



PRESIDENT'S SUGGESTION

The Paradox of Change

Shep Myers, PhD, LP

As I begin my tenure steering the reins of MSCH, I am deeply touched both personally and professionally with the unavoidable paradox of change. Personally, the rhythm of my family's pulse was altered with my daughter's transition to college. I am striving to embrace the paradox that a part of me knows this is the natural course, and with it come new opportunities for my daughter and for me; while another part resists, wanting to cling to my "little girl," and maintain the richness that comes from my entire family being present in the house. I feel that some part of my heart is missing at the same time that I take joy in my daughter's accomplishments.

Professionally, I recently jumped off a cliff, when I left a safe 20-year position (which no longer felt right) and started an entirely new job relatively late in my career. A part of me was called to this new path, and I felt reassured, excited, and confident. However, in another dimension of my mind, a more unconscious part threw a tantrum, disturbing my sleep, and at times flooding my mind with doubt and anxiety. Luckily I have an internal friend which is helping me through – the wisdom of hypnosis.

Change is difficult, even positive change, and it comes with many conflicting emotions. What hypnosis has taught me is to embrace the paradox – to make friends with it and trust it. These experiences also help me to have more compassion for my patients. In my new professional role I'll be working with individuals who have chronic pain. I can relate to their resistance and fears, even though my challenges pale in comparison to the rapids they must navigate in order to heal. Many of them have deep developmental wounds and unstable lives. Most fear that their path of healing is through a

I M A G E S

dark and unsafe forest, with the danger of change lurking around each bend. Many view seeing a psychologist as the ultimate insult, that not only do they have to suffer the loss of their physical abilities, they have to endure the humiliation of being pronounced "crazy". Nonetheless, another part of them knows they need help and support – that they cannot heal on their own, and that the longing for someone else to fix their pain will not be fulfilled.

What we can offer to those grappling with paradox is guidance to shift their stories and metaphors of change. We can suggest fruitful perspectives about what is possible, and transform their suffering into healing. We can encourage them to understand and embrace their conflicts, and constructively grieve inevitable losses. We can understand and hold their resistance, and, paradoxically, help them envision a new way, while nudging them along. Hypnosis is an extremely powerful tool to embrace and resolve the inherent conflicts which come from change.

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President's Suggestion - Continued

Shep Myers, PhD, LP

On another note, one aspect that has not changed is the quality of MSCH's educational programs. For the second year MSCH is co-sponsoring the Pediatric Hypnosis Workshop with the National Pediatric Hypnosis Training Institute, with attendees from 7 countries, 30 states, and 3 provinces. Congratulations and gratitude goes out to Dan Kohen, M.D. for organizing an extremely successful international conference in the Twin Cities.

Our very own **DAVID ALTER, PHD** will present, "Keeping Memory in Mind: Remembering Our Past and Enhancing our Future" for the Rosenthal retreat on October 16th. Dr. Alter is a master at integrating neurological, philosophical, and psychological principles into unique and practical applications. Be sure to attend.

RANDY BARKER, MA, LP will present "Hypnosis for Performance Stress" on November 5th. Randy's workshop last year in Duluth was

so impressive and useful that he was invited for a repeat performance in the Twin Cities.

STEPHEN PARKER's "Learning the Art of Conscious Deep Sleep: Yoga and Hypnosis," to be presented on January 21st, will surely be novel and informative.

WENDY LEMKE, MS, LP, our nationally recognized expert on dissociative disorders, will present on Ego State Therapy in February.

PAMELA KAISER, PHD, CPNP from Menlo Park, CA will give a special day long presentation in March, and

BUDDY ATKINSON, MD is organizing an April workshop in Rochester.

MAGGIE PHILLIPS, PHD, who is a nationally-recognized expert in hypnosis and energy medicine, will be our featured speaker for the June annual workshop on May 31st to June 2nd.

I continue to be very grateful and impressed with the amazing

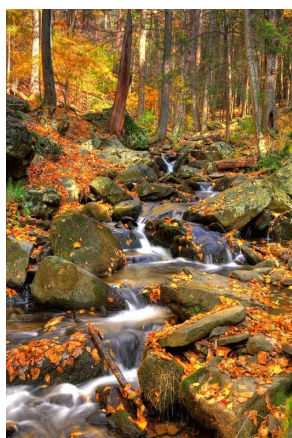
talent of our local presenters, and our ability to attract nationally recognized speakers.

Kudos also goes out to you, the MSCH membership. I was touched when David Patterson, the presenter for the June 2011 Annual Workshop, said that we were the most receptive audience he has ever experienced, and that presenting for MSCH was a special honor. This is quite remarkable given the depth of his career. The specialness of MSCH persists on so many levels. Welcome back to what will surely be a great year of learning and fellowship.

