

# GPSCH HypNews

Newsletter of The Greater Philadelphia Society of Clinical Hypnosis  
Volume 15 Number 1 Winter 2019

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

Hello all and Hello winter!

Boy, that was the fastest summer on record for this 60 some year old. I was just settling into long days and evening strolls when the first frost hit. But that said, it is now time to embrace the crisp freshness of the winter morning air. It is actually refreshing when I am not bracing myself against it. I was just reading something about the power of relaxation in any kind of traumatic event; the proposition is that tensing and bracing is a big part of injury. It is good to remind myself how much I gain when I relax and go with the flow of my body and my surroundings.

In this, my second letter as President of GPSCH, I want to disclose that there are two pitches included in this greeting. But first let me start by saying it is my honor to be serving as President of this Society and to be working with such a fine group of people as the ones on this Board and our great administrator who is our unsung hero, Suzanne. I am honored and excited partly because of how grateful I am to have discovered hypnosis all those years ago and additionally because this is such an exciting time in the fields of neuroscience, quantum physics and medicine. Scientific Research has come so far in our understanding of the wholeness of the mind and body. I am not a researcher, but I am so heartened by all of the research linking great bodies of knowledge together like medicine, neuroscience, psychology and quantum physics in support of integrative healing modalities, such as hypnosis. Of course, hypnosis has always placed great value on the relevance of treating emotional imbalances and illnesses from this connected perspective, along with its emphasis on our inherent wisdom and healing abilities. But it is great to have science support this timeless practice.

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We have so many leading figures in the disciplines mentioned above to thank for their relentless explorations and discoveries of more integrated ways to help people heal.

It is for this reason that I am thrilled to announce that GPSCH will be bringing Maggie Phillips to Philadelphia on April 13<sup>th</sup> and 14<sup>th</sup>, 2019 for a 2-day workshop. Maggie has written and co-authored many books on subjects as varied as Ego-State Therapy, Trauma, Pain, Hypnosis, EMDR and more. She lectures and conducts trainings all over the world. Check out her website and ours for more information. I hope you will join us in our upcoming workshop with Maggie Phillips ( My first Pitch! ). I am thrilled to invite you to what I am sure will be a very enlightening and rewarding workshop this April. Come and immerse yourself in time-honored and yet cutting edge understanding of hypnosis and somatic experiencing techniques that weekend of April 13<sup>th</sup> and 14<sup>th</sup>. Remember! Discounts for the workshop if you are a member and if you do early registration and more discounts if you do both.

You may be wondering why I included this advertisement in my letter. Well, the relevance is this. To continue providing you, our members and our attendees, with exciting presenters and a community/Society that supports your knowledge and continued use of hypnosis, we need your involvement. We need your ideas, your energy and your attendance at workshops ( My second Pitch! ).

I was checking out the ISH website and was reminded that hypnosis is a modality used and valued all over the world. ISH has or is developing a video project to get the ISH conferences to countries that can't easily pick up and travel to other continents or even other countries. One past president wrote, "The primary vocation of the ISH is to create links between cultures, countries and practitioners." What a great message for this day and age. That got me very excited about being a part of something that could help communication and partnership, even if just locally. We need new energy and new ideas for how to make our Society more vital and meet the needs of you all.

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If you would like to offer your skills to our organization, especially if you have talents in the areas of producing videos and filming our workshops so that we may offer them to people who cannot attend in person, please email any of us on the Board of Governors. If you are young and just getting involved in hypnosis, please let us know how we may better meet your needs. If you have ideas about how to spread hypnosis and its value, we'd like to know that too.

If you have not joined and still want to, please go on-line and send in your application and membership fee. Given that not everyone wants to have a membership, we still encourage you to be on our mailing list and attend our 2-hour free workshop and our all-day workshops that have a registration fee but include CEs free of charge.

With Fond Regards,  
GPSCH President  
Annie Goldenberg

## MEMBER NEWS

### Welcome New Members

Michael J. Bopp, PhD - Reinstated/Full  
Betsy Fernbach, PsyD - Reinstated/Full  
Richard P. Kluff, MD, PhD - Full to Life  
Jerome F. Knast, PhD - Reinstated/Retired  
Jacques Lipetz, PhD - Reinstated/Full

*Congratulations to Stephen G. Glass, ED.M. who presented Clinical Hypnosis Primer: Demonstration and Discussion at Community Hospital/Crozer-Chester Medical Center, Chester, PA on December 5 & 12, 2018.*

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

**"YOU'VE GOT MAIL"**

March 28-31, 2019 - ASCH 61<sup>st</sup> Annual Scientific Meeting and Workshops in San Antonio, TX. For more info: [www.asch.net](http://www.asch.net).

