

GPSCH HypNews

Newsletter of The Greater Philadelphia Society of Clinical Hypnosis
Volume 7 Number 2-3 Spring-Summer 2011

FROM THE PRESIDENT - Reinhild Draeger-Muenke, PsyD, LMFT

Thoughts from your President about ASCH's Annual Meeting in Las Vegas, Innovations in Clinical Hypnosis and GPSCH. Just back from ASCH's inspiring annual meeting - I want to suggest right away that you consider attending the next Annual Meeting that will be held in Charlotte, NC, March 16-20, 2012. Yes, we are spoiled here in Philadelphia, having ample opportunity to learn from some of the best in the field of clinical hypnosis without having to go much farther than Roxborough Memorial Hospital or Jefferson Medical School. Why bother with ASCH and annual meetings then? Well, here are some thoughts.

There is cutting edge information about Clinical Hypnosis to be had. This year's plenaries featured: Michael Roizen, MD, discussing Real Age and everyone's ability to live healthier lives by increasing control over which individual genes are turned on or off; Paul Leher, PhD, presenting principles and practice of stress management; Eric Vermetten, MD, PhD, on the biological basis of trauma-related disorders and mind-body strategies for prevention and healing; Mark Jensen, PhD, on the differentiated use of hypnosis in chronic pain, based on which cortical areas and neurophysiological processes are influenced. You can still listen to these plenaries by purchasing a video-recording. Next year's plenaries will be equally exciting - preparations are already in full swing. Also presented were Hands-On "Quickshops" on Applied Biofeedback, Using Technology in your Practice, Ethics and Ideomotor Signaling.

Here are a few examples of the many fabulous workshops - only at ASCH: "Teaching Hypnosis - The ASCH Standards of Training for Certification and Approved Consultant" (Julie Linden and Ran Anbar) - brand new, a must for anybody who is interested in beginning to teach hypnosis; "Pain Control" (Dave Patterson and Mark Jensen) - state of the art!; Hypnosis for

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Skin Procedures and Disorders" (Phillip Shenefelt) - innovative and immediately applicable; "Dental Hypnosis" (Ashley Goodman and Gabor Filo) - anything you ever wanted to know about making *your* next dental visit a pleasant one; "Helping Young People with Pervasive Developmental Disorders Help Themselves" (Laurence Sugarman) - cutting edge interventions with hypnosis and biofeedback; "Hypnosis in Couples Therapy" (Carolyn Daitch and Sheryll Daniel) - wonderful, creative, thoughtful, immensely useful. Videotapes are available - in case you are sorry you missed these presentations.

There is a bigger community of Clinical Hypnosis practitioners out there: Meet practitioners from many different disciplines; Share a meal with a local, national or international conference attendee and compare notes; Go to a Nurse's or Professional Counselor's luncheon - or organize one for your profession; Connect with a Hypnosis newbie and share your enthusiasm about Clinical Hypnosis - Or be that newbie and enjoy another professional reaching out to you. See you in Charlotte next year! I will be there, for sure.

GPSCH is one of the largest and most active Component Sections of ASCH, and many of GPSCH's members have served as ASCH officers and have presented at ASCH meetings. In order to keep this tradition vibrant, consider joining ASCH, if you are not already a member, or consider stepping up your involvement. You may find that among the rewards of engagement is professional and personal growth.

ASCH can definitely do for you - but you can also do for ASCH. Improving communication between ASCH and its component sections has become one of my goals as Chair of ASCH's standing Component Section Committee. So let me know your thoughts on how ASCH and GPSCH can become mutually beneficial to each other. And in the meantime, check out the many wonderful resources ASCH is making available - even for nonmembers! Searchable database? Library? Webinars? Updated Component Section Manual? Guidelines how to submit workshops for CEs? Slide kit on hypnosis? Evolving Standards of Training? Evolving thoughts on Workshop Safety? Listserve? All there for the taking. So, in all fairness: what might you want to give in return? How might you want to become involved?

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Within the next few weeks, ASCH will open up the listserve to all members of a component section - yet another way to be in touch with the broader Hypnosis community.

I am chairing a task force on the formation of Special Interest Groups for ASCH - a survey will come out shortly - please fill it out so that we have some idea about how to proceed.

If you are interested in further training in the area, look for the Regional Workshop in Alexandria, VA, June 2 - 4, 2011. The advanced program on Integrative Medicine and Dissociation looks very promising.

All in all, as GPSCH's President and as a member of the ASCH Executive Committee as the outgoing Moderator, as well as a Chair of the Component Section Committee and Co-Chair of the Education Committee, I am biased: Both GPSCH and ASCH are great promoters of Clinical Hypnosis. Now, if they could join forces a little more....

