

Summer 2019

# ASCH NEWSLETTER

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



Welcome to the summer ASCH Newsletter. Deb Nesbitt has graciously accepted the position of Newsletter Editor, replacing David Reid who resigned after very ably editing the Newsletter for the past two years. Thanks, David! Thanks, Deb!

Within this newsletter you will find the candidate statements for the ASCH Executive Committee and ASCH-ERF Board of Trustees elected offices. Please read them carefully and be ready to vote in September for the candidates of your choice. The election process is an important part of maintaining the teaching robustness and camaraderie for which ASCH is well known. Doing your part by voting will help to assure continued excellent leadership of ASCH.

There will be an ASCH-ERF Regional Workshop on September 19-22, 2019 in Oak Brook, Illinois. In addition to offering the Fundamentals of Clinical Hypnosis and Refining Skills & Treatment Applications Workshops, ASCH-ERF will be offering the following Advanced Workshop: "Hypnosis for Treatment of Trauma, Attachment Issues, and Related Integrative Medicine Applications" with Louis Damis, PhD, ABPP, current President of the Florida Society of Clinical Hypnosis and an excellent presenter. Please consider furthering your hypnosis training and also let your friends know of this wonderful opportunity.

We are also looking forward to another superb Annual Meeting in Reno/Tahoe Nevada March 19-22, 2020. The emphasis will be on creativity and hypnosis, with excellent plenary speakers and 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 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? You have experienced the importance of face-to-face training and education in hypnosis. Can you think of ways to help us tell others of the kinds of experiences that you simply cannot get online? Also do you have suggestions for topics that we can present in our online offerings? Please let us know how to serve you and your colleagues better.

Warmly,  
Philip D. Shenefelt, MD  
President

### UPCOMING EVENTS

**Regional Workshop**  
September 19-22, 2019  
Oak Brook, IL

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

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

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

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

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

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# See You in September!



**ASCH-ERF Regional Workshop  
September 19-22, 2019  
DoubleTree Hotel Chicago Oak Brook  
Oak Brook, IL**

**In addition to offering the Fundamentals of Clinical Hypnosis and Refining Skills & Treatment Applications Workshops, ASCH - ERF will be offering the following Advanced Workshop in Schaumburg, *Hypnosis for Treatment of Trauma, Attachment Issues, and Related Integrative Medicine Applications* with Louis Damis, PhD, ABPP.**

## *ASCH Alaska Cruise*

**Onboard  
Holland America Eurodam  
May 30 - June 6, 2020**

***Helping Others to Make Lifestyle Changes  
Weight Management & Smoking Cessation***

***For more information, or to register, visit [www.asch.net](http://www.asch.net)***

# Letter from the Editor



Welcome to the Summer ASCH Newsletter. As the newly appointed newsletter editor, I want to express my appreciation for another opportunity to serve in ASCH. I also want to thank the editors and contributors before me who have done a great job providing quality articles and timely information.

As I begin this new position, for the next year, I would like to utilize the Clinician's Corner to show case interviews from across our disciplines, featuring 2-3 experienced practitioners per issue, sharing their best tips and techniques on a variety of topics. These will be designed to be practical for the professional who just finished any of our workshops, the new professional beginning to use hypnosis in their practice, as well as providing pearls for those more experienced in hypnosis and are curious about how their colleagues are using hypnosis!

I would like to invite all members to consider submitting an interview for consideration of inclusion in the newsletter. I will be emailing out the instructions and interview questions within the month.

As Phil Shenefelt, our ASCH President mentioned in From the President's Desk, you will find timely information for several great training opportunities. This may be the year to invite colleagues and students in our respective fields to attend. Perhaps this is the year to book the ASCH Alaska Cruise or attend a Regional Workshop. There are many choices, themes, and locations to choose from.

If you need another reason to attend ASCH trainings, you can learn more about how the Standards of Training Revision Committee has been working tirelessly this past year to ensure ASCH trainings and workshops are updated and reflect the most current literature and research, beginning with the Level 1 Workshop (formally Basic Workshop). A big hand for the members of this committee; Maggie Dickens, Delle Jacobs, Judy Thomas, Linda Thomson, and Lane Wagaman! In this issue the Nominations and Elections Committee present the slate of candidates for the 2020-2021 election. Be sure to review the candidate's biographies and be prepared to vote when the elections open in September. Please let us know if you would like to suggest someone for a leadership position for the 2021-2022 election by emailing that information to [assoc-dir@asch.net](mailto:assoc-dir@asch.net).

In addition to voting, members show support for ASCH in many ways. We are very appreciative to the Western Pennsylvania Society of Clinical Hypnosis and treasurer Arnold Freedman for their generous donation to the Betty Alice Erickson and Kay Thompson Student Scholarship Fund.

I look forward to hearing from you this year about what you would like to see in our newsletter. Please feel free to email your suggestions [herald@asch.net](mailto:herald@asch.net).

Sincerely,  
Deb Nesbitt, APRN, PMHNP, ABMH, ABHN

# ASCH-ERF Beginning (Basic) Workshop Standards Revised.

*New updated standards for content of Level 1 Workshop to go into effect  
October 1, 2019.*

Maggie Dickens, MS, LPC, LCDC; Delle Jacobs, LICSW, LMFT; Judy Thomas, DDS;  
Linda Thomson, MSN, APRN, ABMH, ABHN; & Lane Wagaman, EdD, HSPP

In the 1990s, two dedicated and talented psychologists, D. Corydon Hammond, PhD, ABPH and Gary Elkins, PhD, ABPH seeing a need to standardize clinical hypnosis training and education developed the original American Society of Clinical Hypnosis - Education and Research Foundation (ASCH-ERF) Standards of Training (SoT) which serve as the infrastructure for American Society of Clinical Hypnosis (ASCH) Workshops. These guidelines, released in 1994, became the gold standard for teaching clinical hypnosis. In the intervening decades, the understanding and range of applications in behavioral health, medicine and dentistry have evolved significantly. In 2018, a multidisciplinary team of health professionals, currently involved in the development and execution of ASCH education, undertook the complicated and monumental task of updating and revising the 1994 Beginning Workshop Standards of Training. The new Level 1 Workshop SoT were approved by the Standards of Training Committee and the Executive Committee in May 2019.

