



NEWSLETTER



From the President's Desk....

Greetings ASCH Colleagues,

I hope that this message finds you well and healthy enjoying, in some ways, the beautiful spring weather and witnessing the changed pace of life in the midst of uncertainty. In these days where many of us are

confined to a different way of inhabiting our world, to a different way of moving through our day and our night hours, to a different way of working with our clients/patients, none of us recognizes our lives very much. We are facing an invisible adversary which from time to time takes us to the edge of our vulnerability, only to resurface again to be in service of others. It reminds me of a quote by Erich Fromm who said: "The quest for certainty blocks the search for meaning. Uncertainty is the very condition to impel man to unfold his powers". Yet, it is that surge of uncertainty, having gone through dark times, that also allows a waking into new possibilities.

As your first virtual President of ASCH I am inspired and encouraged to be a part of a seemingly new era, in taking part of developing online hypnosis training in a way that works best, and with the highest ethical guidelines in mind. "Live and Learn" is my new motto for my year as President for ASCH. Please, bear with us as we are learning through trial and error to deliver quality programming online. Soon, we might catch ourselves saying: Remember when we used to network in person and fly to exciting destinations for the ASCH meetings? Of course, nothing can truly replace in-person training and networking. However, hypnosis training must go on. I am already so proud of our Ethics Committee who jumped into action immediately to post guidelines, a living document, for using hypnosis online.

As the former President-Elect the experience of uncertainty and concern for our members shaped the way we currently provide training and ultimately guided us to the creation of our first virtual ASCH Annual Meeting and Scientific Workshops to be held August 20-23, 2020. During this time, I was and am struck by the passionate energy of our presenters, plenary speakers, planning committee, and membership to help out, to create, and to manifest

UPCOMING EVENTS

Virtual Annual Meeting
August 20-23, 2020

Regional Workshop
September 10-13, 2020
Lincolnshire, IL

Regional Workshop
October 22-25, 2020
Irving, TX

Regional Workshop
December 3-5, 2020
Kissimmee, FL

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From the President's Desk (Continued)

their desire to make our Society and the realm of Hypnosis the best it can be even in the face of uncertainty. I am grateful to witness how everyone has unfolded their powers and has wakened into new possibilities. Thanks for your commitment to ASCH!

As the spread of the coronavirus continues, as our live and work has changed, as we have lost clients/patients, or loved ones, the thin thread has been broken between this world and the next world, whatever that might mean to you. For now, the 2020 virtual Annual Meeting promises to be thought-provoking and inspiring focusing on "Igniting the Fire: Creativity and Flow in Hypnotic Applications." Our plenary speaker Bill O'Hanlon will not just present but also deliver a virtual concert that you can watch comfortably from your sofa. Hopefully, you will be so energized that you begin to dance and network with your colleagues during the ASCH virtual social hour and author gathering. Gabor Filo will take us to the world of shamanic powers, Bernhard Trenkle (ISH President) will share his amazing experiences about his work in a flight simulator with Dr. Bertrand Piccard, and Steve Lankton will take us on a journey clarifying key concepts that illuminated Milton H. Erickson's work.

On this note, I would like to encourage you to meet our hardworking Program Planning Committee virtually and give special thanks to Lane Wagaman and Maggie Phillips (Basic), Luis Damis and Akira Otani (Intermediate), Linda Thomson (Level 3) and (Power of Words with) Deb Nesbitt, George Glaser, Carolyn Daitch, and Moshe Torem (Advanced), Holly Forrester-Miller (Teaching and Consultation), and Eva Szigethy (Research). Thanks for your wonderful spirit, your breathtaking energy, and all your hard work to not just plan an in-person meeting but also make the first virtual meeting come into fruition!

One last thing, during this time of uncertainty you may want to ask yourself these beautiful and disturbing questions right now: How do I witness my inner powers in the midst of uncertainty? How do I waken into new possibilities in the days to come.

Stay safe. I am looking forward to meeting you in the virtual world!

Anita Jung

See You in September!

ASCH-ERF Regional Workshop

September 10-13, 2020

Lincolnshire Marriott Resort

Lincolnshire, 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 Lincolnshire, "From Principle to Practice: Deconstructing Problem Patterns to Create Hypnotically Guided Solutions" with David S. Alter, PhD, ABPP, ABPH, FAACHP.

