



## From the Desk of the President

*E Komo Mai* (Welcome) to all my ASCH Colleagues,

I wanted to give you an update on our progress so that you can be intimately involved and give us your feedback. We continue the restructuring of the organization of ASCH, and now each Division reports their progress, challenges, goals at the monthly Executive Committee so that decisions can be made in real time and all have the same information to guide their divisions moving forward. The

Bylaws Division chaired by Dr. Eric Willmarth is also doing a deep dive into creating a fluid set of governances that allow more responsiveness, yet upholds the mission and heart of our work at ASCH. When this work is completed, we will send you the organizational chart and updated bylaws for your perusal.

Tremendous work has been done by the Component Societies (CS) under the leadership of Deb Benschung. We had a townhall meeting followed by surveys to capture the needs of the CS, and how ASCH can help to collaborate and grow the CS. We are looking at a model of services to offer the CS should they need them, and are working to figure out how to seamlessly obtain CME/CE accredited by the major professional organizations for both ASCH and the CS when educational training is offered. This is taking time as it is an enormous project, but things are moving forward.

The Education Division, under the guidance of Dr. Lane Wagaman, is also soaring. We are working to find a common path with the VAH for educational offerings. The Level 2 Standards of Training Update is being finished (thanks to the leadership of Linda Thomson, Delle Jacobs, Maggie Dickens, with Eric Smith and Lane also providing feedback). With their huge knowledge base and vision, ASCH can continue to stay at the forefront of hypnosis training theory, as well as create a meaningful educational environment for our attendees. We are also focusing on building confidence in the work of each attendee and highly recommend that attendees consider joining a local CS for ongoing support in their careers.

We are working with the International Society for Hypnosis (ISH) to bring you all a joint conference of ISH and ASCH in 2024 so that you can have access to global practice ideas and theory from our international colleagues. Still working on the details of this one, so more later to come.

Our SEVEN12 Management company, under the direction of our Senior Executive, Molly Alton Mullins, has made huge inroads into needed infrastructure. Our ASCH website was revitalized and now is much easier to access, pay dues, see conferences offered (for both ASCH and the CS), track your education, access members that you would like to contact/stay in touch with. We also have added more clear information on how to become an ASCH Approved Consultant, develop your talents as a teacher for workshops, and also explore becoming a Fellow of ASCH (or nominate a candidate that you feel should have this lifetime honor from ASCH). As a testimony to the improvements, we have had a huge amount

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## UPCOMING EVENTS

- September 22, 2021**  
*Hypnosis 101 for Practitioners & Patients: Putting the Body-Mind Connection to Work*  
Public Webinar
- October 6, 2021**  
*Breaking Up Hypnosis Into Parts: A Scientific Exploration of the Multifaceted View of Hypnotic Phenomena*  
Public Webinar
- October 28-31, 2021**  
*Level 1 & Level 2 Workshops*  
Virtual (Both Sold Out)
- December 2-5, 2021**  
*Level 1, Level 2, and Advanced Workshops*  
Wyndham Orlando Resort and Conference Center

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## President's Message CONTINUED

of new member applications since March, and we welcome each and every one of you to our ASCH family and look forward to you sharing your ideas, theories, and practice methods, as well as growing with us.

Nominations for ASCH leadership are also in this newsletter. Please take the time to read the qualifications of each nominee who wishes to serve you, and vote. All of the dedicated nominees are volunteers and do so with the passion to help us continue to offer high quality hypnosis therapy available to improve the lives of all our patients/clients. If you have interest in serving on ASCH's leadership, please contact Anita Jung who is the chair of the Nominations and Elections Division.

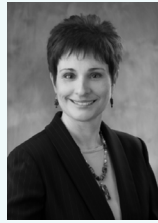
Have a look at the wonderful National Meeting being created for you next year by Dr. Joe Tramountana and his team. It will be in Jacksonville, Florida IN PERSON, at the Omni Hotel, March 3-6, 2022. You will dive into educational offerings/workshops centered around RESILIENCY IN ACTION, such an important theme given what we have all be through personally and collectively with the COVID pandemic. If you would like to teach a workshop at the conference, please go to ASCH.net, click on the ASMW conference, then submit your proposal/abstract. THIS CLOSES OCTOBER 4, so please send yours in now if you would like to share your work. Also contact Dr. Tramountana if you have a research or clinical poster to present at the Annual Meeting (ASMW).

Continue to look at your *American Journal of Clinical Hypnosis* that comes quarterly as Steve Lankton, our Editor in Chief, and his staff work hard to bring you up-to-date theory and clinical practice articles that you can utilize to enhance your own clinical or research work.

Thank you for the great work that you are all doing for your patients/clients to help them achieve better outcomes in their lives through the use of hypnosis, and for all your support of ASCH.

Much Aloha,  
Bridget S. Bongaard, MD, FACP, HCMD  
President of ASCH 2021-2022

## LETTER FROM THE EDITOR



Greetings,

I hope you are enjoying the new format of our ASCH Advisor newsletter! The SEVEN12 Management company, specifically Jason Vaughan, did a great job reformatting the newsletter and giving it a fresh new look.

