

Psychological Hypnosis Newsletter

Summer 2024 | Vol. 32, Issue 2

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Division 30 President's Column

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David Godot, PsyD



Dear Friends and Colleagues,

As I prepare to pass the leadership of this division to the very capable Dr. Afik Faerman who will serve as President and Dr. Ciara Christensen who will serve as President Elect, I reflect on the state of our field and the clinical advances in psychology and hypnosis over the course of my career. It is a time of both deep concern and immense promise, as we stand at a crossroads that will determine the future trajectory of our profession.

The fracturing of our field has its roots, I think, in basic disagreements over the nature / nurture and mind / body problems. Do we, as psychologists, best proceed from the inside out, or from the outside in? Do we envision people as dynamic creators of their world, or as manipulable objects within it? The rise of behaviorism and the medicalization of psychology set the stage for our field's capture by strong political forces, which frame all aspects of life as a fight for liberation. Psychologists are grandiosely framed as freedom fighters charged with changing society to be more just and benevolent, assuming that people will behave themselves and be happy once exposed to idyllic safety and control of conditions which we have engineered. We forget that the cages we inhabit continue on inside our minds and that the humanistic task of psychology is to understand the internal conditions needed for increased personal freedom and relatedness—trusting that those who have healed, who have become more empathic and secure, will form a more just and loving society.

Within this mechanistic worldview, the clinical side of our field has become a wasteland of ineffective alphabet-soup therapies, psychological measures that inspect artificial and impractical constructs, and a general lack of community and inspiration. The APA 2024 conference program (<https://convention.apa.org/agenda/agenda-at-a-glance>) highlights this issue starkly. As a clinical psychologist, I find the program's overwhelming emphasis on political and social justice topics disappointing and limiting. With over half of the sessions dedicated to these areas, the program lacks balance and fails to address other critical aspects of psychology vital to enhancing clinical practice. There are only a few sessions on Clinical Psychology, Humanistic Psychology, and Health Psychology, which are essential for professional development and improving patient care. The underrepresentation of these areas means missed opportunities to share in learning about the latest therapeutic techniques, clinical research, and practical strategies for patient management. Additionally, while Media & Technology topics are well-represented, there is a glaring absence of content

in Neuroscience and Forensic Psychology, which could offer valuable insights and advancements relevant to clinical practice.

Despite these challenges within the profession, the current state of knowledge in our field holds immense promise. New technological developments in machine learning and artificial intelligence offer opportunities to reshape our scientific research methods — if we can resist the temptation to occupy ourselves with political posturing about them. The intersections between neuroscience, attachment research, the relational and mindfulness revolutions within psychotherapy, and the powerful clinical and experimental paradigms developed by our colleagues in the hypnosis community offer opportunities for truly revolutionizing our understanding of human experience and ability to help those who suffer.

Looking ahead, the next 20 years in hypnosis and psychology are uncertain. Will we stagnate, endlessly replicating the same outcome studies, failing to learn from our mistakes, and continuing to be subdued by the forces of biological psychiatry and hyper-politicization? Or will we enter into a renaissance of integrative understandings of the nature of human life and experience? Will we begin to grasp the timeless mysteries of consciousness as they relate to the avalanche of cultural and technological changes?

My hope is that we will come together in the spirit of curiosity and the pursuit of true understanding. That we will let go of our political divisions, professional power strivings and focus on building the sort of intellectual community which gave rise to the giants of our field. That we, as psychologists, will let go of our prejudices and preconceptions, embrace uncertainty, and support each other in the knowledge that we all face the same universal human struggles that our ancestors grappled with. That we will be a force for human growth, evolution, creativity, and wonder. That future generations will look upon us as people who helped them achieve more full access to their birthright of joy, freedom, purpose, meaning, and togetherness.

With warmest regards,

David Godot, PsyD

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 Newsletter 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) July 3) October

For the upcoming October Issue:

Email your submissions to any of the Co-Editors listed below by September 15th

Newsletter Co-editors:



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Exciting News: APA 2024 is Around the Corner!

Dear Colleagues,

Summer has arrived, and with it, the much-anticipated APA 2024 conference! My co-chair, Eric Willmarth, and I are thrilled to unveil the stellar lineup of Division 30 presentations scheduled for this August. Prepare to be inspired by the foremost experts in the field of psychological hypnosis, as they share groundbreaking insights and research. Here are some highlights you won't want to miss:

- ***Symposium on Dr. Stanley Krippner's Legacy:*** Ian Wickramasekera II and Deirdre Barrett will delve into the life and work of this hypnosis pioneer.
- ***Integrating Hypnosis with CBT:*** Don Moss will explore the seamless fusion of hypnosis and cognitive-behavioral therapy techniques.
- ***Strengthening Hypnosis with Science:*** Dave Patterson will present cutting-edge research on enhancing the efficacy of hypnosis.
- ***Adversarial Collaboration in Hypnosis:*** Afik Faerman, Cameron Alldredge, Gary Elkins, and David Spiegel will discuss the critical role of collaborative efforts in advancing scientific studies of hypnosis.
- ***Hypnosis for Treating Depression:*** Sayyed Mohsen Fatemi will highlight the therapeutic and clinical benefits of hypnosis in managing depression.
- ***Clinical Hypnosis in the Digital Age: Highlights and Current Advancements:*** Katherine Scheffrahn, Vanessa Muniz, and Victor Padilla will present recent research on integrating hypnosis with applications.
- ***Clinical Hypnosis: Introduction & Applications:*** Eric Willmarth and I will provide an engaging overview of clinical hypnosis and its diverse applications.

