



MSCH Honors Shep Myers, PhD, LP Upcoming: Memorial Service October 12, 2014

Several MSCH Board members and other close MSCH friends met with Shep Myers in his home to honor and celebrate him on August 17, 2014. As you may know, Shep had learned of a recurrence of cancer in March 2014. He passed away on August 19.

An Award of Merit was to have been presented to him at the 2014 June Workshop, acknowledging his invaluable service to MSCH as our President from 2011 to 2013. The news that his cancer had recurred and that he needed more surgery took him away from the Workshop before the Award could be presented during the annual awards ceremony.

Peggy Trezona had also composed a tribute to Shep for the "ceremony" on August 17. Nine of us gathered by his bedside to thank him on behalf of MSCH. Shep was very much present, smiled frequently, and joked with us about how his dog Ole scarfed up stray popcorn at our board meetings. Al Clavel read aloud the text from the Award of Merit and Peggy read aloud "Honoring Shep." Shep thanked us for the kind words. We each had a few minutes with him individually afterwards. As you can imagine it was a very touching experience; each of us felt honored to have been present. It was so kind and generous of Shep and his family to allow us in at such a precious time. - Carol Rogers-Tanner, Editor

Honoring Shep Myers

by Peggy Trezona

Shep, we gather here today to honor you, our friend and colleague. Those who are present and those who are not able to be here, but are with us nonetheless, want to take some time out of time to pause, to reflect, and to focus on our love and respect for you.

You have embodied generosity in your commitment to MSCH both in your teaching and in your service as a leader.....all those hours of Board meetings, all those countless bowls of popcorn! You took on some of the most thorny tasks—like revising By-Laws, and the Introductory small group structure—creating a clearer map by which to navigate in the years ahead. You steered us through challenging waters in your years at the helm as Board President. Your willingness to serve an extra term in order to bridge a gap in leadership was a stellar example of your strong sense of stewardship.

We so appreciate your gifts as a teacher of clinical

hypnosis and your willingness to bring your knowledge and skills to clinicians year after year—not an easy task to remain fresh and current, but you've done it! And, of course, you taught not just professionals but all the patients you worked with over the years. In your work with individuals in considerable physical pain, you have guided them in how to utilize their inner resources, and with skill and compassion illuminated the pathway for their own healing. The innovative program you and Al Clavel created will continue to go forward in some form. Even now, as we stand here, we can imagine the ripple effects of your teaching continuing to go out and out into the world year after year.....

We have described so many aspects of your accomplishments but cannot end without acknowledging how much we have appreciated your warmth, grace, intelligence, and unflagging commitment. Since you loved sprinkling our Board meetings with Yiddish expressions, it's only fitting that we bestow you with the title of 'mensch.' It's certainly a word that is thrown around rather loosely these days; but in your case, we can truly say you fit its real meaning: "a person of integrity and honor, an individual with noble character, one to admire and emulate."

You are a true mensch, Shep.
We love you and honor you.



A Memorial Service for Shep has been scheduled for Sunday, October 12, 10:30 AM to Noon at the Riverview Theater in Minneapolis. There will be a reception at the family home after the service. The home address is: 3432 Park Terrace (47th Avenue's name changes and becomes Park Terrace), Minneapolis, MN.

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News from the Board

by Carol Rogers-Tanner, Editor

I thought it would be helpful for members to know some of the recent background which led, among other things, to a change in our traditional "President's Suggestion" column. When Shep became ill, the board needed someone to step in as Interim President. For several years the board had not been able to designate a President Elect, primarily because none of the board members felt they could take on the additional responsibilities. We had discussed possibly breaking down and sharing some of the President's duties to make the role more manageable. One idea was to have board members take over and share the responsibility of writing the "President's Suggestion" column for Images.

Thankfully, Ben Wolf agreed to take on the role of Interim President. With this edition of Images, we are instituting the first "Suggestion from the Board" article. Thanks to Greg Heberlein for writing it.

When it became clear that Shep's illness was not going to turn around quickly, Ben agreed to run for President. (See an interview with Ben, later in this issue.) Ben was elected at our annual meeting at the June Workshop. Ben brings much enthusiasm for MSCH and for enhancement of our services.

We recently decided to add another new board member, to help with carrying on and expanding our work. (See an introduction from our newest member, Heather Klein, also later in this issue.)

