

# CAMERON T. ALLDREDGE, PhD

## Licensed Psychologist

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### Education

- Doctor of Philosophy | Clinical Psychology | Brigham Young University | Provo, UT | 2022
- Master of Science | Psychology | Brigham Young University | Provo, UT | 2019
- Bachelor of Science | Psychology | Southern Utah University | Cedar City, UT | 2016

### Academic & Research Positions

- Postdoctoral Fellow | Mind-Body Medicine Research Lab | Baylor University | August 2022 - Current

### Awards & Recognitions

- Early Career Contributor Award | APA Division 30 | 2024
- Stanley Krippner Award | Society for Clinical & Experimental Hypnosis | 2023
- American Psychological Foundation (APF)/Division 49 Richard Moreland Dissertation of the Year | 2022
- Student Award for Excellence in Research | 2021
- Dissertation Departmental Grant | 2021

### Leadership Positions

- Executive Committee | APA Division 30 | Society of Psychological Hypnosis | 2023 - Current
- Co-Chair of Advanced Workshops | Society for Clinical & Experimental Hypnosis | Oct. 2024

### Teaching Experience

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|--------------------------------------------------------------------------|------------------------------------------|
| <b>Introduction to Psychological Science</b><br>Brigham Young University | Summer 2018 & Spring 2019                |
| <b>Positive Psychology</b><br>Brigham Young University                   | Fall 2021; Winter, Spring, & Summer 2022 |
| <b>Theories of Counseling and Psychotherapy</b><br>Baylor University     | Spring 2023 & Fall 2024                  |
| <b>Multicultural Issues (Graduate Level)</b><br>Baylor University        | Summer 2023 & Summer 2024                |
| <b>Clinical Psychopathology (Graduate Level)</b><br>Baylor University    | Spring 2024 & Spring 2025                |

## Professional Affiliations

- Member of APA Division 30: Society of Psychological Hypnosis | Nov. 2020 - Present
- Member of the Society for Clinical and Experimental Hypnosis (SCEH) | Sept. 2021 - Present
- Member of the American Society of Clinical Hypnosis (ASCH) | Oct. 2021 - Present
- AmeriCorps Member | Oct. 2018 - Aug. 2021

## Publications

**Aldredge, C. T.**, Vagner, M. V., Corlett, C. E., & Elkins, G. R. (in press). Clinical utility of mystical experiences: An overview and conceptual framework. *International Journal of Clinical and Experimental Hypnosis*.

Corlett, C. E., **Aldredge, C. T.**, & Elkins, G. (in press). Feasibility of a hypnosis Intervention for a Mystical Experience. *International Journal of Clinical and Experimental Hypnosis*.

**Aldredge, C. T.**, Muñiz, V., Ekanayake, V., & Elkins, G. R. (2024). Preliminary Survey Data From an App-Delivered Hypnosis Intervention for Smoking Cessation. *Tobacco Use Insights*, 17, 1179173X241287398.

Kekecs, Z., Nyiri, B., **Aldredge, C.**, Cserni, B., Rizzo, P., Domok, B., & Elkins, G. (2024). The effectiveness of hypnoanalgesia using conventional and placebo hypnosis induction. *The Journal of Pain*, 25(8), 104519.

Hood, A. P., Corlett, C. E., **Aldredge, C. T.**, & Elkins, G. R. (2024). Critical review of 3, 4-methylenedioxymethamphetamine (MDMA)-assisted therapy for posttraumatic stress disorder: Unanswered questions and future directions. *Journal of Psychedelic Studies*, 8(2), 274-285.

Lin Latt, C. M., **Aldredge, C. T.**, Williams, S., Vinson, M., Seiba Moris, J., & Elkins, G. R. (2024). Mindful Self-Hypnosis Combined with Resistance Training to Reduce Perceived Stress and Improve Other Psychological Factors in Female College Students. *International Journal of Clinical and Experimental Hypnosis*, 72(3), 254–273.

