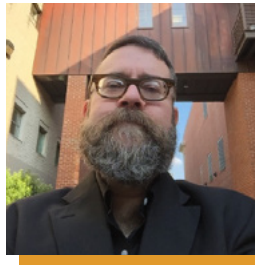


From the Desk of the President

Welcome to the August ASCH Advisor.

In much of the U.S. this year we've been having brutal and even dangerous heat. While some parts of the country are well prepared for summer's onslaught (for instance, while living in Houston I used to joke that even the sewers were air conditioned), others aren't because they never needed to be. Many of us have already noticed that what we expect each year from our climate has changed.



For those of us who are gardeners, changes require adaptation. In North Carolina, already tenuous lilacs and tulips are now impossible, but citrus and cacti are now an option if you're willing to put in the work. Recognizing what's doing well and giving it pride of place while finding replacements for those that no longer thrive is the secret to most of my favorite gardens.

As you'll hopefully recall from my last column, ASCH is adapting too. In that column, I presented the Board's strategy of making sure that a smaller pool of resources gets spent on those activities that promise the most payback—primarily through offering online meetings to minimize costs and maximize reach. This strategy by itself, however, addresses only half of the problem. It's like only paying attention to the plants that won't grow in my garden without incorporating the new possibilities.

In the world of ASCH, the Board has been searching for new opportunities in the present environment as well.

For instance, accumulated clinical evidence and luminaries in our field such as Mark Jensen, PhD, and Elvira Lang, MD, have been pointing out the benefits to patient outcomes when we move beyond training only masters and doctoral clinicians in hypnosis to instead make sure that RNs, EMTs, dental hygienists, and other technicians who tend to have earlier and more frequent patient contact have a clear understanding of the ways that hypnosis can inform their work. We recognized a crucial need for a professional home where these allied professions can study and practice clinical hypnosis and thoughtfully expanded our membership criteria to include healthcare providers who maintain an appropriate jurisdictional license permitting independent practice in their specialty. Recognizing that you have to get the soil ready when you expand your garden, former Presidents Drs. Bridget Bongaard, Louis Damis, and Linda Thomson have been preparing a new Level 2 workshop to better address the scope of practice that our new members will bring. Simultaneously, we've been identifying potential partner organizations representing our new potential members and have already met with one, the American Society for Pain Management Nursing (ASPMN).

We're hopeful that once potential new members have an opportunity to participate in the exemplary training for which ASCH is rightly known, they will become active and longstanding members. We've also been exploring offering more training around the specific continuing education requirements of various professions in various jurisdictions within a hypnosis context. Our hope is that an opportunity to get our three (3) hours of required ethics CE or three (3) hours of telehealth CE would be more useful if they pertained to our use of clinical hypnosis.

Inside This Issue

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Access AJCH Online

Beginning with Volume 66, the American Journal of Clinical Hypnosis, the official journal of ASCH, is now available online only. Hard copy issues will only be available through the publisher at a nominal fee.

ASCH members receive an online subscription to the AJCH as well as online access to all issues of the AJCH from 1958 forward.

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I hope that this column gives you some ideas of the ways ASCH is trying to adapt to the changes happening around us as an organization and around each of our members in their practice. Perhaps you have a wonderful idea about how ASCH can better meet your needs? If you're willing to share, let me or [JerrieLynn Kind](#), our Executive Director, know and we'd be delighted to consider! It's only by trying out less familiar plants that we can end up with a garden that welcomes, nourishes, and refreshes the widest group for years to come. And remember to stay hydrated and put on sunscreen!

John W. Hall, PhD, ABPP
ASCH President

About the Newsletter

ASCH Advisor is published quarterly and distributed via email to ASCH members. Submissions and articles are welcome. All submissions will be edited for content, style and length. Newsletter material should be submitted to the ASCH office via email to marketing@asch.net.

Submission Schedule

For consideration of inclusion, please email articles and content to the ASCH office at marketing@asch.net by these dates:

Issue	Materials Due
November 2024	October 2

Your Newsletter, Your Voice Member Submissions Welcome for ASCH Advisor

ASCH members are invited to submit news, reviews, letters to the editor, and other material for inclusion the society's quarterly newsletter. Submissions may be edited for clarity, consistency, and to conform with ASCH's editorial style guide. Please include photos and images as appropriate.

