

Gary R. Elkins, Ph.D., ABPP, ABPH

Curriculum Vita

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 Clinical Psychology Psy.D. program
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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 TX State University, Commerce, TX
 Title of Thesis: *Locus of Control as a Determinant of Decision Making in a Game of Skill.*

1976–1980 Ph.D., Counseling Psychology, December, 1980
 TX A&M University, College Station, TX
 Title of Dissertation: *Rational Restructuring and Relaxation*
 Clinical Psychology Internship (APA –Accredited)
 Clinical Psychology Service, Wilford Hall USAF Medical Center, San Antonio, TX. Sept, 1979-1980.
 Rotations in: 1) Behavioral Medicine/Clinical Psychology (40 hrs. week/ 4 months), 2) Inpatient Psychiatry (30 hrs. week/ 4 months), Child and Adolescent Clinic (30 hrs. week/ 3 months), Interdepartmental Pain Clinic (20 hrs. week/ 3 months), Neuropsychology Clinic (10 hrs. week/ 3 months), Outpatient Clinical Psychology: Assessment and Psychotherapy (Part-time throughout 12 months), Drug and Alcohol (20 hrs. week/ 4 weeks).

Licensure and Certifications

- Licensed Psychologist, State of TX
 TX 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)
- Approved Member, National Register of Health Service Providers in Psychology, (Certificate #33124)
- Diplomate, (ABPP) in Clinical Health Psychology, American Board of Professional Psychology
- Diplomate, (ABPH) American Board of Psychological Hypnosis (President/Board Member)

Staff Appointments/Privileges

- 1980–1982 Clinical Psychologist, Medical Staff, Grand Forks USAF Medical Center, Department of Mental Health, Grand Forks, North Dakota
- 1982–2006 Clinical Psychologist, Medical Staff, Scott and White Clinic and Hospital, Department of Psychiatry

Clinical Experience

- 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 Psychiatry and Department of Physical Medicine and Rehabilitation,** Scott and White Clinic, Temple, TX.
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, TX A&M University College of Medicine**
Scott and White Clinic and Hospital, Temple, TX
Provided full range of Clinical Psychology Services in Outpatient Mental Health Clinic and Inpatient Psychiatry Service (psychological evaluations, individual and group psychotherapy, consultation). Conducted independent research. Provided specialized clinical health psychology services. Co-coordinator, second year Psychiatry Curriculum.
- Jul 1990–Sep 2000 **Clinical Psychology Senior Staff/ Scott and White Clinic, TX A&M University Health Sciences Center**
Scott and White Clinic and Hospital, Temple TX
Director, Behavioral Medicine Service
Provide assessment, cognitive-behavior therapy, clinical hypnosis, and biofeedback therapy. Provide consultation to medical staff (Neurology, Internal Medicine, Pulmonary Medicine, Oncology, Obstetrics and Gynecology, Surgery, Physical Medicine and Rehabilitation, Family Medicine).
Mental Health Clinic
Individual, marital and group psychotherapy, psychological evaluations and assessment, and consultation (inpatient and outpatient services)
Family Practice Residency, Faculty, Department of Family Practice, Scott and White Clinic, TX A&M University Health Sciences Center
Supervise and teach PGY2-4 Residents, Psychological Aspects of Medical Interviewing.

Sept 2000–2006 **Clinical Psychology Senior Staff/, Scott and White Clinic, TX A& M University Health Sciences Center**
Department of Psychiatry and Behavioral Sciences
TX A&M University Health Sciences Center, College of Medicine
Scott and White Clinic, Temple, TX
Provided a full range of Clinical Psychology Services including psychological assessments, diagnostic evaluations, individual, marital and group psychotherapy (inpatient and outpatient). Provide behavioral medicine and hypnotherapy interventions for in the area of psychosocial oncology, and for 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.

Senior Staff Member, Pain Management Team, Diabetic Advisory Committee, Bariatric Surgery Team, Sleep Disorders Clinic, and Oncology Treatment Team
Provided Clinical Psychology services, consultation, and assist with program direction.

Sept 2006-Present **Clinical Health Psychology Practice**
Temple, TX

Teaching Experience

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
Taught courses in: Medical Interviewing, Stress Management, Clinical Hypnosis in Patient Care, Abnormal Psychology

Jun 1986–Jul 1990 **Assistant Professor, Department of Psychiatry and Behavioral Science, TX A&M University, College of Medicine**
Co-coordinator, second year Psychiatry Curriculum.

Jul 1990–Sep 2000 **Associate Professor, Department of Psychiatry and Behavioral Science, TX A&M University System, College of Medicine**
Instruction of medical students, psychiatric residents, and psychology students (completing post-doctoral training), conduct 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 2001–2006 **Adjunct Faculty, Department of Psychology and Neuroscience**
Baylor University, Waco, TX
Practicum site and Clinical Health Psychology in the Psy.D. Clinical
Psychology program.

Aug 2000–2006 **Professor, Department of Psychiatry and Behavioral Science**
(Joint Appointment, Department of Educational Psychology)
TX A&M University System, College of Medicine
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 Program

An NIH funded research program to study the use of mind-body
interventions to enhance health care. Research into mind-body
interventions for pain management in cancer patients,
non-pharmacological interventions for hot flashes and menopausal
symptoms, smoking cessation, assessment of bariatric surgery patients,
assessment of depression and distress, and assessment of hypnotic ability
in clinical research.

