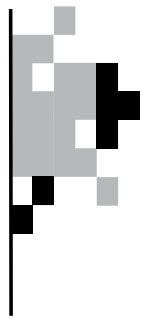




**The  
Minnesota Society  
of Clinical Hypnosis**

# IMAGES

The Newsletter of the Minnesota  
Society of Clinical Hypnosis



Editor: Mark Fastner, MA, LP

## President's Suggestions

by Peggy Trezona MS, RN, CS

Having just returned from an unusually balmy spring weekend at our annual workshop in Duluth, I am again reminded of the richness of talent within MSCH. Wendy Lemke gave an outstanding workshop on "Trauma, Dissociation, and Hypnosis in Clinical Practice" that left people wanting much more-- wishing this had been a two day rather than a half-day workshop. I encourage all of you to come to Duluth next April. The workshop hotel is right on the lakeshore, enabling you to wake up to the sun on the water, hear the low boom of a ship signaling its entrance into the harbor, and stroll along the lakewalk for miles. It's a great place to be for a weekend with colleagues you know and those you get to know.

I don't know how many of you have thought of teaching at one of our monthly workshops. I do know that many of us find it easier to begin by presenting with another person-- perhaps someone with more experience at this particular form of "stand up." Perhaps you've already discovered that one of the best ways to deepen your understanding of a topic you're interested in is to prepare to teach it. If you notice yourself turning this idea over in your mind, consider acting on this inner curiosity by making a phone call to someone whose presentations you've enjoyed. Ask them about their opinion on the topics you're interested in, the elements of a successful workshop, or who to co-teach with.

Since spring is such a good time to be engaging in new ways of thinking about what's possible, it may be that deepening and expanding your clinical hypnosis skills is where your growth edge is. You're probably expecting what will come next.....yes, another reminder to hear Michael Yapko at the annual workshop in June. Other opportunities for learning come in the form of recently published hypnosis books. I've found two of these particularly interesting, and was able to hear the authors present their work at this year's ASCH conference in Nashville. Tools of Intention: Strategies that Inspire Change, by Stephen Lankton, is a small (less than 100 pages), easily accessible and highly practical handbook for using intention to achieve what we want in our lives. The other book that caught my interest is The Self-Hypnosis Diet: Use the Power of Your Mind to Reach Your Perfect Weight, by Steven and Joy Gurgevich. The authors are clear that this book is not really about a diet, but more about how to use the power of your mind to make the changes that allow you to achieve your healthy weight.

Enjoy this lovely spring! See you in June—

*Peggy*

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MSCH Board President  
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Volume XVI

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## On being selves:

# A review of "Trauma, Dissociation, Hypnosis and Clinical Practice by Wendy Lemke

Richard Duus, Duluth Psychological Clinic

*It was a quiet Saturday afternoon with sun, clear sky, just a mild breeze, and a generally pleasant early spring day. It was a nice day to spend an afternoon with one of the more knowledgeable and skillful psychotherapists in the use of ego state therapy and hypnosis. The following are some thoughts instigated by the enjoyable and stimulating afternoon in the presentation.*

It is interesting to reflect on ego state theory which evolved through the efforts of John Watkins who was joined by his wife, Helen, so that the final form of ego state therapy (EST) was largely their joint effort. The professional and cultural context the initial concepts evolved were not exactly supportive of a multiple selves, or ego states, personality structure. Dr. Watkins was a psychoanalyst trained by Edoardo Weiss, I believe in Chicago, a direct student of Paul Federn whose ideas provide the primary conceptual foundation for ego state therapy. The prevailing conviction in the 1940 and 50's, when Watkins was initially developing his ideas, and continuing to the present is that self, or ego, is primarily a unitary energy state, possibly entity, and that when other selves derived from the primary self it signified a pathological condition (for example see Hacking, 1995). Questioning the unitary nature of ego-self creates difficult ethical issues for the legal system especially as the skepticism toward the multiplicity of ego-self states lessens (see Radden, 1996, pp. 4-10) and becomes accepted phenomenology. There may be, then, a hierarchy of sometimes conscious but most of the time unconscious ego-selves with a designated core ego, but there may also be equally and horizontally functioning overlapping selves with a relatively natural and easy exchange of apparent agent control determined by the role, for example, in the social environment (see Gergen, 2009; Wiley, 1994, p. 10). All this points to the ever accelerating changing experience and concept of self that became apparent at about the 17th century with Rousseau, but actually began much earlier with Augustine's *The Confessions*, usually credited with beginning cultural

