

Betty Alice's full memoriam can be found in the April 2019 issue of the *American Journal of Clinical Hypnosis*.

Holly Forester-Miller, PhD



A day in the life of family practice hypnosis.

Joseph F. Zastrow, MD
Moorseville, NC



A 75-year-old female artist came into the office with standard cold-like symptoms and complaints. It was a cold February day and influenzae was at its peak. She complained of fatigue, sore throat, dizziness and pain in her face and around her lips. Her exam was unrevealing with no fever, no lymph node enlargement and her lungs sounded fine. She said that she was dusting and cleaning the house as her house “was a mess.” Okay, nothing here and nothing specific to do or treat. I picked up on her verbal cues and given my training in hypnosis I am alert to the words that do not fit. I asked her why her house was a mess? She noted that her 47-year-old

daughter had separated from her husband and moved back home with her teenage child as they were homeless. She minimized this and seemingly changing the subject (or did she?) asked why her lips would be so sore. We talked about the stress and over-the-counter remedies and I told if she worsened to call. A few days later she called asking for Valtrex as she had developed cold sores. After a one-week course of medication she asked for a refill and again the week following at which point I asked her to return to clinic.

She felt as though the cold sores continued even though they could not be observed. She complained of facial pain that radiated upwards along both sides to her forehead. Facial pain of this type would cross six different nerves, ergo a psychosomatic cause of these symptoms became more likely. I probed consciously for stressors asking about how things were at home with her daughter returning. She said that this was truly a blessing and she enjoyed having the two girls with her. She noted they were very helpful and she alluded that she loves her husband and kisses him every night but now her husband was not doing well and she was concerned for him. She did note her granddaughter and her friends made a lot of noise and this seemed to put him in a bad mood.

I knew her husband well as he was a marine veteran of Vietnam and a direct witness and participant in the atrocities during this war. He had frequent PTSD outbursts and earlier that year had decided to sleep in a different bedroom after he inadvertently struck his wife one night during a nightmare. He was on numerous medications for bipolar disorder and usually was a jovial patient in the clinic but lately he was on a down cycle, which his wife attributed to the changes at home. However, he was not taking his medications, had not shaved, was talking irrationally, and “looked crazy.” She was able to control his behavior in the past but this time he was too much to handle. She noted that she was unable to “tell him anything.” She wondered out loud if the sores were related.

I suggested hypnotic exploration. I thought I knew this case already. You too may be thinking this is an easy organ language case since she cannot tell him something. The adage “the problem is the solution and the solution the problem” provides the thought that this is a convenient way to withdraw affection as she is

unable to kiss him.

After an uneventful induction, deepening and ideomotor setup, I asked questions about Cheek's seven common causes of psychosomatic illness. (Conflict, Organ Language, Secondary Gain, Past Experience, Identification, Self Punishment and Suggestion). She signaled Organ language as expected and Past Experience. I was told to use what the patient gives you as the basis of suggestion. I knew she was an artist and I also knew that since her daughter came home she had no room to work. I asked her to quickly paint a picture of what would be helpful for her for this problem. I saw her hands quite busy in the air out front of her moving quickly suggesting she was laying aggressive brush strokes. She seemed to set down a brush and sighed and stared straight ahead now with her eyes open. Asking what she painted she stated; "he is big, he is strong a big black horse, a stallion" She noted this symbolized her husband and she and her daughter were out in the desert roping and breaking in the horse. Later, she told me that she had written a book when she was 10-years-old about this exact same thing. She said her husband started following her around the house and was in almost every step, she took. He refused to take his medications and refused to go back to psychiatry. She said, "He looks like a bum and who wants to kiss a bum?" Her husband is 100% disabled from the VA, a combination of combat related injury, chemical exposures, and post-traumatic stress from Vietnam. I had previously talked with him and knew much about the atrocities he saw and committed while he was there.

A typical hypnosis session suddenly changed. She bolted back into the chair as if pushed by an external force that held her back hyper-erect in place. She gasped and held her breath for what seemed like an eternity and then started speaking in a foreign language. She spoke a few Spanish words, Portuguese maybe, then Russian or a Slavic language interspersed with what sounded to be Japanese. I had heard of people speaking in tongues but had never witnessed it. I certainly could not understand it. When she finished speaking, I politely said that I heard her and it sounded important but could not understand her and asked if she would be willing to have a translator come forward and translate this. She said a man came forward and very slowly stated the following: "Pray one for another for understanding and another to God for your enemy is your tongue, your tongue is the enemy. Your words can kill. Pray for wisdom for God is near. Feed the children, help those in need. Give out of your need if you need love give love. If you need money give money that is the law of reciprocity."

