

GPSCH HypNews

Newsletter of The Greater Philadelphia Society of Clinical Hypnosis
Volume 19 Number 4 Fall 2023

FROM THE PRESIDENT - JEFFREY E. CELEBRE, PhD

Dear Members and Interested Attendees,

We are about to begin the 2023-24 academic year and we have an exciting line-up of speakers. However, I'd like to first review some things that occurred at the close of the year.

First, I want to take a moment to remember our beloved and highly respected long-term GPSCH Member and Past President, Dr. Brenda Byrne. This past spring Brenda died in her home in New Orleans. She spent most of her long and distinguished career in Philadelphia. Brenda was a prominent teacher at GPSCH meetings for well over three decades. Many of us met her in the early nineties as we were beginning our hypnosis training. We benefited from the wisdom Brenda imparted in her kind and soft-spoken manner, always with a slight twinkle in her eye. There will be an in-person memorial luncheon this fall to celebrate her life and her contribution to GPSCH. The date of the luncheon will be announced later in September. We hope you will consider attending.

I'd like to review the presentations we enjoyed during the past year. In September, we had Laurence I. Sugarman, MD, who discussed therapeutic communication and the neurodiverse. Trance is a natural process in all of us because "living life makes us change our minds." Hypnosis is a way of communication to self and others that brings to life "innate resources." Dr. Sugarman spoke about neurodiversity by extending the term to include all of us. He offered the handy re-definition of the term as "those folks-us-as having diffabilities."

In November and again in January, GPSCH was delighted to have Kathryn Rossi, PhD, present using hypnosis to support and explore the complexity of grief. In November, she spoke about finding new ways to help patients move

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beyond grief by making our hearts free to establish a new life after a death. "By creating freedom, you are daring yourself to become a better person than you were before." Living in the moment was expressed many times as an important component *if you are connecting with the "inner observer-operator."* I interpret this view as a combination of incorporating mindfulness with a kind of age-progression/positive expectancy.

In her January presentation, Dr. Rossi expounded on living a Numinous Life, meaning everything that happens to us, including loss, presents an opportunity to grow, to create; as she says, a "satisfying life." There can be much fear in this process, of course, but one has a choice of diminishing the anxiety to find the "truth that you want." The alternative is to remain stuck in our "untruth" and consequently feed ourselves endless negative self-talk.

In March, Dr. Ran Anbar delved into forms of ideomotor signaling to help a patient tap into the subconscious—their "co-therapist"—in order to negotiate the ego states that are underpinning the symptoms that can manifest often in the body such as IBS, headaches, insomnia, etc. How? Dr. Anbar uses automatic writing (keyboarding) and drawing. He showed us a video of a very bright adolescent communicating freely with his own "inner-advisor." Watching this process was an uncanny representation of the subconscious visiting the subject in fill view of the audience!

Finally, in April, our frequent presenter and former GPSCH President, Dr. Julie H. Linden spoke about the importance of language that we use with our patients: verbal; non-verbal; internal (how do I *feel* about the person coming to see me today?); external (being empathic, absorbing, empowering); and using their words). She also covered a specific way of teaching mindful breathing and tying this into positive language that can convey "anything is possible."

All of this review leads me to preview the future, our line-up for the coming academic year: 9/24, Consuelo Casula, *The Art of Utilizing Metaphors for Enhancing Therapist and Client Flexibility.* 11/5: Stephen Lankton, "Using Age Regression and Progression for Ego Enhancement." 1/28: Dana Lebo, "Utilizing Hypnosis to Augment Performance." 3/24: Carolyn Daitch,

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Managing Runaway Emotions: Integrating Hypnosis, CBT and Mindfulness."
4/14: Michael Yapko, "Hypnosis and the Treatment of Depression."

And please be on the look-out for the in-person Brenda Byrne Memorial to be held at Wolcoff Auditorium at Roxborough Memorial Hospital this fall. Lunch will be free to all who are able to come. This will be a tribute to Brenda who was so invested in our Society as a viable professional organization and as a master teacher of hypnotherapy skills to all who had the opportunity to hear her speak. I also believe she would be very happy to see us together again in the same physical space.

Lastly, Stephen and I would warmly invite any member to become a board member. We would greatly appreciate a third person to join us in this role to simply come up with suggestions once in a while for presenters and topics. As Jay Leno used to say about his role as comedian: "It's not exactly heavy-lifting!" Stephen Glass, Suzanne Malik and I look forward to seeing you soon. Until then, please stay healthy and safe.

See you in September.

Jeff

MEMBER NEWS

Welcome New Members

Invite a Colleague to Be a Member

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 4-8, 2023. SCEH - 74th Annual Workshops and Scientific Program.
Virtual. For more info: www.sceh.us.

