

GPSCH HypNews

Newsletter of The Greater Philadelphia Society of Clinical Hypnosis
Volume 18 Number 2-3 Spring-Summer 2022

FROM THE PRESIDENT - Jeffrey E. Celebre, PhD

Dear Members,

This past winter our country found itself trying very hard to emerge from the cloud of COVID even with the BA.2 subvariant nipping at our heels with BA.4 and .5 recently discovered and on some sort of hazy and unwelcome horizon. What is a person to do?

First, don't throw away your masks just yet. And second, may I gently suggest getting your shots if you care to follow the science or exercise your free will and don't. But for goodness sakes, keep tuning in to what our Society is offering to feed your interest in learning, doing and being hypnotic. And the choices are most tantalizing.

On May 15 one of the world's foremost hypnotherapy practitioner, writer and presenter, Dr. Michael Yapko, will serve up a three hour webinar on Process-Oriented Hypnotherapy. I could not avoid dropping his name as a nod to our Society's commitment to bring to our membership and others some of the best instructors in our field of study and practice. Dr. Yapko's virtual "visit" represents the capstone on a highly successful academic year.

Preceding him we have feasted on three excellent presentations: using hypnosis to help manage cancer treatment and other medical challenges (Dr. Ginandes), the melding of hypnosis with mindfulness (Dr. Elkins) and most recently, Dr. Cory Hammond's hypnotic strategies and techniques for pain management.

And the 2022-2023 academic year promises more goodies. In late September, Dr. Laurence Sugarman will join us again and present Hypnotic Therapeutic Communication and Autism Spectrum Disorder.

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In November, we will have Dr. Katherine Rossi present *Clinical Hypnosis and the Grief Process*. In March, Dr. Ran Anbar will speak on the Subconscious as Co-Therapist and Spiritual Guide in the Hypnotic Process. In January, Dr. Elgan Baker will return and lecture on *Using Hypnosis in the Repair of Attachment Wounds*. Our end of the year webinar on April 30 will feature Dr. Julie Linden who will provide an update on *Hypnotic Language in Clinical Hypnosis Practice*.

In closing, I am cordially inviting you all to stay with us and learn while enjoying the above menu. For those of you who would like to help plan future menus, let me know that you would like to be a Member-at-Large on the GPSCH Board of Governors. And of course, remember to **Please Renew your GPSCH Membership**.

Sincerely,

Jeff Celebre

MEMBER NEWS

Welcome New Members

Invite a Colleague to Be a Member

Congratulations to **Rebecca Cherry, MD** who **presented** "Hypnosis For Healthy Habit Change or Learning What You Already Know" at the 7th Annual Judy Z. Grossman Memorial Women's Wellness Program on January 20, 2022 in Elkin's Park, PA.

See your/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"

OCT 12-16, 2022 - 73rd SCEH Annual Workshops & Scientific Program.
Virtual. For more info: www.sceh.us.

2022-2024 Board of Governors Election Results

President: Jeffrey E. Celebre, PhD

Vice President: Vacant Position

Secretary: Vacant Position

Treasurer: Vacant Position

Member-at-Large: Vacant Position

Member-at-Large: Vacant Position

Committee Chairs appointed by the President:

Bylaws: Stephen G. Glass, ED.M.

Membership: Vacant Position

GPSCH Proposed Bylaws Amendments - Voting Results

In an effort to increase accessibility to hypnosis training, education and skill-building for nurses and allied health care professionals and to have eligibility for GPSCH membership associated with health care professional licensure/certification, not level of education, the GPSCH Board of Governors had approved for GPSCH Members' vote several GPSCH Bylaws Amendments. Ballots were submitted and received in favor of the proposed amendments. **GPSCH Welcomes Nurses and Allied Health Care Professionals as Members and Webinar Participants.**

Stephen G. Glass, ED.M.
Chair, Bylaws Committee

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

ACADEMIC CALENDAR

2022

SUN MAY 15 Process-Oriented Hypnosis: Focusing on Structure,
Webinar Not Content, in Hypnotic Interventions
10AM-1:00PM Michael D. Yapko, PhD

SUN SEP 25 Therapeutic Communication, Hypnosis and
Webinar Autism Spectrum Disorder
10AM-1:00PM Laurence Irwin Sugarman, MD, ABMH

SUN NOV 6 Clinical Hypnosis and the Grief Process
Webinar Kathryn Lane Rossi, PhD
10AM-1:00PM

