



To the members of the Minnesota Society of Clinical Hypnosis,

It is with a heavy heart that I am writing to you today. For those of you who don't know, over the course of the summer I have had increasing struggles with my health. I realized at the end of the summer, that I could no longer give MSCH the commitment and time needed in my current role. Therefore I made the difficult decision to resign my position on the board. I hope to remain an active part of the organization and I am excited about the future of MSCH.

- Benjamin Wolf, MSW, LICSW



President's Suggestion

Isn't it amazing that when we take a break in our own busy lives, when we look around and notice our surroundings, and when we have time to pause and reflect, we are reminded of the circular nature of life? It is a universal principle or truth. This most amazing fall blessed us with needed rain, warm pleasant temperatures, and bountiful harvests. Winter bliss and rest will follow it. Then in a few months, the sprouting of new life in the spring and the sustained growth during the summer season will complete one cycle. This fall, I was given the opportunity to return to the MSCH Board and presidency of our organization. I was immediately reminded of the circular nature of life. Life is circular, patterns do repeat.

This opportunity came at a tremendous cost to our board, our organization and to many of us personally. The passing of Shep Myers, then medical issues reminding Ben Wolf to focus on his health have created challenges, holes, and opportunities. Ben's hard work and devotion to MSCH leadership will be missed.

During these changes, members of the board have jumped into action continuing to plan and organize our primary mission of providing the best education in the clinical practice of hypnosis. Our educational calendars are packed with wonderful national speakers and our monthly workshops highlight the best local talent. I want to personally acknowledge and thank recent and current board members and officers, committee and task force members and all those who have volunteered to make it happen. It is a job well done.

During our last board meeting, a number of astute clinicians brought to focus the grief and loss still pervasive at our monthly board meetings. The circular nature of life and death and the cycle of loss and healing come to mind. Wow! What a realization. Wow! What a board. Wow! What an organization. Our strength is in our members. Together, we can accomplish anything. Together, we grow. Acknowledging these feelings and making plans to work with and through them is our next task. As everyone is aware one cannot go around grief, one must go through it. I want to extend an open invitation to our membership to approach and thank our current and past board members, volunteers and instructors for their contribution to our success.

And so, I return to the presidency with new hope and enthusiasm. I am anticipating our next stage of growth and change. I invite all members to connect once again at a deep level to each other and the organization I love. I want to thank everyone for this opportunity to serve again.

-Al



Al Clavel, MD, MSCH President

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News of Note

Opportunity to Help Remember and Honor Shep Myers

FYI, MSCH has learned from former President Shep Myers's wife Deb the following news.

Shep's family has "adopted" a section of the Greenway Bike Trail in memory of Shep. This part of the Greenway Trail runs behind Anne Sullivan Elementary School and ends by Brackett Park, where Shep (and other MSCH members) loved bicycling. There will be a sign saying "Adopted by the family and friends of Shepherd (Shep) Myers." As part of Deb's "adoption" process she committed herself to scheduling two "cleanups on the Greenway" per year.

If you would like to be notified by email when Deb schedules future dates to clean up the trail please notify MSCH by sending an email to Cheryl Bemel at c.bemel@comcast.net. MSCH will have a group of volunteers ready to help Deb and you can participate! Feel free to also contact Cheryl if you would like to learn more.



Shep helping out with a skit about the MSCH Social Group and our biking shirts at the June 2013 workshop.

MSCH Social Group Bikes and Dines

The MSCH Social Group got off to a fun start on Friday evening July 10th with a 20 mile TEAM MSCH bike ride, followed by a larger group gathering for dinner and cocktails. Thanks to all who attended! - Cheryl Bemel



L-R: Brockman Schumacher, Jack Rusinoff, Delle Jacobs, Sanford Bemel, and Cheryl Bemel.