The Level I Workshop Standards of Training (formerly referred to as the Beginning or Basic Workshop in Clinical Hypnosis) establishes the minimum level of foundational concepts and practices in clinical hypnosis. In this 2019 iteration, some of the language has been updated. The content now reflects the most current literature and research. Small group skills practice has increased from three sessions totaling four hours in the original SoT to four sessions totaling 7.25 hours and increasing the total time of the workshop to 21.5 hours. The skills practice sessions are highly structured with specific elicitations and objectives for each session. Research and literature about neuroplasticity, mirror neurons, psychoneuroimmunology, epigenetics and the neurophysiological effects of hypnosis on the body and the brain will now be included in the Level I Workshop. The ASCH-ERF SoT must not be static. Research is expanding, evolving and ever-changing our knowledge of the neurophysiology and uses of hypnosis. Continuing education requirements in the disciplines of health professions who make up our society change along with teaching innovations and the learning style of the next generation of clinicians. Thus, the SoT will be reviewed and updated regularly.

The intent of the Revision Committee was to create a document containing a wealth of resources for anyone developing ASCH sponsored or ASCH-approved workshops. When these SoT are followed in workshops, participants may use the training toward ASCH membership, ASCH certification and ASCH Approved Consultant status. Many of the changes in the revised SoT resulted from feedback and evaluations from participants and faculty. Changes were piloted at several Regional Workshops. After each pilot session, feedback was solicited, and adjustments were made.

The Level 1 Workshop teaches the fundamentals of clinical hypnosis. The Revision Committee sought to give Level 1 Workshop participants a strong basis from which to feel comfortable and confident; ready to begin using hypnosis immediately in their practice. Other content in the 1994 Beginning Workshop SoT such as habit control, stress and pain management, ideomotor signaling and Ericksonian approaches were eliminated from the new Level 1 Workshop SoT. Level 1 Workshop participants are strongly encouraged to return to learn these topics in Level 2 Workshops and beyond. The revised Level 1 Workshop SoT have been designed to excite participants about clinical hypnosis, teach them to incorporate these new tools into their practice, encourage them to seek additional training and join our Society.

It was the goal of the Revision Committee to create a revised Level 1 Workshop SoT document characterized by optimal clarity, appropriate depth and breadth of information, and supporting references. The revised Level 1 Workshop SoT were written to ensure that any ASCH Component Society, other professional training organizations or educational institutions, and qualified professionals who wish to develop and present a Level 1 Workshop could do so. The Level 1 Workshop SoT includes learning objectives and specific content for each required topic area. The

appendix provides a recommended schedule, glossary of terms, sample elicitations used in training, treatment planning and informed consent forms, an extensive recommended reading list and many other useful resources.

Included with this article is a comparison chart to illustrate the changes between the original 1994 Beginning Workshop SoT and the newly revised Level 1 Workshop SoT. Any ASCH Component Society, other professional training organization or educational institution, and qualified professional who have an ASCH-approved Level 1 Workshop approved before October 1, 2019 may offer the ASCH-approved workshop through the expiration date of the existing approval. After October 1, 2019, every Level 1 Workshop proposal submitted must meet the guidelines of the new 2019 Level 1 Workshop SoT.

Two conference calls will be held on August 21, 2019, and September 11, 2019, at 7:00 pm – 9:00 pm Central Time for representatives from ASCH component sections, other interested professional training groups and/or individuals to clarify any questions about the implementation of the revised Level 1 Workshop SoT. Please RSVP for your call of choice at [RSVP Doodle Poll](#). Call-in details will be announced to all pertinent parties via an eblast and posted on the ASCH website.

The American Society of Clinical Hypnosis will remain the premier provider of professional education in clinical hypnosis with the implementation of the 2019 newly revised Level 1 Workshop Standards of Training. The original Intermediate Workshop SoT are now being reviewed and revised to create a Level 2 Workshop that provides participants with more depth and less breadth, more demonstrations and more practice as they expand their skills in the applications of clinical hypnosis. ASCH-ERF SoT guidelines will be reviewed and updated on an ongoing and as needed basis so that ASCH Workshops will continue to be the gold standard for hypnosis training and education.

The complete new Level 1 Workshop Standards of Training and the supporting appendices will be posted on the ASCH website or by contacting [education@asch.net](mailto:education@asch.net).

The 13th International  
**CONGRESS**  
ON ERICKSONIAN APPROACHES  
TO HYPNOSIS & PSYCHOTHERAPY

Hyatt Regency | Phoenix, Arizona  
Register at [www.EricksonCongress.com](http://www.EricksonCongress.com)

Intellectual heirs of Milton Erickson will demonstrate how clients can adapt and overcome through hypnosis-derived techniques.

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 YAPKO	 ERICKSON-KLEIN	 LANKTON	 O'HANLON	 MILLER	 DILTS	 GILLIGAN
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## Comparison of the Old Beginning Workshop Standards of Training and the New Level 1 Workshop Standards of Training