Suggestion from the Board

by Greg Heberlein

I've been a great admirer of John Gottman's work since the late 1990's and recently I've been spending some time with one of his latest books: *The Science of Trust - Emotional Attunement for Couples* (2011, W.W.Norton). In this book, he's giving us an even more finely tuned understanding of the dynamics of trust and betrayal in intimate relationships. He's not focusing so much on the Big B betrayals of infidelity or abuse, but looking at how moments of disconnection and misattunement cascade into problem patterns that take on a life of their own. With the scientific rigor he's known for, Gottman dissects those key elements that are most crucial for couples therapists to focus on, the ones most likely to make a difference.

As someone trained in hypnosis, what really got my attention was the way Gottman describes how, as a couple's relationship deteriorates, it becomes easier and easier for partners to enter into, and more and more difficult for them to exit out of, a "*negative absorbing state*." **Absorbing**....what a great word when we're talking about the hypnotic experience! With synonyms like captivating, compulsive, gripping, compelling, riveting, consuming.....these words capture that sense that something very powerful has gotten ahold of a person and will not easily let go. Or considering absorbing's alternate meaning, a sponge that has absorbed, and is completely saturated with water holds onto it and has no room for anything else.

Michael Yapko, among others, reminds us that hypnosis is neutral, capable of generating either therapeutic or symptomatic experience, and that it leads people to process information differently. When couples are in "negative sentiment override," it's easy to see this as a negative trance state,

especially when you start recognizing the presence of hypnotic phenomena. Here are a few examples:

-Often, distressed partners become hypervigilant for negativity from each other, and tend to see their partner's behavior as negative, even when objective outside observers would rate the behavior as neutral or even positive. What you focus on, you amplify in your awareness. (Hypnotic phenomena: perceptual distortion.)

-As distress in a relationship deepens, partners start to generate a "negative story-of-us" in which they maximize their past negative events and minimize the positive, and minimize their partner's positive qualities and maximize their negative ones. (Hypnotic phenomena: distortions in memory, amnesia/hyperamnesia)

-Negative cycles of interaction and reactivity (what Sue Johnson refers to as "Demon Dialogues") become automatic, quite predictable and take on a life of their own (e.g. pursue-withdraw, attack-defend, withdraw-withdraw.) (Hypnotic Phenomena: involuntariness, automaticity.)

So when all is said and done, perception, emotional tone and regulation, memory, mental models and behavioral response patterns are all under the spell of the negative hypnotic state. It's a total person hijacking! That's absorption baby!

And of course, this is exactly what we encounter when depression, anger issues, anxiety, chronic pain and the like take hold in the lives of the people who seek our help. I've come to see that a hypnotic way of thinking provides a very helpful way of understanding how such patterns develop and gain their strength, and it also provides an invaluable template for assisting those who come to us for changing those patterns.

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Consider Deframe>Reframe; or Pattern Identification>Pattern Interruption>Pattern Shifting. And then think about how these simple templates can help us generate strategies for addressing the whole shebang: problematic perception, emotion dysregulation, distorted memory, behavioral reactivity and inflexibility, negative views of self and others. Then add those booster rockets that hypnosis provides: enhanced rapport, in-session experience (vs. just talk), utilization, imagery and metaphor and amplification, intentional use of other hypnotic phenomena, and opportunities for practicing new perspectives and skills using self-hypnosis...what a bounty, a cornucopia of tools, a playground of possibilities!

When we use these tools to help our clients find that space where the old patterns begin to loosen their grip, that space in which new possibilities start to emerge, where sparks of hope are kindled and new patterns can begin to take hold, we're providing a very different kind of absorption. We all know just how intensely satisfying that can be: that's why we do this work.

So in this issue of Images, my Suggestion from the Board is, Let's all get **absorbed** in deepening our understanding and skill with this amazing tool of hypnosis!

Greg Heberlein, MS, LP

Editor's Note: We have a great opportunity coming right up to get **absorbed** in deepening our understanding! Greg and Jennifer Stoos will be offering a two-part workshop on Being Hypnotic in Couples Therapy for MSCH, Part I on September 27, 2014 and Part II on April 25, 2015. Don't miss it!

Regarding other upcoming opportunities, these words of wisdom and encouragement come from Dan Kohen, MD:

- NPHTI 2014 IS THIS COMING Thursday, 9/11 - Saturday, 9/13. IT IS NEARLY FULL - BUT IF YOU HURRY AND CALL OR EMAIL U OF MN CME DEPARTMENT (612.626.7600 // www.cmecourses.umn.edu) WE WILL STILL WELCOME YOUR PARTICIPATION!!