Suggestions Sought for Nominations to the MSCH Board of Directors

The Nominations Committee is seeking suggestions for members who might be a good fit for upcoming openings on the Board of Directors. It is a wonderful opportunity to be part of and work with a dynamic group of peers. Recently we have started and ended with a bit of hypnosis. An atmosphere of positive energy and mutual support is being fostered.

We expect to be seeking people to fill these roles in particular:

Social Media Coordinator or Editor. An opportunity to continue the development of our blog and determine the future shape of this newsletter. One of our savvy and generous members, Jennifer Stoos, has been extremely helpful with blog development. Our Administrative Secretary, Deb Schrobilgen, continues to create the layout of the newsletter. Both are great people with whom to work.

Board Secretary. Mary Grove will be turning over the responsibilities of taking notes and providing minutes from our monthly meetings.

If you are interested in being considered for a board position yourself or would like to suggest someone else from the membership, please contact Al Clavel, President dclavel@comcast.net. Also please feel to contact Al or any other current or past board member if you would like to hear more about what it is like to serve on the board.

Reflections on the 2015 Intermediate/ Advanced June Workshop with Stephen Gilligan

[How I learned to take my client beyond EMDR and
Ego State Therapy with Generative Trance](#)

- by Carol Rogers-Tanner, MSE

Click on the Title above to see the blog article.



Stephen Gilligan and a volunteer attendee during a demonstration.

Peggy Trezona, MS, RN, CS

Recipient of the 2015

David M. Wark Outstanding Teacher Award

- by nominator and presenter, Greg Heberlein, MA

I nominated Peggy Trezona and Kate Pfaffinger for MSCH's 2015 David Wark award for Excellence in Hypnosis Education. Since Kate won this award a year or two ago she is deferring (one plaque apparently is enough) so Peggy is the recipient of this year's award. I know Peggy as a colleague, having officed practically right next door to her for several years and we participated together in a monthly consultation group. As a clinician, she is the epitome of thoughtfulness, care and clinical wisdom. But today we are recognizing her for her gifts as a teacher.

Peggy and Kate deserve special recognition for the pair of workshops they developed and offered to MSCH members: Working with Suffering: Integrating Hypnosis and Mindfulness, offered in March of 2013, and Hypnosis and Self-Compassion, offered in March of this year.

These workshops were well attended and very well received by the attendees. After each one I felt I'd just experienced a work of true craftsmanship (or perhaps craftswomanship might be more accurate). Consider: when a master cabinetmaker sets out to build a cabinet or table, he or she selects just the right woods, assessing each piece for its aesthetic and practical qualities; he or she then shapes and sands each component piece, and then carefully assembles those pieces into a harmonious whole. The finished product is both functional and beautiful. So, too, did Peggy and Kate select, shape and organize a number of different elements into a coherent whole, and then delivered them so skillfully, creating two impactful, useful and lovely learning experiences. Specifically:

- They provided a thoughtful review of the literature on each topic, reflecting their willingness to immerse themselves in the recent research and current thinking.
- They beautifully wove poetry and video into the workshops in a way that was quite evocative and often touching, allowing us to access a range of our own associations and personal experiences.
- They provided several experiences of trance, which gave us a direct encounter with the potential power and utility of what they were teaching.
- They were quite generous in providing a wealth of scripts and poems, as well as extensive resource lists. These resources made it very easy to begin using what I'd learned in my own practice and to dig deeper into that material myself. I've heard this was true for other attendees as well.

Peggy and Kate, each of you clearly knows your stuff on a deep level. I so much appreciate the effort, thoughtfulness, creativity and skill each of you put forth in creating these learning experiences for us. I believe your work truly

represents what is best in MSCH. Thank you and congratulations! I look forward to what you might offer us in the future!

Dr. Andrew J. Barnes

Recipient of the 2015

Daniel P. Kohen Outstanding Clinician Award

- by nominator and presenter, Daniel Kohen, MD

Dr. Barnes is an unusually committed individual. I first met him when he came to a Pediatric Grand Rounds I presented at the University of Minnesota. He was a 2nd year Medical Student at the time. Not unlike others, he came up to me after the presentation was over and asked if I had any reference material that he could read in addition to what was presented. I told him I would be happy to offer specific suggestions and gave him my card, inviting him to call or email and set up a time when we could meet and have a more leisurely conversation. Most people say, "Thank you," and take the card and I never hear from them again.

