

# Psychological Hypnosis Newsletter

Spring/Summer 2024 | Vol. 32, Issue 1

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Co-Editors: Lauren Simicich, PsyD  
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# Division 30 President's Column

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David Godot, PsyD



Dear Friends and Colleagues,

It is my honor to once again address the Society of Psychological Hypnosis as its president. In my previous letter, I outlined a number of exciting initiatives for the year, including plans to revive our annual pre-conference introductory hypnosis workshop, to increase our interdivisional collaboration, and to expand opportunities for our members to engage with each other and with division leaders.

Our Communications Committee has worked hard to expand and systematize our engagement with social media, and our Relations Committee put in significant effort to connect with other divisions for opportunities to collaborate. We have begun and continue to seek division members interested in helping to facilitate online hypnosis social hours throughout the year, and we continue to collaborate with the Society of Clinical and Experimental Hypnosis to provide and improve hypnosis training opportunities.

Our convention chairs worked hard to round up an outstanding selection of presentation proposals from our members, but unfortunately the APA continues to prioritize political and social issues over scientific and clinical psychology. We have already received word that our 7-hour pre-conference introductory hypnosis CE training proposal was rejected, as were some important presentations by top researchers and clinicians from our division.

In 2019 the APA adopted a new strategic plan, refocusing the organization away from professional advocacy toward “Utilizing psychology to make a positive impact on critical societal issues” — “from gun violence to chronic stress, from climate change to systemic racism.” The American Psychological Association is now more focused on political advocacy than on professional advocacy, and we are seeing the effects of that on convention programming and on the division.

In recent years, APA has decreased the total number of convention presentation hours allotted to each division, and has removed opportunities for interdivisional collaboration at the conference. They have replaced these with programming related to the new “IMPACT” initiative, which emphasizes the intersection of psychology with popular social issues. As APA Board of Convention Affairs Chair Dr. Robert F. Leeman reported to division leaders earlier this year, many of these programs were poorly attended.

APA presidential candidate statements also reflect a dramatically reduced interest in the advancement of clinical science and professional practice, with last year's candidate statements dedicating 30% or less of their text to issues related to clinical practice, workforce development and support, training, and professional advocacy.<sup>1</sup>

This all comes at a time when reimbursement rates for psychologists have been stagnant for more than half a century. Psychological testing, a unique contribution of psychologists, has been utterly devalued — this year's rate reduction, when combined with the 2% sequestration and runaway inflation, rendered the effective Medicare rates for psych testing 8-9% lower than just a year ago. Psychological science has faltered within the medical and scientific communities, with NIMH continuing to focus its research funding on neuroscience and biological psychiatry. Unlike many European countries, the provision of meaningful psychotherapy is unheard of within large health systems in the US (such as the Veterans Administration and Kaiser Permanente), with APA not only failing to oppose but actually publishing practice guidelines in support of so-called "evidence-based treatments" whose effects are statistically but not clinically significant.<sup>2</sup>

The 200-year evidence base for clinical hypnosis is more robust than ever, with some of these developments highlighted in the most recent edition of the APA's Monitor on Psychology.<sup>3</sup> It is becoming difficult to see how a powerful paradigm for understanding and changing consciousness such as hypnosis can continue to find a home within the American Psychological Association.

The profession of psychology is in trouble, and needs intervention. We need, and deserve, a national *professional advocacy* organization focused on advancing our careers as psychologists rather than squandering our resources chasing after the hot-button political issues of the day.

David Godot, Psy.D.

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<sup>1</sup>American Psychological Association. (2023). Impact in Action: Reflecting on APA's strategic plan and progress to date. <https://www.apa.org/about/apa/strategic-plan/update-apa-strategic-plan.pdf>

<sup>2</sup>Shedler, J. (2018). Where Is the Evidence for "Evidence-Based" Therapy? *Psychiatric Clinics of North America*, 41(2), 319–329. <https://doi.org/10.1016/j.psc.2018.02.001>

<sup>3</sup>Weir, K. (2024, April 1). Uncovering the new science of clinical hypnosis. *Monitor on Psychology*, 55(3), 47. <https://www.apa.org/monitor/2024/04/science-of-hypnosis>

# Call for Submissions & Contributions for Division 30 Newsletter

The editorial team of the Division 30 newsletter enthusiastically welcomes submissions from members for consideration of publication in future issues. Maybe you would like to share the ways you are implementing hypnosis in your clinical practice, or you recently completed an interesting research project that you think others would find to be captivating! Perhaps you recently read a hypnosis-related article or book that you thoroughly enjoyed and would like to review, or you conducted a hypnosis-related literature review that holds some compelling findings that could make a difference in other members' clinical practice. Whether you pursue any of the above ideas or have something else in mind, please do not hesitate to contact any of the Bulletin co-editors (see their contact information below) if you have a short article, summary of work, or other pieces of professional news that you would like to share with our community. We welcome the opportunity to include more diverse content in future issues of the newsletter. Thank you!

