



PRESIDENT'S SUGGESTION Shep Myers, PhD, LP

The Paradox of Control: Part I

Concerns about control are prominent in our practice and personal life. Maybe you are a physician who attempts to control your patients' blood sugar and pressure with medications and lifestyle changes. Maybe you're a psychotherapist who explores ways your patients can control thoughts and behavior contributing to depression and anxiety. Some obsessive individuals I work with admit that they are "control freaks," needing others to be perfectly aligned to their expectations, and their environment to be in the utmost order. Like most, you may be attempting to control your eating or emotional reactions to your in-laws, during the holiday season.

Yet I'm sure you are too familiar with the paradox that the more you attempt to control yourself or others, the more the target of your control takes over and seems to control you. Your patients may seek your help, but then resist your recommendations. The more you try to control a family member or feel controlled by others, the more you or they may resist or rebel. Despite your efforts, the odds are that your weight will increase over the holidays.

Control issues are often in the forefront of hypnosis. When I bring up the possibility of using hypnosis with my patients, the most common reluctance I hear is a fear of losing control. "Will you make me act like a chicken?" they often joke, reflecting their fear that they will be forced to lose control and be humiliated. Or the

I M A G E S

opposite perspective is common: the question becomes, "can you hypnotize me to stop smoking or lose weight?" as if hypnosis will be the miracle fix for their lack of control.

These phenomena beg the question, why do we often lose control when we desperately need to gain control, and how can hypnosis help? This question has many valid perspectives and answers. From my experience I believe the answer lies in two fronts. First we are usually attempting to control the wrong component - something we cannot or should not control and are not taking control of what is actually possible to control. Secondly we have an adversarial, instead of a cooperative, relationship with the part of ourselves that we desire to change. The former will be discussed here, and the later in the next edition of Images.

It is truly humbling to accept how little of ourselves we can control. This is particularly valid for functions that are controlled by the brainstem and mid-brain: our automatic body regulation and emotions. Although most accept that they cannot directly control their heart rate or metabolism, precious few accept that they cannot directly control their emotions and impulses. Our emotions and impulses are direct functions of our past and current experience, our hardwired brain patterns, and their direct control is neurologically impossible.

(Continued Page 2)

INSIDE THIS ISSUE

President's Suggestion	1
News of Note	2
Greg Heberlein Introduces Himself and Review of September Workshop	3
Review of NPHTI Introductory Workshop	4
Review of NPHTI Intermediate Workshop and ISH Meeting in Bremen	5
ISH Meeting in Bremen Continued	6
Review of 2012 Rosenthal Retreat	7
Interview with Dan Kohen	8
November Workshop Review	9
Invitations to MSCH Members	10
MSCH CE Schedule for 2013	11
Board Members and Contact Information	12



Shep Myers, PhD, LP

Try this experiment: Right now attempt to be angry. What you probably notice is that you will imagine a situation that provokes this reaction. You might imagine your mother-in-law or an adversary, for example.

You might also notice that when you imagine a different situation, such as taking a warm bath or a walk in a beautiful area, you begin to calm down. What we can at least partially control is our thinking via words or images and our behavior. That's it – that is the control our cerebral cortex provides and even that is often difficult, such as trying to stop thinking when you are upset or stopping an ingrained habit such as smoking. And of course, although we may have influence, we cannot control others.

When we attempt to control our emotions, impulses, behaviors, and thoughts without understanding our

limitations – we get caught in the paradox of control: the more you try to directly control your anger and fail, the more frustrated you will become, and a vicious cycle ensues. The more you try to directly control falling asleep, the more aroused and awake you may become. The more you try to control your children, the more they may assert their independence.

Here's where hypnosis becomes so useful. We can help ourselves and others tune into the precise images, environments, and past experiences that promote the desired change or state. We can think of situations where we have a strong sense of control, such as an aspect of life that produces a sense of achievement. We can help anxious patients control their breathing and create images of safety. We can provide direct and often more powerful indirect suggestions which influence

