



## President's Suggestion

### Finding the Hypnosis in the Encounter

Often times during the course of the month, week, or day, I find myself reflecting on past events and teachings which have helped me to form different philosophies of both clinical practice and of life. Recently I was reflecting on one of the lessons that was taught to me early in my introduction to hypnosis. I was told time and time again to find the hypnosis in the encounter. I would like to share with you some recent thoughts about how this has become a beacon of learning for another activity that has become a passion for me, yoga.

In the fall of this year, at the recommendation of a few friends, in order to take an active role in the treatment of my Crohn's disease, I started taking classes in yoga. I quickly fell in love with the movement and the peace that was found after spending an hour in different poses, and I started to notice a change in my health. Even though I had noticed the hypnotic elements right away, it has taken a while to really start to understand where hypnosis can be found in this practice, and how filled with hypnotic elements it is. For anyone unfamiliar with yoga, it is a practice of different poses that has become popular as a form of exercise as it has become westernized. Historically it has been used as a practice to prepare the body for meditation. During most current yoga practices, there is a focus both on the mind and the spirit. In the classes that I have taken there is also focus on breath. It is in this that I first started to find the hypnosis in the encounter.

During my yoga practice, breathing is a focus for control. It can be used to regulate heart rate, and yogis are encouraged to take notice of their breath, or when they begin to struggle with the poses to use the breath. Allowing oneself to really be aware and notice where and how we are breathing is something that I remember learning in hypnosis classes. Recently, I have also become aware of using breath to help diminish pain and provide strength during particularly difficult poses. This is also something that I remembered learning during my trainings in hypnosis.

I also have had conversations with many of my instructors about the way that they are trained. I had noticed during class the use of permissive language, and had made a comment on this to one of my instructors early in my practice. I was told that this is taught in the teacher trainings as a means of encouraging students. They are taught to stay away from words like "if," "try," and "should." Again, I encourage you to find the similarities in the way we as practitioners speak hypnotically to our clients, and how this opens up pathways for communication and hope.

These are just a few examples of where I am noticing parallels between hypnosis and the yoga that I have been practicing. As I continue to grow in my practice of both hypnosis and yoga, I hope to continue to become aware of more similarities between the two. I also hope that as yoga becomes more accepted in our society, hypnosis will become more accepted in the mainstream of clinical practice.

Thank you for allowing me to share some of my thoughts on finding the connection between hypnosis and yoga. I encourage all of you to remember that hypnosis exists in many things, and to remember to find the hypnosis in the encounter.



MSCH President  
Ben Wolf

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News of Note

We hope you are planning to attend and bring a friend to the **Annual Workshop in June**. As you may recall David Alter praised Stephen Gilligan's latest book Generative Trance: The Experience of Creative Flow, in the Fall 2014 edition of Images. David encouraged us to register and attend by asking, "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."

To get details and/or register go to:

[www.cmecourses.umn.edu](http://www.cmecourses.umn.edu)

Then click on the appropriate workshop.

Minnesotans have been fortunate to be able to participate in "the IC," **Individualized Consultation for ASCH-certification credentialing** the past 2 summers. This July will be the last year it will be offered locally. Those of you who wish to gain your consultation hours in an intensive, small-group-based 2.5-day training that meets the requirements for certification at the ASCH Certified or Approved Consultant level may want to take advantage of this opportunity. It is led by Dr. David Alter, joined by Delle Jacobs, MSW, and usually an additional facilitator, depending upon the number of registrants. See page 15 for contact information.

Mark your calendars! The **MSCH Social Committee** is planning a social gathering for Friday evening **July 10**. Details will be announced at the June conference and via email. Partners are welcome. This has been a very pleasant gathering in the past. Most folks have come for cocktail hour and stayed for a light dinner, too.

Quick Bits

To enjoy a **full year** of member benefits **keep your membership current** by **renewing** at the **annual workshop** or **online** at: <https://msch.us>, then click on Membership. Membership **expires** at the end of the MSCH fiscal year on **June 30<sup>th</sup>**. Some members continue to renew just before the annual workshop which does still guarantee a significant registration discount. However, unless you then renew again within less than a year, you will miss out, for example, on attending our many wonderful, members-only continuing education offerings (and fiscal bargains!) throughout the year.

The brief **MSCH annual meeting** will take place at the **June Workshop** on **Saturday, June 6**, at 7:30 AM. We will be voting on new board members as well as hearing from our President and getting updates on MSCH.

**Lunch is on your own at the June Workshop**. We are continuing that change to help keep the registration fee as low as possible.

*Carol Rogers-Tanner, MSE, LP, LMFT*, who happens to be editor of this newsletter, is looking to join or form a **peer supervision/consultation group** in the east metro, possibly in Maplewood, meeting one to two times per month. Tentative format would be case consultation with emphasis on hypnosis and possibly EMDR. Sunday or Saturday mornings would be preferable. If interested, contact Carol at [carolrt@q.com](mailto:carolrt@q.com) or 651.285.4917.