Additionally, don't miss our lineup of informative poster presentations, offering a closer look at the latest research and innovations in hypnosis.

For full program details and to plan your schedule, visit the APA 2024 convention page: <https://convention.apa.org>

We look forward to seeing you in Seattle for an enriching and enlightening experience!

Warm regards,

Scott Hoye, PsyD
Programing Co-Chair, Division 30
APA Society of Clinical Hypnosis

APA 2024 Annual Convention Seattle, WA + Virtual | August 8-10

Schedule of Division 30 Events

Thursday 8/8/2024

11:00am-11:50am *Adversarial Collaboration as a Key Endeavor for the Scientific Study of Hypnosis*
Building/Location: SCC - Arch at 705 Pike, Level 6, Room 609

This conversation addresses the hindrance of disagreements in hypnosis research and proposes an adversarial collaboration model toward resolution. We discuss approaches such as jointly designing studies and openly sharing data, reducing bias, and more to bolster the scientific validity of the field.

12:00pm-12:50pm *Division 30 Poster Session I*
Building/Location: SCC - Arch at 705 Pike, Level 4, Hall 4AB

3:00pm-3:50pm *The Therapeutic and Clinical Implications of Hypnosis for the Treatment of Depression*
Building/Location: SCC - Arch at 705 Pike, Level 6, Room 606

This presentation argues that hypnosis, as a performance and an act, is therapeutic. The talk will explicate how the locutionary, illocutionary and perlocutionary modes of hypnosis can be of significance in treating depression. The presentation will explicate the role of hypnosis in empowering depressed people to gain a sense of agency.

4:00pm-4:50pm *Division 30 Executive Committee Meeting*
Building/Location: Sheraton Grand Seattle, Third Floor, Greenwood Room

APA 2024 Annual Convention Seattle, WA + Virtual | August 8-10

Schedule of Division 30 Events

Friday 8/9/2024

1:00pm-1:50pm *Using Science to Strengthen Hypnosis*

Building/Location: SCC - Arch at 705 Pike, Level 6, Room 619

This 50-minute session will focus on using science, in the form of neurophysiology, social psychology and motivational interviewing to enhance the impact of hypnosis in psychotherapy. The presenter will discuss scientific theory and research and then describe and demonstrate how it can be translated into hypnotic suggestions.

2:00pm-2:50pm *Clinical Hypnosis: Introduction and Applications*

Building/Location: SCC - Arch at 705 Pike, Level 6, Room 608

This session will provide a basic introduction to Clinical Hypnosis. The session will include a presentation of the anatomy of a hypnosis session, myths and misperceptions regarding hypnosis and a review of evidence-based applications of hypnosis in the clinical or research setting.

3:00pm-3:50pm *Integrating Hypnosis and Hypnotic Techniques with Cognitive Behavioral Therapy*

Building/Location: SCC - Arch at 705 Pike, Level 6, Room 612

This workshop provides a review of key CBT concepts followed by an overview of hypnosis. Ways in which hypnosis and hypnotic techniques can be integrated into CBT will be described, demonstrated, and practiced.

5:00pm-5:50pm *Honoring Dr. Stanley Krippner's Contributions to Hypnosis!*

Building/Location: SCC - Arch at 705 Pike, Level 6, Room 620

Today we will celebrate the many contributions of Dr. Stanley Krippner to the understanding of hypnosis and many related hypnotic phenomena. His contributions to the understanding of dreaming, trauma, indigenous wisdom traditions, states of consciousness, and hypnotic ability will be discussed.

APA 2024 Annual Convention Seattle, WA + Virtual | August 8-10

Schedule of Division 30 Events

Saturday 8/10/2024

8:00am-8:50am *The Application of Clinical Hypnosis Techniques in Cardiac Psychology*

Building/Location: SCC - Arch at 800 Pike, Yakima Level 1

This session focuses on discussing the applicability of clinical hypnosis with cardiac patients and presenting relevant case examples. It will be an informative session for attendees to learn how to use specific hypnosis techniques to support individuals with cardiovascular disease, a serious global health problem.

9:00am-9:50am *Harmonizing Breath and Mind: Exploring the Interplay of Breathing Techniques, Heart Rate Variability, and Hypnosis for Optimal Well-Being*

Building/Location: SCC - Arch at 800 Pike, Yakima Level 1

2:00pm-2:50pm *Clinical Hypnosis in the Digital Age: Highlights of Current Advancements*

Building/Location: SCC - Arch at 705 Pike, Level 3, Room 307-308

Though hypnotic interventions have been traditionally delivered in-person, technological advances and greater digital reliance have increased the use of mobile-based, self-administered hypnosis for greater public access. In this session, we present the background, design, and preliminary findings of three studies that explore the use of mobile-based, self-administered hypnotic interventions.