The next issue will be distributed in August. Please send any submissions — and reach out with any questions — to marketing@asch.net. The submission deadline is July 22.



SAVE THE DATE
ASCH { **2025 VIRTUAL MEETING**
 67TH ANNUAL SCIENTIFIC MEETINGS AND WORKSHOPS
 March 13-16, 2025

Plan to Join ASCH for the 2025 Virtual Annual Scientific Meetings and Workshops March 13-16, 2025

Watch your email for registration information this fall!
Visit www.asch.net for more information.

Share Your Knowledge in Clinical Hypnosis

ASCH is looking for faculty for the 2025 Virtual ASMW and Annual Conference. Share your expertise and help educate the field.

Contact Education Manager
Kelsey Kind at kkind@asch.net.

Hypnosis Treated an Inability to Burp

How to use the mind to relieve its own physical maladies

Note: This article was reprinted with permission of the author.

You can read the original article [here](#).

By Ran D. Anbar M.D.

Some patients develop an inability to burp (abelchia) because the muscle that surrounds the bottom of the throat (the cricopharyngeus muscle) remains overly tight when they attempt to allow air to pass upwards through their food pipe.

This has been recently termed "retrograde cricopharyngeal dysfunction. (R-CPD)" (Karagama, 2021). This disorder can cause people to develop uncomfortable distension of their stomach after meals.

Studies have demonstrated that a single dose of botulinum toxin A (Botox) injected into the cricopharyngeus muscle under general anesthesia helps resolve this condition in most patients. Botox is thought to work by temporarily paralyzing the muscle (Hoesli, 2020).

I recently wrote about a 19-year-old patient who complained of an inability to burp his entire life (Anbar & Spence, 2023). This caused him to feel discomfort after large meals. The patient had heard about Botox [therapy](#) for his condition and was considering undergoing this procedure.

This patient had previously demonstrated great success in using [hypnosis](#) for the treatment of his [anxiety](#) and [insomnia](#). I proposed to him that improvement of his abelchia could be accomplished through the use of [hypnosis](#) as well, rather than the administration of Botox. I speculated that hypnosis could be beneficial in this setting because it can affect muscle function. For instance, using imagery can help people lift weights better (Slimani, 2016).

Initially, the patient tried to relax his cricopharyngeus muscle by asking his [subconscious](#) to help, but this did not help him burp. The patient then volunteered that when he tries to burp, he begins to gag, and he worried that he might throw up.



About the Author

Key Points

- Abelchia can cause uncomfortable distension of the stomach after meals.
- Although Botox has been used to treat abelchia, there may be better alternatives, like hypnosis.
- When ailments may have a mental component, psychological treatments may be best for functional symptoms.

I suggested he imagine applying a numbing cream to his throat when he tries to burp so that his gag reflex would not be elicited. The patient reported that the application of the imagined cream reduced his propensity to gag, but he still could not burp.

Finally, I suggested that the patient ask his subconscious to relax his cricopharyngeus muscle at the same time that he numbed his gag reflex. This allowed the patient to burp small amounts of air. The total time of treatment for the abelchia was a month.

I recommended that the patient continue to practice the latter techniques with the suggestion that as a mind/body skill, hypnosis application improves with practice. Indeed, after half a year, he reported no difficulty with burping large amounts of air loudly.

Lessons Learned

As R-CPD resolves with hypnosis, it is likely that R-CPD represents a functional disorder that can resolve with a psychological approach. Functional disorders should be suspected when: (1) Symptoms present without an identifiable physical cause, (2) The intensity of symptoms exceeds what is expected based on their physical cause, and/or (3) Symptoms fail to respond as expected to medical treatment (Anbar & Spence, 2023).

In the case of R-CPD, I suspected a functional disorder because the symptoms resolved after a single dose of Botox, which wears off after three months. Thus, the symptoms responded much more than expected to medical treatment. If the problem were primarily physical, it would be expected that the symptoms would have recurred after the Botox wore off.

Keep in mind that similar symptoms can have physical or functional origins. For example, shortness of breath can develop due to asthma (a physical cause) or anxiety (a functional cause). It can be especially difficult to properly diagnose patients whose symptoms persist because of a combination of physical and functional factors (such as patients with asthma and anxiety).

