

**Gary R. Elkins, Ph.D., ABPP, ABPH
Curriculum Vitae**

**Professor, Department of Psychology and Neuroscience
Clinical Psychology Doctoral Program
General-Experimental Psychology Doctoral Program
Director, Mind-Body Medicine Research Laboratory (MBMRL)
Editor-in-Chief, International Journal of Clinical and Experimental Hypnosis**
Baylor University
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Education

- 1971–1975 B.A. in Psychology, June, 1975
Henderson State University, Arkadelphia, Arkansas
- 1975–1976 M.A. in Clinical Psychology, December, 1976
East Texas State University, Commerce, Texas
- 1976–1980 Ph.D. in Counseling Psychology, December, 1980
Texas A&M University, College Station, Texas
- 1979-1980 Clinical Psychology Internship (APA –Accredited)
Clinical Psychology Service, Wilford Hall USAF Medical Center, San Antonio,
Texas, Sept, 1979-1980
Rotations in: **1)** Behavioral Medicine/Clinical Psychology (40 hrs. week/4
months); **2)** Inpatient Psychiatry (30 hrs. week/4 months); **3)** Child and
Adolescent Clinic (30 hrs. week/3 months); **4)** Interdepartmental Pain Clinic
(20 hrs. week/3 months); **5)** Neuropsychology Clinic (10 hrs. week/3
months); **6)** Outpatient Clinical Psychology: Assessment and Psychotherapy
(Part-time throughout 12 months); **7)** Drug and Alcohol (20 hrs. week/4
weeks)

Academic Employment History

- Dec 1980–May 1982 **Assistant Professor, Clinical Psychology Program (Adjunct)**
*University of North Dakota School of Medicine and Department of Psychology,
Grand Forks, North Dakota*
- Jun 1986–Jul 1990 **Assistant Professor, Department of Psychiatry and Behavioral Science**
Texas A&M University, College of Medicine, College Station, Texas
Co-coordinator, second year Psychiatry Curriculum

- Jul 1990–Sep 2000 **Associate Professor, Department of Psychiatry and Behavioral Science**
Texas A&M University System, College of Medicine, College Station, Texas
Instruction of medical students, psychiatric residents, and psychology students (completing post-doctoral training)
Conducted independent research
Taught Behavioral Medicine Seminars, Clinical Hypnosis: Theory and Research, Cognitive Behavior Therapy, Psychological Testing Seminars, Human Development and Sexuality, Behavior Modification, Sleep Disorders, Elective Rotation in Behavioral Medicine, Supervision in Psychotherapy and Assessment
- Aug 2000–2006 **Professor, Department of Psychiatry and Behavioral Science**
(Joint Appointment, Department of Educational Psychology) Texas A&M University System, College of Medicine, College Station, Texas
Taught Behavioral Medicine Seminars, Clinical Hypnosis: Theory and Research, Elective Rotation in Psychological Aspects of Patient Care, Supervision in Psychotherapy
Director, Mind-Body Health Research Laboratory
An NIH funded research program to study the use of mind-body interventions to enhance health care. Research included mind-body interventions for pain management in cancer patients, smoking cessation, assessment of bariatric surgery patients, assessment of depression and distress, assessment of hypnotic ability in clinical research, and non-pharmacological interventions for hot flashes and menopausal symptoms.
Program Director, Clinical Psychology Research Fellowship
Clinical Research Fellowship housed within the Mind-Body Health Research Program
Supervised post-doctoral Research Fellows Michelle Perfect, Ph.D., Joel Marcus, PsyD, and Jeff Bates, M.D.
Supervised undergraduate research training for Ashley Kossie under the Minority Supplement Grant
Supervisor, Clinical Psychology Doctoral Practicum
Provided on-site supervision for Clinical Psychology Doctoral students from Baylor University Department of Psychology and Neuroscience Clinical Psychology (PsyD) program
- Aug 2006–2015 **Professor and Director of Clinical Training of Doctoral Program in Clinical Psychology, Baylor University, Department of Psychology and Neuroscience**
Graduate Program Director of the Psy.D. Clinical Psychology Doctoral Program
Psy.D. until May, 2015 Under my leadership the Baylor University Psy.D. program became one of the most highly ranked in the United States. I provided oversight for completion of all progress reports to the American Psychological Association for our continuing accreditation as well as the annual SACS reports. Also, completed the required self-study for APA re-accreditation of the Psy.D. program by the American Psychological Association (APA). The self-study was

extensive (2015) and included review of the programs goals and objectives, extensive outcome data (both proximal and distal), identification of how the program meets all criteria of APA over the past 7 years for reaccreditation. This process was successful and the program was approved for a site visit that was completed. The site-visit report was very favorable in regard to the program under my leadership. A smooth transition to the current program director was made and I continue to serve in a supportive role. Taught courses in cognitive-behavioral therapy, psychotherapy, and clinical health psychology. Provided mentorship to doctoral students in clinical psychology, general-experimental psychology. Provided mentorship to undergraduate students, psychology, neuroscience, and pre-med majors.

Aug 2006–Present

Professor (Tenured), Department of Psychology and Neuroscience

PsyD Clinical Psychology Program Core Faculty, School of Arts & Sciences, Baylor University, Waco, Texas

Involved in both undergraduate and graduate teaching

Graduate and undergraduate advising for psychology majors

Taught theories of personality, cognitive-behavior therapy, clinical Health psychology, theories of counseling and psychotherapy, advanced psychological assessment, seminar in psychotherapy, practicum supervision. Direct NIH funded research program.

Director of the Mind-Body Medicine Research Program

Maintain a very active NIH funded research program within the Mind-Body Medicine Research Laboratory (MBMRL) with an emphasis on hypnosis research. NIH funded research include hypnosis for sleep disturbance; hot flashes post-menopausal women; breast cancer survivors with hot flashes. Baylor University research include assessment of hypnotizability; development of a distress inventory for use in medical and clinical settings, development of a measure of dissociative abilities, hypnosis for treatment of fatigue and pain in patients undergoing chemo/radiotherapy for cancer and in palliative care, mindfulness and hypnosis in treatment of stress.

Provided administration with MBMRL with paid staff

Resident Scholar, Institute for Studies in Religion, Baylor University

Serve in an advisory role and research collaborator.

Adjunct Professor, Texas A&M University College of Medicine, Baylor Scott and White Medical Center

Texas A&M University System, College of Medicine Department of Psychiatry and Behavioral Science, Temple, Texas

Clinical Employment History

Sep 1980–Jun 1982

Chief, Clinical Psychology Service, Department of Psychiatry

Grand Forks USAF Hospital (Active Duty US Air Force), Grand Forks, AFB, North

Dakota

Supervised staff and conducted psychological evaluations, psychological and neuropsychological assessment, individual and group psychotherapy

Jul 1982–Jun 1986

**Program Director, Pain Management Program, Department of Physical Medicine and Rehabilitation and Department of Psychiatry and Psychology
Scott and White Clinic, Temple, Texas**

Coordinated psychological services on comprehensive 6-bed Chronic Pain Unit
Supervised nursing and support staff and clinical team meetings
Provided psychological assessment of chronic pain patients, cognitive-behavioral group therapy, family therapy, and behavioral medicine consultation

Jun 1986–Jul 1990

Clinical Psychology Senior Staff/ Scott and White Clinic, Texas A&M University College of Medicine

Scott and White Clinic and Hospital, Temple, Texas

Provided full range of Clinical Psychology Services in Outpatient Mental Health Clinic and Inpatient Psychiatry Service (clinical hypnosis, biofeedback, psychological evaluations, individual and group psychotherapy, consultation)
Provided specialized clinical health psychology and clinical hypnosis services
Co-coordinator, second year Psychiatry Curriculum

Jul 1990–Sep 2000

Director, Behavioral Medicine Services, Department of Psychology and Behavioral Sciences, Scott and White Clinic and Hospital, Texas A&M University Health Sciences Center

Scott and White Clinic and Hospital, Temple, Texas

Provided assessment, clinical hypnosis, and biofeedback therapy
Provided consultation to medical staff in the Neurology, Internal Medicine, Pulmonary Medicine, Oncology, Obstetrics and Gynecology, Surgery, Physical Medicine and Rehabilitation, Family Medicine departments

Mental Health Clinic

Individual, marital and group psychotherapy, psychological evaluations and assessment, clinical hypnosis, and consultation (inpatient and outpatient services)

Family Practice Residency, Faculty, Department of Family Practice

Scott and White Clinic, Texas A&M University Health Sciences Center, Temple, Texas

Supervised and taught PGY2-4 Residents, Psychological Aspects of Medical Interviewing

- Sept 2000–2006 **Clinical Psychology Senior Staff, Scott and White Clinic and Hospital, Texas A&M University Health Sciences Center**
Department of Psychiatry and Behavioral Sciences, Texas A&M University Health Sciences Center, College of Medicine, Scott and White Clinic, Temple, Texas
 Provided behavioral medicine and clinical hypnosis interventions in the area of psychosocial oncology, smoking cessation, irritable bowel syndrome, pain management, sleep disorders, anxiety symptoms, obesity (bariatric surgery), diabetic patient counseling, and chronic pain syndromes
 Psychology services provided primarily for adults to late adolescents (13+)
 Administrative responsibility for practicum students and support staff
Behavioral Medicine Consultation
 Pain Management Team, Diabetic Advisory Committee, Bariatric Surgery Team, Sleep Disorders Clinic, and Oncology Treatment Team, Complementary and Alternative Medicine Study Committee.
 Provided consultation and assisted with integration of psychological services in multidisciplinary medical teams and committees.
- Aug 2006-Present **Clinical Psychology Private Practice**
 Provide outpatient clinical psychology services, clinical hypnosis, behavioral medicine, individual psychotherapy, consultation.
- Aug 2015-Present **Medical Associate (Clinical Psychology), Baylor Scott and White Hillcrest Medical Center, Waco, Texas**
 Provide inpatient clinical psychology services, clinical hypnosis, individual psychotherapy, diagnostic evaluation, neuropsychological assessment, consultation.

Publications

- Elkins, G.R. (1978) Attitudes toward love, irrationality, and locus of control. *Psychological Reports*, 43(1), 246.
- Elkins, G.R., & Cochran, S.W. (1978) Internal and external locus of control as determinants of decision making in a game of skill. *Psychological Reports*, 42(3), 1311-1314.
- Elkins, G.R., & Smith, D. (1979) Meaning and measurement of love: A review of humanistic and behavioral approaches. *The Humanist Educator*, 18, 7-14.
- Elkins, G.R., & Fee, A.F. (1980) Relationship of physical anxiety to death anxiety and age. *Journal of Genetic Psychology*, 137(1), 147-148.
- Saltzberg, L., & Elkins, G.R. (1980) An examination of common concerns about rational-emotive therapy. *Professional Psychology: Theory, Research and Practice*, 11(2), 324-330.
- Elkins, G.R., & Carter, B.D. (1981) Use of a science fiction-based imagery technique in child hypnosis. *American Journal of Clinical Hypnosis*, 23(4), 274-277.
- Carter, B.D., Elkins, G.R., & Kraft, S.P. (1982) Hemispheric asymmetry as a model for hypnotic phenomena: A review and analysis. *American Journal of Clinical Hypnosis*, 24(3), 204-210.
- Chapman, R.K., Elkins, G.R., & Carter, B.D. (1982) Childhood hypnotic susceptibility: A review. *Journal of the American Society of Psychosomatic Dentistry*, 29(2), 54-63.

- Fee, A.F., Elkins, G.R., & Boyd, L. (1982) Testing counseling psychologists: Current practices and implications for training. *Journal of Personality Assessment*, 46(2), 116-118.
- Elkins, G.R., Osborne, S., & Saltzberg, L. (1983) An investigation of adult perceptions of "assertiveness". *Psychology: A Quarterly Journal of Human Behavior*, 20(3-4), 34-37.
- Elkins, G.R. (1984). Hypnosis in the treatment of myofibrositis and anxiety: A case report. *American Journal of Clinical Hypnosis*, 27(1), 26-30.
- Elkins, G.R., & Barrett, E.T. (1984) The MMPI in evaluation of functional versus organic low back pain. *Journal of Personality Assessment*, 48(3), 259-264.
- Elkins, G.R., & Saltzberg, L. (1984) Hypnosis in the treatment of social anxiety. *Journal of Counseling and Psychotherapy*, 4, 95-104.
- Elkins, G.R., & Carter, B.D. (1986).\ Hypnotherapy in the treatment of childhood psychogenic coughing: A case report. *American Journal of Clinical Hypnosis*, 29(1), 59-63.
- Elkins, G.R. (1986) Hypnotic treatment of anxiety. In Wester, W.C. (Ed.) *Clinical Hypnosis: A Case Management Approach (142-157)*. Cincinnati. C.J. Krehbiel, Co.
- Elkins, G.R., & Carter, B.D. (1986) Hypnosis with very young children. In Ziebergeld, B., Edelstien, M.G. & Araoz, D.L. (Eds.) *Hypnosis: Questions and Answers*. New York. W.W. Norton & Co.
- Elkins, G.R., Gamino, L.A., & Rynearson, R.R. (1988). Mass psychogenic illness, trance states, and suggestion. *American Journal of Clinical Hypnosis*, 30(4), 267-275.
- Gamino, L.A., Elkins, G.R., & Hackney, K.U. (1989) Emergency management of mass psychogenic illness. *Psychosomatics*, 30(4), 446-449.
- Elkins, G.R., Carter, B.D. (1990) A science-fiction based imagery technique in child hypnosis. In C. Hammond (Ed.), *Handbook of Hypnotic Metaphors and Suggestions*. (506-508), New York, NY: W.W. Norton & Company.
- Elkins, G.R. (1990) Hypnotic suggestion for chronic pain. In C. Hammond (Ed.) *Handbook of Hypnotic Metaphors and Suggestions*. New York, NY: W.W. Norton & Company.
- Elkins, G.R. (1991). Hypnotherapy of childhood somatoform disorders. In Wester, W.C. and O'Grady, D. (Eds.) *Clinical Hypnosis with Children*. New York. Brunner/Mazel.
- Elkins, G.R., & Wall, V.J. (1996) Medical referrals for hypnotherapy: Opinions of physicians, residents, family practice outpatients, and psychiatry outpatients. *American Journal of Clinical Hypnosis*, 38(4), 254-262.
- Elkins, G.R. (1997) Consultation for insomnia: Hypnotherapy, sleep hygiene, and stimulus control instructions. In Matthews, W.J. and Edgette, J.H. (Eds), *Current Thinking and Research in Brief Therapy: Solutions, Strategies, Narratives*. New York, NY: Brunner/Mazel.
- Elkins, G.R., & Hammond, D.C. (1998) Standards of training in clinical hypnosis: Preparing professionals for the 21st century. *American Journal of Clinical Hypnosis*, 41(1), 55-64.
- Elkins, G.R. (1999) Hypnosis, grief and mourning. *Hypnos: Swedish Journal of Hypnosis in Psychotherapy and Psychosomatic Medicine*, XXVI, 61-69.
- Elkins, G.R. (2000) Hypnosis, grief and mourning. *Australian Journal of Clinical Experimental Hypnosis*, 28(1), 61-73. (reprint from Hypnos)
- Elkins, G.R., & Handel, D.H. (2001) Clinical hypnosis: An essential in the "tool kit" for family practice, in *Family Practice Clinics of North America*, 3(1), 113-126.
- Marcus, J., Elkins, G.R., & Mott, F. (2003) The integration of hypnosis into a model of palliative care. *Integrative Cancer Therapies*, 2 (4), 365-370.
- Marcus, J., Elkins, G.R., & Mott, F. (2003) A model of hypnotic intervention for palliative care. *Advances in Mind-Body Medicine*, 9(2), 24-27.

- Elkins, G.R. & Hammond, D.C. (2003) American society of clinical hypnosis standards of training in clinical hypnosis. *Japanese Journal of Clinical Hypnosis*, 4 (March), 57-67.
- Elkins, G.R., & Rajab, H. (2004) Clinical hypnosis for smoking cessation: Preliminary results of a three-session intervention. *International Journal of Clinical and Experimental Hypnosis*, 52, 73-81.
- Marcus, J., & Elkins, G.R. (2004) Development of a model for a structured support group for patient following bariatric surgery. *Obesity Surgery*, 14(1), 103-106.
- Elkins, G.R., Cheung, A., Marcus, J., Palamara, L., & Rajab, H. (2004) Hypnosis to reduce pain in cancer survivors with advanced disease: A prospective study. *Journal of Cancer Integrative Medicine*, 2(4), 167-172.
- Elkins, G.R., Marcus, J., Palamara, L., & Stearns, V. (2004) Can hypnosis reduce hot flashes in breast cancer survivors? A literature review. *American Journal of Clinical Hypnosis*, 47(1,) 29-42.
- Elkins, G.R., Marcus, J., & Rajab, H. (2004) Prevalence of anxiety among patients undergoing colorectal surgery. *Psychological Reports*, 95(2,) 657-658.
- Elkins, G.R., Staniunas, R., Marcus, J., Rajab, H., & Snyder, T. (2004) Use of a numeric visual analog anxiety scale among among patients undergoing colorectal surgery. *Clinical Nursing Research*, 13(3), 237-244.
- Elkins, G.R., Marcus, J., & Rajab, H. (2005) Use of complementary and alternative medicine among psychotherapy clients. *Journal of Psychotherapy: Theory, Research, Practice and Training*, 42(2), 232-235.
- Elkins, G., Rajab, M.H., Marcus, J. (2005) Complementary and alternative medicine use by psychiatric inpatients. *Psychological Reports*, 96(1), 163-166.
- Elkins, G.R., Whitfield, P., Marcus, J., Symmonds, R., Rodriguez, J., & Cook, T. (2005) Non-compliance with behavioral recommendations following bariatric surgery. *Obesity Surgery*, 15(4), 546-551.
- Elkins, G.R., Marcus, J.D., Bates, J., & Palamara, L. (2006) Intensive hypnotherapy for smoking cessation: A prospective study. *International Journal of Clinical and Experimental Hypnosis*, 54(3), 303-315.
- Marcus, J.D., Mott, F., & Elkins, G.R. (2006) Communicating and communicating again. *Supportive and Palliative Cancer Care*, 2 (2), 37-43.
- Elkins, G.R., White, J., & Patel, P. (2006) Hypnosis to manage anxiety and pain associated with colonoscopy for colorectal cancer screening: Case studies and possible benefits. *International Journal of Clinical and Experimental Hypnosis*, 54(4), 416-431.
- Elkins, G.R., & Marcus, J. (2006) Hypnotherapy and cognitive-behavior therapy for pain and distress management in cancer patients. In Chapman, R. A. (Ed.). *The Clinical Use of Hypnosis and Cognitive-Behavior Therapy: A Practitioners Casebook*. (275-294). Springer Publishing Company.
- Elkins, G.R., & Perfect, M. (2006) Hypnotherapy for treatment of childhood somatization disorder. In Sugarman, L., & Wester, W.C., (Eds), *Hypnosis and Hypnotherapy with Children and Adolescents*. Crowne Publishing.
- Elkins, G.R., Stearns, V., Marcus, J., & Rajab, H. (2007) Pilot evaluation of hypnosis for treatment of hot flashes in breast cancer survivors. *Psycho-Oncology*, 16 (5). 487-492
- Elkins, G.R., Jensen, M., & Patterson, D. (2007) Hypnotherapy for the management of chronic pain, *International Journal of Clinical and Experimental Hypnosis*, 55(3), 275-287.
- Elkins, G.R. (2007). Hypnosis for health compromising behaviors, In Nash, M., (Ed.), *The Oxford Handbook of Hypnosis*. Oxford, United Kingdom: Oxford Medical Publications.
- Elkins, G.R., Marcus, J, Stearns, V., Perfect, M., Rajab, M. H., Ruud, C., Palamara, L., & Keith, T. (2008) Randomized trial of a hypnosis intervention for treatment of hot flashes among breast cancer survivors. *Journal of Clinical Oncology*. 26 (31) 5022-5026.