3:00pm-3:50pm *Future Projection Therapy: Strategies and Case Examples*

Building/Location: SCC - Arch at 705 Pike, Level 6, Room 604

In the history of psychotherapy and hypnosis, perhaps too much emphasis have been given to the past (i.e. age regression) and not enough to the future. Depressed patients often feel "hopeless." Techniques to be presented show how to foster hopefulness and not hopelessness. Case examples describe successes.

APA 2024 Annual Convention Seattle, WA + Virtual | August 8-10

Schedule of Division 30 Events

Saturday 8/10/2024 (continued)

5:00pm-5:50pm *Division 30 Social Hour*

Building/Location: Sheraton Grand Seattle, Second Floor, Aspen Room

7:00pm-8:00pm *Division 30 Virtual Poster Session*

OUR APA DIVISION 30 COMMUNITY IS NOW LIVE!

This is a new exclusive destination where APA members can go to connect and network with peers, share content, and collaborate in a collective environment.

You can go to the APA Community at <https://community.apa.org/feed> and see the Community Feed. Then, you can click on the Groups tab, and can select our Division group.

Check it out!

Division 30 to Honor the Legacy of Steven Jay Lynn by Retitling Student Travel Awards

By Joseph P. Green, PhD



The hypnosis world recently lost a luminary figure. Professor Steven Jay Lynn died on March 29, 2024 following a battle with cancer. Dr. Lynn was a prolific writer and researcher. As detailed below, Steve was a past president of Division 30 and merited many of our division's top awards. He shared his insights, ideas, and empirical findings through countless publications and within various workshops. He was generous with his time and mentored many students and junior colleagues. In the late 1990s and early 2000s, Steve generously donated proceeds from one of his textbooks to help fund the travel expenses of students attending APA conventions.

In appreciation of Dr. Lynn's numerous scientific and professional contributions, the executive committee of Division 30 voted unanimously to retitle the student travel awards in his name. These division awards will henceforth be known as the "Division 30 Steven Jay Lynn Student Travel Awards."

Below are excerpts pulled from a recently published memorial - *A tribute to the life and work of Steven Jay Lynn (1946-2024): In Memoriam* - appearing in the *International Journal of Clinical and Experimental Hypnosis* (Green, 2024).

"Steve published over 450 articles, 22 books, 25 encyclopedia entries, and scores of chapters. He had four books under contract at the time of his death. According to *Google Scholar*, Steve's work was cited over 24K times and he achieved an "h index" of 78, meaning that he published 78 articles with at least 78 citations. His *Research Interest Score* ranked at the 99th percentile among members of *ResearchGate*" (p. 3)

"Steve's list of honors and awards is extensive. The few examples listed below illustrate his international reach, impact across multiple professional societies, and breadth of knowledge.

- 2020 Richard C. Atkinson Lifetime Achievement Award, Department of Psychological and Brain Sciences, Indiana University.
- 2022 Winner of the Australia Educational Publishing Award for teaching and learning resource: Digital Update—*Psychology: From Inquiry to Understanding* (Lilienfeld et al., 2022).
- ranked 49th on a list of *Top Producers of Scholarly Publications in Clinical Psychology Ph.D. Programs* across the 5-year period of 2000–2004 (Stewart et al., 2007).
- Oxford Scholastica Academy (2024) ranked his coauthored book *50 Great Myths of Popular Psychology: Shattering widespread misconceptions about human behavior* (Lilienfeld et al., 2010) #4 on their list of *Top 10 Psychology Books Everyone Should Read*.
- Earned multiple Arthur Shapiro Awards for the Best Books in Hypnosis from the Society of Clinical and Experimental Hypnosis: *Theories of Hypnosis: Current Models and Perspectives* (S. J. Lynn & Rhue, 1991a); *Handbook of Clinical Hypnosis* (Rhue et al., 1993) [title was also selected as a top health science book by Doody's Annual Review (Doody, 1994)]; *Dissociation: Clinical and theoretical perspectives* (S. J. Lynn & Rhue, 1994); *Casebook of Clinical Hypnosis* (S. J. Lynn et al., 1996); *Cognitive-behavioral Therapy, Mindfulness, and Hypnosis for Smoking Cessation: A Scientifically Informed Intervention* (Green & Lynn, 2019).
- 2019 Award for an Important Contribution to Scientific and Professional Psychology, Babes-Bolyai University, Cluj-Napoca.
- Received the Distinguished Contributions to Scientific Hypnosis (2002) and the Distinguished Contributions to Professional Hypnosis (2007) awards from the American Psychological Association, Division 30 (Society of Psychological Hypnosis).
- 2003 Chancellor's Award of the State University of New York, and *University Award for Excellence in Scholarship and Creative Activities*.
- Milton H. Erickson Award for Scientific Excellence (1995) and Clark L. Hull Award (2014) for scientific excellence in writing on experimental hypnosis (American Society of Clinical Hypnosis)" (p. 2).