Over the last couple months, I had the privilege of consulting with Jason and his team about the different aspects of the newsletter that have been important, areas that need to be updated, and suggestions for future content. Now I am excited to pass the baton to Jason and the SEVEN12 Management company to take over as editor for the newsletter. I am confident with their level of technical expertise and experience in newsletter editing, that we will continue to have a very nice professional quarterly newsletter.

I want to thank all of you who responded so generously to my call for articles and interviews throughout the time I served as the ASCH newsletter editor. It is my hope, as Jason reaches out to our membership for future content, that there will be a robust response, as this truly makes it "our" newsletter.

Thank you for the opportunity to serve.

Sincerely,

Deb Nesbitt, MSN, APRN, PMHNP, ABMH  
ASCH Newsletter Editor (one last time!)

## ABOUT THE NEWSLETTER

*The 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 ASCH Communications Manager Jason Vaughan via email to [marketing@asch.net](mailto:marketing@asch.net).

# ASCH FEATURED ARTICLE

## AN ANNOUNCEMENT ON THE 2022 ASCH ELECTIONS

### FROM THE ASCH OFFICE

**L**ater this month each ASCH member in good standing will be receiving a link to a voting ballot to elect ASCH's leadership for the 2022-2023 membership year. These leaders will assume office at the conclusion of the 2022 Annual Meeting.

**Members must have renewed their membership by September 13, 2021 in order to vote in this election.**

Emails with electronic ballots will be sent later this month through Google Forms. To ensure you receive this ballot, please make sure to verify that ASCH has your correct email address by contacting ASCH Membership Director Courtney Truelove at [ctruelove@asch.net](mailto:ctruelove@asch.net). PLEASE NOTE: All voting will be conducted via electronic ballot in 2021.

The ASCH Nominations & Elections Committee is proud to present the following slate of candidates for the 2022-2023 election:

#### President-Elect

Louis Damis

#### Secretary

David Alter, PhD, LP, ABPP, ABPH, FACHP  
Debora Nesbitt, ARNP, PMHNP, ABMH,  
ABHN 2021

#### First Member at Large Seat for Year #1

Darlene Viggiano, PhD (MFT)  
Cheryl Bemel, PhD, LP

#### First Member at Large for Year #2

Madeline Stein  
Jeff Feldman, Ph.D

#### Second Member at Large Seat for Year #1

G. Lane Wagaman, EdD  
Atousa B. Safavi MS, DDS

#### Second Member at Large Seat for Year #2

Wendy Lemke  
Maggie Dickens

### PRESIDENT-ELECT



**Louis F. Damis,  
PhD, ABPP, FASCH**

I am very honored to have been nominated for president-elect of the American Society of Clinical Hypnosis. It has

been my pleasure to be a member and active participant of ASCH for the past thirty years, and I am eager to take on a more central role as president-elect.

My involvement with ASCH began as workshop faculty in the 1990s at regional workshops and the annual meetings. Over the years, I have been the co-chair of multiple intermediate workshops and the chair of the Trauma Day workshop at the last annual as well as the approaching annual meeting. In addition, I have been among the prime reviewers for the ASCH-ERF for the past fourteen years and was recently a member of the Executive Committee as a Member at Large for Psychology.

My professional background includes being a Diplomate with the American Board of Professional Psychology as well as a Fellow of the American Academy of Clinical Health Psychology, the Biofeedback Certification International Alliance, and the American Society of Clinical Hypnosis. As a licensed psychologist, I hold ASCH Certification in Clinical Hypnosis with Consultant Status. I am a Past President of the Florida and Washington DC Societies of Clinical Hypnosis and have taught hypnosis for over 25 years for the ASCH, FSCH, and SCEH. In addition to my work with clinical hypnosis,

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I am active in the biofeedback community and serve as Treasurer for the Biofeedback Society of Florida.

I have worked extensively with developmental trauma and attachment disorders and was recently a Guest Editor for a special issue of the American Journal of Clinical Hypnosis on Hypnosis and Trauma. I am an Advisory Editor for the International Journal of Clinical and Experimental Hypnosis and have conducted research on hypnosis, trauma, persistent pain, neuropsychological functioning in medically ill individuals, aging, and psychotherapy process.

I am also a Clinical Health Psychologist who established Integrative Health Psychology, PA, in 2003 and specialize in integrating psychophysiological, mind-body, interpersonal, and experiential therapies to promote physical, emotional, and relational wellness. Moreover, I maintain a private practice along with my work as an instructor, author, and consultant.

I welcome your consideration of my candidacy for the president-elect. I look forward to bringing my diverse background and history with ASCH to this leadership role and working with so many outstanding colleagues to move ASCH forward as a premier organization for the discipline of clinical hypnosis.

## SECRETARY



**David Alter, PhD, LP,  
ABPP, ABPH, FACHP**

Thank you, members of ASCH, for the opportunity to run again for the role of Secretary on the Executive Committee of ASCH. I have served this organization in many roles over many years,

including my current role of the Chair of the ASCH Ethics Committee. Some may know me through the workshops I have presented and/or through the published papers that have appeared in our community's journal. Others I hope to get to know in the future, especially as an EC member who can be responsive to your concerns if I am afforded the privilege to run for another term.