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Hypnosis can help resolve other functional symptoms in the head and neck, such as vocal cord dysfunction (Anbar & Fernandes, 2016). In my experience, it also has helped with cervical dystonia, bruxism, and rhinitis. Hypnosis has been shown to resolve functional disorders in many other parts of the body, such as [migraine](#) headaches, shortness of breath, irritable bowel syndrome, and some tremors.

When a person develops a functional disorder, the symptoms serve a function, although sometimes the function is not obvious. The patient described in this blog may have developed his inability to burp in order to protect him from gagging. Thus, his symptoms only improved after I taught him to hypnotically suppress his gag reflex.

References

Anbar RD, and Fernandes BA. 2016. "Vocal Cord Dysfunction." In: Gary R. Elkins (ed), "Handbook of Medical and Psychological Hypnosis: Foundations, Applications, and Professional Issues." New York, NY: Springer Publishing Company, pp. 429-433.

Anbar RD, and Spence NA. 2023. Hypnosis in the treatment of cricopharyngeus dysfunction: A case report. *Am J Clin Hypnosis*. DOI: [10.1080/00029157.2023.2249535](https://doi.org/10.1080/00029157.2023.2249535)

Hoeseli RC, Wingo ML, and Bastian RW. 2020. "The Long-term Efficacy of Botulinum Toxin Injection to Treat Retrograde Cricopharyngeus Dysfunction." *OTO Open*. 4 (2): 2473974X20938342.

Takeaway

Successful hypnosis therapy must involve addressing the underlying cause(s) of symptoms. In this case, the therapy addressed both relaxing the muscle and the [fear](#) of gagging. A nonspecific approach, such as asking the subconscious to solve the issue, was ineffective.

Since functional disorders often resolve with the use of hypnosis or other psychological therapies, it is best medical practice to offer such non-invasive therapies for functional disorders before the use of medications, including botulinum toxin, which are more costly and carry a greater risk of complications.

Portions of this blog were first published in the American Journal of Clinical Hypnosis (Anbar & Spence, 2023).

Karagama Y. 2021. "Abelchia: inability to belch/burp-a new disorder? Retrograde cricopharyngeal dysfunction (RCPD)." *Euro Arch Otorhinolaryngol*. 278 (12): 5087-5091.

Slimani M, Tod D, Chaabene H, Miarka B, and Chamari K. 2016. Effects of mental imagery on muscular strength in healthy and patient participants: A systematic review. *J Sports Sci Med*. 15(3):434-450.

Shape the Future of ASCH and Volunteer to Serve on New Divisions

Over the past couple of years, ASCH embarked on a new chapter, sunsetting its former leadership structure and launching a new Board of Directors. The goal of this change was to allow the organization to nimbly adapt, change and provide more leadership opportunities for the ASCH membership. Under this new format, the Board is comprised of various divisions, which focus on the management of crucial ASCH programs. These divisions are the heart and soul of the organization, and we need your help. We currently have openings on our Bylaws and Components Divisions for Chair positions as well.

ASCH is currently looking for volunteers to join our divisions to help chart the course of the organization. Where does your interest lie? Education and training? Do you prefer to engage with the certification process or membership verification? Perhaps building the connection with components? No matter the interest, ASCH has a home for you.

Simply complete the online form and let us know where you'd like to engage. We cannot thank you enough for your interest as we build the ASCH of the future.

[CLICK FOR VOLUNTEER INTEREST FORM](#)

Why You Should Choose Certification Through ASCH

Certification provides recognition of the advanced clinician who has met educational and training requirements in clinical hypnosis.

ASCH Certification in Clinical Hypnosis is distinct from other certification programs in that it ensures that the certified individual is a bona fide health care professional who is licensed in his or her state or province to provide medical, dental, or psychotherapeutic services. ASCH believes that people trained only in hypnosis lack the diagnostic and therapeutic skills as well as the licensure required to safely and responsibly treat medical, psychological, or dental problems using hypnosis. ASCH Certification distinguishes the professional practitioner from the lay hypnotist.

