APA 2019
Chicago, IL
August 8-11

DIVISION 30
Society of Psychological Hypnosis

Division 30: Society of Psychological Hypnosis is devoted to exchanging scientific information, advancing appropriate teaching and research, and developing high standards for the practice of hypnosis. Areas of interest of the membership are diverse, including topics such as mind/body connections; dissociation; and hypnosis with women, children, and adolescents. Current initiatives of the division include advancing applications of hypnosis in behavioral medicine, professional and public education, and establishing clinical hypnosis as a certifiable proficiency. The division presents awards for distinguished career contributions, outstanding convention papers and the E. R. Hilgard Dissertation Award. Members receive Psychological Hypnosis, the division’s bulletin, quarterly. The bulletin includes articles on current research and practice, announcements and the annual convention program.
Integrating Mindfulness, Hypnosis, and CBT for Smoking: An Illustration of The Winning Edge Program

Joseph P. Green, Ph.D.
Professor of Psychology
Ohio State University, Lima

Steven J. Lynn, Ph.D.
Distinguished Professor/Director of Clinical Training
Binghamton University

In this presentation, we will detail the basics of The Winning Edge program - our manualized approach incorporating mindfulness, acceptance, and hypnosis-based strategies within a cognitive-behavioral treatment for smoking cessation. We will show excerpts from our educational video where we teach clients about the dangers of smoking, urge management, stimulus control, behavioral substitution, stress management, weight control strategies, and the importance of social support. Our program features visualization exercises and suggestions for living a life consistent with one’s values. We will discuss ambivalence and resistance towards stopping smoking and offer practical suggestions on how to enhance motivation among individuals enrolled in the program. We will play excerpts of our hypnosis scripts and discuss the rationale of using hypnosis to reinforce educational material learned within the program, enhance treatment expectancies, and facilitate behavioral change.

2016 award for Distinguished Contributions to Professional Psychology: An Inside History of Division 30

James R. Council, Ph.D.
Professor Emeritus
North Dakota State University

APA Division 30, the Society of Psychological Hypnosis, was founded in 1968, and its first president was Ernest Hilgard. Since then, its leaders and members have included many more luminaries of hypnosis research and practice. Division initiatives have made invaluable contributions to theory, research, training, practice and the public interest. Division 30 has also had its share of unique personalities, strongly held positions, and inevitable clashes as contentious issues have arisen over the years. A history of the first three decades of Division 30 was published in 2000, by Council, Gravitz, Hilgard, and Levitt. This presentation will attempt to recap those years, and bring division history up to the present. With more than 30 years of membership, much of that spent in various positions on the executive committee, the presenter is well-qualified to do so.
Guy H Montgomery, PhD
Mount Sinai Doctors Faculty Practice
Associate Professor | Population Health Science and Policy
Associate Professor | Oncological Sciences

Hypnosis---A Powerful Tool in Clinical Practice (#1205)
Location: McCormick Place, Room S103bc, Level 1--South Building
Date: Thursday, Aug 8 12:00 PM
Presenter: Guy H. Montgomery, Ph.D.

Lisa Lombard, Ph.D.
Licensed Clinical Psychologist
Biographical Information: Licensed Clinical Psychologist, Private Practice, Oak Park Illinois
Researcher, Science & Outcomes of Allergy and Asthma Research (SOAAR), Northwestern University Feinberg School of Medicine, Chicago, Illinois

Pediatric Hypnosis (#3266)
Location: McCormick Place, Room W186c, Level 1--West Building
Date: Saturday, Aug 10 4:00 PM
Presenter: Lisa Lombard, Ph.D.
APA Division 30 - Convention Program

Thursday, August 8

Creativity and Hypnosis---Evoking Generative States for Positive Growth and Change (#1070)

Location: McCormick Place, Room S103bc, Level 1--South Building
Date: Thursday, Aug 8 9:00 AM
Presenter: Scott Hoye, Psy.D

How Hypnotizable Are You? (#1114)

Location: McCormick Place, Room S103bc, Level 1--South Building
Date: Thursday, Aug 8 10:00 AM
Presenter: John Mohl, Ph.D.