\*\* Please Note GPSCH Email Address: [admin@gpsch.org](mailto:admin@gpsch.org) \*\*

**ACADEMIC CALENDAR**

**2018**

SUN SEP 16      No Meeting  
10 AM - Noon

OCT 14              Clinical Hypnosis: Strategies and Techniques for  
10 AM - Noon      Chronic Pain Management  
Susan B. Sacks, RN, MSN, PMHCNS-BC

SAT NOV 3        Mindful Hypnotherapy for  
ALL DAY            Taming Chronic Pain  
WRKSHP            Bruce N. Eimer, PhD, ABPP

DEC                No Meeting

**2019**

JAN                      No Meeting

FEB                      No Meeting

SUN MAR 10        Hypnosis in Sex Therapy  
10 AM - Noon      Steve K. D. Eichel, PhD, ABPP

SAT-SUN            Somatic Ego-State Therapy:  
APR 13-14        Creating Unity in Times of  
ALL DAY            Divisiveness  
WRKSHP            Maggie Phillips, PhD

SUN MAY 19        End of Year Brunch Workshop  
10AM - Noon      Hypnotic Induction: Conceptual Issues,  
Effects and Strategies  
V. Krishna Kumar, PhD

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

For additional information, please contact GPSCH Administrative Director  
Suzanne Malik at [admin@gpsch.org](mailto:admin@gpsch.org) or 610-527-3710.

FROM THE EDITOR - Stephen G. Glass, EDM

FOR YOUR CONSIDERATION

**Trying Times - Time to Heal**

I do not know exactly how old I was when I took more time to read obituaries. I suspect sometime between becoming middle-aged and a senior citizen, although as a young man I have been interested in and valued things and people old, sturdy and generative. I have often wondered why we did not learn of these wonderful people and their unique significance as meaningful human beings before their death. If only the broadcast news and print media would more frequently highlight the mensches and menschettes among us - beacons of how to be - it would serve us well today and for generations yet to be.

Unfortunately, we hear and read about what seems to be all too frequent hate and violence in schools, churches, synagogues, mosques, shopping centers, dining/drinking establishments, concerts and a yoga studio as well as being articulated by so-called political leaders. "THESE are the times that try men's souls. The summer soldier and the sunshine patriot will, in this crisis, shrink from service of their country; but he that stands by it now, deserves the love and thanks of man and woman ...." ( Paine, 1776 ).

It may be time to recall at least a portion of Donne's *Meditation XVII* ( 1623 ).

*The bell doth toll for him that thinks it doth; and though it intermit again, yet from that minute that this occasion wrought upon him, he is untied to God. Who casts not up his eye to the sun when it rises? But who takes off his eye from a comet when that breaks out? Who bends not his ear to any bell which upon any occasion rings? but who can remove it from the bell which upon any occasion rings? but who can remove it from the bell which is passing a piece of himself out of this world?*

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*No man is an island unto himself; every man is a piece of the continent, a part of the main. If a clod be washed away by the sea, Europe is the less, as well as if a promontory were, as well as if a manor of thy friend's or of thine own were; any man's death diminishes me, because I am involved in mankind, and therefore never send to know for whom the bell tolls; it tolls for thee.*

At the same time, for all health care professionals, as you draw upon your compassion and healing powers to care for the sick, injured and traumatized, I say, "Healer, Heal Thyself." So, take an afternoon off from the office. Practice six breaths per minute breathing for even just a day. Hug a loved one. Tell someone you care about how you feel about him/her. Take a nap. Sleep an extra hour one or two days a week. Take a 30 minute walk and let your mind go. Listen to some entrainment music for relaxation ( e.g., Vivaldi's *The Four Seasons* ). Take pleasure and satisfaction in the knowledge that people care about you. Acknowledge your human qualities and significance as a meaningful human being before we read about you after you have gone. *Cheers.* - SGG