Shep Myers



Alfred (Al) Clavel, Jr and Shepherd (Shep) Myers
Past & Current Fearless Leaders
at the June Workshop



NEWS OF NOTE

- ASCH members can get a special discount (250 vs. 590 Euros) for (very) early registration (by Sept. 30, 2011) for the 19th International Congress of Hypnosis to be held Oct. 17-21, 2012, in Bremen, Germany. For more information visit www.hypnosis-congress.com. David Wark can also provide more information.
- **October 3** Registration Deadline for Rosenthal Retreat. See article page 3.
- Saturday, November 5, Hypnosis for Performance Stress, by Randy Barker. Repeated in the Twin Cities by popular demand from his presentation in Duluth last spring. See page 5.

GREETINGS FROM NEW NEWSLETTER EDITOR

I have taken over the reins from the very capable Mark Fastner. I'm still getting up to speed and will appreciate any helpful tips, feedback, or **contributions** from you. Please consider sharing a book review, story about a new use of hypnosis in your practice, or a short essay. Make the article no more than 300-500 words and email it to me along with a short bio. As Mark said, "It's a great way to get noticed!" Thanks! Carol Rogers-Tanner carolrt@q.com



David Alter, PhD 2011 Rosenthal Presenter

Join your MSCH friends and colleagues for a great program

presented by

David Alter

at the

Rosenthal Fall Retreat

October 16, 2011

“Keeping our Memory in Mind:

Remembering our Past and Enhancing our Future”

We hope for a lovely fall day, with the opportunity for a stroll outside over the lunch break. We’re back at the Carondelet Center where the food offerings for lunch and breaks were much improved last year. See the email from Deb Schrobilgen dated 9/8/2011 for registration information. Note that the **deadline for registration** is 10/3/2011, to allow for lunch plans to be made. Contact Scott Cruse for special lunch requests or other information. (scottclydecruse@gmail.com)

The program sounds very intriguing. I’ve had clients ask if I could help them forget things that caused them pain. Since “using hypnosis to facilitate forgetting” is one of the learning objectives, I am really looking forward to the workshop! From the brochure:

In this day-long workshop, participants will be guided along a journey of discovery regarding the processes we call memory. The origins of memory, the anatomy of the social brain’s memory systems, the processes of memory and the nature of memory in learning and forgetting will be

discussed. One could plausibly state that all therapy processes ultimately base their success on the extent to which memory systems—whether conscious, preconscious or unconscious – are positively impacted. Clinical hypnosis can play a central role in influencing these memory systems. It impacts each aspect of the various processes that give rise to the experiences we call memory. As such, its potency as a tool to positively weave together our life experiences into a cohesive and coherent fabric can and should be fully utilized. The workshop will include experiential exercises for enhancing learning and remembering, as well as for facilitating forgetting as an essential component of successful therapy.

Dr. Alter has served as the President of MSCH (2001-2003), and is currently serving his second term as a member of the Executive Committee of ASCH.

-Editor



You can Click on this PayPal Logo to Register Online

OR send your check & registration snail-mail to

Deb Schrobilgen



MEET OUR NEWEST BOARD MEMBERS



CHERYL BEMEL, PhD, LP | SCOTT CRUSE, MSW, LICSW

Cheryl S. Bemel, PhD, LP
Treasurer, MSCH

I became interested in clinical hypnosis as a graduate student in 2004 after using the “H” word (hypnosis!) as a potential topic for my doctoral dissertation within the halls of my University.

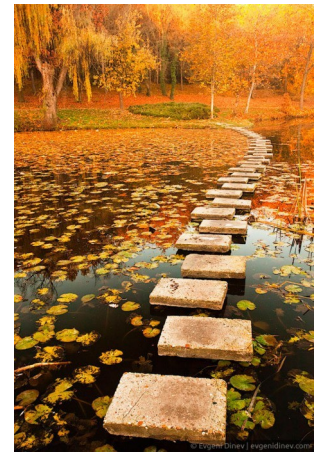
Without going into painful detail, I reluctantly but quickly chose another topic, one more aligned with my program’s traditional model. As for the “H” word, I was drawn—no, pulled—to learn more about hypnosis. I believe the metaphor “like a moth to a flame” explained my need to exercise autonomy and free will as a graduate student wanting to resist the authoritarian nature of academia.

I also wanted to find a professional organization that felt comfortably aligned with my own values and beliefs. After attending one MSCH introductory training, I realized I was surrounded by like-minded peers and I felt a deep sense of professional belonging. I was hooked.

I value what I have learned through MSCH trainings, and soon I began attending monthly Saturday morning workshops. The more I learned, the more I wanted to learn. It is extremely rewarding to be able to work with patients hypnotically in order to help them recognize their undiscovered potentials. This is what MSCH is all about. As for my own undiscovered potentials, never in my wildest dreams did I think I would serve as a treasurer, but we all have potentials within us that may flourish through MSCH... you can count on it.