## APA Division 30 Newsletter Schedule & Submission Deadlines

The newsletter is scheduled to be published three times per year.

1) April 2) June 3) October

## For the upcoming June Issue:

Email your submissions to any of the Co-Editors listed below by May 15<sup>th</sup>

## Newsletter Co-editors:



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# Membership Chair Column

By Afik Faerman, PhD

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Dear Division 30 Members,

We would like to share some advancements with regard to our division's growth and trajectory. Division 30 currently brings together 563 registered members and affiliates, 91% of whom have renewed their membership and 9% are new members. We have learned that some members had difficulties with the renewal process (e.g., they completed their renewal but were not able to add Division 30 on the APA website). If you encountered any issues, please reach out to us and let us know. Also, if you have not yet renewed your membership, we encourage you to renew your membership with us as we work to

grow our division and increase our impact in APA and professional psychology as a whole.

In 2023, we started collecting information about APPIC predoctoral internship programs that offer training and/or supervision in clinical hypnosis. The motivation for this project was to provide our trainee members with resources about getting training and supervision in clinical hypnosis. At this point, it appears that only seven programs officially offer training or supervision in clinical hypnosis. These data about limited formal training opportunities will be used for our division's advocacy work on increasing training opportunities. Particularly as public and professional interest in hypnosis is on the rise.

Furthermore, in line with advocating for clinical hypnosis as an acknowledged psychological technique, the division is planning an additional resource designed to make evidence about efficacy and effectiveness of hypnosis-based interventions. We hope to draw the interest of APA members and increase engagement with the division and its content.

Lastly, YOU can help us grow! Please share the information in this newsletter and our website with your peers, students, supervisors, and professors. Let us know if you have any questions or ideas!

Best,  
Afik Faerman, PhD

# APA 2024 Annual Convention

## Seattle, WA | August 8-10

<https://convention.apa.org/>

Please look to our [website](#) and social media accounts  
for any division-related updates!



### Renew Your Membership

Spread the word and invite others to consider  
APA Division 30 membership.

**CLICK HERE** →



# APA Division 30 Welcomes Applications for *Fellow Status*

By Gary Elkins, PhD, ABPP

## **Why would you want to become a Fellow of APA Division 30?**

Division 30, The Society of Psychological Hypnosis, SPH, welcomes within its membership psychologists who are interested in and who identify with the field of psychological hypnosis—clinical hypnosis in practice, research, service to the Society and APA, instruction/teaching, supervision, consulting, mentoring, and/or other missions. The Society encourages members who have made significant contributions to these missions to apply for fellow status in the Division. Fellow status is a way for the division to showcase the contributions that our Division makes both within APA and to the general public. Most importantly, it is a way to identify and honor individuals for their exceptional work and contribution to clinical psychology.

Being recognized as an APA Division 30 fellow may well increase the visibility of your work, may provide greater opportunities to share your work or develop collaborations. Fellows are often sought as mentors of peers and early career psychologists, as well as in teaching and advisor capacities. Fellows are encouraged to become active in the Division and help shape the Division's mission and work.

## **What do you need to do to become a Fellow of APA Division 30?**

The requirement for fellow status includes to provide documentation showing *outstanding* contributions in either clinical or experimental research, advancing practice, or outstanding services to the Division, APA, and/or at a national or international level. Thus, this level is most often achieved during mid-career or beyond. The applicant identifies their relevant achievements and asks three current APA Division 30 Fellows to review the application and provide letters of support attesting to those outstanding achievements.

## **If you are considering applying for APA Division 30 Fellowship status now or in the future, what actionable steps would be helpful for you to take?**

If you are considering applying, the current APA Division 30 Mentorship and Fellows Committee members are available to provide advice and guidance through the process. Do not hesitate to ask current Fellows for assistance in evaluating when it would be appropriate to apply and to ask for letters of endorsement during the process. See here for a list of current APA Division 30 Fellows: <https://www.apadivisions.org/division-30/membership/fellows>. All current Fellows have gone through this process and understand the requirements. In some cases, it is wise to begin planning and identifying the requirements

several years in advance of your application. The current Chair of the Mentorship and Fellows Committee for APA Division 30 is Gary Elkins, PhD, ABPP. You may email initial inquiries at [Gary\\_Elkins@baylor.edu](mailto:Gary_Elkins@baylor.edu).

