



NEWSLETTER

From the Virtual Desk of the President....

Greetings ASCH Colleagues,



By now, many of us have found our flow in occupying this world in a new way during the Covid-19 pandemic. Daily, I find gratitude and true joy as my office has not been confined to any one location and rather has become more fluid in its various locations. The year of 2020 has definitely called us to a new challenge in which, at times, we may find ourselves waiting to go on; at other times, submitting to our confinement and then, emerging again and again to witness the courage and compassion of others and the opportunities that we have encountered and created.

One of those opportunities included moving our training and regional workshops 100% online for now. Offering webinars was actually not something completely new to ASCH as our Distance Learning Task Force has offered online training since 2012. On that note, I applaud Lane Wagaman, Atousa Safavi, Linda Thomson, Delle Jacobs, Maggie Dickens, and Eric Smith for developing the first virtual pilot of the Basic Workshop, offering an intimate Fundamentals of Hypnosis training, that ended up being highly successful. The feedback and learning of the participants were phenomenal.

Our first virtual ASCH Annual Meeting and Scientific Workshops begins in the early hours of August 20th, 2020 with a PRE-CONFERENCE METAPHOR/STORIESWORKSHOP FOR CHANGE by Bill O' Hanlon, LMFT. Did you know that he has written 39 books and that he is a musician as well? We are honored to have him present for us and to delight us with a virtual concert on Saturday evening.

Gabor Filo, DDS, ABHD will be with us from Canada and will kick off the ASMW with a most exciting keynote titled: Ecstatic Trance - From the Campfire to the Clinic. Dr. Filo will assist us in climbing the axis mundi, the world tree, as we participate in the Shaman's Journey. Exciting!

ISH President Bernhard Trenkle's Plenary talk will take place in Polen and will highlight TIME DISTORTION TECHNIQUES IN MENTAL TRAINING, MEDICAL TREATMENTS AND STUTTERING THERAPY. One most enticing aspect of this multi-media plenary will highlight his hypnotic work in a flight simulator to prepare Dr. Bertrand Piccard for his flight around the globe in a solar plane. Fasten your seatbelt!

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Letter from the President (continued)

In addition, ASCH's very own Editor in Chief of the *American Journal of Clinical Hypnosis* Stephen Lankton, LCSW, DAHB, FASCH will deliver an exciting plenary on EXPERIENTIAL RESOURCES, STATES OF CONSCIOUSNESS, CREATIVITY, AND HYPNOSIS. He will help us dispel conflicts and myths regarding how one might self identify as Ericksonian based on Milton H. Erickson's true writings and teaching.

In addition to all of the plenary speakers there will be an all-star line up of Advanced Workshop Presenters illuminating the theme of: IGNITING THE FIRE – NUANCES OF CREATIVITY AND FLOW IN HYPNOTIC APPLICATIONS. The advanced workshops highlight specific protocols and individualized approaches integrating hypnosis with psychotherapy and with your medical or surgical practice. As the ASCH President I am proud to be part of a team of dedicated scholars in hypnosis to continue training licensed individuals in the medical and mental health care field who incorporate hypnosis while utilizing their current skills, expertise, and theoretical models to resolve symptoms and the root cause of symptoms, now even virtually.

Additionally, we will also feature our usual intimate online INTERMEDIATE TRAINING with small group practices, demonstrations, and lectures facilitated by Louis Damis, PhD, ABPP and Akira Otani, EdD, ABPH. The Intermediate Training serves as a deepening and advancement of your skills that you have learned in the Basic Fundamental course. We have also made room to feature the in-depth two day TEACHING AND CONSULTATION WORKSHOP facilitated by Holly Forester Miller, PhD and Lane Wagaman, MD; an important training that is required to become an Approved Consultant.

In the evening, you will also have the opportunity to meet and interact with the presenters who have written books on hypnosis and other topics during the author's hour. Additionally, you can mingle with your peers during a special and exciting social hour. Our team has worked diligently to provide an inspiring experience, to make it hospitable, exciting, energizing and comfortable as we are emerging from the confines of this contagion. We hope that you will make invitations to others to join our first virtual annual meeting and enhance the experience with your presence.

As my motto continues: Live and Learn!

I am looking forward to seeing you in the virtual world.

Anita

Letter from the Editor



Welcome to the Summer ASCH Newsletter,
Welcome to the mid-summers issue of the ASCH Newsletter. We hope you are weathering the summer safely as hot temperatures and excessive weather patterns move through the country. While many of our travel plans have been put on the back burner, at least you can still attend the first ever virtual ASCH Annual Conference, August 20-23, 2020. Registration is open with many great topics and speakers to choose from. Be sure to invite your colleagues to check it out on the ASCH website. This might be their first opportunity to learn more about hypnosis.

This month in the Clinician's Corner, we are honored to feature Mark Weisman, Ph.D., ABPP, FASCH and Dan Handel, MD. Thank you to both clinicians for sharing some of their experience, wisdom, resources, and techniques.