Respectfully Submitted,

Reinhild Draeger-Muenke, PsyD, LMFT

BRIEF REPORT - ASCH Annual Meeting, March 6, 2011, Las Vegas, NV

The 2011 ASCH Annual Meeting was a chance to re-connect with old colleagues and meet new ones. As always, there was a wide array of workshops held on a range of subjects. Amongst the plenary speakers, Dr. Michael Roizen of the Cleveland Clinic spoke on "Real Age" and the role that mind and body play in maintaining or decreasing wellness. For more information on Dr. Roizen's work visit his website @ RealAge - Health Tips. In addition, we witnessed the changing of the guard as Dr. Elgan Baker finished his term as ASCH President and Dr. Ran Anbar assumed the association presidency. We look forward to new and exciting changes in the upcoming year as the inaugural ASCH Ambassador Program continues for another year as part of ASCH's plan to expand its outreach.

Respectfully submitted,

Eric B. Spiegel, PhD

GPSCH Representative, ASCH Annual Meeting

MEMBER NEWS

Welcome New Members

Cris L. Chambers, PsyD - Full Member

John Hudome, MSW - Full Member

Congratulations to **Reinhild Draeger-Muenke, PsyD, LMFT**, for receiving ASCH's Award of Merit for her work as two-term Moderator.

Congratulations to **Stephen G. Glass, ED.M.** who had published in the *American Society of Clinical Hypnosis Newsletter, Winter, 2011* a brief historic account, *The Greater Philadelphia Society of Clinical Hypnosis (GPSCH)* and *Between Here and There, Nowhere and Someplace - Where are You?*, a version of the original hypnotic suggestions for health care professionals piece that appeared in *GPSCH HypNews, Vol. 6 No. 2-3 Spring-Summer 2010*.

Congratulations to **Richard P. Kluft, MD, PhD** for receiving ASCH's Presidential Award for his work with the AMA on behalf of Hypnosis.

Congratulations to **Julie H. Linden, PhD** for receiving ASCH's Presidential Award for her work on the Standards of Training.

Congratulations to **Eric B. Spiegel, PhD** for being appointed Moderator Elect at ASCH, officially beginning his term March 16, 2012.

This section is for you. Let us know what you are doing or have written, presented, taught, or if you have been honored in some way. Share the good news! Please submit Member News and items of interest for "You've Got Mail" to Stephen.Glass@crozer.org

"YOU'VE GOT MAIL"

A copy of GPSCH Bylaws Amendments Proposals and a Sample Ballot for revising the Nominations and Elections Committee, Nominations and Election Procedures has been previously sent to Members for review. Voting shall take place at the Annual Meeting, Sunday, May 22, 2011, 10:00 AM.

September 14-18, 2011 - 62nd SCEH Annual Workshops and Scientific Program in New Orleans. For more info: www.sceh.us.

March 16-20, 2012 - 54th ASCH Annual Scientific Meeting & Workshops in Charlotte, NC. For more info: www.asch.net.

This is to acknowledge the life and death of **Clorinda G. Margolis, PhD, ABPH** (June 2, 1930 - March 31, 2011). Coco was a clinical psychologist and a health psychologist before health psychology became mainstream. Dr. Margolis had been Principal Investigator of research contracts with the National Cancer Institute and St. Agnes Burn Center in Philadelphia, PA. She was President of Margolis Berman Byrne Health Psychology, PC (MBB) in Philadelphia and Clinical Professor, Department of Psychiatry and Human Behavior, Thomas Jefferson University Medical School. Coco was a Fellow, American Psychological Association, Division of Psychotherapy and Division of Psychological Hypnosis; Fellow, Pennsylvania Psychological Association; Fellow, SCEH; Diplomate and Board Member, American Board of Psychological Hypnosis. Dr. Margolis received the Milton H. Erickson Award of Scientific Excellence for Writing in Hypnosis, *American Journal of Clinical Hypnosis (Special Issue on Hypnosis and Cancer)*, January, 1984. Coco was a decades-long GPSCH Member and Past President; ASCH - Approved Consultant in Clinical Hypnosis; senior clinician; master hypnosis teacher and trainer via MBB (an APA-Approved sponsor for continuing education for psychologists); colleague; friend; and mentor to many. Her work has been published in scholarly journals and the public press. As well, she had been on the editorial staff of professional journals. With the loss of Coco Margolis, our hearts are "warm and heavy," but we may be "relaxed and calm" knowing that we have incorporated her teachings and humanity and we will continue to acknowledge her as MBB continues to be our APA CE sponsor for GPSCH workshops. Peace. - SGG

ACADEMIC CALENDAR

2011

SUN SEP 11 Using Hypnosis with IBS and IBD
10 AM - Noon Lynn S. Dworsky, MD

FRI SAT SUN The Fundamentals of Hypnosis
SEP 16, 17, 18 Basic Workshop in Clinical Hypnosis
GPSCH Faculty