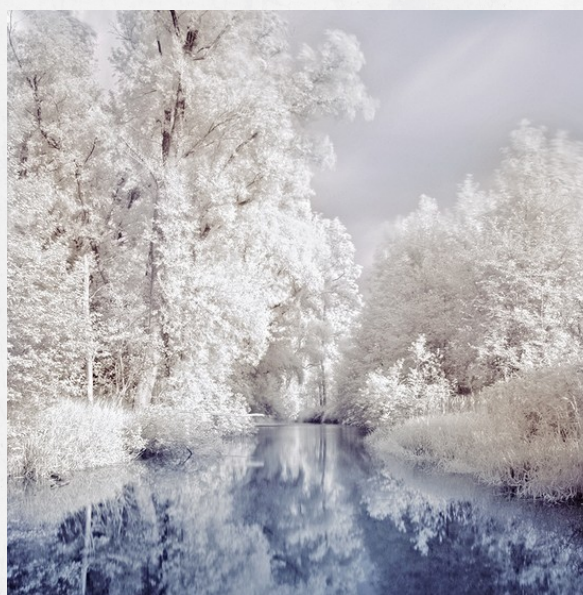
unconscious processes. Clients can take in suggestions to control what they can control and accept and contain what they cannot, appreciating the paradox of control.

Speaking of control, on Saturday, January 12th, David Alter and myself will continue developing the theme of this year's continuing education sessions, Back to Basics: Utilization, by presenting on the utilization of resistance: Resistance: Creating a Force For a Change. In addition, on Thursday evening, February 7th, Andrew Barnes, Dan Kohen, and Kate Pfaffinger will present on utilization with children and adolescents. Just let go of trying and it will be interesting how you will find yourself attending these novel trainings.

Shep Myers

News of Note

- Save the date for the fall 2013 Annual NPHTI (National Pediatric Hypnosis Training Institute) workshops, which will again be held in the Twin Cities: Thursday October 3—Saturday, October 5, 2013. at the Oak Ridge Hotel and Conference Center in Chaska.
- Looking farther ahead, you may want to save the date for the next meeting of ISH (International Society of Hypnosis), August 26-29, 2015, in Paris. For information <http://www.ishhypnosis.org/>. They already have 300 advance registrations!



Greg Heberlein, Newest Board Member, Introduces Himself



My first exposure to hypnosis in the mid 1980's was deeply intriguing, but the brilliance of those who trained with Milton Erickson

was intimidating, and I never quite got comfortable in it, felt I was swimming in water that was uncomfortably deep. So when I took my Introductory Hypnosis training through MSCH in 1992, I found a way in to hypnosis that both stretched and supported me, that helped me build confidence step by step, and I am deeply appreciative for that experience. (I am

convinced that MSCH provides some of the best training around!)

So after attending almost every annual training since then, plus numerous other Saturday workshops over the years, it seemed like time to give something back. (And I'd heard from several reliable sources that the Board had a reputation for having fun while taking care of business. And so far, that has proved to be true: wonderful people doing good things, striving to keep MSCH vibrant and growing.) My wish is to contribute in whatever ways I can to keep our training and continuing ed. offerings strong and relevant.

After nearly 20 years working in community mental health clinics, I started in solo private practice in 2004. I currently see clients in Stillwater and in

St. Paul. I work with mostly adults and older adolescents. I've been enjoying greatly my work with couples, studying with Brent Atkinson and the local EFT community. It seems like a great time to be in this field, as so many streams of investigation and research (affective neuroscience, attachment theory, and so on) are converging in exciting ways and challenging us to integrate them thoughtfully.

Highlights from the last year in my personal life: a backpacking trip to Kings Canyon/Sequoia National Parks last spring with my 19 year old son, renovating the gardens at my new home, cooking for friends, and a great early morning bike ride in late summer.

Review of September Workshop

Learn How to Teach and Use EFT (The Emotional Freedom Technique)

Reviewed by Carol Manning



Christine Baldwin, PsyD, LP

If in three and a half hours, you could learn a shortcut that could eliminate

emotional and physical pain for yourself and your clients, that is brief and effortless, wouldn't it be amazing?! On Saturday, September 15, 2012, it was and still is!

Christine Baldwin, PsyD, LP, taught a group of us at the Carondelet Center with clarity, humor and warmth. We learned the history, then the basics of EFT, the Emotional Freedom Technique; then practiced on each other. It started with Callahan, who was working with a client, Mary, with a water phobia. When she developed such fear that she became nauseated, he had her tap on the acupuncture point for the treatment of nausea, and her phobia was suddenly gone. Multiple incarnations of tapping cures evolved to

EFT, a simple procedure to treat almost every emotional charge and many physical problems. One begins by tapping one of two possible acupuncture points while saying "I deeply and completely accept myself." Then, while naming or thinking about an emotional or physical problem, eight points are tapped in sequence. How easy is that? Follow each cycle with a deep, expelling breath, repeat for a total of three times, more if complete resolution hasn't yet happened.

