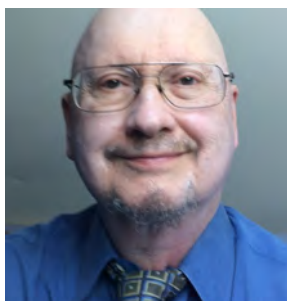




Fall 2019

# NEWSLETTER

## From the President's Desk....



Welcome to the entrancing fall ASCH Newsletter. The revised Level 1 (Basic) training format will be going into effect October 1. For those who experience it as teacher or student, please give feedback to the Education Committee. This is the first revision since the early 1990s, so tell us what you think.

The next regional workshop is on October 17-20, 2019 at Embassy Suites by Hilton Dallas Park Central Area in Dallas, Texas with the advanced workshop "Mastering

Informal Uses of Hypnosis a la Milton Erickson and Kay Thompson" with Holly Forester-Miller, PhD and Ron Havens, PhD. Then there will be an exciting regional workshop on December 5-8, 2019, at Rosen Plaza in Orlando, Florida with the advanced workshop title: "Wake Up to Better Sleep: Hypnosis, Neuroscience, and the Role of Sleep in Common and Uncommon Clinical Conditions" with David Alter, PhD, ABPP, ABPH and Mary Wells, PhD.

Please remember to vote in the ASCH election before October 31. It is important to us all to have high quality dedicated individuals at our helm to help steer ASCH through the sometimes turbulent social climate changes that are occurring.

Next spring we have scheduled another superb Annual Meeting in Reno/Tahoe, Nevada from March 19-22, 2020. The emphasis will be on creativity and hypnosis, with internationally known plenary speakers and excellent workshops. Please mark your calendars and plan ahead for this spectacular event, taking place in another truly beautiful area of the United States. If you are able, schedule a little extra time to enjoy the area around Reno and Lake Tahoe.

We continue to encourage you to submit marketing ideas to our Marketing Task Force headed by Eric Spiegel. What would you like to see ASCH do to continue to flourish and grow? How would you prefer that we present ASCH and hypnosis to the world? Fall is a good time to ponder these things and help us to improve.

Warmly, Phil  
Philip D. Shenefelt, MD  
President

## UPCOMING EVENTS

**Regional Workshop**  
October 17-20, 2019  
Dallas, TX

**Regional Workshop**  
December 5-8, 2019  
Orlando, FL

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

**Regional Workshop**  
May 7-10, 2020  
Concord, NC

**ASCH Alaska Cruise**  
May 30-June 6, 2020  
Holland America  
Eurodam

## Inside this Issue

Editor's Letter.....	2
Fellowship Info.....	2
Clinical Corner.....	3
Clinical Hypnosis Day.....	5
Component Section	
Corner.....	6
Certification Information...	8

# Letter from the Editor



Welcome to the Fall edition of the Newsletter! This has always been my favorite time of year. For me, it signifies bringing in the bounty from my garden. In a similar way, this Fall edition brings the bounty of experience from two of our members: William C. Wester, II and Bridget Bongaard. Their interviews are found in the Clinicians Corner, the first to run in a series this year focused on gleaned tips and techniques from many of our esteemed colleagues. Thank you William and Bridget for sharing some of your experiences with us, so we too can continue to grow in our use of hypnosis.

As Fall is often a good time to reflect on the outcomes of our labors, such as how many zucchinis did I harvest this year! In the same way, I hope as you read this newsletter, you will take time to consider which ASCH events and trainings you would like to attend or participate in this year. There are several Regional Workshops to choose from, not to mention an Alaskan Cruise, which everyone should attend at least once, offering relevant topics and great networking opportunities. Consider inviting a colleague who is new to hypnosis to attend. We would love to see you there!

Remember it is time to vote for your next Executive Board. Your voice, or in this case ballot, needs to be heard by October 31<sup>st</sup>!

I hope you enjoy the changing of the season as you reflect upon all you are grateful for.

Sincerely,

Deb Nesbitt, ARNP, PMHNP, ABMH, ABHN  
ASCH Newsletter Editor

## Fellowship

**What:** ASCH Fellowship is the highest honor a member can achieve. It means the individual has been recognized by his/her colleagues for significant contributions to ASCH, to the field of hypnosis and exceptional achievement in clinical and/or investigative hypnosis.

**Who:** A nominee for ASCH Fellowship must have been an ASCH member for three (3) years, nominated (in writing) by two (2) ASCH Fellows, and provide documentation of the following activities:

- successful uses of hypnosis in research or practice
- hypnosis teaching
- publications in books or recognized journals
- contributions to ASCH (service in committee, liaison with other societies, publicity)
- evidence of high ethical standards (two letters of reference)
- transcript of graduate /post graduate work

**When:** Newly approved ASCH Fellows will be recognized at the ASCH Awards Banquet, held annually during the Annual Scientific Meeting & Workshops.

**How:** Nominations for Fellowship to be awarded at the 2020 Annual Meeting must be submitted to the ASCH office ([assoc-dir@asch.org](mailto:assoc-dir@asch.org)) in writing by January 1, 2020.