She then noted a redness that surrounded her and lifted her up with a bright healing light that came to her. A moment later she stated she knew exactly what to do to help her husband. Since she had answered earlier that there was a past experience, I asked her to hold a remote control to a TV where she could see her life and move the timeline a week forward. She said she was doing very well. At three weeks she was painting again, and everything had resolved. She said she saw the plan for her husband. After re-alerting she recalled much, but the hour was late she was sent home.

She was correct as to her prognostication. The following Monday her husband was on the schedule as the first patient after lunch. He was wrangled to the office by his daughter and wife and he was very displeased. When he arrived, he looked like a homeless person as he had not shaved in at least a week, he smelled, wore dirty clothes and was talking nonsense. He had an obvious tremor, was stuttering, lacked an eye blink and had dilated watery eyes. He steadied himself against the wall with one hand and was limping. Quite confused he began to spew forth profanities and threats directed at the staff. One staff member talked him down while another removed all the patients from nearby rooms and a third called the police. The nice thing about a small town is that the chief of police is across the street and he knew the patient well from the rotary club. The escalation ceased and after much convincing, he agreed to be seen at the military hospital ER to make sure he

did not have a stroke or medical problem.

After ruling out a structural or metabolic cause he improved with the restarting of his medicines. I noticed he was on the schedule for a hospital follow-up about a week later. I nervously opened the door to the exam room at which time he suddenly stood, stopped in his tracks and saluted me. He shook my hand and said, "Thank you so much for saving my life." I reminded him that the psychiatrist and his wife had a much larger role in his care. He said: "If my wife and daughter had not taken the reigns, I am sure I would have killed myself as the thoughts of those children that were screaming in Nam I just could not take any more." The body/mind and soul is least to forget or leave behind such important lessons as a good Marine would not leave his buddy behind. It seems anything we do is like a simple patch or band-aid that can hardly cover the gaping wounds left from war.

Every day provides a learning experience and I share this case as it poignantly reminds me of the usefulness of hypnoanalysis. We spend a significant amount of time cognitively listening to a filtered story and less in trance. Trance is where history is ripe for picking. I have given up on trying to guess the cause for a given psychosomatic issue. Treating a psychosomatic issue without the help of trance and specifically hypnoanalysis is like going to sea without a map or GPS. Sir William Osler, one of the four founding professors of Johns Hopkins Hospital and frequently described as the Father of Modern Medicine once said: "Care more particularly for the individual patient than for the especial features of the disease" (1899). A clinical hypnosis corollary would be: A good clinical hypnotist uses directive suggestions he/she expects to help the patient from the cognitive intake but a seasoned clinical hypnotist interviews in trance and lets the patient take the lead to the suggestions. Take what the patient gives and do not be afraid to ask for help from within the patient. One of the greatest tools is the so-called hidden advisor. Osler (1914) also said "Medicine is a science of uncertainty and an art of probability. Every patient you see is a lesson in much more than the malady from which he suffers." Hypnoanalysis is also such an art and it makes me often stop and reflect on the weird and fascinating uncertainties of our mind/body/soul and the maladies attributed separately that are not.

Osler, W. (1899). Address to the students of the Albany Medical College. Albany Medical Annals, 20, 307-309

Osler, W. (1914). The Student Life, Aequanimitas, 425.

Important Reminder Regarding ASCH Certification

Beginning on July 1, 2019, the requirements for the initial application for Approved Consultant will include completing the 10-hour Teaching and Consultation Workshop (TCW) within the 100 hours already required. Individuals currently recognized as Approved Consultants and those whose applications are received prior to July 1, 2019 are exempt from this requirement.