"Steve was a Fellow of the American Psychological Association (APA); American Association for Applied and Preventive Psychology; American Academy of Forensic Psychology; Society for Clinical and Experimental Hypnosis; and the American Academy of Clinical Psychology. He was a Charter Fellow of the American Psychological Society and a honorary member of the Association for the Advancement of Experimental and Applied Hypnosis, Spain.

From 1989–1990, Steve served as president of the APA, Division 30 (Society of Psychological Hypnosis). He held diplomate status in clinical psychology, forensic psychology, and psychological hypnosis from the American Board of Professional Psychology (ABPP) and the American Board of Psychological Hypnosis (ABPH). He was the founding editor of *Psychology of Consciousness: Theory, Research, and Practice (PC:TRP)*, serving as editor from 2013 until 2020” (p. 2)

“He and colleagues proposed a “readiness response set” (RSS) as a potential individual ability factor that could increase the likelihood of responding to suggestions. Individuals displaying a RRS focus on suggestion-related behavioral enactments and alterations in subjective experiences during hypnosis, fail to critically observe or fully analyze precursors of behavior, bypass metacognitive awareness of their performance and experiences, and adopt the “language of hypnosis” by attributing their actions and experiences to the performance to the hypnotist or the process of hypnosis (S. J. Lynn et al., 2023). Intentions also play a key role within the model. Along with expectancies about being a good subject and behaving in a manner deemed consistent with the role of a good subject, the intention to attend to suggestions and to *actively engage* in suggestion-related imaginings may differentiate highly responsive individuals from those less so. Related to this line of reasoning, he noted that efforts to modify hypnotizability (e.g., Gorassini & Spanos, 1986; Wickless & Kirsch, 1989) regularly attempt to instill positive intention response sets” (p. 5-6).

“Whereas Steve’s impact and popularity within the field of hypnosis is undeniable, many may be unaware of his broad-based knowledge and expertise outside of hypnosis. His books and writings addressed a wide range of topics within mainstream clinical science, human consciousness, and neuropsychology, including: evidence-based psychotherapy and the science of clinical psychology; addressing fears and anxieties in everyday life; curbing rumination in depression; appreciating the pitfalls of human memory; discerning rational from irrational beliefs; understanding anomalous experiences; and applying psychological science to promote health, happiness, and well-being in everyday life. His introductory psychology coauthored textbook, *Psychology: From Inquiry to Understanding* (Lilienfeld et al., 2022) highlights the importance of scientific thinking in everyday life and is currently in its fifth edition. Attesting to his luminary status, Steve had an international audience with many of his works translated into multiple languages. Most notably, he and his colleagues’ “50 Great Myths” book was translated into 20 languages around the world” (p. 6).

Concluding Author Note. I thank Division 30 for honoring Steve Lynn by retitling the student travel awards in his name. This is an appropriate tribute to Steve's vast impact within psychology and the field of clinical behavioral science and his lasting legacy within the field of hypnosis.

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Congratulations to the Newly Elected Officials of D30

We are thrilled to announce the results of the 2024 Division 30 Executive Committee election!

After an enthusiastic election process, we have our newly elected EC members:

Ciara Christensen, PhD will be our upcoming **President-Elect**

Eric J. Proescher, PsyD will serve as our new **Treasurer**

Gary Elkins, PhD will serve as one of our **Members-at-Large**

We extend our heartfelt gratitude to everyone who participated in this election, whether as a nominee or as a voter. Your involvement and dedication are what make our community strong and vibrant.

Congratulations to our new Executive Committee members! We are excited to see the fresh perspectives and leadership you will bring to our society.

Best regards,

Scott Hoye, PsyD
Past President & Elections Chair (2023-2024)
dr.hoye@chicagopsychservices.com

APA 2024 Annual Convention Seattle, WA + Virtual | 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.

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. More information on the process for current Fellows can be provided.

Membership Chair Column

By Afik Faerman, PhD



Dear Division 30 Members,

We are excited to share recent developments regarding our division's growth and direction. Division 30 now comprises 582 registered members and affiliates. Despite the increase in membership since the beginning of the year, less than 10% of our members participated during the recent APA elections. More involvement from our members would allow us to advocate for hypnosis training to psychologists more effectively (within and outside the APA) and expose more clinicians and researchers to its variety of potential uses. We strongly encourage all members to take part in future elections to ensure that your perspectives are represented. Moreover,

we also encourage you to nominate yourself and seek leadership roles with our board, as a growing community leads to a growing need for leaders.

To further promote clinical hypnosis as a recognized psychological technique, as well as to promote access to evidence on the efficacy and effectiveness of hypnosis-based interventions, the division is developing new database resources for training and practice. We aim to attract the interest of APA and its members and advocate for clinical hypnosis to be taught as part of the graduate training in psychology. Are you interested in helping? We would love for you to get involved! Please reach out, and we will set you up to support either project.