**If you decide to apply for Initial APA Division 30 Fellow status, what other information and dates would be important for you to know?**

If you are an APA and Division 30 member who is interested in becoming an APA initial fellow, it's a good idea to begin by reviewing the APA Fellows website to learn more about the process and timeline. Applications to initial Fellow status are made through an APA division to which a member belongs. Applicants need to specify which division they are applying through and verify if they meet the APA and division criteria. Before starting an application, reach out to the Division 30 Mentorship and Fellows Chair to determine the division deadline for submitting your materials to the Fellows portal. This information may be found on the Division 30 website. The deadline for Division Fellows chairs to submit their nominations for initial Fellows to the APA Fellows Committee is February 14, 2023. The APA Fellows Committee encourages nominations from early career psychologists. If you qualify, it's not too early to be recognized by your peers for your outstanding and unusual work in the field of psychology. A good place to start is visiting the APA Fellows page at: <https://www.apa.org/members/your-membership/fellows/apply>

**If you are already a Fellow of another Division of APA and want to become a Fellow of APA Division 30, what do you need to do?**

Current Fellows who are APA members and are already Fellows in at least one division may also become Fellows in another Division without approval from the APA Fellows Committee. If you are a Fellow in another Division of APA and a member of APA Division 30 and, interested in applying for fellow status in Division 30, contact Gary Elkins, PhD, ABPP at [Gary\\_Elkins@baylor.edu](mailto:Gary_Elkins@baylor.edu). More information on the process for current Fellows can be provided.

# Latest News from the *International Journal of Clinical and Experimental Hypnosis*

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## **Recent Issue: Volume 72, Issue 1**

The most recent issue of the IJCEH features five articles reporting on a factor analysis of hypnotizability scores in a clinical population, human's natural capacity to alter our experiences, positive perceptions of hypnosis in healthcare, and its potential benefits for fibromyalgia and improving sleep disturbances in individuals with mild cognitive impairment. This is the first issue of 2024 and we look forward to publishing many more outstanding articles in the new year!

## **Transitioning to Online-Only Publishing**

We are excited to announce that starting January 2025, the *International Journal of Clinical and Experimental Psychology* will be transitioning to online-only publishing. This means that volume 72, Issue 4 will be our last print issue. In our commitment to innovation and accessibility, this transition aims to provide benefits to authors and readers alike by eliminating delays associated with print distribution. This transition will expedite the timeline from submission to publication and will allow us to provide faster access to the latest academic articles published at the IJCEH on a rolling basis, attract more high-quality articles and research, and increase the number of articles available per issue.

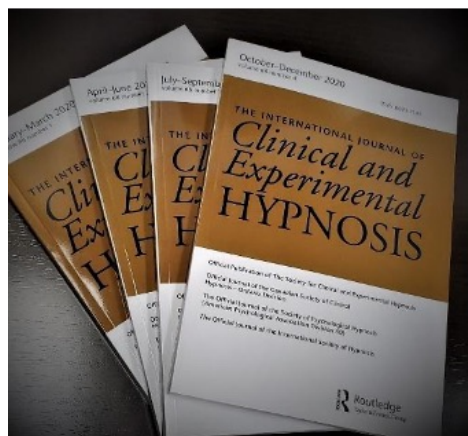


*Editor-in-chief: Gary R. Elkins, PhD*

## Have you considered what Open Access Publishing can do for your research?

Open Access publications are a great way to extend the reach of your work. Publishing your accepted article in the *IJCEH* is free, but some authors elect to cover the costs of publishing, making their paper freely available to anyone online. The number of authors electing to publish their articles with Open Access in the *IJCEH* has been increasing. Open Access papers have many more views, more readers, and usually more citations. This is beneficial to the authors and to the journal! If your manuscript is accepted, consider Open Access publishing, and email us with any questions.

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**The IJCEH accepts many types of papers**, including: Empirical research (e.g., clinical trials, neurophysiological studies, mechanistic studies, feasibility studies, replications); Clinical papers (e.g., well-designed multiple or single case studies); systematic reviews, meta-analyses, research-informed theoretical papers, & significant historical or cultural material. **Topics can include:** Hypnosis, hypnotizability, and hypnotherapy in psychology, psychotherapy, psychiatry, medicine, dentistry, wellness, nursing, and related areas; and studies relating hypnosis to other phenomena (e.g., mindfulness, contemplative practices, & consciousness).

If you have a paper to submit, go to [mc.manuscriptcentral.com/ijceh](https://mc.manuscriptcentral.com/ijceh) and create a username. Everything you submit will be conveniently available for you to view on the online system.

Contact us at: [IJCEH@baylor.edu](mailto:IJCEH@baylor.edu)

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*Managing Editor: Vanessa Muñiz*

#### Follow us on Twitter

Here are some Twitter accounts to follow! You can keep up to date on recent articles, event information, the latest news from hypnosis societies, and discussion on hypnosis research.

- [@IJCEH](#) – The IJCEH's Official Twitter Account
- [@ElkinsGary](#) – Follow the Editor of the IJCEH
- [@tandfonline](#) – Taylor & Francis Research Insights' Official Twitter Account
- Find us online at: [www.IJCEH.com](http://www.IJCEH.com) or [www.tandfonline.com/nhyp](http://www.tandfonline.com/nhyp)

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**SUBMIT PAPER**

# Abstracts from the Articles Published in the Most Recent Issue of

THE INTERNATIONAL JOURNAL OF  
*Clinical and  
Experimental*  
HYPNOSIS

January 2024 Issue – Volume 72 (1)