ASCH-ERF Annual Scientific Meeting and Workshops

March 19-22, 2020

Nugget Casino Resort

Reno, NV

CALL FOR SUBMISSIONS

Submission site is now open

[CLICK HERE FOR SUBMISSION SITE LINK](#)

Deadline: Monday, June 17, 2019

Igniting the Fire

**Nuances of Creativity and Flow in Hypnotic Applications
Research. Education. Application.**

Every hypnosis practitioner has ways of tapping into his or her own creativity to adapt to the changing flow of patients and their presenting concerns. This endeavor is a dynamic process of building artistry and presence to create and utilize a corresponding flow of creativity in our patients. The 2020 annual meeting venue in Reno, Nevada sits in a beautiful high desert river valley at the foot of the Sierra Nevada mountain range and promises to be a fertile backdrop for helping attendees discover new information about hypnosis, themselves and their ways of practicing their craft.

Our vision includes inspiring participants to utilize skills acquired from plenary talks and workshops to spark their creativity and flow throughout their practice similarly to the energy flowing down from the Sierra Nevada mountain range to the clear, cobalt blue waters of nearby Lake Tahoe.

Preference will be given to clinical and research submissions that demonstrate nuances of creativity and flow in hypnotic approaches. In particular, we hope to explore the following areas:

1. The role of creativity and flow states in practitioners of hypnosis to benefit individuals we work with.
2. Hypnotic applications that enhance creativity and flow in individuals we work with.
3. Neuroscience research that explores how hypnosis and its component processes work and how hypnosis can modulate brain activity, gene expression, protein synthesis, and brain plasticity. Priority will be given to submissions with a translational link to how such knowledge can enhance clinical care.

Hypnotic trance can occur with or without formal induction, and we encourage submissions that explore nuances of creativity and flow in hypnotic applications and inspire patients' creativity and flow to heal, change, and effect mind, body, and spirit.

This meeting will be held at The Nugget Casino Resort. Meeting and housing registration will open in mid-November. Come for the education, then go play in Lake Tahoe - only a 30-minute drive from Reno!



Photos courtesy of VisitRenoTahoe.com

COMPONENT SECTION

OPENER

Hello All Component Societies

As mentioned in earlier newsletters the primary purpose of the Component Sections Committee is to facilitate bi-directional communication between ASCH and the Component Societies. Thank you to those who have reached out to me. I'd like to encourage others to email with ideas, questions or issues you'd like the committee to consider. I am the contact for Component Section Committee issues, and concerns that relate more directly to the component societies themselves, inter-society communication and ASCH.

In the upcoming year one of the goals is to have continued discussions with the component societies to develop collaboration with ASCH and each other. The committee has started to look at ideas on how we can work cooperatively for mutual benefit for all in the areas of communication, Internet presence & use of modern technologies. We encourage any thoughts or ideas any of you might have on how to enhance our collaboration. We hope to come up with some concrete proposals for consideration. We also want to keep all of you informed about important updates.

It was great to connect with many of you in San Antonio. Unfortunately there was a mix up and the Component Society Luncheon didn't get on the schedule as intended. I do look forward to returning to a luncheon gathering next year in Reno.

I would like to introduce the members currently serving on the CSC. Ali Navidi is a clinical psychologist and a member of the Northern Virginia Society, Nicole Wegeiser is a clinical social worker and member of the New Jersey society and Ari Pizer is a Psychologist and member of the Philadelphia society. We are still looking to add a member or two to our committee. Please let me know if you would be interested in joining the committee or have someone you would recommend.

I have no doubt many of our component societies are doing great things however it is difficult to know about what is happening unless you keep us informed. To enhance the interconnectedness between components

and between components and ASCH the CSC would be interested in knowing what is going on in any of the component societies. Please let us know or better yet if any component society is interested in providing a blurb about your component society's activities for the newsletter please contact me. I would love to include it.

As you all know one of the core focuses of the ASCH is hypnosis education. I believe this is also at the heart of most component societies. The highest standards of professional training are emphasized by the ASCH thus the Standards of Training (SOT) were developed to guide our educational programs. They are guidelines for the minimum curricula in ASCH approved courses. The current SOT were written by two psychologists and released in 1994. Since that time the science of hypnosis has evolved significantly yet our SOT are generally the same. I'm sure you are aware we now know a lot more about neuroplasticity, mirror neurons, psychoneuroimmunology, epigenetics and the neurophysiological effects of hypnosis on the body and the brain. It was also recognized that the typical student in today's courses is much different than the clinicians in workshops years back.