Looking ahead to the upcoming APA Convention (August 8-10 in Seattle, WA), we aim to attract more people to our division. We will have banners for name tags available for both members and interested non-members. Your help in spreading the word about our division, mission, and efforts to increase access to clinical hypnosis training for both licensed professionals and trainees would be greatly appreciated!

And as always, remember that YOU can help us grow! Please share this newsletter and our website with your peers, students, supervisors, and professors. Feel free to reach out with any questions or ideas!

Best,
Afik Faerman, PhD
Membership Chair
President-Elect
APA Division 30

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



Recent Issue: Volume 72, Issue 2

The most recent issue of the IJCEH features six articles that encompass research, theory, and practice of Clinical Hypnosis for the treatment of several conditions including oral surgery, depression, and insomnia. Our lead article featured a research study targeting psychological mechanisms associated with self-hypnosis for insomnia, and additional articles continued to highlight insights from clinical practice, address theory, and research on clinical hypnosis. To further assess variables associated with sleep improvement, this issue also includes a cross-sectional survey with over 240 respondents on the perceptions of self-hypnosis for sleep, willingness to use and accessibility. This issue also features two articles currently open-access at the IJCEH. These include a scoping review on the perceptions, knowledge, and attitudes of clinical hypnosis in healthcare professionals, and a case study of clinical hypnosis as stand-alone anesthesia in the oral surgery of a highly hypnotizable patient.

Preview of Upcoming Issue: Volume 72, Issue 3

The July issue of the IJCEH will feature an in memoriam in honor of Dr. Steven Lynn, and five articles. The leading article of this issue is a randomized clinical trial of Clinical Hypnosis as an adjunct to Cognitive Behavioral Therapy for the treatment of major depressive disorder. This issue also includes a research study exploring the effectiveness of combined Mindful Self-Hypnosis (MSH) with resistance training (RT) for the reduction of perceived stress among female college students. Additional papers are a systematic and meta-analytic review of EEG correlates of suggestion-induced Stroop interference reduction in highly suggestible individuals, a comprehensive review of hypnotherapy for inflammatory bowel disease management, and French norms and psychometrics for a shortened online adaptation of the Harvard Group Scale of Hypnotic Susceptibility (HGSHS:A).

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

Preview of Upcoming Special Issue:-European Society of Hypnosis - Volume 72, Issue 4

Our last issue of 2024 will be a special issue featuring new articles from researchers and clinicians that presented at the past European Society of Hypnosis XVI Congress. The topic of the conference was “Hypnosis Food for Body and Mind: An Integrated Approach to Healing”. This special issue of the *International Journal of Clinical and Experimental Hypnosis* will include a guest editorial provided by the Congress leaders and six articles, including articles focused on advancing research, theory, and practice in a wide range of topics. Look for this special IJCEH issue this upcoming October!

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.

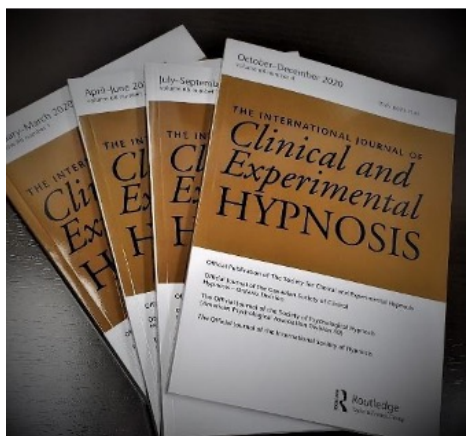


Editor-in-chief: Gary R. Elkins, PhD

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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 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

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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

April 2024 Issue – Volume 72 (2)

Exploring Variables Associated with the Effects of a Self-Administered Hypnosis Intervention for Improving Sleep Quality

Cameron T. Alldredge, Morgan Snyder, Samuel R. Stork, and Gary R. Elkins

About two thirds of college students rate their sleep as suboptimal which is associated with a variety of additional issues. Poor sleep is shown to follow certain pre-sleep cognitive activity that inhibits sleep onset and sleep quality. Preliminary evidence suggests that a self-administered hypnosis intervention is feasible in improving sleep within a college student population, and the current study explores potential correlating variables to inform future mechanistic research. Twenty-two college students who self-reported poor sleep quality utilized a three-week self-administered hypnosis intervention while completing baseline and endpoint measures of sleep quality, insomnia symptoms, and psychological factors. Results indicated that participants experienced significant improvement with large effects in sleep quality ($d = -1.21$) and significant decreases in insomnia symptoms ($d = 1.05$) from pre- to post-intervention. Significant improvements were also observed on measures of pre-sleep arousal and worry. The results suggest that a self-administered hypnosis intervention may modulate pre-sleep cognitive activity associated with poor sleep quality.