# CLINICAL

## CORNER

Welcome to the Clinicians Corner. During the 2019-20 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):**

*William C. Wester, II, Ed.D., ABPH, ABPP*

**Professional discipline:**

*WW: Psychologist #5 Ohio – Retired*

**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.)**

*WW: Best tips: Anxiety, Smoking Cessation, Children (Sugarman & Wester Therapeutic Hypnosis with Children and Adolescents) Forensic Hypnosis (See Amazon for recently published short paperback entitled Solving Crimes with Hypnosis A Personal Account by Dr. William C. Wester, II)*



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

*WW: I used my own scripts combining direct and indirect (Ericksonian) suggestions within a CBT and RT model.*

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

*WW: I get many emails from new therapists asking for tips and suggestions. My first advice is for them to do what they do best within their professional licensed/ethical area and then add hypnosis models and suggestions that can be measured in terms of outcome.*

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

*WW: My many books of course – just kidding... When I started in the field Bob Pearson, Kay Thompson, Lou Dubin, Franz Bauman, Bill Kroger and many others got me started. As I did more with children the Gardner & Olness book was my first bible.*

**Name (include professional initials):**

*Bridget S. Bongaard, MD*

**Professional discipline:**

*BB: Medicine*

**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.)**

*BB: Anxiety, depression, pain, medical conditions*

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

*BB: Ideomotor signaling worked very well, did not have a favorite script really, or go by any script. Tried arm levitation for induction when first started.*



(Continued from Page 3)

**How does this differ from your treatment process today?**

*BB: Relaxation techniques, and breathing, using color with breath work, No special script really, I change on what the individual needs and what their psychological history determines to be the issue at hand, work with organ language with physical sx many times, and use the tenants of the 7 root causes for disease (Ewen) and sometimes ideomotor signaling. Use fractionation as well.*

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

*BB: Relaxation techniques, and breathing, using color with breath work, No special script really, I change on what the individual needs and what their psychological history determines to be the issue at hand, work with organ language with physical sx many times, and use the tenants of the 7 root causes for disease ( Ewen) and sometimes ideomotor signaling. Use fractionation as well.*

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

*BB: Ideomotor signaling, The 100 things I wish I knew before starting hypnosis, My Voice Will Always Go With You.*

## ***ASCH-ERF 7-Day Alaska Cruise***

*May 30-June 6, 2020  
Holland America Lines*



Photo credit: Holland America Lines

***“Helping Others to Make Lifestyle Changes:  
Weight Management and Smoking Cessation”  
with Cheryl Beighle, MD and Linda Thomson, APRN, ABMH, ABHN***

***For more information visit [www.asch.net](http://www.asch.net)  
or contact Kathy Matousek, Education***

# Clinical Hypnosis Day

## 2019 ASCH Executive Committee

### President

**Philip D. Shenefelt, MD, ABMH**

### President-Elect

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

### Treasurer

**Ran Anbar, MD**

### Secretary

**Wendy K. Lemke, MS, LP**

### Member at Large, Dentistry

**Dov Glazer, DDS, ABHD**

### Member at Large, Medicine

**Bridget S. Bongaard, MD**

### Member at Large, Psychology

**David Reid, PsyD**

### Masters Level Representative

**Lorna McKenzie-Pollock, LICW**

### Immediate Past President

**Eric B. Spiegel, PhD**

### ASCH-ERF Chair

**Eric K. Willmarth, PhD**

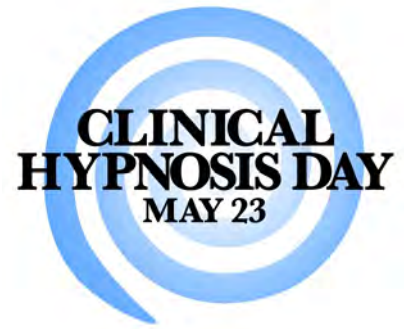
### Board of Governors, Moderator

**Linda Thomson, ABMH, MSN,  
CPNP**

### Executive Vice President

**John E. Kasper, PhD, CAE**

Clinical Hypnosis Day will be celebrated on May 23rd, coinciding with the birth date of Franz Anton Mesmer, an instrumental figure in the history of modern hypnosis. This day of recognition, sponsored by the American Society of Clinical Hypnosis (ASCH), is a campaign to educate and increase public awareness of the benefits of clinical hypnosis across multiple health disciplines including medicine, surgery, dentistry, and behavioral health.



Unfortunately, for some, hypnosis conjures images and expectations of passive, if not weak-minded, people under some “spell” mindlessly obeying the commands and suggestions of an all-powerful “hypnotist.” Nothing could be further from the truth when it comes to clinical hypnosis. In fact, professional clinical hypnosis societies and organizations, such as those promoting Clinical Hypnosis Day, that offer training for licensed health professionals maintain that all hypnosis is self-hypnosis. Ultimately, effective hypnosis empowers people to utilize their own personal resources that promote health, recovery from illness, and management of unwanted behaviors.