- Elkins, G.R., Perfect, M., & Ruud, C. (2008) Biobehavioral treatment of hot flashes in a 48 year-old menopausal woman. In Kessler, R. & Stafford, D. (Eds.), *Collaborative Medicine Case Studies: Evidence in Practice* (177-185). Springer, New York: Springer Publishing Company.
- Elkins, G.R. (2010) Hypnosis to manage anxiety and pain associated with colonoscopy. *American Journal of Clinical Medicine*, 7(3), 127-129.
- Elkins, G., Marcus, J., Bunn, J., Perfect, M., Palamara, L., Stearns, V., & Dove, J. (2010) Preferences for Hypnotic Imagery for Hot Flash Reduction. *International Journal of Clinical and Experimental Hypnosis*, 58(3), 345-349.
- Elkins, G., Fisher, W., & Johnson, A. (2010) Mind-body therapies in integrative oncology. *Current Treatment Options in Oncology*, 11(3-4), 128-140.
- Perfect, M., Elkins, G.R., Lahroud-Lyle, T., & Posey, J. (2010) Stress and quality of sleep among individuals diagnosed with diabetes. *Stress and Health: Journal of the International society for the Investigation of Stress* 26(1), 61-74.
- Elkins, G., Cooke, T., Perfect, M., Rajab, M. H., Meyer, T. & Dove, J. (2010) Perceived stress among nursing staff related to accreditation. *Clinical Nursing Research*, 19, 376-386.
- Perfect, M., & Elkins, G.R. (2010) Cognitive-behavioral therapy and hypnotic relaxation to treat sleep problems in an adolescents with diabetes. *Journal of Clinical Psychology*, 66(11), 1205-1215.
- Elkins, G.R. (2010) An interview with Gary Elkins (by Editor, Alan Streett). *Criswell Theological Need Review*, 7 (2) Spring Issue, 49-63.
- Gartner, A., Dolan, S., Stanford, M., & Elkins, G. (2011) Hypnosis in the treatment of Morgellons' Disease: a case study. *International Journal of Clinical and Experimental Hypnosis* 59(2), 242-249.
- Elkins, G.R., Fisher, W., & Johnson, A. (2011) Hypnosis for hot flashes among post-menopausal women: A study protocol of an ongoing randomized clinical trial. *BCM: Complementary and Alternative Medicine*, 11, 92.
- Elkins, G., Fisher, W., Johnson, A., Marcus, J., Dove, J., Perfect, M., & Keith, T. (2011) Moderating effect of hypnotizability on hypnosis for hot flashes in breast cancer survivors. *Contemporary Hypnosis*. 28, 187-195.
- Elkins, G., Johnson, A., & Fisher, W. (2011) Mind-body therapies for hot flashes. *Journal for Clinical Hypnosis (The Danish Psychological Society for Clinical Hypnosis)*. 2, 32-40.
- Elkins, G., Johnson, A., & Fisher, W. (2012) Cognitive hypnotherapy for pain management. *American Journal of Clinical Hypnosis* 54(4), 294-310. PMID: 22655332.
- Elkins, G.R., Fisher W.I., Johnson, A.K., Kendrick, C, Koep, L., & Perfect, M. (2012) Initial development of a brief measure of psychological distress. *Psychological Reports*, 110(1), 218-26
- Elkins, G., Kendrick, C., & Koep, L. (2012) Hypnotherapy for Loin Pain Hematuria: a case study. *International Journal of Clinical and Experimental Hypnosis*, 60(1), 111-120.
- Elkins, G., Fisher, W., Johnson., Sliwinski, J. (2012) Clinical hypnosis for palliative care of cancer patients. *Oncology Nurse Edition*, 26, 26-30.
- Elkins, G., Johnson, A., Fisher, W.I., Sliwinski, J., & Keith, T. (2013) A pilot investigation of guided self-hypnosis in the treatment of hot flashes among postmenopausal women. *International Journal of Clinical and Experimental Hypnosis*, 61 (3), 342-350.
- Sliwinski, J., & Elkins, G., (2013) Enhancing placebo effects: Insights from social psychology. *American Journal of Clinical Hypnosis*, 55 (3), 236-248.
- Elkins, G., Fisher, W., Johnson, A., Carpenter, J., & Keith, T. (2013) Clinical hypnosis in the treatment of postmenopausal hot flashes: A randomized controlled trial. *Menopause*, 20 (3), 291-298.
- Elkins, G., Sliwinski, J, Bowers, J., & Encarnacion, E. (2013) Feasibility of clinical hypnosis for the

treatment of Parkinson's disease: A case study. *International Journal of Clinical and Experimental Hypnosis*, 61 (2), 172-182.

- Fisher, W., Johnson, A., Elkins, G., Otte, J., Burns, D., Yu, M., & Carpenter, J. (2013) Risk factors, pathophysiology, and treatment of hot flashes in cancer. *CA: Cancer Journal for Clinicians*, 63 (3), 167-192
- Fisher, W., Johnson, A., & Elkins, G., (2013) Principal component analysis of a measure of non-pathological dissociation: The Dissociative Ability Scale. *Contemporary Hypnosis and Integrative Therapy*. 30 (1), 32-41.
- Sliwinski, J., Fisher, W., Johnson, A., & Elkins, G., (2013) Medical hypnosis for pain and psychological distress during burn wound debridement: A critical review. *OA: Alternative Medicine*, April 1, 1 (1):10.
- Elkins, G., Johnson, A., Fisher, W.I., & Sliwinski, J. (2013) Efficacy of mind-body therapy on stress reduction in cancer care. In W.C.S Cho (ed.), *Evidence-based Non-pharmacological Therapies for Palliative Cancer Care*, Springer, New York, NY, doi 10.1007/978-94-007-833-9_7
- Perfect, M., & Elkins, G. (2013) Hypnotherapy for the treatment of childhood somatiform disorders. In W. Wester & L. Sugarmann (eds.), *Therapeutic Hypnosis with Children and Adolescents*, 2nd Edition, Crown House Publishing, London, UK. ISBN-13: 978-1845908737
- Sliwinski, J., Johnson, A., & Elkins, G. (2014). Memory decline in peri- and post-menopausal women: The potential of mind-body medicine to improve cognitive performance. *Integrative Medicine Insights*, 3 (9), 17-23. doi: 10.4137/IMI.S15682.
- Elkins, G., Kendrick, C., & Koep, L. (2014). Hypnotic relaxation therapy for treatment of hot flashes following prostate cancer surgery: A case study. *International Journal of Clinical and Experimental Hypnosis*, 62 (3), 251-259. doi: 10.1080/00207144.901051.
- Elkins, G., Ramsey, D., Yu, Y. (2014). Hypnotherapy for persistent genital arousal disorder: A case study. *International Journal of Clinical and Experimental Hypnosis*, 62 (2), 215-223. doi: 10.1080/00207144.2014.869136.
- Perfect, M., & Elkins, G. (2014) Hypnotherapy for the treatment of childhood somatoform disorders. In *Therapeutic Hypnosis with Children and Adolescents* (2nd Ed). Sugarman, L., & Wester, C. (Eds), Norwalk, CT., Crown House Publishing, 243-264.
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- This article was ground breaking in that it established the contemporary definition of hypnosis. It was the lead article for this issue of the *International Journal of Clinical and Experimental Hypnosis* (IJCEH) and is the most read and most cited article in the IJCEH for 2015. The article was then reprinted in the *American Journal of Clinical Hypnosis* (AJCH) and the entire issue of the AJCH (57(4), 2015) was devoted to commentary on this publication.
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- Elkins, G., Johnson, A., Roberts, L., Gavin, R., Kekecs, Z., Brown, K. (2017). Feasibility of music and hypnotic suggestion to manage chronic pain. *International Journal of Clinical and Experimental Hypnosis*, 65(4). 452-465.
- Elkins, G. (2018). Editorial. *International Journal of Clinical and Experimental Hypnosis*, 66(1), 1-2.
- Elkins, G., Roberts, L., Simicich, L. (2018) Mindful Self-Hypnosis for Self-Care: An Integrative Model and Illustrative Case Example. *American Journal of Clinical Hypnosis*, 61(1), 45-56.
- Elkins, G., Roberts, L., Kekecs, Z., Lazott, L., Toor, O. (2017). Hypnosis for burn-related pain: Case studies and a review of the literature. *World Journal of Anesthesiology*, 6(1), 13.
- Sliwinski, J., & Elkins, G. (2017). Hypnotherapy to reduce hot flashes: Examination of response expectancies as a mediator of outcomes. *Journal of Evidence-Based Complementary and Alternative Medicine*, 22(4), 652–659. <https://doi.org/10.1177/2156587217708523>

- Sloenea, E., Kekecs, Z., & Elkins, G. (2018). The revised factor structure of the dissociative ability scale: A measure of non-pathological dissociation. *Contemporary Hypnosis and Integrative Therapy*, 33(1), 26-36.
- Jared, B., Roberts, L., Zoltan, K., Elkins, G., (2018). Brief report: knowledge of, interest in, and willingness to try behavioral interventions in individuals with Parkinson's disease. *Advances in Mind-Body Medicine*, 32(1), 8-12. PMID: 29406302
- Barton, D., Brooks, T., Cieslak, A., Elkins, G., Clark, P., Baydoun, M., Smith, A., Poznak, C. (2019). Phase II randomized controlled trial of hypnosis versus progressive muscle relaxation for body image after breast or gynecologic cancer. *Breast Cancer Research and Treatment*, 187(2), 357-365. doi: 10.1007/s10549-019-05395-6
- Elkins, G. R., Stork, S., Roberts, L. (2019). Complementary and alternative therapies. In *Treating PTSD in Military Personnel* (2nd ed., pp. 214-233). New York, NY: The Guilford Press.
- Johnson, A, Roberts, L., & Elkins, G. (2019). Complementary and alternative medicine for menopause. *Journal of Evidence-Based Integrative Medicine*, 20, 1-14, doi: 10.1177/2515690X19829380
- Rivers, A. S., Sanford, K., Elkins, G., Carpenter, J. S., Rand, K. L., Bartlett Ellis, R. J. (2020). Attitudinal and social predictors of adherence to oral endocrine therapy: A psychometrically-informed model. *Journal of Health Psychology (in press)*.
- Elkins, G. (2020). Contemplative practices and hypnosis: Emerging perspectives and future directions. *International Journal of Clinical and Experimental Hypnosis*, 68(2), 139-143.
- Otte, J., Carpenter, J., Roberts, L., & Elkins, G. (2020). Self-hypnosis for sleep disturbances in menopausal women. *Journal of Women's Health*, 29(3), 461-463.
- Hale, S. & Elkins, G., (2020). Brain regions involved in hypnosis: Clinical implications. *Scientia*, 49-56.
- Elkins, G. (2020). Mindful hypnotherapy to reduce stress and increase mindfulness: A randomized controlled trial. *International Journal of Clinical and Experimental Hypnosis*, 68(2), 151-166.
- Elkins, G. (2020). Psychological mindedness, attitudes toward hypnosis, and expectancy as correlates of hypnotizability. *International Journal of Clinical and Experimental Hypnosis*, 68(1), 68-79.
- Elkins, G. (2020). Hypnosis: A mind-body solution for hot flushes and sleep post-menopause and in breast cancer survivors. *Scientia-Global*. Published on-line at www.SCIENTIA.GLOBAL. (Note: this is an on-line journal for professionals and laypersons regarding advances in science.
- Elkins, G., Otte, J., Carpenter, J., Roberts, L., Jackson, L., Kekecs, Z., Patterson, V., & Keith, T. (In press). Hypnosis intervention for sleep disturbance: Determination of optional dose and method of delivery for post-menopausal women. *International Journal of Clinical and Experimental Hypnosis*, In press

Published Books and Manuals

- Hammond, D.C., & Elkins, G.R. (1994). *Standards of Training in Clinical Hypnosis*. Chicago: ASCH Press.
- Elkins, G.R. (1997). *My Doctor Does Hypnosis*. Chicago: ASCH Press.
- Elkins, G.R. (2014) *Hypnotic Relaxation Therapy: Principles and Applications*. New York, NY: Springer Publishing Inc.
- Elkins, G.R. (2014) *Relief from Hot Flashes: The Natural, Drug Free, Mind-Body Therapy to Reduce Hot Flashes, Sleep Better, and Manage Stress*. New York, NY: Demos Health Publishing Inc.

Barnett, J., Shale, A., Elkins, G.R., and Fisher, W.F. (2014) *The Psychologist's Essential Guide to Complementary and Alternative Medicine*. Washington, D.C.: American Psychological Association Press.

Elkins, G.R. (2016) *Handbook of Medical and Psychological Hypnosis: Foundations, Applications, and Professional Issues*. New York, NY: Springer Publishing Inc.

Elkins, G. R. (2019) *Mindful Hypnotherapy: The Basis for Clinical Practice*. New York, NY: Springer Publishing Inc.

Published Psychological Testing Instruments

Elkins, G. & Johnson, A. (2015) *Psychological Distress Profile*. Menlo Park, CA, Mind Garden, Inc.

Book Reviews

Elkins, G.R., & Fee, A.F. (1978). Group Therapy: A behavioral approach. Rose, S. (Author), Springer, New York: Springer Publishing Co. Reviewed in *Psychology: A Journal of Human Behavior*, 15, 51.

Elkins, G.R., & Fee, A.F. (1979). Handbook of rational-emotive therapy. Ellis, A. & Grieger, R. (Eds.) Springer Publishing Company. Reviewed in *Journal of Counseling and Psychotherapy*, 1, 152-153.

Elkins, G.R. (1982). Explorations in time-limited counseling and psychotherapy. Gelso, C.J., & Johnson, D.H. (Authors). Reviewed in *American Journal of Clinical Hypnosis*, 26, 62-63.

Elkins, G.R. (1982). Introduction to medical hypnosis. Gorsky, G.H., & Gorsky, S.R. (Authors). Reviewed in *American Journal of Clinical Hypnosis*, 24, 300-301.

Elkins, G.R. (1982). The practice of multimodal therapy. Lazarus, A.A., (Author). Reviewed in *American Journal of Psychotherapy*, July.

Elkins, G.R. (1982). Application of hypnosis in sex therapy. Beigel, A.L., & Johnson, W.A. (Authors). Reviewed in *International Journal of Clinical and Experimental Hypnosis*, 30, 307-308.

Elkins, G.R. (1993). Littletree: A story for children with serious medical problems. Mills, Joyce C. (author) 1992, Magination Press, New York, NY. Reviewed in *American Journal of Clinical Hypnosis*, 36(2) 147-149.

Elkins, G.R. (1993). Multiple personality disorder: An exercise in deception. Aldridge-Morris, R. (author) 1989, London, Lawrence-Erlbaum Associate, reviewed in *American Journal of Clinical Hypnosis*, 35(3) 209-211.

Elkins, G.R. (1993). Treating PTSD: Cognitive behavioral strategies. In D.W Foy (Ed.) 1992. New York, Guilford Press. Reviewed in *American Journal of Clinical Hypnosis*, 36(1) 55-56.

Elkins, G.R. (1994). Lessons in evil: Lessons from the light. Feldman (author, 1993), New York: Crown Publishers, Inc. Reviewed in *American Journal of Clinical Hypnosis*, 37(1) 53-54.

Elkins, G.R. (2002). The practice of hypnotism. Weitzenhoffer, A. (author, 2000) John Wiley and Sons, N. Y. Reviewed in *American Journal of Clinical Hypnosis*.

Presentations

- Elkins, G.R., & Cochran, S.W. (1977). *Locus of Control as a Determinant of Decision Making*. 24th Annual Meeting of the Southwestern Psychological Association.
- Elkins, G.R., & Fee, A.F. (1978). *A Proposed Cognitive-Behavioral Model for the Treatment of Obsessions and Compulsions*. 25th Annual Meeting of the Southwestern Psychological Association.
- Elkins, G.R., & Osborn, S.M. (1979). *Perception of Assertiveness: Implications for Counseling and Therapy*. 25th Annual Meeting of the Texas Psychological Association. Awarded the Certificate of Recognition by the Texas Psychological Association.
- Osborn, S.M., Patterson, J.P., & Elkins, G.R. (1979). *Psychotherapy Outcome Models for the Independent Practitioner*. 87th Annual Meeting of the American Psychological Association. Awarded certificate and funded by Student Scholarship Awards Committee of Division 29 (Psychotherapy) of APA.
- Patterson, J.P., Osborn, S.M., & Elkins, G.R. (1979). *Psychotherapy Outcome Research: A Survey*. 26th Annual Meeting of the Southwestern Psychological Association.
- Miller, R.A. & Elkins, G.R. (1980). *Hypnotherapy*. Conference on Emerging Roles for the Psychologist, Texas A&M University.
- Saltzberg, L., & Elkins, G.R. (1980). *Elegant and Inelegant Therapy: A Comparison of A and B Level Interventions in the Treatment Process*. Third National Conference on Rational-Emotive Therapy.
- Elkins, G.R., Smith, D., & Saltzberg, L.H. (1981). *Rational Restructuring and Relaxation Training in the Treatment of Communication Apprehension*. 89th Annual Meeting of the American Psychological Association.
- Carter, B.D., & Elkins, G.R. (1982). *Family Stress and Social Adjustment*. 90th Annual Meeting of the American Psychological Association.
- Saltzberg, L.H., & Elkins, G.R. (1982). *Hypnosis as a Facilitator of Cognitive-Behavior Therapy*. (1982). 34th Annual Meeting of the Society for Clinical and Experimental Hypnosis.
- Elkins, G.R., Gamino, L.A., & Rynearson, R.R. (1983). *The Social and Psychiatric Dynamics of Mass Psychogenic Illness: A Case Study*. Annual Meeting of the Academy of Psychosomatic Medicine.
- Saltzberg, L.H., & Elkins, G.R. (1983). *Investigation of Bibliotherapy as an Adjunct to Rational-Emotive Psychotherapy*. 91st Annual Meeting of the American Psychological Association.
- Elkins, G.R., & Saltzberg, L.H. (1983). *Hypnosis in the Treatment of Myofibrositis and Anxiety*. Annual Meeting of the American Society of Clinical Hypnosis.
- Elkins, G.R. (1983). *Applications of Psychology in Medical Settings*. Invited address at the first annual Distinguished Alumni Forum, East Texas State University.
- Schuchmann, J.A., & Elkins, G.R. (1984). *Doc, It Still Hurts; or How to Approach the Patient Who Complains of Chronic Pain*. Annual Meeting of the Texas Medical Association.
- Elkins, G.R. (1984). *Pain Management*. Shepperd Memorial Hospital, Burnet, Texas.
- Elkins, G.R. (1984). *Psychological Intervention with the Chronic Pain Patient*. Gatesville Clinic, Gatesville, Texas.
- Elkins, G.R. (1984). *Psychological Aspects of Chronic Illness*. Medical-Surgical Nursing Rounds, Scott and White, Temple, Texas.
- Elkins, G.R., Schuchmann, J.A., & Gamino, L.A. (1984). *Psychological Distress, Invalidation, and Pain Games Among Chronic Pain Patients*. International Association for the Study of Pain.
- Elkins, G.R. (1984). *Hypnotherapy in Children*. Pediatrics Grand Rounds, Scott and White, Temple, Texas.
- Elkins, G.R. (1984). *Childhood Psychogenic Coughing: A Combined Hypnotic/Behavioral Treatment*. Annual Meeting of the American Society for Clinical Hypnosis.