David Wark, PhD,  
*is thrilled to announce*

**THE DAVID WARK FAMILY PRIZE**  
for an unpublished original paper that both  
**“ADVANCES NEUROSCIENCE  
KNOWLEDGE & ENHANCES THE  
PRACTICE OF HYPNOSIS.”**

David Wark, PhD, a Past President and current Life Member of MSCH, started graduate school, almost 60 years ago, in a program sponsored by the Ford foundation. It was designed to train students in a then new interdisciplinary specialty labeled "Behavioral Sciences." Says Wark, "We never quite pulled off the integration, in part because we were all pretty naive, and in part, I think, because our mentors weren't sure about integrating cross-disciplinary research. Now, at the end of my career, I think it's time to try again. But instead of starting with graduate students, I considered focusing on mature clinicians and scientists. To celebrate my last birthday, my children and family made that dream possible. I'm thrilled to announce the Wark Family Prize in Hypnosis and Neuroscience. It will be given to the author, or authors, of an original unpublished paper in English that "Advances neuroscience knowledge and enhances the practice of hypnosis." Initially, the award is \$5,000.00.

Currently the judges from the field of hypnosis are Amir Raz, PhD, McGill University, and Mark Jensen PhD, University of Washington. From specialization within neuroscience, the judges are Tobias Egner, PhD, Duke University, Axel Cleeremans, PhD, Université Libre de Bruxelles, and John Gabrielli, PhD, Massachusetts Institute of Technology.

Wark said, "I started my career by teaching college students how to learn more effectively. Hypnosis was one of the techniques that seemed to be useful. Over time, I have helped established the value of alert, eyes open hypnosis, especially

as it relates to academic, sport, and other kinds of performance. Moreover, since the early days of my training, there have been great and continuing discoveries in neuroscience. My long-term vision is for a clearer, more useful integration of both those fields. To that end, the prize is designed to stimulate investigation and interaction between specialists in clinical hypnosis and neuroscience. I am grateful to the officers and staff of the American Society of Clinical Hypnosis, and the ASCH-Education and Research Foundation, but especially my wonderful and loving family, for making it possible."

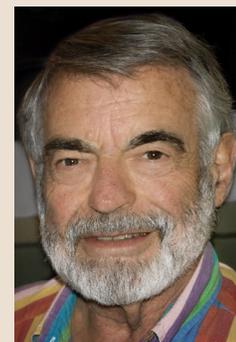
### Goals of the Wark Family Prize

- Stimulate new clinical and nonclinical research on hypnosis.
- Encourage neuroscience contributions to understanding the mechanisms of hypnosis, hypnotic talent, and hypnotic phenomena.
- Publicize the contribution of hypnosis in understanding the neuroscience of consciousness.
- Increase the appreciation of hypnosis as a normal human capacity.

**For information about submission, judging criteria, dates and deadlines, send questions about the Wark Family Prize to:**

[wfp@asch.net](mailto:wfp@asch.net)

Or, just call Dave at the office, 612-367-4379.



David Wark

## Check out Our New Website!

by Mark Fastner, MS

About 18 months ago the MSCH board decided it was time to move forward in the digital age and began a year-long project of re-engineering our website. We had decided that our site could do a better job of providing information and networking opportunities for members. We also realized that none of us had the background to redesign the site and make it more user-friendly.

We looked to some people who do this for a living. We hired Gaburo Interactive to look at our site, assess its needs and to bring us further into the 21<sup>st</sup> century.

The main focus of the redesign is to make it more slick and quick. We want it to load faster, look better and give members up-to-date information that individual members can update whenever wanted, for example when practice locations change. Our website is now easier to navigate and faster to load. We have also made it more effective for online member renewal and are working on the intricacies for new member applications.

Our new site is a fluid and changing entity. Planned future enhancements include more social networking and blogging. We want to share accurate information, including about community standards and research-informed treatment to the public who are looking for help through clinical hypnosis.

So, please help us by checking out the website and letting me know what you think, especially if you have suggestions for improvements. Go to the site at <http://www.msch.us> and login. You can login with your username or email

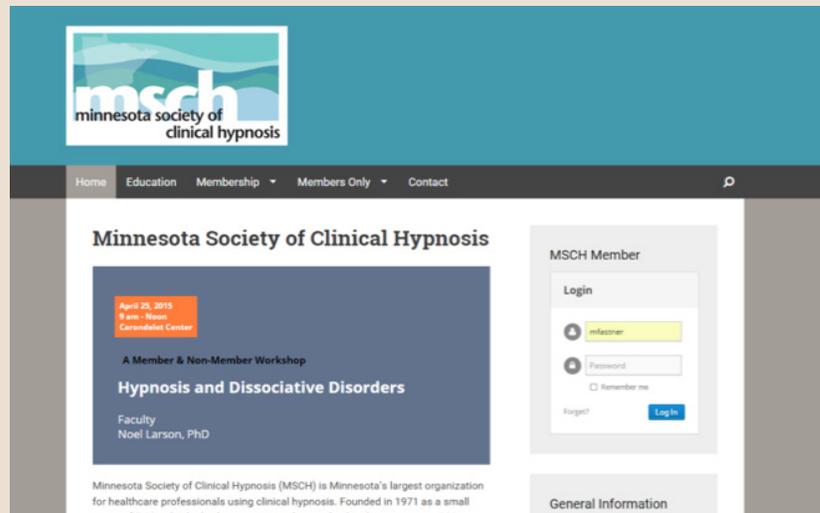
address. To enter your username, type the first initial of your first name and your full last name in lowercase letters. If you've forgotten your password or don't recall being assigned one, click "**Forget?**" You will then be sent a link via email to reset your password. Contact me at [mfast658@gmail.com](mailto:mfast658@gmail.com) with any feedback to help improve and move the site further into the 21<sup>st</sup> century.