Scott Cruse, MSW, LICSW
Master’s Practitioner at Large

I first became interested in hypnosis about 25 years ago but I was unable to find a learning experience that met my needs. That changed when I moved to MN. A colleague told me about a wonderful workshop offered through MSCH. I took her advice and attended the introductory workshop. The faculty were welcoming, knowledgeable and, most importantly, they were having a great time practicing and teaching their craft. That was five years ago. Since then I’ve participated in many MSCH workshops. As my skills improved my understanding of effective therapy has changed and expanded. As a new board member I don’t know exactly how I’ll contribute to continuing MSCH’s mission. Won’t it be interesting to find out?



Welcome Our Newest MSCH Members

Teresa Anderson-Krull, MSW LICSW
Alan Davis, MA
Linda Guhe, MSW
Melinda Hansen, MSN
Brenda Hartman, MSW
Jennie Hilleren, MS
Rori Johnson, PsyD
Stephanie Johnson, MA
Oh Myo Kim, M.Div
Cheryl Kliewer, MSW
Rob MacInnes

Jane McCampbell, MA LMFT
Margaret Moore, MA
Patricia Nanoff DMin, LICSW
Penny Pergament, PsyD
Ann Schendel MA, LMFT
Mary Kay Schmidt, PhD
Roberta Singerhouse, PsyD
Nancy VanSloun, MD
Paul Wenner, PhD
Michael Wilson, PsyD
Mary Zaudtke Psy, MA, LP

Workshops are for members only, unless otherwise indicated

2011-2012 Program in Continuing Hypnosis Education
"Stress: Yours, Theirs, Mine, Ours How Hypnosis Can Help"

DATE/LOCATION	FOCUS/TITLE	SPEAKER
Sun, October 16, 2011 8:30 AM - 4:30 PM Carondelet Center 1890 Randolph Ave Saint Paul *Program starts at 9 AM	Annual Rosenthal Retreat Members Only "Keeping our Memory in Mind: Remembering Our Past & Enhancing Our Future"	Guest Faculty: David Alter, PhD Partners in Healing Minneapolis
Sat, November 5, 2011 8:30 AM* - 12:00 PM First Universalist Church 3400 Dupont Ave S Minneapolis *Program starts at 9 AM	Hypnosis for Performance STRESS	Faculty: Randy Barker, LP
Sat, January 21, 2012 8:30 AM* - 12:00 PM First Universalist Church 3400 Dupont Ave S Mpls *Program starts at 9 AM	Learning the Art of Conscious Deep Sleep: Yoga & Hypnosis For millennia yogis have used a technique for conscious deep sleep for learning, healing, &, most importantly, for preparing the mind to enter super-conscious states of meditation. As a practitioner of both Yoga Nidra & hypnosis, I think of hypnosis as a special case of Yoga Nidra. This workshop will explain the Yoga Nidra as a concept & provide an initial experience of the technique.	Faculty: Stephen Parker, PhD
Sat, Feb 11 or 18, 2012 8:30 AM* - 12:00 PM First Universalist Church 3400 Dupont Ave S Mpls *Program starts at 9 AM	Hypnosis and Ego-State Therapy	Faculty: Wendy Lemke, MS, LP
March 16-20, 2012 Charlotte, NC	American Society of Clinical Hypnosis (ASCH) 54th Annual Scientific Meeting & Workshops	Info: www.asch.net
Saturday March 24 or 31, 2012 Date To Be Announced	Special Full Day Seminar	Special Guest Faculty: Pamela Kaiser, PhD, CPNP Menlo Park, CA
Saturday April 28, 2012	Special Workshop Rochester, MN OPEN TO NON-MEMBERS	Faculty: To Be Announced
Thursday May 31 - Saturday June 2, 2012 Thurs Evening All Day Fri & Sat	41st Annual MSCH/U of MN Workshops Introductory & Advanced Workshops in Clinical Hypnosis OPEN TO NON-MEMBERS	Guest Faculty: Maggie Phillips

Review of June 2011 Introductory Workshop

Last June I attended the Clinical Hypnosis Introductory Workshop. I debated whether to take the introductory course or the advanced course because I had taken the introductory workshop about 20 years ago. After my initial introductory course, I used hypnosis in some of my therapy work, but over the years it had become less and less. Thinking that I likely needed to brush up on my skills, I opted to take the introductory course. My experience at the workshop was very rewarding.

First, I discovered that over the years the Minnesota Society of Clinical Hypnosis has grown into a well-respected and well-run organization. This was evident in the quality of the workshop. The professionals who did the presentations were competent and easy to listen to. The content of the workshop flowed well and provided demonstrations and hands on practice. Clearly this organization has honed the material to a highly efficient and effective presentation. I was able to walk away from this two day training and immediately begin using this tool in my work as a therapist. The workshop provided me with enough skill to competently use this tool. I have been using same on a fairly regular basis and it is exciting to be able to offer this to my clients. I hope to attend the advanced workshop as soon as time permits.