theme that evolves into the modern concept and experience of self or ego. I am somewhat apologetic to the reader if this seems like digression from a simple review of Wendy's worthwhile and enjoyable presentation. However, this pleasant writing task catches me at a time when a diversion is appreciated from a current project concerning the models and experience of self or, as we are learning, experiences of selves. The purpose is simply to present the larger picture in which John and Helen Watkins development of ego state theory occurs, because it is so rich and inherently interesting. Norbert Wiley, a pragmatist in the tradition of William James, credits the expanding identity related to multiple horizontally distributed selves as more appropriate to democracy, and may have even saved a more truly democratic culture when it overcame what was then known as social Darwinism (Wiley, 1994, pp. 3-6, 11).

As pointed out by Wendy, an important development which appears to have allowed the Watkins's EST project to mature was Ernest Hilgard's development of what is usually referred to as neo-dissociation theory and, in particular, the investigation and elaboration of the hidden observer'. Hilgard's research provided empirical content to ego state theory, adding increased respectability (Hilgard, 1977, 1986, pp. 185-203). What seems to be the Watkins' unique contribution is the notion of normally developing multiple ego states so that developing multiple ego states is no longer a pathological process and result. Pathology resulted when one or more ego states, usually because of a trauma event of some kind, boundaries between the different states become rigid or impermeable so that there is no interaction or communication between them. This condition is at one extreme end of a differentiation-dissociation dimension of different degrees of boundary permeability until at the other extreme there are no boundaries so that all the separate ego states are apparently mixed together resulting in no identity or ego practically resulting deficient personality resources.

The normally functioning personality's, or individual's, ego structures are at the center of the differentiation-dissociation dimension resulting in healthy communication or interaction between the ego-self states. Wendy's contribution was to provide empirical content to that dimensional extreme with no ego state boundaries resulting in no stable identity in the context of sexual dysfunction (Lemke, 2005).

The Watkins's were in the vanguard of developing an understanding of multiple selves in psychological functioning. Others were also evolving theoretical, sometimes with empirical content, formulations of multiple selves. William James supported a multiple selves framework in regards to "many social selves" (James, 1890, pp. I: 281-282). Charles Sanders Pierce and George Herbert Mead also proposed multiple selves in the context of pragmatism (see Wiley above). Perhaps most interesting is the formulation multiple transitory selves in the form of the Phenomenal Self Model in the context of neuroscience which is the newest formulation of a multiple selves that has yet to be absorbed by psychology that is well supported empirically (Metzinger, 2009, pp. 3-12). There is also a constructivist formulation of multiple selves that is elegantly presented by Kenneth Gergen noted above. I note these to illustrate a rather broad cultural movement in the direction of a multiple selves understanding of individual functioning which probably has a continuing and lengthy development ahead. I think the point is adequately made now, and will move on to trauma.

