

# GPSCH HypNews

Newsletter of The Greater Philadelphia Society of Clinical Hypnosis  
Volume 22 Number 1 Winter 2026

## Featured Topic

### **Self-Care: Anytime, Anywhere**

An old television commercial for Hallmark Cards suggested: *When you care enough to send the very best.* How about you? Do you care enough about yourself to give yourself the very best? You have many years of long hours studying and training followed by your current long hours of clinical work. You have a full plate - a diet of patients/patient offerings. *You are what you eat.* How do you feel?

## MEMBER NEWS

### Welcome New Members

**Thomas W. Calhoun, PhD - Retired Member**

**Laurence M. Drell, MD - Full Member**

**Roger B. Kelly, MA - Full Member**

### *Congratulations and Welcome!*

### **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: [stephenglass55@gmail.com](mailto:stephenglass55@gmail.com)**.

### **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"

MAR 20-22, 2026. ASCH - 66<sup>th</sup> Annual Scientific Meetings and Workshops. Virtual. For more info : [www.asch.net](http://www.asch.net)

### GPSCH WEBINAR REGISTRATION PROCESS

1. Early registrants will receive an email with registration confirmation and a Zoom link to the meeting.
2. As presenters may provide, Handouts/PowerPoints will be sent to registrants just prior to the webinar.
3. Registrants will be sent a 2<sup>nd</sup> email having the link to the webinar within 48 hours of the event.
4. To avoid undue stress, individuals are encouraged to submit completed registrations by 5:00 PM ET the day before the event.
5. Administrative Director Suzanne Malik ( [admin@gpsch.org](mailto:admin@gpsch.org) or 301-830-1941 ) will be available for assistance as needed.
6. Webinar Evaluation Form and APA CE Credit Request Form will be emailed to attendees during the webinar.
7. ASCH CE Certificates free of charge upon request after completion of webinar: [admin@gpsch.org](mailto:admin@gpsch.org).
8. Thank You for your cooperation and Enjoy the webinar.

### 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.

## ACADEMIC CALENDAR

2026

SUN JAN 25                      Introducing Digital Hypnotherapy  
Webinar                              Into Your Practice  
10AM-1:00PM                      Gary Elkins, PhD, ABPP, ABPH

SUN MAR 15                      Utilizing Hypnosis to Enhance  
Webinar                              Ego-Strengthening  
10AM-1:00PM                      Liz Solena, PsyD, HSP-P, MSCP

SUN APR 19                      Hypnotherapy for Treating  
Webinar                              Attachment Disorders  
10AM-1:00PM                      Eric B. Spiegel, PhD

Academic Calendar listings originate in Eastern Time zone, USA & Canada In-Person Meetings/GPSCH Workshops are held at Roxborough Memorial Hospital. Live Virtual Interactive Workshops are held in the comfortable setting of your choice.

For additional information, please contact GPSCH Administrative Director Suzanne Malik at [admin@gpsch.org](mailto:admin@gpsch.org) or 301-830-1941.

FROM THE EDITOR - Stephen G. Glass, EDM

FOR YOUR CONSIDERATION

*When You Care Enough to Send the Very Best*

I am here at my stop-time getaway place on the Connecticut coast just shy of Rhode Island - I have the benefit of both chowdahs. I am sitting on my deck enjoying warm, dry, sunny autumn days listening to the rhythmic buoy bell and foghorn while reading.

Today, I am reading about the arduous task of John Cheever's editor at Knopf, John Gottlieb, as he reviews and curates Cheever's journals for posthumous publication. Gottlieb "described the work as the most difficult editorial project he ever attempted - *because it was disturbing to be so immersed in the hell of Cheever's inner life.*"

There it was. Right in front of me. A concise statement describing clinical experience as a psychotherapist. Immediately, Secondary PTSD and Compassion Fatigue came to mind. I am reminded of the old *New Yorker* cartoon that had a corpulent three-piece gentleman entering his home at the end of his workday calling to his wife: "Sorry honey, I gave at the office."

At the office - What do you give and what do you get? What is the content and what is the balance? How is your diet? Cheers.

-SGG

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### **Counterpoint**

As we take developmental histories from our patients, we learn about their life challenges and coping strategies in addition to exploring their presenting problem. The patients are amazingly resilient survivors who teach us alternative ways of being - side dishes for the psychotherapy buffet - not always effective and not always palatable. But still. - SGG

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