

# GPSCH HypNews

Newsletter of The Greater Philadelphia Society of Clinical Hypnosis  
Volume 10 Number 4 Fall 2014

## FROM THE PRESIDENT - Karen Clark-Schock, PsyD ATR-BC

As I sit here on a quiet July afternoon, I am well aware that I have a *HypNews* deadline approaching .... My first of several! What to say, where to begin? As newly elected President of GPSCH, let me start by sharing that I accepted the nomination with trepidation, only after declining it at least twice, first! "Who? Me?!" As Membership Chair for 10 years, I had no aspiration to move up the "corporate ladder." Anyone remember the *Peter Principle* from 1969? The authors hypothesized that when we are competent on one level and then promoted to the next, uh oh, one's level of incompetence is reached. I was in high school at the time and remember being horrified to think that "incompetents" were being promoted and therefore ruling the world ( I refuse to free associate into current politics and social, legal, corporate narratives! ). But. How do we grow into expanded responsibilities and opportunities? We cannot know the job, the techniques, the processes, until we step in and DO IT. As clinicians who practice hypnosis, we all had the initial anxiety of trying out a newly learned induction on a patient. What if I forget the technique in the middle? What if it doesn't go well? What if I go blank? What if I make the patient worse? And, yet, if we kept at it, we gained confidence, we grew a repertoire; we grew into being a clinician who could add hypnosis to a pre-existing treatment skill set. And that reminds me of a story ....

A narrative that I often use in my personal and professional life is the journey of a caterpillar to a butterfly. I used to think that a caterpillar went into a cocoon, rested a bit, sprouted wings and emerged as a butterfly. I never thought about what actually went into this miraculous metamorphosis. It was only in the last few years that I read what actually happens. Yes, caterpillar creates a cocoon; yes, caterpillar resides inside, in this dark, womb-like structure. And then caterpillar responds to its genetic coding. Imaginal cells are activated, caterpillar dissolves, ceases to be

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caterpillar, becomes goo, re-creates itself into a whole new being, emerging triumphant with glorious wings, poised to take flight, at long last, a full-ledged butterfly. The main point of the story that I am currently resonating with is the "goo." The not yet being formed, the potential, to gel or not, the anticipation of what comes next. I feel very much in the goo stage of the GPSCH Presidency. I follow a legacy of incredible leaders, most recently, Eileen Casaccio, PsyD, who was called upon to guide us through some very steep challenges ( I'll spare you the details, but trust me ... ). I am well aware of the irony, that in the spring of 2016, as I write my final *HypNews* letter, From The President, that it is THEN that I shall emerge as butterfly. In the meantime, I look forward to sharing the gooey transitions with you!

Meanwhile, here's a taste of what we can look forward to for fall programming:

On September 14, Michele Lyons-Fadel MSS, LCSW will present "Inductions Demonstrations and Practice." Michele gave us a wonderful opportunity last year to learn and review inductions and we can all look forward to what she's including for us this year.

On October 12, Stephen G. Glass, ED.M. will present "Mirror, Mirror in the Brain: Storytelling and Hypnotic Suggestions in Psychotherapy; A Case Illustration." I'm especially eager for this, as my Master's thesis was on Fairy Tales as Therapy, with Snow White being one of the main stories I researched and integrated. This promises to be an excellent reminder of how storytelling and hypnosis are so powerfully intertwined. "Once upon a time ..." and boom, we're in trance!

On November 8 and 9, Mark Weisberg, PhD, APBB will teach "Integrative Applications of Hypnosis for Mind-Body Healing and Pain Management: Psychoneuroimmunology, Neurobiology and the Power of the Healer's Beliefs" ( hmm, the metaphor of imaginal cells just might figure in here somehow ). Two days to learn from a master hypnotherapist is something to treat ourselves to as part of ongoing and practical continuing education. The

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Board is also exploring re-instituting the on-site lunch which will allow for more time to continue conversations, to reconnect with colleagues, socialize, relax, network.

Thanks for reading. And I'll see you in September!

Karen Clark-Schock, PsyD, ATR-BC

## MEMBER NEWS

### **Welcome New Members**

**Rachel Popek, M.A., LPC - Full Member**

*Congratulations* to Member At Large Kathleen ( Kayta ) Curzie Gajdos, Ph.D., whose recently **published** book, *Quiet Wisdom in Loud Times: The Rise of the Wounded Feminine*, was celebrated at a book signing event on June 4, 2014 at the Chester County Book Company, West Chester, PA, one of several author events this past summer.

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](mailto:Stephen.Glass@crozer.org).

## "YOU'VE GOT MAIL"

**Errata:** In the Spring-Summer 2014 issue, the name of incoming Board of Governors Vice President and Program Chair Michele Lyons-Fadel, M.S.S., LCSW was inadvertently omitted and the degree of incoming Secretary Michael L. Silverman, Ed.D. was incorrectly listed. The errors have been corrected in the online edition. - SGG

### **Bylaws Amendment Proposal**

By a show of hands vote at our May 18, 2014 meeting, members voted to approve the amendment proposal to add a Retired Member status to our Bylaws. Bylaws may be viewed on our website: [www.gpsch.org](http://www.gpsch.org).

Stephen G. Glass, Ed.M.

Chair, Bylaws Committee

October 8 - 15, 2014 - SCEH 65<sup>th</sup> Annual Workshops and Scientific Program in Antonio, Texas. For more info: [www.sceh.us](http://www.sceh.us).

March 27 - 31, 2015 - ASCH 57<sup>th</sup> Annual Scientific Meeting and Workshops in Jacksonville, Florida. For more info: [www.asch.net](http://www.asch.net).