Stress and trauma are increasingly dominating the attention of psychiatry, psychological, and, more generally, mental health researchers and clinicians broadly through epidemiological research, biochemical research, and, of course, clinically practical treatment efforts. More recent thinking concerning depression, following approximately 20 years of relatively vigorous epidemiological and biochemical research which has not resulted in sig-

*continued*

nificant improvement in treatment efficacy is turning to a chronic stress framework and the development of anti-glucocorticoids as a more promising biochemical treatment strategy (Ehrenberg, 2010, p. 189; Kramer, 2005; Solomon, 2001). Ehrenberg asserts that depression is an inherent aspect of the modern culture's emphasis on individualism, which at least partially explains its treatment intractability. The recent special issue of the *International Journal of Clinical and Experimental Hypnosis* dedicated to treating depression with hypnosis based interventions nowhere notes the possible connection of depression with stress, suggesting that not everyone agrees with that hypothesis. One of the simplest and perhaps most elegant definitions of trauma was first heard from Bessel van der Kolk as simply "overwhelming experience." In the early 1980's the impact of stress on people and their adaptive functioning was beginning to be recognized through the efforts researchers such as Hans Selye. The discourse about stress gradually shifted to include trauma as the pathological impact of trauma was more thoroughly understood and its formal acknowledgment established by the diagnosis and understanding of Post-Traumatic Stress disorder (PTSD). Wendy points out that our understanding includes recognizing the pervasiveness of dissociation as a natural and usually healthy response to trauma, what she refers to as normal multiplicity, which can become pathological depending upon the history and circumstances of any particular person resulting from the normal differentiation-dissociation process. She suggests that PTSD may warrant being included within the Dissociative Disorders section of the DSM revision for those reasons. Much of her presentation examined the overlaps, or perhaps comorbidity, of dissociation with bi-polar disorders, intermittent explosive disorder, conversion disorders, psychogenic seizures, and substance abuse. Included in the presentation was a demonstration, with a film clip borrowed from the BBC, of the importance of attention. The film clip set up a task and while the focus was on that task, a relatively intrusive large figure of a bear walked through the middle of the activity and was largely not seen. My experience, since I was already aware of the research that produced the original version of this kind of video, was to become aware of annoyance at having my visual perception interfered and relief when it cleared as the bear left the scene, but I did not identify the very large black bear or the

source of my annoyance immediately and would have passed it by had it not been pointed out. A rather powerful demonstration of the importance of attention, for our clients and ourselves as clinicians. I have often acknowledged that without an ability to focus our attention effectively: there is no affect control.

In summary, this was a useful and pleasant afternoon for me relative the pull of a pleasant spring day complete with sun and its warmth. These are some thoughts I offer to the reader partly due some recent reading and general project I am currently engaged, but especially credited to Wendy's skill and knowledge as a clinician and certainly also as a presenter. Participating in this MSCH workshop has given me that opportunity to do a relatively quick review and to follow through some thinking regarding trauma, dissociation and hypnosis. I am appreciative of our organization's effort to organize and hold an annual workshop in "outer Minnesota," and am especially appreciative of Wendy Lemke to do this rather nice workshop recognizing as well that it was a greatly condensed distillation of a lot of information. Thank you.

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## Minnesota Society of Clinical Hypnosis (MSCH)

### Presents its Annual Nomination for the David M. Wark, Ph.D. Outstanding Teacher Award and Daniel P. Kohen, M.D. Outstanding Clinician Award

Each year, the MSCH honors two active members who have made outstanding commitments to our organization. The David M. Wark, Ph.D. Outstanding Teacher Award recognizes active MSCH Members who have excelled in the area of teaching, advising, program innovation and development, and educational leadership. The Daniel P. Kohen, M.D. Outstanding Clinician Award recognizes outstanding leadership in the clinical practice, teaching, and utilization of therapeutic hypnosis.

#### Qualifications:

- The recipient must be a current member of MSCH.
- The recipient demonstrates a strong commitment to the service of our organization.
- The recipient actively participates in MSCH activities.

#### Nomination Process

Any MSCH member with knowledge of an Outstanding Teacher or Clinician can make a nomination by completing the form or writing a brief letter and submitting it to the President of our organization by May 30, 2010. Presentation The David M. Wark, Ph.D. Outstanding Teacher Award and the Daniel P. Kohen, M.D. Outstanding Clinician Award will be presented on Saturday June 12, 2010, during lunch at our annual workshop.