**Aldredge, C.**, Muñiz, V., & Henderson, T. (2024). Group therapy for pain: The current literature and clinician resources. *Group Dynamics: Theory, Research, and Practice*, 28(3), 216–227. <https://doi.org/10.1037/gdn0000223>

Zimmerman, K., Ekanayake, V., **Aldredge, C. T.**, Snyder, M., & Elkins, G. R. (2024). A general factor of hypnotizability revealed by confirmatory factor analysis. *The International Journal of Clinical and Experimental Hypnosis*, 1–17. Advance online publication. <https://doi.org/10.1080/00207144.2024.2393856>

- Lin Latt, C. M., **Allredge, C. T.**, & Elkins, G. R. (2024). Integrating mindful self-hypnosis with resistance training to reduce stress: a case study. *American Journal of Clinical Hypnosis*, 66(3), 262-272.
- Rosendahl, J., **Allredge, C. T.**, & Haddenhorst, A. (2024). Meta-analytic evidence on the efficacy of hypnosis for mental and somatic health issues: A 20-year perspective. *Frontiers in Psychology*, 14, 1330238. <https://doi.org/10.3389/fpsyg.2023.1330238>
- Farahzadi, Y., **Allredge, C.**, & Kekecs, Z. (2024). Gamma power and beta envelope correlation are potential neural predictors of deep hypnosis. *Scientific Reports*, 14(1), 6329. <https://doi.org/10.1038/s41598-024-56633-x>
- Allredge, C. T.**, Sliwinski, J. R., & Elkins, G. R. (2024). Treating hot flashes with hypnosis: Does hypnotizability modulate reductions?. *Journal of Clinical Psychology in Medical Settings*, Advance online publication. <https://doi.org/10.1007/s10880-023-09994-w>
- Allredge, C.**, Snyder, M., Stork, S., Elkins, G. (2024). Exploring variables associated with the effects of a self-administered hypnosis intervention for improving sleep quality. *International Journal of Clinical and Experimental Hypnosis* 71(4), 297–312. <https://doi.org/10.1080/00207144.2023.2249047>
- Rhodes, J. R., Tedeschi, R. G., Moore, B. A., **Allredge, C. T.**, & Elkins, G. R. (2024). Posttraumatic growth-oriented peer-based training among U.S. veterans: Evaluation of post-intervention and long-term follow-up outcomes. *Frontiers in Psychology*, 14, 1322837. <https://doi.org/10.3389/fpsyg.2023.1322837>
- Allredge, C.**, Elkins, G. (2023). Adaptive experiential theory of hypnosis. *International Journal of Clinical and Experimental Hypnosis* 71(3), 165–175. <https://doi.org/10.1080/00207144.2023.2226178>
- Allredge, C. T.**, Burlingame, G. M., & Rosendahl, J. (2023). Group psychotherapy for chronic pain: A meta-analysis. *Psychotherapy*, 60(2), 194–205. <https://doi.org/10.1037/pst0000485>
- Rhodes, J. R., **Allredge, C. T.**, Elkins, G. R. (2023). Magnitude of placebo response in clinical trials of paroxetine for vasomotor symptoms: a meta-analysis. *Frontiers in Psychiatry*, 14. <https://doi.org/10.3389/fpsyg.2023.1204163>
- Snyder, M., **Allredge, C. T.**, Stork, S. R., & Elkins, G. R. (2023). Feasibility of a self-administered hypnosis intervention for improving sleep in college students. *International*

**Aldredge, C. T.**, Burlingame, G. M., Yang, C., & Rosendahl, J. (2021). Alliance in group therapy: A meta-analysis. *Group Dynamics: Theory, Research, and Practice*, 25(1), 13–28. <https://doi.org/10.1037/gdn0000135>

Steffen, P. R., Fox, J., Cattani, K., **Aldredge, C.**, Austin, T., Burlingame, G. M. (2020) Impact of a 12-week group-based Compassion Focused Therapy intervention on heart rate variability. *Applied Psychophysiological Biofeedback*. Advance online publication. <https://doi.org/10.1007/s10484-020-09487-8>

Burlingame, G., **Aldredge, C.**, Lundgreen, R. (2021). Alliance rupture detection and repair in group therapy: Using the Group Questionnaire—GQ. *International Journal of Group Psychotherapy*, 75(2), 338–370. <https://doi.org/10.1080/00207284.2020.1844010>

Rosendahl, J., **Aldredge, C. T.**, Burlingame, G. M., & Strauss, B. (2021). Recent Developments in Group Psychotherapy Research. *American journal of psychotherapy*, 74(2), 52–59. <https://doi.org/10.1176/appi.psychotherapy.20200031>

Svien, H., Burlingame, G. M., Griner, D., Beecher, M. E., & **Aldredge, C. T.** (2021). Group therapeutic relationship change: Using routine outcome monitoring to detect the effect of single versus multiple ruptures. *Group Dynamics: Theory, Research, and Practice*, 25(1), 45–58. <https://doi.org/10.1037/gdn0000148>