You may reasonably ask what I bring to the table as a member of the Executive Committee. Clinical hypnosis continues to be misunderstood by too many, utilized by too few, and regarded by too many as merely a type of "therapy." Such assumptions diminish, in my view, the richness and multi-layered depth of experience that students of clinical hypnosis, regardless of their professional discipline, can bring to the interactive process of healing and change. If I am elected ASCH Secretary for another term, my overarching goal is to remain a voice that mines the potential of clinical hypnosis training that ASCH brings to our members and, through them, to the larger world, which we know is in need of "healing" at so many levels.



**Debora Nesbitt,  
ARNP, PMHNP,  
ABMH, ABHN 2021**

Thank you for this nomination and opportunity to run for Secretary.

If elected, I promise to work closely with the Executive Committee to continue building our membership base through innovative programs, support the needs of component societies, broaden membership opportunities, and increase our influence and training across healthcare professions and hypnosis or-

ganizations.

My passion for ASCH and vision for growth are based on my personal experiences. My first ASCH training was as a graduate student in 2005. In 2011, I became an Approved Consultant and shortly thereafter earned Diplomate status from the American Board of Medical Hypnosis. The training and knowledge I received from ASCH when I was new in my career laid the foundation for integrating hypnosis into my practice.

My commitment to ASCH and my leadership abilities have been demonstrated through many years of service and accomplishments on the national, regional and local levels, including:

- Chaired the Clinical Hypnosis Day Task Force (2016), resources available on ASCH website
- Co-developed Power of Words workshop, first workshop to be offered to BSN level nurses and other allied health professionals, co-chair and present this workshop at annual conferences
- ASCH secretary in 2016-17
- Masters-at-large representative from 2014-16
- Education Committee (JESC) and Engaging Emerging Professionals
- Presented at ASCH annual conferences
- Served as faculty for several Regional workshops
- Oregon Society of Clinical Hypnosis, over 10 years; president, vice-president, treasurer, intermediate hypnosis certification course director, presenter, and representative to the Board of Governors
- Founding member of the American Board of Hypnosis in Nursing; served as president and secretary

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These are exciting times for ASCH and I respectfully ask for your support and vote in this year's election for ASCH Secretary.

## FIRST MEMBER AT LARGE SEAT FOR YEAR #1



**Darlene Viggiano, PhD (MFT)**

I appreciate this nomination and potential to serve as Member-at-Large. If chosen, I commit to remaining

an ASCH member in good standing who will advocate to advance the principles of hypnosis across disciplines.

My dedication to ASCH and my mission toward the development of clinical hypnosis rest on my positive experiences with the members of the ASCH community, most particularly my mentors, living and historical. These include:

- My initial training as a doctoral student from 2006-2010 at Saybrook University under Drs. Moss, Willmarth, and Frederick
- My becoming certified and an Approved Consultant, which is currently in the renewal process
- Having earned the APA Division 30 award for Early Career Contributions in 2012
- Having presented on hypnosis-related topics at APA and SCEH annual conferences

The friendships and knowledge I gained from ASCH and Saybrook hypnosis-based relationships helped me grow to also:

- Publish articles on hypnosis
- Develop an online hypnosis course for JFK University

- Teach hypnosis in China with Dr. Stanley Krippner
- Teach hypnosis at Saybrook at the basic, intermediate, and advanced levels
- Serve on doctoral dissertation committees for hypnosis-based theses
- Help students with hypnosis-related poster presentations

My commitment to hypnosis has further included contributing to the learning of others outside Saybrook who also showed interest in becoming ASCH certified. One such ASCH member/consultant went on to achieve consultant status, as well.

There still exist more exciting ventures to continue with ASCH, and I will endeavor to offer support in that regard, should I receive enough votes in this year's election for ASCH Member-at-Large. Thank you for your consideration.



**Cheryl Bemel, PhD, LP**

What do YOU want from your Executive Committee's Member At Large representative?

Earning the Member At Large (Psychologist)

position is actually more about you as a member—than about me as your candidate—(And yes, that was a hypnotic suggestion, 'me as your candidate'!). It is dependent on who you want to represent you. ASCH is needing creative thinkers who know the organization well and who know how to listen to members. What I bring: I have served for 9 years collectively as President, Past President, and Treasurer for ASCH's Component Section, The MN Society of Clinical Hypnosis. Under my leadership, we successfully cul-

tivated new members through creative solutions, and I will offer these strategies to ASCH. Experiences that equipped me to lead well include teaching hypnosis regularly as a faculty member with 3 different organizations: ASCH, MSCH, and NPHTI (National Pediatric of Hypnosis Training Institute). You can depend on me to represent the professional practice of clinical hypnosis wearing the 'hats' of both child psychologist and adult psychologist.