Not so with Andy. He called and then we met. The following year he did a Pediatric student rotation with our group, and the year after that, as a Senior medical student, he took the MSCH Introductory Workshop and did an elective with me in Hypnosis. Then he became a Pediatric Resident and did additional electives with us, while also doing Pediatric Hypnosis Workshop training in workshops we taught through the Society for Developmental and Behavioral Pediatrics. After his 3 year Pediatric residency Dr. Barnes opted to do a 3-year Fellowship in Developmental-Behavioral Pediatrics, also with our program. He has had a long and strong commitment to service in MSCH, teaching as a small group Facilitator in the MSCH Annual June Workshop, as well as doing Pediatric Seminars during the Continuing Education year. He has also been a member of the NPHTI faculty for several years where he has given presentations and taught small groups. He utilizes hypnosis actively in his daily practice of developmental-behavioral pediatrics, and has created several very instructive video recordings for use in teaching. His patients and families love him and so do we!



L-R: Andy Barnes, Dan Kohen, David Wark,
Peggy Trezona, and Greg Heberlein.

Review of September Workshop



Our Presenter,
Suzanne Candell, PhD

**Healing the Body/Mind -
Creating Re-regulation Experiences
for**

**Chronic Medical Patients with
Psychological Trauma**

Reviewer: Gretchen Van Hauer, MD

On Saturday September 26, 2015, MSCH members gathered at the Carondelet Center for this presentation by Suzanne Candell, PhD. There she shared her wisdom and experience in working with patients who suffer not only from medical illness but also bear the wounds of psychological trauma.

Suzanne opened by reviewing medical research that links childhood trauma to the development of chronic illness. Many adverse experiences such as abuse, neglect, witnessing violence, and homelessness can lead to experiences of intense fear, helplessness or horror. These in turn lead to unbearable states of hyper-arousal and self-preservation through dissociation.

Repeated over time such experiences live on in the body/mind, and individuals are more vulnerable to becoming ill. Trauma can also complicate medical illness in many ways.

- Patients are less able to cope with medical illness and its stressors.
- Patients easily trigger into states of hyper-arousal or dissociation. Even common diagnostic procedures and preventive care such as pelvic exams or dental care are neglected or tolerated with suffering.
- Complex symptom states develop. Hyper-aroused patients, vigilant to their bodies, react with alarm to normal somatic sensations, frustrate easily and are impatient to be fixed. Dissociated patients may neglect symptoms until overwhelmed by them or gravely ill.
- Patients have difficulty assimilating verbal content of medical information and using it for self-care.
- Patients may develop maladaptive ways of interacting with their health care team.

Suzanne introduced the concept of a "Window of Tolerance," wherein one lives in one's body, with some degree of comfort, and capacity to self-soothe and re-regulate. In traumatized individuals the window narrows and patients are easily triggered into states of prolonged or oscillating hyper-arousal or dissociation.

As patients heal, this window widens. Hypnosis is a powerful means to foster healing by creating re-regulating experiences with and for the patient. However, to meet these complex patients where they are, hypnotherapeutic approaches may need modifications. Suzanne described modifications for hypnosis such as:

- Grounded hypnosis - eyes open, in sensory contact with the environment to practice tolerable embodiment.
- Realizing that invitations to relax, feel safe and comfortable may be foreign or threatening to patients with little experience of such body/mind states.
- Neutral hypnosis - invite patients to experience just a small part of their body as neutral, "kind of okay," a starting point to journey towards safety.
- Toggling - guide patients in mindful shifts of attention from areas of discomfort to neutral areas, until the discomfort subsides, and then back again.
- Help patients find and internalize their helpful others, whoever they may be.
- Embrace patients' ambivalence to healing and their need to preserve symptoms. It takes courage to heal the body/mind in which they have lived for so long and that is so important to their sense of self.