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. If you have an article or hypnosis script you would like to submit to be considered for inclusion in a future ASCH newsletter, we would love for you to send it. Just email 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 and healthy!

Sincerely,
Deb Nesbitt, APRN, PMHNP
ASCH Newsletter Editor

CLINICAL

ORNER

Welcome to the Clinicians Corner. This year we will feature interviews from experienced clinicians who have used hypnosis for a variety of topics in many different health care settings. Many thanks to these professionals for being willing to share some of their best tips, techniques, and advise. We hope you enjoy and benefit from these interviews.

Name (include professional initials):

Dan Handel M.D.

Professional discipline:

DH: Medical Doctor; Hospice and Palliative Medicine, Family Practice

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

DH: 35 years or so

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.)

DH: I found hypnosis and waking suggestion particularly helpful when helping patients who are experiencing procedural pain or acute pain. Motivation is commonly high, and one's major task is often to aid the associated anxiety while rapidly building rapport and offering guiding suggestions to build positive expectancy. During my initial hypnotic interventions, I found that my personal insecurities proved a significant liability, and mentors reinforced the importance of 'lending confidence' to patients in such situations through rapport and suggestions that reinforce confidence, build step-wise psychophysiological change, and offer opportunities to teach ideosensory hypnotic phenomena.

As my experience deepened and with more training, I learned that suggestions can be woven into introductory remarks, teaching, and history taking; and these can be amplified and augmented during induction suggestions and deepening of trance. I noticed that masterful hypnotic demonstrations often involved weaving suggestion throughout the session, with purposeful building towards the desired lesson. For example, Kay Thompson's demonstrations of hypnotic analgesia were replete with suggestions during history taking and introduction to hypnosis, woven seamlessly into outwardly apparent speech, to set positive expectancy, clarify goals, and guide awareness of sensation and control that are later amplified during trance work. At some point this apparent conversation morphed into a series of hypnotic suggestions, sprinkled liberally with ego strengthening suggestions and suggestions for future growth and mastery.

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

DH: See above

How does this differ with your treatment process today?

DH: My career has been guided by excellent teachers, sprinkled in just the correct fashion into the decades of practice, such that I continue to work towards mastery of these same tenets. That is, to be fully present with each patient so as to understand and capture the essence of their problems and their strengths, and then to assist their building of belief in their innate abilities, and pathways to building of sequential alterations in beliefs, behaviors, and feelings to achieve that change.

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

DH: I strongly encourage each of us to pause before each encounter to 'gather yourself' into full presence, and to work dutifully to learn through the patient's behavior and language how the world is experienced, their beliefs and attitudes that result in a 'stance' towards pain or any presenting problem.

I also suggest for any of us that feel stuck into a 'rut' in their style of hypnotic technique, to write out a series of suggestions for a given situation, particularly one that captures the patient's language.



Name (include professional initials):

Mark B. Weisberg, Ph.D., ABPP,
FASCH



Professional discipline:

MW: Clinical Health Psychologist/
Clinician/Teacher-Trainer/Author

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

MW: I have been using clinical hypnosis in practice since my first hypnosis training (Minnesota Society of Clinical Hypnosis introductory workshop) in 1985. Since my area of interest/specialty is a combination of integrative medicine/pain medicine/depth-oriented psychotherapy, hypnosis immediately excited me with its breadth of potential applications

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.)

MW: Applications in chronic and acute pain, chronic medical conditions (including those that have been refractory to previous approaches), preparation for surgery and invasive procedures, digestive disorders, anxiety and trauma.

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

MW: Like many practitioners who are new to clinical hypnosis, I first referred often to Cory Hammond's "Big Red Book". On occasion, I would use a verbatim script that was listed in that book. However, it quickly became apparent to me that part of the power of hypnosis came from applying what you know about an individual patient and utilizing the particular qualities of synergy in your therapeutic relationship with that patient in the trance experience. As a result, I dropped the scripts and worked instead on developing my "metaphor muscles" to apply individually to each patient. I was also influenced by Paul Watzlawick's work on the nature of change and use of paradox to help otherwise "resistant" patients to feel understood and joined.

How does this differ with your treatment process today?

MW: My therapeutic approach has hopefully broadened and deepened since the early days of my practice. There have been so many wonderful teachers in ASCH that I still feel grateful to be learning from. More than I can fully list here. But I will name a few. A core interest of mine is the

interface between neurophysiology and psychodynamics. As a result, I have been particularly inspired by the writings/teachings of 2 of our wonderful teachers, Dr Daniel Brown and Dr Elgan Baker. Additionally, the writings and teachings of Dr Ernest Rossi were particularly important for me, integrating hypnosis with the latest findings from the field of psychoneuroimmunology. In general, I find that now (compared with earlier in my career), I am much more likely to use hypnosis in a spontaneous way, often in shorter hypnotic episodes with patients, and feeling more confident in the power of less words and more silence during a hypnotic intervention. As I think of it, quite similar to how an experienced jazz musician might approach a solo, compared to a newer player.