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

Letter from the Editor

Welcome to the Spring/Summer ASCH newsletter,

This has certainly been an unusual year, to say the least. But it is nice to know that while circumstances seem to be changing daily, our ASCH Executive Committee, task force members, and professional staff have continued to adapt and move us forward. As we welcome our new president, Anita Jung, she begins her appointment with the monumental task of converting the annual conference to a virtual one. Anita and the Program Planning Committee have done a great job preparing the first virtual ASCH Annual Conference. We hope you plan to attend.



In the Clinician's Corner, you will find a case scenario shared by Linda Thompson, ABMH, ABHN. While her patient was a teenager, her techniques can be adapted to many different ages. Additionally, Gabor Filor, DDS, ABHD, FASCH, FPFA briefly shares a few favorite authors and professionals that have influenced his work through the years. Thank you to both clinicians for sharing some of their wisdom, resources, and techniques.

Our Component Societies have also been busy adapting to the new "normal." Be sure to read how many of our members and local societies have been able to transition to more online formatting to continue to meet the needs of their members and patients. ASCH has also created a page on the ASCH website to provide support and guidance for our members in response to COVID.

Looking forward, if you would like to submit an article to be considered for inclusion in the next ASCH newsletter, the due date is July 1. If you would like to be featured in the Clinician's Corner, please answer the following questions and email your responses to assoc-dir@asch.net:

Name (include professional initials):
Professional discipline:
How long have you been using hypnosis in your professional practice?
On what specific topic would you like to share your best tips, techniques and advise? (E.g. anxiety, dental fear, pain, medical conditions, performance, addictions, etc.)
When you first started using hypnosis to address this topic, what were your favorite scripts, hypnotic techniques, strategies, or processes?
How does this differ with your treatment process today?
What advice would you give a new professional as they begin to use hypnosis in their practice for this topic?
What book or article influenced your hypnotic work in this area that you would you recommend?

Stay safe, positive and healthy!

Sincerely,
Deb Nesbitt, APRN, PMHNP

Key Elicitation

Linda Thomson, ABMH, ABHN
Ludlow, VT



One day while doing primary care pediatrics in my office, one of the nurses came to get me and asked if I could work my “magic” on a teenager who was there to receive a tetanus shot and was highly anxious and scared. I entered the exam room and having virtually no time to establish rapport with a teenager that I had never met, I asked if he had gotten his permit to drive yet. He said he had. As I took his hand I said “Imagine that in this palm I am putting a key and as you go through the doorway of your imagination, on the other side are several vehicles. I don’t know what they are, but you can see them clearly. This key starts up one of them. I don’t know if it will be the first one you go to or if you will have to try the key in several until you hear the roar of the engine. Let me know when that has happened and what the vehicle is.”

His imaginary key started up a convertible sports car. I asked if he had a particular destination in mind or if he just wanted to enjoy driving and the freedom of the open road. He just wanted to drive. Suggestions were given to intensify his experience and increase his dissociation from being there in his pediatrician’s office to receive an injection. He successfully received the immunization while he was deep in trance along with the ego strengthening suggestions that just by using the power of his mind he had learned to control what he never knew he could; that he had managed his anxiety and overcome his fear about needles just by tapping in to his own inner strength and resources.

Following this experience I began to explore all the various ways that this metaphorical elicitation could be used for a variety of individuals and conditions. As you read the many metaphorical possibilities think about how trance utilization following this elicitation could be useful for a variety of issues such as tobacco use disorder, obesity, anxiety, depression, phobias, diabetes, PTSD or even enuresis to name a few.

References to slowing down, stopping and starting when the time was right can be given. The road may be bumpy; there may be obstacles in the road or hills to climb. When the top of the hill is achieved the patient can look back at what was accomplished and be proud. From that vista the patient can look into the future and the possibilities open to them. The vehicle has warning lights on the dashboard that may indicate something that needs

attention or some dials or switches that may need to be turned down or turned off. To see more clearly they need to turn on the windshield wipers or perhaps turn on the radio and hear what they need most to hear.