- Elkins, G.R. (1984) *Stress in Patient Care: Clinical Considerations*. Department of Oral Surgery, Scott and White Clinic, Temple, Texas.
- Elkins, G.R., & Gamino, L.A. (1984). *Group Psychosomatic Illness and Hypnotic Phenomena*. Bell County Psychological Association.
- Elkins, G.R. (1984), *Hypnosis for Pediatric Medical and Psychological Problems*. Southwestern Psychological Association.
- Elkins, G.R. (1985). *Mental Health and Stress Management*. Scott and White Annual Internal Medicine Review.
- Elkins, G.R. (1985). *Mass Psychogenic Illness: Conversion Reaction or Group Hypnosis?* 10th International Congress of Hypnosis and Psychosomatic Medicine.
- Hughes, P., & Elkins, G.R. (1986). *The Unremembered Pregnancy: Psychogenic Amnesia*. Ob/Gyn Department Grand Rounds, Scott and White Clinic.
- Elkins, G.R., & Gamino, L.A. (1986). *The Use and Misuse of Hypnotic Suggestion in Health and Illness*. Dallas Society of Clinical Hypnosis, Dallas, Texas.
- Elkins, G.R. (1986). *Psychopathology, Invalidism, and Pain Games Among Chronic Pain Patients*. American Psychological Association.
- Elkins, G.R. (1987). *Altered States of Consciousness in Etiology and Treatment of Anxiety Disorders*, Bell County Psychological Association, Temple, Texas, May, 1987.
- Elkins, G.R. (1987). *Hypnotherapy with Children: Relaxation and Mental Imagery for Pediatric Anxiety and Pain Management*. Association for the Care of Children's Health, Halifax, Nova Scotia.
- Elkins, G.R. (1987). *Hypnosis and Mass Hysteria: From Witchcraft Trials to Modern Medicine*. American Society of Clinical Hypnosis, Las Vegas, Nevada. (Awarded 2nd place for best clinical paper).
- Colosimo, C.P., & Elkins, G.R. (1987). *Clinical Applications of Hypnotherapy in Behavioral Medicine Settings*. American Society of Clinical Hypnosis, Las Vegas, Nevada.
- Elkins, G.R. (1987). *Clinical Hypnosis: Recent Research and Applications*. Southwestern Psychological Association, New Orleans, Louisiana.
- Elkins, G.R., & Nisbet, R.B. (1987). *Hypnotherapy in a Case of Severe Hyperemesis Gravidarum*. Department of Obstetrics and Gynecology, Scott and White Clinic.
- Elkins, G.R. (1987). *Hypnotherapy with Pediatric Patients for Management of Pain and Anxiety*. Association for the Care of Children's Health, Halifax, Nova Scotia.
- Elkins, G.R. (1987). *Hypnotherapy for Anxiety: Is It the Treatment of Choice?* American Society of Clinical Hypnosis, Las Vegas, Nevada.
- Sanders, S., Copeland, D., & Elkins, G. (1987). *Hypnotherapy with Children*. American Psychological Association, New York.
- Elkins, G.R. (1988) *Mass Hysteria!*. Department of Medicine Grand Rounds, Scott and White Clinic, Temple, Texas.
- Elkins, G.R. & Hill, P.S. (1988). *Hypnotherapy and Munchausen's Disorder: Psychodynamics and Treatment Issues*. 11th International Congress of Hypnosis and Psychosomatic Medicine, The Hague, Netherlands 1988.
- Elkins, G.R. (1991). *Hypnotherapy in the Treatment of Hyperemesis Gravidarum*. American Society of Clinical Hypnosis, St. Louis, Missouri.
- Elkins, G.R. (1994). *Consultation Regarding Insomnia: Hypnotherapy and Sleep Hygiene*. Annual Meeting of the American Society of Clinical Hypnosis, Philadelphia, Pennsylvania.
- Elkins, G.R. (1994). *Hypnotherapy in the Treatment of Post-Traumatic Stress Disorder*. Grand Rounds, Department of Psychiatry, Scott and White.

- Elkins, G.R. and Hammond, D.C. (1995). *Teaching Medical and Psychological Hypnosis*. American Society of Clinical Hypnosis, San Diego, California.
- Elkins, G.R. (1996). *Looking Toward the Future: Clinical Hypnosis and Professional Practice*. President Elect Address, American Society of Clinical Hypnosis Annual Banquet, Orlando, Florida.
- Elkins, G.R. (1996). *Teaching and Learning Clinical Hypnosis: Lessons from the Novice and the Great*. Annual Banquet Presentation, Canadian Society of Clinical Hypnosis, Banff, Alberta, Canada.
- Elkins, G.R. (1996). *Professional Issues in Clinical Hypnosis: Panel Discussion*. Annual Scientific Meeting of the Society for Clinical and Experimental Hypnosis, Tampa, Florida.
- Elkins, G.R. (1996). *The Seven Habits of Highly Successful Clinicians Who Practice Hypnosis*. Annual Banquet Presentation, New Orleans Society of Clinical Hypnosis.
- Elkins, G.R. (1997). *Sleep Disorders*. Bell County Psychological Association, Temple, Texas.
- Elkins, G.R. (1997). *Update on Clinical Hypnosis: Theory and Practice*. Grand Rounds Presentation, Department of Psychiatry, University of Texas Medical Branch, Galveston, Texas.
- Elkins, G.R. (1997). *Hypnosis Grief and Mourning*. Presidential Address, 14th International Congress of Hypnosis and Psychosomatic Medicine, San Diego, California.
- Elkins, G.R. (1997). *Chair and Discussion Investigating False Memory for the Unmemorable: A Critique of Experimental Hypnosis and Memory Research*. Special Invited Address by D. Corydon Hammond, Ph.D. 14th International Congress of Hypnosis, San Diego, California.
- Elkins, G.R. (1997). *Discussion: The Use of Hypnosis and Psychotherapy*. 14th International Congress of Hypnosis, San Diego, California.
- Elkins, G.R. (1998). *Discussion of Symposium on EMDR: Eye Movement Desensitization and Reprocessing Therapy*. Paper presented at the Bell County Psychological Association, Temple, Texas.
- Elkins, G.R. (1998). *Chair Discussion of Symposium on Hypnosis and Clinical Outcome Research*. 40th Annual Scientific Meeting of the American Society of Clinical Hypnosis, Fort Worth, Texas.
- Elkins, G.R. (1998). *Essentials of Clinical Hypnosis in Brief Psychotherapy Practice*. Keynote Speaker, GA Psychological Association Winter Institutes, Atlanta, Georgia.
- Elkins, G.R. (1998). *Bridging Research and Practice in Clinical Hypnosis*, 40th Annual Meeting of the American Society of Clinical Hypnosis, Fort Worth, Texas.
- Elkins, G.R. (1998). *The Theory and Practice of Clinical Hypnosis: Expert Panel*. American Society of Clinical Hypnosis Annual Scientific Meeting, Fort Worth, Texas.
- Elkins, G.R. (1998). *The Image of Hypnotherapy: A Theory in It's Own Right or Only an Adjunct?* 40th Annual Scientific Meeting of the American Society of Clinical Hypnosis, Ft. Worth, Texas.
- Rajab, M.H., Elkins, G.R., and Cheung, A. (1999). *Hypnosis for Pain Management in Cancer Patients: Design and Method*. Society for Clinical Trials, Anaheim, California.
- Elkins, G.R. (1999). *Chair and Discussant, Symposium on The Future of Clinical Hypnosis*. 41st Annual Meeting of the American Society of Clinical Hypnosis, Atlanta, Georgia.
- Elkins, G.R. (1999). *Chair and Discussant, Symposium on Hypnosis and Cancer*, 41st Annual Meeting of the American Society of Clinical Hypnosis, Atlanta, Georgia.
- Elkins, G.R. (2000). *Chair and Discussant, Symposium on Hypnosis in Treatment of Habit Disorders*. 15th International Congress of Hypnosis, Munich, Germany.
- Elkins, G.R. (2000). *Treatment of Insomnia: Integration of Medical and Psychological Approaches*. Department of Pulmonary Medicine, Sleep Disorders Center, Scott and White, Temple, Texas.
- Moore, R., & Elkins, G.R. (2000). *A Puzzling Case of Cognitive Impairment*. Department of Psychiatry Grand Rounds, Scott and White, Temple, Texas.

- Elkins, G.R. (2000). *Hypnosis and Cancer Care: Current Research and Future Directions*. Department of Educational Psychology, Texas A&M University, College Station, Texas.
- Elkins, G.R., & Rajab, M.H. (2000). *Clinical Efficacy of Hypnosis for Smoking Cessation*. Department of Psychiatry, Grand Rounds, Texas A&M University Health Sciences Center, Temple, Texas.
- Elkins, G.R. (2000). *Hypnosis for Smoking Cessation: Preliminary Clinical Outcome Data*. 15th International Congress of Hypnosis, Munich, Germany.
- Chavez, A., White, J., Rawls, D., Riggs, M., Elkins, G., & McGhee, W. (2000). *Unsedated Colonoscopy (USC) and Predictors of Successful Outcome*. 65th Annual Scientific Meeting of the American College of Gastroenterology, New York, New York.
- Elkins, G.R. (2001). *Mind-Body Therapies in Patient Care*. Scott and White Internal Medicine, Grand Rounds.
- Elkins, G.R., & Rajab, H. (2001). *Hypnotherapy for Smoking Cessation: Preliminary Findings*. Society for Clinical and Experimental Hypnosis, San Antonio, Texas.
- Elkins, G.R., Russell, I.S., Young, K., & Rajab, M.H. (2001). *Understanding the Mind-Body Connection in Pain Control: Research Findings from an Animal Model of Hypnosis*. 43rd Annual Meeting of the American Society of Clinical Hypnosis, Reno, Nevada.
- Elkins, G.R., & Rajab, M. H. (2001). *Hypnosis for Smoking Cessation: Outcomes from a Clinical Trial*. 43rd Annual Meeting of the American Society of Clinical Hypnosis, Reno, NV.
- Elkins, G.R. (2002). *The Making of a President*. 44th Annual Meeting of the American Society of Clinical Hypnosis.
- Elkins, G.R. (2002). *Hypnotherapy for Children with Headaches/Migraines*, Scott and White Advanced Practice Symposium, Salado, Texas.
- Marcus, J.D., & Elkins, G.R. (2002). *Child and Family Program for HIV Impacted Families*, Oral Presentation: XXV International Congress of Applied Psychology (Div. 6 Clinical and Community Psychology) Singapore.
- Elkins, G.R., & Palamara, L. (2002). *Pain Assessment and Behavioral Management*, 2002 Medical Surgical Nursing Conference, Scott and White Clinic and Hospital, Temple, Texas.
- Elkins, G.R., Marcus, J., Rajab, H., & Cheung, A. (2002). *Hypnotic Relaxation for Pain Management in Cancer Patients: Preliminary Results*. Annual Meeting of the American Psychological Association, Chicago, Illinois.
- Russell, M, Young, K., Elkins, G., & Steele-Russell, I. *Effect of the Tonic Immobility State on Conditioned Pain Perception in Rabbits*. Society for Neuroscience Annual Meeting, San Diego, California.
- Elkins, G.R., Marcus, J., Stanianus, R., & Rajab, H. (2002). *Anxiety in General Surgery Patients*, 55th Annual Convention of the Texas Psychological Association, San Antonio, Texas.
- Elkins, G.R., Marcus, J., Stanianus, R., & Rajab, H. (2002). *The Visual Analog Scale: A Valid and Reliable Method to Measure Anxiety in Colorectal Surgery Patients*. Society for Behavioral Medicine, Salt Lake City, Utah.
- Elkins, G.R., Marcus, J.D., & Young, R. (2003). *Hypnosis for Menopausal Symptoms in Breast Cancer Survivors*. 5th Annual Comprehensive Cancer Care: Integrating Complementary & Alternative Therapies with Mainstream Care, Washington, DC.
- Marcus, J.D. & Elkins, G.R. (2003). *Translating Clinical Phenomena into Researchable Questions and Clinical Practice: A Multidisciplinary Quest*. 5th Annual Comprehensive Cancer Care: Integrating Complementary & Alternative Therapies with Mainstream Care. Washington, DC.
- Marcus, J.D., Elkins, G.R., Rajab, M.H., Morgan, P., & Gelsthorpe, C. (2003). *The Integrative Role of a Research Associate in a Mind-Body Health Research Program*. Society of Clinical Research Associates. Rancho Mirage, California.

- Elkins, G.R., Marcus, J., & Rascoe, T. (2003). *Development of a New Scale to Measure Hypnotizability in Clinical Research*, 44th Annual Meeting of the American Society of Clinical Hypnosis, Arlington, Virginia.
- Marcus, J. & Elkins, G.R. (2003). *Group Hypnotherapy for Smoking Cessation: Preliminary Results and Lessons Learned*. 44th Annual Meeting of the American Society of Clinical Hypnosis, Arlington, Virginia.
- Marcus, J.D., Elkins, G.R., & Mott, F. (2003). *Solution Focused Therapy: Creating Change in a Health Challenged Population*. 6th World Congress of Psycho-Oncology. Banff, Canada.
- Marcus, J.D., Elkins, G.R., & Mott, F. (2003). *Hypnotic Interventions in Palliative Care: A Model of Adjunctive Care*. 6th World Congress of Psycho-Oncology. Banff, Canada.
- Marcus, J.D. & Elkins, G.R. (2003). *Development of a Model for a Structured Support Group for Bariatric Surgery Patients*. 20th Annual Meeting of the Society for Bariatric Surgery. Boston, Massachusetts.
- Elkins, G.R., Marcus, J.D., Palamara, L., Cheung, A., Young, R., & Rajab, H. (2003). *Hypnosis Intervention for Anxiety and Pain in Stage III and IV Cancer Patients: A Randomized Clinical Trial*. 2nd International Conference of Cancer Integrative Medicine, Cancer Treatment Research Foundation, Chicago, Illinois.
- Elkins, G.R. (2003). *Clinical Hypnosis Applications for Pediatric Pain Management*. 5th Annual Caring for Kids with Cancer Symposium, Baptist Children's Hospital, Miami, Florida.
- Elkins, G.R. (2003). *Applications of Hypnosis in Primary Care Practice*. 97th Annual Meeting of the Southern Medical Association, Atlanta, Georgia.
- Elkins, G.R. (2004). *Hypnosis in Medicine*. Integrative Medicine Practice meeting of the Southern Medical Association, Santa Fe, New Mexico.
- Elkins, G.R. (2004). *Complementary and Alternative Medicine in Treatment of Anxiety and Depression*. Integrative Medicine Practice meeting of the Southern Medical Association, Santa Fe, New Mexico.
- Elkins, G.R. (2004). *Hypnotherapy Interventions in Treatment of Hot Flashes and Menopausal Symptoms in Breast Cancer Survivors*. Department of Psychology, Sam Houston State University, Huntsville, Texas.
- Marcus, J., Holguin, M., Quinney, C., & Elkins, G. (2004). *Integrative sickle cell care: Maximizing opportunities, overcoming obstacles and developing standards of care*. Annual meeting of the Sickle Cell Disease American Association, Atlanta, Georgia.
- Elkins, G.R., & Marcus, J. (2004). *Hypnosis for Pain Management in Cancer Patients*. Annual meeting of the American Society of Clinical Hypnosis, Anaheim, California.
- Elkins, G.R., & Bates, J. (2004). *Guidelines for a Post-Doctoral Fellowship in Clinical Hypnosis Research*. Annual meeting of the American Society of Clinical Hypnosis, Anaheim, California.
- Elkins, G.R., & Marcus, J. (2004). *Assessment of Hypnotizability in Cancer Patients*. Annual meeting of the American Society of Clinical Hypnosis, Anaheim, California.
- Elkins, G.R., Marcus, J., Stearns, V., & Rajab, M. H. (2005). *Pilot Study of Hypnosis for Hot Flashes in Breast Cancer Survivors*. North American Menopause Society, San Diego, California.
- Elkins, G.R., Marcus, J., Stearns, V., & Rajab, M. H. (2005). *Hypnosis for Hot Flashes in Breast Cancer Survivors*. Annual Meeting of the Society for Clinical and Experimental Hypnosis, Charleston, South Carolina.
- Elkins, G.R., Marcus, J., & Rajab, M. H. (2005). *Intensive Hypnotherapy for Smoking Cessation*. Annual Meeting of the Society for Clinical and Experimental Hypnosis, Charleston, South Carolina.