Exploring the Underutilized Potential of Clinical Hypnosis: A Scoping Review of Healthcare Professionals' Perceptions, Knowledge, and Attitudes

Malwina Szmaglinska, Lesley Andrew, Debbie Massey, and Deborah Kirk

The perceptions, knowledge, and attitudes of healthcare professionals (GPs, oncologists, nurses, midwives and obstetricians, anesthetists, mental health professionals, and other professionals) towards hypnosis are explored in this scoping review. Despite proven effectiveness in various health conditions, the use of hypnosis in healthcare has stagnated, emphasizing a gap between research and practice. Data from 35 studies (1995-2023) were analyzed, revealing predominantly positive attitudes and interest in training. Professionals with more knowledge and experience had favorable attitudes toward hypnosis compared to those with limited exposure or understanding of the practice. The main obstacles were insufficient time and inadequate training. Considering the growing interest in complementary therapies, the need for education in hypnosis for healthcare professionals is highlighted. Barriers to integration require exploration for a focused research agenda supporting knowledge translation and implementation.

Aging Adults' Willingness, Preferences, and Access to Self-Hypnosis for Sleep: A Cross-Sectional Survey

Nathan Wofford, Carolyn R. Rausch, and Gary R. Elkins

Sleep disturbance is a public health problem among aging adults (age 45 and older). While aging adults are at an elevated risk for sleep disturbance, many also have high rates of mistrust towards psychological interventions, such as self-hypnosis, which may be beneficial for sleep. The purpose of the study was to assess factors that may impact utilization of self-hypnosis for sleep, including willingness, preferences, and access among informed aging adults. 244 aging adults were recruited. After reading an information sheet on self-hypnosis for sleep, participants completed questionnaires assessing sleep related worry, stress, and perceptions of self-hypnosis for sleep, including willingness, benefits, barriers, preferences, and access. The findings indicated that informed aging adults were willing to engage in self-hypnosis for sleep, regardless of their race or gender. Furthermore, they preferred technological delivery methods (i.e., telehealth or smartphone apps) with flexible scheduling options. However, very few participants endorsed having access to self-hypnosis.

Hypnotherapy as Treatment for Depression: A Scoping Review

Jolene Pang Wan Vun, Ponnusamy Subramaniam, Noh Amit, Suzaily Wahab, and Ahmed A. Moustafa

This scoping review aims to provide a comprehensive overview of studies that explore the use of hypnotherapy as a treatment for depression, adhering to the PRISMA-ScR guidelines. A total of 232 articles were identified through systematic search strategies in four databases. Following rigorous screening, 14 studies, varying from case studies to randomized controlled trials, were included in the final review. The age range of participants spanned from 18 to 70 years, and the number of female participants generally exceeded that of males in these studies. Hypnotherapy was found to be frequently used as an adjunct treatment alongside various types of psychotherapy such as cognitive behavioral therapy and often included techniques like hypnotic induction, ego strengthening, and self-hypnosis. The treatment duration varied from 3 sessions to as long as 20 weekly sessions. Most importantly, the majority of the studies found hypnotherapy to be effective in reducing symptoms of depression, with some studies suggesting it has superior effects to antidepressant treatment in areas such as overall health and vitality. This review highlights the potential of hypnotherapy as a viable treatment option for depression and highlights the need for further controlled studies to establish its efficacy.

Impairment of Hypnosis by Nocebo Response and Related Neurovegetative Changes: A Case Report in Oral Surgery

Luca Queirolo, Enrico Facco, Christian Bacci, Carla Mucignat, and Gastone Zanette

This article presents the third molar removal in a highly hypnotizable patient, who had been successfully submitted to oral surgery with hypnosis as stand-alone anesthesia in previous sessions. Unexpectedly, hypnosis initially failed, as a result of a nocebo response due to a previous dentist's bad communication; two complaints made by the patient were associated with increased sympathetic activity (as defined by increased heart rate and electrodermal activity and decreased heart rate variability). After deepening of hypnosis, the patient achieved a full hypnotic analgesia allowing for a successful conclusion of the intervention, an event associated with decreased heart rate, electrodermal activity and increased heart rate variability. Hence, the initial failure was paralleled by a decreased parasympathetic activity and increased sympathetic activity, while hypnotic analgesia was associated with the opposite pattern. The patient's postoperative report indicated that the initial failure of hypnosis depended on a strong nocebo effect because of a previous dentist distrusting hypnosis and persuading her that it was not enough to face a third molar removal.

Implicit Rapport: Some Introductory Comments

Robert Staffin

"The relationship" is often cited as an essential aspect of successful psychotherapy. But what is it about the relationship that contributes to positive outcomes in treatment? This article introduces the concept of implicit rapport. Implicit rapport is, in the parlance of social psychology, an element of influence. Influence represents those things to which we respond without our being aware of what it is to which we are responding. Implicit rapport is here defined as, that category of behaviors or interventions that occur within the context of the clinical encounter and are designed or intended to promote a sense of feeling known, understood, valued, and safe. It is characterized as implicit because the variety of interactions that are being referred to are not likely to be overtly or explicitly recognized by the client but, nonetheless, influences their willingness to commit to the work of psychotherapy. Clinical vignettes will be presented to provide examples of how implicit rapport is conceptualized and actualized.