Hypnosis is a 'game changer' in one's professional practice, and utilizing clinical hypnosis requires strong leadership at the helm of ASCH. As an Approved Consultant I am ready to 'step up' and lead us through a successful future. We are at a watershed as we pivot and plan trainings for younger attendees that require hybrids of virtual and in-person interactions that are dynamic and follow our ASCH Standards of Training. If you want an advocate to assist ASCH in reaching its goals and to continue in our ranking of the 'Gold Standard' in Hypnosis education, I am ready to serve. You will see me get the job done with concise precision, while bringing serious contemplation to the needs of our organization including: strategies to grow membership, communication with and between members, increasing diversity, helping all members feel welcome, and staying financially sound. I'd like to share with you what I spend my time doing professionally, as I enjoy connecting with people in both large and small settings, which is reflected in my practices: 1) Psychologist part-time in a large health care group; 2) Psychologist part-time in my own private practice; 3) Adjunct Faculty at the University of Minnesota's Dental School teaching residents and dental

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students about biopsychosocial aspects of chronic pain and the mind/body connection. Since I hope to wear the 'hat' of Member at Large as an ASCH Executive Committee member, I invite you to help me—to help you—transform my role to launch on the ASCH EC. I will appreciate your valued vote towards my candidacy.

## FIRST MEMBER AT LARGE FOR YEAR #2



**Madeline Stein**

I'm excited and honored to be selected as a candidate for the Member at Large, Master's Level position. I'm an LPC-candidate in Denver, CO where I do counseling with gifted kids and teens. At present, I am a doctoral student at Saybrook University studying Psychophysiology. I was first introduced to ASCH during my second year of graduate school. I quickly became involved with the organization as a member of the Ethics Committee, Social Media and Marketing Task Force, and the Online Learning Committee. I've also served in various capacities with multiple Component sections, including Colorado, Chicago, and the North Carolina society.

As both a student and early career professional (ECP), my passion project has been helping ASCH make itself more accessible and appealing to other students and ECPs. It's no secret that student and ECP engagement with professional organizations has been dwindling irrespective of professional affiliation. I would like to see more engagement from young professionals in ASCH. If elected for Member at Large, Master's Level, my primary objectives will be to:

1. Advocate for changes that will help

make ASCH known to students and ECPs so they feel welcomed, included, and are motivated to become engaged with ASCH earlier in their careers.

2. Collaborate with other students and ECPs to assess current program offerings' relevance to students/ ECPs.
3. Continue collaborating with established ASCH professionals in assuring that ASCH bylaws, code of conduct, and ethical standards account for issues and concerns relevant to students and pre-licensed professionals.

Thanks very much for your consideration!



**Jeff Feldman, Ph.D**

I appreciate the nomination and respectfully request that you consider me to serve on the ASCH Board as a Member at Large. While

I have not been as active in ASCH as many of the dedicated past and present Board members and officers, I have maintained over many years a primary clinical interest in hypnosis, wanting now to be of service to the organization and promote hypnosis to future generations.

My experience with hypnosis started in 1978 when following earning a Ph.D. in Clinical Psychology from Case Western Reserve University I was interning at NYU Medical Center's Bellevue Hospital. At the other end of the NYU Medical complex, at the Rusk Institute, Sidney Rosen, MD taught a weekly seminar in hypnosis. Searching for my professional identity at that time, I felt that I had found a home. I studied with Sid for two years and in 1980 worked with him and others to transform our study group into the NY Milton H. Erickson Society for

Psychotherapy and Hypnosis where I continued to learn from many for the next 10 years. As Administrative Vice President, I helped develop and teach the four course training program, organize workshops with the leaders of Ericksonian hypnosis and psychotherapy, and schedule monthly local presentations. With a growing interest in pain management, rehabilitation and health psychology, I moved from New York City to Charlotte, NC in 1989 to be the program director of an interdisciplinary pain management program. With an increasing interest in brain processes involved in pain, chronic illness, hypnosis, and other mind-body approaches, I accepted in 1999 a position at Wake Forest University School of Medicine in the Section of Neuropsychology, Department of Neurology where I now am an Associate Professor. Efforts over the years to expand the range of approaches accepted in healthcare, especially mind-body approaches, lead me to help found the Center for Integrative Medicine at Wake Forest where I served as Director for 3 years and currently serve as an Associate Director. I further have served for the past 12 years as my school's representative to the Academic Consortium for Integrative Medicine and Health where for three years I was Co-Chair of the Clinical Working Group and representative to the Board. This led to my Co-Chairing the 2018 International Congress for Integrative Medicine and Health, the largest such professional meeting to date in the field.

While my career has taken me from an interest in clinical psychology to hypnosis to pain management, to rehabilitation, neuroscience, and healthcare more broadly, I have always maintained a primary interest in hypnosis, using it clinically all these years and presenting at all of the International Congresses on Ericksonian Hypnosis and

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Psychotherapy since 1983. I appreciated Steve Lankton's invitation to become an advisory editor for the American Journal of Clinical Hypnosis, having similarly been invited to do so for the International Journal for Clinical and Experimental Hypnosis, and the journal Clinical Psychology: Science and Practice. In deciding to increase my involvement with ASCH, whether or not I am chosen to serve on the Board, I feel that I am returning home to my clinical roots. I hope that I can contribute to ASCH's efforts to promote hypnosis, increasing awareness among students and professionals of the richness and effectiveness of hypnotic approaches. These are challenging times for healthcare and specifically for hypnosis, with it increasingly eclipsed by an embrace of simplistic, protocol driven, "evidence based" treatments, the vast majority of which could greatly be enhanced through hypnotic approaches and communication. I hope that my broad range of experience with organizations and institutions other than ASCH can help provide useful perspectives to leaders who have so dutifully served ASCH and the membership at large. Thank you for your consideration of my candidacy.

