

GPSCH HypNews

Newsletter of The Greater Philadelphia Society of Clinical Hypnosis
Volume 15 Number 2-3 Spring-Summer 2019

FROM THE PRESIDENT - Anita (Annie) Goldenberg, MSS, RPT, LCSW

Hello again,

Time to welcome all of you back from the quiet repose of the winter months to the re-awakening of spring with its new blossoms and quickening energy. We are all very busy and excited here at GPSCH getting ready to host Maggie Phillips and her exciting presentation, "Hypnosomatic Approaches for Healing Trauma and Pain." Dr. Phillips is a renowned teacher, lecturer, author and proficient practitioner of Hypnosis, Somatic Experience, Ego State Therapy and other related modalities used in mind body psychotherapy. We feel very lucky to have persuaded Dr. Phillips to carve out this time from her very busy schedule of conducting seminars around the world to be with us. The Board of Governors and I hope that you can avail yourself of this opportunity to experience or re-experience the work of Maggie Phillips as well as some of our other upcoming offerings. Stay tuned for anything that we will be putting together in the future.

I am going to keep this letter short because I am assuming that the shorter this letter is the more likely it is that it will get read, given the chronic bombardment of communication and advertisements and solicitations of this modern technological age.

I will leave you with this - As a Society, GPSCH is still interested in providing community, camaraderie and exchange of ideas to those interested in hypnosis in its broadest form. We would love to get more people involved and believe that new people means new ideas. We are also always looking for presenters and are happy to hear about what you would be willing to present or suggestions of others you think have something valuable to share.

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I hope you are enjoying the return of color in trees and flowers and fields. Two of my favorite trees right now are the Cherry Blossom and the Star Magnolias.

All the best and thanks for taking the time to read.

Annie Goldenberg
President, GPSCH

MEMBER NEWS

Welcome New Members

Ari S. Pizer, PsyD - Full

See your colleague's name listed here

Congratulations to you, **GPSCH Members** for being GPSCH Members.

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"

October 16-20, 2019 - SCEH 70th Annual Workshops & Scientific Program
New Orleans, LA. For more info: www.sceh.us.

** Please Note GPSCH Email Address: admin@gpsch.org **

ACADEMIC CALENDAR

2019

SUN SEP 15 Case Consultation
10 AM - Noon GPSCH Board of Governors

SUN OCT 13 TBA
10 AM - Noon

SAT NOV 9 The Hypnosis Skill Set: Evoking Resilience
1/2 DAY in a Developmental Framework
WRKSHP Julie H. Linden, PhD

DEC No Meeting

2020

JAN No Meeting

FEB No Meeting

SUN MAR 15 TBA
10 AM - Noon

SAT APR 18 TBA
ALL DAY
WRKSHP

SUN MAY 17 TBA
10AM - Noon Year End Brunch Meeting

Sunday Meetings and GPSCH Workshops are held at
Roxborough Memorial Hospital

For additional information, please contact GPSCH Administrative Director
Suzanne Malik at admin@gpsch.org or 610-527-3710.

FROM THE EDITOR - Stephen G. Glass, EDM

FOR YOUR CONSIDERATION

Be Well and Live Well to the Fullest

As I sit here contemplating the prospective inconvenience/adversity of the next predicted snow storm, I am reminded of other life challenges of a different type and how various individuals respond to them. Nearly 50 years ago, I was awarded a Fellowship by Temple University School of Medicine to work with the physically ill and disabled. Subsequently, I became Staff Counseling Psychologist at Moss Rehabilitation Hospital and then Chief Clinical Psychologist and Research Psychologist at Fox Chase Cancer Center. Continuing to work with this population as part of my general psychotherapy practice, I enjoy the benefit of knowing and working with individuals having a vast array of acute and chronic physical conditions and life circumstances confronting them. It remains an honor and privilege to be allowed to share a part of their life's journey and intimacies and to assist them in some way to embrace what exists and optimize the quality of their life. And it is inspirational.

Among many other things, I have learned the difference between illness, pseudo-illness and being well; the difference between being physically disabled versus being handicapped and the sick role. I have learned the difference between illness, pain and suffering. I have learned the difference between healthy and pathological denial. I have seen the marriage made in Hell: concurrent chronic pain and chronic depression. Another unhealthy dyad is low self-esteem and learned helplessness.

The meaning patients ascribe to their physical health issues significantly affects the nature and degree of their disability and lifestyle. Patients may become somatically preoccupied to the extent that they become their illness, pain is their career and health care professionals become their long term co-workers. Patients develop fantasies about their illness as part of

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their existential plight and they develop fantasies about their health care providers who become part of their constructed personal narrative based upon past experience and significant personal relationships. Having religious faith or philosophy of life and a sense of humor help ease the burden of life's challenges. It is essential to determine the patient's meaning of life, death, health, illness and disability; the personal narrative; and premorbid coping response style for optimal treatment of the illness and the person. Osler offered: "Ask not what disease the person has, but rather what person the disease has." "The good physician treats the disease; the great physician treats the patient who has the disease." "Listen to your patient; he is telling you the diagnosis." And how to treat him.

It is snowing now; actually a wintry mix. Television meteorologists provide the drumbeat of threatening catastrophic predictions for the consequences of extreme cold, heavy wet snow and ice. While these conditions may present issues for some motorists and those pedestrians having compromised cardiac function, moderate to severe osteoporosis and generalized mobility issues, what is ice and snow if not merely water at different temperatures? What meaning do we ascribe this winter water? Heavy snow and ice coating overhead power lines may portend the loss of power and heat. For some people, this may signal potential inconvenience; for others true adversity; and others may respond, "*C'est la vie.*" And still others are awed and grateful to see the winter wonderland of sparking tree branches encased in ice and snow. For children, a school day becomes a snow and play day.

There are those among us who have the onerous task of living with life threatening illness. "... Who would find heart enough to begin to live if he dallied with the consideration of death? It is better to live and be done with it than to die daily in the sickroom. By all means begin your folio even if the doctor does not give you a year, even if he hesitates about a month, make one brave push and see what can be accomplished in a week..." (Stevenson).

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Gratefully, we have come to know friends, neighbors and family members who when confronted with life challenges, they appear to emerge as mastering graceful living; *mutatis mutandis*, the necessary changes being made. My personal hero is Marianna Shaw Glass, who in the face of significant ongoing adversity merely looked forward and moved straight ahead with a mix of determination, *joie de vivre* and healthy stoicism. I have learned that knowledgeable and highly skilled health care professionals of all disciplines offer health care interventions as superb healers and I have learned *vis medicatrix naturae*; the natural power of the body to heal itself. This has all been powerful and humbling.

As I look ahead to Spring on the near horizon and the days of additional daylight with softer, warmer air, I am heartened by the prospect of increasing opportunities to engage in enjoyable outdoor activities. Actually, indoors or outdoors, it is good to be alive and able to participate in life's beauty. Be Well. Tick-Tock. Tick-Tock. Live Well to the Fullest. *Cheers*.

- SGG