I, and those I spoke with, left with the excitement of owning a new skill. You can learn it too! For details, go to MasteringEFT.com or GaryThink.com or EFTUniverse.com

Many thanks to Chris Baldwin, who taught us how to introduce this potentially "woo woo thing" to our clients, and who gave us the opportunity to practice on each other until we felt proficient. She did a

splendid job of teaching, and we all left feeling freer!

(Editors note: Since I was unable to attend the workshop I did look at the sites above. I printed out the "EFT Mini Manual" from the third site and have found it very helpful. Thanks for the tip, Carol.)



Carol Manning is an Urgent Care Doc at Park Nicollet (for 30 years, soon retiring....) She has a hypnosis practice out of her home, which she does as her volunteer activity. Her goal is to

help people change when they don't know what's keeping them from change. Past lives, familial beliefs, spirit releasement, etc. are used to help the client achieve change. c.manning@att.net

Review of the Pediatric Hypnosis Training (NPHTI) Introductory Workshop

By Claude Riedel

It was an honor and pleasure to attend the pediatric hypnosis conference. I work primarily with children who have experienced attachment behavior deficits due to adoption or trauma. This population needs considerable assistance with anxiety issues as well the core experiences of safety, comfort, and warmth, in addition to experiences of joy and value as they explore the world in relationship to their parents. These fundamental experiences must be recreated in a sensory way to form the capacity for self-regulation and self-esteem. The sensory quality of hypnosis is the perfect vehicle to accomplish this. While I have used hypnosis for many years in my work the experience of practicing many of the basics again was

invaluable. Without a lot of support and reinforcement it is easy to drift away from using hypnotic principles to their full advantage.

The introductory program focused on the normal steps of the induction and treatment process as well as the practical aspects of introducing hypnosis to clients and then following through with that. Sometimes not being comfortable with the initial hypnotic rapport and perspective or roadmaps is all that it takes to avoid using the skills that are already within.

Almost every brief lecture was followed by small group practice of that aspect of the induction process. Being the client and therapist helps refine the learning. This allowed us to build gradually a full experience of all the aspects of the hypnotic process in a very positive and safe environment. There was remarkable consistency in the teaching points offered by each of the small group

leaders. This variety was helpful and interesting as each brought their own unique experience and applications of hypnosis to their guidance. In addition, some small groups learned inductions such as glove anesthesia which added to the depth of their appreciation for the usefulness of self-hypnosis.

I now find myself consistently saying "when" not "if," replacing "try" with "do," and pointing out how "when" the new behavior occurs "then" the client will experience the benefits, which of course they desire. What could be more obvious?

Thanks again to all who helped provide such a valuable experience.

Claude Riedel works with children and adults who have early attachment issues, parents and partners and the professionals who work with them. He is the Co-Director of the Adoptive Family Counseling Center with Holly van Gulden. He can be contacted at 612-805-2533.



Faculty of 2012 NPHTI Workshops

Tailor Made: A Review of the 2012 Pediatric Clinical Hypnosis Training Intermediate Workshop

Christine S. Siegel, MA, LP

This year's NPHTI conference, held September 20-22, wove a rich tapestry of wisdom, wit, and even wonderment, as participants from 30 states and 5 countries were spun together to "find the hypnosis in the encounter." It was an honor to collaborate with other dedicated professionals across multiple disciplines as we draped ourselves in opportunities to refine language and listening skills, and to design hypnotic interventions utilizing the unique perspective, developmental level, and symptom presentation of our younger clients. As always, the passionate and committed faculty, along with the amenities of the Plymouth Crowne Plaza Hotel, provided a comfortable and restorative experience in which to re-connect with each other and re-create our practices.

Though this year's conference didn't offer training at the advanced level, the intermediate level was re-structured to provide a seamless transition between beginners and more advanced practitioners. The creative experience began early as registrants submitted learning objectives during enrollment. I was surprised at how easily I was able to identify my personal goals, and doubly pleased that the program, like a well-designed hypnotic encounter, seemed to "meet me right where I was at" and draw me into a deeper experience that was "just right for me." The conference as a whole was nicely balanced between targeted lecture and intensive small-group practice, which created a cumulative surging together of theory, research, case presentation, and skill-building. The lecture offered practice-specific information on tailoring interventions across clinical settings to address anxiety, procedural and chronic pain, psycho-physiologic conditions, and developmental "difficulties." The small group experience was carefully designed to successively build on "micro-skills" including eliciting experience, pacing and

leading, individualizing metaphors, changing sensation, and communicating in trance. The faculty mentors were not only knowledgeable, but also keenly observant, supportive, and approachable. Ultimately, I took away a uniquely fashioned gift that is comfortable, flexible, and portable, and which envelops me daily as I encounter hypnotic opportunities with clients of any age. Hats off to NPHTI, for their continual pursuit of excellence, and support of both client and clinician in developing this fabric of awareness and resilience. I encourage those of you who work with children, adolescents, families, or clients with developmental differences, to attend next year's NPHTI workshop October 3-5, 2013. For more information, please visit www.NPHTI.org.