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

MW: To a new professional I would offer a few suggestions. First, remember that it's the patient's hypnotic experience, not yours. As you remember this, you will work less hard, enjoy the work more, and spend more effort observing and listening carefully. When you attend well to the therapeutic relationship, hypnosis is a more resilient and "forgiving" process – you can make mistakes and still achieve a very positive outcome. If (like many clinicians in the ASCH membership) you are interested in integrative/mind-body medicine, make sure that you stay informed and curious. Read and learn broadly. In other words, stay informed about not only the literature in your particular field, but also in the areas of neurophysiology, anatomy, physical therapy, genetics, systems, even interpersonal neurobiology. And, remember that it is a wonderful privilege to be engaged so meaningfully in the lives of our patients.

What book or article influenced your hypnotic work in this area that you would you recommend?

MW: To name a few: *The Psychobiology of Mind-Body Healing* by Ernest Rossi (an oldie but a classic), *In Search of Memory* by Eric Kandel, *Hypnotherapy and Hypnoanalysis* (Daniel Brown and Erika Fromm), *The Psychological Birth of the Human Infant* by M. Mahler, F. Pine, and A. Bergman, and *The Neuroscience of Human Relationships: Attachment and the Developing Social Brain* by Louis Cozolino.

In Memory of Dabney Ewin

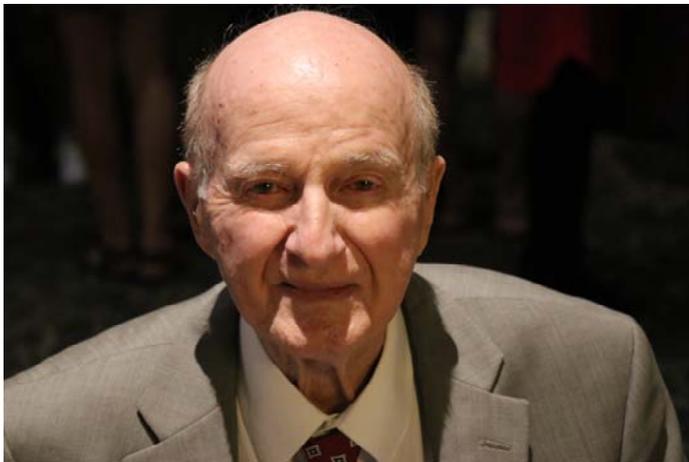


Photo courtesy of Eric Willmarth

Dabney M. Ewin MD FASC was the only person I have ever known to be boarded in both surgery and psychiatry. He was a brilliant mind that integrated the very breath of human care in extremis. He healed equally with word and scalpel integrating the mind and body, long before it was as fashionable as the fedora he wore while tap dancing on a New Orleans floor. His psychosurgery included the use of ideomotor signaling initiated from the pioneer work of Obstetrician- Gynecologist David Cheek MD. In a Memoriam article published in the American Journal of Clinical Hypnosis 39:1 July 1996 Dr Ewin made note of his mentor and friend. “Dave always had a curious and open mind. ... He was a pioneer, a doctor’s

doctor and a wonderful teacher. His cheery smile and warm and caring personality will be missed by all who knew and worked with him”. The exact same is to be said of Dabney.

Dabney Minor Ewin was born in New Orleans on Dec. 7, 1925. In 1943 he majored in engineering at Tulane University. In 1945 he was commissioned in the Navy and served as an anti-aircraft gunnery officer aboard the cruiser Columbia in the Atlantic Ocean. After the war he enrolled in Tulane’s School of Medicine. For 35 years, Dabney was a partner in a medical group that provided occupational health to offshore oil rigs. After treating burns with hypnosis, he came to the realization how much power the mind held in healing. Dabney worked diligently to legitimize the use and demonstrate the benefit of hypnosis in medical conditions especially at LSU and Tulane. Tulane Medical School established an annual lectureship in hypnosis, which bears his name. He was a past president of the American Society of Clinical Hypnosis and the American Board of Medical Hypnosis as well as an active member in the International Society of Hypnosis. In 1994 Dabney was named a distinguished visiting professor by the Royal Society of Medicine in London.

Among Dabney’s many publications, two stand out. At one ASCH meeting he handed me a small pile of papers and asked if anyone might find these of value, not sure if his stories were too campy. This was about half of what would turn out to be the book “101 Things I Wish I’d Known When I Started Using Hypnosis” a must-read book filled with muses and stories of his professional life, seen through the prism of hypnosis, where he embodied the art of medicine first in his occupational medicine career and later in psychiatry care. This is a book not only about the use of hypnosis in medicine and the training of doctors, the holism in medical thought, and the doctor-patient relationship; but also, about humanity in a way only Dabney could embody.