Requirements for to apply for a Certification of Clinical Hypnosis are:

- Hold at least a master's degree in a health care discipline considered appropriate by the Society and have licensure/certification in the state/province in which they practice;
- Membership in a professional society consistent with their degree;
- Licensure or Certification by the state or province in which they practice to practice independently;
- Complete Level 1 and Level 2 ASCH approved Clinical Workshop training;
- Minimum of 20 hours of individualized training/consultation with an ASCH Approved Consultant;
- Minimum of two years of independent practice utilizing clinical hypnosis (two years from the completion of the basic course).

Please be sure to have the required documents available prior to completing your application as they will need to be uploaded in order to have your application reviewed. Apply for [Certification on the ASCH Website](#).

Already ASCH Certified?

Don't let your achievement expire!

Your certification **must be renewed** every three years. The renewal guidelines require a minimum of 20 hours of acceptable continuing education work within those three years. ASCH will remind you six months before your expiration date, but it is your responsibility to maintain the certificate with your continuing education and pay the recertification fees prior to your expiration date.

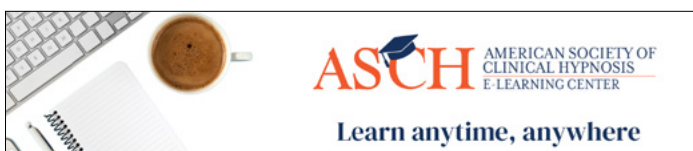
Access the Knowledge of the 2024 ASCH ASMW

You can now access the pivotal presentations and workshops from the 2024 ASCH ASMW at your convenience, when you purchase the session recordings.

The session recordings from the 2024 ASC ASWM are now available for purchase.

Our 2024 ASMW featured presentations and workshops from leading experts in clinical hypnosis. Now, you have the opportunity to benefit from these invaluable sessions.

- Expert Insights: Learn from top professionals in the field of clinical hypnosis.
- Comprehensive Content: Access a wide range of topics and innovative practices.
- Over 60 hours of CE are available – purchase the whole bundle or individual sessions.*
- Flexible Learning: Watch at your own pace and revisit the material anytime.



Make your purchase here!

Here are just some of the sessions you can access:

- *ASMW 2024 Preconference - Healing through Relationship: Advanced Relational Hypnotherapeutic Strategies* - Eric Spiegel, PhD
- *ASMW 2024 Preconference Workshop - Rapid Hypnotic Techniques at the Medical Forefront (Comfort Talk[®])* - Elvira Lang, MD, PhD
- *A Gathering of Healers: Transpersonal Case Consultations* - Paul W. Schenk, Psy.D.
- *Acceptance, Trance Logic, and the Virtual Management of Chronic Pain* - Thomas J. Rostafinski, PhD
- *An Extended Application of LeCron and Cheek's "Past Experience" Common Cause: Past Life Therapy, Trauma, and the Spiritual/Transpersonal* - Paul W. Schenk, Psy.D.

*If you attended the 2024 ASCH ASMW in March, you are ineligible to receive additional CE from the attended sessions.

If you attended the conference and would like access to the materials, please complete this form:

<https://asch.net/asmw-2024-conference-recordings-interest/>.

Questions? Contact ASCH at info@asch.net.

Upcoming ASCH Workshops

In 2024, ASCH will present these workshops in a virtual format. Learn more and register at www.asch.net/workshops.

ASCH Teaching & Consultation Workshop (TCW) - October 18-19, 2024

TCW is a 10-hour workshop designed for those individuals who have attained ASCH Certification (including completion of Level 1 and Level 2 ASCH-sponsored or ASCH-approved workshops and completion of 20 hours of Individualized Consultation (IC) (individual or workshop format). Completion of TCW is required, along with other education and training programs and certification noted above, and continued use of clinical hypnosis in professional practice, in order to apply for and attain ASCH Approved Consultant status. Faculty members for TCW workshops are highly accomplished exceedingly well-trained and experienced clinicians, and respected educators and trainers.

ASCH Advanced Level Workshops - November 9, 2024

Integrating Clinical Hypnosis and EMDR –
Brittany Meredith

ASCH Level 2 Workshop - December 5-8, 2024

Why pursue training in Clinical Hypnosis? What are the benefits?

The second step in certification training is to strengthen skills, strategies, and applications of clinical hypnosis. Part one taught “how to” do clinical hypnosis, and part two builds on this skill set and refines and furthers development to add the *when, why, and where* to the “how-to.” The Level 2 workshop increases skills and builds confidence in the use of hypnosis. It prepares the workshop participant to move on to the Advanced Workshop level and Individual Consultation with a strong basis of skills and understanding of the principles and practice of clinical hypnosis.