Oh yeah, it looks good, too! See? <http://www.msch.us>

Mark Fastner is a Master's level Licensed Psychologist. He practices for Regions Hospital in the outpatient clinic in Woodbury. He is the MSCH board's web representative and is Co-director the 2015 U of M, MSCH Annual workshops.



Mark and his dog, Sami



**An Invitation to Energy**  
by Jake Pierce-Walsh, MSW

What must it have been like before Anton van Leeuwenhoek's groundbreaking discovery of germs? Imagine living in the ages when theories abounded about the cause of physical illness: The four humors? Evil spirits? Astrological signs? The discovery of germs dramatically improved the treatment of disease, moving from bloodletting to antibiotics. Certainly some interventions were successful prior to the study of germs, but once these microscopic organisms were understood treatment approaches diversified and improved.

Today, much like before the discovery of germs, psychotherapy awaits the uncovering of a more exact etiology of emotional distress, even though our field continues to grow with new approaches that work. It is my perspective, however, that our discipline by and large discounts and excludes the role of energy in emotional healing. I write this short article with the intention of stirring your interest toward taking a second look at Energy Psychology, and to suggest that learning to work with energy is a worthwhile study that can advance your practice, much like treatment was diversified and improved upon the discovery and study of germs. If we are to take seriously what the hard sciences confirm about the world, that everything at its most fundamental level is energy, then it makes sense that we open ourselves to this paradigm.

Many therapy modalities indirectly work with energy. Milton Erickson, MD, himself was questioned on more than one occasion about whether he was psychic given his sometimes astonishing efficacy. Hypnosis employs trance states to access untapped resources. Mindfulness and somatic therapies utilize acceptance, compassion, body-awareness, and body-emotion location to attend to our reactive physiology and emotions. Internal Family Systems Therapy works with the parts that make up who we are to help us heal ourselves. These approaches and more impact us on an energetic level. In my study of these approaches I have found myself frequently asking, "Why not take the next step toward working with energy more directly?"

Taking the next step means first recognizing that both the sensations we feel in our bodies and the locations in which we feel them are not arbitrary experiences, but are instead important components that can be engaged for our own healing. When we engage these aspects with our conscious attention and intention, energy moves. As energy moves, healing occurs. Secondly, taking the next step means recognizing that attending to our own presence as the helper, with the consciousness we bring into the room and the space

we hold for our clients, is just as important as what we say and do. When we learn to run certain energies in our bodies, such as acceptance and compassion, our clients feel safe and are more able to approach their own vulnerable parts in a healing way. They also gain access to their own self-healing energy and spiritual resources, which in my experience are much more helpful than anything I can offer. Including this perspective in our practice broadens our ability to help others by offering a new context by which to understand healing and new "being and doing" practices through which to intervene.

To learn more about energy you might attend a yoga class, learn Tai Chi or Qi Gong, pick up a book on the Chakras, or take a seminar on EFT. There are many exciting things happening in this field today. Of course, much like hypnosis, plenty of misinformation circulates about working with energy, at times even by those who claim its practice, so be critical as you explore. I find holding a conscious and open state with a clear intention usually does the most good for accessing what we need. The Universe does the rest.

Certainly energy consciousness is not the cure-all for emotional distress much like understanding germs did not end physical illness. I am also not implying that Energy Psychology is "better" than any other modality. Arguments about which modality is "better," I believe, only stifle growth in our field. Instead, I believe the more options we have for treatment, the more effective we can become in helping our clients.

Just consider how long it took for The Germ Theory of Disease to be taken seriously; over 150 years after Leeuwenhoek and still the medical community remained largely skeptical, with contemporaries calling it "ridiculous fiction."

Think if physicians would have accepted it earlier, what good could have been done. I believe that our discipline today is making the same mistake by ignoring and discounting the role of energy in emotional dis-ease and by doing so, is missing the opportunity for new effective means of helping.

Jake Pierce-Walsh, MSW, LICSW works as an outpatient psychotherapist for St. Luke's Mental Health Clinic in Duluth, MN. Along with deeply enjoying his work serving others, Jake enjoys reading, hiking, and spending time with his family, especially in the woods.



### Meet the Nominees for the MSCH Board

Marie-Gabrielle J. Reed, PhD, LP, is a clinical psychologist in private practice in Minneapolis, and at the Allina Health, Woodbury Clinic. In private practice, she serves patients through the life span, while in the large Woodbury medical clinic, she works with children and adolescents (ages 0 to 18 and beyond) and their families, in collaboration with primary care providers, specialists, and other mental health professionals. She loves to integrate multiple approaches (psychosocial, psychodynamic, behavioral, cognitive, mind-body-spirit) to address the unique needs of individuals and families at any given moment, and to use hypnosis to enhance therapeutic processes, including pain reduction or elimination. She is especially passionate about working with young children and giving them self-hypnosis/regulation tools for life.