Christi Siegel MA, LP is a psychotherapist in private practice in Edina, MN, serving Children, Adolescents, and Adults of all abilities. She offers individually tailored, multi-modal therapy using art, music, play, movement, education, and creative reflection.

The ISH Meeting in Bremen by David Wark, PhD ABPH

It's always stimulating to find out what's going on in hypnosis outside of Minnesota. So this October I attended the 19th International Society of Hypnosis (ISH) congress meeting in Bremen, Germany. The first meeting of what was eventually to morph into the present Society was held in Paris in 1889, to study the interesting phenomena of hypnosis. The current mission of the ISH is to "be a world-wide bridge of understanding, connecting highly qualified professionals who use hypnosis, to develop confident and high level practitioners and researchers to improve the field." The vision is for the long term, but the programming and payoff is very now. The ISH is composed of individual members and 26 component societies in Europe, the Middle East, Asia, and Australia. Many MSCH members may actually be part of ISH through their connections with the two component societies in the United States: the

American Society of Clinical Hypnosis and the Society for Clinical and Experimental Hypnosis. A brief history of the organization and a lot of other information is available on the new website at <http://www.ishhypnosis.org>. On the top bar, click "About ISH." Then scroll down to "History of ISH."

With that background, let me tell you just a little about some of the highlights of the 19th meeting in Bremen. For a hypnosis congress, this was a record registration: 2500 participants including 300 international faculty. Some of the themes were quite familiar: applications in anesthesiology, anxiety, depression, education, family therapy, general research, gynecology, pain, trauma, etc. Others were quite new for me. Ali Ozden Ozturk from Iran organized a presentation of Sufi whirling dervish dancers, and traced the commonalities between the dance and his type of altered consciousness

under hypnosis. Xin Fang talked about the history of hypnosis in China, going back 5000 years. She said that the symbol for hypnosis is two people between heaven and earth. By this she meant that there is both a scientific and spiritual component to Chinese hypnosis, and that interpersonal connection is part of the concept. Interestingly, that is also the symbol for a "witch." Her colleague, Tianjun Liu, discussed two oriental psychotherapies that I had never heard of, part of "10 Psychotherapies," which is the name of an official research thrust by the Chinese Ministry of Science and Technology. Because of schedule conflicts with my teaching I missed the two sessions of hypnosis in Russia. I expect we will be hearing more about all that in the future. In fact, there will probably be a Chinese Component Society of the ISH at the next meeting in Paris, October 2015. Want to be join me there?

Continued on Page 6

ISH Meeting in Bremen—Continued

David M. Wark PhD, ABPH

If you had been to Bremen, you would have seen some of the faculty who have previously presented at MSCH annual meetings. Maggie Phillips was there to teach about energy hypnosis and to participate in a symposium on the contribution of women to hypnosis. David Patterson and Mark Jensen gave three workshops on pain. Michael Yapko did a pre-congress workshop and sessions on mindfulness and depression. From our own members, David Alter gave a workshop on Keeping Memory in Mind: Remembering our Past to Enhance our Future. Dan Kohen joined with Laurence Sugarman to teach about hypnosis in pediatric practice and with Karen Olness to cover applications of hypnosis for children with chronic illness. I gave two lectures and a workshop on Alert Hypnosis, especially for education. But our friends were only a small part of the total learning. Imagine a MSCH annual workshop, with all the buzz and fun and practice and teachings, going on for 5 days!

If you want to get more information, faculty vitas and presentation abstracts

are available on the website https://cx-services.com/htx12/ish2012.php?page=congress_downloads. Scroll down the front page to Abstracts, and click on download in the right hand column.

But there was more at the meeting than just the learning. There was a show or music or party every evening. The high-point was the annual banquet and awards the last night. I was there taking pictures when Peter Bloom and Karen Olness co-chaired the award ceremony. They announced, along with other awards, that the Pierre Janet Award for Clinical Excellence, **“Given to awardees whose lifetime of published clinical experience substantially advances the understanding of the uses of hypnosis in obtaining effective results in clinical practice”** went to our own **Dan Kohen**. When a very surprised, I might even say stunned, Dan got up and walked to the front of the room, there was generous enthusiastic applause by people from all over the world who recognized his name, knew about his contributions to children’s health, and clearly approved of the award. Those of us from America,

especially Minnesota, were immensely proud.

