

GPSCH HypNews

Newsletter of The Greater Philadelphia Society of Clinical Hypnosis
Volume 10 Number 1 Winter 2014

FROM THE PRESIDENT - Eileen M. Casaccio, Psy.D.

I am writing this shortly after Thanksgiving, and am contemplating the many people and things in my life for which I am deeply grateful. I feel fortunate and honored to be working with such a wonderful group of people on the Board of Governors. Not only is everyone committed to education about the value of hypnosis, but each of them is supportive, selfless and generous of spirit. I'd like to share with you why I give thanks for each of them.

Stephen G. Glass, Ed.M. has been Bylaws Chair for the past six years. As the Society evolves, Stephen is the one to make sure that current Bylaws are adhered to, and that appropriate revisions are made when the need arises. He originated the *HypNews* in 2005 and has been the Editor since, never failing to produce the newsletter three times per year. Generally, he keeps the Board in line and on a steady course. Regardless of how early I think I am arriving to help set up for a meeting or workshop, invariably Stephen is already there, the setting up underway.

Michele Lyons-Fadel, MSS, LCSW is current Secretary, which is just one of the many ways she contributes to GPSCH. Her thoughtful contributions at Board meetings, enthusiasm for hypnotherapy training and her willingness to jump in and help with whatever is needed, have been invaluable to the successful functioning of the Society. When she made a solo presentation on Inductions in October, she also offered to help with registration as well as bring all the food! Of course, the rest of the Board talked her out of this!

Our current Treasurer is Jeffrey E. Celebre, Ph.D., who has been conscientiously and meticulously overseeing the Society's finances. He, along with Subha Robinson, the current Administrative Director, provide the

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income and expense analysis following our all day workshops. To Board discussions, Jeff adds a very levelheaded, even handed approach, which is very helpful, particularly if the discussion has veered off track. Along with Stephen and Michele, he is usually one of the first to arrive at our workshops, with his trusty PA system in tow and a smile on his face.

Representing the membership as the At Large Board member is Kayta Curzie Gadjos, Ph.D., who brings sensitivity, warmth and insight at just the moments when that perspective is most needed. Her willingness to help with program issues and being the contact person with presenters has lightened the load for the Board.

Karen Clark-Schock, Psy.D., ATR-BC has been Membership Chair for longer than she can remember. Her ebullient personality adds charm and humor to the sometimes tediousness of Board tasks. Her cut-to-the-chase attitude and comments, sprinkled with a hefty dash of just enough irreverence, keeps the evening teleconference Board meetings lively.

Guiding me into my role as President has been the calming, steady presence of Reinhild Draeger-Muenke, Psy.D., LMFT, Immediate Past President. Always encouraging and patient, she continues to provide sage advice to the Board at the same time fostering ingenuity and change.

Although not technically on the Board, the Board would not function at all without the Administrative Director, Subha Robinson, who has been making it all happen behind the scenes for almost eight years. She has gracefully dealt with various Board groups and skillfully worked with the evolving stage of personalities, all the while maintaining her composure. From cranking out brochures and flyers to fielding member and nonmember queries, Subha has always been there. As much as the Board would like that to remain true, Subha has decided to return to the workforce full time, now that her children are older. Her dedication to the Society for so many years has allowed it to continue and flourish. She will be greatly missed, but we wish her well in the next stage of her life and career!

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Thank you for letting me share with you why I am grateful for the wonderful people on the Board of Governors. I believe they are a representative sample of the type of person who is a member of GPSCH. The community of GPSCH members is a welcoming group of people with intelligence and heart. As we head into 2014, I look forward to seeing you at one of our workshops!

Happy New Year!

Eileen M. Casaccio, Psy.D.
President, Board of Governors

MEMBER NEWS

Welcome New Members

Edward J. DiCesare, PhD - Full Member

Laura G. Kogan, PsyD - Full Member

Congratulations to GPSCH Membership Chair **Karen Clark-Schock, PsyD, ATR-BC** who was **invited to present** a workshop at the Expressive Therapies Summit, an International Conference celebrating the Creative Arts, November 8-10, 2013 in New York City. Entitled "Teach Your Clients Well: A Repertoire of Creative Symptom-Management Techniques," Karen emphasized that comfort with a broad repertoire of approaches can be energizing for the clinician while allowing for a comprehensive Mind/Body/Spirit approach to treatment. Workshop participants experienced a sampling of tools that encompass art therapy, hypnosis and aspects of energy psychology, including Emotional Freedom Techniques (EFT) and Ask and Receive (A & R).

