

# GPSCH HypNews

Newsletter of The Greater Philadelphia Society of Clinical Hypnosis  
Volume 7 Number 4 Fall 2011

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

From the President's Desk ... which at the moment is in a sorry state of overload with a number of hypnosis related projects piled high, each occupying precious desk surface real estate. Finding the Zen and Mindfulness in all things Hypnosis is becoming more and more important to me, because otherwise I would be stressing out about Hypnosis - how counterintuitive, right?

I am preparing for GPSCH's Basic Training on September 16 through 18, 2011, and I can happily report that I am excited about teaching a new group of clinicians curious and intrigued by hypnosis. What an awesome responsibility, though: nurturing their interest in and excitement about hypnosis while being appropriately cautionary about the power of this amazing tool. Instilling beginning skill and confidence in their use of hypnosis while ensuring it is paired with healthy respect for the reality that as a beginning practitioner of hypnosis one does not even know what one does not know yet. In fact, every time I prepare for teaching about hypnosis I discover so much more that there is to learn. And every time I listen to someone else teach about hypnosis I marvel at my luck to keep on finding teachers who guide me to my next step of academic year development as a clinician and as a teacher of hypnosis and its integration into different healing approaches.

Thus, as the next academic year begins, I want to encourage all of you to look for opportunities to grow as practitioners of hypnosis in your particular field of healing. Will you let GPSCH or ASCH or SCEH know that you are willing to teach in some capacity? Will you attend any of their upcoming conferences that have exciting offers to deepen your knowledge of all things hypnosis? Check out local and national opportunities to be taught by the best in the field: The GPSCH calendar in this edition of the *HypNews*

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or on the web ( [www.gpsch.org](http://www.gpsch.org) ). SCEH ( [www.sceh.us](http://www.sceh.us) ) is offering their annual conference in New Orleans September 14 through 18, 2011, and if you are looking into spring 2012, consider joining in on the ASCH ( [www.asch.net](http://www.asch.net) ) annual conference in Charlotte, NC, March 16 to 20, 2012.

Think about colleagues whom you might invite to attend a GPSCH monthly meeting to introduce them to the riches of what hypnosis has to offer. Perhaps you'll tell a colleague, a student or a resident about the Basic Workshop GPSCH offers September 16 through 18, 2011 here in Philadelphia at Jefferson University Medical School to get them started in an approach to healing that will forever alter their way of practicing? Perhaps you'll think back to when you started learning about hypnosis, and how hypnosis has informed, touched, changed your practice as well as who you are? Maybe you'll pass it on with joy and gratitude.

As Mindfulness has become the next healing movement offering age-old principles of trance ( and sometimes even calling it so ), we as practitioners and teachers of hypnosis can marvel - again - at how versatile and encompassing hypnosis is, and how much it has to offer body, mind and spirit, as we can learn to enjoy our own mindfulness practice within the field of hypnosis, for the benefit of our patients and clients, and for our own well-being.

*Reinhild*

Reinhild Draeger-Muenke, PsyD, LMFT

## MEMBER NEWS

### Welcome New Member

**Nathaniel Prentice, MSW, LCSW - Full Member**

***Congratulations*** to **Peter B. Bloom, MD**, for **receiving** ASCH's Presidential Award for his work with the AMA on behalf of Hypnosis.

***Congratulations*** to **Reinhild Draeger-Muenke, PsyD, LMFT** who was part of the **faculty** at the ASCH Regional Clinical Hypnosis Workshop in Alexandria, VA, June 2-5, 2011.

***Congratulations*** to **Richard P. Kluff, MD, PhD** who **presented** *Trauma, Dissociation and Hypnotizability: Approaches to Understanding a Complex Enigma* to APA Division 30 ( Society of Psychological Hypnosis ) at APA's 2011 Annual Convention on August 5, 2011 in Washington, D.C.

***Congratulations*** to **Julie H. Linden, PhD** who **chaired** the ASCH Regional Clinical Hypnosis Workshop in Alexandria, VA, June 2-5, 2011 and ASCH Individualized Consultation Workshop in Philadelphia, PA, July 29-31, 2011.