I had the good fortune of spending a fall weekend in Chapel Hill with him as he lectured on hypnoanalysis. Dabney was our mentor on the topic ideomotor signals and rapid hypnoanalysis. With Bruce Eimer PhD he wrote Ideomotor Signals for Rapid Hypnoanalysis: A How-to Manual which provides the step by step way to carry out what is no less than a psychosurgical procedure of analysis and treatment for vexing conditions. This tool, hypnoanalysis, holds carefully crafted words to the mind as the scalpel to the body for this surgeon-psychiatrist. He was a true integrated physician before this specialty in medicine existed.

Dabney never retired. At 90 I had the even greater fortune of teaching the intermediate course in St Louis

In Memory of Dabney Ewin (continued)

with both Akira Otani and Dabney. He stayed with the class throughout the meeting providing a wealth of experience but also ever the student he listened to new lectures with equal intent. He often provided the list serve with great wisdom especially on clinical cases. He was always free with his sage advice. At 93, he delivered the keynote address at the annual meeting of the American Society of Clinical Hypnosis in San Antonio. In my mind I still hear him in his magnificent Louisiana drawl, “If you change a thought you change a disease”.

He died June 24 at his daughter Leila’s home in New Orleans “very peacefully with no pain or problem ...just an old ticker” she said. He was 94.

This article was submitted to the ASCH Newsletter by Joseph Zastrow, MD.

COMPONENT SECTION

ORNER

Oregon Society of Clinical Hypnosis Distance Learning Workshop

Program Name: Healing the Wounds of Development: Attachment Theory & Hypnosis, An Integrated Approach to Psychotherapeutic Treatment

Program Dates: October 17 & 18, 2020

Location: Online Distance Learning from the Comfort of your home

Presenter: Eric Spiegel, Ph. D., ASCH Fellow and ASCH Approved Consultant

Continuing Education Credits: ASCH has approved this program for 11 advanced continuing education hours.

OSCH is thrilled to have Dr. Spiegel present to our members. Due to the ongoing health pandemic we have shifted to a distance-learning platform for this October event. Please save the date and join us for our fall advanced training workshop in clinical hypnosis. In this workshop, we will consider the role that hypnosis can play in a relationally attuned therapeutic relationship towards facilitating attachment repair in patient/clients with developmental arrests such as affect dysregulation, lack of identity formation, boundary difficulties, etc.

The OSCH board has agreed to extend OSCH member pricing of \$150 to all current ASCH and component members.

For additional information, registration and please visit the www.oregonhypnosis.org educational events page.

Regards,
Debbie Benschung, LCSW
ASCH Approved Consultant
OSCH President

2021-2022 ASCH Elections

2020 ASCH Executive Committee

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FAPA

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Vacant

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Executive Vice President

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This September, each ASCH member will be receiving a ballot to elect the Executive Committee for the 2021-2022 membership year. These officers will assume office at the conclusion of the 2020 Annual Meeting.

Members must renew their membership by September 7, 2020 in order to vote in this election.

E-mails with electronic ballots will be sent out to the membership by September 15th using Simply Voting, the same voting mechanism that was used last year. To ensure that you receive this ballot, please make sure to verify that ASCH has your correct e-mail address before this time. If you have elected to receive a paper ballot, one will be sent to you in the same time frame. **All ballots must be submitted electronically or postmarked by October 31, 2020.**

The ASCH Nominations & Elections Committee is proud to present the following slate of candidates for the 2021-2022 election:

President-Elect:	Joseph Tramontana, PhD
Treasurer*:	John Hall, PhD, ABPP Mary Pratt Miller, PhD
Member at Large-Dentistry:	Atousa Safavi, DDS
Member at Large-Masters Level:	Maggie Dickens, MS Debbie Benschung, LCSW
Member at Large-Medicine:	Ralph Berberich, MD Cheryl Beighle, MD
Member at Large-Psychology:	Ayelet Silberberg, PhD Mary Wells, PhD

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

President–Elect

Joseph Tramontana, PhD



It is a great honor to be nominated for this leadership position in ASCH. I served as Secretary for ASCH in 2017/2018, and was granted Fellowship status in 2018. I served as President of the New Orleans Society of Clinical Hypnosis (NOSCH) for 5 years and NOSCH's

representative to the Board of Governors for several years.

After using hypnotic techniques and strategies in my practice since my first ASCH Workshop (1978), I decided it time to start giving back, so presented advanced workshops at ASCH and SCEH on “Hypnotically Enhanced Treatment for Addictions,” “Sports Hypnosis,” and “Hypnotically Enhanced Psychotherapy.” These first two topics were also the subject of the two books I authored, published by Crown (2009, 2011). I also presented at the ISH meeting (Montreal, August 2018) and a 2-day workshop on Addictions to the Canadian Federation of Clinical Hypnosis (Banff, CA, 2019).