- DON'T MISS THIS YEAR'S ROSENTHAL: George Glaser, Clinical Social Worker, is one of the nicest people around, one of the tallest people around, and a wonderful therapist and teacher. He is Past-President of the American Society of Clinical Hypnosis, and teaches around the world. I urge you to take advantage of this wonderful MSCH Membership benefit opportunity!!



Greg Heberlein

Photo of Greg teaching at the June 2013 Introductory Workshop.

News of Note

- Members who are interested in serving on the MSCH Nominating Committee or as a Board Member are asked to contact our President, Ben Wolf at either MSCH.president@gmail.com or 612.643.1920
- Wendy Lemke was featured in an article in the St. Cloud times. It includes a client-friendly straightforward description of clinical hypnosis. A good resource. <http://www.sctimes.com/story/life/wellness/2014/08/16/licensed-clearwater-psychologist-uses-power-hypnosis/14169471/>



Meet New Board Member, Mark Gemmell, PsyD, LP

I attended my first annual seminar five years ago simply because of my fascination with hypnosis. I learned a lot during that introductory workshop, but I did not go back and incorporate it into my practice. In the course of the next four years I have used hypnosis only cautiously and experimentally with some longer term clients. Now I am in the process of getting the appropriate supervision and training to do so in earnest.

It has always occurred to me that hypnosis is simply a special application of what happens in psychotherapy generally. Therapy has often been referred to as a "container," and in that sense, we set up a ritual space in which positive things can happen. How often has a client said, "I look forward to this all week." Or, "I always feel better after coming here." They know that that hour is a place where there is calmness and acceptance. More so is a trance state, a kind of accelerated track that can be used to more readily effect change.

Welcome our Newest Board Member Heather Klein, PhD, LP

I attended the introductory workshop in 2008 and was instantly fascinated and hooked. I began using hypnosis in my private practice as a way to help people manage anxiety and depression. As I acquired more training and my comfort level increased, I expanded the use of hypnosis to helping people prepare for medical procedures such as surgery and labor and delivery as well as manage chronic pain and sleep issues. Co-creating the hypnotic narrative is very rewarding and seems to draw upon and highlight what the client prefers as well as his/her strengths and resources. This process in turn helps the preferred narrative resonate with the client in different, deeper, and more meaningful ways. I am honored to accept a position on the MSCH board and hope to further promote the use of hypnosis in the areas of therapy, supervision, and training.



Welcome our Newest MSCH Members

Karen Alexander, MS	Debra Klein, MSW
Claudia Bertramsen, MA	Sara Langer, MD
Paramjit Bhui, MD, FRCPC	Sonja Lien, MD
Elaine Boyer, MSW	Linda Locascio, MSW
James Engen, MA, LMFT	Catherine McKegney, MD, MS
Cynthia Eyden, MPT	Channing McKinley, DC
Kathie Gieselman, MA	Rachel Rehbein, MS
Behzad Goharfar, MD	Terri Reuvers, MSW, LGSW
Barbara Goodman-Fischtrom, MS	Richard Skorey, MD
Molly Hagen, DNP	Robert Steele, MA
Susan Hall, MSED	Judith Stein, MA, LMFT
Allyson Hayward, MSW	Judith Tiede, APRN
Jan Hegman, CFNP	Stephen Turner, DO
Kristi Hyink-Huttemier; PsyD	Barbara Werre, MS
Susan Jasko, MSW	Mitchell Wittenberg, PD
Nicole Jenabzadeh, MSN	Gail Yost, LMFT
Pamela Kendall, FNP, BC	

**Generative Trance:
The Experience of
Creative Flow**

Crown House Publishing,
LTD, 2012

by **Stephen Gilligan, PhD**

Book Review & Invitation
to Eagerly Anticipate our
June 2015 Workshop
by David Alter, PhD, LP



David Alter

At midlife the questions fundamentally change. At least they have, for me. Personally and clinically, my experience dovetails with observations expressed by James Hollis, PhD: Irrespective of one's chronological age, midlife can be defined as beginning when questions shift from how can I live with more **comfort** to how can I live with more **meaning and purpose**. I thought of Hollis' comments as I read **Stephen Gilligan's latest book, *Generative Trance***. He is the invited faculty for the 2015 MSCH Annual Conference and Workshops, scheduled for June 4-6, 2015.