If you want more information about the ISH, the membership requirements or member benefits, please just call. I’m in your MSCH directory.

David M Wark, PhD, ABPH

In 1980 he began training in hypnosis. He is a leader in the use of alert eyes open and active hypnosis. He has published 2 books and 80 articles, plus an edited volume on clinical hypnosis available on line: <http://asch.net/Public/PublicLibrary/tabid/209/Default.aspx>

Dr. Wark is a fellow of the American Society of Clinical Hypnosis, and of the Society of Clinical and Experimental Hypnosis. He is a Diplomate and Past Secretary of the American Board of Psychological Hypnosis. He served as the President of the Minnesota Society of Clinical Hypnosis for 1995-97, and of the American Society of Clinical Hypnosis for 2008-09. Dr. Wark is an Emeritus Professor of Psychology, and currently travels and teaches hypnosis to professionals in America, Europe and Asia. He maintains an active practice in clinical hypnosis in St. Paul, MN.



Dan Kohen, MD, receives the Pierre Janet Award for Clinical Excellence from Karen Olness, MD, Past-President ISH, ASCH, SCEH, ABMH .



Our reviewer David Wark with Hakon Torjesen (Karen’s husband), Karen Olness, and Dan Kohen.



Howard Hall, PhD, PsyD, BCB with
Daniel Kohen, MD October 7, 2012

“Sufism, Science, and Spiritual Healing”

Reviewed by: Rita Dungey, MSW, LP

This year’s **Rosenthal Retreat** presentation was by Howard Hall, Ph.D., PsyD, BCB. Dr. Hall is a Princeton and Ruetgers trained clinician whose guiding light has always been science and systematic observation. He had an extensive background in hypnosis and biofeedback before becoming interested in Sufi healing. Since then he has studied and participated in Sufi healing practices throughout the world, with particular interest in DCBD (deliberately caused bodily damage) and rapid wound healing as an energy healing practice.

Sufis are part of an Islamic mystical sect and Sufism is practiced in many countries. Similar to mediums and healers in other cultures, Sufis pass knowledge and healing practices through a chain of masters. The current Sufi master is a descendant of the Prophet Muhammad through this chain. The goals of Sufi practices and traditions are purification of the soul and becoming nearer to God. These are achieved through meditation and prayer.

In some Sufi DCBD rituals and practices, individuals insert spikes and skewers into their bodies, hammer daggers into the skull, subject themselves to high voltage electricity, and chew and swallow sharp objects. Two videos presented by Dr. Hall showed some of these practices, including his own cheek skewering which did not appear to cause pain or bleeding. (Viewable online via “Howard Hall Sufi healing.”) Many of the Sufi’s use rusty, blunt skewers. “They don’t make skewers like they used to,” said Dr. Hall. (He continues to look for better ones!) Whatever the instrument, no harm is apparently done to the body. No anesthesia is used. There is little or no bleeding, no pain, and wounds are healed within seconds and without infections despite lack of sterilization.

So how is rapid wound healing possible? Preliminary practices involve learning how to connect with the subtle aspects of healing energy. The Sufi master gives permission to participate in DCBD. Permission also gives protection and healing powers. In preparing for DCBD and rapid wound healing, a mental connection is made with the master and the entire lineage, spiritual protection is requested, and a shift is experienced in the heart and soul of the practitioner through a connection to the universal aspects of God. Immersion of oneself and connection to a higher, spiritual energy is thought to result in a suspension of natural, mechanistic laws. It is not hypnosis. EEG studies have shown that a trance or meditative state is not present. Instead, the healing apparently happens via connecting with God, which seems to alter the body and its ability to manage dramatic bodily insults and heal.

Dr. Hall closed the morning by leading us in a Sufi group chant. The afternoon sessions provided a potpourri of information, including use of therapeutic language to enhance pain management, stress management for executives and athletes, and management of sleep disorders.

In conclusion, Sufi rapid wound healing following DCBD is worthy of our attention. Whether we call it energy medicine or spiritual healing seems less important than the fact that it works. Dr. Hall continues to investigate the Sufi healing traditions and plans more scientific research on this complex healing phenomenon with clinical populations. This ongoing study may have profound implications for how patients with serious pain and illness will be treated in the future.

Rita is an MSW, LP who worked for 30 years in health care settings. She is an artist and a 20-year yoga and meditation practitioner with background in Reiki healing energy as well.