New Level 1 Workshop Standards of Training	
<p><b>Original Beginning Workshop Standards of Training</b>  <b>Definition, History &amp; Theories of Hypnosis (40 min)</b>                      Myths and Misperceptions: Hypnosis &amp; Memory (30 min)</p>	<p><b>New Level 1 Workshop Standards of Training</b>  <b>Introduction to Clinical Hypnosis (30 min)</b> includes definitions, history and misperceptions. Theories of Hypnosis was replaced by segment on Neurophysiology.  <b>Neurophysiology of Hypnosis (45 min)</b> replaces Theories of Hypnosis. This new segment will include the positive effects of hypnosis on neuroplasticity, psychoneuroimmunology and epigenetics, along with how hypnosis affects the autonomic nervous system, mitigating the stress response by stimulating the relaxation response. The differences and similarities between hypnosis, meditation and guided imagery will also be included. Our understanding of the neuroscience of hypnosis is evolving and ever-changing. As research is expanding our knowledge of the neurophysiology of hypnosis, this section will need to be revised regularly.  <b>Anatomy of the Hypnotic Experience (45 min)</b> The participants will <b>observe</b> a formal hypnotic experience either live or on video in order to identify the steps in a formal hypnotic encounter and note characteristics of the trance state. Demonstrating the anatomy of a hypnotic session early in the course of the workshop serves to engage the participants, drives home the value of the process, and outlines what they will learn over the session during the workshop. This session also provides the faculty and participants clear and concise examples to which they may refer throughout the workshop.  <b>Group Hypnotic Experience (30 min)</b> Participants have the opportunity to <b>experience</b> hypnosis facilitated by faculty prior to their first small group experience.</p>
<p>Principles &amp; Process of Induction &amp; Re-alerting: Principles in Formulating Hypnotic Suggestions (150 min)</p>	<p><b>Principles and Process of Rapport, Attunement, Trance Elicitation (Elicitation) and Reorientation (75 min)</b> Principles in Formulating Hypnotic Suggestions comes later in the workshop.                      Introduction to Small Group Practice (30 min)                      Demonstration of Elicitation #1 (15 min)                      Demonstration of Elicitation #2 (15 min)                      Demonstration of Elicitation #3 (15 min)                      Demonstration of Elicitation #4 (15 min)</p>
<p>Supervised Small Group Practice of Hypnotic Inductions (240 min)</p>	<p><b>Small Group Practice of Hypnotic Process (485 minutes total over 4 sessions interspersed through the schedule and following faculty demonstration of new elicitation and skill)</b> Small group skill practice has increased from three sessions totaling four hours in the 1994 SoT to four sessions totaling seven and one quarter hours. The skill practice sessions are highly structured with specific objectives for each session. Instead of learning multiple elicitations/inductions early in the course of the workshop, participants will be taught the specific elicitation that they will use in the small group practice that immediately follows the demonstration.</p>
<p>Hypnotic Phenomena and Their Applications (60 min) Demonstration or Video Demonstration of Eliciting Hypnotic Phenomena (60 min)</p>	<p><b>Hypnotic Phenomena (45 min)</b></p>
<p>Concepts of Hypnotic Susceptibility, Stages of Hypnosis &amp; Methods of Deepening Hypnotic Involvement (60 min)</p>	<p><b>Intensification of Hypnotic Experience (60 minutes including at least 15 cumulative minutes of demonstration)</b></p>
<p>Fundamentals of Hypnotic Communication and Formulation of Suggestions (45 min)</p>	<p><b>Fundamentals of Hypnotic Communication and Formulation of Suggestions (45 min)</b></p>
<p>Ego strengthening (45 min including 15 min of demo) The important role of ego strengthening and integration of anchors in patient/client interactions in medical/dental and behavioral health settings is an integral part of the Level 1 workshop and was added to the SOT</p>	<p><b>Ego strengthening (45 min including 15 min of demo)</b> The important role of ego strengthening and integration of anchors in patient/client interactions in medical/dental and behavioral health settings is an integral part of the Level 1 workshop and was added to the SOT</p>
<p>Self-Hypnosis: How &amp; What to teach patients (45 min)                      Strategies for Managing Resistance to Hypnosis (45 min)</p>	<p><b>Self-Hypnosis: How &amp; What to teach patients (45 min)</b>  <b>Strategies for Managing Resistance (45 Min)</b> Title was changed as resistance may also be to treatment and to change as well as to hypnosis</p>
<p>Assessment, Presenting to Patient, &amp; Informed Consent (20 min)</p>	<p><b>Patient/Client Assessment, Introducing Hypnosis to the Patient/Client (45 min)</b> This segment includes Informed Consent and the neurophysiology of memory and the hypnotic implications.</p>
<p>Treatment Planning, Strategy &amp; Technique Selection in Hypnotherapy (60 min)</p>	<p><b>Hypnosis with Children (45 min)</b> Hypnosis is a valuable therapeutic tool to use with children.  <b>Treatment Planning, Strategy and Technique Selection in Clinical Hypnosis (60 min)</b> In the new treatment planning session, a faculty member will guide the entire group through the development of a treatment plan specific to hypnosis and the treatment of anxiety after which the participants will complete the form for a second anxiety case. This gives the participant experience and a take away specifically related to hypnotic treatment planning.</p>
<p>Introduction to Hypnotic Susceptibility Scales (30 min)</p>	<p>Susceptibility Scales have been eliminated as they are seldom used in clinical settings. Understanding and use of such scales are not a fundamental skill of clinical hypnosis.</p>
<p>Integrating Hypnosis into Clinical Practice (270 min)                      (Use of Ideomotor Signaling, Stress Management, Pain Management, Integrating Hypnosis &amp; Psychotherapy, Ericksonian Approaches, Habit Control, Integrating Hypnosis into Medical or Dental Practice)</p>	<p><b>Integrating Hypnosis into Clinical Practice (45 min)</b> In the new SOT we have attempted to ensure that the Level 1 participants have a solid foundation to begin incorporating clinical hypnosis into their practice. Faculty and participants will review important foundational information, concepts, and learned skills from the training experience. The topics listed in Integrating Hypnosis into Clinical Practice in the old SOTs are better learned after clinicians have had the opportunity to effectively utilize the new skills acquired in Level 1.</p>
<p>Ethical Principles, Professional Conduct &amp; Certification (30 min)</p>	<p><b>Ethical Principles and Professional Conduct (30 min)</b>  <b>ASCH Membership and Certification (15 min)</b> Opportunities for further training will be presented.</p>

# 2020-2021 ASCH Elections

## 2019 ASCH Executive Committee

### President

Philip D. Shenefelt, MD, ABMH

### President-Elect

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

### Treasurer

Ran Anbar, MD

### Secretary

Wendy K. Lemke, MS, LP

### Member at Large, Dentistry

Dov Glazer, DDS, ABHD

### Member at Large, Medicine

Bridget S. Bongaard, MD

### Member at Large, Psychology

David Reid, PsyD

### Masters Level Representative

Lorna McKenzie-Pollock, LICW

### Immediate Past President

Eric B. Spiegel, PhD

### ASCH-ERF Chair

Eric K. Willmarth, PhD

### Board of Governors, Moderator

Linda Thomson, ABMH, MSN,  
CPNP

### Executive Vice President

John E. Kasper, PhD, CAE

This September, each ASCH member will be receiving a ballot to elect the Executive Committee for the 2020-21 membership year. The individuals elected will assume office at the conclusion of the 2020 Awards Banquet during the Annual Scientific Meeting and Workshops to be held in Reno/Tahoe, NV on March 19-22, 2020.