## Does a General “G Factor” Best Account for Hypnotizability? (Editorial)

Gary Elkins

The lead article in this issue of the IJCEH, entitled, *Confirmatory Factor Analysis of the Elkins Hypnotizability Scale in a Clinical Population* (Zimmerman et al., 2024), reports on a factor analysis of hypnotizability scores in a clinical population of post-menopausal women. The results found evidence for a general hypnotizability latent variable. This finding suggests a general “G factor” may best account for hypnotizability. More research is needed, however, if confirmed in future research would lead to a new understanding of hypnotizability as having a single-factor structure. Somewhat related to this an article by Dell (2024) proposes greater recognition of the natural capacity of humans to intentionally alter their own experiences. A study by Szmaglinska et al. (2024) reports that perceptions of clinical hypnosis are positive among the public and healthcare providers, but more education of healthcare providers about hypnotherapy is needed. This is followed by articles that examine the feasibility and potential benefit of clinical hypnosis in treatment of pain and distress among patients with fibromyalgia syndrome (Ozgunay et al., 2024) and in improving sleep disturbances in individuals with mild cognitive impairment (Elkins et al., 2024).

## Confirmatory Factor Analysis of the Elkins Hypnotizability Scale in a Clinical Population

Kimberly Zimmerman, Morgan Snyder, and Gary Elkins

The objective of this study was to determine the best-fit factor structure of a standardized hypnotizability measure in a clinical population. The Elkins Hypnotizability Scale (EHS) was administered to 173 post-menopausal women; age from 39 to 75 years, with a mean age of 54.61 years. Confirmatory factor analysis was conducted, and comparative fit index (CFI) and root mean square error of approximation (RMSEA) were used to determine goodness of fit. Results indicated that the single-factor structure modeled with six indicators based on the individual items on the EHS provides the best description of fit. Results of the present study demonstrate that the EHS has a single-factor structure. Further research is required with other populations and measures.

## **Hypnosis Intervention for Sleep Disturbances in Individuals with Mild Cognitive Impairment: A Randomized Pilot Study**

*Gary Elkins, Victor J. Padilla, Keith Sanford, Jared Benge, Alan Stevens, Michael Scullin, Chris E. Corlett, and Vindhya Ekanayake*

Poor sleep quality is highly prevalent among individuals with mild cognitive impairment (MCI). Further, poor sleep quality is associated with reduced quality of life, increased stress response, memory impairments, and progression to dementia among individuals with MCI.

Pharmacological treatments for sleep have mixed efficacy and can lead to dependency. Therefore, alternatives to pharmacological treatments for improving sleep among individuals with MCI are needed. The present study reports on the feasibility of a non-pharmacological self-administered hypnosis intervention focused on sleep quality in adults with MCI. It was hypothesized that the hypnosis intervention program would be feasible and have acceptable levels of adherence to daily hypnosis practice. A two-armed randomized controlled pilot trial was conducted using a sample of 21 adults with MCI. Eligible participants were randomly assigned to listen to either hypnosis audio recordings or sham hypnosis recordings for five weeks. Program feasibility, program adherence, pain intensity, stress, and sleep quality were measured using a daily home practice log, questionnaires, and wrist actigraphy. The results found mid or higher levels of treatment satisfaction, ease of use, and perceived effectiveness at one-week follow-up, with participants in the hypnosis arm reporting greater perceived benefit. Adherence to assigned audio recordings and meetings were likewise within acceptable margins in both groups. No intervention related adverse events were reported in either treatment condition. Significant improvements in sleep quality, sleep duration, and daytime sleepiness were found for the hypnosis intervention. The results of this study can be used to inform future research on the effects of hypnosis on sleep quality in adults with MCI.

## **Reporting and mapping research evidence on perceptions of clinical hypnosis among the general population and patients receiving health care including cancer care: A scoping review**

*Malwina Szmaglinska, Deborah Kirk, and Lesley Andrew*

Despite empirical evidence supporting clinical hypnosis for numerous conditions, its utilization in healthcare is limited due to skepticism and misconceptions. This review identifies and maps research on clinical hypnosis perceptions among the general population, healthcare patients, and more specifically patients with cancer. A systematic search was conducted in EBSCOhost, ProQuest, PubMed, and PMC, following JBI PRISMA ScR guidelines, resulting in 18 peer-reviewed, English language articles (2000-2023). Most studies employed quantitative methods, complemented by some qualitative and one mixed-methods approach. The results found attitudes towards hypnotherapy, especially when administered by licensed professionals, are consistently positive; however, its awareness remains low within the healthcare sector, particularly in cancer care. Although hypnotherapy was found as useful, misinformation, lack of understanding, and lack of awareness persist. Few studies address the reasons behind people's opinions or focus on integrating hypnotherapy into healthcare. Research investigating hypnosis attitudes in cancer care is scant, necessitating further exploration.

