



The Greater Philadelphia Society of Clinical Hypnosis

*A Component Section of the American Society of Clinical Hypnosis
and*

Ellen L. Wright., Ph.D.

Present

Hypnotherapy in the Digital Age

Presented by:

Gary Elkins Ph.D.

DATE: January 25, 2026

Time: 10 am – 1 pm ET (see schedule below) 9:30 am login
3 CE Credits for Psychologists and ASCH Certification/Re-
certification
Zoom Webinar

Workshop Description:

Digital resources as an adjunct in health care have become increasingly available. Digital delivery has included apps for relaxation, stress reduction, and sleep improvement. Digital hypnotherapy has also included apps for menopausal symptoms (i.e. hot flashes and poor sleep during the menopause transition or associated with breast cancer), smoking cessation, and irritable bowel syndrome. These digital resources may be used by clients, or clinicians may integrate them into clinical care or psychotherapy. However, clinicians need information about the research associated with digital hypnotherapy apps or other resources that are related to hypnosis. In this workshop, participants will learn about digital hypnotherapy and criteria for evaluating the potential quality and benefit of such options. In addition, participants will learn about specific digital hypnotherapy for smoking cessation, menopausal symptoms, and irritable bowel syndrome. Advantages and preferences for digital hypnotherapy will be discussed as it relates to gender and aging populations as well as socio-economic status. Examples will be provided. A combination of lecture, PowerPoints, case examples, and demonstration will be utilized.

Outline of Program:

- 9:30 AM-10:00 AM Registration, Sign-in, Zoom Housekeeping, Introductions
- 10:00 AM-11:05 AM Overview of Research, Potential Benefits, and Barriers to Digital Hypnotherapy
- 11:05 AM-11:15 AM Q and A, Break as needed (time approximate as per presenter/flow of presentation)
- 11:15 AM-12:45 PM Digital Hypnotherapy for Menopausal Symptoms and Smoking Cessation: Resources, Research, and Integration into Clinical Practice
- 12:45 PM-1:00 PM Q and A, Integration, Conclusion, Evaluation

Program Learning Objectives:

At the end of this learning experience, participants will be able to:

1. Describe benefits and barriers to digital hypnotherapy
2. Describe digital hypnotherapy for hot flashes.
3. Describe digital hypnotherapy for smoking cessation
4. Identify two criteria for evaluating digital hypnotherapy resources.

Presenter:

Gary Elkins, Ph.D., professor of psychology and neuroscience, directs the **Mind-Body Medicine Research Laboratory** at Baylor University where he conducts research into hypnosis for stress, sleep, trauma, smoking cessation, and hot flashes. Based upon his research and publications, Dr. Elkins is the leading researcher and expert on hypnosis for hot flashes and sleep disturbances as well as other clinical applications. His research into hypnosis interventions has been funded by NIH grants for over 25 years. Dr. Elkins has over 100 publications which include books: *Handbook of Medical and Psychological Hypnosis*; and *Introduction to Clinical Hypnosis: The Basics and Beyond*. His latest book, *Hypnosis and Hypnotherapy: What you Need to Know* provides a research evidence-based understanding of hypnotherapy. In recognition of his research, Dr. Elkins has received major awards from the Society for Clinical and Experimental Hypnosis, American Society for Clinical Hypnosis, and the Distinguished Contribution to Science Award from Division 30 of the American Psychological Association.

References:

Allredge, C. T., Muñiz, V., Ekanayake, V., & Elkins, G. R. (2024). Preliminary survey data from an app-delivered hypnosis intervention for smoking cessation. *Tobacco Use Insights*, 17, 1179173X241287398. **(Learning Objective #3)**

Fairburn CG, Patel V. (2017). The impact of digital technology on psychological treatments and their dissemination. *Behavioral Research & Therapy*, 88:19-25. doi: 10.1016/j.brat.2016.08.012. PMID: 28110672; PMCID: PMC5214969. **(Learning Objective #1)**

Saraswati P, et al. (2025). Digital psychotherapy: Efficacy of online CBT and teletherapy platforms. *Mathews Journal of Nursing*, 7(2):60, Doi.org//10.30654/mjnh.100061.

Scheffrah, K., Hall, C., Muniz, V., & Elkins, G. R. (2025). User outcomes for an app-delivered hypnosis intervention for menopausal hot flashes. *JMIR Formative Research*, (91) e639481. **(Learning Objective #2)**

Simicich, L., Muniz, V., Scheffrahn, K., & Elkins, G. (2024). Nerva, a mobile application of gut-directed hypnotherapy for irritable bowel syndrome: User characteristics, patterns of use, and predictors of persistence. *Digital Health*, 10, 20552076241263257.

Wofford, N., Rausch, C. R., & Elkins, G. R. (2024). Aging adults' willingness, preferences, and access to self-hypnosis for sleep: A cross-sectional survey. *International Journal of Clinical and Experimental Hypnosis*, 72(2), 139-154. **(Learning Objective #4)**

Fees and Registration:

Registration is available ONLINE ONLY - Register online at the GPSCH website www.gpsch.org/events.

- GPSCH Members: \$100
- Non-Members: \$150
- Students/Residents/Interns: \$50
- CE Certificate \$15, paid separately:

Participants desiring **Psychology CE** credits will pay \$15 (\$5/credit) to Kristin Kopple, Ph.D., by check. Checks can be mailed to Dr. Kristin Kopple, 2123

Bainbridge Street, Philadelphia, PA 19146. Once the *payment* is received by Dr. Kopple **and** the *webinar evaluation* is received by GPSCH, the CE certificate will be processed and emailed to the participant.

Online Registration Deadline: Deadline for registration is 1/23/2026.

Refund Policy: Requests for registration fee refunds must be received in writing (email) no later than midnight on the Friday before the webinar.

AUDIENCE/SKILL LEVEL: This program is intended for mental health professionals with a basic understanding of hypnosis and its related techniques.

CONTINUING EDUCATION CREDITS

This GPSCH webinar is sponsored by Dr. Ellen L. Wright. Ellen L. Wright, Ph.D., is approved by the American Psychological Association to sponsor **CONTINUING EDUCATION FOR PSYCHOLOGISTS**. Dr. Wright maintains responsibility for this program and its content. Certificates of completion for continuing education credits will be awarded to participants who attend **the entire program, complete the evaluation form and submit a certificate request form along with a check for \$15 (\$5 per CE credit obtained), mailed to Kristin Kopple, Ph.D. (See address above.)** This program meets requirements for **3 Credits** for psychologists.

This webinar also qualifies for ASCH certification/recertification credits. For further information, contact admin@gpsch.org.

Additional Information:

PLATFORM: ZOOM Webinar: Zoom link and login codes provided after paid registration.