Our Reviewer,
Rita Dungey

**Interview with Dan Kohen, MD,
November 4, 2012
Part One**

By Carol Rogers-Tanner,
Images editor

CR-T: How and when did you become interested in hypnosis?

DK: The truth is that I had experience with hypnosis when I was in college, going to a fraternity rush party where they had a stage hypnotist. He was introduced as a clinical psychologist and it turns out he was a PhD. He was doing these kinds of demonstrations and I was apparently selected out of the audience of 50 or 60 people to be one of the demonstration people on stage. It was kind of peculiar and I, lo and behold, kind of felt comfortable though "on stage." Fast-forward about four years to the late 60's when I was in medical school. Our medical fraternity was interested, as were the alumnae, in hypnosis. And this was at a time when nobody was particularly thinking about medical hypnosis, at least not in a formal way. The Ericksons in the world were around but nobody was teaching this in medical school. So I remembered this guy from my previous experience and our medical fraternity invited him. He did a much more professional but still kind of a stage version demonstration for our medical group. What's really interesting is that I remember a lot of the details of it. I don't know whether that represents hypnotically suggested memory or whether it was just because it was an unusual experience.

I didn't have any other exposure of any kind to hypnosis until I was interviewing for a position in Children's Hospital in Minneapolis and I met Karen Olness in November of 1977. In the middle of the

interview in her office she had to take a phone call. While she was talking on the phone I was sitting across from her and noticed on her desk a bibliography of Hypnosis with Children. I was trying to read it upside down and I thought, "Oh, my G-d, what have I gotten myself in for?" So after she was done with the phone call I asked her, "So you DO this?" "Oh, yes," she said, rather unassumingly. "You can have one of those bibliographies if you want it." So I took one, put it in my pocket and we didn't talk about it again at all. She called me a few weeks later on a Friday and said she was pleased to offer me the position in Medical Education as her associate and also as director of the Emergency Room at Children's Hospital. She gave me, I now realize, a hypnotic suggestion: "I know it's an important decision, so take all the time you need and call me back on Monday." I was foolish enough to accept two jobs for one salary, but that's another story!

Shortly afterward I got a brochure in the mail for the American Society of Clinical Hypnosis Regional Workshop in Phoenix. I was living in Arizona at the time. I asked Karen during a phone conversation, "Do you think it would be worthwhile to attend this conference?" She said she had been intending to ask me if there was anyway I could take a hypnosis workshop before arriving in Minnesota. "Of course your hiring is not conditional on that but I think it would be very useful for you and you would probably really like it."

Little did I know I was going to the mountain. Teaching at the workshop were Milton Erickson and Kay Thompson and Robert Pearson, all these people that I would later learn were stalwarts if not gurus. But not knowing that actually

made it more fun because I could just sit and be in awe of what I was witnessing. So that was it.

I came to Minneapolis in April of 1978 and in June was the MSCH Annual Workshop, then in its 5th or 6th year. Karen decided that since I had already been to a workshop I could co-facilitate a small group. The following year I took another workshop in Phoenix and the rest, as they say, is history.

CRT-T: When did you first join the board? And were you ever off the board after that?

DK: I must have joined the board in the early 80's. I don't remember if I've ever been off the Board. I was President for 2 terms, then Past-President, and then in '86 I became Director of Education when Don Houge stopped doing it. Since then I have not been off the Board.

CR-T: What would you recommend for someone who wants to increase his or her competence in hypnosis?

DK: I think that the most important thing for me and, therefore, I assume for others because I am not special in that way, is a combination of having a couple of people with whom to bounce ideas around and video-recording yourself. Then looking at the recording either by yourself or with the help of somebody else. I always tell people that when you first do that you don't have to show it to anybody, because what you do is, you sit in a quiet room with a little box of cherry tomatoes sitting next to you. Every time you see yourself do something stupid you throw a tomato at the screen!! And then you feel better. And then you also don't do that again, with any luck.

Look for more recommendations for increasing your skill level and other stories from Dan in the next edition of Images.



November Workshop Review

by Kate O'Brien

Utilization – Treatment Design: How to Design Hypnotic Interventions using your own and your client's unique qualities

It isn't every day you have an experience while in a workshop. I once went to an integrating yoga into psychotherapy workshop, all dressed and ready to get on the floor only to find that, no, we would be sitting in our chairs, listening for the day.