Ballot on page 5.

## A Blast from The Past...

This excerpt is from the Fall 1992 IMAGES.

### News of Note

#### Note the clarification regarding attendance.

- Unless otherwise designated, only members in good standing may attend monthly workshops.
- We are going green in July 2010. In keeping with the spirit of conservation, MSCH will be discontinuing "Snail Mail" and move to using email and www.MSCH.us as the only means of communication with the membership. IMAGES will also go completely electronic and sent by email and published on www.MSCH.us.
- Annual Workshops are coming up. Michael Yapko is the guest presenter. This is a rare opportunity. Michael's work is in high demand and it is a rare opportunity. Invite a friend.
- Educational Theme for 2011
  - o "Helping Our Patients/Clients and Ourselves - Keeping the Experiential in Hypnosis"
  - o Look for the education line up at the Annual Workshops and In Images later this year.

#### Self-Hypnosis Review An up-date on the Literature by David M. Wark, Ph.D.

Self-hypnosis is the Cinderella of our profession. Everyone knows she's waiting in the corner, ready to clean up the chips and dust after the heavy work of therapy. She gets included as part of the treatment team on many cases. But she is generally just given an unpaid position, to maintain the gains after termination. And lots of therapists use her as a private assistant, to help with some personal work. Does anyone take her to annual ASCH balls, is she presented to admiring colleagues at workshops, does she get to go on trips to exotic places, is she the clever heroine of purple covered volumes? Has anyone done careful research to find out her unique and special contributions? Not! But not the story seems to be changing. Recently three books have been published that may bring a change of fortune to our heroine. DAVID SOSKIS (1986) TEACHING SELF-HYPNOSIS. AN INTRODUCTION GUIDE FOR CLINICIANS. W.W. Norton & Co.

This book is a result of Soskis' years as a medical school professor, teaching self hypnosis to professionals. As he says in the introduction, "I have stacked the deck in our favor. Based on my own experience teaching and doing research on hypnosis, I have chosen one hypnotic to teach you: A simple self-hypnosis exercise that you will learn to do yourself and that you will be able to teach your patients." The book is really structured like a pyramid. The first part explains self-hypnosis, details uses and risks, gives procedures for preparing the client, and explains how to start a self-hypnosis trance experience with a Chevreul pendulum. All that leads the reader/clinician to Chapter 5 and the Brief Hypnotic Experience, a progressive relaxation-deepening-arm levitation experience for the client, guided by the therapist. This is the important cap stone chapter, to which the first four lead. Chapters 6 through 9 lead down the other faces,

to increasingly more general applications in anxiety, tension, stress, pain, mood disorders, weight loss, performance, and sex therapy. The final chapter covers practice and ethical issues.

The book is something of a paradox. At times Soskis in talking directly to the clinician reader, teaching, encouraging, supporting. The voice is appropriate for a neophyte therapist, one who has some experience with hypnosis training, but would appreciate a coach for practice. At times, Soskis is talking to the client reader, inducing trance, deepening, interpreting. That shift by the author, and consequently by the reader, is not as smooth as it could be. It is hard to do your own self-hypnotic induction while you read the script to your self. The task is manageable, but a burden. I would have preferred a tape to accompany the book. Lacking that, I plan to read the book several times. You'll learn more each time.

#### Editor's note:

Dr. Wark will be reviewing the other two books he's recently read on self-hypnosis in the next issue of Images. That issue should come out in early winter, 1993.



# “Integrating Hypnosis into the Integrative Treatment of Patients with Chronic Low Back Pain”

presented by Alfred Clavel and Mark Weisberg.  
Reviewed by Richard Studer.

As is usual for these presenters, the workshop was well organized and delivered. It was clear that when working with this material each was on very familiar ground. Overall there was a reasonable balance between providing important background information along with experiential exercises.