**Aldredge, C.**, Burlingame, G., Olsen, J., & Van Epps, J. (2020). Outcome Questionnaire-45 (OQ-45) progress alert rates in group versus individual treatment: An archival replication. *Group Dynamics: Theory, Research, and Practice*. Advance online publication. <https://doi.org/10.1037/gdn0000121>

**Aldredge, C.**, & Burlingame, G. (2020). Group psychotherapy for depression. *International Journal of Group Psychotherapy*, 70, 467-474. <https://doi.org/10.1080/00207284.2020.1749521>

## Published Books

Elkins, G., & **Aldredge, C.** (2024). *Hypnosis and Hypnotherapy: What You Need to Know*. Mountain Pine Publishing.

Cattani, K., Griner, D., Erikson, D. M., Burlingame, G. M., Beecher, M. E., **Aldredge, C. T.** (2021). *Compassion Focused Group Therapy for University Counseling Centers: A Clinician's Guide*. Routledge.

Arnold, R., **Aldredge, C. T.**, Cattani, K., Griner, D., Erikson, D. M., Burlingame, G. M., Beecher, M. E. (2021). *Compassion Focused Therapy Participant Workbook*. Routledge.

## Book Chapters

Rhodes, J., Elkins, G., & **Allredge, C.** (2022). Definition of hypnosis and hypnotherapy. In G. R. Elkins (Ed.), *Introduction to clinical hypnosis: The basics and beyond* (pp. 31-42). Mountain Pine Publishing.

## Professional Presentations

**Allredge, C.**, & Elkins, G. (2024). *The adaptive experiential theory of hypnosis: Clinical implications and utilization*. Advanced workshop presented at the 75th Annual Conference of the Society for Clinical and Experimental Hypnosis; October 25, 2024; Anaheim, CA.

Corlett, C., & **Allredge, C.** (2024). *Hypnosis for a mystical experience*. Advanced workshop presented at the 75th Annual Conference of the Society for Clinical and Experimental Hypnosis; October 24, 2024; Anaheim, CA.

**Allredge, C.**, & Muñiz, V. (2024). *Hypnotherapy for hot flashes in postmenopausal women and women with breast cancer*. Advanced workshop presented at the 75th Annual Conference of the Society for Clinical and Experimental Hypnosis; October 24, 2024; Anaheim, CA.

Allredge, C., & Green, C. (2024). *Hypnosis training and certification: A systematic review*. Paper presentation at the 75th Annual Conference of the Society for Clinical and Experimental Hypnosis; October 26, 2024; Anaheim, CA.

Muñiz, V., **Allredge, C.**, & Elkins, G. (2024). *Reliability and validity of a new, remotely delivered hypnotizability scale*. Paper presentation at the 75th Annual Conference of the Society for Clinical and Experimental Hypnosis; October 25, 2024; Anaheim, CA.

Muñiz, V., Padilla, V. J., **Allredge, C.**, & Elkins, G. (2024). *Clinical hypnosis and cognitive behavioral therapy for hot flashes: Findings from a scoping review*. Paper presentation at the 75th Annual Conference of the Society for Clinical and Experimental Hypnosis; October 25, 2024; Anaheim, CA.

Elkins, G., & Allredge, C. (2024). *Self-administered hypnosis for hot flashes: Preliminary findings and implications for clinical practice*. Paper presentation at the 75th Annual Conference of the Society for Clinical and Experimental Hypnosis; October 25, 2024; Anaheim, CA.

**Allredge, C.**, Scheffrahn, K., & Elkins, G. (2024). *Clinical hypnosis in the digital age: Highlights of current advancements*. Symposium presented at the 2024 APA Annual Conference; August 10, 2024; Seattle, WA.

**Allredge, C.** (2024). *Clinical hypnosis for hot flashes and menopausal symptoms: Current findings and future directions*. Research poster presented at the 2024 APA Annual Conference; August 8, 2024; Seattle, WA.