***Congratulations*** to **Ronald J. Pekala, PhD** for **receiving** *AJCH's* Milton H. Erickson Award for his separate replies to comments on his two publications in the *American Journal of Clinical Hypnosis* and for his **presenting** *An Introduction to Hypnotic Assessment* workshop at the American Psychological Association 2011 Annual Convention in Washington, D. C., August 6, 2011.

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](mailto:Stephen.Glass@crozer.org)

## "YOU'VE GOT MAIL"

### **A Message from the President to the Membership**

Are you ready to get engaged in the governance of your local hypnosis society? The Nominations and Elections Committee is beginning to identify candidates for the May 2012-May 2014 Board of Governors. GPSCH will be sending out ballots toward the end of 2011 for the membership to elect the new Board of Governors.

Perhaps you have been coming to meetings for a while and are ready to step up your involvement with GPSCH a notch or two, and you want to let me as the Chair of the Nominations and Elections Committee know that you are interested in being nominated for a position on the Board of Governors? Perhaps you are ready to get your feet wet in an At Large position? Or you'll be interested in becoming the next Secretary?

That would be fabulous, because the Greater Philadelphia Society of Clinical Hypnosis relies on members willing to serve, and the Society would cease to exist, were it not for its dedicated Board of Governors whose members keep things going.

What is required? Attendance at the monthly one hour Board Meeting via teleconference call, whatever your particular position requires, and the willingness to occasionally be available for whatever may be needed: helping out at registration for a workshop; making the connection to a possible presenter for a workshop, etc.

So, if you have been on the fence about joining GPSCH's Board of Governors, now is the time to jump down on the side of "Yes" and send me an email about your interest in getting involved.

Looking forward to hearing from you.

*Reinhild Draeger-Muenke*  
[rmuenke@aol.com](mailto:rmuenke@aol.com)

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PS from the President's Desk: As you all probably know, GPSCH is the best bargain in town. You get to listen to interesting presentations on hypnosis for free once a month ( including your ASCH Certificate of Attendance ), and you get a seriously reduced admittance to all GPSCH-sponsored all day workshops and trainings, which are usually presented by nationally recognized speakers. As you all probably know, too, plane and train tickets, gas prices to fill a car tank and hotel rates are no bargains at all. Yet, GPSCH has been paying these increased rates to continue to bring you the best presenters around. Well, my friends, GPSCH is - after about 10 years at the same membership rate - going to ask you to pay 20 Dollars more per year so that GPSCH can continue to afford to do what it has done well for the past 50 years. GPSCH will also ask non-members to pay more for attending workshops, trainings, presentations and CE credits. Perhaps that will make it worthwhile to consider becoming a member? I am giving you a long-range heads-up here: this membership dues increase is only going into effect in 2012 (That will give you ample time to scrounge for that extra 20!). Thank you in advance for your support for GPSCH. Keep on coming. It works!

*Reinhild*

September 14-18, 2011 - 62<sup>nd</sup> SCEH Annual Workshops and Scientific Program in New Orleans, LA. For more info: [www.sceh.us](http://www.sceh.us).

March 16-20, 2012 - 54<sup>th</sup> ASCH Annual Scientific Meeting & Workshops in Charlotte, NC. For more info: [www.asch.net](http://www.asch.net)

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### **Metamorphosis and Flight ... Lives in Transition**

On May 6, 2011, family, friends and colleagues gathered at Gloria Dei ( Old Swedes' ) Episcopal Church to participate in a Service of Celebration and Thanksgiving for the life of Clorinda G. Margolis, PhD, ABPH. It was a glorious spring afternoon in Center City, Philadelphia - clear blue sky, puffy clouds, bright warm sun, high 70's - a cool breeze flowed through the trees in the church courtyard and the sun highlighted historic grave markers and familiar faces.