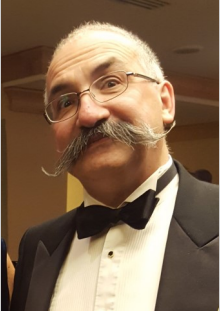
Regular maintenance is always important. For optimum performance the vehicle needs the right fuel in it's tank. Sometimes vehicles break down, have accidents, flat tires or run out of gas and assistance is required. What happens when there is no cell service and GPS is not working? What tools do they need to take along with them?

The driver may come to a fork in the road and need to make a decision to take a left down the path where he has been before or take the right fork which is taking him in the direction he wishes to go and become curious about what he will discover when he makes that right turn.

On the journey to their goal, there may be detours that take them a little out of the way and add more time to the trip. The important thing is finding their way back to the main highway to their goal. They have to decide what to bring with them on this journey and what they need to leave behind in order to keep moving forward.

Being creative and flexible is part of the joy of incorporating hypnosis into practice because the patient/client might not select a vehicle that would stay on the ground. Perhaps an aircraft might be selected offering them a different and distant view of their situation or issue. Maybe the key would start up a watercraft for an underwater adventure, down a river or across the sea.

The key elicitation opens up endless possibilities that can be tailored to the individual and their unique situation. It can be used with children, adolescents and adults. So buckle your seatbelt, have fun, and get ready for an adventure.

FEATURED CLINICIAN	Gabor Filo, DDS, ABHD, FASCH, FPFA	
	Discipline: Dentistry	
	Specific Topics: Hypnosis i.e. the how to; rapid inductions; dental anxiety, fear and phobia; anesthesia; altered states of consciousness.	
	Influences: In no particular order Victor Rausch, Ashley Goodman, Kay Thompson, Albrecht Schmirer, Phil and Norma Barretta, Dabney Ewen, William Wester and a whole host of others.	
	Advice: Hypnodontics, as dentistry itself, can be a lonely activity so seek out other hypnodontists and clinicians using hypnosis for support, idea exchange, discussion, and study.	
	Book: <i>Hypnotherapy</i> by Dave Elman as a fine introduction followed by a plethora of current and antiquarian tomes too numerous to list.	

COMPONENT SECTION

ORNER

It's an understatement to say we are living in interesting times as the coronavirus is impacting everyone's lives, some more than others. I hope this finds you and your loved ones healthy and well.

I was down in San Francisco at the ISSTD preconference with Reinheld Draeger-Muenke and Wendy Lemke teaching the Level I hypnosis course in early March. Day one went well and overnight the first orders came for distancing – “Six feet apart while in any room with more than ten people and no large gathering over 250”. We did complete the training although in a large room with everyone very spread out. In the middle of that the announcement came about the ASCH conference being rescheduled for August. At the time I thought that seemed realistic, now I'm not so sure. I had no real idea what was about to unfold in the world.

Since all our lives continue to change and I assume most all of us have had our professional lives impacted I thought it would be nice to hear some reflections from a few folks in different component societies.

As many of us have transitioned to telehealth I've heard from many folks they are more fatigued and we mused about why: “maybe it's my contacts” or “I think it's my glasses”, “It's the blue light of the computer”, “It's screen size”, etc. This quote for me seemed to hit the nail on the head. “I spoke to an old therapist friend and finally understood why everyone's absence. Our minds are tricked into the idea of being together when our bodies feel we're not. Dissonance is exhausting.. It's easier being in each other's presence, or each other's absence, than in the constant presence of each other's absence. Our bodies process so much context, so much information, in encounters, that meeting on video is being a weird kind of blindfolded. We sense too little and can't imagine enough. That single deprivation requires a lot of effort.” -Gianpiero Petriglieri

Here in Oregon we rescheduled our April Level II course and we have transitioned our hypnosis consultation and practice groups to an online format. We have guided discussion about hypnosis ethics online. The ASCH Ethics committee is in the process of developing formal guidelines in this area. In Oregon we are hopeful our new date for the Level II course will work out. Most OSCH members are working from home via telehealth although I know a couple folks are seeing a few select clients in person still. For me using hypnosis via telehealth was a fairly smooth transition. I think my experience offering consultation and ER coverage through a video platform supported my transition. When I first transitioned to video sessions I did some self-hypnosis asking my unconscious to heighten awareness and focus on detecting even the subtlest facial and body movements to support my clinical attunement. I've actually found remote EMDR the greater challenge. I also think it's been helpful that to this point I've only used hypnosis with existing clients whom were already introduced to hypnosis and I had a solid relationship with prior to the remote work.