Clinical studies over the past several decades have consistently demonstrated the benefits of hypnosis for treating and relieving a multitude of human concerns including, but not limited to generalized anxiety, depression, unwanted habits, chronic and acute pain, and phobias.

There are many ways you can celebrate Clinical Hypnosis Day. You can work with local officials on getting proclamations issued, give a talk to the public, give a talk to other medical, dental or mental healthcare professionals, gather with other practitioners to view hypnosis videos or webinars or review case studies, or whatever you feel best captures the spirit of the holiday.

The ASCH Clinical Hypnosis Day Task Force has put together a tool kit to aid you in celebrating this special day. This tool kit and more can be viewed at: <http://www.asch.net/Professionals/ClinicalHypnosisDay>.

Clinical Hypnosis Day: May 23rd, put it on your calendar!

### CALL FOR NOMINATIONS

**It's hard to believe, but it is already time to start looking for candidates for the 2020-2021 Election. Do you have someone who you think would be outstanding in a position of leadership in ASCH?**

**Let us know at [assoc-dir@asch.net](mailto:assoc-dir@asch.net).**



# COMPONENT SECTION

## OPINION



### Greetings

It is hard to believe summer is coming to a close and we have come to the mid year point of our Society year. ASCH has been busy working on many things with an eye on how to best support the goals and purposes of the society. I thought it would be helpful to bring some of the more notable items under consideration to your attention.

One goal of the Component Society Committee is to support engagement between ASCH and the components. To support this goal we need to increase understanding of how the component societies view and engage in their relationship with ASCH. Through our discussion the idea of surveying component society leadership surfaced. We are in the early stages of creating a survey for component leaders to gather information. We want it to be simple, easy to complete and focused on key areas. Feel free to send me suggestions for questions if you have any. It would be a great help if you could double check the ASCH website component section directory to assure the correct contact name and email is listed with the ASCH office, if updates are needed please contact the office or myself.

The Executive Committee has been hard at work addressing the requests from the Board of Governors 2019 meeting and considerations about membership decline among other things. The EC has some action items that the BOG will discuss and vote on in the Reno/Tahoe March 2020 Annual meeting.

A concern ASCH leadership has been working to address is shrinking membership numbers. For membership organizations this equates to financial resources, as membership dues are a foundation of funding. This issue requires a rethinking of how ASCH functions. Please keep in mind without growth and adapting over time ASCH will cease to exist. The EC is proposing to the BOG that membership rates at ASCH educational offerings be available only to ASCH members. This would change the current policy of offering ASCH member rates to component section members and members of SCEH.

At the BOG meeting in San Antonio the question was raised about how well does the current make-up of the EC represent ASCH membership. Our current membership configuration has a broader diversity of disciplines than represented on the EC even though the overall membership has shrunk. The Member at Large positions on the EC have historically been identified by discipline and are intended to reflect the diversity of disciplines of the greater membership. The EC was asked to review the make-up of the Executive Committee in regards to the Member at Large positions. The recommendation from the EC to the BOG is to have the Member at Large positions represent the membership as a whole and not a specific discipline. Consideration will be given by the BOG to adopt this recommendation or not.

If you have thoughts about what the BOG will be discussing let your BOG representative know your views. They will be part of the discussion, decision making process and vote. I am sure it will be a lively discussion.

As a reminder the revised Standards of training for Level 1(Basic/Fundamentals) have been published and go into effect October 1, 2019. These revisions reflect updates based on current research and understanding of clinical hypnosis that has evolved since the prior standards were written. Please check out the details on the ASCH website. The task force has graciously provided a range of supporting documents to help with the transition if you have provided Level 1 training in the past. If organizing

Level 1 training for the first time there is even a sample schedule provided. Continue to watch this space for further updates as headway is made on the revision of the Level 2 standards.

As always if you have any thoughts, concerns or questions please do not hesitate to reach out to me.  
(debbensing@comcast.net)

Warm Regards,

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



# ASCH Certification

## About the Newsletter

The ASCH 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: [herald@asch.net](mailto:herald@asch.net).



ASCH Certification & Approved Consultant Certification offers non-statutory voluntary credentialing in Clinical Hypnosis and provides recognition of the advanced clinician who has met educational qualifications and required training in clinical hypnosis.

The ASCH Certification and Approved Consultant Program is gaining national recognition as a standard for the practice of hypnosis. Anecdotal evidence suggests that hospitals and third party payers are beginning to recognize the importance of such standards and view ASCH Certification as a basic requirement for promoting hypnosis as a treatment modality. There are two (2) levels

of Certification. Entry level is simply called "Certification". An advanced level, called "Approved Consultant", recognizes individuals who have obtained advanced training in clinical hypnosis and who have extensive experience in utilizing hypnosis within their professional practices.

Approved Consultants are qualified to provide individualized training and consultation for those seeking Certification.

For more information on the ASCH Certification Program, visit:

<https://www.asch.net/Certification/CertificationUpdate.aspx>

## The American Society of Clinical Hypnosis (ASCH)

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PLEASE  
PLACE  
STAMP  
HERE