FEB 23-25, 2024. ASCH - 66th Annual Scientific Meetings and Workshops.
Virtual. For more info : www.asch.net

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

In Memoriam
Mary "Brenda" Byrne, PhD
September 7, 1940 - May 20, 2023

Brenda Byrne was a long-time GPSCH Member and Past President (1994-1996). Brenda was a psychologist, partner in the Margolis Berman Byrne Health Psychology PC practice in Center City Philadelphia and Assistant Clinical Professor, Department of Neurology at Thomas Jefferson University. An expanded written tribute and Memorial Service in the Fall are being planned by close colleagues and will be announced to GPSCH Members. Brenda always had a cheerful outlook, luminous smile, twinkle in her eyes and gleeful laugh. Peace. - SGG

GPSCH Board of Governor Nominations for Election, Winter 2024

In early 2024, GPSCH Members will submit their ballot to vote on the 2024-2026 Slate of Candidates for the GPSCH Board of Governors. Candidates for the board include President, Vice President, Secretary, Treasurer, and two Member at Large positions. Nominate someone including yourself to enjoy the opportunity to contribute to the governance of our Society, professional camaraderie and invite professional colleagues from around the world to provide academic presentations to our Society. You may submit your nominations to GPSCH Administrative Director Suzanne Malik at admin@gpsch.org.

ACADEMIC CALENDAR

2023

SUN SEP 24 The Art of Utilizing Metaphors for Enhancing
Webinar Therapist's and Client's Flexibility
10AM-1:00PM Consuelo Casula, Dipl. Psych

SUN NOV 5 Age Regression and Age Progression
Webinar Stephen R. Lankton, MSW, DAHB, LCSW
10AM-1:00PM

2024

SUN JAN 28 Utilizing Hypnosis to Augment Performance
Webinar Dana L. Lebo, PhD
10AM-1:00PM

SUN MAR 24 Managing Runaway Emotions: Integrating Hypnosis, CBT
Webinar and Mindfulness
10AM-1:00PM Carolyn C. Daitch, PhD

SUN APR 14 Hypnosis and the Treatment of Depression
Webinar Michael D. Yapko, PhD
10AM-1:00PM

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

What Does it Look Like? What Does it Sound Like? What is it?

If it looks like a duck and walks like a duck, is it a duck? What if it does not quack? What is it? What does it dew? While it may be self-evident, it is nevertheless important to be reminded that it is imperative to accurately name a person, place or object, differentially diagnose a disorder, or take the correct medication. "Our life is what our thoughts make it."

About 30 years ago, an in-house study was conducted at a highly prestigious psychiatric hospital. The diagnosis advanced by psychiatric residents on intake evaluations of newly admitted patients was compared with the diagnosis of the same patients offered by senior staff psychiatrists. The findings revealed that the residents overly diagnosed borderline personality disorder. On inquiry and examination, it was suggested that residents formulated their diagnosis more on sight familiarity rather than strict adherence to determining if all diagnostic criteria were satisfied as per the *Diagnostic and Statistical Manual of Mental Disorders - IV*. The residents apparently misperceived the symptom constellation and provided a misattribution. In other words, they named the Little Dipper the Big Dipper.

In the old days, it seems that medications were named in distinguishing ways to discern one from another and consistent with the expected outcome if taken as prescribed. Elavil would elevate your mood and Vivactil would have you feeling vivacious. However, there was confusion caused by look-alike/sound-alike medications like Clonidine (antihypertensive) versus Klonopin (anti-anxiety). Past lists of these types of confusing pharmaceutical products have been published in the public domain. Despite the apparent danger of less than fully careful manufacturers' marketing, it seems that naming medications is now done with high-scoring *Scrabble* letters designed to be attractive to prospective consumers by their exotic

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looking/sounding names without regard for clarity in unique specificity of substance and purpose.

A review of recent television advertising reveals ongoing issues with look-alike/sound-alike medications. Some of the following look-alike/sound-alike medication similarities are alarming, others not so much. But still

Apertude (HIV) - Keytruda (cancer) - Latuda (bipolar dis/schizophrenia)
Breztri (COPD) - Vyepiti (migraine) - Rexulti (depression)
Cosentyx (psoriasis) - Kesimpta (multiple sclerosis)
Flonase (allergy) - Flomax (urinary retention)
Lybalvi (bipolar disorder/schizophrenia) - Ubrelyvy (migraine)
Nurtec (migraine) - Zyrtec (allergy)
Otezla (psoriasis) - Ozempic (diabetes)
Paxlovid (antiviral) - Paxil (antidepressant)
Stelara (psoriasis) - Strattera (ADHD)
Tepenza (thyroid eye disease) - Ingrezza (tardive dyskinesia)
Trulicity (diabetes) - Trelegy (COPD/asthma)
Tremfya (psoriasis) - Trintellix (major depressive disorder)
Zeposia (multiple sclerosis) - Zyprexa (schizophrenia/bipolar disorder)

And then by catchy melody, lyrics and choreography, there is a particularly memorable television advertisement: "When you have nausea, indigestion, upset stomach, di-a-rrhe-a; Pepto Bismol coats and soothes for fast relief when you need it most." No question about this uniquely named, distinctive pink liquid product. It is always good to be accurate. *Quack. - SGG*