A string quartet played Pachelbel's *Cannon in D major* as a prelude to the service, a blend of the clerical, secular and jocular contributed by the Celebrant and intimate remembrances from a diverse group of attendees. Striking was the voice recording of Coco that played, offering us one more experience with her. Several memorable themes came forth in speakers' lovely and loving extemporaneous remarks: the love between Coco and her husband, Joe; Coco's mentoring of family members and professionals; and Coco's embrace of people from all walks of life. The recitation of prayers and blessing preceded the closing of the service with those in attendance singing *The Rainbow Connection*. Everyone then entered the courtyard to witness the release ceremony in which dozens of Monarch butterflies were set free in honor of Coco. Tasteful and tasty refreshments were served.

Some of the beautiful butterflies set aloft flew from tree leaf to tree leaf, two danced together mid-air in what appeared to be an aerial courtship and others dispersed until their physical being could no longer be seen. Clorinda Margolis ... Coco Margolis. Coco was the only Clorinda I have known. She was the only Coco I have known other than the cocoa I drank as a child on cold winter mornings. It was warm and comforting. So was Coco. Butterflies....

- SGG

## ACADEMIC CALENDAR

### 2011

SUN SEP 11      Treating IBS with Gut Focused Hypnosis  
10 AM - Noon      and Individualized Hypnosis  
Lynn S. Dworsky, MD

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

SUN OCT 2      Enhancing the Safety of Hypnosis in Workshop Training,  
10AM - 1:00PM      Research and Clinical Practice: Minimizing Unwanted  
Effects and Safeguarding Ethical Standards \*  
Richard P. Klufft, MD, PhD

*\* This workshop qualifies for three contact hours for the Ethics requirement  
as mandated by the Pennsylvania State Board of Psychology*

SAT NOV 12      Insight Oriented Hypnosis and Therapeutic  
ALL DAY      Management of Age Regression  
WRKSHP      D. Corydon Hammond, PhD

SUN DEC 4      Conquering Dental Fear and Dental Phobia Using  
10 AM - Noon      Hypnosis, Relaxation and Breathing Techniques  
Gisele Arnaud, DDS

### 2012

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

FEB      No Meeting Scheduled Due to Unpredictable Weather

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

SPRING            Hypnosis Skills and Applications  
FRI SAT SUN      Intermediate Workshop in Clinical Hypnosis  
DATE - TBA        GPSCH Faculty

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   Hypnosis and Sports Performance  
John H. Edgette, PsyD

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 the traditional format. Training will occur on a Friday, Saturday and Sunday for 20 hours of training. Please contact GPSCH Administrative Director Subha Robinson at [gpsch@verizon.net](mailto:gpsch@verizon.net) or 610-527-3710 to register.

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

FOR YOUR CONSIDERATION

**You Did It ... I Did It ... We Did It**

If you break your leg, you go to the hospital. After diagnostic work-up, the physician reduces the fracture and casts it. Six weeks later, you return to a physician who removes the cast and refers you to physical therapy. The physical therapist exercises your leg for three sessions and gives you instructions for exercises you may perform on your own at home. After several weeks, your muscles are reconditioned. You have been coughing, sneezing and become febrile. You see your primary care physician who exams you and gives you prescriptions for an antibiotic and cough medicine. You go to the pharmacy, have the scripts filled, and return home to start taking the medications as prescribed. Ten days later you feel normal again. For the past several months, your sleep has been disturbed and you have been feeling edgy, irritable, anxious and somewhat depressed. You see a psychologist for consultation and begin a course of psychotherapy that includes hypnosis. Ten weeks later your symptoms are completely gone and you have begun enjoying a different, healthier lifestyle.

In each of these circumstances, an individual has a problem, seeks help from a health care professional who provides appropriate treatment with recommendations and the person's health status improved. Who is responsible for the change in the patient? Health care professionals are practitioners of the healing arts and are called healers by their patients. Where does the responsibility for change reside? We are health care providers. We offer treatment. We provide treatment. We facilitate change. We induce hypnotic trance. We offer suggestions to patients who are in and out of trance states. We also say that the patient's healing comes from within them. They are the true healers. We induce hypnotic trance states and give suggestions for predetermined specific effect. As well, we may be permissive in our suggestions, allowing the patient to respond in his/her own way and in his/her own time and pace. And an individual owns his

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own hypnotic trance, is in charge of it, may create and enact self-directed behaviors while in trance and may re-alert and exit trance at will.