- Elkins, G.R., Marcus, J., Cheung, A., Rajab, M. H., & Palamara, L. (2005). *Hypnosis to Reduce Pain in Cancer Survivors with Advanced Disease*. Annual Meeting of the Society for Clinical and Experimental Hypnosis, Charleston, South Carolina.
- Clansey, P., Elkins, G.R., & White, D. (2005). *Texas State Board of Examiners of Psychologists – Update*. Annual Meeting of the TEXAS Psychological Association, Houston, Texas.
- Elkins, G.R., Marcus, J., & Rajab, M. H. (2005). *Use of Complementary and Alternative Therapies by Psychotherapy Clients*. Annual Meeting of the Texas Psychological Association, Houston, Texas.
- Elkins, G.R. (2005). *Hypnosis in the Treatment of Health Compromising Behaviors*. Master Clinician Symposium, Society for Clinical and Experimental Hypnosis, Charleston, North Carolina.
- Elkins, G.R. (2005). *Hypnosis in the 21st Century: Current Research and Future Directions*. Department of Psychology, Texas A&M University, College Station, Texas.
- Marcus, J., & Elkins, G.R. (2006). *Translating Clinical Phenomena into Researchable Questions and Clinical Practice*. American Psychosocial Oncology Society (APOS) 3rd Annual Conference, Amelia Island, Florida.
- Elkins, G.R., Marcus, J., Cheung, A., Rajab, M. H., & Palamara, L. (2005). *Hypnosis to Reduce Pain in Cancer Survivors with Advanced Disease: A Prospective Study*. Annual Meeting of the American Psychosocial Oncology Society, Phoenix, Arizona.
- Elkins, G.R., Marcus, J., Rajab, M. H., & Cook, T. (2005). *A Retrospective Study of Hypnosis for Hot Flashes and Chemotherapy Induced Menopausal Symptoms*. Annual Meeting of the American Psychosocial Oncology Society, Phoenix, Arizona. Awarded Blue Ribbon for Best Poster Presentation.
- Marcus, J., Elkins, G.R., & Mott, F. (2005) *Communicating...again and again. The art of defining reality*. Annual Meeting of the American Psychosocial Oncology Society, Phoenix, Arizona.
- Elkins, G.R. (2005). *Chair and Discussant, Hypnosis: Expert Opinion and Subject Experience*. Annual Meeting of the Society for Clinical and Experimental Hypnosis, Charleston, South Carolina.
- Marcus, J., Elkins, G.R., & Mott, F. (2005). *Solution focused Palliative care: Enhancing meaning, promoting dignity at the end of life for the patient and family*. Annual Meeting of the American Psychosocial Oncology Society, Phoenix, Arizona.
- Elkins, G.R. (2006) *Hypnotic Interventions in Clinical Health Psychology: Implications for Research and Clinical Practice*. Invited Address, American Psychological Association, New Orleans, Louisiana.
- Elkins, G.R. (2006) *Hypnotic Relaxation Methods for Pain Management*, Invited Address presented at the annual meeting of Social Work Practice in Palliative and End of Life Care, Austin, Texas.
- Elkins, G.R. & Perfect, M. (2006). *Development of a New Scale to Measure Distress*. Texas Psychological Association, Dallas, Texas.
- Elkins, G.R. Marcus, J., Perfect, M., Rajab, M.H., & Stearns, V. (2007). *Hypnosis for Hot Flashes: Results from a Prospective Study*, American Psychosocial Oncology Society, Austin, Texas.
- Elkins, G.R. (2007). *Update on Clinical Hypnosis: Theory, Research and Practice*. Invited Address, Department of Psychiatry Grand Rounds, Scott and White Clinic, Temple, Texas.
- Elkins, G.R. (2007). *Essentials of Clinical Hypnosis Research and Practice in Integrative Medicine*, Invited Address, Department of Family Medicine Grand Rounds, Scott and White Clinic, Temple, Texas.
- Elkins, G.R. (2007). *Basics of Clinical Hypnosis and Psychotherapy*, Invited Address and Workshop, University of Arizona, Tucson, Arizona.

- Perfect, M., Elkins, G.R., Lyle-Lahroud, T., & Curcio, J. (2007). *Preliminary Findings from Actigraph Data Among Adolescents and Adults with Diabetes Mellitus: Implications for Diabetic Health*. SLEEP Annual Conference, Minneapolis, Minnesota.
- Perfect, M., Lyle-Lahroud, T., Curcio, J., & Elkins, G.R. (2007). *Feasibility of Using Actigraphy to Objectively Measure Sleep in Adolescents and Adults Diagnosed with Diabetes Mellitus*. SLEEP Annual Conference, Minneapolis, Minnesota.
- Perfect, M.M., Elkins, G.R., Lyle-Lahroud, T., & Curcio, J. (2007). *Morning Salivary Cortisol Associated with Coping Behaviors and Sleep Duration: Preliminary Findings from a Pilot Study*. Presented at the Psychoneuroimmunology Research Society Conference, Arcachon, France.
- Perfect, M.M., Elkins, G.R., Herrera, L., Maxwell, & Nottingham-Smith, M.R. (2007). *Expressive Prayer as a Mind-Body Intervention to Improve Immunity and Mood*. Presented at the Psychoneuroimmunology Research Society Conference, Arcachon, France.
- Elkins, G.R., Marcus, J., Cheung, A., Rajab, M. H., & Palamara, L. (2008). *Randomized Trial of a Hypnosis Intervention for Treatment of Hot Flashes among Breast Cancer Survivors*. Annual Meeting of the Society for Clinical and Experimental Hypnosis, King of Prussia, Pennsylvania.
- Elkins, G.R. (2008). *Clinical Hypnosis in Clinical Psychology Practice*. Annual Meeting of the Texas Psychological Association, Austin, Texas.
- Elkins, G.R., Marcus, J., Sterns, V., Perfect, M., Rajab, M.H., Dove, J., & Bunn, J. (2009). *Moderating effect of hypnotizability on hypnosis for hot flashes in breast cancer survivor*. Annual Meeting of the Society for Behavioral Medicine, Montreal, Canada.
- Elkins, G.R. (2009). *Dissociation and related phenomena following the death of a loved one*. Danish Society for Parapsychology Research, Copenhagen, Denmark.
- Elkins, G.R. (2009). (Symposium Chair and Discussant) *Managing Menopause with Hypnotherapy: Mind-Body Medicine Research*. Annual Meeting of the American Psychological Association, Toronto, Canada.
- Elkins, G.R., Marcus, J., Sterns, V., Perfect, M., Rajab, M.H., Dove, J., & Bunn, J. (2009). *Hypnosis for hot flashes: A randomized clinical trial*. Annual Meeting of the American Psychological Association, Toronto, Canada.
- Dove, J, Elkins, G.R. Marcus, J., Sterns, V., Perfect, M., & Bunn, J. (2009). *Assessment of hypnotizability and the possible moderating role in treatment of hot flashes*. Annual Meeting of the American Psychological Association, Toronto, Canada.
- Perfect, M., Swartz, N., Mercier, D., & Elkins, G. (2009). *Bariatric surgery candidate pre-surgery perceptions: Social and developmental considerations*. Annual Meeting of the American Psychological Association, Toronto, Canada.
- Bunn, J., Elkins, G.R. Marcus, J., Sterns, V., Perfect, M., Rajab, M.H., & Dove, J. (2009). *Additional psychological and physiological benefits of hypnosis for treatment of hot flashes* Annual Meeting of the American Psychological Association, Toronto, Canada.
- Elkins, G.R. (2009). (Chair/Presenter) *Advanced Hypnotherapy for Pain, Anxiety, and Habits*. Canadian Society for Clinical Hypnosis, Vancouver, Canada.
- Elkins, G.R. (2009). *Ethics in Clinical Research*, Baylor University, Waco, Texas.
- Elkins, G.R. (2010). (Key note speaker) *Hypnosis for hot flashes: A randomized clinical trial*. Annual UIW Colloquium, University of Incarnate Word, San Antonio, Texas.
- Elkins, G.R. (2010). *Hypnosis to manage pain during colonoscopy*. Colorectal Cancer Screening: New Approaches and Patient Perspectives, VA Medical Center, Sacramento, California.
- Elkins, G.R. (2010). *Hypnosis in oncology*. Oncology Nursing Society Annual Meeting, San Diego, California.

- Kendrick, C., Koep, L., & Elkins, G.R. (2010). *The placebo effect in mind-body medicine: Friend or foe?* Annual Meeting of the Texas Biofeedback Society, Houston, Texas.
- Fisher, W., & Elkins, G.R. (2010). *Measuring distress in a college student population: The Elkins Distress Scale*, Annual Meeting of the Texas Psychological Association, Dallas, Texas.
- Kendrick, C., Koep, L., & Elkins, G.R. (2010). *Randomized clinical trials of hypnotic intervention: Review and recommendations*, Annual Meeting of the Texas Psychological Association, Dallas, Texas.
- Koep, L., Kendrick, C., and Elkins, G.R. *Development of a rehabilitation psychology practicum: a proposed integrative model*. Annual Meeting of the Texas Psychological Association, Dallas, Texas.
- Elkins, G.R. (2011). *Science of Self-Hypnosis and Control of Vasomotor Events*, Focus on the Female Patient, Southern Medical Association, Kiawah Island, South Carolina.
- Elkins, G.R. (2011). *Smoking Cessation: Role of Hypnosis and Counseling*. Focus on the Female Patient, Southern Medical Association, Kiawah Island, South Carolina. Elkins, G.R. (2011). *Teaching Relaxation Therapy*, Focus on the Female Patient, Southern Medical Association, Kiawah Island, South Carolina .
- Elkins, G.R. , Fisher, W., Amador, K., & Johnson, A. (2011). *Skin Conductance Measurement of Hot Flashes: Influence of BMI in Post-Menopausal Women*, Society for Psychophysiological Research 51st Annual Meeting, Boston, Massachusetts.
- Fisher, W., Johnson, A., & Elkins, G.R. (2011). *Physiological Measurement of Hot Flashes: Effects of Affect and Physical Activity*. Society for Psychophysiological Research 51st Annual Meeting, Boston, Massachusetts.
- Elkins, G.R. , Amador, K., Johnson, A., & Fisher, W. (2011). *Ambient Temperature and Hot Flashes: Does the Weather Influence Hot Flashes in Post-Menopausal Women?* North American Menopause Society 22nd Annual Meeting, Washington, DC.
- Fisher, W., Johnson, A., & Elkins, G.R. (2011). *Two Sternal Skin Conductance Monitors for the Measurement of Hot Flashes: Comparison and Evaluation*. North American Menopause Society 22nd Annual Meeting, Washington, District of Columbia.
- Kendrick, C., Koep, L., & Elkins, G.R. (2011). *Hypnosis for Hot Flashes in Prostate Cancer: Case Study*. Biofeedback Society of Texas Annual Meeting, Irving, Texas. .
- Elkins, G.R. , Fisher, W., & Johnson, A. (2011). *Measurement of Non-pathological Dissociation: The Dissociative Ability Scale*. Annual Meeting of the Texas Psychological Association, San Antonio, Texas.
- Elkins, G.R. , Fisher, W., & Johnson, A. (2011). *Hot Flash Severity: Independent Evaluation as a New Direction in Research*, Annual Meeting of the Texas Psychological Association, San Antonio, Texas.
- Elkins, G.R., Fisher, W., Johnson, A. (2011). *Pseudo Seizures*, Epilepsy Conference, Scott and White Memorial Hospital, Temple, Texas.
- Elkins, G., & Fisher, W. (2012, November) *Pseudo Seizures*. Invited presentation to the Conference on Epilepsy, Scott & White Hospital, Temple, TX
- Harned, Z. Olendzki, No., Fisher, W., Johnson, A., & Elkins, G. (2012, November). *Increasing evidence based practice among private practitioner psychologists: Barriers and opportunities*. Poster presentation to the Texas Psychological Association's Annual Convention, Austin, TX.
- Fisher, G., Dhir, H, fisher, W., Johnson, A., Sliwinski, J., Lim, X.S., & Harned, Z. (2012, November). *Clinical hypnosis for smoking cessation an employee wellness program: Lessons learned and future directions*. Poster presentation to the Texas Psychological Association's Annual Convention, Austin, TX.

- Fisher, W., Johnson, A., Elkins, G., Carreon, I., Tichy, K., Bower, J., Ramsey, D. (2012, November). *Cross-validation of a measure of non-pathological dissociation*. Poster presentation to the Texas Psychological Association's Annual Convention, Austin, TX.
- Johnson, A., Elkins, G., Fisher, W., Sliwinski, J., Olendzki, N. (2012, November). *Initial development of a brief measure of psychological distress: Validation in a psychiatric sample*. Research paper presented to Texas Psychological Association's Annual Convention, Austin, TX.
- Elkins, G., Johnson, A., Fisher, W., & Sliwinski, J. (2012, October) *Improving sleep in post menopausal women: Outcome from a randomized trial of clinical hypnosis*. Paper presented in Top Scoring Scientific Abstracts session of the 23rd Annual Meeting of the North American Menopause Society, Orlando, FL.
- Elkins, G., Sliwinski, J., Johnson, A., & Fisher W. (2012, October). *Guided self-hypnosis for the control of hot flashes: A pilot study*. Accepted for poster presentation at the 23rd Annual Meeting of the North American Menopause Society, Orlando, FL.
- Elkins, G., Fisher, W., & Johnson, A. (2012, August). *The factor structure of a new brief measure of hypnotizability: Elkins Hypnotizability Scale*. Paper presented to the American Psychological Association's 120th Annual Convention, Hilton Orlando, Orlando, FL.
- Elkins, G., Fisher, W., & Johnson, A. (2012, May). "Hypnosis for hot flashes: Results from a randomized clinical trial and future directions". Paper presented to International Research Congress: Integrative Medicine & Health Annual Meeting, Portland, Oregon.
- Elkins, G., Fisher, W., & Johnson, A. (2012, May). *Assessment of hypnotizability in clinical research: Development, reliability, and validation of the Elkins Hypnotizability Scale*. Poster presented to the International Research Congress: Integrative Medicine & Health Annual Meeting, Portland, OR.
- Elkins, G., & Ramsey, D. (2012, May). *Medical applications of hypnosis: Improving health behaviors*. Presented to the Department of Endocrinology, Scott and White Clinic and Hospital, Temple, TX.
- Elkins, G.,. (2012, March). *Hypnosis Research in Behavioral Oncology*. Panel discussion at the University of Indiana School of Medicine. Indianapolis, IN.
- Kendrick, C., Koep, L., & Elkins, G. (2012 April). *Hypnotic relaxation therapy for vasomotor events in prostate cancer patients: A case study*. Poster presented at the annual meeting of the Society of Behavioral Medicine's Annual Meeting & Scientific Sessions, New Orleans, LA.
- Elkins, G., Fisher, W., Johnson, A, Carpenter, J., & Keith, T. (2012, April). *Preliminary results of a randomized controlled trial of clinical hypnosis for the treatment of hot flashes in post-menopausal women*. Paper presented to the Society of Behavioral Medicine's 33rd Annual Meeting & Scientific Sessions, New Orleans, LA. (Received 2012 Complementary and Alternative Medicine Research Investigator Award).
- Elkins, G., Fisher, W., Amador, K., & Johnson, A. (2012, November). *Hot flash severity: Independent evaluation as a new direction in research*. Poster presented to the Texas Psychological Association's Annual Meeting, San Antonio, TX.
- Elkins, G., Ramsey, D. Fisher, W., & Johnson, A. *Religiosity as a protective factor for postmenopausal hot flashes*. Society of Behavioral Medicine 34th annual meeting, San Francisco, CA, March 20, 2013
- Barton, D., Elkins, G., & Keith, T. *Pilot study of a biobehavioral treatment for hot flashes*. Society of Behavioral Medicine 34th annual meeting, San Francisco, CA, March 20, 2013
- Elkins, G. *Hypnotic susceptibility assessment: Use, research, and experience*. American Psychological Association annual meeting, Honolulu, HI., August 1, 2013

- Fisher, W., Johnson, A., Sliwinski, J., Yu, A., Barton, D., Kendrick, C. & Elkins, G. *Hypnotic relaxation therapy improves sexual health in postmenopausal women with moderate to severe hot flashes*. American Psychological Association annual meeting, Honolulu, HI., August 2, 2013
- Elkins, G., Johnson, A., Kendrick, C. & Hickman, K. *Improving women's health through hypnosis*. American Psychological Association annual meeting, Honolulu, HI., August 2, 2013
- Sliwinski, J., Johnson, A., Fisher, W., Kendrick, C. & Elkins, G. *Do cognitive expectancies mediate outcome in clinical hypnosis for hot flashes? Results from a randomized clinical trial*. American Psychological Association annual meeting, Honolulu, HI., August 2, 2013
- Elkins, G. *Invited presentation: Behavioral interventions for hot flashes*. 24th Annual Meeting of the North American Menopause Society, Dallas, TX, October 10, 2013
- Elkins, G. *Moderator: Concurrent session IV*. 24th Annual Meeting of the North American Menopause Society, Dallas, TX, October 11, 2013
- Koep, L., Kendrick, C., & Elkins, G., *Psychological mindedness, stress, anxiety, and expectancies for hypnotic relaxation interventions*. Society of Clinical and Experimental Hypnosis, Berkeley, CA, October 5, 2013
- Elkins, G., Fisher, W., & Johnson, A. *Hypnosis for hot flashes: Results from a randomized clinical trial and future directions*. International Research Congress: Integrative Medicine & Health Annual Meeting, Portland, Oregon, May 10, 2013
- Kendrick, C., Koep, L., Fisher, W., Johnson, A., Sliwinski, J., Patterson, V., & Elkins, G., *Hypnotherapy and the stress response: Preliminary findings from a randomized clinical trial*. Poster presented at the Texas Psychological Association annual meeting, Houston, TX, November 15, 2013
- Fisher, W., Elkins, G., & Thurston, R. *Measuring hot flashes: Examination of an alternate criterion for ambulatory hot flash detection in post-menopausal women*. North American Menopause Society annual meeting, Washington, D.C., October 15-18, 2014
- Elkins, G., *Hypnotherapy for pain, anxiety, and habits: The basics and beyond*. American Association for Marriage and Family Therapy, Advanced Clinical Training, Baton Rouge, LA, March 6-9, 2014
- Elkins, G. *Assessment of Hypnotizability*. American Psychological Association annual meeting, Washington, D.C. August 8, 2014
- Hickman, K. & Elkins, G. *Effects of hypnotic relaxation and environmental imagery on cancer related fatigue in cancer survivors: A pilot study*. Association for Behavioral and Cognitive Therapy 48th annual convention, Philadelphia, PA, November 22-23, 2014
- Elkins, G. *Plenary: Advancing evidence-based practice of hypnosis through mind-body medicine research*, Society for Clinical and Experimental Hypnosis annual meeting, San Antonio, TX., October 10, 2014
- Bowers, J., & Elkins, G. *Flow, hypnotizability, and absorption in a college student population*. Society for Clinical and Experimental Hypnosis annual meeting, San Antonio, TX., October 11, 2014
- Na,, H., Dhir, H., Dhir, Y., Fisher, W., & Elkins, G. *Clinical hypnosis for smoking cessation in a community health clinic: Lessons learned and future directions*. Society for Clinical and Experimental Hypnosis annual meeting, San Antonio, TX., October 11-12, 2014
- Yek, M. H., Olendzki, N., Kekecs, Z., & Elkins, G.. *The Relationship between Meaning in Life and Health Anxiety*. American Psychological Association annual meeting, Toronto, Ontario, Canada, August 6-9, 2015
- Elkins, G., (Division 30 Presidential Address) *Hypnotic Relaxation Therapy: Research and Implications for Clinical Practice*. American Psychological Association annual meeting, Toronto, Ontario, Canada, August 6-9, 2015

