

GPSCH HypNews

Newsletter of The Greater Philadelphia Society of Clinical Hypnosis
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FROM THE PRESIDENT - Reinhild Draeger-Muenke, PsyD, LMFT

GPSCH is alive and well, and I am delighted to be its current president. Just back from ASCH's fall Executive Committee meeting in Chicago in my also-function as the Moderator of ASCH's Board of Governors (I am writing this message at the beginning of November 2010), I got spontaneous positive feedback from other EC members about the quality, variety and frequency of GPSCH's programming, the size of GPSCH's membership and the number of GPSCH members who are also ASCH members (affording GPSCH two representatives on the ASCH Board of Governors), and the level of involvement of its members in many things "Hypnosis" on the local, regional, national and international level. In other words, we seem to be the envy of many a component section I want to pass these compliments on to you all, because, obviously, without you there would be no quality GPSCH. Thus, stay or become involved - GPSCH is a good place to be, no matter at what stage you are in your career.

Your elected GPSCH Board of Governors has been busy team-working on important issues, and Board members have given freely of their time, skills, knowledge, energy and focus to keep GPSCH moving forward.

Stephen Glass has spearheaded the most recent - and successful - effort to have GPSCH become incorporated in Pennsylvania (the first - unsuccessful - effort in this matter apparently goes back 25 years ...), in the process obtaining sound advice from ASCH's Management Company. Subha Robinson took over as Administrative Director - and got it done. As you read this, GPSCH is now officially incorporated in the state of Pennsylvania.

Secondly, also brought to fruition by Stephen Glass and Subha Robinson, this time in her capacity of Certified Public Accountant, GPSCH is now a known Nonprofit entity in the eyes of the IRS, after a "postcard" of our nonprofit

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status was filed. I guess we all can now sleep better at night.

In addition to these two undertakings, Stephen Glass has examined the GPSCH Bylaws as far as the nominations and elections process is concerned, and is in the process of proposing changes in this process to the Board of Governors in order to ensure greater transparency and ability for GPSCH members to participate. Stay tuned.

Log on to the ever evolving web site and inform yourself about upcoming programs, find fellow members and contact us with your feedback and suggestions. Thank Subha Robinson and Bernardo Merizalde for their relentless efforts to make this website user friendly.

Perhaps you'll feel moved to come to our next Sunday morning workshop? We have changed the day and the time to allow greater participation, and so far it looks like this was the right decision. Perhaps you'll invite a colleague to come join us for a program? Eileen Casaccio has prepared a great line-up for this academic year as well as the next! She works hard to ensure that GPSCH's program complies with ASCH's standards of training in order for participation to receive ASCH credit toward certification. And Judith Berman continues to work diligently to ensure that participants receive APA psychology CEs through Margolis Berman Byrne Health Psychology, PC, one of the perks of the GPSCH program.

Keeping our long term members as well as recruiting new members can be everybody's initiative for GPSCH's continued health and growth. Karen Clark-Schock, the membership chair, will make entry into GPSCH's membership a pretty painless endeavor. And Michele Lyons-Fadel will make sure a new member will be registered in the Minutes. She will also ensure we all have enough good food to snack on before, during, and after any program. And of course as all of you pay your dues on time, you'll guarantee GPSCH's continued financial health our treasurer, Jeff Celebre, is happy to maintain.

Have you considered giving Grand Rounds on Clinical Hypnosis at your local Hospital? Or a presentation at your local College or University? Your professional Society? Eric Spiegel has developed a power point slide kit for you to utilize and make preparations for such an endeavor so much easier

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that you may not be able to resist the invitation to go out there and spread the news on Clinical Hypnosis. You may reach Eric at espiegelphd@gmail.com.

Finally, I am happy to report that GPSCH is with the trendsetters in ASCH, if not ahead:

- GPSCH accepted to train and grant membership to our first Master's level licensed Physical Therapist, firmly believing that there is a need for supporting the competent use of hypnosis in the field of allied health care.
- GPSCH increased the Basic and Intermediate Hypnosis Training workshops from 20 to 23 hours - the additional hours being squarely allotted to supervised small group practice, which was well received by this fall's group of trainees. ASCH's Standards of Training Committee under the direction of Julie Linden is working on implementing such a move.
- GPSCH's Basic Training this fall focused mainly on skill development and on honing participants' ability to confidently facilitate hypnotic inductions and deepening procedures, with beginning work on utilization (to be expanded on in the Intermediate workshop). ASCH is working on implementing these standards.

GPSCH is a strong Component Section with a very committed membership, a committed Board of Governors and a long tradition of excellence. Let's keep doing our part to keep it going.

Enjoy winter and allow some rest and reflection.