Rob Staffin, PsyD, ABPH who is the President of CHSNJ indicated the move to telehealth has been an interesting experience. “As I am a clinician who employs gestures with mindful and strategic intent, the simple adjustment of placing my laptop on a table 3 feet away from me rather than on my lap, allows a greater camera angle that captures my gestures.”

The Clinical Hypnosis Society of New Jersey hosts “Clinical Conversations.” These are opportunities for the society to gather and discuss aspects of working hypnotically. We are utilizing the recommendation to stay at home as the impetus for our first “remote” Clinical Conversation. This month's conversation,

“Ways Hypnosis Can Help,” will address technical and clinical aspects of working remotely.

Reinheld Draeger-Muenke, PsyD, LMFT who is in Bala Cynwyd, PA and a member of the Greater Philadelphia Society shared “My patients have gladly accepted informal and formal hypnotic invitations as part of our virtual sessions, and they have reported “not much difference” to sitting in my office following my suggestions. Most often, they chose to experience hypnosis in the service of mind-body ease and comfort, pain management, anxiety reduction, ego strengthening, and positive future imagery. Several have utilized hypnotic support for containment of difficult material from their past, as they need all their mental/emotional resources to cope with the current crisis. A number of well-established patients have continued with exploratory hypnosis in the service of integration and post-trauma growth.

While I am offering hypnosis virtually, I find myself focused on detecting even the subtlest facial movements when that is all I can see, checking in frequently for verbal or nonverbal feedback. When technically possible, I ask that they position their device in a way that I can see more of their body for additional feedback”



As healthcare providers we all know how important it is to take care of our own stress and ourselves. I have indulged in watching some amazing creativity on YouTube for my own stress relief. I am particularly fond of the parody songs by a couple folks: “My Corona” and “Stay Home Vogue” by Chris Mann and Do Re Mi and “A spoonful of Clorox” from the Sound of Music.

It seems the at home orders and the change to remote work has really created opportunity for all of us, including our clients, to be resourceful, creative, and adapt in ways we may or may not have thought possible. Creativity and hypnosis is such a wonderful pair. I invite all of you to send me your creative adjustments with clinical practice during this time.

Be well,

Debbie Bensching, LCSW, ACSW, MSWAC
ASCH Approved Consultant

ASCH-ERF Regional Workshop
December 3-6, 2020
Wyndham Celebration
Kissimmee, FL

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 Kissimmee, “Taming Anxiety with an Integrative Model: Hypnosis, Mindfulness and Cognitive Behavioral Therapy ” with Carolyn Daitch, PhD.

ASCH Response to COVID-19

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.

Today, as we experience a pandemic of unprecedented scale, clinicians who are skilled in hypnosis possess a powerful tool to help people calm their COVID-19 fears, build resilience, increase their compassion and support for others, and manage themselves responsibly in the face of risk and uncertainty. Also, they can use hypnosis to help people disrupt habits that might inadvertently spread the coronavirus and adopt safer, more protective behaviors instead.

To get through these difficult times, many clinicians are open to employing hypnotic ideas, suggestions and metaphors to help clients deal with the evolving crisis. Also, they find they have creative ideas of their own to share with colleagues. Further, some of these ideas can be shared directly with health care workers and the general public while educating them about the effectiveness of hypnosis to help navigate life's challenges – not just the coronavirus crisis but also anxiety, depression, pain and other problems they may encounter.

In response to COVID-19, ASCH has put together a page on the ASCH Website to address the current situation. This page can be seen at: <https://www.asch.net/Professionals/COVID.aspx>.

While ASCH does not endorse any of the suggestions in the articles on this page, nor does it postulate that hypnosis is a treatment for COVID-19, it does provide this information as a public service to its membership.

Special thanks to Dana Lebo, PhD and the North Carolina Society of Clinical Hypnosis for their leadership, energy, and efforts in putting this material together, and to all the contributors to this work.

We invite others to submit appropriate materials to the page for the benefit of their fellow professionals and patients. Please submit those materials to info@asch.net.

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