- Kekecs, Z., Johnson, A., Hickman, K. & Elkins, G. *Improving Cost-Effectiveness of Hypnotizability Assessment*. Society for Clinical and Experimental Hypnosis annual convention, Orlando, Florida, October, 3, 2015
- Olendzki, O., & Elkins, G. *An Investigation of the Feasibility of Mindfulness-Based Hypnotherapy for Stress and Anxiety*. Society for Clinical and Experimental Hypnosis annual convention, Orlando, Florida, October, 3, 2015
- Na, H., Olendzki, O. & Elkins, G. *Mindfulness-Based Hypnotherapy for Stress and Anxiety: A Case Study of a Male Graduate Student*. Society for Clinical and Experimental Hypnosis annual convention, Orlando, Florida, October, 4, 2015
- Hickman, K., Barton, D., & Elkins, G. *The Effect of Cognitive Expectancy and Hypnotizability on the Reduction of Cancer-Related Fatigue in Cancer Survivors*. Texas Psychological Association annual meeting, San Antonio, TX., November 13, 2015
- Elkins, G., *Hypnotic relaxation therapy: Update on research and clinical applications*. University of Michigan School of Medicine, Ann Arbor, MI, December 9-11, 2015
- Elkins, G., & Roberts, L. *Hypnotic Relaxation for Improving Sleep in Women Post-Menopause*. Health Research Forum Waco Family Health Center, Waco, TX, April 12, 2016
- Elkins, G. *Hypnotherapy: An Introduction to the Basics*. Baylor University Counseling Center Internship Seminar, Waco, TX, September 29, 2016
- Elkins, G. *Hypnotic Relaxation Therapy: Research and Implications for Clinical Practice*. Department of Health, Human Performance, and Recreation, Baylor University, Waco, TX, September 6, 2017
- Elkins, G. *Hypnotic Relaxation Therapy in the Treatment of Anxiety, Stress, Pain, Hot Flashes, and Sleep*. Canadian Society of Clinical Hypnosis - Ontario Division, Toronto, Canada, September 16, 2017
- Elkins, G. *Hypnotic Relaxation Therapy: Research and the Future of Integrative Medicine*. 69th Annual Meeting of the Society for Clinical and Experimental Hypnosis, Las Vegas, NV, October 13, 2018
- Elkins, G., Slonena, E. *The Revised Factor Structure of the Dissociative Ability Scale: A Measure of Non-Pathological Dissociation*. Association for Behavioral and Cognitive Therapy, New York, NY, October 29, 2016
- Elkins, G. *Evaluating Hypnosis to Improve Body-Image in Female Cancer Survivors: An RCT in Progress*. Society for Integrative Oncology, Miami, FL, November 6, 2016
- Elkins, G. *Hypnotherapy: The Basics for Clinical Practice*. Texas Psychological Association, Austin, TX, November 12, 2016
- Elkins, G., Roberts, L. *Psychophysiological Changes During Hypnotic Induction*. Annual Meeting, Southwestern Psychological Association, San Antonio, TX, April 1, 2017
- Elkins, G., Roberts, L. *Hypnotic Induction for Hot Flashes: Examination of Relaxation and Anxiety Reduction Effects*. Annual Meeting, American Psychological Association, Washington, DC, August 5, 2017
- Elkins, G., Johnson, A., Kekecs, Z., Gavin, R. *Hypnosis for Pain Management: Feasibility of Music as a Hypnotic Induction*. Annual Meeting, American Psychological Association, Washington, DC, August 5, 2017
- Elkins, G. *Hypnotic Relaxation Therapy: Overview of Theory, Research, and Practice*. Annual Meeting, American Society for Clinical Hypnosis, Phoenix, AZ, September 6, 2017
- Elkins, G., Barton, D. *Efficacy of a Biobehavioral Intervention (Hypnosis and Venlafaxine) for Hot Flashes: A Randomized Controlled Trial*. Annual Meeting, Society for Clinical and Experimental Hypnosis, Chicago, IL, October 26, 2017

- Elkins, G., Roberts, L., Benge, J. *Patient Interest in Hypnosis for the Relief of Parkinson's Disease Symptoms*. Annual Meeting, Society for Clinical and Experimental Hypnosis, Chicago, IL, October 28, 2017
- Elkins, G., Johnson, A. *Music and Suggestion: A Theoretical Perspective*. Annual Meeting, Society for Clinical Hypnosis, Chicago, IL, October 28, 2017
- Elkins, G., Patterson, V., Hickman, K., Na, H. Roberts, L., Slonena, E., Griggs, J., Weaver, S., Kelley, L. *Hypnosis for Anxiety: A Survey of Low-Income Primary Care Patients*. Annual Meeting, Society for Clinical and Experimental Hypnosis, Chicago, IL, October 28, 2017
- Elkins, G., Simicich, L., Roberts, L. *Effect of Hypnotic Relaxation Induction of Perceived Anxiety in Post-Menopausal Women*. Annual Meeting, Society for Clinical and Experimental Hypnosis, Chicago, IL, October 28, 2017
- Elkins, G., Slonena, E. *Revised Factor Structure of the Dissociative Ability Scale: A Measure of Nonpathological Dissociation*. Annual Meeting, Association for Behavioral and Cognitive Therapy, San Diego, CA, November 18, 2017
- Elkins, G., Roberts, L. *It's Only a Matter of Time: Hypnotizability and Therapeutic Effects of Hypnosis*. XXI World Congress of Medical and Clinical Hypnosis, Montreal, Canada, August 24, 2018
- Elkins, G. *Mindful Hypnotherapy: The Basics for Clinical Practice*. XXI World Congress of Medical and Clinical Hypnosis, Montreal, Canada, August 25, 2018
- Simicich, L., Hickman, K., Elkins, G. *Preliminary Findings on the Elkins Hypnotizability Scale: Validity, Reliability, and Factor Structure within a Targeted Clinical Sample*. 69th Annual Meeting of the Society for Clinical and Experimental Hypnosis, Las Vegas, NV, October 13, 2018
- Stork, S., Yek, M. H., Elkins, G. *Examining the Feasibility of the Elkins Hypnotizability Scale as a Therapeutic Measure*. 69th Annual Meeting of the Society for Clinical and Experimental Hypnosis, Las Vegas, NV, October 13, 2018
- Elkins, G., Stevens, A. *Effect of Hypnosis on Stress: A Conceptual Framework*. 69th Annual Meeting of the Society for Clinical and Experimental Hypnosis, Las Vegas, NV, October 13, 2018
- Elkins, G., Roberts, L. *Hypnotic Relaxation Therapy Reduces Anxiety Among Post-Menopausal Women*. 69th Annual Meeting of the Society for Clinical and Experimental Hypnosis, Las Vegas, NV, October 14, 2018
- Elkins, G., Barton, D., Brooks, T., Cieslak, A., Clark, P. *Phase II Randomized Controlled Trial to Improve Self-Image in Women with Breast Gynecologic Cancer*. San Antonio Breast Cancer Symposium, San Antonio, TX, December 5, 2018
- Elkins, G., "Mindful Hypnotherapy: Integrating Mindfulness into Hypnotherapy Practice," American Psychological Association- Division 30/SCEH. (November 18, 2019).
- Biggs, M. (Author & Presenter), Elkins, G. (Author), Society for Clinical and Experimental Hypnosis Annual Meeting, "Psychological Mindedness, Attitudes Toward Hypnosis, and Expectancy as Correlates of Hypnotizability," New Orleans, LA. (October 18, 2019).
- Elkins, G., Society for Clinical and Experimental Hypnosis Annual Meeting, "The Common Factors in Hypnosis and Psychotherapy," New Orleans, LA. (October 17, 2019).
- Elkins, G., Society for Clinical and Experimental Hypnosis Annual Meeting, "The Measurement of Hypnotic Responsiveness: Unsolved Challenges and New Frontiers," New Orleans, LA. (October 17, 2019).
- Elkins, G., Society for Clinical and Experimental Hypnosis Annual Meeting, "Evidence-Based Practice of Hypnosis," New Orleans, LA. (October 16, 2019).
- Wofford, N., & Elkins, G., Society for Clinical and Experimental Hypnosis, "The Effects of a Brief Nap on Stress, Affect, and Working Memory." (October 19, 2020).

- Elkins, G., Na, H., Society for Clinical and Experimental Hypnosis, "A Pilot Study of Hypnotic Relaxation Therapy to Enhance Well-Being in College Students." (October 18, 2020).
- Snyder, M., & Elkins, G., Elkins, G., Society for Clinical and Experimental Hypnosis, "Exploring the Relationship between Absorption and Spiritual Transcendence." (October 18, 2020).
- Elkins, G., Rhodes, J., Biggs, M., Society for Clinical and Experimental Hypnosis, "Willingness and Accessibility of a Mind-Body Intervention for Anxiety among a Culturally Diverse, Low Socioeconomic Status Population." (October 18, 2020).
- Elkins, G., Society for Clinical and Experimental Hypnosis, "Hypnosis Intervention for Sleep Disturbance: Surprising Results from a Clinical Trial." (October 17, 2020).
- Elkins, G., "Supporting Optimal Coping with the Anxiety and Stress of the Covid-19 Pandemic," Society for Clinical and Experimental Hypnosis. (April 1, 2020).

Workshop Presentations

- Elkins, G.R. & Saltzberg, L. (1981). *Hypnosis and the Facilitation of Rational Treatment*. Second Midwestern Conference on Rational Counseling and Therapy, Minneapolis, Minnesota.
- Elkins, G.R. (Chair), Randall, H., & Carlson, K. (1982). *Clinical Hypnosis* University of North Dakota School of Medicine, Grand Forks, North Dakota.
- Elkins, G.R. & Mehler, P. (1983). *Psychological and Family Issues in Stroke Rehabilitation*. Presented at workshop on Update in Stroke Rehabilitation, John A. Schuchmann, M.D. (Chair), Scott and White Clinic, Temple, Texas.
- Elkins, G.R. (1986). *Uses of Hypnosis in Obstetrics*. Department of Ob/Gyn, Scott and White Clinic, Texas A&M University College of Medicine, May.
- Elkins, G.R. (1986). *Medical Hypnosis: 12 weekly one hour sessions*. Department of Orthopedics, Scott and White Clinic, Texas A&M University College of Medicine.
- Elkins, G.R., & Gamino, L.A. (1986). *How to Use Clinical Hypnosis in Practicing Medical Psychology*. Texas Psychological Association, Dallas, Texas.
- Elkins, G.R. (1986). *Clinical Hypnosis and Medical Psychology*. Department of Educational Psychology, Texas A&M University, College Station, Texas.
- Sanders, S., Copeland, D. & Elkins, G. (1987). *Hypnotherapy with Children*. Division 30 CE accredited workshop, American Psychological Association, New York, New York.
- Elkins, G.R. (1987). *Clinical Hypnosis Workshop*. American Society of Clinical Hypnosis Regional Workshop, Asheville, North Carolina.
- Elkins, G.R. & Gamino, L.A. (1987). *Clinical Hypnosis and Behavioral Medicine*. Texas Psychological Association, San Antonio, Texas.
- Elkins, G.R. & Kraft, W.D. (1987). *Hypnotherapy in Behavioral Medicine: Hyperemesis Gravidism*. ½-day workshop, LA Psychological Association, New Orleans, Louisiana.
- Elkins, G.R. (1987). *Clinical Hypnosis in Consultation-Liaison and Medical Psychology*. American Society of Clinical Hypnosis Regional Workshop, Albuquerque, New Mexico.
- Gurgevitch, S. & Elkins, G.R. (1988). *One-day workshop entitled Consultation on Conversion Disorders and Behavioral Medicine*. American Society of Clinical Hypnosis, Chicago, Illinois.
- Elkins, G.R. (1988). *Advanced Workshop on Clinical Hypnosis*. Dallas Society of Clinical Hypnosis, Dallas, Texas.

- Elkins, G.R. (1988). *Psychosomatic Disorders and Clinical Hypnosis*. Cincinnati Society of Clinical Hypnosis, Cincinnati, Ohio.
- Wain, H., Elkins, G.R.(1988). *Clinical Hypnosis in Consultation-Liaison Psychiatry*. Three-day workshop, 11th International Congress of Hypnosis and Psychosomatic Medicine, The Hague, Netherlands.
- Elkins, G.R. & Colosimo, P. (1988) *Hypnosis and Behavioral Medicine*. 11th International Congress of Hypnosis and Psychosomatic Medicine, The Hague, Netherlands.
- Elkins, G.R. & Kraft W. (1988). *One-day Basic Medical Hypnosis Workshop*. LA Psychological Association, Baton Rouge, Louisiana.
- Elkins, G.R. (1988). *Three-day Basic and Advanced Workshop on Clinical Hypnosis*. American Society of Clinical Hypnosis, Regional Workshop, New Orleans, Louisiana.
- Elkins, G.R. (1989). *Advanced Workshop on Behavioral Medicine and Hypnosis*. Dallas Society of Clinical Hypnosis.
- Elkins, G.R. (1990). *One-Day Advanced Workshop on Hypnotherapy in the Treatment of Anxiety and Phobia*. Annual Meeting of the American Society of Clinical Hypnosis.
- Elkins, G.R. (1990). *Basic and Intermediate Workshop on Somatization Disorders in Children*. American Society of Clinical Hypnosis, Nashville, Tennessee.
- Elkins, G.R. (1990). *One-Day Pediatric Resident Retreat*. Department of Pediatrics, Scott and White Clinic, Salado, Texas.
- Elkins, G.R. (1990). *Three-Day Advanced Workshop on Psychological Hypnosis*. Regional Workshop, American Society of Clinical Hypnosis, Miami, Florida.
- Elkins, G.R. (1991). *Three-Day Intermediate Level Training in Hypnotherapy*. American Society of Clinical Hypnosis Regional Workshop, Houston, Texas.
- Elkins, G.R. (1991). *Three-Day Advanced Workshop on Medical Hypnosis*. American Society of Clinical Hypnosis, Pittsburgh, Pennsylvania.
- Elkins, G.R. (1991-1994). Chair Regional Workshops and Education Committee. Taught and Organized *Beginning, Intermediate, and Advanced Level Workshops (Behavioral Medicine, Pain Management, Advanced Psychotherapy, Psycho-Oncology)*, American Society of Clinical Hypnosis at the following locations and dates.
- Houston, Texas, January 31 – February-3, 1991
 - Pittsburgh, Pennsylvania, May 16-18, 1991
 - Denver, Colorado, June 20-23, 1991
 - Madison, Wisconsin, July 18-21, 1991
 - Minneapolis, Minnesota, September 12-15, 1991
 - Dallas, Texas, October 17-20, 1991
 - Tampa, Florida, December 12-15, 1991
 - Atlanta, Georgia, May 14-17, 1992
 - Monterey, California, July 9-12, 1992
 - San Antonio, Texas, September 17-20, 1992
 - Washington, District of Columbia, October 15-18, 1992
 - San Francisco, California, November 14-17, 1992
 - Cincinnati, Ohio, November 19-22, 1992
 - Orlando, Florida, December 10-13, 1992
 - Montreal, PQ, Canada, August 13-16, 1992
 - Milwaukee, Wisconsin, June 11-14, 1992
 - Phoenix, Arizona, January 16-19, 1993
 - Baltimore, Maryland, May 13-16, 1993

- Reno, Nevada, June 17-20, 1993
- Chicago, Illinois, July 15-18, 1993
- Seattle, Washington, August 5-8, 1993
- Salt Lake City, Utah, September 9-12, 1993
- Philadelphia, Pennsylvania, October 14-17, 1993
- Maui, Hawaii, November 14-18, 1993
- Miami, Florida, December 9-12, 1993
- Houston, Texas, January 20-23, 1994
- Kansas City, Missouri, June 9-12, 1994
- Washington, District of Columbia, September 8-11, 1994
- Austin, Texas, October 20-23, 1994
- Newport Beach, California, December 1-4, 1994

- Elkins, G.R. (1992). *Coordinator of the Beginning Level Annual Workshop Program*. Annual Meeting of the American Society of Clinical Hypnosis, Las Vegas, Nevada.
- Elkins, G.R. (1992). *Intermediate Workshop Coordinator*. American Society of Clinical Hypnosis Annual Meeting, New Orleans, Louisiana.
- Elkins, G.R. (1993). *Coordinator of the Intermediate Level Annual Workshop Program*. Annual Meeting of the American Society of Clinical Hypnosis, New Orleans, Louisiana.
- Elkins, G.R. (1994). *Beginning Level Workshop on Introduction to Clinical Hypnosis*. Central Texas Society of Clinical Hypnosis, Austin, Texas.
- Elkins, G.R. (1994). *Introductory Psychotherapy and Hypnosis Workshop*. XIII International Congress of Hypnosis, Melbourne, Australia.
- Elkins, G.R. (1994). *Advanced Workshop on Hypnosis and Psychotherapy*. Central Texas Society of Clinical Hypnosis, Austin, Texas.
- Elkins, G.R. (1994). *Intermediate and Advanced Workshops*. American Society of Clinical Hypnosis, Newport Beach, California.
- Elkins, G.R. (1995). *Hypnotherapy in General Psychiatry Practice*. Department of Psychiatry, PGY3 Psychiatry Course, Scott and White Clinic, Temple, Texas.
- Elkins, G.R. (1995). *Workshops on Hypnotherapy and Brief Psychotherapy Approaches*. Treatment of Psychophysiological Disorders, and Beginning Level Introduction to Clinical Hypnosis, Annual Meeting of the American Society of Clinical Hypnosis, San Diego, California.
- Elkins, G.R. (1995). *Brief Psychotherapy Approaches: Surviving the Ninties*. Sponsored by the Dallas Psychological Association, North Texas Society of Clinical Hypnosis, Dallas Association for Marriage and Family Therapy, and Department of Psychiatry, Southwestern Medical School Mental Health Research Clinic, Dallas, Texas.
- Elkins, G.R. (1995). *Intermediate and Advanced Workshop*. American Society of Clinical Hypnosis, New Orleans, Louisiana.
- Elkins, G.R. (1995). *Brief Focused Hypnotherapy and Advanced Workshop*. American Society of Clinical Hypnosis, Portland, Oregon.
- Elkins, G.R. (1995). *Brief Focused Hypnotherapy and Advanced Workshop*. American Society of Clinical Hypnosis, Chicago, Illinois.
- Elkins, G.R. (1995). *Hypnopropjection Techniques in the Treatment of Victims of Trauma and Sexual Abuse*. 11th National Conference on Trauma, Abuse and Dissociation, Austin, Texas.
- Elkins, G.R. (1995). *Advanced Workshop on Hypnotherapy Planning and Technique Selection and How to Plan Hypnotherapy Interventions and Technique Selections: Clinical and Research Considerations*. Minnesota Society of Clinical Hypnosis, St. Paul, Minnesota.