In 2019 I served as Advanced Workshop Co-chair for the SCEH meeting in New Orleans, and presented on “Hypnosis for Addictions during the Opioid Crisis” and chaired a workshop on “Pain Management” in which Dave Patterson, our dearly departed Dabney Ewin, and I were co-presenters.

For 5 years I was in leadership positions with the Louisiana Psychological Association and now 3 on the Board of Directors of Southern Pain Society.

I grew up in New Orleans, received my BA in Psychology from LSU, New Orleans, and Masters’ and PhD in Psychology from the University of Mississippi. Early in my career, I was Director of a 7-county MHC in North Mississippi for 3 years, and then Director of Special Grant Programs/ Services at Gulf Coast MHC; then full-time private practice. In 1998 I moved home (New Orleans) but was displaced to Baton Rouge in

President–Elect (continued)

2005 by Hurricane Katrina. I had offices in Baton Rouge and Metairie plus 2 Saturdays in Pass Christian, MS. I am now back in New Orleans, although continuing my Baton Rouge office part time. One good thing for me about this pandemic is it taught me to slow down a little. I only do telemedicine now with MS clients, and no longer work on Fridays. Life is good!

I have two children and 6 grandchildren. Jim, a Radiologist/ Chief of Staff, lives in Knoxville, TN. Jody lives in Lafayette, LA, is an LCSW, ASCH trained, and she is Secretary of NOSCH.

Hobbies included running and coaching marathon teams for Leukemia/Lymphoma Society. Marathons were in great locations (Disney, San Diego, Bermuda, Maui). After quitting running, I continued with my third favorite, travel. Others include sports (MY New Orleans Saints), fine dining, and writing. My third book “Self-Hypnosis Training for improving Golf Peak Performance” is in editing.

My Goal: bringing “new blood” into ASCH. Seniors are retiring/ dying. We need younger participants to groom for leadership. I’ve been teaching ‘Hypnotherapy” to advanced psychology grad students (Chicago School of Professional Psychology, Xavier U., Louisiana campus). I always “invite” them to attend NOSCH meetings. Some have followed by attending ASCH Regional Workshops.

Treasurer

John Hall, PhD, ABPP



Thanks for considering me for the position of Treasurer for ASCH. I am a board-certified clinical health psychologist who works for the Department of Veterans Affairs in

the Whole Health Chronic Pain Clinic in Charlotte, NC. I have previously worked in private practice, research consultation, and for university counseling centers. I am currently a board member of the NC Society of Clinical Hypnosis and am helping to manage the technology and approval for the component society's continuing education activities. I have previously served on the American Psychological Association's Continuing Professional Education Committee and led it through the rewriting of the criteria for approval of CPE sponsors in the early 2000s.

Although I am fairly new to ASCH, I am already a reviewer for the AJCH and currently serve on the Marketing and Digital Task Force. My formal introduction to clinical hypnosis occurred within the Department of Veterans Affairs, through the pioneering teletraining work of Dr. Frank Gantz, and I am now serving as a subject matter expert for the VA's rollout of clinical hypnosis to all 1,255 sites of care as mandated in the legislation that set forth the Whole Health initiative and expansion of required complementary and integrative health services.

I believe that I have the potential to bring a couple of important areas of expertise to the Executive Committee, if elected.

- First, I have been intimately involved in telehealth and teletraining within the VHA and have been very active in technology throughout my career. As a Generation X member, my familiarity and comfort with technology have led to me helping several organizations throughout my career either start or expand their technology-

Mary Pratt Miller, PhD



Hi. My name is Mary Pratt Miller, PhD, LPC. I am a candidate for ASCH Treasurer, and I hope you will vote for me. I am a licensed Professional Counselor, in private clinical practice since 1981 as a sole-business owner. I earned a BS in Nursing and served in the Army Nurse Corps during the

Viet Nam war, a master's degree in Rehabilitation Counseling, and a doctoral degree in Counselor Education. My husband John and I live in Northville, Michigan where we've lived for over fifteen years and where I have my counseling practice. I became a member of ASCH in 1989 after studying clinical hypnosis under the wonderful direction of James Morgan, Ed.D, at the University of Florida. ASCH has provided me with excellent workshops and learning opportunities, providing many ways to assist my clients to live healthier, freer, and fuller lives, and to use what I have learned for my own health and betterment. After all I have received from the collegial and thoughtful members of ASCH, I would like to return the favor and be of service. I believe the treasurer has a fiscal responsibility to maintain the integrity of the Association's finances and to work with the Board to establish and maintain budgetary controls. As treasurer of ASCH I will do this. I hope when you vote, you will vote for me for the position of treasurer. Thank you.

Treasurer (continued)

facilitated offerings. Some of you may know me as the Zoom moderator for the Hypnotic Idea Exchanges offered by the NC Society of Clinical Hypnosis, the Northern Virginia SCH, and the Eastern SCH. COVID is accelerating the already present push for us all to think about ways we can use technology to provide training and healthcare in ways that surpass limitations of location and contagion.