## SECOND MEMBER AT LARGE SEAT FOR YEAR #1



**G. Lane Wagaman,  
EdD**

I am deeply appreciative and honored to have been nominated for the role of ASCH Executive Committee

Member at Large.

I am a licensed health services provider psychologist, specializing principally in treating patients with acute and chronic

pain, those with persistent co-morbid medical and psychological difficulties, and end-of-life concerns. I have most recently been associated with a physical medicine and rehabilitation/neurosurgery/and pain practice as well as with a large integrated behavioral health practice. Since 2000, I have also been a clinical associate professor in a family medicine residency program and a medical school as well as a credentialed allied health care provider in a general medical/surgical hospital Department of Medicine. In these roles, I have had ongoing opportunities to represent and educate about health care contributions not only of psychologists but of other health care providers trained in clinical hypnosis.

I have had significant experience in representing psychologists as a member of professional boards and organizations. I have served as president of a state psychological association, representative to the APA Council of Representatives, as a member and president of a state psychology licensing board, as a member of the Association of State and Provincial Psychology Boards, and as a member of a medical center ethics and credentialing committees.

I have been fortunate to have practiced my entire career in health care settings in which interdisciplinary integration was emphasized. This experience has been mirrored by my experience within ASCH in which all health care disciplines study, teach, learn, and demonstrate genuine appreciation for each other both personally and professionally. I have been deeply impressed, and benefited from, the open willingness, even eagerness, of ASCH members to share experience and wisdom – much as they have learned from their earlier mentors.

I attended my first ASCH regional workshop in 1980 and have been an active member of ASCH since that time and have earned Approved Consultant status. I quickly began, and continue, to consider ASCH my true professional home. I provide individual consultation for ASCH colleagues from all disciplines seeking certification or approved consultant status. I have had the privilege of being invited to teach in regional workshops and annual meetings and have co-chaired several Advanced, Level 2 and Level 1 workshop committees for ASCH Annual Scientific Meetings and Workshops and have co-presented multiple workshops in the areas of pain management and ethics. I have been a regional workshop faculty member and/or workshop chair for more than 20 years and have had the privilege for several years to serve as a member, co-chair, and current chair of the ASCH Committee for Clinical Hypnosis Education and Training committee (formerly the ASCH Regional Workshop Committee) as well as currently serving as Chair of the ASCH Education Division, ASCH Certification Committee and ASCH Teaching and Consultation Workshop. I have received the ASCH Presidential Award (2017) for contributions to ASCH educational programming, Presidential Award (2018) for leadership, service and commitment to ASCH, and ASCH Award of Merit (2017) for outstanding leadership as chair of the ASCH Education Committee, as well as other Presidential awards and Awards of Merit in 2019, 2020, and 2021.

I believe ASCH has long provided outstanding educational programs at both in-person and virtual regional workshops and annual meetings and am proud to have had opportunities to contribute to this principal ASCH education and training mission.

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I also believe that for ASCH to remain a vital organization and to grow both in membership and programs, emphasis on integration of clinical hypnosis into health care should include increased efforts to tailor, as much as possible, clinical hypnosis training to specific discipline interests and practices of health care providers.

I hope I have been able to convey my commitment to, and passion for, ASCH and our missions, as well as my experience that has prepared me to continue to be an effective contributor and leader in important areas. I have a demonstrated history of advocacy for psychology and clinical hypnosis as well as effective leadership in furthering health care cooperation and integration.

I would sincerely appreciate your vote as well as the opportunity to serve ASCH and our members in the role as Member at Large to continue to help move the American Society of Clinical Hypnosis forward, and to give back to others as my mentors in ASCH have given to me.

Thank you for your kind consideration.



**Atousa B. Safavi MS, DDS**

I want to thank the nominating committee members for submitting my name for ASCH members' consideration of my candidacy as the incoming ASCH Dental Representative. I have served ASCH in regional teaching committee role.

I currently work as a General Dentist in my private practice, Clermont Dental, and as a part-time adjunct faculty at Colorado University School of Dental Medicine in Denver. I have been in the field of dentistry since 1989. I began my journey in learning about hypnosis with self-hypnosis and lat-

er implemented it into my practice. One of my passions is to bring awareness to dentist and dental students about the gift that clinical hypnosis is and the importance of having clinical hypnosis as one of the tools for patient management.

As an ASCH Dental Representative, I look forward to continuing to bring my background and experience in Dentistry and clinical Research to my role as one of your EC representatives. I want to continue working to bring to a larger professional and lay audience greater awareness of the health-promoting and healing potential that clinical hypnosis brings to whatever professional discipline or therapeutic orientation shows the wisdom to incorporate clinical hypnosis into the processes that are utilized to effect positive change for patients and clinician alike.

## SECOND MEMBER AT LARGE SEAT FOR YEAR #2



**Wendy Lemke**

I am honored to be nominated for the Member at Large position and would be delighted to serve if elected again. Besides serving two terms as past Vice President, I have previously served as the Masters representative, and as a secretary, thus I'm aware of the commitment and passion that exists within our organization as well as some of the difficult challenges we face especially as we move in to a new era of telehealth and online-learning.

