



The Greater Philadelphia Society of Clinical Hypnosis

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

Clinical Practice Enrichment Series

Present

Utilizing Hypnosis in the Negotiation of Intimacy and Boundaries in the Wake of Trauma: The Shaming of Love In Psychotherapy, a Single-case Study

Presenter: Richard A Chefetz MD

DATE: November 8, 2026

Time: 10 am - 1 pm *(see schedule below)*

3 CE Credits for Psychologists and ASCH Certification/Re-certification
Zoom Webinar

Outline of Program:

9:30 AM-10:00 AM	Registration, Sign-in, Zoom Housekeeping, Introductions
10:00 AM-11:05 AM	Case Report
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	Continuation of Case Report
12:45 PM-1:00 PM	Q and A, Integration, Conclusion, Evaluation

Workshop Description:

Using a single-case style of presentation, concepts related to hypnosis, dissociation, dissociative disorders, trauma, love, attachment, erotic and traumatic transference and countertransference, and therapeutic action will be introduced and discussed.

Program Learning Objectives:

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

- 1) Describe how the notion of Ferenczi's mutual analysis and Sullivan's participant-observer coincides with Spiegel et al.'s understanding of hypnosis for the hypnotist as that of participant and facilitator (Spiegel et al., 2019)
- 2) Describe how hypnotic interventions for avoidant and disorganized-disoriented attachment address basic dissociative adaptations related to affect dysregulation and relational disruptions typical in dissociative identity disorder (Spiegel, 2016)
- 3) Describe how exploration of the patient's feelings of non-erotic love for the therapist can become a subject of curiosity and exploration rather than a feared erotization in the transference that needs to be avoided (Stefana, 2017)

Presenter:

Richard A. Chefetz, M.D. is a psychiatrist in private practice in Washington, D.C. He practiced family medicine in rural Madison, Virginia, from 1979-89. He is the past president of the International Society for the Study of Trauma and Dissociation (2002-3), and Co-Founder and Chair of their Psychotherapy Training Program (2000-8). He is also a Distinguished Visiting Lecturer at the William Alanson White Institute of Psychiatry, Psychoanalysis, and Psychology. Dr. Chefetz was the former Listowner and head moderator for the Dissociative Disorders Internet Forum, with over 2200 members world-wide (2004-24). He is on the faculty at the New Washington School of Psychiatry, the Institute of Contemporary Psychotherapy & Psychoanalysis, and the Washington-Baltimore Center for Psychoanalysis. He is an instructor at the Westchester Center for the Study of Psychoanalysis and Psychotherapy. In 2015 he published *Intensive Psychotherapy for Persistent Dissociative Processes: The Fear of Feeling Real*, with W.W. Norton, in their Interpersonal Neurobiology series. His most recent paper is published online at *Psychoanalytic Inquiry*: Chefetz, R. A. (2026). The Social Not-me: Trauma, Shame, Racism, and Dissociation: A view through the lens of Toni Morrison's *The Bluest Eye*. *Psychoanalytic Inquiry*, 1-13. Another recent paper is [available online](#): Chefetz, R. A. (2025). Some Additional Curiosity About When Adaptation to Developmental Adversity Becomes a Trauma. *Clinical Neuropsychiatry*, 22(5), 384.

References:

Spiegel, E.B., Baker, E.L., Daitch, C., Diamond, M.J., & Phillips, M. (2019). Hypnosis and the therapeutic relationship: Relational factors of hypnosis in psychotherapy. *American Journal of Clinical Hypnosis* 62(1-2): 118-137. (Learning Objective #1)

Spiegel, E.B. (2016). Attachment-focused hypnosis in psychotherapy for complex trauma: Attunement, representation, and mentalization. *International Journal of Clinical and Experimental Hypnosis* 64(1): 45-71. (Learning Objective #2)

Stefana, A. (2017). Erotic Transference. *British Journal of Psychotherapy* 33(4): 505-513. (Learning Objective #3)

Fees and Registration:

Registration is available ONLINE ONLY - Register online at the GPSCH website or by clicking [here](#).

- 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, 1315 Walnut Street, Suite 1700, Philadelphia, PA 19146. Once the payment and workshop evaluation are received by Dr. Kopple, the CE certificate will be processed and emailed to the participant.

Online Registration Deadline: November 8, 2026

Refund Policy:: Requests for registration fee refunds must be received in writing (email or postmark) no later than midnight on the Friday before the webinar, i.e., before 11:59pm, Friday, November 6, 2026. No refunds will be provided thereafter.]

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

CONTINUING EDUCATION CREDITS

This Greater Philadelphia Society of Clinical Hypnosis webinar is sponsored by Clinical Practice Enrichment Series (CPES). Clinical Practice Enrichment Series 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 CE Credits** for psychologists.

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

Additional Information:

PLATFORM: Zoom link will be sent the week prior to the program.