Journal Article Titles from the Most Recent Issue of 26 *Psychology of Consciousness: Theory, Research, and Practice*

Mystical experience has a stronger relationship with spiritual intelligence than with schizotypal personality traits and psychotic symptoms.

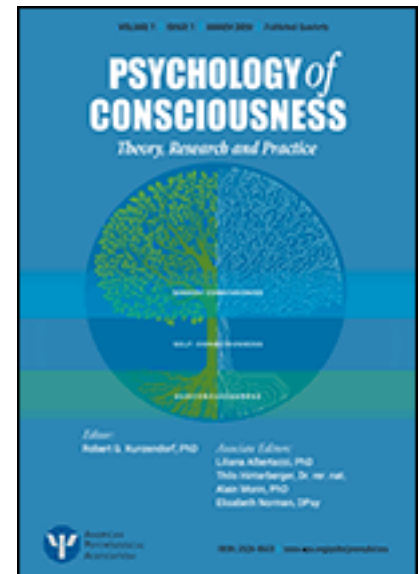
Pages 137-153. Bitēna, Daiga K.; Mārtinsone, Kristīne.
<https://doi.org/10.1037/cns0000312>

Public perceptions of manipulations on behavior outside of awareness.

Pages 154-176. Osman, Magda; Bechlivanidis, Christos.
<https://doi.org/10.1037/cns0000308>

Persuasiveness: An underappreciated characteristic of effective therapists.

Pages 177-192. Vaz, Alexandre; Sousa, Daniel.
<https://doi.org/10.1037/cns0000309>



Features of depersonalization: An examination and expansion of the cognitive-behavioral model.

Pages 193-208. Quigley, Leanne; Warren, Jonathan T.; Townsend, Courtney.
<https://doi.org/10.1037/cns0000336>

Computer versus live delivery of the Sussex Waterloo Scale of Hypnotizability (SWASH).

Pages 209-216. Lush, Peter; Scott, Ryan B.; Moga, Gyorgy; Dienes, Zoltan.
<https://doi.org/10.1037/cns0000292>

SPECIAL SECTION:

Attention Deficit Hyperactivity Disorder From the Standpoint of Consciousness Studies

Examining the relations among working memory capacity, attention-deficit/hyperactivity disorder symptomology, and conscious experience.

Pages 217-233. Beikmohamadi, Leila A.; Meier, Matt E. <https://doi.org/10.1037/cns0000313>

Investigating emotion dysregulation and the perseveration- and flow-like characteristics of ADHD hyperfocus in Canadian undergraduate students.

Pages 234-251. Ayers-Glassey, Samantha; MacIntyre, Peter D. <https://doi.org/10.1037/cns0000299>

Training in tranquil abiding meditation as a treatment for core symptoms and a cognitive remediation program of executive functions in young adults with ADHD: A pilot study.

Pages 252-276. Guillaume, Nicolas; Bélisle, Marie-Pier; Jean, Martin; Dupuis, Gilles. <https://doi.org/10.1037/cns0000294>

Division 30 Social Media

We have come a long way on our Division's social media accounts 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, post it to the social media pages, or tag the D30 accounts in your social media post.

Cassandra 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!

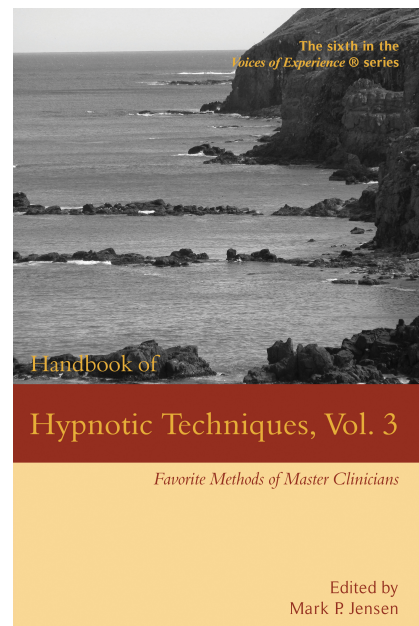


Book Review

By Cameron Alldredge, PhD

*Handbook of Hypnotic Techniques, Vol. 3:
Favorite Methods of Master Clinicians (Voices of Experience)*
Edited by Mark P. Jensen, PhD

This book is a wonderful compilation of strategies and approaches used by experienced clinicians from around the world. It contains gems of wisdom that are relevant for clinicians who are both new and experienced in clinical hypnosis. I was pleased to read multiple mentions of and instructions for using hypnosis to treat issues that are typically associated with severe psychopathology (e.g., verbal auditory hallucinations). I also appreciated the useful content relating to ego strengthening and helping patients facilitate an increased awareness and utility of inner resources. Authors of each chapter provide annotated transcripts which provide helpful illustrations of key points and how the techniques may appear in real-world application. On many occasions throughout the book, my view on the optimal delivery of clinical hypnosis was challenged (e.g., the nature and extent of helpful debriefing; viewing hypnotic induction as being an invitation rather than something induced) which was intriguing and helpful. Since finishing the book, I have already started to implement some of the strategies presented within and have found favorable results. For those truly interested to learn from the *voices of experience* in clinical hypnosis, this book is a must-have!