Dr. Reed received a dual-specialty PhD in Child Development/Child Psychology and Clinical Psychology from the University of Minnesota in 2003. She was involved in resilience research at the Institute of Child Development for a decade. She had years of training followed by professional experience at Hennepin County Medical Center and Mental Health Center, and the Pediatric Neuropsychology Clinic at the University of Minnesota Medical Center. She was a social worker in her native country, France. She started her ongoing training in- and adventures with- hypnosis through the Minnesota Society of Clinical Hypnosis in 2009, and is planning to complete her pediatric training in hypnosis and obtain ASCH Certification through NPHTI this year. She also has regularly attended the ASCH Annual Meetings over the past 4 years, took the Teaching and Consultation Workshop last year, and will start teaching at the ASCH annual conference next year. She uses hypnosis daily in her clinical practice and is honored to have been nominated for the MSCH Board, hoping to help the organization achieve its mission of training professionals to utilize hypnosis to help children and adults access infinite possibilities for their lives.



David Atkinson, MD is a fellow in geriatric psychiatry at the University of Minnesota and Minneapolis Veterans Affairs Medical Center. He earned his M.D. in 2010 from the University of Pittsburgh and completed general psychiatry residency at Western Psychiatric Institute and Clinic there in 2014. He is board-certified in general adult psychiatry and his professional interests include working with older Veterans, psychotherapy, and mindfulness. He is also passionate about educating future physicians on the importance of their relationships with patients. He became interested in MSCH while an undergraduate in Neuroscience and Psychology at the University of Minnesota.

In 2007 he completed the MSCH Introductory Workshop and he has attended a number of ASCH and MSCH workshops. He presented research at ASCH and Society for Clinical and Experimental Hypnosis (SCEH) meetings in 2010, on relationships between stress, gene expression, and hypnosis. Over this past year, he has written peer-reviewed articles on a number of topics, including end-of-life care planning in treatment-resistant depression, updating geriatricians on the DSM-5 revised cognitive disorder nomenclature, the debate of whether “brain games” can impact dementia, and educating medical students on the doctor-patient relationship through Balint groups.

**Review of January Workshop**

**Common Anxieties**

**Children: Fear of Dark, Sleep, Change**

**Adults: Fear of Driving, Flying, Bridges, etc.**

Reviewer: Mary Youngquist, PhD



Our Presenters:

Helen Paul, PhD, and Becky Kajander, CPNP

January 10, 2015, was a cold, clear and sunny day, warmed by the connections we all experienced at this workshop. Becky Kajander, CPNP, and Helen Paul, PhD, shared with us their many years of very rich clinical experiences in helping to calm anxiety in children and adults. Their styles of presenting complemented each other and kept us engaged.

We learned strategies from Becky for helping children cope with common and wide-ranging anxieties. She reminded us that anxiety is the most commonly diagnosed mental health condition in this population. Becky presented case studies that deepened our understanding of this work. I can well imagine that kids love working with her because of her upbeat and enthusiastic style. She could be a great resource for any clinician needing ideas on how to calm kids with fears and anxieties.

Helen helped us learn how to calm adults when their anxieties flare up and sometimes even escalate into phobias. She demonstrated how short term interventions with adults can be very effective in the treatment of anxieties such as fear of public speaking, driving, driving over bridges, and fear of flying. It is good to be reminded of the effectiveness of short-term interventions, especially in this day and age. (I already referred a client to her for a fear of flying!) Helen's sense of humor helped us laugh and relax into learning more ways to help others.

We had good group discussions of various cases and scenarios, then reported back to the group at large. Some of us also got over our own public speaking fears! We enjoyed the journey that Helen took us on at the end of workshop after meeting our "double." We ended feeling relaxed and being in good moods. Thank you, MSCH, for sponsoring this workshop. Thank you, Becky and Helen, for helping us learn more about using hypnosis with these issues and populations.

**Mary Youngquist, PhD, LP**, is in private practice. She works with children, adolescents, and adults.

She particularly enjoys using hypnotic strategies with children and teens, as their response is often very positive as well as efficient. It is satisfying to see clients leave a session with strategies to cope with various



psychological issues. Her office is located in Saint Paul but very close to the Minneapolis, making it accessible to both cities. Mary can be contacted at 651.642.9066.

**Review of February Workshop  
Being Hypnotic in Couples Therapy,  
Part II**

Reviewer: Beth Nelson, MSW



Our Presenters

Greg Heberlein, MA, and Jennifer Stoos, M.Div, MA

A brisk Valentine's Day of 2015 began with a hardy group of MSCH members attending a morning seminar presented by Greg Heberlein, MA, and Jennifer Stoos, M Div, MA. The focus of this workshop was the incorporation of hypnotic tools and language into couples therapy sessions. This was the second of a two-part training on this topic by these instructors. Greg began with referencing current models of practice in working with couples, including the approaches of John Gottman, Brent Atkinson, Dan Wile, and Susan Johnson. He noted that hypnotic language can be a very productive tool when utilizing any of these therapeutic models.

Jennifer then presented a structure to construct our interventions in sessions with couples. She facilitated the group participants identifying 1) notice-ing statements, 2) invite-ing statements, followed by 3) practice, where the work of the therapy takes place. Without skillful use of noticing and inviting statements, couples may not be able to slow their unhealthy dynamics in order to move into the work of the practice stage.

Both Heberlein and Stoos stressed the importance of focusing on little moments within the therapy hour. These small moments of awareness can serve as opportunities to help clients slow the pace of their interactions, then notice and be receptive to therapeutic invitations. Opportunities for increased focus and increased attunement to themselves can lead to being more responsive and less reactive with their partner, and create windows for hopefulness and change. A major benefit of hypnotic language and metaphors is

that it can help us move from one state of mind to another, more productive and more mindful state. With these tools it becomes more likely that couples can avoid, or pass through, the negative states that promote the arrival of one of Gottman's four horsemen of the apocalypse.