Upcoming Events

This calendar includes ASCH Component-sponsored activities. Where appropriate, Component sponsored programs have been approved for ASCH CE. See the ASCH website for more information.

October 10 - 12, 2024

Fundamentals of Hypnosis (ASCH Level 1)

Florida Society of Clinical Hypnosis

November 6, 2024

ASCH Webinar: GI Topics & Hypnosis Webinar

Don't Miss Out on your ASCH Benefits!

The deadline for your ASCH membership dues was June 30.

Log into your ASCH member profile to verify that you're up to date or you may miss out on:

- The American Journal of Clinical Hypnosis (AJCH) Subscription, including access to the full online archive from 1958, forward
- Networking opportunities. ASCH gives you access to a welcoming community of professionals that are eager to help you advance your understanding of hypnosis.
- ASCH Membership Directory where you can reach the who's who in clinical hypnosis
- ASCH Demonstration Videos, high-quality educational material is included with your membership. You'll also find recent online educational content for purchase at the discount member rate.

Log into the **ASCH Member Portal** to keep access to your benefits! <https://asch.net/wp-login.php>

Your Generosity Ensures a Next Generation of Clinical Hypnosis Practitioners

ASCH-ERF currently manages two scholarship funds for students: the Mutter Scholarship Fund for Student and Early Career Professional Training and the Betty Alice Erickson & Kay Thompson Student Scholarship Fund.

At any given time, these opportunities carry varying levels of funds that are available to help students dependent upon the generosity of our donors. To learn more about these scholarships—and more critically—make a donation to ASCH-ERF, visit the ASCH website [ASCH ERF Scholarships – ASCH](#).

Our new renewal system allows you to make a donation directly to the Mutter Foundation. You can learn more about how to make a donation to either of these funds on our website. To make a donation, sign into your member portal and select Online store on the top menu and then Donation on the left menu.

The future students of our profession and ASCH-ERF thank you!



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A Note Regarding the ASCH Ethics Committee

Hi Everyone,

As a new Member at Large on the ASCH Board of Directors, I noticed there was a need for someone to step onto the Ethics Committee. I was interested in the Ethics Committee because we had such a robust discussion a while back on the listserv about ensuring our LGBTQ+ members would feel comfortable attending our conventions. Then a new set of ethics was codified and disseminated for ASCH.

I see this as hopeful and would like to continue that trend. Now there is interest in exploring how to support hypnotic proficiency, and there's an idea that modifications to the training and certification process might be of interest. What do you think? Do you have ideas that might bring you to the table of the Ethics Committee? If so, would you please join us? We can only do the work if the membership is engaged and involved. Please let me know your thoughts, or contact David Alter, PhD, the Chair of the Ethics Committee (drdavidalter@gmail.com).

Thank you very much for reading this and for offering your consideration to this invitation to get involved! Please [click on this form](#) to give us your interest in this or other ASCH committees.

Sincerely,

Darlene Viggiano, PhD (MFT)