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Congratulations to GPSCH Member-At-Large **Kathleen (Kayta) Curzie Gajdos, PhD** who **taught** three sessions of Psychological First Aid to the Delaware Medical Reserve Corps in Newark, Dover and Georgetown in June, 2013. She also taught two sessions of Psychological First Aid to 180 FEMA Corps volunteers in Perryville, Maryland in August, 2013.

This section is for you. Let us know what you are doing or have written, presented, taught, or if you have been honored in some way. Share the good news! Please submit Member News and other items of interest for "You've Got Mail" as well as Letters to the Editor to Stephen.Glass@crozer.org.

"YOU'VE GOT MAIL"

Bylaws Amendment Proposals

In the Fall 2013 issue of *GPSCH HypNews*, Membership Committee Chair Karen Clark-Schock, PsyD, ATR-BC announced that the Board of Governors approved a Bylaws amendment proposal which if approved by the general membership would create a Retired Member status. This proposal will be presented at the March 16, 2014 Meeting for members to vote for ratification. A second amendment proposal approved by the Board to change the numeration and title of Life Member status will also be presented for ratification. A Sample Ballot is being mailed to members in January in advance of the March 16 Meeting during which a show of hands vote will take place.

Stephen G. Glass, ED.M.
Chair, Bylaws Committee

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March 21 - 25, 2014 - ASCH 56th Annual Scientific Meeting and Workshops in San Diego, CA. For more info: www.asch.net.

Workshop News

On November 9, 2013 the Greater Philadelphia Society of Clinical Hypnosis welcomed David R. Patterson, PhD, ABPP, ABPH who presented a day-long workshop on Hypnosis for Pain Control and the Reduction of Suffering.

Dr. Patterson is head of the Division of Psychology and Professor in the Departments of Rehabilitation Medicine, Surgery and Psychology at the University of Washington. Dr. Patterson has been working as a clinical psychologist at Harborview Medical Center since 1983, particularly in the burn unit and the Psychology Consultation and Liaison Service he created. His areas of interest include treating acute pain, long term adjustment to burn trauma and the use of clinical hypnotherapy and virtual reality for pain management. In addition to playing an integral part of the training of interns, postdoctoral fellows and research students, he has published more than 150 articles and chapters in the areas of pain control, burn trauma and hypnosis. His book *Clinical Hypnosis for Pain Control* was published by the American Psychological Association in 2010.

Dr. Patterson joined us at Thomas Jefferson University where he provided didactic lecture, facilitated partner-practice and offered demonstrations of inductions. Dr. Patterson discussed procedural pain and chronic pain and offered treatment protocols and specific suggestions for pain relief including hypnotic anesthesia, analgesia, amnesia, displacement of pain and "putting pain in a box" to name a few.

He offered a brief induction for acute pain (versus chronic pain) and provided an easy to follow step-by-step cue for attendees to follow to facilitate our learning process. Specifically, he instructed us in implementing a pacing and leading induction involving a series of truisms followed by a leading suggestion which is then repeated with increasingly leading

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suggestions. Many participants commented on how helpful this break-down was for learning the protocol. Dr. Patterson emphasized the importance of practicing during the workshop to begin to feel more familiar and comfortable with the interventions.

Dr. Patterson spent some time discussing the importance of a biopsychosocial perspective of pain (as opposed to a traditional medical perspective) and the importance of increasing functional activity, learning to cope with pain, cognition and making lifestyle changes to manage pain more effectively. He provided key questions to consider and ask clients/patients when assessing pain management. He identified treatment interventions that are most helpful in facilitating accomplishment of various goals associated with specific pain-related problems (e.g., if the problem is catastrophizing, the goal may be reassuring thoughts with the appropriate interventions of cognitive therapy and hypnosis). Dr. Patterson's demonstration with a volunteer from the audience was exceptionally sensitive and proficient, focusing on principles presented.