These instructors also discussed the progressive layers of scaffolding needed to assist clients as they work on having more satisfying relationships. The first task is helping them move from one state of mind to another, more cooperative, state of mind. Secondly, attention needs to be given to the abilities or skills each partner needs in order to be successful. Thirdly, does the couple have the necessary resources available to them to incorporate their new learning and new practices into their daily lives? And, finally, assessing the challenges in activating the newly learned desired responses in the context of their world outside of the clinician's office.

Stoos and Heberlein invited us to participate in engaging role-plays of couples therapy sessions. They underlined noticing, inviting, and practice statements as the role-plays were enacted. The warmth and clarity of their presentation contributed significantly to our being able to successfully utilize these hypnotic interventions in our own clinical settings.



Co-presenter, Jennifer Stoos, on the right, demonstrates how to engage couples during a role play, with an invitation to notice and experience something different.

Beth Nelson, MSW, LICSW, works with couples and individuals in her private practice in Eagan. She also teaches mindfulness, conflict resolution, and other relationship skills to elementary school students. Beth can be contacted at 651.681.8615.



Our reviewer, Beth Nelson, with one of our presenters, Greg Heberlein.

**Review of March Workshop  
Hypnosis and Mindfulness Part II:  
Roadmap to Self-Compassion**

Reviewer: Maureen McNeal, MA



Our presenters,  
Kate Pfaffinger, PhD and Peggy Trezona, MS, APRN, CNS

Do you have as much compassion for yourself as you do for your clients? My guess is you probably don't. As caring compassionate healers we are quick to empathize and support others while often being rather hard on ourselves.

When clients start therapy they may begin to see themselves in a new and sometimes painful light. Teaching them the skill of self-compassion allows them to withstand the difficult inner journey and see themselves in the light of greater truth. In order to effectively lead those who come to us, it helps to have slain some dragons in our own inner landscape and quieted the relentless destructive voice of shame. Self-compassion is the antidote to shame.

On Saturday March 7, 2015, in a lovely sunlit and stately room at the Carondelet Center, Kate Pfaffinger and Peggy Trezona presented a well-crafted workshop on the art and science of Self-Compassion. The ambience of the room and the atmosphere Kate and Peggy generated created a supportive background for the learning process.

Kate opened the workshop hypnotically by moving us through a gentle guided meditation. The opening exercise set the stage for the tone of the workshop. The meditation led the way for the first of many nearly seamless transitions from inner experience to cognitive understanding of Self-Compassion. The pacing of this four-hour workshop was orchestrated

well as the flow back and forth between just enough cognitive material and back into meditation was in a gentle rhythm that balanced the psyche. Our class outline was extensively detailed so we were free to opt out of taking notes if we wanted to and simply be in the experience.

Compassion and Self-Compassion were clearly defined early in the workshop so we could use it as a reference as we learned.

1. Compassion is awareness of the suffering of another coupled with the desire to alleviate that suffering.
2. Self-Compassion is bringing loving connected presence to yourself when you are suffering.

Intrinsically, compassion requires moving towards the person suffering with the desire to set them free. We must, however, discern the difference between self-compassion and self-pity. The egocentricity of self-pity is destructive as it has no end and drives others away, creating more suffering. We must also be mindful that self-compassion does not release us from responsibility for our actions but rather releases us from self-hatred for our actions, which is anti-life.

The workshop provided much material to scientifically validate the efficacy of this work. We were given an extensive and scholarly list of resources citing the research that has been done validating the positive impact of self-compassion on quality of life. In addition we were introduced to the work of Paul Gilbert who developed Compassion Focused Therapy. Gilbert has created a psycho-educational model. We were equipped to utilize this model with our clients as Kate and Peggy summarized the three emotional systems involved in Gilbert's model and how they interact.

Our workshop on self-compassion would have been incomplete without working with our own inner critic. We were led through an eye-opening meditation involving our inner critic followed by a chance to share our epiphanies. The group consensus was that although inner critics are difficult they are needed in many ways to help us.

*Continued on Page 10*

The workshop was instructive, engaging and scientifically supported. Peggy and Kate's teaching toward both cognitive-analytical and meditative-receptive learning styles assured a positive outcome that more than fulfilled the class objectives. We all left wiser and well equipped to develop self-compassion in our own lives and with our clients.



Maureen McNeal, MA, LICSW, LMFT, is a Certified EMDR therapist who has been in practice since 1988. She believes the subconscious and brain re-training must be involved for people to experience lasting change. She is an experienced trauma therapist who treats all aspects of abuse, complex trauma, PTSD, dissociative disorders, and eating disorders. Maureen is a Marriage and Family Therapist with post-graduate training in Bowen Family Systems and works with couples and families. She integrates her family systems approach into all the work she does. She uses hypnotic techniques, mindfulness, Ego State Therapy, family sculpture, Psychomotor, psychodrama, TFT, Enneagram, and brain retraining among other modalities in her work. Maureen can be contacted at 952.500.1957.