**Members must renew their membership by September 7, 2019 in order to vote in this election.**

E-mails with electronic ballots will be sent out to the membership by September 15<sup>th</sup> 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 date. 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, 2019.**

## Length of Term Changed for Office of Secretary

During the 2017 election, the membership voted to extend the terms of office for the positions of Secretary and Treasurer to two years. At that time the terms of these offices were also staggered to provide more continuity in the membership of the Executive Committee. This year the ASCH members will elect a Secretary for a two year term.

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

### **President-Elect**

Debora Nesbitt, ARNP, PMHNP, ABMH, ABHN  
Bridget Bongaard, MD

### **Secretary**

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

### **Member at Large, Dentistry**

Dov Glazer, DDS, ABHD  
LICSW

### **Member at Large, Medicine**

Sherwin Yaffe, MD  
Lewis Kass, MD

### **Member at Large- Psychology**

Louis Damis, PhD, ABPP  
Joseph Tramontana, PhD

### **Member at Large, Master Level**

Lorna McKenzie-Pollock,  
Tenley Fukui, MA, LPC

# President-Elect

## Deb Nesbitt, ARNP, ABMH, ABHN



Thank you for this nomination and opportunity to run for ASCH President-elect. If elected, I will work with the Executive Committee to continue building our membership base through innovative programs aimed at emerging professionals, supporting the needs of component societies, and

broadening membership opportunities. I firmly believe that we need to promote future growth by increasing our influence and training across healthcare professions while also collaborating with other professional hypnosis organizations to educate the public and healthcare professionals about the benefits of hypnosis. As times and technology are changing, our education format, delivery, and offerings need to reflect these changes and meet the needs of today's healthcare professional

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. This is the reason I am so passionate about reaching out to emerging professionals, as it changed my career. I believe if we can present graduate students and emerging professionals the opportunity to learn about hypnosis and its benefits, many of those graduates and professionals will integrate hypnosis into their practice and become involved in ASCH, just as I did.

As a Psychiatric Mental Health Nurse Practitioner (PMHNP), I have been committed to using hypnosis with patients, both in private practice and through developing an innovative behavioral

## Bridgette Bongaard, MD



I am humbled to be asked to run for Presidency of The American Society of Clinical Hypnosis and appreciate the opportunity to serve. We have a great deal of work to do to bring this organization forward and need collaborative

leadership to meet the challenges of continuing to maintain and grow the role of being the defining body for Clinical Hypnosis Education, Standards, and Practice in our country. We also must strive to continue to explore and analyze the frontiers of the science of consciousness, neurobiology, psychology, medicine and dentistry so that we might effectively incorporate this into our work to continue to improve research, education, and clinical practice.

Having been with ASCH since 2009, the quest for learning and innovation has never stopped nor has my amazement at the clinical applications of hypnosis to help our patients and or clients. I have served ASCH as a faculty for Regional Workshops, the National Conferences, Basic and Intermediate Training workshops. I also served on Linda Thomson's Board as Social Chair in 2013, as a committee member for the sub group to develop the Clinical Hypnosis day, and presently serve on President Philip Shenefelt's Executive Committee/Cabinet as Member at Large for Medicine. This has allowed a deeper understanding of our policies as well as challenges that ASCH faces and being part of the innovative team to develop long term successful strategic solutions.

My back ground is one of being an innovative yet effective collaborative leader. With 30-years of experience as a Board Certified Internist I am acquainted with the challenges of time and reimbursement in the use and importance of

## President–Elect (continued)

health program for the University of Washington Medical Center Headache Clinic. I have also had the opportunity to instruct student's in the health care fields about hypnosis through faculty work with Andrew Weil Center for Integrative Medicine, University of Arizona College of Nursing, Gonzaga University, and Washington State University.

My commitment to ASCH and my leadership abilities have been demonstrated through many years of service and accomplishments on the national and local level, 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 conference on PTSD: Hypnosis and Art
- 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

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

hypnosis in modern day clinical setting. After completing a Fellowship at the Arizona Center for Integrative Medicine ( now renamed the Andrew Weil Center for Integrative Medicine), I collaborated with the Carolinas Healthcare North East Medical Center Hospital staff and administration to apply that knowledge by creating: an Integrative Medicine clinic in 2007, Holistic Nursing, Integrative Chaplain program, Integrative Oncology, Integrative Volunteers and Language interpreters who all were taught the basics of guided visualization and other stress reduction techniques to minimize medical related anxiety and improve clinical outcomes for both our English and non-English speaking patients. These programs had clinical impact and are still continuing to develop. After retiring to Maui from North Carolina in 2014, the need for Integrative Oncology, and formal hypnosis training of our medical/psychological community was evident. With a generous donation from a foundation, the first Maui Cancer Wellness Retreat was established to teach mind-body techniques to help Cancer Survivors achieve a greater level of health and wellness. We are now in our third year of operations and patients have continued to utilize the mind body knowledge with success in personal clarity, positive vision for the future, and better health outcomes. I also teach a course on Prepare for Surgery, Speed the Healing Process for a local surgeon's ERAS program. This included mind body education for the patients as well as multiple self-hypnosis techniques to lower anxiety, discomfort and stress in the perioperative period. In late 2018 several psychologists here on Maui expressed interest in learning clinical hypnosis, so a partnership with the Mindfulness Living Center was formed and Dr. Linda Thomson and I taught the first ASCH approved Basic Hypnosis workshop on island this last May. I also lecture to groups about hypnosis, and just finished a section in an educational program for the Andrew Weil center for Integrative Oncology on Psycho-oncology for Breast Cancer patients.