One of the litmus tests for me of a teacher's giftedness is whether my appetite for learning is whetted. I have been actively practicing hypnosis for nearly 20 years, which translates into my recognition of how much *more* there is to know and learn. It also means that I am more finicky about what I choose to learn and who I choose to learn from. That finicky selectivity was more than satisfied by what I took away from *Generative Trance*, making me count the days until next June's workshop.

In my practice, I continue to help my clients to resolve symptoms. But, I am also increasingly engaged in helping them to also find a way to live their lives more fully, more deeply and in ways that are ultimately more fulfilling. Helping clients to make higher order change is more enduring. And, methods of evoking trace are wonderful for helping clients to access the resources within themselves so that a life that is more deeply lived becomes possible for them. Dr. Gilligan's approach enables such outcomes to be achieved.

Dr. Gilligan begins his book with a quote from Eric Fromm. "Let your mind start a journey through a strange new world. Leave all thoughts of the world you knew before. Let your soul take you where you long to be ... Close your eyes, let your spirit start to soar, and you'll live as you've never lived before." I found that introductory message to be both exhilarating and inviting. The book stirred my eagerness to follow the path Fromm invites us to follow by attending Dr. Gilligan's workshop. I wonder what your response will be?

Utilizing accessible language, Dr. Gilligan draws from the fields of metaphysics and ego state therapy as he describes each of us as having "many resourceful states" that transform into symptoms when the contents of those states become inaccessible, or when the states themselves become isolated from one another. The process of generative trance-formation involves learning how to re-weave these states and their contents so they can become part of a new, more adaptive and more functional self-identity.

Through the generative trance approaches that he teaches, elicitation of each individual's resources makes possible the emergence of an identity more closely aligned with that individual's higher potentialities. I was particularly drawn to his conceptualization of presenting symptom patterns as habituated "negative trances." Such states are likely to persist unless and until more adaptive trance state are evoked and reinforced. The goal of generative trance is for the new trance state to become fully integrated into the individual's evolving identity.

The range of interventions that he describes in the book are clearly spelled out so that I could easily sense how his ideas translate into practical interventions. I appreciated that many of the ideas he presented fit well with our growing understanding of the intersection between neuroscience, human physiology, human psychology, and the process of change in the service of mental, physical and even spiritual healing.

We are now about 10 months away from the 2015 Annual Workshop. Where will you be come June?

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Will your curiosity about how to help clients to release the “neuromuscular lock” (Gilligan’s term) of old somatic, emotional and cognitive habit patterns lead you to register for the workshop? Will you be ready to generate a new and more fulfilling trance state for yourself by which your professional life (and maybe your personal life, too) can be enriched?

I hope so. I look forward to hearing back from you about any reaction you have to this invitation. In the meantime, I wish you all a blessed fall season.

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Review of June 2014 Introductory Workshop

by Nancy Olesen

In graduate school, I was introduced to the clinical use of hypnosis by enrolling in a short course by Ellen Snoxell. I attended a Minnesota Society of Clinical Hypnosis (MSCH) Introductory Workshop and accrued several hours of small group training in clinical hypnosis from Helen Paul. When I was a member of MSCH at that time, I felt I was a part of something larger and greater than myself. Some members of MSCH were more experienced, knowledgeable, and skilled in clinical hypnosis. I also met members who were learning and practicing hypnosis at my own level of expertise.

Several years later, this past June, I attended another Introductory Hypnosis Workshop through MSCH. I was hoping to find a broader network of support for my professional growth and development as a psychologist and continued learning and practice of hypnosis. I met course participants from a wide range of professional disciplines including a rabbi, dentist, neurologist, nurses, medical doctors, students, and many

mental health professionals. My supportive network was expanding, bolstering my confidence as I planned to utilize this powerful therapeutic tool in my practice!

I was impressed that people I saw in my graduate school years continued to be active and contributing members of the society such as Daniel Kohen, Ralph McKinney, Helen Paul, and David Wark. All of the faculty members were very welcoming, knowledgeable, and entertaining, using PowerPoints, demonstrations, and personal stories to make it interesting and comprehensive. The workshop was thorough, providing participants with several opportunities to practice hypnosis in small group sessions. This was a wonderful way of introducing participants to the clinical use of hypnosis.

David Wark began the workshop presenting definitions, history, and theories of hypnosis and describing hypnosis as a “state of inner absorption and focused attention, the ultimate in self control, [and] a natural part of human inheritance.”