In addition to my prior service to the E.C., I had the privilege of serving as chair of the membership committee for several years as well as a liaison to

the International Society for the Study of Trauma and Dissociation (ISSTD). I was instrumental in bringing clinical hypnosis training to ISSTD and am delighted that it has continued for several years now. I was honored to receive an Award of Merit for these efforts in 2010. If nominated, it is my hope to continue to promote membership growth as well as contribute to the ongoing operations of our remarkable society.

Along with my passion for clinical hypnosis, I am passionate about Ego State Therapy and educating others on this approach, which provides more opportunities to promote clinical hypnosis training and the benefits of ASCH.

I'm a certified ASCH consultant and have taught for all levels of trainings at our regional and annual conferences as well as independent trainings. I also have been delighted and blessed with opportunities to educate others on clinical hypnosis, not only in America but Australia, U.K., Canada, and Japan.

I have a clinical and consulting practice in St. Cloud, MN. My other professional activities include: teaching professional workshops, providing consultation services, as well as publishing endeavors.

Now more than ever, we have opportunities to really see and help ASCH flourish with online training, a new management company, and increasing interest in the modality of hypnosis being utilized in areas such as pain management, pediatrics, and the field of trauma. I hope to find ways and support ASCH in bringing a new vitality to our remarkable organization. Thanks for considering me as a candidate. If elected, I will do my best to serve and promote the mission of ASCH.

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### Maggie Dickens

Maggie Dickens, MS, LPCS, LCDC is a professional counselor and Confidence & Mindset Coach based in Houston, Texas. Her

work, based in values identification, inner strength building, and core beliefs, is enhanced through her knowledge in clinical hypnosis. She works with clients throughout the country via telehealth platforms and is a long time advocate for the distance support model. Maggie's work with supporting women as they break the glass ceilings in their lives led to the creation of her flagship program: "Transcend the expected: Rebelling against the status quo and creating the life you crave!" Maggie is also the host of the YouTube channel "All.The.Feels." and Podcast of the same name. She holds a MS in Substance Abuse and Clinical Counseling & a MS in Rehabilitation and Career Counseling. She earned both degrees at East Carolina University in her home state of North Carolina.

Maggie is currently on the Texas Counselor Association's By-Laws Committee and is a subject matter expert on counseling those with Chronic Pain and Substance Use Disorders throughout the nation. With previous speaking engagements at the following national conferences: Employee Assistance Professionals Association (EAPA), American Society of Addiction Medicine (ASAM), Texas Association of Addiction Professionals (TAAP), and several major hospital systems in Houston, TX. Her reputation for being engaging while also informative has led to additional speaking opportunities including with one of region's largest Women's Empowerment Support Groups.

Maggie has been heavily involved in and gained certification with the American Society of Clinical Hypnosis (ASCH). She currently is a core faculty member for 3-4 ASCH trainings each year and serves on several committees including: Clinical Hypnosis Education and Training (CHET), Levels I & II Standards of Training Revision Committee, & 2018-2022 Annual Scientific Meetings and Workshops (ASMW). Maggie was elected Master at Large for the 2021-2022 ASCH Executive Committee and currently sits as chair of the Membership Committee. She was also involved with the ASCH Mentoring & Outreach Taskforce in 2016-2017. In recent years, Maggie has begun acting as a core faculty for ASCH component section Level I and II workshops in the US and Canada.

Over the course of her tenor with ASCH, she has blended her personality with her knowledge and the history of the organization to promote a healthy growth of new membership and diverse engagement of the members at large. Her commitment to the growth and sustainability of ASCH, and the organizations close with ASCH, is evident far beyond her involvement in the committees and taskforces listed above. She is also contributing to many of the technological advancements ASCH has made in recent years. Maggie brings her knowledge of social media, telehealth, small business marketing, and use of video education in a way that both supports the long-standing mission of ASCH and propels the organization toward a greater impact.

**ABSTRACT  
SUBMISSIONS  
NOW OPEN**

**FOR THE**

# Annual Scientific Meeting & Workshops (ASMW)

**Submission Deadline:**

**Oct. 4, 2021**

**Visit [asch.net/asmw](https://asch.net/asmw)  
for consideration.**

# COMPONENT SECTION **INFOCUS**

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

The past few months have been busy and exciting. As summer transitions into fall, we continue to have a lot going on. In the last newsletter I mentioned the efforts going on to develop increased collaboration with ASCH and ASCH Component Societies. I hope you have all been keeping up on the developments because they are wonderful and exciting. If you have not yet checked out the new ASCH website, please poke around on it. For the first time since I've been a member there is a joint calendar of training events for ASCH and ASCH Component Societies. We now have one common place to find out what trainings are happening. Additionally, the joint calendar allows us to consider date conflicts in our planning of events so we can all support each other's events.

In June we held a Component Society Leadership Town Hall meeting to begin conversations with Component Society Presidents to gather feedback and thoughts to consider as we move forward with our collaborative evolution in our relationships with each other, our societies and ASCH. Current ASCH President, Bridget Bonngaard, MD, and a few other ASCH leaders joined us at the meeting. We had a great conversation. There were many ideas and considerations born out of the Town Hall.