- Corlett, C., & **Aldredge, C.** (2024). *Feasibility of a hypnosis intervention for a psychedelic experience*. Research poster presented at the 2024 APA Annual Conference; August 8, 2024; Seattle, WA.
- Vinson, M., **Aldredge, C.**, Elkins, G., Lin Latt, S. (2024). *Mindful self-hypnosis with resistance training for reducing stress in female college students*. Research poster presented at the 2024 APA Annual Conference; August 8, 2024; Seattle, WA.
- Faerman, A., & **Aldredge, C.** (2024) *Adversarial collaboration as a key endeavor for the scientific study of hypnosis*. Critical conversation presented at the 2024 APA Annual Conference; August 8, 2024; Seattle, WA.
- Aldredge, C.** (2024). *The adaptive experiential theory of hypnosis: Clinical implications and utilization*. Workshop for the North Texas Society of Clinical Hypnosis; March 27, 2024; virtual.
- Aldredge, C.**, Corlett C. (2024). *Using hypnosis to induce a psychedelic- or mystical-type experience*. Advanced workshop for the annual scientific meeting of the American Society of Clinical Hypnosis; February 23, 2024; virtual.
- Aldredge, C.**, Fox, J. (2024). *Integrating compassion focused therapy and clinical hypnosis*. Advanced workshop for the annual scientific meeting of the American Society of Clinical Hypnosis; February 25, 2024; virtual.
- Aldredge, C.** (2024). *Hypnotherapy for the management of hot flashes in post-menopausal women and breast cancer survivors*. Advanced workshop for the annual scientific meeting of the American Society of Clinical Hypnosis; February 25, 2024; virtual.
- Aldredge, C.** (2023). *The adaptive experiential theory of hypnosis: Clinical implications and utilization*. Webinar workshop for the Society for Clinical and Experimental Hypnosis; December 11, 2023; virtual.
- Kekecs, Z., **Aldredge, C.**, Dienes, Z., Elkins, G., Jamieson, G., Lynn, S. (2023). *Mechanisms underlying hypnotic effects: Evidence coming from different theoretical perspectives*. Symposium presentation at the 74th annual meeting of the Society for Clinical and Experimental Hypnosis; October 7, 2023; virtual.
- Aldredge, C.** (2023). *Efficacy of hypnosis for mental and somatic health problems: A systematic review of meta-analyses*. Paper presentation at the 74th annual meeting of the Society for Clinical and Experimental Hypnosis; October 7, 2023; virtual.
- Balaji, P., **Aldredge, C.**, Snyder, M. (2023). *Exploring a single-item assessment of hypnotizability*. Poster presentation at the 74th annual meeting of the Society for Clinical and Experimental Hypnosis; October 7, 2023; virtual.
- Scheffrahn, K., **Aldredge C.**, Snyder, M. (2023). *Systematic review of smartphone apps that deliver hypnosis*. Paper presentation at the 74th annual meeting of the Society for Clinical and Experimental Hypnosis; October 7, 2023; virtual.
- Belegrai, V., Nyiri, B., Dömök, B., Cserni, B., Aldredge, C., Palsson, O., Kekecs, Z. (2023). *Exploring the influencing factors of deep hypnosis experiences during conventional and*

*control hypnosis inductions*. Poster presentation at the 74th annual meeting of the Society for Clinical and Experimental Hypnosis; October 8, 2023; virtual.

Kekecs, Z., Cserni, B., Dömök, B., **Alldredge, C.** (2023) *The validity of the Hungarian version of the Elkins Hypnotizability Scale and association with the Thought Impact Scale*. Paper presentation at the 74th annual meeting of the Society for Clinical and Experimental Hypnosis; October 8, 2023; virtual.

**Alldredge, C.** (2023). *Mystical and metaphysical realms of hypnosis*. Four-hour long CE workshop for the North Texas Society of Clinical Hypnosis; September 15, 2023; Dallas, Texas.

**Alldredge, C.** (2023). *Measuring hypnotizability: Why it's helpful and how to do it*. Four-hour long CE workshop for the North Texas Society of Clinical Hypnosis; September 15, 2023; Dallas, Texas.

**Alldredge, C.,** Scheffrahn, K., Elkins, G. (2023). *Treating hot flashes with hypnosis: How does hypnotizability modulate reductions?*. Poster presentation given at the Waco Family Medicine 15<sup>th</sup> Annual Health Research Forum; April 18, 2023; Waco, Texas.

**Alldredge, C.** (2023). *Spiritual intelligences and how hypnosis opens the door to communicate with them*. Workshop given at the Annual Scientific Meeting & Workshops for the American Society of Clinical Hypnosis; March 2, 2023; Jacksonville, Florida.