New Members, Certificants and Consultants

March 1 - August 14, 2024

New Members

Margaret E. Fitzpatrick, LCSW
 Daniel P. Lyons, PMHNP-BC
 Erica Hunt
 James Tresh, MS
 Camilla Ceppi Cozzio, MD
 Ann Golay,, EdD, LMFT, LEP
 James Barbour, LCMHCS, LCAS, CCS
 Janine Goodwin
 Laura C. Summerhill, PhD, LCSW
 Kane W. Phelps, LMFT
 Silvia I. Hain, D. Hyp
 Leona Kiamahoe
 JD Wright, PhD, LP
 Tamara Fancher, PA-C, CMS-CHt
 Angie Guion
 Hannes Bjornsson
 Jessica Moutenot-Small
 LaShaun Williams, PsyD
 Karina T. Suero, LMFT
 Anne Harper
 Anne S. Diamond, LMFT
 Keith Boudreaux
 River Luna, MA, MFT-A
 John L. Hall, LIMHP, LADC, CCTP
 Leah Thompson MA, MSW, RSW
 Lee F. Pelletier, MDiv, MA, LPMHC
 Lidia Pomaville, PA-C
 Mara Silverman
 Rebecca S. "Becky" Katz
 Terry Wohlberg
 Yolanda N. Brannon PsyD
 Magaly H. "Maggie" Mauer, PhD
 Lara Neely, DBH, MED, LPC
 Brett Richards, MA
 Abigail Ball, RN
 Elizabeth Brach
 Janet Williams, MD
 Lee F. Pelletier, LPMHC
 Rachel Floyd
 Judith M. Davis, MD
 Jeanne Clark, MSW, LCSW
 Sandra G. Betka
 Sean Maness
 Stephen G. Glass, EdM
 Ay Ling Han, PhD
 Brenda T. Hayes, MSW, LCSW, BCD
 Elizabeth Carter, MSc
 Gabriel Ben-Dor
 James Link
 Jessica Garrett
 Mary Ishii
 Ronda Erlewine-Belgarde
 Stacie Sexton
 William E. Feuerborn, DSW, LCSW
 Antonio Madrid, PhD
 Allison Levans
 Eugene Devers
 Jenna Etzold
 Maureen Hannaberry-Avila
 Nicole P. "Phoenix" Anderson, Ph.D
 Shannon Crystal
 Tuvia Hoffman
 Christopher Solie
 Felix Lefevre

Jenneane Ziesenhenn
 Nancy Adamson
 Margot Parker
 Randy Stinnett
 Catherine McQuade
 Danny Hall
 Holly Forman-Patel
 Irene A. "Alex" Hinst, MA, LPC, NCC
 Mary Catherine Dubois, LISW-CP, CCM
 Paul J. Leslie
 Stacey Bouffard
 Suzanne R. Smith
 Taylor Leslie
 Tessa Barnes
 Leslie C. Easton, LCSW
 Mario Olavarria
 Prachi Garodia
 Alexandra F. Colon, Psy.D
 Ann Smith
 Carolyn Trasko
 Corey Paulson, MA, LPC-S
 Henry Hirsch
 Jessica L. McCarthy, PsyD
 Judy Strait
 Lauren Bridges Santana, M.A.
 Nadia Sarwar, MD
 Nettie Criscio
 Sherry Broadwell, PhD
 Sybil M. Mouzon, M.D.
 Kim Weidman

New Certificants

Angela C. Ross, Ph.D.
 Ann Miller Maxwell, MD
 Cynthia Good
 Heather Finley, PhD
 Ilyse Spertus
 Michael ASCHTesterOne
 Sharmila Acharya, MSPT
 William E. Feuerborn, DSW, LCSW
 Yao Heng, MD

Approved Consultants

Amy L. Gould MA, LPCC-S
 Karen D. Slaton, PhD
 Katharine Davis, LPC

2025 Leadership Election

The nominations are in, and the following individuals have been slated for the next ASCH leadership election. Details on voting and more information about the candidates will be available in September.

The candidates are:

President-Elect:

- Jeffrey B. Feldman, PhD
- Write in

Treasurer (vote for one)

- Louis F. Damis, PhD, ABPP, FASCH
- Holly Forester-Miller, PhD, LCMHC, NCC
- Write in

Member at Large (vote for two)

- Tobi Goldfus, LCSW-C, BCD
- Emily Medley, MSN, FNP-C
- Rebecca Cherry, MD, MPH
- Huaiyu Zhang, PhD, MS
- Write In

Watch your email for details!

2024 ASCH Board of Directors

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John Hall, PhD

Treasurer

Dan Handel, MD

President-Elect

Philip Colosimo, PhD

Secretary

Jeff Feldman, PhD

Members at Large

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Bruce Eimer, PhD

Rebecca Cherry, MD

Dana Lebo, PhD

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Louis Damis, PhD

Executive Director

JerriLynn Kind

Division Chairs

ASCH-ERF and Nominations

Louis Damis, PhD

American Journal of Clinical Hypnosis

Stephen R. Lankton, LCSW, DAHB

Certification

Jillian Ballantyne, PhD, ABPP, BCB

Education

Samantha Price, PhD

Ethics

David Alter, PhD ABPP, ABPH

Finance

Dan Handel, MD

Membership

Daniel Skenderian, PhD

Past President

Dov Glazer, DDS, ABHD