Suzanne also offered caution regarding trauma assessment and suggested a "less is more" approach. Simple yes or no answers or endorsing trauma on an intake form can suffice. Avoiding a level of questioning that engenders resistance or triggers distress is essential.

In her interaction with us, Suzanne embodied her quiet invitation to be present and open to the simplicity and complexity of this work. She offered her knowledge on levels useful to clinicians at all levels of experience. Handouts were detailed so note taking was not needed and her references were extensive. In the end we could leave more able to offer our patients something they were deprived of having - a chance to live in peace inside their own body and mind.

Gretchen Van Hauer, MD, is an out patient psychiatrist with Allina Health at Abbott Northwestern. Her practice is devoted to the care of patients with cancer. She offers diagnostic assessments, treatment planning, pharmacotherapy and supportive care and accepts referrals from within Allina and Minnesota Oncology. She can be reached at 612-719-4570.



Our Reviewer,
Gretchen Van Hauer

Welcome our Newest MSCH Members

Jennifer Bassett	Kimberly Kilgore	Michael Schaeffer
Victoria Beck	Kaitlin Kolstad	Aysem Senyurekli
Carmen Berzinski	Ina Lasmane	Jennifer Silverness
Anita DaHinten	Laura Lindekugel	Sermerit Strachan
Jill Donelan	Clare MacDonald	Connie Studer
Diane Foy	David Mainguy	Kelly Sve
Dana Gareberg	Nancy Paulson	Gretchen Van Hauer
Anjali Goel	Ana Pereira	Ryan Van Wyk
Leslie Groome	Laura Phillips	Alicia Vandenberg
David John	Michele Rinne	Michelle White

Report from the 2015 International Society of Hypnosis Conference

- by Carol Rogers-Tanner

[Report from the 2015 International Society of Hypnosis Conference](#)

Click on the title above to see this blog article.
(As I write this today, November 14, 2015, our thoughts and support are with all the people of France.)



Jeffrey Zeig during a demonstration with an attendee at the ISH conference.

Deepening Skills in Clinical Hypnosis with Children:

Review of the National Pediatric Hypnosis Training Institute (NPHTI)

2015 Intermediate Workshop

by Marie-Gabrielle J. Reed, Ph.D., L.P.



NPHTI Co-Founders/Co-Directors, and Faculty:
Pam Kaiser and Dan Kohen.

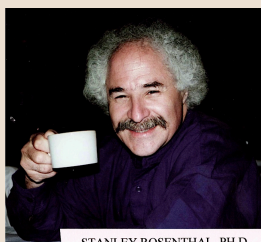
[Deepening Skills in Clinical Hypnosis with Children:
Review of the National Pediatric Hypnosis Training
Institute \(NPHTI\) 2015](#)

Editor's note: Marie-Gabrielle Reed bravely took on the challenge of being the first person (after me) to write for our blog. One of our aims for a blog article is to entice other professionals to pursue MSCH (or NPHTI) trainings and ultimately become MSCH members. It's not as easy as you might think to follow suggested guidelines toward this end, but Marie-Gabrielle did a wonderful job. Click on the link above and enjoy!



Our reviewer,
Marie-Gabrielle Reed.

2015 Rosenthal Retreat



STANLEY ROSENTHAL, PH.D.
The man we honor every year at the Rosenthal Retreat. Stan was a much loved and respected colleague, still sorely missed by all who still remember him.

Integrating Hypnosis and Meditation for Mind/Brain Change

Presented by

**Annellen M. Simpkins, PhD, and
C. Alexander Simpkins, PhD**

Comments by Carol Rogers-Tanner, Images editor



Our presenters,
Annellen and Alexander Simpkins.

