

# GPSCH HypNews

Newsletter of The Greater Philadelphia Society of Clinical Hypnosis  
Volume 15 Number 4 Fall 2019

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

Hello All,

I am happy to say we are still here and getting ready to bring you our next season of workshops. It is also time to look forward in terms of what you, our membership, want and need from this Society. In that regard, we are planning something a little different for our September 22 workshop/meeting. A letter will be going out letting you know about the possibility of presenting a case at that meeting, followed by consultation with anyone who has experience or knowledge in the area of your case. We hope this will be a great learning experience.

We also hope that you will stay for a bit after the workshop to give us ( the GPSCH Board of Governors ) feedback on what you would like to see happen going forward. "The times they are a changing" as the old song many of you may not remember, goes, and Societies like ours need to change to meet the needs of its constituents. We have had many discussions about this at GPSCH and we have come to the conclusion that we need your input. So, come to this September workshop and let us know how GPSCH can serve you in your professional life and in your continued exploration, learning and use of hypnosis. It still amazes me how long hypnosis has been around and how many things it has given rise to by other names.

And speaking of looking to the future, the GPSCH Board of Governors will be seeking new officers for the Spring of 2020 and we are looking for interested people to come and be part of shaping that part of our future. Interested? Shoot us an email.

As I write this letter, the flowers in my garden are in full bloom and I am

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already thinking of what needs pruning for the late Summer, and what to plant for the next season. What a delicate balance between enjoying and being present in the moment and looking to the next season. That said, I guess I will go and gather some of those magnificent flowers.

Enjoy the rest of the Summer and see you in the Fall.

From All of Us at GPSCH,

Annie Goldenberg  
President, GPSCH

## **MEMBER NEWS**

### **Welcome New Members**

#### **Invite a Colleague to Be a Member**

***Congratulations*** to **Jerome F. Knast, PhD** who ***retired*** after 30 years of service at St. John of God Community Services in Westville Grove, NJ as Program Administrator of its Vocational Rehabilitation Services. He was also ***awarded*** the Lifetime Achievement Award by CCSES NJ as "Someone who has shown outstanding leadership, commitment and dedication throughout their career in support of people with disabilities."

***Congratulations*** to **Eric B. Spiegel, PhD** who was the ***Guest Co-Editor*** of the Special Issue of the *American Journal of Clinical Hypnosis* Volume 62, Numbers 1-2 July-October 2019 and ***co-authored*** also with Elgan L. Baker, PhD the Guest Editorial and two articles as well as one article with co-panel members of the annual ASCH meeting in Spring, 2018.

*See your colleague's name listed here*

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

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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"

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

March 19-22, 2020 - ASCH 62<sup>nd</sup> Annual Scientific Meeting and Workshops in  
Reno/Tahoe, NV. For more info: [www.asch.net](http://www.asch.net).

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

### ACADEMIC CALENDAR

#### 2019

SUN SEP 22      Case Consultation/Member Forum - Town Hall Meeting  
9 AM - Noon      Phyllis Goltra, PhD/GPSCH Members/Board of Governors

OCT              No Meeting

SUN NOV 3      The Hypnosis Skill Set: Evoking Resilience  
All- DAY      in a Developmental Framework  
WRKSHP      Julie H. Linden, PhD

DEC              No Meeting

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**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](mailto:admin@gpsch.org) or 610-527-3710.

FROM THE EDITOR - Stephen G. Glass, EDM

FOR YOUR CONSIDERATION

**CNN: News/Culture's New Nomenclature**

Readers of this column have come to know my keen interest in language. So, here are some additional observations for your consideration. During a presentation by a pharmaceutical company representative touting a new antidepressant, the speaker uttered, "**At the end of the day**" 10 times within 45 minutes. A 26 year old female psychotherapy patient indiscriminately voiced the word, "**F---**" 26 times in an office visit. A 35 year old man offered, "**KnowWha-AhMean**" 80 times in a psychotherapy session until I said, "No, what do you mean?" In each case, my ears began to hurt.