- Elkins, G.R. (1995). *Advanced Workshop on Hypnosis and Brief Psychotherapy and Brief Focused Hypnotherapy: An Advanced Workshop for Clinicians*. Atlanta Society of Clinical Hypnosis, Atlanta, Georgia.
- Elkins, G.R. (1996). *Advanced Workshop on Hypnosis and Behavioral Medicine, Brief Focused Hypnotherapy and Brief Psychotherapy*. American Society of Clinical Hypnosis, Puerto Vallarta, Mexico.
- Elkins, G.R. (1996). *Advanced Workshop on Brief Focused Hypnotherapy: Theory and Practice and Hypnosis and Brief Psychotherapy Approaches*. New England Society of Clinical Hypnosis, Boston, Massachusetts.
- Elkins, G.R. (1996). *Intermediate Level Workshop on Child Hypnosis: Treatment of Somatization Disorders*. 38th Annual Workshops, American Society of Clinical Hypnosis, Orlando, Florida.
- Elkins, G.R. (1996). *Brief Focused Hypnotherapy*. Canadian Society of Clinical Hypnosis, Banff, Canada, May 2-5, 1996.
- Elkins, G.R. (1996). *Refining Clinical Methods in Brief Psychotherapy and Hypnosis*. New Orleans Society of Clinical Hypnosis, New Orleans, Louisiana.
- Elkins, G.R. (1996). *Beginning and Intermediate Level Workshops on Introduction and Refinement of Clinical Hypnosis Skills*. American Society of Clinical Hypnosis, Arlington, Virginia.
- Elkins, G.R., & Benningfield, M. (1996). *Five-Day Workshop on Developing Clinical Hypnosis Skills For Your Practice, American Association for Marriage and Family Therapy*. Breckenridge, Colorado.
- Elkins, G.R. (1996). *Beginning and Intermediate Workshops*. American Society of Clinical Hypnosis, Dallas, Texas.
- Elkins, G.R. (1997). *Advanced Workshop on The Essentials of Brief Psychotherapy and Clinical Hypnosis*. American Society of Clinical Hypnosis, Phoenix, Arizona.
- Elkins, G.R. (1997). *Essentials of Clinical Hypnosis in Brief Psychotherapy and Health Psychology*. American Society of Clinical Hypnosis, Atlanta, Georgia.
- Elkins, G.R. (1997). *Advanced Workshop on Hypnosis and Behavioral Medicine*, Philadelphia, Pennsylvania.
- Elkins, G.R. (1997). *Advanced Workshop on Hypnosis and Behavioral Medicine and Utilizing Hypnosis in Managed Care Settings*. New England Society of Clinical Hypnosis, Boston, Massachusetts.
- Rogers-Witte, F., & Elkins, G.R. (1997). *Advanced Workshop on Becoming an Approved Consultant*. 14th International Congress of Hypnosis, San Diego, California.
- Elkins, G.R. (1997). *Intermediate Hypnosis: Five Day Workshop*. American Association for Marriage and Family Therapy Summer Institute, Santa Fe, New Mexico.
- Elkins, G.R. (1997). *One and ½ day Advanced Workshop on Hypnosis and Behavioral Medicine, 1-day Advanced Workshop on Clinical Hypnosis in Brief Focused Psychotherapy*, American Society of Clinical Hypnosis, New Orleans, Louisiana.
- Elkins, G.R. (1997). *Hypnotherapy in General Psychiatric Practice, PGY3 Seminar*. Department of Psychiatry, Scott and White Clinic, Temple, Texas.
- Elkins, G.R. (1998). *The Essentials of Clinical Hypnosis in Brief Psychotherapy Practice*. GA Psychological Association Mid-Winter Conference, Brasstown Valley Resort, Young Harris, Georgia.
- Elkins, G.R. (1998). *Faculty for Beginning Level Workshop in Clinical Hypnosis*. Central Texas Society of Clinical Hypnosis and the Milton H. Erickson Institute of Austin, Austin, Texas.
- Elkins, G.R. (Chair). (1998). *Advanced Workshop on Hypnotherapy for Anxiety*, 40th Annual Meeting of the American Society of Clinical Hypnosis, Fort Worth, Texas.

- Elkins, G.R. (1998). *Advanced Workshop on Brief Focused Hypnotherapy: Integration of Cognitive-Behavioral Strategies and Integration of Clinical Hypnosis in Behavioral Medicine*. American Society of Clinical Hypnosis, Chicago, Illinois.
- Elkins, G.R., & Handel, D. (1998). Update on Clinical Hypnosis and Behavioral Medicine in Family Practice, University of Texas Health Science Center at Galveston, Department of Family Medicine and American Society of Clinical Hypnosis, Galveston, Texas.
- Elkins, G.R. (1998). *Advanced Workshop on Behavioral Medicine and Clinical Hypnosis*. American Society of Clinical Hypnosis, Las Vegas, Nevada.
- Elkins, G.R. (1998). *One-Day Advanced Workshop on Hypnosis in the Treatment of Anxiety Disorders, ½ day Advanced Workshop on Becoming an Approved Consultant, ½-day Workshop on How to Plan Hypnotherapy and Technique Selection*. 40th Annual Meeting and Workshop American Society of Clinical Hypnosis. Fort Worth, Texas.
- Elkins, G.R. (1998). *Advanced Workshop on Brief Psychotherapy in Clinical Hypnosis*. American Association for Marriage and Family Therapy, Santa Rosa, California.
- Elkins, G.R., & Handel, D. L. (1999). *Advanced Workshop on Behavioral Medicine and Pain Management*. American Society of Clinical Hypnosis, Phoenix, Arizona.
- Elkins, G.R. (1999). *Clinical Hypnosis for Pain Management and Mind-Body Healing*. Acadia Seminars, Salado, Texas.
- Elkins, G.R., & Handel, D.L. (1999). *Hypnosis in Clinical Health Psychology and Family Practice Medicine*. Society for Clinical and Experimental Hypnosis, New Orleans, Louisiana.
- Elkins, G.R., & Handel, D.L. (1999). *Mind-Body Medicine and Clinical Hypnosis: Advanced Training*, American Society of Clinical Hypnosis. San Antonio, Texas.
- Elkins, G.R. (1999). *Advanced Workshop on Behavioral Medicine and Hypnosis*. Wisconsin Society of Clinical Hypnosis, Madison, Wisconsin.
- Elkins, G.R. (2000). *Refining Induction and Utilization Methods*. 15th International Congress of Hypnosis, Munich, Germany.
- Elkins, G.R. (2000). *Hypnosis as a Clinical Tool in Managing Difficult Symptoms*. Invited Workshop, American Alliance of Cancer Pain Initiatives, Kansas City, Kansas.
- Elkins, G.R. (2000). *The Essentials of Clinical Hypnosis: Mind-Body Therapy, Pain Management and Health Psychology*. Winter Institute of the American Association for Marriage and Family Therapy, Williamsburg, Virginia.
- Elkins, G.R., & Migdole, S. (2000). *Hypnosis in the Treatment of Anxiety Disorders*. 43rd Annual Meeting of the American Society of Clinical Hypnosis, Baltimore, Maryland.
- Elkins, G.R., & Barabasz, A. (2001). *Behavioral Medicine and Clinical Hypnosis*. Society for Clinical and Experimental Hypnosis, San Antonio, Texas.
- Elkins, G.R. (Workshop Chair) (2001). *Advanced Clinical Hypnosis Training Workshop*. American Society of Clinical Hypnosis, Schaumburg, Illinois.
- Elkins, G.R. (Workshop Chair) (2002). *The Essentials of a Behavioral Medicine/Hypnotherapy Practice*. American Society of Clinical Hypnosis, Schaumburg, Illinois.
- Elkins, G.R. (Workshop Chair) (2002). *Clinical Hypnosis in Psychology and Medicine*. American Society of Clinical Hypnosis, San Antonio, Texas.
- Elkins, G.R., & Marcus, J. (2002). *Hypnotic Relaxation for Pain Management*. Texas Psychological Association Annual Meeting, San Antonio, Texas.
- Elkins, G.R., (Chair), Marcus, J., & Handel, D. (2003). *Hypnotherapy with Cancer Survivors: Issues of Pain, Anxiety, Nausea, and Immunology*. Annual Meeting of the American Society of Clinical Hypnosis, Arlington.

- Elkins, G.R. (Chair) (2003). *Advanced, Intermediate and Basic Level Workshops in Clinical Hypnosis: Pain Management, Trauma, and Cancer*. American Society of Clinical Hypnosis, Baltimore, Maryland.
- Elkins, G.R. (Chair) (2004). *Interface of Hypnosis to Trauma, Ego-State Therapy and EMDR Methods/Advanced Clinical Hypnosis and Pain Management*. American Society of Clinical Hypnosis, Austin, Texas.
- Peterson, R., Elkins, G.R., Olbrish, M., & Lynch, T. (2005). *Preparation for the ABPP in Clinical Health Psychology*. Annual Meeting of the American Psychological Association, Washington, District of Columbia.
- Robinson, R. (Chair), & Elkins, G. R. (2005). *Preparation for the ABPP in Clinical Health Psychology*. American Psychological Association, Washington, District of Columbia.
- Elkins, G.R. (Chair/Presenter) (2006). *Clinical Hypnosis in Clinical Psychology Practice*. Brook Army Medical Center, Department of Behavioral Medicine, San Antonio, Texas.
- Elkins, G.R. (Chair/Presenter) (2008). *Hypnosis in Clinical and Counseling Psychology: Psychotherapy and Behavioral Medicine*. Louisiana Tech University, Ruston, Louisiana.
- Elkins, G.R. (Chair/Presenter) (2008). *Hypnotherapy Applications in Medicine and Psychotherapy*. Danish Society for Clinical Hypnosis, Copenhagen, Denmark.
- Elkins, G.R. (Distinguished Visiting Professor) (2008). *Clinical Hypnosis and Behavioral Medicine in Clinical Psychology Practice*. Brook Army Medical Center, Department of Behavioral Medicine, Wilford Hall USAF Medical Center, San Antonio, Texas.
- Elkins, G.R. (Chair/Presenter) (2008). *Hypnotherapy for Pain, Anxiety, and Habits: The Basics and Beyond*. American Association for Marriage and Family Therapy, Vancouver, Washington.
- Elkins, G. *Clinical Hypnosis workshop*. American Society of Clinical Hypnosis, San Antonio, TX, October 17-20, 2013
- Elkins, G.R. (Chair/Presenter) *Advanced Hypnotherapy Methods in Clinical Practice*, Danish Society for Clinical Hypnosis, Copenhagen, Denmark, May 15-16, 2009.
- Elkins, G.R. *Clinical Hypnosis and Behavioral Medicine Research*, Mayo Clinic, Department of Oncology, Rochester, MN July 14-17, 2009.
- Elkins, G.R. (Chair/Presenter) *Advanced Hypnotherapy for Pain, Anxiety, and Habits*, Canadian Society for Clinical Hypnosis, Vancouver, CAN, October 23-25, 2009.
- Elkins, G.R. *Ethics in Clinical Research*, Baylor University, Waco, TX, December 4, 2009.
- Elkins, G.R. (2010). *Hypnotherapy in clinical practice: Intermediate level training*. Brooke Army Medical Center, San Antonio, Texas.
- Elkins, G.R. (2010). *Managing Menopause with Hypnotherapy: Mind-Body Medicine Research*. Mayo Clinic, Department of Oncology, Rochester, Minnesota.
- Elkins, G.R. (2011). *Advanced Clinical Hypnosis Workshop*. Canadian Federation of Clinical Hypnosis-Alberta Society annual meeting and workshops, Banff, Alberta, Canada..
- Elkins, G.R. (2014) *Hypnotherapy: The basics for clinical practice*. American Psychological Association Pre-Convention Workshop, Washington, D.C., August 6, 2014
- Elkins, G.R. (2014) *Hypnosis in behavioral medicine: Advanced workshop*. American Society for Clinical Hypnosis, Austin, TX, December 4-6, 2014
- Elkins, G.R., (2014) *Hypnotic relaxation therapy: Update on research and clinical applications*. University of Michigan School of Medicine, Ann Arbor, MI, September 11, 2014
- Elkins, G. *Hypnotic Relaxation Therapy for Relief of Hot Flashes and Improving Sleep*. American Society of Clinical Hypnosis annual meeting, Jacksonville, Florida, March 27, 2015
- Elkins, G. & Na, H. *Hypnotic Relaxation Therapy for Relief of Hot Flashes and Improving Sleep*. Society

- for Clinical and Experimental Hypnosis annual convention, Orlando, Florida, October 2, 2015
- Elkins, G. *Hypnotherapy: An Introduction to the Basics*. Baylor University Counseling Center/Pre-Doctoral Internship Program, Waco, Texas, October 15, 2015
- Elkins, G. *Administration and Scoring of the Elkins Hypnotizability Scale for Utilization in Clinical Practice*. Society for Clinical and Experimental Hypnosis annual convention, Boston, MA, October 8, 2016
- Elkins, G. *Evidence-Based Hypnotherapy: Hypnosis Intervention for Hot Flashes, Stress, and Deeper Sleep*. Minnesota Society of Clinical Hypnosis, Minneapolis, MN, April 9, 2017
- Elkins, G., Roberts, L. *Hypnosis Research Workshop: Designing Case Studies and Randomized Clinical Trials and Preparing Papers for Publication*. 69th Annual Meeting of the Society for Clinical and Experimental Hypnosis, Las Vegas, NV, October 12, 2018
- Elkins, G., Roberts, L., *Hypnosis Research Workshop: Designing Case Studies and Clinical Trials and Preparing Papers for Publication*, Society for Clinical and Experimental Hypnosis. (October 14, 2020).

Courses taught at Baylor University

NSC 4V96 Special Topics/Neuroscience
 PSY 3308 Theories of Psychotherapy and Counseling
 PSY 4V96 Psychology of Complementary and Alternative Medicine
 PSY 5302 Practicum and Professional Development
 PSY 5429 Cognitive-Behavior Therapy
 PSY 5429A Cognitive-Behavior Therapy Lab
 PSY 5334 Clinical Health Psychology
 PSY 4327 Theories of Personality
 PSY 5333 Psychological Assessment III
 PSY 5372 Practicum and Professional Development
 PSY 5V96 Research Methods
 PSY 5V71 Selected Topics in Psychology
 PSY 6V01 Clinical Internship
 NSC 5V04 Graduate Research
 PSY 5V99 Thesis
 PSY 6V99 Dissertation

Teaching Awards

- 2000 *Robert R. Rynearson Award for Excellence in Teaching*. Department of Psychiatry, College of Medicine, Texas A&M University Health Sciences Center.
- 2003 *Thomas P. Wall D.M.D. Award for Excellence in Teaching Clinical Hypnosis*. Presented by the American Society of Clinical Hypnosis. "Gary R. Elkins, Ph.D. ABPP Psychologist, Teacher, Researcher, Diplomat, and Mentor. Presented to Dr. Gary R. Elkins in affectionate recognition of his dedication and leadership in the advancement of clinical hypnosis education based on the principles of excellence, compassion, and commitment to high ethical standards in his pursuit of teaching. Dr. Elkins, as teacher, researcher and

mentor has advanced clinical hypnosis, hypnosis research, education, and the lives of many clinicians through his efforts as both role model and true professional. Presented the Seventh of April, 2003, Alexandria, Virginia.”

- 2016 *Bernard B. Raginski Award for Leadership and Achievement*. Presented by the Society for Clinical and Experimental Hypnosis. "This is the most prestigious award given by SCEH for leadership in research and professional service."
- 2017 *Appointed Editor-in-Chief, International Journal of Clinical and Experimental Hypnosis*. Presented by the Society for Clinical and Experimental Hypnosis.
- 2017 *Presidential Award*. Presented by the Society for Clinical and Experimental Hypnosis. "In appreciation for service as President of the Society for Clinical and Experimental Hypnosis (2015-2017).

Research Awards

- 2012 Complimentary and Integrative Medicine Investigator Research Award, Society of Behavioral Medicine.
- 2017 Arthur Shapiro Award for the Best Book in Hypnosis, Society for Clinical and Experimental Hypnosis

Masters Thesis Chaired: Baylor University Masters Program

Lynae Roberts (M.A., graduated August, 2018) *A Hypnosis Intervention Reduces Anxiety Among Post-Menopausal Women with Hot Flashes: Results from a Randomized Controlled Trial*, Baylor University, Department of Psychology & Neuroscience

Doctoral Dissertations Chaired: Baylor University Doctoral Programs

Brian Robin (Psy.D. graduated August 2010), *An Analysis of Factors Related to Selecting a Clinical Psychologist for Hypnotherapy Services*. Baylor University, Department of Psychology & Neuroscience,
Ashley Gartner (Psy.D. graduated August 2011), *The Elkins Distress Scale and Visual-Analog Scales as a Brief Battery for the Assessment of Pain and Psychological Distress in a Chronic Pain Population*. Baylor University, Department of Psychology & Neuroscience

Lauren Koep (Psy.D. graduated August 2012), *Investigation of the Relationships Between Hypnotizability, Psychological Mindedness, Attitudes Toward Hypnosis and Expectancy*, Baylor University, Department of Psychology & Neuroscience

Cassie Kendrick (Psy.D. graduated August, 2012), *Development of a Model of "Sham Hypnosis" for the Conduct of Randomized Clinical Trials of Hypnotic Interventions*, Baylor University, Department of Psychology & Neuroscience

William Fisher (Ph.D., graduated December, 2013)
Measuring Hot Flashes: Examination of an Alternate Criterion for Ambulatory

Hot Flash Detection in Post-Menopausal Women, Baylor University, Department of Psychology and Neuroscience (Presently, Post-Doctoral Research Fellow, University of Pittsburg School of Medicine)

Aimee Johnson (Ph.D. program, graduated August, 2014)

Screening for psychological distress in the general population: Acceptability and validation of a brief measure of psychological distress, Baylor University, Department of Psychology and Neuroscience (Presently, Post-Doctoral Research Fellow, Wake Forest University School of Medicine)

Jim Sliwinski (Ph.D. General-Experimental Psychology doctoral program, graduated December 2015)

Examining the Role of Expectancies during a mind-body intervention for hot flash reduction in postmenopausal women: Is the relationship between treatment condition and symptom improvement mediated by response expectancy? (Presently, Assistant Professor, Finlandia University)

Rebecca Oksenhendler I also served on the Thesis Committee for Master of Science Degree, 2015 (Rebecca Oksenhendler), *A Unique Perspective on Automaticity: From Theory to Application in the Management of Chronic Spontaneous Urticaria*, Department of Psychiatry, McGill University, Montreal, QC Canada, Amir Raz, Ph.D.-Chair of the Committee.