Working with you in the role of president would be a privilege to help develop innovative programs for better outreach and education of professionals and the public, and position ASCH for continued

## President–Elect (continued)

success. We all do wonderful work, and I would be delighted to serve you and work together to achieve a bright future for ASCH.

Sincerely,  
Bridget S. Bongaard, MD, FACP, HCMD

## Secretary

### Maryanna Polukhin, MD



With gratitude and humility I accept the honor of running for the position of Secretary of ASCH this fall.

I have been practicing Internal Medicine for more than 20 years and have been a member of ASCH for close to 10 years. I am Board Certified in Internal Medicine, Integrative

Body-Mind medicine and have been ASCH Approved Consultant for 4 years. I served on the Board of ASCH as Member at Large medicine and have been very much involved in ASCH activities participating in Distance Learning task Force for more than 6 years and being involved in marketing efforts while serving on the Board. I have received several awards from ASCH for the efforts and dedication to the cause.

In addition, I have worked to introduce awareness of the benefits of clinical hypnosis in my own professional community and am excited to see that more and more of my colleagues in Starling multi-specialty practice recognize clinical hypnosis as a valid and unique practice tool. As an Assistant Clinical Professor in UCONN School of Medicine and Quinnipiac School of Medicine I have been introducing awareness and appreciation of clinical hypnosis to medical students and residents.

Through ASCH, I have met some of the best professionals practicing clinical hypnosis in the world, I learned a lot and the knowledge changed how I practice medicine. ASCH gives each of us an opportunity to exchange ideas and learn

### David Alter, PhD, ABPP, ABPH



I want to thank the nominating committee members for submitting my name for ASCH members' consideration of my candidacy as the incoming ASCH Secretary. I have served ASCH in several governance roles (Member-at-Large Psychology, Treasurer, and Secretary) and continue to serve on a variety of ASCH

committees. I presently Chair the ASCH Ethics Committee and serve as a member of the Marketing and Strategic Planning Committee and have chaired the Individualized Consultation process for three years. For many years, I have offered workshops from Level 1 through Advanced Level training, which I have enjoyed immensely.

Despite my long history of involvement with, and love for ASCH, I must admit to a variety of concerns about ASCH and her future and with the future of hypnosis generally. We continue to face cross-disciplinary membership acquisition and retention challenges. This puts us at organizational risk in a professional environment of ever-expanding clinical training opportunities, each touting their uniqueness and potentially overshadowing the important role that clinical hypnosis plays in all of them. Moreover, so long as clinical hypnosis continues to be viewed as a clinical “therapy” or a set of therapeutic “techniques,” organizations like ASCH may have trouble conveying the essential and foundational role that hypnosis training plays in attuning clinicians to the inter- and intrapersonal dance that enhances client’s capacity for positive change that occurs at multiple,

## Secretary (continued)

from each other in a supportive and nurturing environment where therapists, medical doctors, dentists, social workers and psychologists can widen their professional skills and enrich their lives through camaraderie and friendship. This unique organization needs to prosper and grow. We need to adapt to the realities of current challenging environment and learn how to reach out better to professionals in all fields in medicine and mental health.

I will be happy and excited to use my energy and experience to serve ASCH, work with members of the Board, administrative team and regional chapters to promote our mission and reach out to wider community, preserve special bond that we all share and invite new members to our ranks.

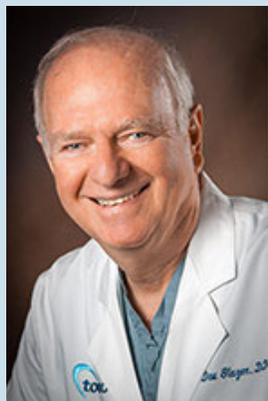
interconnected levels, regardless of the presenting concern or clinical context in which the concerns arise.

As ASCH Secretary, I look forward to continuing to bring my background and experience in neuropsychology, health psychology, and interpersonal psychobiology 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 client and clinician alike.

## Member at Large, Dentistry

### Dov Glazer, DDS, ABHD

The American Society of Clinical Hypnosis has been the most important and transformative organization in my professional life. It began when I was



mesmerized by Kay Thompson, DDS at my first regional workshop in New Orleans in 1977. I benefited from the positive and supportive suggestions offered by so many other faculty members such as Drs. Al Levitan, Dabney Ewin, David Cheek, Moshe Torem, Ashley Goodman.

Over the years I was entranced by the many gifted clinicians who encouraged me to advance my studies and to become involved in the governance of this great organization.

The subconscious messaging worked and by 1980 I found myself on the Board of the New Orleans

## Member at Large, Dentistry (continued)

Society of Clinical Hypnosis. I was elected President two years later and served on its Board for many years, including presiding over NOSCH in the years post-Hurricane Katrina.

In the early '90's I was elected to represent Dentistry on the ASCH Executive Committee. After serving on the EC in different capacities, including Treasurer, I was honored to be elected ASCH President for 1997-98. I became a Fellow of ASCH and a Diplomat of the American Board of Dental Hypnosis.

Now, with decades of experience on the Board of Governors and Executive Committee, I believe I have the credentials to serve as your ASCH At-Large - Member representing Dentistry.

In my non-hypnotic world, In 1976 I earned a DDS degree from LSU School of Dentistry in 1976. I served an indigent population through the US Public Health Service for 5 years, and in 1981 I opened my dental practice on the Touro Infirmary Campus.

I have been invited to lecture nationally and internationally. I have two US patents. (The first for online appointment scheduling and the second for a wireless digital dental x-ray sensor; still working of the third).