To maintain the highest standards of hypnosis training ASCH leadership recognized the need to review and revise the Standards of Training. At the request of the Executive Committee, the ASCH regional Workshop committee devised a plan to identify recommended updates to the SOT. A multidisciplinary SOT Task Force was formed to take on the labor-intensive collaborative task of identifying proposed revisions to the current SOT. The proposed changes are informed Current literature; research and evaluations from course participants informed the proposed revisions.

The committee started with the Level 1 Fundamentals introductory course and has made recommendations for updates to the Executive Committee. The committee has put substantial time and effort into the recommendations submitted to the Executive Committee. The Executive Committee is considering the proposed updates to the Level 1 Fundamentals course as I write this article. The next step in the review process will be to focus on the Level 2 Intermediate

course and identify recommended updates to the Executive Committee. This will take place over several months to a year.

Once the final revisions are approved the new Standards of Training will be published and made available. Please review the Component Section Directory on the ASCH website to assure the contact information for your component society is current. If it isn't we may not be able to get the information to the right person. After the final approval there will be a transition period. Current training approval letters will be honored and will remain effective until it's expire date.

Warm Regards,

Debbie Benschung, LCSW, ACSW, MSWAC
ASCH Component Section Chair
Component Society member of the Oregon Society, OSCH



The Betty Alice Erickson and Kay Thompson Student Scholarship Fund

At the annual meeting in San Antonio we were thrilled to announce a new annual scholarship in memory of Betty Alice Erickson, LPC, LMFT, and Kay Thompson, DDS. This fund was founded through the generous contributions of the Manhattan Society of Clinical Hypnosis and a colleague who wanted to honor Betty Alice's and Kay's contributions to ASCH. Betty Alice and Kay were two strong, compassionate, brilliant women who contributed mightily to the field of hypnosis. Through their teaching and writings, they shared the message of ASCH and hypnosis throughout the world. Both were compassionate and generous of spirit sharing their time and expertise while encouraging students to pursue hypnosis training. They often contributed part or all of their honorariums for student scholarships, and as such it is fitting that ASCH establish a student scholarship in their names. In addition, I believe this is the first scholarship to concurrently honor women in the field of American hypnosis.

This is an ongoing scholarship and donations to this fund are encouraged. If you wish to add to the mission of ASCH and honor these great women, I encourage you to generously contribute to this ERF fund, especially if either or both of these phenomenal women touched your life in some capacity. The direct link is <https://www.asch.net/Education/ASCH-ERFScholarshipDonation.aspx>.

ASCH Stewardship begins at home, well actually on your computer using your credit card. ASCH-ERF is the corporate entity that provides the educational backbone to ASCH. The EFR stands for Education Research Foundation. This is a not for profit entity that works hand in glove with ASCH to ensure high quality education. ERF provides the needed accreditations for our diverse membership despite an ever-increasing cost burden. Some of you have had the opportunity to benefit from ERF educational scholarships. The many donations ERF has received over the years provides not only scholarships but also money for quality plenary speakers at the annual ASCH meeting. I donated this year, so I challenge you to do the same. Please contribute generously to ERF and to this newly formed scholarship fund.

Joseph F. Zastrow, MD

2019 ASCH Awards

AJCH Awards

Clark Hull Award for Scientific Excellence in Writing on Experimental Hypnosis

The Association Between Mindfulness and Hypnotizability: Clinical and Theoretical Implications

Michelle P. Grover, Mark P. Jensen, David R. Patterson, Kevin J. Gertz, Melissa A. Day

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

Cognitive Behavioral Therapy, Mindfulness and Hypnosis as Treatment Methods for Generalized Anxiety Disorder

Carolyn Daitch

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

Freud's Rejection of Hypnosis: Part I – The Genesis of a Rift

Freud's Rejection of Hypnosis: Part II – The Perpetuation of a Rift

Freud's Rejection of Hypnosis: Perspectives Old and New: Part III of III – Toward Healing the Rift: Enriching Both Hypnosis and Psychoanalysis

Richard P. Kluff

Josephine Hilgard Award for Best Paper on Pediatric Uses of Hypnosis

Combining Hypnosis and Biofeedback in Primary Care Pediatrics

Linda Thomson

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

Alert Hypnosis with Tai Chi Movement for Trauma Resolution

Bruce Eads and David M. Wark

Editor-in-Chief's Award for Most Downloaded Article in 2018

Promoting Safety in Hypnosis: A Clinical Instrument for the Assessment of Alertness