Juliette Bowers (Psy.D. graduated August, 2016), *Flow, Hypnotizability, Absorption, and Neuroticism in a College Student Population*, Baylor University, Department of Psychology & Neuroscience.

Nicolas Olendzki (Psy.D., graduated August, 2016), *An Investigation of the Feasibility of Mindfulness-Based Hypnotherapy for Stress and Anxiety*, Baylor University, Department of Psychology and Neuroscience.

Hyeji Na (Psy. D., graduated August, 2019), *Hypnotic Relaxation Therapy to Enhance Subjective Well-Being Among College Students: A Pilot Study*, Baylor University, Department of Psychology and Neuroscience.

Kimberly Hickman (Psy. D. graduated August, 2018), *The Elkins Hypnotizability Scale: Validity, Reliability, Factor Structure, and Acceptability within a Clinical Sample*, Baylor University, Department of Psychology and Neuroscience.

Alisa Johnson (Ph. D. graduated August, 2017), *Music and Suggestion: An Exploration of the Effects and Mechanisms of an Arts-Based Mind-Body Intervention for Pain*

Lauren Simicich Dissertation Committee Chair, "Tele-hypnosis Intervention for Depression Symptoms in a Community Sample: A Feasibility Study," Psychology and Neuroscience. (2020 - Present).

Audrey Stevens Dissertation Committee Chair, "Hypnosis Intervention Delivered Remotely for Chronic Psychological Stress: A Feasibility Study," Psychology and Neuroscience. (2020 - Present).

Joshua Rhodes Master's Thesis Committee Chair, "Placebo Response in Clinical Trials of Paroxetine for Vasomotor Symptoms: A Meta-Analysis," Psychology and Neuroscience. (2020 - Present).

Lynae Roberts Dissertation Defense Committee Chair, "Cardiovascular Psychophysiology of Stress-inducing and Relaxing Imagery Following a Hypnotic Induction," Psychology & Neuroscience. (December 2019 - Present).

Samuel Stork Dissertation Committee Chair, "Examining the Feasibility of a Self-Administered Hypnosis Intervention to Improve Sleep Quality in College Students," Psychology & Neuroscience. (October 2019 - Present).

Elizabeth Slonena Dissertation Committee Chair, "Effects of a Brief Mindful Hypnosis Intervention on Stress Reactivity," Psychology and Neuroscience. (October 1, 2018 - Present).

Ming Yek Dissertation Committee Chair, "Examining the Feasibility of the Elkins Hypnotizability Scale (EHS) as a Therapeutic Measure," Psychology and Neuroscience. (September 2017 - Present).

Doctoral Dissertations Membership: Baylor University Doctoral Programs

Jules Martowski (graduated August, 2018), *Feasibility and Acceptability of a Brief Acceptance and Commitment Therapy (ACT) Intervention for Juvenile Offenders*

Rachel Kantor (graduated August, 2017), *Sleep Quality as a Moderator between Self-Control and the Intention-Behavior Gap of Diet and Physical Activity*

Michelle Dasse (graduated August, 2016), *Investigating Prospective Memory Commission Errors*

Mentorships of Post-Doctoral Fellows in Hypnosis Research: Mind-Body Medicine Research Laboratory

I have provided mentorship to post-doctoral research fellows:

Joel Marcus, Psy.D., 2004-2005

Michelle Perfect, Psy.D., 2006

Jacqueline Dove, Ph.D., 2007-2009

Jen Bunn, Ph.D., 2008-2010

Cassie Kendrick, Psy.D., 2012-2013

Zoltan Kekecs, Ph.D., 2014-2016

Undergraduate honors students have completed research projects under my mentorship:

Meag-gan Walters. *A Tale of Two Scales: Irrational Ideation as a Precursor to Depression*, Baylor University, Department of Psychology & Neuroscience, May, 2009. [NOTE: After graduation from Baylor University Meag-gan Walters was accepted into the APA accredited doctoral program in counseling psychology at University of Northern Colorado with full scholarship]

Manassa Ready. *The Association Between Daily Maximum Temperature and Concordance of Objective and Subjective Measures of Hot Flashes*, Baylor University, Department of Psychology & Neuroscience, May, 2010.

Rachel Helpenstell (Undergraduate Honors Program/Honors Thesis)

Use of Complementary and Alternative Medicine for Relief of Pain During Labor and Delivery

Baylor University, Department of Biology: May, 2016 (Presently, accepted into M.D. program, Texas A&M University College of Medicine, College Station, Texas)

Sarah Hale (Scholars Program/Baylor University). Undergraduate Honors Thesis Committee Chair, "BRAIN REGIONS INVOLVED IN HYPNOSIS: CLINICAL IMPLICATIONS," Psychology & Neuroscience. (October 18, 2019). Graduated and applying to graduate school doctoral programs in health psychology research.

Research Grants

Current Funded Research Grants

NIH 5R01AT009384

Elkins (PI)

9/01/2018 – 8/31/2022

Self-Administered Hypnosis Treatment for the Management of Hot Flashes in Women: A Randomized Clinical Trial

Role: Principle Investigator

National Institute of Health/National Center for Complementary and Integrative Medicine

Project Period: September 22, 2017 - August 31, 2022

Total Funding: \$3,521,941.00

NEA 1863320-38-20

Elkins (PI)

8/1/2020 – 7/31/2022

Effect of Music and Suggestion for Chronic Pain in Aging Adults: A Randomized Controlled Study

The purpose of this research is to support a randomized controlled study examining the effect of music on pain management in older adults.

Role: Principal Investigator

Total Funding: \$97,000.00 plus matching funds from Baylor University

NIH 3R01AT009384-04S1

Elkins (PI)

9/01/2020 – 8/31/2021

Feasibility of Self-Administered Hypnosis for Sleep Quality in Caregivers of Individuals with Alzheimer's Disease

The purpose of this research is to support a pilot study to determine the feasibility of a self-administered hypnosis intervention with caregivers of individuals with ADRD as an efficacious and practical intervention to improve sleep quality and duration.

Role: Principal Investigator

Total Funding: \$299,000.00

Funded Grants-Completed

Evaluation of Psychotherapy Outcome Research

Role: Co-Investigator,

Funded by Texas A&M University Research Foundation; Faculty sponsor, Dr. D. Smith

Minigrant Number 12321

\$700.00.

Project Period: January 10, 1978–December 20, 1978

Group Psychogenic Illness: A Retrospective Study

Role: Principle Investigator

Research and Education Division, Scott, White, Sherwood and Brindley Foundation

\$3000.00.

Project Period: June 12, 1984–July 2, 1987

Child Hypnosis Book Project

Role: Principle Investigator

Children's Miracle Network; Astra Corporation

\$7,000.00.

Project Period: August, 1996–August, 1997

Development of an Animal Model of Hypnosis

Role: Co-Principle Investigator

Scott and White Research and Education Foundation and Texas A&M University College of Medicine

Grant Number 1711

\$53,000.00.

Project Period: August 20, 2000–August 20, 2002

Evaluation of Anxiety as a Predictor of Unsedated Colonoscopy

Role: Co-Investigator

Residency Research Foundation, Scott and White Clinic and Hospital and Texas A&M University College of Medicine, A. Chavez, M.D. (P.I.)

\$17,000.00.

Project Period: July 15, 2000–September 1, 2003

Cognition and Pain Research: Bench to Bedside

Role: Principle Investigator,

(Hypnotic Relaxation for Pain Management in Cancer Patients)

Scott and White New Research Initiatives; and Texas A&M College of Medicine Research Fund

Grant Number 1810

Total Funding \$118,000.00

Project Period: September 1, 2000–September 1, 2005

Hypnosis for Smoking Cessation

Role: Principle Investigator

Scott and White Research Foundation and Clinical Trials Division

Grant Number R1737

\$11,000.00.

Project Period: October 10, 2001–October 9, 2002

Use of Complementary and Alternative Medicine by Psychiatric Patients

Role: Principle Investigator

Scott and White Research Foundation

Grant Number 7954

\$8,437.00

Project Period: July 18, 2001–July 17, 2003

Reliability and Validity of a New Scale to Measure Hypnotizability

Role: Principle Investigator

Scott and White Research Foundation

Grant Number 8123

\$54,360.00

Project Period: September 4, 2002–September 3, 2005

A New Approach to Hypnotherapy for Smoking Cessation

Role: Principle Investigator

Scott and White Research Foundation

Grant Number 8394

Total Funding \$53,000.00

Project Period: September 15, 2003–September 15, 2005

Feasibility of Hypnosis for Colonoscopy for Colorectal Cancer Screening

Role: Principle Investigator,\

Scott and White Research Foundation
Grant Number 2222
Total Funding \$3,000.00
Project Period: September 15, 2004–September 15, 2005

Hypnosis for Hot Flashes in Breast Cancer Survivors

Role: Principle Investigator
National Institutes of Health
NCI Grant Number 1 R21 CA100594-01
Total Funding \$365,466.00
Project Period: April 2, 2004–April 2, 2006

Minority Supplement Grant: Assessment of Hypnotizability in Breast Cancer Survivors

Role: Principle Investigator
National Institutes of Health
NCI Grant Number 5R21 CA100594-01A1S1
Total Funding \$27,970.00
Project Period: January, 2005–April, 2006

Reliability and Validity of the Elkins Distress Scale

Role: Principle Investigator
Scott and White Research Foundation
Grant Number 8727
Total Funding \$2,998.00
Project Period: August 15, 2005–September 15, 2006

Clinical Psychology Mind-Body Research: Post-Doctoral Fellowship

Role: Project Director
Scott and White Research Foundation
Total Funding: \$ 100,000.00
Project Period: August 1, 2005–September 1, 2007

A Pilot Study of Expressive Prayer and Immunity

Role: Principle Investigator
Scott and White Research and Education Foundation
Total Funding: 57,200.00
Project Period: September 1, 2005–September 1, 2006

Hypnotizability in Men

Role: Principle Investigator,
Scott and White Research and Education Foundation
Total Funding: 3,000.00
Project Period: October 28, 2005–October 27, 2006

Hypnosis for Hot Flashes in Breast Cancer Survivors

Role: Principle Investigator

National Institutes of Health
NCI Grant Number 7R21CA100594-03
Total Funding \$25,294
Project Period: March 31, 2007–March 30, 2008

Evaluation of a Biobehavioral Intervention for Hot Flashes

Role: Co-Principle Investigator
National Institutes of Health
Grant Number IR21CA13175 – 01A2
Total Funding \$188,551.00
Project Period: February 1, 2009 – January 13, 2011

Individual Differences and Health Outcomes: A Secondary Data Analysis in Cognitive Epidemiology

Role: Co-Principle Investigator
National Institutes of Health, Child Health and Human Development
Grant Number IR03 HD058464
Funding Requested \$100,000.00
Project Period: August 1, 2009 – August 1, 2011

Hypnosis for Smoking Cessation

Role: Co- Investigator
Travis County Department of Wellness and Health
Grant Number: 195923-8
Total Funding: \$60,000
Project Period: January 3, 2011- November 15, 2012

Hypnosis for Fatigue in Breast Cancer Survivors

Role: Principle Investigator
Baylor University Faculty Research Investment Program
Project Period: 2013-2014
Total Funding: \$25,000.00

Hypnosis for Hot Flashes: A Randomized Clinical Trial

Role: Principle Investigator
National Institutes of Health, National Center for Complementary and Alternative Medicine
Grant Number 1U01AT004634-01A1
Total Funding: \$2,604,643.00
Project Period: September 30, 2007 – March 31, 2014

Evaluation of a Biobehavioral Intervention for Hot Flashes

Role: Co-Principle Investigator
National Institutes of Health, National Cancer Institute
Grant Number 1R21CA13195-01A2
Project Period: February 1, 2009- January 13, 2012
Year Two Funding, Sub Award: \$39,498.00

Hypnosis for Fatigue in Breast Cancer Survivors

Role: Principle Investigator
Baylor University Faculty Research Investment Program
Project Period: 2013-2014
Total Funding: \$25,000.00

Hypnosis to Improve Sleep in Menopause: Determination of Optimal Dose and Method

Role: Principle Investigator
National Institute of Health, National Center for Complementary and Integrative Health
Grant Number 1R34AT008246-01
Project Period: June, 1, 2014 – May 31, 2017
Total Funding: \$653,204.00

Post-Doctoral Research Fellowship

Role: Principle Investigator
(Dr. Zoltan Kekecs from Eötvös Loránd University, Behavioral Psychology Doctoral Program, Hungary)
Baylor University OVPR Postdoctoral Fellowship Program
Project Period: 2014-2016
Total Funding: \$88,800.00

Analgesia by Music Therapy in Palliative Care

Role: Principle Investigator
Baylor University Small Grants Program
Project Period: 2015-2016 (May)
Total Funding: \$4,500.00

Grants Submitted; not funded

Assessment of Hypnotizability in Cancer Survivors

Role: Principle Investigator
National Institute of Health
Grant Number 1R21CA109491-01
Submission: March 11, 2004
Funding Requested: \$426,000.00

Hypnosis for Colonoscopy Colorectal Cancer Screening

Role: Principle Investigator
National Institute of Health
Grant Number 1R21Ca116310-01
Submission: February 14, 2005
Funding Requested: \$390,000.00

Hypnosis for Hot Flashes: A Randomized Clinical Trial (2R01 Renewal application)

Role: Principle Investigator
National Institute of Health, National Center for Complementary and Alternative Medicine
Grant Number 1U01AT004634-01A1

Submission: February 15, 2013
 Total Funding Requested: \$2,712,939.00.

Hypnotic Relaxation Intervention to Improve QoL in Parkinson's Disease

Role: Principle Investigator
 Baylor University Collaborative Faculty Research Investment Program
 Project Period: 2015-2016
 Total Funding Requested: \$50,000.00

Mechanisms and Effects of Hypnosis on Nighttime Sleep Architecture

Role: Co-Principle Investigator
 National Institute of Neurological Disorders and Stroke, National Institute of Health, Baylor University

Mechanisms of Hypnosis for Sleep Disturbance: Measurement and Optimization

Role: Co-Principle Investigator
 National Institute of Health, National Center for Complementary and Integrative Health
 Project Period: July 2016 - July 31, 2021
 Total Funding Requested: \$2,837,911.00

Professional Society Service Awards and Honors

- 1979 Student Scholarship Award of Division 29 (Psychotherapy) of the American Psychological Association
- 1985 Biographee in Marquis Who's Who in the World, Seventh Edition
- 1985 Biographee in Marquis Who's Who Directory of Professionals and Resources in Rehabilitation
- 1986 Biographee in Marquis Who's Who in the Frontier Science and Technology, First Edition, 1984-1985, Second Edition, 1986
- 1987 2nd Place Award for Best Clinical Paper, 29th Annual Scientific Meeting of the American Society for Clinical Hypnosis
- 1993 President's Award of Merit presented at Annual Meeting of American Society of Clinical Hypnosis
- 1994 Fellow, American Society of Clinical Hypnosis
- 1994 Award of Merit, Central Texas Society of Clinical Hypnosis
- 1995 Fellow, Society for Clinical and Experimental Hypnosis
- 1996 Fellow, American Academy of Clinical Health Psychology
- 1996 International Society of Hypnosis Award of Merit, 14th International Congress of Hypnosis
- 1996 Presidential Award for Outstanding Service, American Society of Clinical Hypnosis
- 1997 Honorary Foreign Member, Swedish Society for Clinical and Experimental Hypnosis
- 1997 Presidential Award of Merit, American Society of Clinical Hypnosis
- 2004 Award of Merit, American Society of Clinical Hypnosis
"Presented for significant and long-lasting contributions to the American Society of Clinical Hypnosis, including work as President and his seminal efforts to develop and empower the Standards of Training and Education Committee. Dr. Elkins' leadership has

- enabled ASCH to organize and codify its education activities, develop high quality education programs, and maintain its continuing education accreditation. Dr. Elkins aided the development of the ASCH certification program. Dr. Elkins has remained a valued presenter at many ASCH Regional Workshops and Annual Meetings, has served as Regional Workshop Coordinator, and has long provided leadership to the Education Committee. More recently, Dr. Elkins has developed a powerful, productive, and respected university-based clinical program that is adding significant research in hypnotic applications.”*
- 2007 Biographical profile listed in Marquis Who’s Who in the World 25th Edition, Marquis, 890 Mountain Ave, Suite 300, Providence, New Jersey.
- 2007 Presidential Citation Award, Texas Psychological Association
“In recognition of his outstanding service on the Texas State Board of Examiners of Psychologists. Dr. Elkins has worked diligently to represent the profession and people of Texas with a blend of compassion and rigorous dedication to the highest professional standards. His leadership of the state board has proven effective for all Texans.”
- 2008 Morton Prince Award for Professional Achievement to Psychological Hypnosis, American Board of Psychological Hypnosis
This award is the most prestigious award given in the area of psychological hypnosis and recognizes professional service, research, and achievement.
- 2008 ABPH Presidential Award, American Board of Psychological Hypnosis
- 2012 Honored for presentation at the 21st Annual Robert E. Myers, MD Lectureship in Pediatrics, Scott & White Healthcare and Texas A&M Health Science Center, College of Medicine.
- 2013 NIH Radio Interview (NIH Podcast Episode #0190) Postmenopausal Women and Sleep (this podcast highlighted my research and provided national and international exposure.
- 2015 Presidential Award, Society for Psychological Hypnosis (Division 30) of the American Psychological Association
- 2015 Awarded Fellow, Society for Clinical and Experimental Hypnosis
- 2015 Bernard Raginski, M.D. Award for Leadership in Clinical Hypnosis, Society for Clinical and Experimental Hypnosis
- 2015 Interview with Gary Elkins, Ph.D., ABPP, ABPH, The International Society of Hypnosis Newsletter, Volume 39(2), June, 2015

Licensure and Certifications

Licensed Psychologist, State of Texas

Texas State Board of Examiners of Psychologists, (Certificate #2520) – Vice Chair/Board Member (Chair, Oral Examination Committee; Chair Written Examination Committee; Chair, Ad Hoc Committee on Scope of Practice Issues)

- As noted elsewhere, I presently serve as the Vice-Chair of the Texas State Board of Examiners of Psychologists. This is a very important position as it gives the PsyD program at Baylor University a direct liaison with the licensure board and assures that the graduates of our program are kept informed on the requirements for licensure to practice psychology in Texas.

Approved Member, National Register of Health Service Providers in Psychology, (Certificate #33124)

- This is the primary organization that identifies psychologists with credentials to practice in hospitals and clinics. It is a designation sought certify credentials in clinical psychology. It is an

important designation in teaching clinical psychology to serve as a role model for clinical practice.

Diplomat, (ABPP) in Clinical Health Psychology, American Board of Professional Psychology.