I personally have spent a lot of time pondering our next steps which resulted in a survey to gather details specific to each Component Society's needs and interests. The survey went live at the end of August. Each Component Society President was

asked to complete a series of questions in the areas of: Educational Workshops & Training, Administrative Functions, Marketing & Promotion and provide some general information. I am thrilled and thankful to the 15 Presidents who took the time to complete the survey and a little disappointed to report we did not hear from five of the Components. The information gathered from the survey will be used for planning next steps and initiatives to further our societies and collaboration with ASCH.

One of the general information questions on the survey was asking for names of Component Society members interested in working on the development of the initiatives related to the survey data. Please let me know if you would like to get involved in these initiative workgroups.

Warm Regards,

Debbie Benschung, LCSW  
ASCH Component Section  
Committee Chair  
debbsweb@gmail.com

## 64th Annual Scientific Meeting & Workshops

# RESILIENCY IN ACTION: TEACHING AND PRACTICING COPING SKILLS

March 3-6, 2022 • Omni Jacksonville Hotel • Jacksonville, FL

SAVE  
THE  
DATE

Registration Opens the Week of November 1, 2021.



## NEW MEMBERS, CERTIFICANTS, & APPROVED CONSULTANTS (AS OF 6/1/2021)

### NEW MEMBERS

**Pippa Abston**  
Associate

**Nina Aniskevich, LCSW**  
Associate

**Rebecca Berman, MA, BM, BCh,  
FRCA, FPPMRC, BSCAH**  
International Member

**Catherine Brodeur, PsyD**  
Full Member

**Herlly Camacho, ARNP**  
Associate

**Amy Choi, Ph.D.**  
Associate

**Laurie Clair, PA-C, MSPA**  
Associate

**Tania Coiner, PhD**  
Associate

**Gerald Crete, PhD, LPC, LMFT**  
Associate

**Caroline Dennis, LMSW, LPC,  
LPCS, LMFT**  
Full Member

**Tiffany Duffing, PhD**  
Full Member

**Rochelle Epstein, LCSW**  
Full Member

**Chris Falkenstein, LCSW**  
Associate

**Caitlin Fey, MA**  
Full Member

**Joshua Goldman, LCSW**  
Associate

**Juanita Harb, PhD**  
Associate

**Sean Hirt**  
Associate

**Teresa Hughes, DDS**  
Full Member

**Trent Hughes, LPC-MHSP**  
Full Member

**Dunn Kenaani**  
Student Affiliate Member

**Jeffrey Kinderdietz, PhD**  
Full Member

**Anna Knakkegaard, MD**  
International Member

**Carol Lewis, PhD, MPH**  
Associate

**Stacey Lowentritt, LCSW-BACS**  
Associate

**Carron Maclean, LPC**  
Full Member

**Arti Madhavan, MD**  
Associate

**Joerg Marxen, Dipl Psych**  
Member Type

**Ernest Miller, MS, LPC, SAC, CH**  
Associate

**Steven Minter, PsyD**  
Full Member

**Zelik Mintz, LCSW**  
Full Member

**Alfred Miramontes, PhD**  
Associate

**Daniel Molina, MD**  
Associate

**Angelica Monteverde**  
Associate

**Thomas Mraz**  
Full Member

**Sidney Nesbitt, MD, FRCPC**  
Full Member

**Helen Nguyen, MBBS BMEDS**  
International Member

**Michelle Nicholas, LCSW**  
Full Member

**Carmen Pepicelli, LMHC**  
Full Member

**Mary Pinkerton Stelter, MS**  
Student Affiliate Member

**Susan Polese**  
Associate

**Jesse Regnier, PsyD, LP**  
Associate

**Constance Ridgway**  
Associate

**Avi Sanders**  
Associate

**Ronen Shechter, MD**  
Associate

**Bennett Solberg, LGPC, NCC**  
Associate

**Dora Soublis**  
Associate

**Debra Taylor, M.A., LMFT**  
Full Member

**Nathan Wagner, PsyD**  
Associate

**David Weber, LMSW**  
Associate

**Graham Wiest, PsyD**  
Resident/Intern

**Pamela Winkler, PhD**  
Full Member

**Kathryn Witzeman, MD**  
Full Member

**Patricia Yancey**  
Associate

**Hiro Koo Kian Yong, MS**  
Full Member

### NEWLY APPROVED CERTIFICANTS

**Regina Colangelo, LCSW**

**Andrea Dughoff, PhD**

**Heather Ferguson, LCSW**

**Lauren Goldsmith, PhD**

**Zelik Mintz, LCSW**

**Mike Rankin, LMFT**

**Carrie Torrey, PhD**

**Christopher Webster, LMFT**

## 2021 ASCH Executive Committee

### PRESIDENT

Bridget S. Bongaard, MD, FACP, HCMD

### PRESIDENT-ELECT

Joseph Tramontana, PhD

### TREASURER

John Hall, PhD

### SECRETARY

David Alter, PhD, ABPP, ABPH

### MEMBER AT LARGE

Atousa Safavi, DDS, MSCR

### MEMBER AT LARGE

Cheryl Beighle, MD

### MEMBER AT LARGE

Mary Wells, PhD

### MEMBER AT LARGE

Maggie Dickens, MS, LPC, LCDC

### IMMEDIATE PAST PRESIDENT

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

### ASCH-ERF CHAIR

Philip D. Shenefelt, MD, ABMH

### BOARD OF GOVERNORS, MODERATOR

Linda Thomson, ABMH, MSN, CPNP

### EXECUTIVE DIRECTOR

Molly Alton Mullins

## ASCH ADVISOR NEWSLETTER

### EDITOR

Deb Nesbitt

### COMMUNICATIONS MANAGER

Jason Vaughan  
marketing@asch.net

## ASCH-ERF Clinical Workshops

The American Society of Clinical Hypnosis-Education and Research Foundation (ASCH-ERF) sponsors three levels of instruction through its professional training in clinical hypnosis. These workshops are held four to six times a year. ASCH-ERF makes every effort to hold workshops in all regions of the United States.