Your President,
Reinhild

Reinhild Draeger-Muenke, PsyD, LMFT
rmuenke@aol.com
610-660-0162

MEMBER NEWS

Welcome New Members

Michael Bopp, PhD - Full Member
Michael Silverman, EdD - Full Member

Jan Goldman, PsyD and **James Coane, PsyD** *presented* their paper, "Strategic Collaboration in End Phase Treatment in a Case of DDNOS" at the ISSTD Conference in Atlanta, GA in October, 2010.

Edward F. Mackey, CRNA, MSN, PhD had *published* "The use of hypnosis in the treatment of migraine headache: A case study" in the *Annals of the American Psychotherapy Association* 13(3), 38-42.

Congratulations to **Steve K. D. Eichel, PhD, ABPP** who *received* the Presidential Award for Distinguished Service to the Board of Trustees from the American Board of Professional Psychology.

Scott M. Fried, DO *presented* "The Use of Medical Self-Hypnosis for Surgery and Back Pain" at the 2010 Annual Meeting of the American Osteopathic Academy of Orthopedics, San Francisco, CA.

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"

March 4-8, 2011 - 53rd ASCH Annual Scientific Meeting & Workshops. Mind and Matter: Innovations in Hypnosis. Las Vegas, Nevada. For more info: info@asch.net.

ACADEMIC CALENDAR

2011

SUN JAN 9 Hypnotic Elements in Various Psychotherapeutic
10 AM - Noon Techniques: From Psychoanalysis to EMDR
Jack M. Hartke, PhD

FEB No Meeting Scheduled Due to Unpredictable Weather

SUN MAR 13 Inductions For All Seasons
10 AM - Noon GPSCH Faculty

SAT SUN Hypnosis Skills and Applications
MAR 19 - 20 Intermediate Workshop in Clinical Hypnosis
APR 2 - 3 GPSCH Faculty

SAT SUN Finding the Energy to Heal Pain and Trauma
APR 9 - 10 Maggie Phillips, PhD
WRKSHP

SUN MAY 22 End of Year Brunch Meeting
10 AM - Noon Intrinsic Motivations and Hypnosis
Bernardo A. Merizalde, MD

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

GPSCH INTERMEDIATE HYPNOSIS TRAINING will be offered in
SPRING 2011 in a new format. Training will occur on two consecutive
Saturdays and Sundays 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

Where To Next?

Beginnings and Endings, Endings and Beginnings. We have recently completed the end of another year, have begun a new year and find ourselves in the middle of winter. How shall our lives be going forward? How will your life be twelve months from now?

When I have been working with a patient in psychotherapy and arrive at a challenging fork in the road with no clear path visible to pursue, or when working to solve a problem as a member of a task force or committee and the group process becomes stuck, or when musing about a personal life issue and come to a possible impasse, I have found a particular method of problem-solving helpful. I say to myself or sometimes aloud, "Let's go back and take another look at this." I believe that difficulty in problem-solving may be caused, in part, by an undue focus on solutions at the expense of acquiring a complete and accurate understanding of the problem. It happens often. You get several professional helpers in the same room; barely articulate the problem and suggestions for resolving the issue flow immediately aplenty. The process ensues until the consequences of the premature solution chosen reveals itself as being ineffective with problem-solvers experiencing disagreement, deflated passion for the task and the issue remaining unresolved.

Under these circumstances, I have found it helpful to view the issue or problem and its negative space frontward, backwards, sideways, upside-down, inside-out and combinations of all of the above. This provides a "fresh look" with a different pair of eyes, a consultation to oneself in appraising and analyzing the issue or task at hand. A new, more and well informed view of the task generates novel responses for creative problem-solving.

In our work with psychotherapy patients, some of us have employed the hypnoprojective split screen therapeutic technique. This provides

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close phenomenological inspection and experience of subject matter at a safe and comfortable distance from different perspectives and possible time zones for therapeutic benefit. When learning and teaching new tasks we may identify the target learning objective or end point and then proceed backwards in our reinforcing incremental actions or successive approximations in furtherance of achieving our goal.

So, what do you want your life to look like or be twelve months from now? You may wish to project forward in a time progression or start at the end and work backwards. For another perspective on life span human development, you may wish to consult Woody Allen: "In my next life I want to live my life backwards. You start out dead and get that out of the way. Then you wake up in an old people's home feeling better every day. You get kicked out for being too healthy, go collect your pension, and then when you start work, you get a gold watch and a party on your first day. You work 40 years until you're young enough to enjoy your retirement. You party, drink alcohol, and are generally promiscuous, and then you are ready for high school. You then go to primary school, you become a kid, you play. You have no responsibilities; you become a baby until you are born. And then you spend your last 9 months floating in luxurious spa-like conditions with central heating and room service on tap, larger quarters every day and then you finish off your life as an orgasm." Happy New Year! - SGG