Hedy A. Howard

Editor-in-Chief's Award for 2nd Most Downloaded Article in 2018

Reconsidering Hypnosis and Psychoanalysis: Toward Creating a Context for Understanding

Richard P. Kluff

Editor-in-Chief's Award for 3rd Most Downloaded Article in 2018

Hypnosis, Suggestion, and Suggestibility: An Integrative Model

Steven Jay Lynn, Jean-Roch Laurence, and Irving Kirsch

Editor-in-Chief Award

In appreciation for consistent and outstanding professionalism as an Editorial Board Member of the *American Journal of Clinical Hypnosis*

Jeffrey K. Zeig, PhD

Editor-in-Chief Award

In appreciation for consistent and outstanding professionalism as an Editorial Board Member of the *American Journal of Clinical Hypnosis*

Julie H. Linden, PhD

The Bill Wester Award

Presented for significant contributions to the field of hypnosis as applied to the treatment of children and research in the application of hypnosis with children to . . .

Lynn Lyons, LICSW

Awards of Merit

Phil Colosimo

In grateful recognition of his tireless energy chairing the first ASCH Cross Collaboration Committee and providing better integration of ASCH education-related committees

Ran Anbar

In grateful recognition for his multiple years of service to ASCH as Treasurer of the Society.

Reinhild Draeger-Muenke

In grateful recognition of her ongoing efforts to hold ASCH approved Basic Workshops through the International Society for the Study of Trauma and Dissociation (ISSTD).

Elizabeth Goins

In grateful recognition for her work with ASCH as the Associate Director, Publications Manager, and Membership and Certification Manager throughout her career with ASCH.

Lane Wagaman

Linda Thomson

Judy Thomas

Maggie Dickens

Emma Leighton

In grateful recognition of all of their efforts to review and update the ASCH Standards of Training this year.

The Early Career Achievement Award

Established and funded by Phil Accaria, Sheryl Daniel and Marc Oster to recognize an ASCH member who, within ten years of receiving his/her degree, has shown promise of significant career contribution and contributions to ASCH through early achievements including teaching, research, publications, and professional service.

Maggie Dickens, MS, LPC, LCDC

Presidential Awards

Lane Wagaman, EdD

In recognition of his steady and stellar stewardship of the Regional Workshop Committee through all of its changes in recent years.

Rob Staffin, PsyD, ABPH

In recognition of his integral involvement as Advanced Workshop Chair on ASCH Program Committees in 2018 and 2019.

David Alter, PhD, ABPP, ABPH

In recognition of his dedication to strategic planning and his efforts to make a sample marketing video for ASCH in 2018-19.

Holly Forester-Miller, PhD

In recognition of all her work in chairing the ASCH Web Engagement Task Force from 2016-2019.

Stephen R. Lankton, LCSW, DAHB

In recognition of his amazing job as the Editor-in-Chief of the *American Journal of Clinical Hypnosis*.

Madeline Stein

In recognition of her energy and initiative in volunteering and helping ASCH with social media and student engagement.

2020-2021 ASCH Elections

2019 ASCH Executive Committee

President

Philip D. Shenefelt, MD, ABMH

President-Elect

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

Treasurer

Ran Anbar, MD

Secretary

Wendy K. Lemke, MS, LP

Member at Large, Dentistry

Dov Glazer, DDS, ABHD

Member at Large, Medicine

Bridget S. Bongaard, MD

Member at Large, Psychology

David Reid, PsyD

Masters Level Representative

Lorna McKenzie-Pollock, LICW

Immediate Past President

Eric B. Spiegel, PhD

ASCH-ERF Chair

Eric K. Willmarth, PhD

Board of Governors, Moderator

Linda Thomson, ABMH, MSN,
CPNP

Executive Vice President

John E. Kasper, PhD, CAE

The ASCH Nominations & Elections Committee is proud to present the following slate of candidates for the 2020-2021 election.

President-Elect:

Deborah Nesbitt, ARNP, ABMH
Bridgette Bongaard, MD

Secretary*:

Maryanna Polukhin, MD
David Alter, PhD, ABPP, ABPH

Member at Large, Dentistry:

Mike Thomasino, DDS
Dov Glazer, DDS, ABHD

Member at Large, Master Level:

Lorna McKenzie-Pollock, LICSW
Tenley Fukui, MA

Member at Large, Medicine:

Sherwin Yaffe, MD
Lewis Kass, MD

Member at Large, Psychology:

Louis Damis, PhD, ABPP
Joseph Tramontana, PhD

*The term of office for this position is two years.