**American Society of Clinical Hypnosis (ASCH)  
57th Annual Scientific Meetings and Workshops  
March 27-31, 2015**

Jacksonville, Florida; Temperature: 70's  
by Delle Jacobs, MSW

**Minnesota Highlights**

Dr. David Alter along with George Glaser, MSW, who taught at the 2014 MSCH Rosenthal Retreat, presented a well attended workshop on intuition, entitled Activating Epigenetic Change: Interweaving Neuroscience & Intuitive Knowing through Clinical Hypnosis. It was supremely experiential. I was able to attend the morning only, but we all had a fascinating experience walking in someone else's shoes. You can ask David about that.

Dr. Dan Kohen and his east coast counterpart, Dr. Laurence Sugarman, both behavioral pediatricians, presented a dynamic workshop on hypnosis and children where they had ALL participants engaged in developing suggestions for a case that was presented.

Another clear and cogent workshop was offered by Drs. Al Clavel and Mark Weisberg presenting on Psychophysiological Disorders: A Better Approach for Low Back Pain.

I had the opportunity to teach in the Basic and Intermediate Trainings that ASCH offers yearly.

**National News of Note**

George Glaser is active in getting online videos for ASCH, and if you are a member, you are able to view them. Dr. David Wark has one currently online on alert trance. At a lunch I shared with George and Steve Lankton during the conference, George got Steve to agree to make a video that I hope will be uploaded soon. What good fortune for those of us

who attended Steve Lankton's workshop because Steve used the video recorded the day before and took us step-by-step through his workshop via the video. What a learning experience it was.

**Special Coverage**

Steve Lankton, MSW, is the Editor of the American Journal of Clinical Hypnosis. MSCH had him here in 2006, for the annual June conference. He has authored 3 books, coauthored others and edited more. The one that pertains to the content of this workshop is Tools of Intention: Strategies That Inspire Change. Lankton's tools of intention are protocols to use one's thinking, feelings and experience toward a goal of some kind. Examples he gave include creating desirable feelings, solving problems and developing a positive self-image or an image of one's efficacy.

Lankton's "client" on the video was apprehensive about her husband's and her upcoming retirement. She was particularly worried about how her husband would adjust to it. Steve's work with her was based on one of his tools called Self-Image Thinking. After a brief induction he developed suggestions building on positive learning sets in earlier life, reminding her how one learns new and exciting things in each developmental stage.

Three qualities to bring into retirement were identified by her including excitement, confidence (especially about her husband's capabilities), and comfort with ambiguity. An interesting side note, which Lankton described from Bandura, was that if an experience engages at least two sensory systems, a person is more likely to retain the experience. He, of course,

*Continued on Page 11*

incorporated two sensory systems in the hypnosis, visual and kinesthetic, taking her through aspects of this future retirement with these resources, one at a time.

At one point, he suggested to her a conversation she might have with her husband. It was elegantly directed toward her way of conversing with him. "You'll hear your voice in your words, how you'll talk to your husband, maybe in a way that is a little different, a little more genuine."

There was more to the sequence of his work with her, but at least you get the flavor. At the end he returned to the beginning of the induction where he referenced sleep and dreaming, and then suggested amnesia. Now that was very interesting to me, as I have not seen suggestions for amnesia much at all. His comment afterwards was that it could inhibit the typical analyzing that can occur after hypnosis.

This year as a participant, I savored a few excellent choices, rather than going for the whole buffet. I appreciated the range of options, including focus on mind/body, research or scientific orientation, strongly experiential or medical.

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### April Workshop Review

#### "No Self" Therapy: Therapy When "Nobody is Home"

Reviewer: Karen K. Hasse, PhD

On April 25, 2015, at the Carondelet Center in St. Paul, we were very fortunate to hear Noel Larson, PhD, present her approach of working in a therapy setting with "No Self" clients. What a precise term she used to describe those clients in whom dissociation is central to their survival, typically following a traumatic history of learning from early on that they cannot be who they are. These clients lack a true sense of themselves, but rather their symptoms, job, hobbies, the roles they assume with others, or their general presentation (for example, oppositional or impervious to others' influence) can become the "self." Each session feels like you are starting over with the client, as no therapeutic attachment seems to be occurring.

Noel described these clients as often experiencing chronic and/or refractory depression, sometimes

I urge you to consider going to ASCH. We have such strong local education through MSCH that it is easy to stay and get much. It is also very enriching to gain exposure to colleagues from all over the country and even the world through friendly encounters and/or through attending the workshops with a breadth of talented and deeply knowledgeable professionals in our field.

Looking forward to seeing you all at another great MSCH offering in June, with Steve Gilligan.

Delle Jacobs, MSW, LICSW, LMFT, was trained in hypnosis in the early 90's. Hypnosis sparked her imagination then and has invigorated her psychotherapy practice ever since. Active in both MSCH and ASCH, Delle has taught at all levels of ASCH trainings, including ASCH Regionals, Individualized Consultation Training, and has offered her



"Conscious Breath Workshop," at the ASCH national conference. Delle is an ASCH Approved Consultant. She will be serving her first position at ASCH in 2016, as moderator for the Board of Governors, which is the annual meeting for all component sections of ASCH including MSCH.

having little memory of childhood but assuming it was a happy one, limited capacity for insight or empathy, too little anxiety, and mismatched affect. Their clinical diagnoses vary, as their presenting symptoms drive the diagnosis. "No Self" clients cut themselves off from their emotions. The focus of treatment is to facilitate the client being able to feel in order to develop a sense of self.