### **Workshop News**

On Saturday, April 26, 2014, the Greater Philadelphia Society of Clinical Hypnosis, in collaboration with Women's Mental Health Associates, welcomed Claire Frederick, M.D., A.B.P.N. to a day-long workshop entitled *Not Just Your Ordinary Kind of Developmental Repair Workshop* held at Jefferson University.

Dr. Frederick, a Fellow of SCEH and ISSTD, practices in Tahoe City, California and is Distinguished Consulting Faculty at Saybrook University where she consults and teaches in the College of Psychology and Humanistic Studies as well as the College of Mind-Body Medicine. She has received

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several awards for writing, teaching and clinical work, including the Cornelia Wilbur Award for original contributions to the field of dissociation. She is Past Editor of *The American Journal of Clinical Hypnosis* and coauthor of *Healing the Divided Self: Clinical and Ericksonian Hypnotherapy for Post-Traumatic and Dissociative Conditions* and *Inner Strengths: Contemporary Psychotherapy and Hypnosis for Ego-Strengthening*.

Dr. Frederick began the workshop by reviewing salient concepts associated with attachment theory, including discussing the disturbances of self-representation, boundary formation and behavior associated with complex trauma and approaches therapists use to manage the developmental attachment disturbances that arise in treatment. In addressing diagnosis, Dr. Frederick discussed several inventories, questionnaires and exploratory questions that would offer insight into the attachment schema at play in the mind of the patient.

Dr. Frederick explained that according to internal working models of the brain, developmental repair in the therapy process involves the changing of internal attachment-related representations in the brain that would otherwise continue to be active throughout the lifetime. A disorganized attachment pattern involves failed mirroring experiences in early childhood so that the child internalizes the caretaker's state as part of the self-structure rather than learning how to mentalize and manage her own experiences. This process leads to a deactivation of reflective function as a defense against subsequent trauma.

Dr. Frederick indicated that hypnosis, as opposed to the therapeutic relationship, is the best and fastest way to manage repairs because the patient is inherently involved in her own therapy as she is actively required to internalize a reparative relationship representation of a secure base. Hypnosis can be involved in this work using imagery and suggestion to facilitate the internalization of the reparative relationship, to enhance affect-regulation and to encourage ego strengthening. Dr. Frederick identified hypnotic interventions for developmental repair including "hypnotic renurturing," the "Ideal Parent Protocol" and "Center Core

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experiences," but highlighted the importance of interactive trance with patients and thoroughly presented the process and protocol of the Dan Brown attachment repair protocol. The protocol upon which Dr. Frederick elaborated the most emphasizes creation of an internal representation of the ideal parent, one that supports discovery and development of the self and requires the repeated association of positive affect with the imagery until mental structures change to a sufficient extent that it has a coherent organizing effect on the mind.

Workshop participants found Dr. Frederick's presentation very informative and felt it synthesized the relationships between a number of important theoretical concepts and the practice of clinical hypnosis.

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

### **ACADEMIC CALENDAR**

#### **2014**

SUN SEP 14    Hypnotic Inductions, Demonstrations and Practice  
10 AM - Noon    Michele Lyons-Fadel, MSS, LCSW

SUN OCT 12    Mirror, Mirror in the Brain: Storytelling and Hypnotic  
10 AM - Noon    Suggestion in Psychotherapy; A Case Illustration  
                    Stephen G. Glass, ED.M.

SAT-SUN    Integrative Applications of Hypnosis for Mind-Body Healing  
NOV 8-9    and Pain Management: Psychoneuroimmunology, Neurobiology  
ALL DAY    and the Power of the Healer's Beliefs  
WRKSHP    Mark B. Weisberg, Ph.D., ABPP

DEC            No Meeting

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**2015**

JAN                      No Meeting

FEB                      No Meeting Scheduled Due to Unpredictable Weather

SUN MAR 7            TBA  
10 AM - Noon

SAT APR 11           TBA  
ALL DAY  
WRKSHP

SUN MAY 17          TBA  
10AM - 1:00PM

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  
Suzanne Malik at [gpsch@verizon.net](mailto:gpsch@verizon.net) or 610-527-3710.

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

FOR YOUR CONSIDERATION

**Summer Sea; Life Year Round:  
*Sea What you Can Do***

Yes, You are there. At the beach. Just sitting there at the water's edge, looking out at the horizon in the east, with the afternoon sun warming your back. The deep dark blue of the ocean in the distance. The ever moving sea. White caps play peek-a-boo .... Closer, the sea becomes a mottled turquoise, then a lighter green .... Right before you, as the waves roll into the surf, the water belches sand water, then clear water as the foam spreads across the beach as just so many beers over poured, until the heads overflow and return to the bottom of the outside of the glass .... You can make the waves taller or shorter; coming in quickly or rolling in slowly ... at a pace you desire .... To gently wet your feet or spray your face .... You are in charge of the waves of time .... You see, you are the one in charge; controlling the pace and depth of the sea .... The rhythm of your time and experience .... That's right, just watch the water ebb and flow at the rate you wish .... Just what is comfortable and pleasing to you .... Just as the breeze cools the sun's rays, you manage to achieve the balance you seek ... just the right amount of warmth and coolness; movement and stillness ... splashing sounds and the quiescence of solitude .... The seagulls' call bears witness to your accomplishments ... .... Allow yourself to luxuriate in the moment ... .. And when you are ready, you may retrace your footprints and return to an alert state; comforted by the knowledge and experience that you may return to the sea whenever you wish .... - SGG