

GPSCH HypNews

Newsletter of The Greater Philadelphia Society of Clinical Hypnosis
Volume 16 Number 1 Winter 2020

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

Hello Everyone and Welcome to the Winter Holiday season. However you celebrate: Kwanza; Xmas; Chanukah; or the Winter Solstice; we at GPSCH want to wish you all time to play, relax, and connect with friends and family. For me, the winter season and the cold weather is a time to go deeper into myself, the way the seeds go deeper into the earth and I contemplate what I am grateful for and what my goals are at this point in my life. So I guess it is no surprise that as an organization, GPSCH is doing just this. We are so grateful for all this Society has given us for the last 60 years; a supportive community to learn, grow and share ideas with as well as an ever growing ability to use hypnosis in our lives and work. We are grateful for all the wonderful teachers and presenters who have graced our workshops and trainings; and we are certainly grateful for all the fun we have had in the process of operating this Society (not that it's been all fun; lots of hard work also). Our goals for the Society are to determine what shape it should take going forward, and even if going forward is an option. We will have more clarity about our viability by the end of the 2019/2020 season and will send out a letter to you all with the findings at that point. So stay tuned.

On a similar note, I want/we want to say a special Thank You to Dr. Julie Linden for her recent workshop here in Philadelphia, another in a long line of contributions that she has made to our Society. I know I am one of many who have benefited from her wisdom and expertise in the use of hypnosis to treat all manner of psychological twists and turns. As one of my mentors, she has had a profound influence on me and how I work with hypnosis and trauma and trauma in general in my psychotherapy practice. Nothing short of a crisis or one of my children getting married (luckily it was the latter) could have kept me away from a workshop with Julie Linden. But luckily, we

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did attempt to record the workshop and will be looking to see if we may sell it online as a webinar. So stay tuned for that as well.

Let me end this letter by quoting one of the musical greats of our times, Bob Dylan, in his song, *The Times They Are a Changing*. "Come gather round people wherever you roam and admit that the waters around you are grown, and you better start swimming or you'll sink like a stone cause the old world is certainly changing." Things are definitely changing and we at GPSCH are being swept up in that change and hopefully it will be for the better.

With fond thoughts and good wishes to all,

Annie Goldenberg
President, GPSCH

MEMBER NEWS

Welcome New Members

Invite a Colleague to Be a Member

Congratulations to Julie H. Linden, PhD who published Relational Factors in the Theater of the Imagination: Hypnosis With Children and Adolescents in the American Journal of Clinical Hypnosis, Volume 62, Numbers 1-2, July-October 2019. (Incisive case illustrations of hypnotic relational engagement facilitating positive change at different levels of human development are presented. A good read.) - SGG

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.

"YOU'VE GOT MAIL"

March 19-22, 2020 - ASCH 62nd Annual Scientific Meeting and Workshops in Reno/Tahoe, NV. For more info: www.asch.net.

October 14-18, 2020 - SCEH 71st Annual Workshops and Scientific Program in Anaheim, CA. For more info: www.sceh.us.

2020-2022 Board of Governors Election Process

The Ballot with slate of candidates will be emailed to vote-eligible Members (all but Associate & Student) via Survey Monkey by the last week in January. Dues for the current year must have been received by January 1, 2020 for voting members to receive a Ballot. Members must return eBallot no later than February 24, 2020. Counting the votes will occur by end of March. The election results will be published and distributed to Members.

2020-2022 Slate of Candidates

President - Jeffrey E. Celebre, PhD

Vice President - Vacant

Secretary - Vacant

Treasurer - George Schmidt, PhD

Member At Large - Vacant

Member At Large - Vacant

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

LETTER FROM THE EDITOR

"These are the times that try men's souls" As you may know, professional associations and societies have been experiencing reduced membership and dwindling workshop attendance. Certainly and unfortunately, the American Society of Clinical Hypnosis (ASCH) and the Greater Philadelphia Society of Clinical Hypnosis (GPSCH) have experienced this trend. The viability and future of GPSCH are now seriously in question. The *GPSCH HypNews*, now in its 16th year, is for the first time published and distributed in electronic form only, no original paper copy, as a cost containment measure. While printing and mailing via USPS represented a modest cost to the Society, it has been deemed a necessary adjustment to the current financial climate.

Founded in 1959, the Greater Philadelphia Society of Clinical Hypnosis has been one of the largest and most active ASCH Component Section. We have been most fortunate to have enjoyed the benefit of having as colleagues, friends and fellow GPSCH members stellar clinical hypnosis teachers, clinicians, researchers, scholars and human beings. I have been a GPSCH Member since 1992 and a member of the Board of Governors since 2000 serving as Secretary; Vice President; and President; and continuing to serve as Founding Editor, *GPSCH HypNews*; Member, Program Committee; and Chair, Bylaws Committee. I am certainly fully invested and committed to this Society's continuing to fulfill its mission of providing hypnosis education and training to the professional healthcare community.