## Effect of Hypnosis on Pain, Anxiety, and Quality of Life in Female Patients with Fibromyalgia: Prospective, Randomized, Controlled Study

*Seyda Efsun Ozgunay, Meliha Kasapoglu Aksoy, Kubra Nur Deniz, Sinay Onen, Tugba Onur, Nermin Kilicarslan, Sermin Eminoglu, and Derya Karasu*

This prospective, randomized, controlled study aimed to investigate the effects of standardized adjuvant hypnosis on pain, depression, anxiety, aerobic exercise practices, quality of life, and disease impact score in female patients with fibromyalgia syndrome (FMS). This study included 47 female patients with FMS who had been under treatment for at least six months. The hypnosis group (n=24) received a total of three hypnosis sessions and was taught to patients' self-hypnosis. The patients in this group practiced self-hypnosis for six months. During this period, all patients also continued their medical treatment. The Visual Analogue Scale (VAS) was used to determine the intensity of pain. At the end of the six-month follow-up period, it was determined that the patients of FMS with hypnosis therapy had lower pain intensity, FMS symptoms, depression, and anxiety symptoms, and better well-being than those in the control group ( $p<0.05$ ). Standardized hypnosis is an effective method in reducing pain, depression, and anxiety symptoms and improving quality of life in patients with FMS.

## What Is the Source of Hypnotic Responses?

*Paul Dell*

The author proposes that hypnosis is a culture-bound concept that has misattributed—to suggestion and hypnosis—the functioning of a natural, freestanding, human ability to alter personal experience. The 18th-century attribution of these phenomena (to the suggestions of a magnetizer) continues today because science and Western culture still do not explicitly acknowledge that humans possess a natural capacity to intentionally alter their own experiences. Like every other human ability (e.g., athletic, artistic, musical, mathematical, etc.), utilization of the natural human ability to intentionally alter one's personal experience does not require suggestion, trance, or hypnotic induction. This ability has been studied for over 200 years under the conceptual aegis of suggestibility and hypnosis. As a consequence, the phenomena of this freestanding ability have been veiled and conflated with hypnosis, suggestion, suggestibility, and hypnotizability. One serious consequence of this conflation is an underdeveloped, nomological network of hypnosis-centric concepts that has impeded the integration of hypnosis with the rest of science.

# Student Representative Column

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## Mindfulness or hypnotherapy: Spot the difference

By Victor Padilla

Whenever I mention to a friend or family member that I research hypnosis, I often get asked if it is the same as guided meditation. I have heard similar accounts from many of my peers, and I anticipate that this trend will continue onward into my academic career. They bare many similarities with their shared use of focused attention, relaxation, and guided imagery techniques (Elkins & Olendzki, 2019). What is it then that distinguishes a mindfulness-based intervention from a clinical hypnotherapy intervention?



In short, mindfulness-based intervention emphasize a nonjudgemental acceptance of an individual's present experience whereas clinical hypnotherapy interventions often seek to change a target behavior or concern (Bishop et al., 2004; Elkins et al., 2015; Epstein, 1999). Exercises that include goal-oriented suggestions such as suggestions for relaxation, pain-relief, or improved sleep would therefore better fit under the umbrella of hypnosis rather than mindfulness. That being said, I have encountered many goal-oriented guided meditation videos online which use direct and indirect suggestions that make no claim of using hypnotic techniques despite them fitting into my conception of hypnosis. I can understand why many of my friends and family members who are unfamiliar with clinical hypnotherapy have a hard time telling it apart from guided meditation when this is what they are familiar with.

While mindfulness practices vary across traditions, I hope that this brief conversation on the intersection between mindfulness and hypnosis has sparked the curiosity of both nascent and experienced researchers and clinicians to explore this rich literature. I found the book *Mindful Hypnotherapy: The basics for clinical practice* by Elkins and Olendzki to be a great help in my exploration of this topic. The vignettes included in each chapter helped me better visualize how I could integrate mindfulness and hypnosis techniques with my research participants.

## References

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# Journal Article Titles from the Most Recent Issue of *Psychology of Consciousness: Theory, Research, and Practice*

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## Believing is seeing: Belief in dualism is related with illusory pattern detection.

Pages 1-18. Peng, Wei; Cracco, Emiel; Brass, Marcel.

<https://doi.org/10.1037/cns0000365>

## Be careful what you wish for: Acceptance of Laplacean Determinism commits one to belief in precognition.

Pages 19-29. Klein, Stan B. <https://doi.org/10.1037/cns0000378>

## Implicit bias against Muslim men attempting to access counseling or psychotherapy? A correspondence audit study examining aversive racism.

Pages 30-45. Outadi, Ava; Bedi, Robinder P.

<https://doi.org/10.1037/cns0000361>



### **SPECIAL SECTION:**

#### **Sensory Consciousness, Subconsciousness, Self-Consciousness and the Arts**

## Visual imagery in the listener's mind: A network analysis of absorbed consciousness.

Pages 46-70. Vroegh, Thijs. <https://doi.org/10.1037/cns0000274>

## The beauty and the self: A common mnemonic advantage between aesthetic judgment and self-reference.

Pages 71-81. Lee, Hyojun; Jacquot, Amélie; Makowski, Dominique; Arcangeli, Margherita; Dokic, Jérôme; Piolino, Pascale; Sperduti, Marco. <https://doi.org/10.1037/cns0000345>

## Dialectical relations between culture and religion in self-transcending experiences of sublime and awe: The exemplar case of religious paintings.