I did not ask that we line up a reviewer for this year's Rosenthal Retreat so there is no formal write up for Images. However, fifty-four of you were there, and many took time to write comments on their evaluation forms. There were positive comments about the impressive research the Simpkins have done and the depth of their knowledge. One person commented, "Teaching people to pay attention to what is in the back of the mind was a useful theme." Another appreciated "nice ways of explaining information that will be easy to pass on the clients and in ways that they will understand." A number of attendees mentioned that the clinical examples were quite helpful.

If you were not one of the lucky fifty-four, you can still find out about their work. Jennifer Stoos interviewed them for the MSCH website podcast, which you can find [HERE](#). Listening to her twenty-two minute podcast interview with the Simpkins, as I just did while washing the dishes, is a good way to get a bit of a flavor for the Simpkins and their breadths of knowledge and interests. I especially

liked their comments about therapists needing to listen without judging, and being open to taking what is presented as a problem and utilizing it as a strength. For example, suggesting that a patient complaining of being too forgetful could forget to overeat, since her weight was a primary presenting problem.

Jennifer and I have had a number of conversations about ways in which MSCH might experiment with the blog and newsletter formats to support our mission. We are hoping to use more energy "on the front end instead of the back end," aiming at drawing more professionals to our trainings and membership by giving information about upcoming events.

When we do share reviews, one direction we want to explore is encouraging people to write about how they have taken what they have learned and put it into action. **I invite you to let us know what you are learning as you try out what you took from the Simpkins. I would love to receive a few sentences or a few paragraphs from you.**

(carolrt@q.com.) Or **you can even submit an article** such as the blog article I wrote after working with Gilligan's Generative Trance approach for two to three months. [How I learned to take my client beyond EMDR and Ego State Therapy with Generative Trance.](#)

By the way, MSCH does pass on all written feedback to presenters as well as a compilation of ratings from the evaluations. (The MSCH Board of Directors also reviews this information.) So the Simpkins will also see constructive criticism, and get a chance to harness their own neuroplasticity, as we all hopefully do when we get feedback!



Rosenthal attendees enjoy lunch and a chance to talk and connect with fellow members of MSCH.

Minnesota Society of Clinical Hypnosis

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?"

Date/Location	Focus/Title	Speaker
THURS Jan 14, 2016 6:30 PM – 9:30 PM Carondelet Center	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
THURS Feb 11, 2016 6:30 PM – 9:30 PM Carondelet Center	Heightening Responsiveness to Suggestions: Crafting the Language that leads to Change. ** VIDEO EXAMPLES ** ** PRACTICE **	Faculty: David Alter, PhD Dan Kohen, MD
MARCH 11-15, 2016 Hyatt Regency St. Louis at the Arch ST. LOUIS, MO	58 th ANNUAL Scientific Meeting and Workshops American Society of Clinical Hypnosis (ASCH)	Info: www.asch.net
SAT Mar 19, 2016 9:00 AM – 12:00 N Carondelet Center	Therapeutic Convergences & Divergences: The Places where EMDR & Hypnosis Meet	Faculty: Marc Davis, PsyD
SUN April 17, 2016 9:00 AM – 4:30 PM Carondelet Center	1 st 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
SAT May 7, 2016 9:00 AM– 12:00 N Carondelet Center	Spring Training: How has the Year Been? Getting Ready for Advanced	Faculty: David Alter PhD
THURS – SATURDAY June 2-4, 2016 Crowne Plaza Mpls West Plymouth, MN	45 th Annual MSCH/U of MN Introductory and Advanced Workshops in Clinical Hypnosis	Guest Faculty: Mark Jensen, PhD University of Washington
SUNDAY October 9, 2016	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

2015-2016 ASCH National and Regional Workshops
Information: www.asch.net

December 17-20, 2015 Sheraton Sand Key Resort, Clearwater Beach, FL

March 11-15, 2016 | 58th Annual Scientific Meeting and Workshops
Hyatt Regency St. Louis at the Arch, St. Louis, MO



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