It was particularly helpful when Noel contrasted depression and dissociation. Depression is characterized by pervasive emotional pain which may include physical pain. Affect, often extreme, is expressed. Dissociation, however, is typically characterized by a void of emotional pain. Inappropriate, lack of, or rapid shifts in affect are manifested. Dissociation might show as physical pain. There is often a vacant look in the client's eyes or a lack of eye contact.

Noel described her approach with the "No Self" client as systemic psychodynamic psychotherapy. She seems to be particularly gifted in using herself and getting "up close and personal" with her clients in a

*Continued on Page 12*

very courageous and powerful way to effect change. She calls this going “nose to nose” with the client as she invites them to move toward their feelings. She explained that these clients need to know they are “the light in our eyes,” and this is immediately apparent to the clients when we greet them in our waiting rooms.

Many of the skills used in this approach mirror those used in hypnosis. Attunement with the client is enhanced through tone, tempo, and rhythm of voice, posture, body movements, facial expression, and eye gaze. Repetitive anchoring of appropriate emotion is used as well.

In her compassionate yet clearly descriptive style, Noel explained the risks therapists face with these clients. The more we take in our clients’ feelings, the more dissociated we will be. “Don’t run your client’s feelings through you. Run your feelings through your client,” she said. If we are unable to open ourselves and be highly attuned to these clients, we need to refer them on. If we are afraid of a client, we cannot be attuned to them. We must do our own personal work, because the most unexpected challenge she offered us was to help our clients become more like us!



Our presenter, Noel Larson, on the right, demonstrates compassion and acceptance as she connects deeply with her “no-self client” during a role-play, helping the client move toward experiencing emotions and developing a sense of self.



Karen K. Hasse, PhD, LP, LMFT, is in private practice in Chanhassen, MN. She specializes in working with couples in long-term committed relationships experiencing a loss of intimacy. She also provides individual therapy primarily to adults. She can be contacted by phone at (952)934-9175.

### Opportunity to Help MSCH: Editor or Social Media Coordinator

I have enjoyed acting as Editor of Images for about five years but am ready to transition to other roles. I plan to do so over the coming year, being fully out of this role by July, 2016. The Board has discussed whether we should continue the traditional newsletter or begin to communicate via a blog format. We are seeking MSCH members who may have experience with editing or with social media and are interested in either sustaining Images by taking on editorship or helping to design and maintain a blog.

The board has wondered if there may be someone in our ranks who would really be interested in exploring the untapped potential of our new website and social media for more frequent and lively exchanges of ideas, resources, and information. Alternatively, if someone is interested in helping to keep Images going as a new editor, our very capable administrative assistant, Deb Schrobilgen, would be glad to work with you. She has done a wonderful job of creating the actual layout of Images.

I would also be happy to assist anyone over the coming year with a changing of the guard. If you are interested, please contact me as soon as you are able. Thank you!

- Carol Rogers-Tanner, Images Editor

[carolrt@q.com](mailto:carolrt@q.com) or phone: home: 651.436.8771; cell: 651.285.4917.

**The 2015-2016 Continuing Education in Hypnosis Program**

by **Dan Kohen, MD**, Director of Education and Training, MSCH

The 2015-2016 Education Program promises to be TERRIFIC and both EVOCATIVE and PROVOCATIVE! First, please note the theme: **"BEING HYPNOTIC: What Makes it Hypnosis and How Do I Find it, Do it, Foster it in My Office?"**

As you peruse what's coming up in the year ahead we hope and expect you to be intrigued, to come, to participate, and to stretch yourself. We believe we have developed a program which invites you to explore all the NEW ways you can apply your continually evolving hypnosis SKILLS as you help your patients and clients discover how to help themselves. Please plan to participate in learning from Drs. Simpkins at the Annual Rosenthal Workshop this Fall, and please note the exciting program planned for the 1st Annual Shep Myers Memorial Workshop in Spring, 2016, and everything before, after, and in between.

When you get a chance please be sure to join me in offering appreciation and gratitude to our Continuing Education Planning Committee, David Alter, Mary Grove, and Peggy Trezona, for all of their energy, wisdom and insight in putting together the 2015-16 Program. Please let me or our President, Ben Wolf, know if you are interested in participating in the Education Committee in the coming year.

Looking forward to seeing you at the Annual Workshop and beyond!  
Happy Spring!