Pages 82-110. Stamatopoulou, Despina; Lang, Jacob; Cupchik, Gerald C. <https://doi.org/10.1037/cns0000340>

## Dreams of three 20th century novelists: Comparisons to normative dreams, to each other, and to their fiction.

Pages 111-121. Barrett, Deirdre; Juarez, Eric; Ruby, Charlotte; Grayson, Malcolm. <https://doi.org/10.1037/cns0000390>

## From subconscious to self-consciousness through an art therapy method-based example: ATB-SHOT squiggle task.

Pages 122-135. Geréb Valachiné, Zsuzsanna; Varga, Katalin; Fitos, Michelle; Cserjési, Renáta. <https://doi.org/10.1037/cns0000348>

# Division 30 Social Media Report



Since December 2023, across Facebook and X (formerly Twitter), we've reached a total audience of 3,519 users, had a total impression count of 6,218, and a total engagement of 358 users. We have 1,929 followers on X (formerly Twitter) and 1,590 followers on FaceBook. Our top audience demographic is Females (ages 25-34) from Mexico City, Mexico, and the United States.

We have come a long way and are continuing to grow! As part of the process, we cordially invite you to share any exciting hypnosis news you would like to share! This could be published studies, books, workshops, training, fascinating articles, and more! As members of D30, we'd love to celebrate you or share your good news! You can send any information you'd like shared to [division30apa@gmail.com](mailto:division30apa@gmail.com), post it to the social media pages, or tag the D30 accounts in your social media post.

Cassondra Jackson, MA

Follow Division 30 on social media to stay updated on the most current Division 30 events as well as to have easy and convenient access to other interesting and exciting evidence-based hypnosis content!



# APA D30 Member Interview

Koo Kian Yong, PhD

**Tell me a little bit about yourself, your work, and your experience with clinical hypnosis.**

**My voice:** Hello! I'm Koo Kian Yong (nicknamed Hiro Koo), and I'd like to share a bit about myself and my journey in the world of psychological hypnosis, neurofeedback, and arts therapy.

**My Educational Path:** I've always had a passion for learning. I earned a Ph.D. with a focus on Neurofeedback, Hypnotherapy, and Expressive Art Therapy. Before that, I completed my undergraduate and master's degrees in psychology. I'm currently pursuing my second master's degree in IO psychology. I believe in staying up-to-date, which is why I've acquired a Certificate of Clinical Hypnosis Training from the American Society of Clinical Hypnosis, a trauma-informed hypnotherapy credential from IMDHA, and a Diploma in Cognitive Behavioral Hypnotherapy training from the UK. Additionally, I've earned a Certificate In Traumatic Stress Studies from the Trauma Research Foundation, led by Dr. Bessel van der Kolk. All of this education has given me a strong foundation for my work.



**Certifications:** I've earned some certifications throughout my journey. I'm proud to be a Singapore trained Clinical Neurofeedback Practitioner (SBCIA) and a Hypnotherapist specializing in trauma-informed practice. I'm also a registered Psychologist with the Malaysian Psychological Association (PSIMA).

**Hands-On Experience:** My journey goes beyond books and certificates. I've spent time in the field, working directly with people. I completed my clinical training in hypnotherapy and neurofeedback in Singapore. It's this practical experience that has truly rounded out my knowledge.

**My Roles Today:** Presently, you can find me as the clinical director at New Mind Brain Health Centre, located at the Wisma Life Care Diagnostic Medical Centre in Malaysia. I'm also a principal instructor for the UK FHT Accredited Practitioner Diploma in Trauma-Informed Hypnotherapy and an HRD Corp Accredited Trainer.

**Awards and Acknowledgments:** The industry in Malaysia has recognized my hard work, and I've received several awards along the way. In 2019, my team and I were honored with the Gold Medal Innovation in Counseling Award (PERKAMA). In 2020, I received the Hall of Wellness Awards in the Wellness Specialist/Practitioner Asia category. In 2021 and 2023, I was named a Top 30 Finalist for the Junior Chamber International (JCI) Ten Outstanding Young Malaysian (TOYM) Award in recognition of my work in medical innovation as well as personal achievement in trauma-informed hypnotherapy practice. In 2022, I also received the UTAR Outstanding Alumni Award for Creativity and Innovation.

# APA D30 Member Interview (continued)

Koo Kian Yong, PhD

## What initially appealed to you about the study and/or practice of clinical hypnosis?

What initially appealed to me about the study and practice of clinical hypnosis was its profound impact on transforming my life. During my college years, I had the opportunity to experience the wonders of hypnotherapy, and it completely turned my life around. It sparks a passion within me to become a better person and offer my best to the world. With the influence of hypnotherapy technique, I embarked on a journey working with three orphanage homes, where I coached children to become more confident in themselves. This project inspires me to explore hypnotherapy further and start to trust my ability to help others.