The first half of the program focused on establishing a framework from which to work with clients presenting with pain can be approached in a comprehensive manner. Since both presenters have extensive experience in the treatment of pain as well as hypnosis, they were able to present the factual information, necessary to understand the approach, in an interesting and entertaining manner, while pairing it with experiential exercises and suggestions on how to utilize these facts with individual clients.

While the title, “Integrating Hypnosis into the Integrative Treatment of Patients with Chronic Low Back Pain”, sounds a bit clumsy, they actually succeeded quite well in doing just that, hampered only by the limited time frame available. (They are presenting full day version of their approach at the ASCH Conference in March). The amount and sophistication of the information presented makes it unreasonable to attempt to do it justice in a brief review, but a few points are worth noting, especially since they can be useful more generally. For example, the “Three Essential Messages” to be conveyed/experienced:

1. “I’m here with you, paying very close attention”
2. “Do you know that there are aspects of your functioning that you weren’t aware of?”
3. “Change is possible”.

A key hypnotic contribution here has to do with the “experiencing”. Some of the most important ideas concerning pain and its treatment are really not learnable within a more limited cognitive framework, being much more tied into the experience of the body in ways that are difficult to access from the “top down”. This notion

rings true beyond the realm of pain management, being a key ingredient of any effective model of behavioral change, you’ve got to do something, and experience difference or change. As these presenters made a point of, it’s a necessary ingredient for success in helping people with chronic pain.

Another important aspect had to do with the effect that unrecognized trauma can play. Citing examples from research it seemed clear that the body indeed can store memories of such experiences, out of conscious awareness, that can continue to pose problems long after the event.

The title [of the presentation] speaks of “Integrating”, and these presenters did a very nice job of tying together ideas on how physical, psycho-emotional and social variables contribute to what most people think of as a single chunk...pain...I hurt! As the presentation progressed they broke that notion down and expanded this limited view while offering a wide range of not only ways to broaden one’s understanding of pain, but also tied this broader

view to using them within an hypnotic framework.

Each presenter made use of his unique background, in medicine or psychology, to emphasize various ideas and to address those variables that might otherwise fall into the cracks. The effect was a more comprehensive look at the phenomena of pain than one might generally get.

Overall, this was an excellent workshop by two well-organized and knowledgeable presenters. For those planning on attending this year’s ASCH Conference, especially if you’re interested or working with clients experiencing pain, theirs’ would be a good workshop to attend.

*Richard Studer, MA, LMFT, LP, LICSW is Clinical Director/Supervisor for Pathways Counseling Center’s MI/CD Day Treatment and Rehabilitation Programs, located in St. Paul, MN. He also maintains a small psychotherapy practice and has been utilizing hypnosis in his work for over 30 years.*

## BALLOT

Name of Nominee (Please Print)

\_\_\_\_ David M. Wark, Ph.D. Outstanding Teacher Award

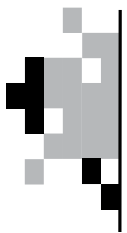
\_\_\_\_ Daniel P. Kohen, M.D. Outstanding Clinician Award

Please describe the person you are nominating and why they should receive this award. (Use additional pages, if necessary.)

Nominations are due on or before May 30, 2010.

Please send them to: Peggy Trezona 4453 Aldrich Ave. South, Minneapolis, 55419

Or Email to Peggy Trezona pltrezona@gmail.com



# Time warping review.

Saturday, January 9, 2010.

Title: "Time Warping: Some Hypnosis Based Exercises for Distorting Time Perception."

Presented by Ralph McKinney, Ph.D., LP, and Richard Duus, Ph.D., LP.

The goals of this training were to:

1. Know the characteristic of a hypnotic experience and related phenomena.
2. Perceived time distortions and their therapeutic uses.
3. Language and metaphors for producing perceptual distortions of time.
4. Demonstration of induction, directed to producing perceived distortions of time.
5. Participate in an induction directed to producing a perceived time distortion.

