

GPSCH HypNews

Newsletter of The Greater Philadelphia Society of Clinical Hypnosis
Volume 16 Number 2-3 Spring-Summer 2020

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

Hi All,

I can't start any communication these days without addressing what we are facing right now as a country and as a world. The most important thing to focus on is people's well-being; physical, emotional and financial. First, I want to wish all of you a sense of hope that we will all get through this and know what needs to be changed in order to have universal health, peace and security. I love getting the information about all the organizations that are reaching out to give people the tools to manage their anxieties about staying healthy and safe. The other day I found a nice short meditation/hypnosis script on how to deal with fear. So I tried it and it got right to the heart of the matter and I felt calmer. These are the days that these tools are so important. Not going to be enough if people aren't also given the financial support they need, but that's another matter and requires contacting our representatives in official positions. Every voice matters.

I can't imagine any other scenario that could have taught me that I can't make it alone, and my heart is the best guide. So I am wishing that you are all figuring how to take care of yourselves and your loved ones. I am coming to the end of my time on GPSCH's Board of Governors as Vice President and President. It has been an exciting ride and I have loved getting to know you all a bit better. Many of us have had a long and loving relationship with hypnosis, which I know for me, will continue to teach me how to know myself better and offer that to the people I work with. This knowledge gives me great hope for humankind.

GPSCH is also going through a bit of transition period as you are probably aware. Membership has gone down in the last few years and so that has affected the bank balance. Hence, we as a Board are trying to figure out

what the future holds. For right now it has been decided to go forward with our programs. Some will be virtual to accommodate the social distancing that is required presently. But looking to the future, hopefully the Society can resume the in-person workshops. You will get all that information and instructions to register by email. GPSCH is doing away with paper mailings in order to reduce overhead costs and to save the trees.

Thank you for participating in our Board of Governors election process. I want to welcome Jeff Celebre as the incoming President and thank him for his many years of service and for taking on this new position. Yay Jeff. As always, if you want to be more involved in the Society, contact Jeff or Stephen Glass. Any involvement is very welcome.

"Thanks for the memories" as they say. I'm sure only the older members will get the reference to that golden oldie. Again, be well, safe and in the hands of loving family and friends.

Annie Goldenberg
President

MEMBER NEWS

Welcome New Members

Invite a Colleague to Be a Member

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 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 Results

President - Jeffrey E. Celebre, PhD

Vice President - Vacant

Secretary - Vacant

Treasurer - George Schmidt, PhD

Member At Large - Vacant

Member At Large - Vacant

Committee Chairs, Appointed

Bylaws - Stephen G. Glass, ED.M.

Membership - Vacant

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

ACADEMIC CALENDAR

2020

SUN JUN 7 *Changing Our Minds With and About*
WEBINAR *Clinical Hypnosis*
9AM-11AM Laurence Irwin Sugarman, MD, FAAP, ABMH

SAT NOV 7 *More Common Therapy:*
ALL-DAY *The Complex Simplicity of Experiential Mastery*
WRKSH Robert Staffin, PsyD, ABPH

2021

SUN MAR 7 TBD
10AM-Noon

SUN APR 18 TBD
10AM-Noon

SUN MAY 16 Year End Meeting
10AM-Noon

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

"To Be or Not to Be"

Many years ago my wife and I bought our first starter house in suburban Philadelphia and then bought a large family home that had suffered benign neglect, but as some people say, "It had good bones." We renovated it and enjoyed our time there before selling it and moving back to Center City where we bought a lovely townhome. After being there for a while, we decided to sell it and move back to Saint Davids where we and our children remained for 14 years before down-sizing to a nearby home. When my wife began using a wheelchair, we sold that house and bought a one level condominium in Devon. Over time, we expanded and contracted as our needs changed.

The Greater Philadelphia Society of Clinical Hypnosis (GPSCH) has been one of the largest and most active ASCH Component Section. Due to reduced membership and dwindling attendance at workshops, GPSCH and other professional societies and associations have been confronted with significant financial issues leading to questioning viability going forward. For GPSCH, some may suggest an ending to a respectable 60 years of stellar operation and some may recommend valiant efforts for continuing the GPSCH mission of providing hypnosis training and hypnosis informed continuing professional education to the professional healthcare community.

I maintain the position of proceeding with our mission, albeit in modified form. *Mutatis mutandis*. Similar to changing residences adapting to various life circumstances, I believe we need to contract our Society's operation reflecting our current constituency and financial capacity. We have scheduled workshops on April 18 and May 31, 2020 with presenters and topics of great interest. At this writing in early March, we hope that these workshops will actually take place given current concerns about COVID-19. We will proceed as indicated in the best interest of our Society and our Members. In this current fluid health environment, prospective workshop attendees will be notified closer to workshop dates if postponement is

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prudent.

Going forward I trust we will schedule academic events maintaining our mission as will be feasible. "To be or not to be" is a question that you have the ability to answer in the affirmative. Renew your GPSCH Membership. Recommend 2 colleagues who become members and your membership is free. I look forward to seeing you at our upcoming workshops. -SGG

Addendum: Well, that was then, this is now; early May. Additional comment offered at this late date to accommodate changes in academic programming and governance issues during these changing, stressful times.

Dr. Laurence Sugarman has graciously offered to provide a 2-hour Live Webinar Sunday, June 7, 2020 as a distillation of his previously planned half-day in-person workshop. Dr. Robert Staffin's all-day in-person workshop has been rescheduled for Saturday, November 7, 2020. Details are still being developed regarding the possibility/necessity of his presentation being two half-day Live Webinars covering the same material, November 7 and 14, 2020.

I believe that the measure of a person is revealed in how that individual performs in the face of adversity. We as a people and we as a hypnosis society are confronted with existential challenges that require us, individually and as a professional healthcare community, to utilize our inner resources to sustain ourselves, our families, friends and colleagues. I believe that GPSCH colleagues who I have come to know over the years are up to the task. Despite being confronted with limited financial resources and personnel for governance, the GPSCH Board of Governors has voted to proceed with our mission in providing hypnosis education as we are dedicated to being responsive to the needs of our Society. More than 50% of current GPSCH Members possess ASCH Certification/ASCH Approved Consultant status. We are pleased to offer ASCH CEs for continuing professional education right here at Roxborough Memorial Hospital - No need for you to take your time, money and energy traveling out of state to satisfy your interest in hypnosis training and need to satisfy re-certification

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requirements. And then there is the issue of community - Enjoy the opportunity for collegial information exchange and human contact - being part of something of value that we share.

So, be well and stay healthy. And remember that GPSCH is here for you. Tell your colleagues. Encourage them to apply for membership. Remember to renew your membership. Register for upcoming academic events. Tell us which speakers you would like to have present and what topics you would like to learn more about. Perhaps you would like to present a 2-hour workshop or webinar. Please let us know how we may better serve your needs. Join us in shaping our professional education experience. And if you favorably respond to all of the foregoing direct suggestions, then "Every day in every way you will be better and better" I look forward to seeing you at upcoming GPSCH events. - SGG