[Purchase Link](#)

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. "

The Backbone of Division 30

Ciara Christensen, PhD

For each issue of APA Division 30's newsletter, a member from the Division 30 Executive Committee is invited to contribute a bio-sketch that answers the following questions: "What was your introduction to hypnosis? And how did that play out?" This issue features a wonderful piece from *APA D30 Treasurer Ciara Christensen, PhD*.



When I think back to how I was introduced to clinical hypnosis, my memory threads remind me of how unique each story can be. Much like a hypnotic induction tailored to the individual, my introduction could be viewed as an exquisite 'experiential.'

Having been raised on a horse farm in rural Hermiston, Oregon (arguably one of the best places to buy watermelon for all you folks who adore a good watermelon), my sister and I could be found doing one of two things – working or playing. When we were working, the hours were long and the tasks demanding, usually involving either riding horses or something physical – both had their pros and cons.

When it came to riding horses, my father had a knack for viewing my sister and me as having similar abilities, despite the fact that I was three years younger. This perspective was a bit of a bind for me, as sometimes the horses my father had me ride seemed more like placing a doll in the driver's seat of a tank. In these instances, the outcomes were certainly memorable; the horse usually overpowered me, and I'd wind up getting bucked off and eating a bunch of dirt. Definitely some 'wild west' snapshots!

At the same time, when I drift back to these experiences, they are perhaps some of my first encounters with hypnosis (although I didn't know it at the time). There were moments when I felt marked pain from a fall, but I was expected to get back on the horse and continue with its training. To be able to separate myself from where I felt pain and direct my attention back to riding the horse became common practice (who knew, I was already borrowing and applying strategies from Dr. David Spiegel's 'draining hurt from pain').

Several years later, during a summer walk in Pullman, Washington, I serendipitously encountered Dr. Arreed Barabasz. We happened to be walking in the same direction and started chatting. The conversation was dynamic, lively, and fun. At one point, he asked, "So

The Backbone of Division 30 (continued)

Ciara Christensen, PhD

what do you know about hypnosis? I teach a class over the summer, and we are looking for volunteers. Would you like to see how hypnotizable you are?" Intrigued by the invitation, I volunteered to be a hypnotic subject. This was my first experience with clinical hypnosis, and it was profound. While each item held its own unique experiential contours in my mind, I found the age regression item distinctly different.

It was fascinating, curious, and a bit disorienting to observe myself following along with the hypnotic experience, instructions including finding myself 'going back in time, to a happy day in school.' The details, the richness of the moments, filling my mind on that 'happy day in elementary school' seemed to come to life. It seemed as though I could interact with myself in the scenes emerging. I connected with being in my classroom, giggling with my closest friends, riding my horse to school and the silly games my sister and I played when we rode home. I also connected to moments when I thought I had a 'secret power'—those times when, despite feeling pain, I could continue attending to the task in front of me, literally 'getting back on the horse.' While it is difficult to put words to my experience, it felt like I was introduced to a doorway or a portal that I could step through at any time to embark on a foray inward.

Undeniably, the experience I had in Dr. Barabasz's class was a turning point in my life. My experience with age regression during that first encounter with clinical hypnosis opened my eyes to the profound potential of this technique. It allowed me to access vivid and detailed memories, like giggling with friends, playing games with my sister, and my ability to direct my internal awareness. It also provided insights into how our minds can traverse time and facilitate connecting to past experiences. This realization sparked a deep interest in exploring the therapeutic applications of clinical hypnosis, particularly age regression. Among other topics, it led me to pursue trauma research, focusing on how age regression can be used as a powerful tool for healing and restoring quality of life.

Reflecting on my journey, I realize that my early experiences with pain and focus on the horse farm were foundational. They unknowingly prepared me for the transformative encounter with Dr. Barabasz and, ultimately, my introduction to the world of clinical hypnosis. This introduction not only changed the course of my career but also highlighted the potential of hypnosis to connect with the past and heal the present, inspiring my commitment to trauma research and therapeutic practice.

Member Announcements

An article in Oprah Daily recently highlighted the benefits of hypnotherapy for hot flashes among breast cancer survivors and post-menopausal women. The article provides a case example of a woman who was able to use a self-hypnosis program and reduced her hot flashes by 88%. The hypnotherapy program is from Dr. Gary Elkins research lab at Baylor University and the article reports on research that shows hypnotherapy to be the most effective and safe non-hormonal option available to women suffering from hot flashes.

The full article is available only to subscribers to Oprah Daily at <https://www.oprahdaily.com/life/>. More information about the hypnotherapy program can be found at Mindset Health that supports a hypnosis app for hot flashes <https://www.eviamenopause.com/>.

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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