Mark Weisberg spoke about the hypnotic phenomena naming “time distortion, dissociation, and altered perception” as key components of deepening. He said that modulation, pacing, and intonation are important as one practices hypnosis, and offered examples of language to support it’s benefits including a suggestion to end the session with, “as you get ready to leave, bring with you everything that was useful; disregard anything you didn’t find helpful.”

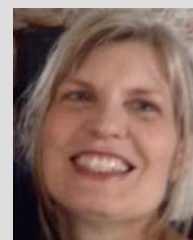
It was clarified by Dan Kohen that our practice of hypnosis is not as “hypnotherapists” but using hypnosis as a “tool” in our area of expertise and professional practice. He also recommended “evoking curiosity” with our language with statements similar to “I won’t be surprised when...” or “won’t it be great when...?”

I learned that the language of hypnosis builds confidence and supports the client wherever they are, at the moment. Communication to the client is made to “be aware of all your senses and allow all these sensations to enhance relaxation and comfort.” Also, it is helpful to suggest to inhale comfort, and exhale tension, and to bring everything into their awareness, which gives them a sense of wellbeing and competence.

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Dan Kohen said, "all hypnosis is self hypnosis" and I found this to be true as I was becoming more relaxed and confident throughout the workshop. In the small groups I used language to affirm slow, paced breathing, the drop of shoulders, and the movement of arms and legs to increase one's level of comfort. I realized as the subjects became more relaxed and at ease, I was too. Following the three days of learning and practicing hypnosis at the workshop, I noticed myself become more confident and self assured with my renewed skills in hypnosis, having a broader supportive, professional network, and hope for continued learning and practice in clinical hypnosis through MSCH!

Nancy Olesen is an employee of South Metro Human Services/Community Foundations, an Intensive Residential Treatment Service, where she provides clinical consultation for adults with a serious and persistent mental illness and/or chemical dependency diagnosis. In private practice in Eden Prairie, she provides psychotherapy for children, adolescents, and adults, and once a week facilitates creative art sessions at the Kang Le Adult Day Care in Richfield.



Special interests include visiting the Minneapolis Art Institute, reading biographies, and walking or riding her bike around the Minneapolis lakes.

Review of June 2014
Intermediate/Advanced Workshop
**Learning Wellness in the Course of Illness:
Hypnotic Strategies for
Palliation and Healing**

Presented by Daniel L. Handel, MD
Reviewed by Heather Klein, PhD, LP



Presenter Daniel Handel doing a demonstration
with volunteer Scott Cruse.
(Notice pinching of Scott's hand.)

At the opening of his workshop, Dr. Daniel L. Handel expressed his excitement at being back in Minnesota. He graciously acknowledged the influences of L. Sugarman, S. Daniels, D. Kohen, O. Palsson, D. Drossman, D. Patterson, M. Jensen, J. Zastrow, E. Spiegel, T. Wagner, J. McFadden, M. Shapiro, E. Szigethy, and P. Appel in his work today. As a founder of the National Institutes of Health Hospice and Palliative Medicine Fellowship, a senior staff member of NIH Pain and Palliative Care Service, and a founder

of the Denver Health and Hospital Authority, Dr. Handel practices collaboratively with other health care professionals to offer patients comprehensive and personally tailored palliative and healing services. During his two day workshop, Dr. Handel's integration of theory, research, practice, interdisciplinary approaches, and compassion were exemplified through lecture, video and live demonstrations, practice, and discussion.

Palliative care is a combination of active and compassionate therapies. The traditional model where disease-specific treatment/rehabilitation and palliative/symptom focused treatment are distinct phases of care has been replaced by a new model that allows disease-specific treatment to occur concurrently with palliative care, rehabilitation, and prevention and treatment of suffering (Payne, 2000). With this new model in mind, Dr. Handel accentuated the need for an interdisciplinary approach to palliative care and healing. By moderating the effects of symptoms and suffering through a variety of physical, mental/emotional, rehabilitative, and spiritual therapies, it is hoped that a patient's quality of life will be enhanced. Offered as a complementary therapy, hypnosis can help in the early, middle, and late stages of illness/disease. Specifically, hypnosis can aid in coping, affect and self-management skills, as well as pain and symptom management (e.g., nausea, anxiety, depression, sleep). As an illness/disease progresses, hypnosis can be used to target suffering, meaning making, and life transitions.