2023

SUN JAN 29 Hypnosis and the Repair of Attachment Wounds
Webinar Elgan L. Baker, PhD, HSPP, ABPH, ABPS
10AM-1:00PM

SUN MAR 19 The Subconscious as Co-Therapist:
Webinar Spiritual Guide in the Hypnotic Process
10AM-1:00PM Ran D. Anbar, MD, FAAP

SUN APR 30 Language Matters: Updating the Terms
Webinar We Use in Clinical Hypnosis Practice
10AM-1:00PM Julie H. Linden, PhD

Academic Calendar listings originate in Eastern Time zone, USA & Canada

In-Person Meetings/GPSCH Workshops are held at
Roxborough Memorial Hospital

Virtual Workshops are held in the comfortable setting of your choice

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

I Can't Get No ... Or Can I? Yes, I Can

Recently, I read an essay "The Satisfaction Trap" written by Arthur C. Brooks (*The Atlantic*, March 2022, pp. 23-30). In response to his teenage daughter's queries spurred by listening to Mick Jagger singing "(I Can't Get No) Satisfaction," Brooks offered: *As we wind our way through life, I explained, satisfaction - the joy from fulfillment of our wishes or expectations - is evanescent. No matter what we achieve, see, acquire, or do, it seems to slip from our grasp. I was on a roll now. Satisfaction, I told my daughter, is the greatest paradox of human life. We crave it, we believe we can get it, we glimpse it and maybe even experience it for a brief moment, and then it vanishes. But we never give up on our quest to get a hold on to it. Brooks goes on; I know that satisfaction is one of the core "macronutrients" of happiness (the other two being enjoyment and meaning). And that its slippery nature is one of the reasons happiness is often so elusive as well. Yet time and again, I have fallen into the trap of believing that success and its accompaniments would fulfill me.*

Brooks, now 57, relates that when he was 48 he found "a bucket list of things I hoped to do or achieve" he wrote at 40 and reflected on his accomplishing all those items by age 48. "But none of that had brought me the lasting joy I'd envisioned. Each accomplishment thrilled me for a day or a week - maybe a month, never more - and then I reached for the next rung on the ladder. I'd devoted my life to climbing those rungs." The author states that "Mick Jagger's Satisfaction Dilemma - and ours - starts with a rudimentary formula: *Satisfaction = getting what you want.*" Brooks suggests: *The unending race against the headwinds of homeostasis has a name: the "hedonic treadmill." No matter how fast we run, we never arrive.* He suggests "Our natural state is dissatisfaction, punctuated by brief moments of satisfaction."

The author provides commentary about the approaches of religion and

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philosophy regarding this quandary and refines his position: "*Satisfaction = what you have + what you want.*" He offers that the secret to achieving satisfaction "is to manage our wants. By managing what we want instead of what we have, we give ourselves a chance to lead more satisfied lives."

As I have written previously, "Words have meaning and terminology has consequences" and I am reminded that "Our life is what our thoughts make it" (Aurelius). I respectfully submit that I believe that Brooks has conflated happiness with satisfaction. I view happy/happiness as a temporary, transient state/condition and satisfaction as an overall long-lasting experience. Consistent with this view, I equate happy with affect, the weather and a job relative to and correspondingly, I equate satisfaction with mood, the climate and career. In other words, one or two stars a galaxy does not make. One may experience many individual, discrete happy moments with one's spouse that lead to overall marital satisfaction. When I am having dinner with my good friends at our favorite restaurant, I savor every bite of food and conversation. At the end of the evening, I experience a grateful sense of satisfaction. One may observe two young girls dash from the beach splashing into the ocean and shrieking as they lose themselves in a moment of pure joy. They are, no doubt, happy as they do this day after day. In September, they will reflect on having a most satisfying summer.

In terms of life pursuits and prospective happiness/satisfaction, I offer a reality-based formula. The key to momentary happiness and general satisfaction with life events and "the pursuit of happiness" is setting forth reasonable/realistic expectations. Consider the following: Expectation (10 units) minus Realty (5 units) equals Disappointment (5 units). If we have higher Expectations (25 units) minus Reality (5 units; reality remains constant) then we have greater Disappointment (20 units). In other words, if we raise our expectations $2\frac{1}{2}$ times, we wind up with 4 times the amount of Disappointment, leading to depression.

I am reminded of the Chinese proverb: "If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want

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happiness for a year, inherit a fortune. If you want happiness for a lifetime, help someone else." I would suggest that helping someone else is most satisfying and reflects a life well lived. - SGG