Secondly, the food, accommodations, and service were excellent. I have attended many workshops over the years and I would rate the food and accommodations with this workshop as one of the best ones. Overall, this workshop was a very pleasant experience and provided excellent training and skill development. Thank you all for your hard work.

-Bob Steele, MA Licensed Psychologist
A psychologist for 30 years, and presently working in Brainerd in an outpatient setting at a community mental health.



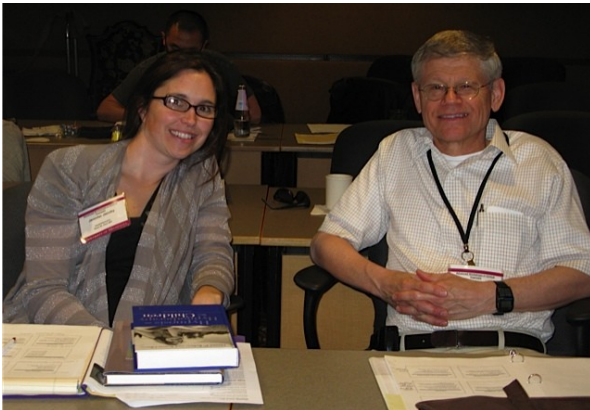
Introductory Workshop, June 2011 Demonstration
Volunteer subject and Ralph McKinney



At June Conference, awards presentation.
Daniel Kohen Outstanding Practitioner Award recipient: Suzanne Candell, PhD.
David Wark Outstanding Teacher Award recipient: Beverly (Bev) Caruso, MSW.
L to R: Daniel Kohen, Suzanne Candell, Mark Weisberg, David Wark, Bev Caruso and Helen Paul

REVIEW OF 40TH ANNUAL WORKSHOP: DAVID PATTERSON TEACHES AND INSPIRES

The 40th Annual Workshop in Clinical Hypnosis took place June 2-4th in Plymouth, MN. David Patterson, PhD. author of *Clinical Hypnosis for Chronic Pain*, was a phenomenal guest speaker. Dr. Patterson is currently the head of the Division of Psychology and co-chair of the ethics committee at Harborview Medical Center. He was an engaging speaker who spoke about understanding pain, dissociation, implementation of hypnosis for acute pain/procedural pain, and motivational interviewing. In addition, he spoke about pacing and truism induction, specific suggestions for pain reduction, hypnotic suggestions and acceptance. The highlight of the conference included observing Dr. Patterson role model hypnotherapy through role plays. As onlookers observed, in order to learn from his expertise in the area, it was tempting to get drawn into the hypnotic state as well.



Jennifer Jacoby & A.W. (Buddy) Atkinson
At June Workshop

What can create a better conference than stimulating conversation, great colleagues, wonderful food and last but not least a good ol' hypnotic state? All of these elements fell into place to create an overall excellent experience.

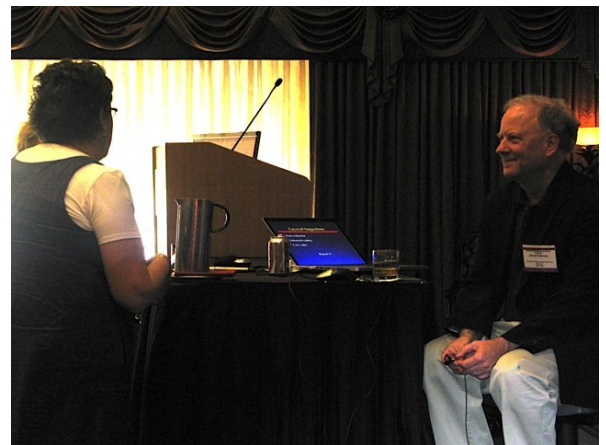
-Jennifer Jacoby, MA, LMFT

For me, another highlight was having several opportunities to practice (and experience) the skills Dr. Patterson was teaching. One of my favorite ways to learn!

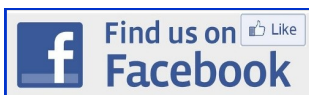
-Editor



Presenter, David Patterson, at the June Workshop,
with Teresa Quinn.

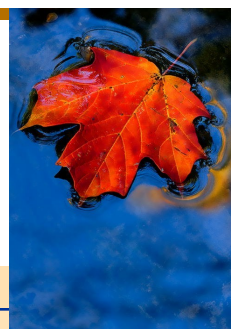


David Patterson listens to attendee's question or comment at the
June Workshop



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Special thanks to Deb Schrobilgen, MSCH Administrative Secretary,
who is taking over the layout for this newsletter. Kudos, Deb!