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During the workshop, participants were introduced to patients such as Dr. J., Josh, Leslie, Robert, Kory, Darlene, and Jack. Boldly, Dr. Handel shared his own story of using hypnosis during oral surgery. These stories highlighted the need to fully understand and meet patients where they are in their journeys. The work demonstrated the portability and utility of hypnosis as well as the empowerment patients experience as they develop skills that promote personal agency in the management of pain and suffering. Utilizing a neurobiological framework, Dr. Handel shared some gold nuggets that can be applied in a variety of therapeutic settings. These tools included but are not limited to the following: assessing hypnotizability, educating patients about hypnosis, induction techniques such as arm lowering and the Spiegel Eye Roll, deepening trance, the written exercise which uses six words to metaphorically address “forces” that promote and hinder change, the Stein Clenched Fist Technique, glove anesthesia, automaticity, counting during induction (100 – 95) and deepening (94 – 90), pacing paired with breathing, and realerting procedures.

I was struck by Dr. Handel’s willingness to go into the trenches and work with his patients. His compassion and desire to infuse the “what” that is needed and the “how” it will be done into his work was illustrated in each of the stories he presented. When I think back to the workshop, I think of a little boy named Josh, who was confined to a hospital bed in his rural home. Josh, along with Dr. Handel, some cats, and a furry friend named Icey Bear, did some seriously good work, which allowed him to die with a sense of comfort, dignity, and legacy. What could be more meaningful than that?

Heather Klein is a licensed psychologist in private practice at Parkdale Therapy Group | 1660 S. Hwy 100, Suite 330 | St. Louis Park, MN 55437 | 952.224.0399 X3



Good friends at the Intermediate/Advanced Workshop,
Randi Born and our reviewer, Heather Klein



At the after-workshop faculty party. Old friends Ken Klein,
Teresa Quinn, Dan Handel and his wife.

Remembering Shep at Previous Workshops



Shep Myers and Al Clavel on break at the
2010 June Workshop.



Shep conducting MSCH business at the
2013 June workshop.

Wendy Lemke, MS, LP
Recipient of the 2014 Daniel P. Kohen Outstanding Clinician Award

Below is the (somewhat edited) text of the nomination by Jean Manlove

I have had the good fortune to know Wendy as a friend and colleague for nearly 20 years. Her dedication as a clinician and teacher has been unwavering. As her knowledge and skills have grown, so has her generosity. Anyone who knows Wendy recognizes her talents as a therapist and her on-going commitment to professional development. Wendy exemplifies the confluence of teaching and practice. She shares both her personal and professional successes, her struggles and her disappointments in equal measure. With courage, vulnerability and humility Wendy invites others to join her in the shelter of compassion essential for growth and healing. Her capacity to offer this to colleagues and friends extends to the clients with whom she works. What Wendy has acquired in wisdom of the mind she offers from the kindness of her heart.

Denise D'Aurora
Recipient of the 2014 David M. Wark Outstanding Teacher Award

Below is the text of the nomination by Jean Manlove

I've known Denise as a colleague and a friend for over 15 years. She has been a constant presence, participant and teacher at various MSCH workshops/training events, over these past many years. Denise has demonstrated a discipline and commitment to providing an exceptional level of professionalism throughout her career. She has been an inspiration as a practitioner and as a teacher. Her wisdom, kindness, intelligence and generosity of spirit are only a few of her attributes and are obvious to all who know her.

Denise has been a member of the MSCH Board of Directors, presented at numerous MSCH annual workshops and actively participated as a member of MSCH. She is a person that I go to for consultation, advice and professional direction. Her dedication to professional growth has been unwavering, only matched by her curiosity for continuous learning.



2014 MSCH Awards, presenters and recipients.

L-R: Jean Manlove, presenter of the Daniel P. Kohen Outstanding Clinician Award, recipient: Wendy Lemke;
Helen Paul, presenter of the David M. Wark Outstanding Teacher Award, and recipient: Denise D'Aurora.

**Interview with MSCH President,
Benjamin Wolf, MSW, LICSW**

August 3, 2014

by Carol Rogers-Tanner, Editor



CR-T: What lead to your interest in hypnosis?

BW: Actually that happened accidentally. Two years ago when I was going to renew my license in October I realized that I was short about 20 CEUs because a training that I had done in family-based therapy for eating disorders was worth zero credits. I needed to quickly find 22 CEUs. I was planning to go up to Duluth for the Children's Mental Health Conference, and then I found the NPHTI Conference that was going to be in a few weeks locally, so I signed up. I went to the conference and it was probably the best conference I have ever been to. Afterwards, of course, I realized that I didn't know that much and I wanted to continue to learn so I joined MSCH and started going to MSCH events that first year. I kept it up from there.