A few minutes into this training, a friend, leaned over and whispered that there was a certain quality to the two presenters that reminded her of "Grumpy Old Men". As the training went on and even after, I kept thinking that the image of "Grumpy Old Men." did not quite fit for me. There was something else to the back and forth bantering of these two well-practiced, jovial friends who are experts in hypnosis. One proclaimed himself to have a "silly gene" and he continues to prove this (and you know who you are, Ralph McKinney)! They other played off him a bit more as the "straight man." In the classical movie sense, (portraying himself as "reasonable and serious."). Well in this case a little more serious.

But watching and listening to these two "really not grumpy and really not old" men, talk about time warping also gave me a sense of a couple of excited kids who have been experimenting with something fun. Or friends who for a long, long time have perfected something so valuable that they cannot wait to share with others. It's as if they have been sitting on a porch sharing their stories forever about their escapades and experiences. I found myself getting lost in the image I created of two old friends who were looking out over a lake, talking, laughing, recalling times they tried something and it failed, or regaling, each other in the successes they've had. And then they suddenly realized how much time had gone by, and it was finally time to call it a day... when it seemed as if they had only been talking for a short while.

That was the topic of the training. Time Warping. This is the use of hypnotic techniques to help our clients find ways to make the world slow down or, conversely,

perceived that there is an accelerating process occurring during a hypnotic trance. As most of us already have found and can relate to our clients, when we have happy experiences, we want them to last longer, but it seems as if they are over all too soon. On the other hand, unhappy events seem to linger, and make us feel as if we are suffering interminably, while we wish for time to pass quickly so the pain will be gone and we can resume a more peaceful existence

During the training, we were led through a short series of experiential exercises where we close our eyes and then predicted how much time had passed, depending on various factors such as whether we were tapping fingers, counting, or when we were given different instructions. The lesson to be learned from this was that time is a matter of perception, and that our job in hypnosis is to help patients understand this concept.

An example of how he can be helpful to expand time is that athletes and performers can focus on something like a baseball and "slow it down" in their minds as it approaches. Ted Williams the baseball great had the ability to do this. Often performance coaches will advise people to "be the ball", a concept that is close to this. Ralph McKinney described a feeling of "floating down the aisle" with his daughter Rachel at his side during her wedding where time slowed and he had a "time warp" sensation taking in the moment and making it last longer.

However, as some have experienced if we are waiting at a doctor's office, fearing bad news, it can seem as if the wait is inordinately long. And as everybody knows, waiting to get the envelope back from a credentialing board with your license or renewal, always seems to take longer than expected... I almost used the example of sitting in the dentist's chair!

Therefore, in hypnosis sessions we can help others to enhance their experiences by building on this natural tendency to either slow or speed up our experiences. Ralph and David encouraged the audience to help clients and patient's to be good "managers" of their time and to al-

ter their experiences as desired, keeping in mind the following ideas:

1. Hypnosis itself is a powerful tool
2. Dissociation of place is encouraging the person to be gone from the room or be out of his environment.
3. The degree of action or interaction with the environment can increase her time distortion.
4. The degree of absorption in the hypnotic experience as triggered by one's senses.

Before the hypnosis session begins, Ralph encourages the operator to seed ideas that encourage time distortion by interspersing words, telling stories, or using metaphors that fit. These might include statements such as, "Wouldn't it be nice when..." or "In a few minutes it will be over" and "Time will slow down after a breath..."

Another useful time distortion technique is a double-bind at the very start to suggest to patients something like, "Would you like to go slowly or rapidly into hypnosis?"

Finally, the presenters also talked about naturally occurring moments in time that have a distortion element to them that we can point out to patients. These might include discussing the endlessness of a summer vacation from school, the timelessness in a casino where there are no clocks and the lights, sounds, and everything is designed to create a timeless elements or enduring a seemingly endless and dinner with boring people.