Note: Pursuant to the change in the Bylaws, the term of office for the position of Treasurer changed to two years for the 2019-20 election. Candidates for that position will appear next on the slate for the 2021-22 election.

Call for Nominations

It's hard to believe, but it is already time to start looking for candidates for the 2020-2021 Election.

Do you have someone who you think would be outstanding in a position of leadership in ASCH?

Let us know at
assoc-dir@asch.net.



Pictures from the 2019 ASCH Annual Scientific Meeting & Workshops in San Antonio, TX

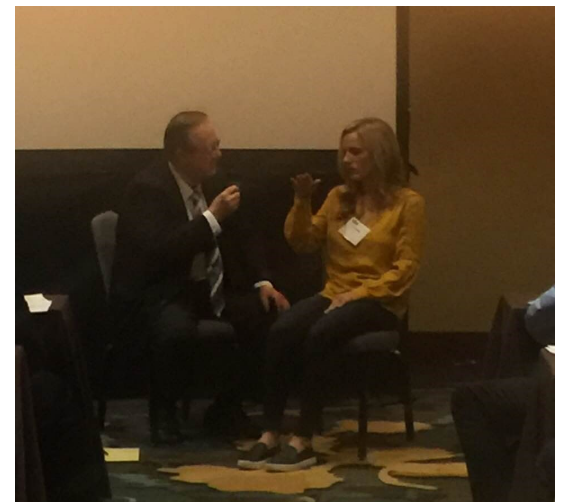


Top Left: Eric Spiegel passes the presidential torch to Phil Shenefelt.

Top Right: Dabney Ewin receives a standing ovation.

Bottom Left: Sam Kohlenberg, Gabor Filo, Eric Willmarth & Anita Jung.

Bottom Right: Student Elizabeth Miller works with Dr. Cory Hammond in a workshop.



About the Newsletter

The American Society of Clinical Hypnosis Newsletter is published quarterly.

Newsletter Deadlines: Articles should be received in the central office by the following dates for inclusion:

Fall - September 1st
Winter - December 1st
Spring - May 1st
Summer- July 1st.

Submissions: Submissions are welcome. All submissions will be edited for content, style and length. Newsletter material should be submitted via email to: assoc-dir@asch.net.

Did you know that ASCH maintains 53 on demand offerings on its website at <http://www.asch.net/Education/e-LearningCenterIntro.aspx?>

The programs included in the Center include:

L2018-001 - Power of Words: The Art of Suggestion in Medicine

Author: Dan Handel, MD We will explore hypnotic interventions and specific strategies for weaving suggestion into medical settings, and will give specific examples of brief, “just in time” approaches to address acute pain and anxiety, chronic pain, and progressive symptoms associated with advanced or terminal illness. Techniques will include hypnotic relaxation; sensory modification such as analgesia or anesthesia or dissociation of the affected body part; distraction; temporal manipulation such as dissociation from pain experience, time distortion, time progression or regression; suggestions to modify one's relationship to the pain experience (such as Meares’ awareness of pain experience without intent to change); and rehabilitation approaches to improve performance and lessen dread. We will discuss methodology to incorporate future-focused imaging to build confidence/expectancy and use of motivational interviewing skills as well.

L2019-001 - Hypnosis for Behavioral Change in Chronic Pain Management

Author: Mark P. Jensen, PhD This session will provide a description and demonstration of a strategy (“Listening for Effective Hypnotic Suggestions” or LESH) for identifying powerful hypnotic suggestions for helping clients make desired behavioral changes (e.g., eating healthy food in healthy portions, maintaining an active lifestyle) associated with chronic pain reduction and management. It will begin with a brief presentation of research findings demonstrating the central role that client’s “self-talk” (i.e., self-suggestions) plays in facilitating or suppressing goal attainment. The facilitator will then demonstrate the use of two strategies (open questions and reflective listening) to identify the helpful self-suggestions (to be nurtured) and less than helpful self-suggestions (to be gently altered), followed by a demonstration of how these suggestions can be incorporated into a formal hypnosis session. Time will be available for questions and discussion regarding the technique and how can be incorporated into clinical practice.

The American Society of Clinical Hypnosis (ASCH)

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