**2015-2016 Program in Continuing Hypnosis Education**

**Theme: "Being Hypnotic:**

**What Makes it Hypnosis and How Do I Find it, Do it, Foster it in My Office?"**

<b>Date/Location</b>	<b>Focus/Title</b>	<b>Speaker</b>
<b>June 4-6, 2015</b> Crowne Plaza Mpls West Plymouth, MN	44 <sup>th</sup> Annual MSCH/U of MN Introductory & Advanced Workshops in Clinical Hypnosis	Guest Faculty: Stephen Gilligan, PhD
<b>WEDS June 24, 2015</b> 5:00 PM – 9:00 PM Carondelet Center 1890 Randolph Ave St. Paul, MN 55105	Follow-Up to Annual Workshop	Workshop Faculty
<b>August 26-29, 2015</b> Le Meridien Etoile PARIS, FRANCE	INTERNATIONAL CONGRESS OF HYPNOSIS International Society of Hypnosis ISH	Information: <a href="http://www.cfhtb.org">www.cfhtb.org</a>
<b>SAT Sept 26, 2015</b> 9:00 AM – 12:00 N Carondelet Center	Healing the Body/Mind: Creating Re-Regulation Experiences for Chronic Medical Patients with Psychological Trauma	Faculty: Suzanne Candell, PhD
<b>Sept 30-Oct 4, 2015</b> Rosen Plaza Hotel Orlando, FL	66 <sup>th</sup> Annual Workshops & Scientific Sessions Society for Clinical & Experimental Hypnosis (SCEH)	Faculty And Info: <a href="http://www.sceh.us">www.sceh.us</a>
October 15-17, 2015 Crowne Plaza Mpls West Plymouth, MN	NPHTI Pediatric Hypnosis Skill Development Workshops Introductory•Intermediate•Advanced <i>National Pediatric Hypnosis Training Institute MSCH &amp; U of MN Dept of Pediatrics</i>	Internationally and Nationally recognized Faculty INFO: <a href="http://www.nphti.com">www.nphti.com</a>
<b>SUN Oct 25, 2015</b> 9:00 AM – 4:30 PM Carondelet Center	<b>20<sup>th</sup> Annual Rosenthal Retreat</b> Members Only Integrating Hypnosis and Meditation for Mind/Brain Change	Guest Faculty: Annellen M. Simpkins, PhD C. Alexander Simpkins, PhD Authors (28 books!), International teachers Website: <a href="http://simpkins.radiantdolphinpress.com">simpkins.radiantdolphinpress.com</a>

**2015-2016 Program in Continuing Hypnosis Education**

**Theme: "Being Hypnotic:**

**What Makes it Hypnosis and How Do I Find it, Do it, Foster it in My Office?"**

<b>Date/Location</b>	<b>Focus/Title</b>	<b>Speaker</b>
<b>THURS Nov 12, 2015</b> 6:30 PM – 9:30 PM Carondelet Center	Accessing the Creative Flow of Trance Building on the Lessons from Stephen Gilligan's June, 2015 Workshop	Faculty: David Alter, PhD + To Be Determined
<b>THURS Jan 14, 2016</b> 6:30 PM – 9:30 PM Carondelet Center	To Be Announced Recovery of Hope & Faith in the Face of Loss Promoting in-session Resourcefulness – Utilization in Every day Encounters	Faculty: Harriet Kohen, LICSW, CPT Deb Rich, PhD Denise D'Aurora, MEd, LP
<b>THURS Feb 11, 2016</b> 6:30 PM – 9:30 PM Carondelet Center	Heightening Responsiveness to Suggestions: Crafting the Language that leads to Change. <b>** VIDEO EXAMPLES ** ** PRACTICE **</b>	Faculty: David Alter, PhD Dan Kohen, MD
<b>MARCH 11-15, 2016</b> Hyatt Regency St. Louis at the Arch ST. LOUIS, MO	<b>58<sup>th</sup> ANNUAL Scientific Meeting and Workshops</b> <b>American Society of Clinical Hypnosis (ASCH)</b>	<b>Info:</b> <a href="http://www.asch.net">www.asch.net</a>
<b>SAT Mar 19, 2016</b> 9:00 AM – 12:00 N Carondelet Center	Therapeutic Convergences & Divergences: The Places where EMDR & Hypnosis Meet	Faculty: Marc Davis, PsyD
<b>SUNDAY</b> <b>March/April, 2016</b> To be ANNOUNCED 9:00 AM- 4:30 PM	1 <sup>st</sup> Annual Shep Myers Memorial [All Day] Workshop The Role of Spirituality in Healing (Incorporating Ancient Tools into Contemporary Clinical Practice: The Role of Faith, Meditation, and Inspirational Yearnings in the Office)	Faculty: Rabbi Amy Eilberg Author, Spiritual Director, Director, Interfaith Programs Jay Phillips Center for Interfaith Learning, Adjunct Faculty, United Theological Seminary and St. Catherine University And ...To be announced
<b>SAT May 7, 2016</b> 9:00 AM- 12:00 N Carondelet Center	Spring Training: How has the Year Been? Getting Ready for Advanced	Faculty: David Alter PhD
<b>THURS – SATURDAY</b> <b>June 2-4, 2016</b> Crowne Plaza Mpls West Plymouth, MN	45 <sup>th</sup> Annual MSCH/U of MN Introductory and Advanced Workshops in Clinical Hypnosis	Guest Faculty: Mark Jensen, PhD University of Washington
<b>SUNDAY</b> <b>October 9, 2016</b>	Rosenthal Retreat Hypnotic Learnings from the Neurodiverse: A Hitchhiker's Guide.	Guest Faculty: Laurence I. Sugarman, MD, ABMH Rochester Institute of Technology & University of Rochester, NY

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**2015-2016 ASCH National and Regional Workshops**  
**Information: [www.asch.net](http://www.asch.net)**

- June 7-14, 2015* Workshop at Sea, Holland America Lines, Alaska Inside Passage
- June 18-21, 2015* Crowne Plaza Old Town Alexandria, Alexandria, VA
- September 17-20, 2015* Hyatt Regency Schaumburg, Schaumburg, IL
- October 1-4, 2015* Double Tree by Hilton San Antonio Downtown, San Antonio, TX
- December 17-20, 2015* Sheraton Sand Key Resort, Clearwater Beach, FL
- March 11-15, 2016* 58<sup>th</sup> Annual Scientific Meeting and Workshops  
Hyatt Regency St. Louis at the Arch, St. Louis, MO



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