Stephanie G. Fine, M.Ed., M.A. Psy.D.

ACADEMIC CALENDAR

2013

- | | |
|--------------|--|
| SUN SEP 15 | Understanding the Relationship Between Shame and Anger: |
| 10 AM - Noon | Hypnosis as an Adjunct to Treatment
Brett E. Schur, PhD |
| SUN OCT 13 | Inductions: Demonstration and Practice |
| 10 AM - Noon | Michele Lyons- Fadel, MSS, LCSW |
| SAT NOV 9 | Hypnosis for Pain Control and the Reduction of Suffering |
| ALL DAY | David R. Patterson, PhD, ABPP, ABPH |
| WRKSHP | |

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DEC 2 No Meeting

2014

JAN 6 No Meeting

FEB No Meeting Scheduled Due to Unpredictable Weather

SUN MAR 9 Cognitive Behavioral Hypnotherapy
10 AM - Noon for Dissociative Disorders
 Catherine G. Fine, PhD

SAT APR 26 Not Just Your Ordinary Kind of
ALL DAY Developmental Repair Workshop
WRKSHP Claire C. Frederick, MD

SUN MAY 18 Annual Year End Lunch Meeting
10AM - 1:00PM Phenomenological Snapshots of
 The Hypnotic Mind
 Ronald J. Pekala, PhD

Sunday Meetings are held at Roxborough Memorial Hospital
GPSCH Training and Workshops are at Thomas Jefferson University

For additional information, please contact GPSCH Administrative Director
Subha Robinson at gpsch@verizon.net or 610-527-3710.

FROM THE EDITOR - Stephen G. Glass, ED.M.

FOR YOUR CONSIDERATION

Hypno Birthday To Us

This Winter 2014 issue of the *GPSCH HypNews* marks the beginning of its 10th year of existence. Shortly after being elected GPSCH President in May 2004, I sought to revive our Society's newsletter, *GPSCH In Focus*, which Steve K. D. Eichel, PhD edited 1997-1999. Steve was not available, so I decided to do it myself. The newly christened first issue of the *GPSCH HypNews* was Winter 2005. The publication has evolved in structure to include inspirational messages *From The President*; *Member News* informs us of activities of our talented members; "You've Got Mail" posts training opportunities, Letters to the Editor and other items of interest; the *Academic Calendar* lists GPSCH training; and *From The Editor* offers pieces *For Your Consideration* containing observations and experiences of everyday life, suggestions for sound clinical practice and ideas meant to be thought provoking reflecting humility, humor and self-care.

I want to thank the current and past GPSCH Presidents and my fellow Board members for giving me their trust and freedom to express myself without hesitation or encumbrance. I am grateful to our Administrative Director, Subha Robinson, who in addition to performing her myriad duties with aplomb, has made sure that each newsletter issue was printed and distributed to you in paper copy and electronic format since its earliest days. Working with all of you and producing the *HypNews* has been a true labor of love. I also want to thank those of you who have contributed content in the past, current and future issues. For it is you, our GPSCH members, that this newsletter is for and about. I am humbled by and appreciative of the laudatory comments I have received over the years from members regarding the newsletter and its contents. *For Your Consideration* has provided something old, something new, something borrowed and so far, nothing blue.

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I invite you to offer suggestions for commentary as well as your direct contributions for inclusion, be it a Letter to the Editor or original piece of your own.

Those of you who attended our all-day Fall Workshop, "Hypnosis for Pain Control and the Reduction of Suffering" presented by Dr. David Patterson, were treated by the deft craftsman and teacher grounded in sound research and flowing freely as hypnotic musician. We were also treated by the food service of a new caterer, *au bon pain*. The workshop was nourishing and the day a time of good bread and no pain.

I do not know if I will see you soon or hear from you sooner with contributions to the *HypNews*. In the meantime, "You are sitting in the chair ... Your feet are on the floor ... You are breathing in and out" (Thanks, Dave) ... You know just what you need to do and You will do what you need to do to Enjoy a Healthy, Happy New Year. *Cheers!* - SGG