Beyond the personal transformation, what truly captivated me was the power of imagination and metaphor, which I found both fascinating and healing. As a survivor of developmental trauma from a young age, I carried a heavy burden of emotional and social pain as I grew up. However, the wonder of metaphor and the boundless world of imagination, inspired in part by the "Harry Potter" series, gave me hope and strength to endure that pain. This personal experience made me a firm believer in the healing potential of unconscious processes.

The work of hypnotherapy, with its almost magical like ability to facilitate healing and transformation, kindled a deep curiosity in me since more than 10 years ago. It's what led me to where I am today, fully immersed in the field of hypnotherapy, eager to explore its potential and help others on their transformative journeys.

## How long have you been a member of APA D30 and what led to your decision to become an international member?

I have been a member since January 2015, so it's been almost 9 years now. The reason I decided to become an international member was my desire to learn from the most reliable and reputable source in the field. As the president of the Association of Hypnotherapy Practitioners Malaysia, I have always advocated for evidence-based practices. I encourage my members to follow the guidelines and information provided by APA Division 30. I've witnessed the growth and development of APA Division 30, and I aspire to uphold the same high professional standards in Malaysia.

Kian Koo

Email: [newmindcentre@gmail.com](mailto:newmindcentre@gmail.com)

Membership #: 59610305

Kian,

Thank you for your recent application to the Society of Psychological Hypnosis, Division 30 of the American Psychological Association. We are excited to extend a first-year membership to you!

Please save this welcome letter for future reference, and please let us know if your address or email address changes during the year. If you would like to add or update your email address, please email [division@apa.org](mailto:division@apa.org).

Your membership is for January through December 2015. (All memberships run January through December rather than one year from the time of receipt.) You will receive a renewal notice for 2016 in the fall of 2015.

We appreciate your membership in the division and are glad you have decided to join. I warmly invite you to begin to get to know us by visiting the division's own website at <http://psychologicalhypnosis.com/>

Best,

Gary Elkins, PhD

President, Division 30, 2014-2015

*Evidence of my membership 9 years ago*

# APA D30 Member Interview (continued)

Koo Kian Yong, PhD

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**We are lucky to have a member such as yourself who can provide APA D30 members from the United States with an international perspective of hypnotherapy. Could you comment on the current state of hypnotherapy research and practice in Malaysia?**

One of my proudest achievements has been assisting the hypnotherapy industry in Malaysia in developing a vocational training pathway under the National Occupational Standard Skills (NOSS) Malaysia. With the support of members from the Association of Hypnotherapy Practitioners Malaysia (AHPM), we made it happen. This vocational training course consists of over 2400 contact hours, with at least 70% dedicated to skill-based training. The Malaysian government has generously supported this initiative, aiding us in establishing vocational training standards. Additionally, there are research studies such as "Clinical Hypnosis/Hypnotherapy for Pain Management, Anxiety, Depression, and Addiction" conducted by the Ministry of Health Malaysia since 2016.

Alongside with AHPM, we spent ten years advocating for the recognition of hypnotherapy practice by the Malaysian government, and now it is undergoing recognition appraisal by the relevant governing body. I hope that the recognition appraisal can succeed because it would position hypnotherapy as one of the recognized complementary therapy modalities. This is particularly significant, especially considering that Malaysia's Ministry of Health has launched the world's first traditional and complementary medicine (T&CM) research framework. I anticipate that more research in hypnotherapy can be conducted by referring to this research framework standard. We firmly believe that by establishing higher standards and a more rigorous training pathway, we can produce a significant number of professional hypnotherapists capable of addressing the mental health needs of the Malaysian public. I hope for more collaboration between APA D30 and hypnotherapy practitioners in Malaysia as well.

**You recently published an article entitled, "The Role of Expressive Art Therapy and Neurofeedback Assessments in Improving Clinical Hypnosis Adherence Among Anxiety Sufferers" in the Journal of Health and Translational Medicine. Could you briefly describe the subject matter of this study and explain what you sought to explore?**

The study explored the potential benefits of combining expressive art therapy assessment and neurofeedback assessments to enhance adherence to clinical hypnosis among individuals with anxiety. Expressive art therapy assessment involves using art-based activities to help people process and express their emotions, while neurofeedback is a form of therapy that uses brainwave monitoring to help individuals learn to regulate their brain activity. By combining these two approaches, the study aimed to determine if they could improve anxiety sufferers' engagement with clinical hypnosis, which is a type of therapy that uses therapeutic suggestions to help people manage their anxiety. Ultimately, the study found that expressive art therapy assessment and neurofeedback assessments can be effective tools in helping anxiety sufferers adhere to clinical hypnosis.

