

GPSCH HypNews
Newsletter of The Greater Philadelphia Society of Clinical Hypnosis
Volume 20 Number 4 Fall 2024

From The President - Jeffrey E. Celebre, PhD

Dear Members and Webinar Attendees,

Our Society recently concluded a successful year hosting five workshops covering a range of topics. GPSCH is proud of our niche in the Component Section network of ASCH in that all our presentations offer APA CE credits in addition to those from ASCH.

Before I review the past slate of lectures and some of the highlights of each, I wanted to ask two favors. First, Stephen and I heartily welcome any suggestions for future presenters. We want to be as responsive as we can be to your interests to keep our Society relevant. The world of Zoom has made competition to attract viewers of hypnosis-oriented content challenging. The two of us alone cannot keep up with the flow of themes in our field and how these evolve. The second favor dovetails the first: GPSCH needs a third (or more) board members to add a much-needed voice and a pair of ears to help keep us fresh and up to date on topics. It's truly an easy job in that we meet about 4-5 times for an hour in an academic year to discuss where we are headed. "Easy, peasy" as my grandson likes to say.

Here's my review of some of the pearls of wisdom I learned - or was reminded of - in the past ten months:

Dr. Casula presented in September (from Italy) on the art of using metaphors to enhance the therapeutic experience and the client's flexibility to solve their own issues. She elegantly reviewed several Italian thinkers - and others - who proposed using fairy tales, nature and a myriad of themes from art and literature to help us simplify complex and fixed ideas to open up new possibilities in those we work with.

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Stephen Lankton, who was a patient of Erickson, spoke to us also about metaphors as anecdotes, simplifying (there's that notion again) the patient's confusion into something real and concrete in the present, therefore imbedding possible solutions. He stressed always "speaking the client's language" and reminding us to regress patients to review their past achievements and project them into future time of becoming successful, review steps (rehearsal) to get there and then take them back to the present to sit with this recent journey forward. As he said, "Using the past to refresh resources and using the future to change the present."

Dr. Dana Lebo spoke to us about using hypnosis to ego strengthen any sort of future endeavor that has some performance feature to it. Mental rehearsal and the use of embodied signals (remember to have the client use the :high sign:) and the use the phrases: "I got this, I can do this." I used these features very successfully this past winter working with a client to help her stop smoking and, at the same time, reduce her extreme fear of going through a hip replacement in a manner that neutralized her fear of hospitals.

Dr. Carolyn Daitch spoke to us in March about using hypnosis with CBT and Mindfulness to calm "runaway emotions." Targeting those many folks we see who have generalized anxiety, including panic and phobias, she made clear that employing homework is the most basic tool in our toolbox. If there was ever a toolbox kind of therapist, I am clearly of that sort. Her collection of tools is on a list that I keep for every patient I see.

And lastly, Dr. Michael Yapko made his second appearance in our Society in the past two years, appearing in April. He spoke about the importance of setting steps to help patients change or shift in the way they think about their depressive state. As he likes to challenge folks: it is possible to learn to "not pay attention" or to become "less absorbed" in their negative self-talk. In this CBT-like approach, he spoke about taking an action-oriented path thus helping people move out of rumination and the "analysis paralysis" position, thus enhancing "self-distancing,"

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Coming up in the next academic year: Rich Chefetz (SEP) addressing chronic shame, David Patterson (NOV) a true expert in pain management, Dan Short (JAN) on neuroplasticity and self-organizing change, Douglas Flemons (MAR) using hypnosis in an interpersonal context, and finally, Mark Weisberg (APR) on using hypnosis in managing GI problems.

We will be in touch with you all in early September about reminders and through *HypNews*. Hope to see you all, or at the very least, many in the academic year to come.

Jeff Celebre, PhD

MEMBER NEWS

Welcome New Members

Congratulations

Reinhild Draeger-Muenke, PsyD, LMFT - Full Member to Life Member
Shelley M. Weber, PhD - Full Member to Life Member

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.

GPSCH Membership and GPSCH Webinar CE Benefits

Become a GPSCH Member and benefit from the Society's camaraderie and stellar webinar presenters. **Obtain BOTH APA AND ASCH CEs when attending one webinar.** Attend all GPSCH webinars for two consecutive years and **PA psychologists satisfy BOTH substantive CE requirements for licensure renewal** (plus ethics, child abuse, suicidality) **AND satisfy ASCH Certified Practitioner and Approved Consultant renewals at the same time.** Other license holders should contact their respective state boards for acceptance of APA CEs via GPSCH webinars. **GPSCH Membership and Webinars are the best deals in town!**

"YOU'VE GOT MAIL"

OCT 23-27, 2024. SCEH - 75th Annual Workshops and Scientific Program. Anaheim, CA. For more info: www.sceh.us.

FEB 23-25, 2025. ASCH - 66th Annual Scientific Meetings and Workshops. Virtual. For more info : www.asch.net

GPSCH Membership Dues and GPSCH Webinar Fees

Reduced webinar registration fees for GPSCH Members are a benefit of membership. **GPSCH Membership Dues must be paid in advance of registering for webinars to be eligible for member discounted rate.** Dues cover Society membership July 1 through June 30 and are payable upon receipt of dues notice.

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

ACADEMIC CALENDAR

2024

SUN SEP 22 Dissociation & the Shame-Spectrum of Emotion: A
Webinar Useful Role for Self-Hypnosis as Antidote for Shame
10AM-1:00PM Richard A. Chefetz, MD

SUN NOV 10 Hypnosis & Zen Buddhism in the Treatment
Webinar of Pain & Suffering
10AM-1:00PM David R. Patterson, PhD, ABPP, ABPH

2025

SUN JAN 26 Activating Unconscious Intelligence: Using Hypnosis to
Webinar Activate Problem-Solving Abilities
10AM-1:00PM Dan Short, PhD

SUN MAR 16 Utilizing Hypnosis Relationally in the Treatment of
Webinar the Spectrum of Anxiety Disorders
10AM-1:00PM Douglas G. Flemons, PhD, LMFT

SUN APR 27 Utilizing Hypnosis in the Management of
Webinar Gastrointestinal Problems
10AM-1:00PM Mark B. Weisberg, PhD, ABPP

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 Do You Make of It?

Our commerce is communication. Our primary currency is words, singular and meaningful phrases. Take a word and think about how many ways it is used - in what ways, under what circumstances, for what purpose and intent as well as unintended consequences. Consider the variations on the word *make*.

Make do. Make nice. Make dinner. Make serious. Make a joke. Made in the USA. Made in the shade. Make yourself at home. Make yourself comfortable. Make the bed. Fake it til you make it. Make work project. Make rounds. Make something of yourself. Life is what you make it.

Homemade, handmade, foreign made, manmade, made up/make up/all made up (fabricate, resolve disagreement/cosmetics). Made up of whole cloth. Made to last. Make it a double. Make it on time. Make me an offer.

She made up her mind. He is a self-made man. He's just connected, not a made man. You can't make me do it. Made him an offer he could not refuse. Go ahead, make my day. Sorry, he didn't make it. He's gonna meet his maker.

Make the school do right by you. Make hay while the sun shines. Make conversation. On the make. Made for each other. Make out. Make a baby. *What a Difference a Day Made. Make Someone Happy. - SGG*