**Alldredge, C.,** Rosendahl, J., Goldberg, S. (2022). *Negative effects and adverse events in psychotherapy—the bad and the ugly*. Panel presentation at the 53rd International Annual Meeting of the Society for Psychotherapy Research; July 7, 2022; Denver, Colorado.

**Alldredge, C.,** Ellertson, I., Burlingame, G., Rosendahl, J. (2022). *Group therapy for pain: A meta-analysis*. Panel presentation at the 2022 AGPA Connect conference, March 3, 2022.

**Alldredge, C.,** Burlingame, G. M., & Rosendahl, J. (2021). *Alliance in group therapy: A meta-analysis*. Panel presentation at the 52nd Annual International Meeting for the Society of Psychotherapy Research, June 25, 2021; Heidelberg, Germany.

**Alldredge, C.,** Rosendahl, J., & Burlingame, G. M. (2021). *Group therapy for pain: A meta-analysis*. Panel presentation at the 52nd Annual International Meeting for the Society of Psychotherapy Research, June 26, 2021; Heidelberg, Germany.

Nicoll, J., Clement, Z., **Alldredge, C.,** Burlingame, G. (2021). *Cognitive-behavioral group therapy for psychosis: A follow-up meta-analysis of counter-intuitive findings*. Panel presentation at the 52nd Annual International Meeting for the Society of Psychotherapy Research, June 26, 2021; Heidelberg, Germany.

Stuebs, S., **Alldredge, C.,** Burlingame, G., & Hansen, K. (2021). *Impact of telehealth on outcomes in daily practice*. Poster presentation at the American Psychological Association Annual Convention, virtual.

Bingham, J., Paxton, T., Burlingame, G., **Alldredge, C.** (2021). *Direct comparison of alliance and cohesion in group therapy: An exploratory meta-analysis*. Poster presentation at the American Psychological Association Annual Convention, virtual.

- Washburn, A., Peery, A., **Aldredge, C.**, Burlingame, G. (2020). *Measures of shame in psychology: A systematic review*. Poster presented at the Utah Conference on Undergraduate Research, February 7, 2020; Logan, Utah.
- Nicoll, J., Clement, Z., **Aldredge, C.**, Burlingame, G. (2020). *Group CBT in schizophrenia: A meta-analysis*. Presented at the at the American Group Psychotherapy Association's 77th annual conference, March 7, 2020; New York City, New York.
- Aldredge, C.**, Lundgreen, R., Arntz, E., Cattani, K., Burlingame, G. (2020). *Compassion focused group therapy in college counseling center populations: Exploring acceptability via qualitative data*. Presented at the 2018 annual North American chapter of the Society for Psychotherapy Research meeting (NASPR 2018), September 27-29, 2018; Snowbird, Utah.
- Jensen, J., Burlingame, G. M., Cattani, K., Svien, H., & **Aldredge, C.** (2018). *Compassion focused group therapy in college counseling center populations: A feasibility trial*. Presented at the 2018 annual North American chapter of the Society for Psychotherapy Research meeting (NASPR 2018), September 27-29, 2018; Snowbird, Utah.
- Aldredge, C. T.**, Burlingame, G. M., & Olsen, J. A. (2018). *Treatment failure rates in group versus individual therapy: An archival replication*. Presented at the 2018 international Society for Psychotherapy Research meeting (SPR 2018), June 27-30, 2018; Amsterdam, The Netherlands.
- Svien, H., **Aldredge, C.**, Jensen, J., & Burlingame, G. M. (2018). *Compassion focused group therapy in college counseling center populations: A feasibility trial*. Presented at the 2018 Annual American Group Psychotherapy Association meeting (AGPA Connect 2018), February 26-March 3, 2018; Houston, Texas.
- Aldredge, C.**, & Gregory, B. (2016). *Nonverbal indications of deceit: Do the eyes really tell all?* Poster presented in the Festival of Excellence at Southern Utah University and in the Rocky Mountain Psychological Association Conference, April 2016.
- Aldredge, C.**, Busenbark, R., & Mock, J. (2016). *The role of interpersonal relationships and how they affect pornography usage*. Poster presented in the Festival of Excellence at Southern Utah University and in the Rocky Mountain Psychological Association Conference, April 2016.
- Hatch, D., Mock, J., & **Aldredge, C.** (2015). *Clinical perspectives of online sexual addiction: Treating pornography addiction*. Poster presented in the Festival of Excellence at Southern Utah University, April 2015.