During the past 60 years, the GPSCH Program Committee has organized two-hour, half-day, all-day, two-day workshops and 20-hour ASCH Certified Training Programs offering APA and ASCH CEs covering a vast array of leading edge topics presented by national and international luminaries. In a pilot program with ASCH, we offered an all-day workshop offering CMEs as a reflection of ASCH's high regard for GPSCH. Workshop participants' post-workshop evaluations always report high scores and glowing comments of gratitude. However, the financial cost of maintaining a full academic

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calendar of high quality workshops with presenters from near and far in the context of diminished revenue from decreasing membership and workshop attendance threatens GPSCH's survival.

The GPSCH Board of Governors has implemented a number of cost containment initiatives in an effort to extend the Society's life expectancy. However, the Board can only do so much with extremely limited financial resources. It is up to the constituency, You, GPSCH Members, to demonstrate your abiding interest, dedication and participation in our Society. One half of current GPSCH Members possess ASCH Certification/Approved Consultant status. If there is no GPSCH, then where will you obtain ASCH CEs to maintain your certification? North Jersey? New York? ASCH Regional Workshops in Virginia or other places requiring participants' travel and lodging costs?

GPSCH is now a patient in the intensive care unit. You, GPSCH Members, are the healthcare professionals in the position to ameliorate its condition.

Our next half-day workshop in April features an intriguing topic and speaker. If you are interested in supporting ongoing operation of GPSCH, register to participate in this workshop and benefit from a half-day of high quality continuing professional education offering APA and ASCH CEs. And Tell Colleagues. Encourage them to Register for this Workshop and Apply for GPSCH Membership. Applicants who are approved for membership will receive member rates for workshop attendance and we will have gained another congenial colleague.

Following the calculation of financial performance of the April workshop, the Board of Governors will assess how the Society may reasonably proceed, or not. As previously stated, I am fully invested and committed to the continued life and mission of GPSCH. To that end, I am prepared to financially underwrite some GPSCH budgetary items.

Perhaps you may wish to contribute to supporting our Society. While charitable donations to GPSCH are not tax deductible, you may wish to pay two years' Membership Dues this May with the understanding that the

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Society may function for 2020-2021 only. Membership Dues are tax deductible as professional business expense. If you plan to pay for two years' Membership, or have other plans or ideas for rejuvenating our Society to maintain its existence, please let me know at Stephen.Glass@crozer.org on/before February 14, 2020. Avoid being a "summer soldier" or "sunshine patriot." Now is the Time for All Good GPSCH Members to Come to the Aid of our Society. Join us in being a good steward of our wonderful Society. As a GPSCH Member, You and Your Action will Make a Vast Difference!

Stephen
Stephen G. Glass, ED.M.

The winter holiday season begs the question, "Why is it that when we trim the Christmas tree, we add things to it instead of cutting off some branches?" - SGG

ACADEMIC CALENDAR
2020

SAT APR 18 More Common Therapy:
½ DAY The Complex Simplicity of Experiential Mastery
WRKSHP Robert Staffin, PsyD, ABPH

SUN MAY 17 TBA
10AM - Noon Year End 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 301-830-1941.

FROM THE EDITOR - Stephen G. Glass, EDM

FOR YOUR CONSIDERATION

Go Faster Alone, Go Farther Together

Overheard were two middle-aged women from the old country talking about the relative merits and challenges of marriage, single life and widowhood as they relate to morbidity, mortality and quality of life. While the thick-accented women were difficult to understand at times, certain statements made by them were quite clear.

Some discussion that was discernable included: "Fifty percent of men 65 years old live to be 87 and 25% live to be 93 years old. Fifty percent of women 65 years old live to be 90 and 25% live to be 96 years old. Fifty percent of couples 65 years old (at least one surviving individual) live to be 94 and 25% live to be 98 years old." So, it would appear that being in a couple relationship has positive influence on life expectancy.

"Becoming widowed is associated with a 48% increase in risk of mortality. Approximately one third of the increase can be attributed to selection, in that those who become widows are socioeconomically disadvantaged. Widowhood mortality risk increases for men if their wives' deaths were unexpected rather than expected; for women, the extent to which their husbands' death was expected matters less."

Multiple long-term studies have provided "compelling data showing that "relationship" is the single best indicator of physical health, emotional health and mortality." In their discussion of the salutary effects of being in a relationship, one of the women extolling the virtues of having her husband alive and living together with him said, "It's nice to have a man around the house - It makes a vas deferens!" Cheers. -SGG

Acknowledgements: Society of Actuaries (2016); Sullivan, A. & Fenelon, A. (2014); Peebles, M. J. (2019).