Over the years I have served on Boards and Executive Committees of numerous professional and civic organizations, including the ADA, LDA, NODA, Pierre Fauchard Academy, Alpha Omega International Dental Fraternity, and was Chief of the Dental Staff at Touro Infirmary.

The post-hypnotic suggestions to served organized Clinical Hypnosis have yet to be extinguished. I aspire to help ASCH's ongoing growth and influence. When the Society was first formed by Milton Erickson, MD, its membership consisted only of physicians and dentist. Later PhDs and other doctoral level professionals were invited to join. Isn't it both logical and beneficial that we now embrace other professionally credentialed healers? This professional diversity is a benefit to the practitioners, to the patients they serve, and to the American Society for Clinical Hypnosis viability.

## Member at Large, Dentistry (continued)

ASCH is the de facto organization for professional clinical hypnosis. Just as the AMA, ADA, APA effectively represent the needs of the public and their doctor members, shouldn't ASCH be equally progressive in serving the needs of its members and their patients?

With the hope you agree that Dov Glazer has the credentials and experience to serve your best interests on the ASCH Executive Committee, I would be honored by your vote.

Thank you.

## Member at Large, Medicine

### Sherwin Yaffe, MD



I appreciate the privilege to be a candidate for the Member at Large position in Medicine for the American Society of Clinical Hypnosis for the coming year. It is an honor to do so and I want to tell you a bit about me and my involvement in

hypnosis.

I received my medical school training at the University of Tennessee School for the Health Sciences in Memphis, TN, in 1978 and I completed my psychiatric residency through the same institution in 1983. I am board certified in general, and child and adolescent psychiatry and I have done extensive geriatric psychiatry as well. My first love, however, has always been clinical hypnosis. I became interested in hypnosis during my psychiatric residency and was introduced to hypnosis by one of our faculty members at UT. I continued my training through ASCH workshops, attending both regional and Annual workshops starting in 1980. I was privileged to learn from such

### Lewis Kass, MD



To this day I can still see the room, sense the temperature, feel the mounting energy and of course hear the voices from my Introduction to Pediatric Hypnosis in 2006. Drs. Ran Anbar, Dan Kohen, Laurence Sugarman and others ushered me into this exciting new world; and there would be no turning

back. Therefore I'm incredibly grateful (and humbled) at having the opportunity to run for the position of Member at Large, Medicine.

After that initial immersion in 2006 I ran home from Syracuse (and I'm not saying that one needs to run from Syracuse of course!) as excited to begin using these new skills as I was to share stories of this new experience with colleagues. As a pediatric pulmonologist and sleep medicine physician, I went to the beginner course with an agenda; to learn skills of hypnosis to help children with vocal cord dysfunction, habit cough and functional dyspnea. To say though, that I also had some interesting things to share with my pediatric colleagues in gastroenterology, emergency

## Member at Large, Medicine (continued)

stellar individuals such as M. Erik Wright, Bertha Rodger, Dabney Ewin, David Cheek, Irv Sector, Chuck Mutter, Harold Crasilneck, Lew Dubin, and Cory Hammond among others. I have been involved in teaching hypnosis locally in Memphis and I have been on the teaching faculty of several ASCH annual meeting. In addition, I have made a number of presentations at the annual ASCH workshops throughout the years with the latest being in San Antonio earlier this year reviewing all aspects of Ideomotor signaling. I was very privileged to present a workshop on Ideomotor Signaling with David Cheek at ASCH in the late 1980's and one with Dabney Ewin about the same time on hypnosis and spirituality. Additionally, I have been an Approved Consultant of ASCH since 2001.

My approach to hypnosis has been eclectic and I am always fascinated by how powerful this modality is allowing us to help so many people relatively quickly. I believe that everyone has the ability to solve their own conditions but that they must be shown how to do so, and hypnosis is the ideal vehicle that makes this possible. I have successfully used hypnosis in the usual psychiatric conditions such and PTSD, anxiety and panic disorders, and mild depression and phobias. I have utilized hypnosis even more so with several medical illnesses with very good success. These would include migraine headaches, various skin diseases such as psoriasis and eczema, irritable bowel syndrome and inflammatory bowel disease, asthma, hypertension, several cardiovascular arrhythmias, arthritis, and in cases of acute or chronic pain. While I am eclectic, I have found Ideomotor Signaling and Ego State Therapy to be extremely useful in helping patients recover from their maladies.

If elected as you Member at Large in Medicine I will work hard to further promote the teaching of hypnosis at all levels. It has been my experience that many in the medical profession, MD's and nurses, have little knowledge or worse, erroneous knowledge, about what hypnosis is and what it can do. I would endeavor to increase the teaching of

medicine, neurology, urology and general pediatrics would be the understatement of all time!

Hungry for more, I attended Dr. Anbar's Syracuse workshop three or 4 more times just until he traded his snow shovels for the palm trees of La Jolla, California. At that point I transitioned my learning to The National Pediatric Hypnosis Training Institute (NPHTI) run by Dr. Dan Kohen and Dr. Pam Kaiser. If there is actually a definition of the term "Program of Excellence," Pam and Dan's NPHTI would be that definition. I made 4 enthralling September pilgrimages to Chaska, Minnesota, and once again, couldn't get enough!

What followed next was The World-Famous 100-Hour Hypnosis Training with Dr. Michael Yapko! At this point when too much time goes by without hearing Michael speak, I experience what will surely be in a DSM version someday...Yapko-Deficit. After The 100-Hour course, I successfully treated my Yapko-Deficit by attending his next two yearly Master's Hypnosis courses, (and yes, all signed up for November 2019! Because Yapko-Deficit is real!).

For those of you who have learned from and worked with any or all of the above, inspirational and truly awesome, caregivers, you know what I'm talking about. The other people who know what I'm talking about, even though they might not know that they know what I'm talking about, you know (wink, wink, Dan!) are my patients. In The Pediatric Sleep Disorders Center at Norwalk Hospital, Norwalk, CT, where I direct the program, the patients with insomnia, night terrors, nightmares, bed-wetting and restless legs syndrome have learned to utilize hypnosis to conquer their issues. In what has become a very exciting part of my practice, patients with excessive daytime sleepiness from conditions such as narcolepsy and postural orthostatic tachycardia syndrome (POTS) have learned to use hypnosis to create wakefulness and energy. Besides the patients, the Fellows in Sleep Medicine as well as the rotating residents get exposure to hypnosis who wind up looking as starry-eyed as I appeared during my beginner course way back when!