During the Suzanne Candell, PhD and Mark Weisberg, PhD workshop participants were led very quickly into an experiential exercise. We were invited to sense whatever we noticed in our bodies, discomfort, pressure on the chair, any pain and just notice it without attempting to change it, just letting it be and see how it might shift. This first exercise introduced us to the subtle voice of innate healing within ourselves.

Candell and Weisberg presented to the audience seamlessly, as only close friends or close associates can. They targeted for our consideration, clients who are

complex, chronically mentally ill, those in chronic pain and those intensely hopeless and frustrated. They posited that many clients may not be at all aware of their unique body sensations, as thoughts are so prominent. They may not be aware of feelings beyond desperation and helplessness as these are so oft repeated. They certainly may not be aware of the incremental changes they are manifesting to the practitioner.

Drs. Candell and Weisberg moved us step by step into how we can feel comfortable about consciously pacing change with clients, how we can join with resistance so there is none, how to breathe into our own past experience and bring it into the session. We gained a greater awareness and experience of how to teach clients to tune in to their body's subtle messages, how to take note of their own progress, and move beyond helplessness into hope. Sorry you missed it now, aren't you?

The later experiential exercise in dyads illustrated how to use indirect suggestions, how to use our words less and our intuition more, and how to better sit with and tolerate our client's suffering and frustration. We were instructed to ask where in their bodies our "client's" were experiencing sensations as they talked about their situation. We took note of our own physical sensations and asked the client if those were at all associated with their experience. By practicing in dyads we were led into utilization of the clients facial expression, nonverbals, reported physical aches and symptoms. We were encouraged to use our sensations as a tool for leading our "clients" into deep inner healing.

Candell and Weisberg are clearly adept at this process. It seemed the workshop participants were impressed by the material, the responses to their comments and observations, and were left with a deeper knowledge of how to bring these techniques into their own work with clients. As Peggy Trezona said, "Suzanne and Mark structured their workshop in a way that embodied the very subject they were teaching; by guiding participants in utilizing their day to day clinical experiences as well as what was happening here and now in the workshop."

It was a great shot in the arm for me, validating what I already utilize and generating excitement and encouragement to do much more. Since I can't be a mouse in the room during Drs. Candell and Weisberg's sessions, I would love to hear them present again.

Kathleen "Kate" O'Brien MA, LMFT is in practice with Innovative Psychological Consultants in Maple Grove; see her bio at <http://www.ipc-mn.com/>



Kate O'Brien, our reviewer

Join MSCH Members for Activity-Oriented Social Events

The MSCH Ride and/or Dine activity group is off to a “rolling” start! We have had a variety of members join us for a total of 6 bike rides during August and September 2012, covering approximately 150 miles! We enjoyed dining after the rides, and welcome *you* to join us in 2013 for bike outings ... or, just meet us afterwards for a friendly dinner with fellow members. Also, we will soon be offering cross-country ski outings at Hyland Hills, followed by hot cocoa. Our goal is to engage in activity-oriented social events with intro, intermediate, and advanced MSCH members. **In the works:** MSCH custom cycling jerseys! Are YOU ready for psychotherapy—oops, that’s “cycletherapy”?!

Cheryl Bemel, Delle Jacobs, and Mary Freitag



We had just finished biking 34 miles, then took the picture! Back: John Ingham, Sanford Bemel. Middle: Mary Grove, Mary Freitag, Cheryl Bemel. Front: Delle Jacobs.
Missing: Sonja Glaser, Kirk Gaburo.
Photo credit: Kirk Gaburo.

Invitation for MSCH Members to Volunteer

From Mary Grove

Since joining the MSCH board over 2 years ago, I have had the privilege of getting better acquainted with the people who volunteer their time and talents to this outstanding professional organization. I am somewhat embarrassed to admit that before my involvement on the board, I gave little thought to what was involved in providing the quality educational events MSCH organizes and sponsors. Despite attending MSCH workshops since 1992, I had only a superficial understanding of how this organization works, the many people and hours involved in putting together every event, creating the newsletter, and doing the presentations. Nearly all of our many workshops offered throughout the year are done without reimbursement to the presenters or the organizers. Now that I am on the board, I realize that MSCH could not exist without the commitment of many dedicated individuals, each sharing their time and talents in their own unique way.

In my new role as coordinator for the 2013 MSCH Introductory Workshop, I have been amazed by the enthusiasm and generosity of our presenters. Soon after sending out invitations to the 21 presenters, I received 18 offers to present. This positive energy and commitment to education and service make giving my time to MSCH deeply rewarding.