SUN OCT 16 Ethics and Clinical Hypnosis
10AM - 1:00PM GPSCH Faculty

SAT NOV 12 Topic TBA
ALL DAY D. Corydon Hammond, PhD
WRKSHP

SUN DEC 4 Date, Topic and Presenter - TBA

2012

SUN JAN 8 Hypnosis and Gender Interactions
10 AM - Noon Julie H. Linden, PhD

FEB No Meeting Scheduled Due to Unpredictable Weather

SUN MAR 4 Inductions for All Seasons: Sequel
10 AM - Noon GPSCH Faculty

FRI SAT SUN Hypnosis Skills and Applications
MAR 30, 31 Intermediate Workshop in Clinical Hypnosis
APR 1 GPSCH Faculty

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SAT SUN A Gathering of Healers: Taking it to the Office
APR 21 - 22 Philip L. Accaria, PhD and Philip R. Appel, PhD
WRKSHP

SUN MAY 20 End of Year Brunch Meeting
10AM - 1:00PM Date, Topic and Presenter - TBA

Sunday Meetings are held at Roxborough Memorial Hospital
GPSCH Training and Workshops are at Thomas Jefferson University

GPSCH BEGINNING and INTERMEDIATE HYPNOSIS TRAINING will be offered in **FALL 2011** and **SPRING 2012** in a *new* format. Training will occur on a Friday, Saturday and Sunday for 23 hours of training. Please contact GPSCH Administrative Director Subha Robinson at gpsch@verizon.net or 610-527-3710 to register.

FROM THE EDITOR - Stephen G. Glass, ED.M.

FOR YOUR CONSIDERATION

Between Hubris and Humility

How much contributory negligence are human beings willing to assume given the increased satisfaction as well as discomfort consistent with accepting greater responsibility for one's actions? - SGG

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BAC To Normal

Here comes the sun and summer fun. Baseball, barbecues and beer. Picnics in the park and at the beach. Memorial Day, 4th of July, Labor Day and all the days in between. Lazy Sunday brunches and Bloody Marys. Margaritas, Mojitos and white wine spritzers. Front porch sitting and iced tea sipping. Earl Grey or Long Island. While there is plain and flavored water and seltzer, soft drinks and fruit juice, many of you will no doubt be imbibing with some alcoholic libation. Perhaps in a dehydrated state on a hot summer day. Or throughout a long afternoon's cook-out. Or during a graduation or wedding reception. Or on another festive occasion, celebrating over dinner with a loved one or good friends. What will you do when it is time to drive home? More importantly, What will you do before it is time to drive home?

According to Pennsylvania DUI Laws, you are considered driving under the influence of alcohol if your blood alcohol content (BAC) is .08% or more. One alcoholic beverage may be in the form of 12 ounces of beer, 4 ounces of wine or 1 ½ ounces of whiskey. Because alcohol percentage by volume in different beverages vary, Blood Alcohol Concentration of one drink = .02 - .03%; 2 drinks = .05 - .06%; and 3 drinks = .08 - .09%. These figures are based on a 150-pound male. For each hour elapsed since the last drink consumed, subtract 0.015% BAC, or approximately one drink. On average, your liver can metabolize about one standard drink consumed each hour.

Alcohol metabolizes in the liver and blood alcohol content varies from person to person given a variety of contributing factors including, in part, alcohol absorption rates, distribution, elimination based on health status of the consumer, body weight and body type (generally, the less you weigh the more you will be affected by a given amount of alcohol and for people of the same weight, a well-muscled individual will be less affected), rate of alcohol consumption, alcohol content of beverage consumed, food (food taken along with alcohol results in a lower, delayed BAC peak), medication (could increase the effects of alcohol), fatigue, tolerance and gender difference (consuming the same amount of alcohol as men, women will tend to achieve a higher BAC).

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An important point to note is that Blood Alcohol Concentration is just that, irrespective of how one feels. Feeling intoxicated does not equate with Blood Alcohol Concentration. You may feel fine, but legally considered impaired. According to FDA Commissioner Hamburg, "... alcohol and caffeine can mask the normal signs of intoxication, leading to a state of wide awake drunk." In Pennsylvania, General Impairment = Undetermined BAC, .08 - .099% BAC. High BAC = .10 - .159% BAC. Highest BAC = .16% and higher.

Legal system penalties vary according to first offense or having a previous offense, as well as your blood alcohol content. Driving under the influence may place you at risk for causing property damage, personal injury including death to yourself and others, loss of license to drive and practice your profession, or fine and imprisonment. Being mindful of your alcohol consumption is as much about self-care as it is social responsibility.

As you are about to have another alcoholic beverage near the time of leaving your chosen festivities, you may marvel at the fact that cacti "can survive three years without water, without rain. And do a lot of thinking" (Erickson). So, winter, spring, summer, fall, enjoy yourself. Have a ball. Just be sure there will be no chain attached to it. Be a cactus. *Cheers!* - SGG