The Level 1 workshop, the first part of a series in the certification program for clinical hypnosis, is intended for licensed health professionals, including physicians, nurses, psychologists, dentists, counselors, social workers, and those in related fields. This training is a requirement of full ASCH membership.

Level 2 workshops focus on strengthening skills, strategies, and applications of clinical hypnosis. Level 1 taught "how to" do clinical hypnosis, and Level 2 builds on this skill set and refines and furthers development to add the when, why, and where to the "how to."

Advanced level workshops build upon the curricula from Levels 1 and 2; recent workshops have focused on behavioral medicine, health psychology, hypnosis and pediatrics, and mind-body medicine.

Session capacities are purposefully set low to ensure participants are given the opportunity for active participation and provided the required attention and oversight by faculty (especially in small group activities). Advanced level workshop capacity varies depending on topic.

Training is 21.5 hours in length and is eligible for continuing education credit. Virtual workshops typically start each day at 12:30 pm ET and end between 5:30 and 7:00 pm. In-person workshops typically begin on Thursday at 6:30 pm (local time) and end on Sunday at noon.

### Advanced Level Workshop Details

#### Hypnosis for Treatment of Trauma, Attachment, and Dissociation

The incidence of trauma and neglect is very high across a wide range of mental disorders presenting for counseling and psychotherapy. In addition to the trauma-specific conditions of PTSD and dissociation, childhood abuse, neglect, and parental dysfunction, as well as adult experiences of intimate partner violence and combat often underlie or contribute to depression, anxiety, substance abuse, eating disorders, interpersonal difficulties, and personality disorders.

This workshop will present a phase-oriented approach to the treatment of trauma, neglect, attachment, and dissociation, with an emphasis on instilling the necessary client capacities to process and resolve adverse childhood and other trauma-related experiences effectively. In addition, it will provide sufficient information for participants new to the advanced workshops as well as more senior practitioners looking for specialized training in trauma, attachment, and dissociative disorder applications.

## UPCOMING WORKSHOPS

### October 28–31, 2021

Level 1 and Level 2 Workshops (Virtual)

*Workshops take place simultaneously*

### December 2–5, 2021

Level 1, Level 2, and Advanced Workshops

Wyndham Orlando Resort and Conference Center  
3011 Maingate Lane  
Kissimmee, Florida

TO REGISTER FOR WORKSHOPS, VISIT  
[www.asch.net/education/regionalworkshops](http://www.asch.net/education/regionalworkshops)

## DONATIONS TO ASCH-ERF (7/1/2020 - 6/30/2021)

### ASCH-ERF SCHOLARSHIPS

ASCH-ERF manages two scholarship funds for students at the present time, namely:

- 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 donate to either of these programs, please contact [education@asch.net](mailto:education@asch.net) or visit [asch.net/scholarship](http://asch.net/scholarship).**

### THANK YOU TO ALL WHO HAVE DONATED TO THE ASCH-ERF SCHOLARSHIP FUNDS

We are thankful for the many individuals who have donated funds in support of student training in hypnosis. It's because of the generosity of our donors that ASCH is able to provide scholarships to students seeking professional training in the clinical practice of hypnosis.

Your contribution allows students to attend ASCH-ERF programming throughout the year.

**Total Received: \$2,695**

### ABOUT THE SCHOLARSHIPS

#### The Mutter Scholarship

The Mutter Scholarship Fund for early-career professional training (Mutter Fund), is designed to offset the registration fee for an ASCH sponsored or approved Level 1 and Level 2 Clinical Hypnosis Workshop.

#### Betty Alice Erickson & Kay Thompson Student Scholarship

This annual scholarship is founded in memory of Betty Alice Erickson, LPC, LMFT, and Kay Thompson, DDS., two strong, compassionate, brilliant women who contributed mightily to the field of hypnosis. Both were generous of spirit and gave time and expertise encouraging students to pursue hypnosis training. They also gave back over the years by contributing part or all of their honorariums to help fund student scholarships.

Scholarship funds are awarded to full-time students enrolled in a graduate program that meets ASCH membership criteria. These funds will cover the registration fee for attending a Level 1 or Level 2 Workshop held in conjunction with the Annual Scientific Workshop & Meeting (ASWM).

**Eligibility criteria, application deadlines, and award notification information for ASCH-ERF Scholarships can be found online at [asch.net/scholarship](http://asch.net/scholarship).**