At a recent board meeting, I wondered how many members might be interested in volunteering if we offered more time-limited opportunities to be involved. On behalf of the board, I would like to invite you to volunteer to assist at any of our workshops. You may contact me at grovemary11@gmail.com and I will then forward requests to the workshop coordinator who will talk with you about what kind of assistance is needed.

2013 Program in Continuing Hypnosis Education
THEME: BACK TO BASICS - UTILIZATION
Tailoring and Attunement to Create Individualized Interventions

Note: All MSCH Continuing Education Sessions are MEMBERS ONLY unless otherwise indicated.

Date/Location	Focus/Title	Speaker
Saturday, Jan. 12, 2013 *8:30 am – 12:00 N Carondelet Center <i>*Registration starts at 8:30</i> Program starts at 9 AM	Resistance: Creating A Force for Good for a Change <i>A Workshop for MSCH Members and Non-Member Licensed Professionals</i>	Faculty: David Alter PhD and Shep Myers, PhD
Thursday Eve, Feb 7, 2013 6:30 pm – 9:30 pm Carondelet Center	Utilization – Children and Adolescents: How do Experienced Clinicians Design and Implement Individualized Interventions with Young People?	Faculty: Andrew Barnes, MD Dan Kohen, MD Kate Pfaffinger, PhD
March 15-19, 2013 Louisville, KY	American Society of Clinical Hypnosis (ASCH) 55th Annual Scientific Meeting & Workshops	Info: www.asch.net
March 2013 Date to be Announced	Special Full Day Seminar “Working with Suffering: The Integration of Hypnosis and Mindful Awareness”	Faculty: Peggy Trezona, MS, RN, CS Kate Pfaffinger, PhD
Saturday, May 4th, 2013 Assisi Heights Spirituality Center Rochester, MN 9:00 AM to 4:00 PM	Special Workshop: Topics in Mind-Body Integration <i>A Workshop for MSCH Members and Non-Member Licensed Professionals</i>	Faculty: Suzanne Candell, PhD Al Clavel, MD Shep Myers, PhD for additional information contact local coordinator A. W. Atkinson, MD at aatkinson@bluestemcenter.com
Thursday, June 6 – Saturday, June 8, 2013 Thurs eve, all day Fri/Sat	42nd Annual MSCH/U of MN Introductory and Advanced Workshops in Clinical Hypnosis	Guest Faculty: Elvira Lang, M.D. Harvard Medical School



Click on this Facebook Logo
and "Like" our Page

Check us out on the web @

<http://www.msch.us>

MSCH Administrative Secretary
Deb Schrobilgen

PO Box 755

Prior Lake, MN 55372-0755

schro451@umn.edu



MSCH Members Available for Supervision Toward ASCH Certification

David Alter, PhD, LP, ABPP, ABPH	763-546-5797
Suzanne Candell, PhD	612-767-1610
Richard Duus, PhD	218-722-2055
Thomas Harbaugh PhD	651-484-4909
Wendy Lemke, MS	320-558-6037
Ralph McKinney, PhD	952-544-0433
Helen Paul, PhD	952-945-0401
Richard Studer MA, LMFT, LP, LICSW	651-641-1555 ext 105
Mark Weisberg, PhD, ABPP	612-520-9159
Elaine Wynne, MA	763-546-1662
Sandra L Nohre, MA, PhD., Sexologist, LP, LMFT, Certified Sex Therapist, Certified in EMDR	952-944-1585
Delle Jacobs MSW, LICSW	651-642-9883

MSCH Board Members and Contact Information

NAME	BOARD POSITION	PREFERRED E-MAIL	PREFERRED PHONE
A.W. (Buddy) Atkinson, MD	Physician At Large	awamd@charter.net	507.202.5408 (cell)
Cheryl Bemel, PhD	Treasurer	c.bemel@comcast.net	612.803.3018
Mary Grove, PsyD	Secretary	mary.grove@allina.com	651.241.1892
Scott Cruse, MSW	Master's Practitioner At Large	scottclydecruse@gmail.com	612.598.6890
Greg Heberlein, MA LP	Master's Clinician At Large	gheberlein@earthlink.net	651.642.9317 x 106
Mark Fastner, MA LP	Webmaster	mfast658@gmail.com	651.254.8580
Dan Kohen, MD	Director, Education and Training	dpkohen@umn.edu	612.626.3014
Shep Myers, PhD	President	shepmyers1@gmail.com	612.386.3791
Carol Rogers-Tanner, MSE	Images Editor	carolrt@q.com	651.254.4793
Peggy Trezona, MS, RN, CS	Past-President	pltrezona@gmail.com	651.642.9317 x 117