CR-T: Do you mainly see children?

BW: No. I mostly see a mix of adolescents and adults. The youngest kids that I work with are probably between 8 and 10, but that is only with special requests from colleagues. I would say that probably the majority of my caseload is 16-28 year olds with almost half of clients being a little older than that, too.

CR-T: How did you become interested in joining the board?

BW: Peggy (Trezona) talked with me about it, about a year-and-a-half ago. I think she saw me at a lot of MSCH activities. She asked me if I'd be interested in the board. I thought it would be a good idea to do something of that sort, so I said, "Sure."

CR-T: So why did you think it would be a good idea to do something of that sort?

BW: I think for career growth. I thought it would be a really good idea to be able to put that on a resume, plus MSCH and hypnosis has always been a really good source for referrals for business. I also thought it would really teach me a lot more about hypnosis. I really wanted to learn to be more proficient in it, and thought that joining the board would help me learn and meet new people that would be able to help me increase my skills.

CR-T: What hooked you about hypnosis in particular?

BW: One of the things I work with in my private practice is a lot of anxiety...and pain. I didn't have something tangible that they could take away from sessions. When I started using hypnosis for treating anxiety and working with clients on pain, I saw a huge difference. My clients liked it and it was really easy for me versus getting to a point where I was really struggling. So since I started seeing some results I really wanted to accelerate it. Plus I also live with a chronic illness, Crohn's disease, and I think that using it on myself has been really helpful, too, so I wanted to be able to teach that to other people.

CR-T: You became Interim President when Shep's illness precluded him from continuing on as the active President. What led to your offer to take that on?

BW: No one else was offering and I figured that it was something that I could do. I didn't think it would be that hard to run the meetings so I figured I could do that.

CR-T: Yes, I remember that you said you would be willing to lead the board meetings. And Greg (Heberlein) offered to host the meeting in his home.... How did you make the decision to offer to be the President-Elect?

BW: When I was talking with Shep about being the Interim President he basically suggested that then I would become the President-Elect, he'd become the Past President, and then I'd become the President in June. Shep thought would be a good idea. And during the course of him being ill... I don't think any of us realized how serious it was, and I think that it became the natural transition.

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CR-T: I know all of us on the board really have appreciated your willingness to take that on. It is a huge responsibility.... What is your favorite current use of hypnosis?

BW: I think my current favorite use of hypnosis is being able to use it to help people who are really skeptical of it. I've had a couple of cases within the last couple of weeks where I have introduced it to people who have been very skeptical but we have used it and they have had really positive results. I have used it for a couple of different things recently including anxiety. One of my old clients wanted to have some help with pain issues. It is just really kind of fun to be able to teach them how to do some inductions and really see them get something positive out of it.

CR-T: What else do you like to do for fun?

BW: Well, I am leaving on Wednesday to go to the Boundary Waters. I like to camp and spend time with my kids. My favorite time of summer, actually, is when I take my kids for a week with my parents up to Clearwater Lodge on the Gunflint Trail. We'll be doing fishing and canoeing. My daughter caught her first fish there, which was really fun, too.

CR-T: What are your main goals for MSCH?

BW: First things first is we want to get the website up and running as a key component of the forward vision. I am also working right now on getting the records of MSCH organized. I'm working to find all of our paperwork, trying to make sure that is all being taken care of and organized so that in the transition of officers in the future everything will be readily available, which also includes part of the website design. My vision going forward is to look into what we can do with MSCH beyond just doing weekend training programs. Hopefully at the board meeting in August we'll be able to talk more about that. I think that there need to be more branches that MSCH can offer. One of the things we'll be talking about looking into is outreach, how we reach young clinicians who are just coming out of school and teach them about hypnosis so they even know it exists. I think we need to have a branch that is also social that works with networking in order to highlight the idea of who we are together. I know that we have done some things for social networking but that could be another avenue. I invited David Alter to talk with us at the August board meeting about an idea for a mentorship program and doing more consultation with people who are getting their first trainings in hypnosis. We want them to feel that they are able to use their skills and build up a skill base versus a theoretical base, which is mostly what we do at trainings. I kind of see MSCH as a hub with different branches for how MSCH works. I don't know exactly how that is going to look yet but I'm excited to see that direction.