- Second, I believe that I would offer some degree of an “outsider” perspective to ASCH leadership. While I strongly believe that there is significant wisdom available in “the way we’ve always done things” and intend to learn this, I am also keenly aware that there are alternate ways to do things that sometimes can better help organizations meet their goals. My experiences with how the American Psychological Association, the Department of Veterans Affairs, and several universities do things offer cautionary tales and best practices that I can bring to future work with ASCH.

Thank you for taking the time to learn more about me and consider my candidacy. I look forward to continuing to get to know more and more of ASCH’s membership through my continued service.

Member at Large, Dentistry

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 later 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 importunate 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.

Kind regards,
Atousa B. Safavi MS, DDS

Member at Large, Medicine

Ralph Berberich, MD



It is with a sense of gratitude and openness that I add my name for consideration to become a Member at Large for Medicine on the Executive Committee of the American Society of

Clinical Hypnosis. I have been a member of ASCH since 2006 and am an Approved Consultant; Yet as of now, I have not served in a governance role. I was awarded the Harold B. Crazilneck and Sherry Knopf award by the American Journal of Clinical Hypnosis in 2007. In 2009, at the annual ASCH Scientific Meetings and Workshops conference, I led an Advanced Workshop on a hypnosis-grounded novel immunization discomfort-reducing technique for children ages 4-6 years.

I have practiced pediatrics for over 40 years spanning a career that began as a pediatric hematologist in an academic setting and subsequently wandered through general pediatric clinical settings into an emphasis on pediatric applications of hypnosis. I have been a member of the AAP (American Academy of Pediatrics) since 1978.

Even though my first hypnosis exposure was to David Spiegel, MD, at the old Children's Hospital at Stanford, and even though Franz Baumann, MD, once offered to sell me his pediatric practice + his house (!), neither was my Aha moment. That came in 2005 when I heard Dan Kohen, MD conduct a solo three-day workshop in Kansas City. I was hooked, both based on the compelling nature of his presentations, and by his own enthusiastic and naturalistic entrancement. I continued to participate in annual NPHTI (National Pediatric Hypnosis Training Institute) workshops, wrote a few papers and a joint venture book chapter, and continued to come to ASCH workshops and conferences. As I enjoy teaching, it has been my pleasure to join the NPHTI faculty as a training facilitator. Over time, I have additionally come to know and cherish many hypnosis luminaries and

Cheryl Beighle, MD



I am running for the position of medicine at large. I have previously been on the ASCH executive committee in 2008 and 2009. I am excited to be involved at the executive level again. ASCH has been a home for me professionally. I realized long ago I fit in ASCH in a way I did not

fit in my medical culture. I look forward to giving back to ASCH, helping sustain it, transition to online teaching tracts, and attract new membership.

I have also been involved with teaching at regional workshops since 2007 and was on the Education Committee for 3 years, 2016-19. Learning for beginners and providing an environment that fosters continued learning is the heart of ASCH mission. It has been an honor to be part of this mission. I have been an approved consultant since 1997

I am a community pediatrician and have been in practice for 34 years. For 27 of these years I have used hypnosis in my clinical practice. I have seen the power of teaching children self-hypnosis and the effect it has on their sense of mastery and control of their world. I am also the Medical Director for Integrative medicine at our regional adult cancer center and practice the mind body skills. I now utilize hypnosis daily in my practice and am still continually amazed by its power to help patients

Help me continue my involvement in ASCH, again at the executive level by electing me to the position of medicine at large. Thank you.

Member at Large, Medicine (continued)

rub shoulders with fellow trance seekers, attending meetings in beautiful locations here and abroad.

I incorporate hypnosis and its less well-defined trance cousins in daily pediatric practice. The innate trance capacity of children along with their exploitation of fantasy keeps me on my toes while offering a sea of opportunity. I also have an interest in the ability of children to modulate their response to acute in-office pain and am a member of the IASP (International Association for the Study of Pain). Most recently I have acquired interest in the overlap of communication placebo/ nocebo effects and how those can be assimilated by students and clinicians. My first foray into this project has been the self-publication of Suggestion Language in Medical Care. It is a fledgling effort to spread trance-awareness more widely in health care.

I believe that policies addressing present day times can also look to an inevitable future in which restrictions governing the practice of hypnosis will be exposed to additional expansion pressures. Some alterations may prove timely and beneficial. Much as virtual doctor visits are becoming a reality, a partial erosion of in person therapeutic relationships could be underway. If that should prove to be the case, and even while the possibility is imagined, the role of ASCH in maintaining guardrails, professional standards, and practices that legitimize our discipline, must be forward-center.