Patients are on different occasions and under varying circumstances both passive and active participants in their treatment. The treating professional is in charge of and responsible for the treatment. The health care provider does not abdicate responsibility or offer false modesty for the therapeutic effects and outcomes of the treatment that has been performed. This applies to salutary effects, unintended consequences and unexpected bad outcomes. After giving informed consent for the prospective intervention, the patient's position is one of *assumed risk*. Level and degree of patient participation, motivation for, commitment to and compliance with the stated treatment objectives, as well as placebo effect and nocebo response will influence treatment course, trajectory and outcome. Optimal health care treatment is a joint endeavor of provider and patient working in concert toward a shared, common goal.

Health care professionals typically practice *with an abundance of caution*. As well, there are occasions when circumstances suggest taking calculated risks. Generally, however, we operate in a manner consistent with the "precautionary principle" which states, in part, "When an activity raises threats of harm to human health or the environment, precautionary measures should be taken even if some cause and effect relationships are not fully established scientifically." And one is reminded that "They, who await no gifts from chance, conquer fate."

Let us now move from treatment to education. For more than 20 years I have participated in hypnosis training and workshops conducted by ASCH, SCEH, GPSCH, Margolis and Shrier Health Psychology Associates, PC and The Milton H. Erickson Institute. Through its highly qualified in-house faculty and invited presenters, GPSCH offers hypnosis training opportunities for knowledge and skill acquisition, development and hypnotic experience via its ASCH and APA-approved training and workshops. Clinical hypnosis workshops usually include opportunities for workshop participants to become hypnosis subjects in context of individual and group hypnotic induction and

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suggestion demonstrations. I recall my initial hypnosis training and how curious the sensations were of trance, trance ratification and immediate post trance experience as a hypnosis subject. Over the years, during some group hypnosis inductions, I have complied with the initial induction suggestions and those following to a point at which I began visualizing and experiencing an independent plot on my own journey apparently oblivious to the trainer's continued suggestions for an unknown to me specified purpose. After an undetermined duration, I would begin to hear the presenter's voice repeating suggestions for the group's return to an alert state. I have found myself slow to return on those occasions. The content of the presenter and fellow workshop participants' discussion of the presenter's previous suggestions and participants' response was quite unfamiliar to my ears. I had been on my own trance trip. At some point, however, I became aware or allowed myself to become more aware of the re-alert suggestions and allowed myself to return, albeit slower than others present. I have on occasion selected to not engage in trance during group inductions, preferring instead to listen carefully to the presenter's induction and suggestion content and style so I could appreciate a different educational experience. Once or twice I have not participated in the group induction because I was just too tired from the long hours of several consecutive days' training. Mostly, I eagerly and easily fully engage in the induction and suggestion proceedings which I have found quite informative, instructive and satisfying. As much as I have experienced hypnosis and hypnotic phenomena as operator and subject, I am still amazed and fascinated by its process and influence on both parties.

So, what will it be for your next hypnosis training? Will you allow yourself to fully engage in the hypnotic experience? At the same time, will you take care of yourself by managing your own trance or not enter trance at all if you are feeling particularly vulnerable or distressed? Would you inform a faculty member of any condition that would preclude your full participation or seek assistance from a faculty member if you were having a problem in context of the training experience? GPSCH training and workshop faculty are highly qualified health care professionals and educators who are responsible for their educational presentations. Workshop participants are

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responsible for their self-care. "We cannot teach another person directly; we can only facilitate learning" ( Carl Rogers ). As with health care treatment providers and patients, hypnosis training faculty and workshop participants should take *reasonably necessary protective action* to avoid possible misadventure. The GPSCH hypnosis training and workshop faculty and you: *they will do it; you will do it; we will do it. Bon Voyage.* - SGG