The last suggestion in this list would never occur with these two fellows for they are two lively to have that happen and they have too many stories to tell. Just as they create a visual image themselves, our job in using hypnosis is to create visual images, using our voices and ideas to allow people to experience time distortion or "warping" in whatever way we use hypnotic suggestions and ideas... however much time we might employ, all the way from a single suggestion to a full trance experience.

Betsy Shryer Boyle PsyD, LP  
Betsy is in Practice in Woodbury



# MSCH Welcomes New Small Group Leaders to Annual Workshop Faculty!

We are excited to announce the names of our members who have recently completed the two-part, 6-hour training Workshop for Small Group Facilitators, and will join the Faculty in facilitating small group training during our forthcoming 39th Annual Introductory Workshops, June 10-12, 2010.

Special thanks go to the two training Instructors, Bev Caruso, MSW and Roni Ahern, MA., LP for conducting this important course, the first of its kind in the U.S.

This marks their second offering of this training which promises to continue to supply MSCH with high quality instructors for small group training for years to come.

This workshop training was originally conceived by Dave Wark, Ph.D. and Dan Kohen, M.D. in the early 1990's and offered several times between 1993-1995. After successful training of over 30 colleagues who have been small group leaders over the past 15

years, Dave and Dan described the course and their experience in a paper published in the American Journal of Clinical Hypnosis in 1998. \*

When the need for additional faculty arose for our Annual Workshop, the need also emerged to train [new] trainers to train the [new] trainees. Bev and Roni volunteered to add this to their long appreciated and recognized excellent teaching skills and took on this responsibility. We thank them for their commitment, time, and labor of love and welcome our new faculty:

- Andrew Barnes, M.D.
- Harriet Kohen, LICSW
- Betsy Boyle, PsyD.
- Andy Barnes, M.D.
- Harriet Kohen, LICSW
- Deb White, Ph.D.
- Carol Manning M.D.
- Mary Freitag

P.S. And, BY THE WAY, if you haven't YET registered for this year's **ADVANCED WORKSHOP** with Mi-

**chael Yapko, Ph.D., June 10-12 PLEASE DO SO RIGHT AWAY!** This is an **OPPORTUNITY OF A LIFETIME**. Michael rarely teaches 2-3 day Workshops any more, is doing this as a favor to MSCH. We are **EXCITED TO LEARN AGAIN FROM HIS ENGAGING, OUTSTANDING TEACHING. YOU WILL BE SURPRISED AND THRILLED WITH WHAT AND HOW MUCH YOU LEARN!**

Dan Kohen, M.D. Director of Education & Training, MSCH

\* Wark, D. & Kohen, D.P. "Facilitating Facilitators' Facilitation: Experience with a New Training Model for Teaching Leaders of Hypnosis Practice Groups." *American Journal of Clinical Hypnosis*, 41:1, 75-83, July, 1998.

## Seeking further consultation? 2010 Education Program Approved Consultants

Name	Telephone
David Alter PhD, LP, ABPP, ABPH.....	763.546.5797
Richard Duus, Ph. D .....	218.722.2055
Thomas Harbaugh Ph. D .....	651.484.4909
Wendy Lemke, MS .....	320.558.6037
Ralph McKinney, Ph. D .....	952.544.0433
Helen Paul, Ph. D .....	952.945.0401
Richard Studer MA, LMFT, LP, LICSW .....	651.641.1555 ext 105
Mark Weisberg, Ph. D, ABPP.....	612.520.9159
Elaine Wynne, MA .....	763.546.1662
Sandra L Nohre, MA, Ph.,D., Sexologist, LP, LMFT,.....	952.944.1585
Certified Sex Therapist, Certified in EMDR	

*If you are an ASCH approved consultant and would like to be added to our list, contact Mark Fastner at mfast658@gmail.com*



# The Minnesota Society of Clinical Hypnosis

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## 2009-2010 MSCH Board of Directors

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Dan Kohen, M.D.	Director, Education and Training	dpkohen@umn.edu	612-626-3014
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