# APA D30 Member Interview (continued)

Koo Kian Yong, PhD

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## **What were the results of this empirical investigation?**

This qualitative research study found that expressive art therapy and neurofeedback assessments can effectively improve anxiety sufferers' adherence to clinical hypnosis. The 45 study participants who underwent expressive art therapy and neurofeedback assessments showed increased engagement with clinical hypnosis and better ability to follow treatment recommendations. Additionally, the study found that expressive art therapy and neurofeedback assessments helped to reduce anxiety symptoms and improve overall mental well-being. Overall, the study suggests that expressive art therapy and neurofeedback assessments can be effective interventions for individuals suffer from anxiety and may improve their adherence to clinical hypnosis. The study found that expressive art therapy and neurofeedback improve clinical hypnosis adherence because they improve non-verbal focused communication patterns, which makes it easier for the therapist and client to work together effectively. They help the client deal with "alliance ruptures," which are moments of conflict or miscommunication that can occur in the therapeutic relationship. They improve collaborative behaviour, which is crucial for hypnosis to be successful. In short, expressive art therapy and neurofeedback can help create a more positive and productive therapeutic environment, which can lead to better adherence to clinical hypnosis.

## **What do you hope readers take away from your study?**

Readers can take away that addressing adherence through a biopsychosocial lens can enhance the effectiveness of hypnotherapy. A trauma-informed approach can assist clients in addressing underlying issues that may affect their adherence to hypnotherapy. Understanding non-verbal communication styles and cultural differences can help build trust and rapport, thus improving adherence. Computational neuroscience application can offer insights into brain processes and habits, aiding in client persuasion and the formulation of more precise therapeutic plans. This, in turn, can lead to more targeted and effective interventions. By incorporating image-based processing through expressive art therapy assessment, practitioners can tap into the unconscious mind, further improving adherence and therapeutic outcomes. In short, by integrating these factors into hypnotherapy, practitioners can create a more holistic and effective approach that considers the unique needs and experiences of each client.

## **Where can members find out more about you and your work?**

Here are a few ways to learn more about my work: I have published several academic articles on my areas of expertise, such as expressive art therapy, clinical hypnosis, and neurofeedback. These can be found on academic databases. I am also active on social media platforms like LinkedIn and Facebook, where I share updates about my research and professional activities. You also can know more about my centre and my work by accessing our website: [brainhealthspecialist.com](http://brainhealthspecialist.com), or alternatively you can email me via: [newmindcentre@gmail.com](mailto:newmindcentre@gmail.com)

*Interviewed by Lauren Simicich, PsyD*

## Member Announcements

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The National Hypnosis Training Institute (NPHTI) is thrilled to offer a mid-year virtual event/meeting (May 1, 2024) for those who have taken a pediatric hypnosis course. It will be an opportunity to hone your skills and rekindle connections. It will include 4 hours of presentations, group Q&A, small group breakouts, and panel discussions. Feel free to contact me if you have any questions.

### Topics include:

101 Things (or less!) I Wish I'd Known When I Started Using Pediatric Hypnosis  
Walking the Tightrope: Finding the Right Balance With Parents  
Tackling the Challenges in Delivery of Hypnosis in Pediatric Settings  
Marketing Your Practice in Private Practice & Hospital Settings

**Registration Fee:** \$250.00 for 4 hours of training with CEUs.

*A recording will be available for paid registrants (small group breakouts will not be recorded).*

**REGISTER NOW:** <https://www.nphti.org/2024midyear>

Looking forward to seeing you in the zoom room!  
Lisa Lombard, PhD

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The Society for Clinical and Experimental Hypnosis (SCEH) has a conference scholarship opportunity for trainees, the purpose of which is to provide new researchers with an opportunity to learn about hypnosis, present their work at SCEH, and consider ways in which they may wish to think about hypnosis as it pertains to their research interests.

This year's conference is set for October 23-27 in Anaheim, CA. See details [here](#). Please note that the call for submissions is open until April 15th.

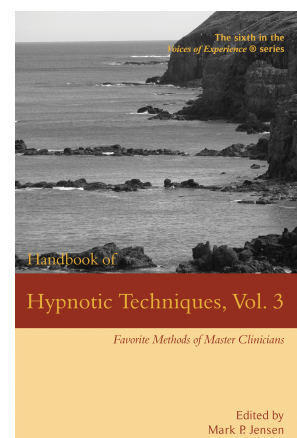
Please circulate it among anyone who might be willing and able to share it with trainees.  
<https://www.sceh.us/scholarships-2024>

Afik Faerman, PhD

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Mark Jensen, PhD would like to alert the APA D30 community to the upcoming publication of the next book in the Voices of Experience Series (*Handbook of Hypnotic Techniques, Vol 3: Favorite Methods of Master Clinicians*). See below for a brief synopsis!

"Hypnosis has proven efficacy for helping individuals make important changes in their lives. In Vol. 3 of the *Handbook of Hypnotic Techniques* series, master clinicians from around the world describe an additional set of 11 favorite hypnotic strategies and techniques that they have found to be most effective in their own clinical work. "



# Division 30 Leadership

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## Executive Committee

**President:** David Godot, PsyD

**President-Elect:** Afik Faerman, PhD

**Past-President / Nominations Chair:** Scott Hoye, PsyD

**Past-Past President / Awards Chair:** David Reid, PsyD

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Contact Division 30