August 13, 2014. MSCH summer board meeting at Muffelletta's Restaurant. Our once-a-year more casual meeting. David Alter was our guest and snapped this photo. Much good discussion about our vision for MSCH's future. Note that wine bottles were props only - we were perhaps a little tired at this point! Only about half the board was able to be there.

Left-right: Cheryl Bemel, Mark Gemmell, Greg Heberlien, Nancy Arikian, Mary Grove, Ben Wolf, and Carol Rogers-Tanner. Absent: A. W. (Buddy) Atkinson, Scott Cruse, Mark Fastner, Susan Heitzman, and Dan Kohen.



National Pediatric Hypnosis Training Institute

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REGISTER HERE:

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Member Only Workshop

Saturday September 27, 2014

Being Hypnotic in Couples' Therapy

Greg Heberlein, MA

Jennifer Stoos, MA

Carondelet Center

1890 Randolph Avenue

Saint Paul, MN 55105

9:00 AM - 12:00 PM

Register at the Door

Cost: \$20

3 CEUs

Member Only Workshop

19th Annual Rosenthal Retreat

Sunday, October 19, 2014

The Poetry of Language:

Hypnotic Rhythms of the Body Mind

George Glaser, LCSW

Carondelet Center

9:00 AM - 4:30 PM

Pre-Registration Required

Cost: \$50 Renewing Members

****Special Discount available to NEW MSCH Members Only: \$35**

6 CEUs

**Minnesota Society of Clinical Hypnosis
2014-2015 Program in Continuing Hypnosis Education**
"Innovative Approaches to Familiar Challenges"

Date/Location	Focus/Title	Speaker
Sept 11-13, 2014 Oak Ridge Hotel and Conference Center Chaska, MN	Pediatric Hypnosis Workshops Introductory-Intermediate-Advanced sponsored by NPHIT National Pediatric Hypnosis Training Institute MSCH & U of MN Dept of Pediatrics	Internationally and Nationally Recognized Faculty
Sat, Sept 27, 2014 9:00 AM – 12:00 N Carondelet Center	<i>Being Hypnotic in Couples' Therapy</i>	Faculty: Greg Heberlein, MA Jennifer Stoops, MA
October 8-12, 2014 San Antonio, TX	SCEH 65th Annual Workshops & Scientific Program	Info: www.sceh.us
Sun, Oct 19, 2014 9:00 AM — 4:30 PM Carondelet Center 1890 Randolph Ave St. Paul, MN 55105	19th Annual Rosenthal Retreat Members Only "The Poetry of Language: Hypnotic Rhythms of the Body Mind"	Guest Faculty: George Glaser, LCSW, Private Practice, Austin Texas Past-President, ASCH Co-Founder, Milton H. Erickson Institute of Central Texas, National faculty: ASCH, SCEH, Milton H. Erickson Foundation, AAPB
Sat, Nov 15, 2014 9:00 AM – 12:00 N Carondelet Center	What's Up With Alert Hypnosis	Faculty: Dave Wark, Ph.D. Past-President MSCH, ASCH
Sat, January 10, 2015 9:00 AM – 12:00 N Carondelet Center	Common Anxieties Children: Fear of Dark, Sleep, Change Adults: Fear of Driving, Flying, Bridges, etc	Faculty: Denise D'Aurora, M.Ed. Becky Kajander, CPNP Helen Paul, Ph.D
Sat, Feb. 14, 2015 9:00 AM – 12:00 N Carondelet Center	Hypnosis and Dissociative Disorders	Faculty: Noel Larson, Ph.D.
Sat, March 14, 2015 9:00 AM – 12:00 N Carondelet Center	Hypnosis and Mindfulness Part II: Compassion	Faculty: Peggy Trezona, MS, RN, CS Kate Pfaffinger, Ph.D.
March 27-31, 2015 Hyatt Regency Jacksonville Riverfront Hotel Jacksonville, FL	American Society of Clinical Hypnosis (ASCH) 57th Annual Scientific Meeting & Workshops	Info: www.asch.net
Sat, April 25, 2015 9:00 AM – 12:00 N Carondelet Center	<i>Hypnotherapy in Couples Therapy (II)</i>	Faculty: Greg Heberlein, MA Jennifer Stoops, MA
Thursday Eve – Sat, June 4-6, 2015 Crowne Plaza Hotel and Conference Center	44th Annual MSCH/U of MN Introductory and Advanced Workshops in Clinical Hypnosis	Guest Faculty: Stephen Gilligan, Ph.D.



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