## Member at Large, Medicine (continued)

hypnosis in all areas possible and to dispel misconceptions. This is no easy feat, but I feel the future of hypnosis and the viability of our beloved society would be greatly enhanced if this goal could be met more effectively.

Thank you for extending to me the opportunity to run for this position. It is deeply appreciated.

Sherwin A. Yaffe, MD

I'm particularly thrilled to share, that along with my friend and colleague Dr. Peter Gardner, we have recently received approval from the ASCH Executive Committee for our newly formed component section, the Connecticut Society for Clinical Hypnosis (CSCH). Even prior to our official approval, we have already had two lively ZOOM video conferences attracting many participants from in and around The Nutmeg State! In this vein, I hope that the joy, enthusiasm and passion I feel for this field of hypnosis is evident. Surrounded by our amazing colleagues, I believe I and we can help develop additional programs to bring in more practitioners and members. I would be honored to have the privilege of your vote.

Thanks for taking the time to read through this!  
Have a wonderful summer!

## Member at Large, Psychology

**Louis Damis, PhD, ABPP**



I am honored to have been nominated for Member-at-Large in Psychology for the American Society of Clinical Hypnosis. I have been a member of ASCH for over 25 years and have enjoyed my increasing

involvement as workshop faculty over the past 20 years. I have served as Chair and Co-Chair for multiple Intermediate and Advanced Workshops and have been a Prime Reviewer for the past six years. It would be my pleasure to serve the organization and work more closely with my esteemed colleagues at ASCH to further our mission of research, education, and training.

**Joseph Tramontana, PhD**



Before I was elected Secretary of ASCH for the 2017-2018 year, I stated: "It is truly an honor to have been nominated for the Office of Secretary of ASCH, my "favorite Society." It was an even greater honor to be elected by my peers.

While I had attended ASCH workshops for many years, I decided to start giving back and beginning in 2008 became a faculty member at ASCH workshops. Since then I have presented advanced workshops on "Hypnotically Enhanced Addictions Treatment" on 5 occasions (2008; 2015; 2016; 2017;2019) as well as co-presenting two ASCH workshops on Sports Hypnosis with Mitch Smith (2012; 2013), and one at SCEH (2011) on this

## Member at Large, Psychology (continued)

I am a licensed psychologist in Central Florida and the founder of Integrative Health Psychology, PA. I am a Diplomate with the American Board of Professional Psychology, a Fellow of the American Academy of Clinical Health Psychology, a Senior Fellow of the Biofeedback Certification International Alliance, and an ASCH Approved Consultant. Also, I serve as the current President of the Florida Society of Clinical Hypnosis and as a Past President of the Washington, D.C. Society of Clinical Hypnosis. I have also been a board member of the Biofeedback Society of Florida for four years and presently serve as the Treasurer. I am very interested in the ways that hypnosis can foster integration of mind, body, and spirit in the promotion of health, wellness, and optimal functioning.

As Member-at-Large I will continue to disseminate accurate knowledge of this valuable tool of hypnosis to our colleagues, clients, and the public. In this regard, I am resource for clinical hypnosis at the Biofeedback Society of Florida as well as at the Orlando VA where I teach hypnosis to interns, post-doctoral fellows, and psychiatry residents. Moreover, I will bring the important issues from these sources to our Executive Committee to further optimize our mission of promoting knowledge, acceptance, and the ethical applications of hypnosis.

I thank those who sponsored my nomination and would be pleased to serve as Member-at-Large for Psychology.

topic. I also presented a workshops at SCEH in 2016; 2018 on addictions treatment, and at SCEH in 2017 on “Hypnotically Enhanced Psychotherapy.” I will be presenting there again in 2019 on addictions. I presented a two-day workshop in Banff, Canada for the Canadian Federation of Clinical Hypnosis in May, 2019 on “Hypnotically Enhanced Addictions Treatment during this time of the Opioid Crisis.” I have also presented on all three topics at APA Division 30 annual conventions, and will be presented a paper on “Hypnotically Enhanced Psychotherapy“ at the ISH World Congress in Montreal in 2018.

I have also published two books on hypnosis: 1. Hypnotically enhanced treatment for addictions: Alcohol abuse, drug abuse, gambling, smoking cessation, and weight loss (Crown, 2009) and 2. Sports hypnosis in Practice: Strategies and scripts (Crown, 2011).

So, while the above gives some information on my hypnosis experience, I have also had considerable leadership experience. It started with my early days in mental health administration as Director of a Community Mental Health Center in North Mississippi and being named President of the Mississippi Mental Health Center Directors’ organization during that time. Then I got into more private endeavors as Clinical Director of a large Employee Assistance Agency with federal contracts in 17 states.

I gradually got back into full-time private practice and then in leadership positions in the last several years. I am a Past-President of the Louisiana Psychological Association (LPA) after having served two years as a Director on the Executive Council, followed by a year as president-elect, then president, then immediate past-president (so a total of 5 years on the EC). I rotated off of the LPA EC in June, 2016. More specific to ASCH, during this same period I have served as vice-president of the New Orleans Society of Clinical Hypnosis (NOSCH), an ASCH component section, for two years, followed by five years as president of NOSCH, all of this allowing me to serve on the

## Member at Large, Psychology (continued)

ASCH Board of Governors. I have rotated out of the NOSCH presidency at our May, 2018 meeting, but continue on their Board of Directors..

When I attended my first ASCH workshop in 1978, one of the speakers said to the group (in a Basic Workshop): “Hypnosis will not only change your practice, it will change your life.” And it has, which is why I refer to ASCH as my “favorite Society.”