Over the years, rhetorical mannerisms have presented themselves in various forms: Ending a statement with **OK?** or **Right?** or **All Right?** Or responding to a statement one finds questionable/incredible with **Seriously?** or **Really?** And responding sarcastically to it: **What?** ... **Whatt?!?** Or confirming what was said by oneself/another: **Fer-Sher** or **I Know That's Right.** Or offering one's enthusiastic response to an enjoyable event - **Like, Like, I was Like, Oh My God. You Know What I Mean?** While another's response may be jaded/less than enthusiastic: **Whatever.** Or more enthusiastically: **Totally! - I was, Like, It was Totally Awesome!** And then there is the spoken upturned end of a declarative statement placing in question the veracity of the statement/the speaker's confidence in making the statement: **The burglar came into our bedroom. It was really scary?** For others' confirmation, one might hear **You Know What I Mean?** or **Do You Feel Me?**

During the past several years, I have become an avid viewer of CNN, following current events and political news via news anchors, talk show hosts, journalists, reporters, correspondents, senior analysts, commentators, moderators, pundits, political surrogates and attack dogs. I laugh to myself/at myself when I hear myself saying that "I saw it on CNN last

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night" for you see, my 36 year old television most frequently does not provide a viewable image. More accurately, "I heard it on CNN last night." While I am aware that I may have lost substantial communication by lacking nonverbal video, it has been interesting to rely on only one sense modality for incoming information. As such, I have for good and ill become more acutely aware of the spoken word by those who I hear on television. It has reminded me of my family therapy training when we would eliminate the sound and just watch the video-taped therapy sessions at varying speeds, looking for and finding interesting, informative and instructive forms of communication. Single channel information calls attention to repetitive patterns of communication via whichever modality is being utilized.

While the use of metaphor and colorful expressions may enliven speech and facilitate meaningful communication, it also appears that speakers take unnecessary side roads to convey their message to their possible detriment. The following represents repetitive words/expressions voiced on CNN that contribute to and reflect contemporary language in our culture.

Frequently, news show guests respond to questions beginning with **Look** and then continue with content that may be considered **Talking Points** for **Messaging**. Political surrogates **Bring It On** with accusations of **Fake News** which are usually followed by their statements that may be considered **False Rhetoric/Alternate Reality/Alternative Facts**. When a politician's statement/stated position go beyond reasonable assumption for practicability, it is said that **He Got Out Ahead of His Skis** or **He Went a Bridge Too Far**. If the politician persists in his belief despite clear, rational opposition, it is said that **The Issue is Baked Into His Position**. If he had been hinting about it before full, formal public announcement, **He's Been Dropping Breadcrumbs**. Some politicians commit **Unforced Errors** that may have **Unintended Consequences**. If a policy proposal is not enacted despite its frequent articulation and encouragement for adoption, **It Never Gained Any Traction**. If the politician is not eager for another's policy proposal to gain traction for her adoption and vote, she may **Slow Walk It** and **Kick the Can Down the Road**. When political attack dogs **Speaking to an Audience of One ( POTUS )**, begin their commentary with

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*Frankly/Quite Frankly/The Fact Is/The Fact of the Matter Is/The Reality Is/The Truth of the Matter Is*, what follows should bear careful scrutiny for veracity, *False Equivalency/Hypocrisy* as they are attempting to *Control the Narrative*. When they receive vigorous *Push-Back* on that from another panelist, they frequently *Walk it Back/Back Peddle/Pivot to Another Subject*. News journalists may then *Take a Deep Dive Into the Subject* and *Drill Down On It* as they have *A Lot of Information to Unpack*. News analysts may try to *Read the Tea Leaves* of others' comments and *Presidential Tweets as Shiny Objects to Distract From the Truth* while attempting to determine if the stated position is a *One-Off* or a pattern. POTUS calls *The Russia Investigation a WitchHunt/Hoax/WitchHoax* despite intelligence agencies having *Concluded with High Confidence* that there was, indeed, *Russian Interference with the 2016 Political Campaign and Election Process*. *The Mueller Report* was completed and submitted without revealing *Sources and Methods*. The President claims his presidency offers *Transparency* and *Disingenuously* claims *No Collusion/No Conspiracy/No Obstruction*. The Speaker of the House *Rebukes* the President and he *Counterpunches* with personal attacks, name-calling and nick-naming as he plays a *Zero-Sum Game*. Responses to the issues of legal/illegal immigration, border-crossings and child care are *Politicized, Monetized and Weaponized*. As ongoing investigations and hearings continue debating *Criminal versus Political* courses of action and the House of Representatives attempts to demonstrate its ability to *Walk and Chew Gum at the Same Time*, the general public awaits a *Game-Changer* for a *Return to Normalcy and Civility*.

And so, *At the End of the Day*, due to the news content and all of the foregoing, I suffer incredulity fatigue, my ears hurt as a chronic condition and periodically my head has felt like a stopped up toilet bowl. Fortunately, it has not been a *Fugazy*. One of CNN's frequent sponsors comes to the rescue: "The only way ... When plumbing issues arise, at Len the Plumber - We're always available. Same day service. Seven days a week ... The only way to get a plumber today - Just call Len the Plumber." *Period. Full Stop. S'AllRight.* - SGG