Member at Large, Psychology

Ayelet Silberberg, PhD



I am running for the position of Member at Large-Psychology on the ASCH Executive Board. I'm excited for the opportunity to represent the next

generation of psychologists in ASCH and work towards bringing a new and valuable perspective to the organization.

I am a psychologist in private practice in Washington, DC, working with adults from a psychodynamic/relational framework, while developing a specialization in trauma work. I was first introduced to clinical hypnosis during my time as a student at the University of Maryland Counseling Psychology PhD program. I was extremely fortunate to be paired with a supervisor who opened my eyes to the field and encouraged me to apply for the ASCH student scholarship. Through this award, I was given the opportunity to attend a basic workshop. I fell in love with hypnosis and felt like I had found a home in ASCH and the people I met through the work. I continued to pursue training, and completed intermediate and advanced workshops in the following years, while building a community of colleagues and mentors within ASCH. I am currently pursuing ASCH certification with the goal of becoming an approved consultant.

During my clinical internship year in 2018, I had the pleasure and honor of serving on the ASCH annual meeting program committee as a student/early career professional co-chair. In that position I was responsible for outreach to students and early career professionals in all disciplines around the annual meeting and creating connections between ASCH and young professionals. This sparked my passion about hypnosis education and drawing more people to the field. I believe it is especially important to reach young clinicians at the beginning of their careers who might not otherwise be exposed to clinical hypnosis materials in their training programs. I firmly believe in creating and fostering a strong presence of talented early career professionals who will be the future practitioners,

Mary Wells, PhD



It is an honor to have been again asked to run for the position of Member at Large-Psychology on the ASCH Executive

Board on the 2021-2022. I have held this post on two different occasions in the last few years and have always been impressed with the caliber and quality of the individuals who are willing to donate their time and talents to ASCH to keep it a strong and clinically relevant organization. I have been involved with ASCH since the early 2000s, first as a member and learner and later as workshop faculty and a Board member. I am currently a member of the ASCH Ethics committee. I feel as if I have found my professional tribe here with its diverse and exciting membership. ASCH is facing some challenging times ahead with the reality of declining membership and the sudden jolt of the pandemic wreaking havoc on our traditional patterns of providing training and education to our membership and to the clinical community interested in what hypnosis has to offer. I hope to be able to offer some perspective and ideas to help us through these times and keep us on track for the future.

I am a clinical psychologist with a fairly traditional training background but I ended up starting my career in a pain clinic in Washington DC as I was completing my dissertation and fell in love with interdisciplinary treatment of chronic pain which has become my life's work. I started using hypnosis in a very limited way in 1988, went on to explore a variety of related lines of treatment to include formal biofeedback, relaxation training, guided imagery and meditation and started formal hypnosis training in 2001 at an ASCH conference. I have been participating in some form of hypnosis training or teaching ever since. I have spent most of my professional career imbedded in medical settings in either pain specific or general rehab environments and find that I am most engaged when in an interdisciplinary environment. I am currently working at Virginia Commonwealth

Member at Large, Psychology (continued)

educators, and leaders of ASCH and the clinical hypnosis field in the future decades. It is critical to continue and recruit new faces with different and diverse backgrounds, lived experiences, and theoretical orientations to promise the continued relevance and application of clinical hypnosis.

In my practice I operate from an orientation rooted in social justice as it applies to power structures and marginalized populations in areas of race, gender, sexuality, and religion. I strive to bring that worldview and action to my understanding of patient experience, and of use of language in treatment and hypnosis in particular. I believe that now, more than ever, it is critical to take social justice into account as ASCH continues to serve as a main resource for clinicians in mental health and healthcare settings.

It is my hope that as an executive board member, I will represent younger, early-career psychologists, who are often underrepresented in ASCH leadership roles. I believe I could offer a valuable perspective as a psychologist who is passionate and cares deeply about clinical hypnosis and the future of ASCH, and give voice to the next generation of practitioners in the field.

University Health System in the ambulatory pain clinic as an imbedded psychologist with a group of anesthesiologists and rehab physicians. I use my hypnosis skills almost daily in assisting patients in managing chronic pain and illness and have found it to be one of the most essential tools in my toolbox. I want to share what I know with others and keep ASCH going as the shining star of hypnosis training throughout the 21st century.

Member at Large, Masters Level

Maggie Dickens, MS



What an incredible and humbling honor to be nominated for the Member at Large, Masters Level position! I would be delighted to serve ASCH in this role. Since my introduction to clinical hypnosis by a colleague and fellow ASCH member, I have become “obsessed.”

I am beyond passionate about learning everything possible from the many mentors, experts, and friends I have met within ASCH. I am also determined to expand this knowledge to as many medical and mental health practitioners as possible.