- The ABPP represents the highest level of certification in clinical psychology and is achieved through a rigorous process of documenting years of practice in clinical psychology, submission of detailed work samples, curriculum vita, and passing a four hour oral examination that covers diagnosis, treatment, ethics, and dealing with difficult cases. It is generally recommended that doctoral programs in clinical psychology, such as ours at Baylor University have at least one faculty member with the ABPP designation.

Diplomat, (ABPH) American Board of Psychological Hypnosis (President/Board Member)

- The ABPH is similar to the ABPP with the exception that it provides further recognition of the highest level of competency in psychological hypnosis. It is also achieved through the process of submission of work samples, oral examination, and documentation of extensive clinical experience.

Professional Memberships

- Fellow, American Psychological Association
- Fellow, APA Division 12, Society for Clinical Psychology
- Fellow, APA Division 30, Society for Psychological Hypnosis
- Past-President, APA Division 30, Society for Psychological Hypnosis
- Fellow, Division 29, Society for the Advancement of Psychotherapy
- Fellow, American Academy of Clinical Health Psychology
- Fellow, American Society of Clinical Hypnosis
- Past-President, American Society of Clinical Hypnosis
- Fellow, Society for Clinical and Experimental Hypnosis
- President, Society for Clinical and Experimental Hypnosis
- Member, APA Division 38, Health Psychology
- Member, Texas Psychological Association
- Member, Society of Behavioral Medicine
- Member, International Society of Hypnosis
- Member, North American Menopause Society
- Member, National Register of Health Service Providers in Psychology

Elected Offices Held in Professional Organizations

1993 – 1994	Member at Large-Psychology, American Society of Clinical Hypnosis
1993 – 1995	Founding President, Central Texas Society of Clinical Hypnosis
1994 – 1995	Vice-President, American Society of Clinical Hypnosis
1995 – 1996	President-Elect, American Society of Clinical Hypnosis
1996 – 1997	Past President, American Society of Clinical Hypnosis
1997 – 2000	Chair, Education and Research Foundation, American Society of Clinical Hypnosis
1997 – 2000	Vice-Chair, International Society of Hypnosis Council of Representatives
1997 – 2006	Board of Directors, American Board of Psychological Hypnosis
2004 – 2006	President, American Board of Psychological Hypnosis (ABPH)

- 2013 – 2014 Elected President of Division 30 of the American Psychological Association
(Society for Psychological Hypnosis)
- 2014 – 2017 Elected President Society for Clinical and Experimental Hypnosis

Board and Committee Positions

- 1985 – 1986 Member, Education and Training Committee, Division 30, American Psychological Association
- 1985 – 1986 Member, Education and Training Committee, American Psychological Association, Division of Psychological Hypnosis
- 1986 – 1987 Chair, Workshop Committee, American Psychological Association Division of Psychological Hypnosis
- 1986 – 1987 Secretary, Bell County Psychological Association
- 1986 – 1987 Member, Education and Training Committee, American Society of Clinical Hypnosis
- 1986 – 1989 Annual Workshop Program Committee, Division 30 of the American Psychological Association
- 1986 – 1990 Member, Education and Training Committee, American Society of Clinical Hypnosis
- 1987 – 1989 Member, Executive Committee (Secretary and Newsletter Editor) Bell County Psychological Association
- 1987 – 1990 Chair, Membership Committee, American Society of Clinical Hypnosis
- 1990 – 1993 Chair, Joint Education and Regional Workshop Committee, American Society of Clinical Hypnosis
- 1993 – 1994 Chair, Nominations and Elections, Central Texas Society of Clinical Hypnosis
- 1993 – 1994 Member, Annual Workshop Organizing Committee, American Society of Clinical Hypnosis
- 1993 – 1995 Founding Chair, Certification Committee, American Society of Clinical Hypnosis
- 1993 – 1996 Founding Chair, Standards of Training Committee, American Society of Clinical Hypnosis
- 1994 – 1997 Chair, Workshop Committee, 14th International Congress of Hypnosis, San Diego, California
- 1994 – 1997 Member, Budget and Finance Committee, 14th International Congress of Hypnosis, International Society of Hypnosis
- 1994 – 1995 Member, Long Range Planning Committee, American Society of Clinical Hypnosis
- 1994 – 1995 Member, Annual Workshop Organizing Committee, American Society of Clinical Hypnosis
- 1994 – 1995 Chair, Ad Hoc Research Committee, American Society of Clinical Hypnosis
- 1995 – 1996 Member, Annual Workshop Program Organizing Committee, American Society of Clinical Hypnosis
- 1995 – 1996 Chair, Legislative Committee, American Society of Clinical Hypnosis
- 1996 – 1997 Examination Reviewer, American Board of Clinical Health Psychology, American Board of Professional Psychology
- 1996 – 1997 Chair, Nominations and Elections Committee, American Society of Clinical Hypnosis
- 1996 – 1997 Chair, Executive-Director Search Committee, American Society of Clinical Hypnosis

- 1996 – 1997 Chair, Ethics Revision Committee, American Society of Clinical Hypnosis
- 1996 – 1997 Chair, Ad Hoc Committee on Hypnosis and Primary Care Medicine, American Society of Clinical Hypnosis
- 1996 – 2002 Member, Joint Education Committee, American Society of Clinical Hypnosis/Research and Education Foundation
- 1996 – 2002 Chair, ASCH Greater Century Building Fund, American Society of Clinical Hypnosis
- 1997 – 2000 Member, Nominations and Elections Committee, International Society of Hypnosis
- 1997 – 2000 Member, Organizing Committee, 15th International Congress of Hypnosis Program, Munich, Germany
- 1997 – 2000 Member, Membership Committee, International Society of Hypnosis
- 1998 – 1999 Member, Nominations and Elections Committee, American Society of Clinical Hypnosis
- 1998 – 1999 Chair, Task Force for Development of Policy and Procedures for Nominations and Elections, American Society of Clinical Hypnosis
- 1998 – 1999 Chair, Long Range Planning Committee, American Society of Clinical Hypnosis
- 1998 – 1999 Chair, Task Force on ABPP Application, American Board of Psychological Hypnosis
- 1998 – 1999 Chair, Nominations and Elections Committee, ASCH Education and Research Foundation
- 1998 – 1999 Member, Budget and Finance Committee, ASCH Education and Research Foundation
- 1998 – 1999 Member, Long Range Planning Committee, American Society of Clinical Hypnosis
- 1998 – 1999 Chair, Research Review Committee, ASCH Education and Research Foundation
- 1998 – 2000 Chair, Standards of Training Committee, American Society of Clinical Hypnosis
- 1998 – 2003 Chair, International Relations Committee, American Society of Clinical Hypnosis
- 1999 – 2005 Vice-Chair, Education Committee, American Society of Clinical Hypnosis
- 2000 – 2001 Chair, Annual Workshop Organizing Committee, Society for Clinical and Experimental Hypnosis, San Antonio, Texas
- 2000 – 2004 Co-Chair, (Continuing Education Oversight) Joint Education Committee, American Society of Clinical Hypnosis Education and Research Foundation
- 2004 – 2007 Chair, Oral Examination Review, American Board of Clinical Health Psychology (ABPP in Clinical Health Psychology)
- 2005 – 2015 Chair, Fellow Committee, Division 30 – American Psychological Association
- 2005 – 2006 Member, Awards Committee, Society for Clinical and Experimental Hypnosis
- 2013 Chair, Hypnosis Definition Committee, Division 30 of the American Psychological Association (Society for Psychological Hypnosis)
- 2013 I served the American Psychological Association as Chair of the Fellowship Committee for Division 30 (Society for Psychological Hypnosis).
- 2014 Chair, Search Committee for Clinical Program faculty hire.
- 2014 Graduate and Undergraduate Advising for Psychology Majors.
- 2014 Provided mentorship and clinical supervision for new faculty, Tom Fergus, Ph.D. This has included supervision for licensure as well as development of submissions for grant funding.
- 2014 Provided mentorship and clinical supervision for J.D. Smith, Ph.D. This includes

- academic mentor for transfer of his NIH LRP grant (*Development and Implementation of Innovative Assessment-Driven Family-Based Interventions for Positive Health Promotions in Youth*) to Baylor University.
- 2014 Provided mentorship and supervision for Michael Scullin, Ph.D. in regard to his K01 proposal on sleep, memory, and aging. This extends to support of Dr. Scullin in his development of a sleep laboratory, independent research program, and opportunities for collaboration in my own NIH funded research into sleep
- 2014 Elected President of the Society for Clinical and Experimental Hypnosis.
- 2016-2019 Committee Member, American Psychological Association Committee on International Relations
- 2020 Chair, Nominations Committee, Society for Clinical and Experimental Hypnosis

Grant Reviewer Service

- 2007 External Reviewer for the Institute of Mental Health under service grants, Tucson, Arizona.
- 2008 National Institute on Aging Special Emphasis Panel, National Institutes of Health, RFA-AG-08-004.
- 2008 National Institute on Aging, National Institutes of Health, *Menopause Symptoms and Interventions*, ZAG1 ZIJ-5 (M2).
- 2009 National Institutes of Health, *Menopause and Sleep Disorders*, ZAG1 ZIJ-9 J6.
- 2009 National Institutes of Health P01 Individual Project Review Group, *Treatments for Menopause Related Sleep Disorders and Their Mechanisms*
- 2010 NIH Scientific Review Group: SEP ZAT1RB-05, *Mind-Body Interventions*.
Dates of review: June 28-29, 2010
- 2010 NIH Scientific Review Group: ZRG1 RPHD-C (02), *Individual Projects on Smoking Cessation*. Dates of review: July 20, 2010
- 2010 Scientific Review Group: Program Announcement Number RFA-DP-10-1010 *Mind/Body Research Program* (R01), Dates of review: September 17, 2010
- 2010 NIH Scientific Review Group: ZAG1 ZIJ-9 J3 (2), *Menopause and Sleep Disorders*
Date(s) of review: October 13, 2010
- 2010 NIH Scientific Review Group: ZAT1 SM 22 P *Centers of Excellence for Research on CAM (CERC) for Pain* (P01) Dates of review: November 29-December 1, 2010
- 2013 Grant Review Board and Referee Panel for Health and Medical Research Fund (HMFR), Hong Kong, China, (Dr. Richard A. Collins, Scientific Review Director)
- 2014 NIH Grant Reviewer for Study Section: *Non-pharmacological Management of Pain in Military Personnel* (ZAT1 HS-15) March 30, 2014
- 2014 NIH Grant Reviewer for Study Section: *Study of Women's Health Across the Nation (in response to RFA AG-94-002)*, March 13, 2014
- 2014 NIH Grant Reviewer for Special Emphasis Panel/Scientific Review Group 2015/01 ZAG1 ZIJ-3 (J3) *MsFLASH: Living a Healthy Menopause*" (1R01AG 048209-01A1; , October 31, 2014
- 2014 Grant Reviewer and Referee Panel for *Health and Medical Research Fund (HMFR), Hong Kong, China*, Project No. 12132571: *Diet After Diagnosis: A Qualitative Study to Explore the Dietary Choices Made by Newly Diagnosed Breast Cancer Patients*

- 2015 NIH Grant Reviewer for Study Section: *National Center for Complementary and Integrative Medicine Special Emphasis Panel/Scientific Review Group (ZAT1 HS-21)* July 16, 2015
- 2015 NIH Grant Reviewer for Study Section: *National Institute on Aging Summer Research Training in Aging for Medical Students (T35)*, March 23, 2015
- 2017 NIH Grant Reviewer for Study Section 01 ZAT VS (06), National Center for Complementary and Integrative Health
- 2017 NIH Grant Reviewer for Study Section 201801 ZRG1 RPHB-Z (10) B, National Center for Complementary and Integrative Health
- 2018 Reviewer of Post-Doctoral Applications - Baylor University
- 2018 NIH/NCCIH Reviewer of Training and Research Grants
- 2018 Reviewer for Health and Medical Research Funds (HMRF), Hong Kong, China
- 2019 Grant Reviewer for The Study of Women's Health Across the Nation (SWAN): The Impact of Midlife and the Menopause Transition on Health and Functioning in Early Age
- 2019 Grant Reviewer for NIH/NCCIH ZAT1 JM(05): Training, Fellowship, and Career Development Review Panel
- 2020 Committee Member, NIH Grant Review Panel: Exploratory Clinical Trials of Mind and Body Interventions (R34 and U01) and Clinical Trials of Complementary and Integrative Interventions Delivered Remotely or via mHealth (R01). (October 27, 2020 - October 28, 2020).
- 2020 Committee Member, Poster Presentation Award Selections, North American Menopause Society. (September 30, 2020).
- 2020 Committee Member, Grant Reviews NIH/NCCIH Clinical Trials of Mind and Body Interventions" (ZAT1 PJ (09)). (June 16, 2020 - June 17, 2020).
- 2020 Reviewer, Grant Proposal, Tobacco Related Disease Research Program, Los Angeles, California. (April 9, 2020 - April 10, 2020).
- 2020 Committee Member, NIH/NCCIH Grant Review Panel, Exploratory Clinical Trials of Mind and Body Interventions (R34 and U01). (March 11, 2020).

Service, Texas State Board of Examiners of Psychologists

Examiner, Texas State Board of Examiners of Psychologists, July 12-13, 2001

Examiner, Texas State Board of Examiners of Psychologists, July 12-13, 2002

Examiner, Texas State Board of Examiners of Psychologists, January 9-10, 2003

Vice-Chair/Board Member, Texas State Board of Examiners of Psychologists, Chair of the Oral Examination; Written and Jurisprudence Committee; Chair, Ad Hoc Committee on Scope of Practice Issues. Appointed January 9, 2003 - 2010

Journal Reviewer and Consultant

- 1997-2005 Associate Editor, American Journal of Clinical Hypnosis
- 2004-2005 Editorial Review Board, Journal of Cancer Integrative Medicine
- 2004-2017 Editorial Consultant Board; Ad Hoc Reviewer, International Journal of Clinical and Experimental Hypnosis
- 2004 Reviewer, Contemporary Psychology
- 2004-2005 Reviewer, Medical Science
- 2012 Ad Hoc Reviewer, Journal of the American Medical Association
- 2012 Ad Hoc Reviewer, Evidence Based Complementary and Alternative Medicine Cochran Reports
- 2012 Ad Hoc Reviewer, Clinical Nursing Research
- 2012 Ad Hoc Reviewer, Annals, Academy of Medicine, Singapore
- 2012 Ad Hoc Reviewer, Annals of Oncology
- 2012 Ad Hoc Reviewer, American Psychologist
- 2013 Appointed Associate Editor Board of BMC Complementary and Alternative Medicine
- 2013 Appointed to the Board of Associate Editors of the International Journal of Clinical and Experimental Hypnosis (this is the leading international journal in the area of hypnosis research and practice)
- 2014-Present Editorial Board and Reviewer, BMC Complementary and Alternative Medicine
- 2014 Ad Hoc Reviewer, Critical Care and Emergency Medicine
- 2014 Ad Hoc Reviewer, European Journal of Pain
- 2014 Ad Hoc Reviewer, Integrative Cancer Care
- 2014 Ad Hoc Reviewer, Neuropsychologica
- 2014 Ad Hoc Reviewer, Oncology and Hematology
- 2014 Ad Hoc Reviewer, Journal of Psychosomatic Obstetrics & Gynecology
- 2015-present Consulting Editor, *Psychology of Consciousness: Theory, Research, and Practice* (this is a publication of the American Psychological Association).
- 2017 Reviewer, Translational Behavioral Medicine
- 2017 Reviewer, Integrative Medicine Insights
- 2017 Reviewer, Journal of Complementary and Alternative Medicine
- 2018 Reviewer, Spirituality in Clinical Care
- 2018 Reviewer, Journal of Pain
- 2019 Reviewer, Clinical Nursing Research
- 2020 Reviewer, Journal of Sleep Research

Journal Editor Service

2018-Present, Editor-in-Chief, *International Journal of Clinical and Experimental Hypnosis*

This is the leading journal in the field of hypnosis research and advancing clinical practice. It is the official journal of the Society for Clinical and Experimental Hypnosis and the International Society of Hypnosis as well as an official journal of APA Division 30, Society for Psychological Hypnosis.

Military Service

Aug 1979 –1982 Active Duty, United States Air Force
 Honorable Discharge with rank of Captain

University Service/Experience

1985 – 1989	Member, Department of Psychiatry Curriculum Committee, Texas A&M University Health Sciences Center
1987 – 1989	Continuing Medical Education Committee, Scott and White Clinic/Texas A&M University College of Medicine
1995 – 1996	Member, Curriculum Committee, Department of Psychiatry, Texas A&M University Health Sciences Center
1997- 2003	Member, Continuing Medical Education Committee, Texas A&M University Health Sciences Center, College of Medicine and Scott and White Clinic and Hospital
1999 – 2001	Member, Faculty Governance Committee, Texas A&M University Health Sciences Center
1999 – 2003	Member, Institutional Review Board, Scott and White Clinic and Hospital, and Texas A&M University Health Sciences Center
1999- 2005	Elected Member, Academic Council, College of Medicine, Texas A&M University Health Sciences Center
1999 – 2005	Elected Member, Faculty Advisory Committee, College of Medicine, Texas A&M University Health Sciences Center
2001 – 2003	Chair, Faculty Advisory Committee, College of Medicine, Texas A&M University Health Sciences Center
2001 – 2004	Vice-Chair, Strategic Planning Committee for the College of Medicine, Texas A&M University Health Science Center
2000 – 2001	Vice Chair, Faculty Advisory Committee, College of Medicine, Texas A&M University Health Sciences Center
2001 – 2003	Executive Committee, College of Medicine, Texas A&M University Health Sciences Center
2000 – 2001	Member, Strategic Planning Committee for the College of Medicine, Texas A&M University Health Science Center
2002 – 2006	Member, Appointment, Promotions and Tenure Committee, College of Medicine, Texas A&M University Health Sciences Center
2003 – 2006	Member, Appointment & Promotions Committee for the Department of Psychiatry and Behavioral Sciences, College of Medicine, Texas A&M University Health Science Center
2004 – 2005	Chair, Bylaws Revision Committee, College of Medicine, Texas A&M University Health Sciences Center
2006-2007	Search Committee, Baylor Counseling Center
2006-2007	Secretary, Department of Psychology and Neuroscience Faculty Meetings
2006-2007	Chair, Workshop Continuing Education Committee, Clinical Psychology Program
2006-2015	Graduate Program Director, Director of Clinical Training, PsyD Program, Baylor University University Graduate Council Representative.
2008-2012	Chair, Clinical Faculty Search Committee, Department of Psychology and Neuroscience, Baylor University.
2012-2019	Health and Wellness Committee, Baylor University

2016-Present	Clinical Psychology Admissions Committee, Baylor University
2017-Present	Safety Officer for R21 NIH Research Grant (PI, Dr. Michael Scullin)
2018-Present	Committee Chair, Comprehensive Examinations Psy.D. Program
2019-Present	Committee Chair, Clinical Practice Examinations, Psy.D. Program, Baylor University.