Hypnosis---A Powerful Tool in Clinical Practice (#1205)

Location: McCormick Place, Room S103bc, Level 1--South Building
Date: Thursday, Aug 8 12:00 PM
Presenter: Guy H. Montgomery, Ph.D.

2016 Award for Distinguished Contributions to Professional Psychology, Address by James R. Council (#1266)

Location: McCormick Place, Room S101a, Level 1--South Building
Date: Thursday, Aug 8 1:00 PM
Duration: 1 hour 50 minutes

Division 30 Executive Committee Meeting

Location: Marriott Marquis Chicago Hotel/Biology Room
Date: Thursday, Aug 8 6:00 PM – 8:00PM
Duration: 2 hours
Friday, August 9

Integrating Mindfulness, Hypnosis, and CBT for Smoking: An Illustration of The Winning Edge Program
Session  Address by Joseph P. Green, Steven Jay Lynn, Div 30 (#2093)
Location  McCormick Place, Room S104b, Level 1--South Building
Date  Friday, Aug 9 9:00 AM – 10:50am

Rejuvenate Yourself with Hypnosis! (#2206)
Location  McCormick Place, Room W180, Level 1--West Building
Date  Friday, Aug 9 12:00 PM
Presenter  Scott Hoye, Psy.D.

The Efficacy of Hypnosis as a Treatment for Anxiety: A Meta-Analysis
Session  Paper Reading Session and Awards, Div 30 (#2303)
Location  McCormick Place, Room W193a, Level 1--West Building
Date  Friday, Aug 9 4:00 PM
Presenter  Keara E. Valentine MA

Poster Presentations:

(P-4): Hypnosis and Test Anxiety
Session  Poster Session, Div 30 (#2165)
Location  McCormick Place, Hall F, Level 3--West Building
Date  Friday, Aug 9 11:00 AM
Presenter  Marty Sapp, Ed.D.

(P-5): Primer on Effect Sizes for Hypnosis Research
Session  Poster Session, Div 30 (#2165)
Location  McCormick Place, Hall F, Level 3--West Building
Date  Friday, Aug 9 11:00 AM
Presenter  Marty Sapp, Ed.D.

(P-8): Hypnosis to Improve Selective Attention in College Students
Session  Poster Session, Div 30 (#2165)
Location  McCormick Place, Hall F, Level 3--West Building
Date  Friday, Aug 9 11:00 AM
Presenter: Kristen A. Ricondo MA

(P-9): States, Traits, and Conscious Awareness at the Intersection of Hypnosis and Mindfulness Meditation

Session: Poster Session, Div 30 (#2165)
Location: McCormick Place, Hall F, Level 3--West Building
Date: Friday, Aug 9 11:00 AM

Presenter: Katherine Black, BA

Division 30 - Social Hour

Location: Chicago Athletic Association – Game Room
12 S Michigan Ave, Chicago, IL 60603

Date: Friday, Aug 9 7:00 PM – 9:00 PM
Saturday, August 10

Division 30 Presidential Address (#3125)
Location  McCormick Place, Room W184a
Date  Saturday, Aug 10 11:00 AM

Division 30 Business Meeting (#3167)
Location  McCormick Place, Room W184a
Date  Saturday, Aug 10 12:00 PM

Pediatric Hypnosis (#3266)
Location  McCormick Place, Room W186c, Level 1--West Building
Date  Saturday, Aug 10 4:00 PM
Presenter  Lisa Lombard, Ph.D.

Poster Presentations:

(T-7): CBT and Hypnosis in the Treatment of Pediatric Gastroenterology Patients in the United Arab Emirates
Session  Poster Session I, Div 54 (#3110)
Location  McCormick Place, Hall F, Level 3--West Building
Date  Saturday, Aug 10 10:00 AM
Presenter  Fady Sherry, Ph.D.