As we all know, Milton Erickson founded ASCH in 1957 with only 20 members. In the decades since then, the distinguished community has grown exponentially. My ambition is to follow Dr. Erickson’s example in the ongoing efforts to significantly grow ASCH membership, workshop attendance, and “...to promote the further recognition and acceptance of hypnosis as an important tool in clinical health care and focus for scientific research...” (ASCH Mission Statement). Currently, I am able to do this in my roles as regional presenter, ASCH faculty member, and member of the Mentor & Outreach Taskforce. I am enthusiastic in my pursuit to use my knowledge as a relatively young clinician and new member of ASCH to accomplish this mission in innovative ways. I believe this new perspective would be my greatest asset in the Masters Member at Large role.

As an early career professional and member of ASCH for the last 5 years, I would like to take this time to introduce myself. After earning two MS degrees, I entered the field of professional counseling as a founding and developing clinician of the only Texas-based inpatient treatment center for persons struggling with chronic pain and addiction (my specialties). I learned various and alternative tools to help this very specialized and, at the time, relatively unknown population. This is where I fell in love with clinical hypnosis. Upon my first introduction in the spring of 2014, I knew I needed to add this incredible tool to my practice. By the following spring, I had completed my

Debbie Bensching, LCSW



I appreciate the faith the nominating committee members have shown in me by putting my name forward for ASCH members’ consideration of my candidacy for the

Member at Large, Masters level position. To briefly introduce myself, I am a clinical social worker in private practice in Portland Oregon. I am trained in a variety of modalities that I use with clients in addressing their mental health and addictions challenges. I also work with athletes to address performance blocks and performance improvement. I first became interested in hypnosis in graduate school and did a special project on it. I look back on that project and laugh in recognition of what I really did not understand about hypnosis at the time. I did a group elicitation with hand levitation and then discussed the range of response in the group. I did not fully immerse myself in training in hypnosis for several years after I graduated, mostly because I could not afford the training. My work with complex trauma led me back to hypnosis.

I’ve been involved with ASCH and the Oregon Society (OSCH) for 9 years. I am an ASCH Approved Consultant in Clinical Hypnosis. Over the last 5 years I have increased my involvement with ASCH. I presently chair the component sections committee, have served as the Oregon Society representative to the Board of Governors for the last four years, and have been faculty at some ASCH-ERF regional workshops. I am the Director of Training for the OSCH Level I and Level II clinical hypnosis courses where I continue to modernize and refine the courses. In the last four years we have had increased participation in our training courses. I am currently serving as President of OSCH for the second time and served in the Vice-president role in 2015.

During my involvement in ASCH I have heard much about the challenges with member acquisition and retention. There is clear desire for this to change yet I’ve seen limited adjustment in how we operate as an organization. This is a challenge that many of the components struggle

Member at Large, Masters Level (continued)

fundamental and intermediate trainings and was registered for my first advanced trainings at the ASCH annual meeting in St. Louis, MO. I spent my time at each workshop learning from seasoned ASCH members who have now become great mentors and even better friends. Since then, I have attended workshops as a student and also a faculty member more than a dozen times with another planned in October 2020 where I will be the Workshop Chair. Aside from my first experiences as an ASCH student member, co-chairing the Fundamentals Workshop at both the 2018, 2019, & 2020 annual meeting have been the most rewarding aspects of my ASCH membership and career thus far. My additional contributions to ASCH include several other positions. Including the Standard of Training Revision Committee and Regional Workshop Committee which afforded me the opportunity to be a part of the first virtual ASCH workshop in June 2020.

I continue to be grateful for being recognized at the 2017 Annual meeting for my “energy, creative ideas, generous giving of time, and [my] enthusiastic commitment to ASCH” and at the 2019 Annual meeting for my “Early Career Achievement” within ASCH. The internal respect and support of the community is one that has fostered my “obsession” and allowed me to quickly move from asking, “Wow, how does that work?” to using clinical hypnosis in my role as Clinical Director of two behavioral health clinics just outside Houston, Texas prior to venturing into my 100% online private practice. My next goal, and one I hope to bring to the role of Member at Large, is to spread my energy and passion for clinical hypnosis to a new generation of medical and mental health practitioners.

Milton Erickson once said, "You use hypnosis not as a cure but as a means of establishing a favorable climate in which to learn." Through my continued participation and leadership efforts in ASCH, I hope more of our peers are able to learn just how true this is and “catch the obsession.”

with as well and has been the case in OSCH. In my roles with OSCH we have implemented some strategies that are working to grow participation in our training courses and our membership. If elected I would bring a new perspective to some old challenges and encourage ASCH to self-examine as an organization. I will bring the knowledge collected during my time as chair of the components, involvement with the board of Governors, leadership in OSCH and service on other professional boards such as the Oregon Chapter of NASW.

I would work to influence the board in furthering our mission of hypnosis education and awareness in new ways as well as encourage activities that are attractive to early and mid-career health care professionals.

Thank you for consideration,

Debbie Benschung,
LCSW, ACSW, MSWAC

Call for Nominations

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.

It's hard to believe, but it is already time to start looking for candidates for the 2022-2023 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.



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