As I mentioned in my statement prior to my past election about what an honor it was to be nominated, probably my greatest honor, and one of the most important in my career, was being granted FELLOW status at our 2018 convention.

Finally, I look forward to the opportunity serve again on the ASCH Executive Council as Member-at-Large, Psychology and request your vote.

## Member at Large, Masters Level

### Lorna McKenzie-Pollock, LICSW



I am so pleased to be nominated once again for the Masters Level Member-at-Large position on the Executive Committee. I served in 2016 and am currently in this position a second time. Hypnosis has been an important part of my clinical practice ever since I was trained by Dan

Brown in 1987. I consider it to be the most valuable tool in my toolbox. I am an ASCH Approved Consultant in Clinical Hypnosis. I am currently Director of Training of the New England Society of Clinical Hypnosis (NESCH). I am proud of the achievements of the society When I was President of NESCH, I organized the first

### Tenley Fukui, MA



I am honored to have been nominated to serve on the Executive Committee for the Master’s Member at Large position. My first ASCH conference was in 2003 and from the moment Dr. David Spiegel invited me to join him and

other colleagues to dinner I was hooked with this friendly crowd who have become my ASCH family. Highly experienced and esteemed ASCH members have provided all my hypnosis training.

I earned a master’s degree in clinical psychology in 2003 and externed at the Houston VAMC in the

## Member at Large, Masters Level (continued)

Intermediate Training (now Level 2) and continue to improve and refine our annual Basic (Level 1) Training, as well as bringing in high quality speakers for our quarterly meetings and annual Advanced Training.. I would continue to bring the same level of energy and commitment to ASCH as I have brought to NESCH.

I am a clinical social worker, and have had a private psychotherapy practice for over 30 years. I taught at Boston University School of Social Work for a number of years, teaching graduate courses on psychological trauma, and on the assessment and treatment of refugees and immigrants. I have worked with a diverse group of clients from many cultures. I was Associate Director of a specialized clinic for Cambodian refugees. Before that I worked at a clinic that served Vietnamese, Cambodian and Hmong refugees. I have presented at conferences throughout the United States, Canada, India and New Zealand. In addition to my training in social work, I hold a Master's in Anthropology. I taught and did field research in Archaeology/Anthropology for 13 years.

As a passionate proponent of hypnosis, I constantly strive to increase the level of awareness of the field among both health care providers and the general public. As Member-at-Large my major focus this time would be on encouraging our members to go out and give presentations about hypnosis in medical and academic settings in their respective fields. If people only present at ASCH or SCEH, we run the risk of talking to ourselves with a steadily declining audience! We already know about the power of hypnosis, we should be out there presenting at NASW, the American Medical Society, the American Nurses Association and the various dental professional associations! I would like to see this addressed and incentivized in some way at our annual meeting.. Additionally, I would work towards increasing diversity in the field of hypnosis, as well as within the ASCH membership.

chronic pain clinic and trauma recovery program. After graduating I worked in three outpatient pain clinics, an inpatient addiction rehabilitation facility and a partial hospital program for the chronically mentally ill before becoming a Licensed Professional Counselor. I have had a private practice integrating clinical hypnosis and biofeedback with psychotherapy for 13 years. While at the addiction facility I added hypnosis to the program and replicated previous research finding that all of my clients were clean and sober after 1 year. I presented this research to the American Group Psychotherapy Society.

At the VA, my supervisor gave me the choice of focusing on hypnosis or biofeedback. I chose clinical hypnosis and have not looked back. Clinical hypnosis is my passion. While at the VA I developed and ran a pilot study for Hypnosis Treatment for Chronic Low Back Pain. My data was robust enough to obtain a grant to design and run a Randomized Controlled Trial of Hypnosis Compared with Biofeedback for Adults with Chronic Low Back Pain. Both studies are published. In addition to being an ASCH certified member, I have also presented my Houston VAMC clinical hypnosis research at ASCH. I also, presented a 1-day course on clinical hypnosis for medical problems at the National University of Singapore. I bring to ASCH not only the experience of 13 years of private practice, but also 16 years of research in clinical hypnosis for chronic pain. With evidenced based research we can educate providers and potential clients about the usefulness of hypnosis.

I hope to be able to continue to bring my enthusiasm, experience and skills to help inform other medical providers, mental health providers, researchers, the VA and the American Counseling Association about the usefulness of clinical hypnosis. In addition, I would like to encourage what Dr. Harold Wain offered at Walter Reed Hospital in 1980 – clinical hypnosis in VA pain clinics. I want to continue this growth for ASCH

## Member at Large, Masters Level (continued)

and clinical hypnosis in general. The public and providers need to learn about clinical hypnosis so they can ask for it—not only for chronic pain management, substance dependence, insomnia and anxiety disorders, but for a myriad of other problems.

## Letter from the Membership

American Society of Clinical Hypnosis,

I have been a member of ASCH since I took my training in hypnosis with Kay Thompson in 1970. I also joined the Western Pennsylvania Society of Clinical Hypnosis and have been the long term treasurer of that organization. While Kay was active we flourished. After her death we held several Memorial seminars in her memory. In recent years we have become inactive. The few members of our component society have urged me to donate the money in our treasury. I have considered some possibilities but when I found out that ASCH had enacted a Kay Thompson student scholarship fund that is my choice. Betty Alice Erickson came and taught with Kay and me over many years in Morgantown West Virginia. Along with Kay, I had the highest regard for Betty Alice and I am happy to have her name added to a student scholarship fund.

I wish that we could have been active enough to offer training and support of the training here in the Pittsburgh area but that does not seem feasible at present. Perhaps some practitioners will become more active with hypnosis in the future but for right now I am sending all of our treasury to the Betty Alice Erickson and Kay Thompson student scholarship fund. I hope that the beneficiaries of this fund will emulate Betty Alice and Kay and give to others.

Arnold Freedman, PhD

PS. I hope many other ASCH members contribute to this worthy fund.

# 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](mailto:assoc-dir@asch.net).

It's hard to believe, but it is already time to start looking for candidates for the 2021-2022 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).



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