Program Director, Clinical Psychology Research Fellowship

Clinical Research Fellowship housed within the Mind-Body Health
Research Program. Currently supervise one post-doctoral Research
Fellow (Michelle Perfect, Ph.D.) Past Fellows completing training -Joel
Marcus, Psy.D.; Jeff Bates, M.D. Also a Minority Supplement Grant from
the NIH supports undergraduate research training for Ashley Kossie in my
program.

Supervisor, Clinical Psychology Doctoral Practicum

Provide on-site supervision for two Clinical Psychology Doctoral students
from Baylor University Department of Psychology and Neuroscience
Clinical Psychology (Psy.D.) program. Provide supervision for behavioral
medicine consultations, psychotherapy, group therapy, clinical hypnosis,
psychological assessments, and neuropsychology clinic (dementia,
ADHD).

Aug 2006–Present **Professor, Department of Psychology and Neuroscience**
Director of Clinical Training, Psy.D. Clinical Psychology
(Psy.D. Clinical Psychology Program Core Faculty)
Baylor University

Involved in both undergraduate and graduate teaching as well as a range
of clinical supervision and related instructional and research activities.
My administrative responsibilities are a function of being the Director of
the Doctoral Program in Clinical Psychology. I also maintain a very
active NIH funded research program and limited private practice in
Clinical Psychology. Taught: Theories of Personality, Cognitive-

Behavior Therapy, Behavioral Medicine/Clinical Health Psychology, Theories of Counseling and Psychotherapy, Advanced Psychological Assessment, Practicum Supervision.

Director: Mind-Body Research Program

Research lab with an emphasis on clinical health psychology and hypnotic relaxation interventions. Current studies include: hypnosis for hot flashes in breast cancer survivors and menopausal women; assessment of hypnotizability; development of a distress inventory for use in medical and clinical settings; and evaluation of disclosure and prayer on health.

Fellow, Institute for Studies in Religion, Baylor University

Aug 2006–Present **Adjunct Professor, TX A&M University System, College of Medicine
Department of Psychiatry and Behavioral Science**

Courses/Interest

Clinical Health Psychology
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
Abnormal Psychology
Introduction to Psychology
Theories of Psychotherapy
Supervision in Psychotherapy and Assessment
Ethics in Professional Psychology

Doctoral Projects Completed Baylor University Psy.D. Program

Benjamin Keener, *Possible Personality Characteristics Related to Differential Relapse in Bariatric Surgery Patients: An Exploratory Study of MCMI III Profiles*. Baylor University, Department of Psychology and Neuroscience, June 28, 2004.

Jan Richter, *Systematic Review of Functional Brain Imaging of Hypnosis Reveals Lack of Support for the Prefrontal Inhibition Hypothesis*. Baylor University, Department of Psychology and Neuroscience, May 23, 2005.

Teresa Cook, *Anxiety, Depression, and Stress Among Hospital Administrators During Joint Commission on Accreditation of Hospital Organizations (JCAHO) Accreditation*. Baylor University, Department of Psychology and Neuroscience, August, 2006.

Research Activities

Funded Grants

Co-Investigator, Evaluation of Psychotherapy Outcome Research

Funded by TX A&M University Research Foundation; Faculty sponsor, Dr. D. Smith
Minigrant Number 12321

\$700.00.

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

Principle Investigator, Group Psychogenic Illness: A Retrospective Study

Research and Education Division, Scott, White, Sherwood and Brindley Foundation
\$3000.00.

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

Principle Investigator, Child Hypnosis Book Project

Children's Miracle Network; Astra Corporation
\$7,000.00.

Project Period: August, 1996–August, 1997

Principle Investigator, Development of an Animal Model of Hypnosis

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

Grant Number 1711

\$53,000.00.

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

Co-Investigator, Evaluation of Anxiety as a Predictor of Unsedated Colonoscopy

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

\$17,000.00.

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

Principle Investigator, Cognition and Pain Research: Bench to Bedside.

(Hypnotic Relaxation for Pain Management in Cancer Patients)

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

Grant Number 1810

Total Funding \$118,000.00

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

Principle Investigator, Hypnosis for Smoking Cessation.

Scott and White Research Foundation and Clinical Trials Division

Grant Number R1737

\$11,000.00.

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

Principle Investigator, Use of Complimentary and Alternative Medicine by Psychiatric Patients

Scott and White Research Foundation

Grant Number 7954

\$8,437.00

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

Principle Investigator, Reliability and Validity of a New Scale to Measure Hypnotizability

Scott and White Research Foundation

Grant Number 8123

\$54,360.00

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

Principle Investigator, A New Approach to Hypnotherapy for Smoking Cessation

Scott and White Research Foundation

Grant Number 8394

Total Funding \$53,000.00

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

Principle Investigator, Feasibility of Hypnosis for Colonoscopy for Colorectal Cancer Screening

Scott and White Research Foundation

Grant Number 2222

Total Funding \$3,000.00

Project Period: September 15, 2004–September 15, 2005

Principle Investigator, Hypnosis for Hot Flashes in Breast Cancer Survivors

National Institutes of Health

NCI Grant Number 1 R21 CA100594-01

Total Funding \$365,466.00

Project Period: April 2, 2004–April 2, 2006

Principle Investigator, Minority Supplement Grant: Assessment of Hypnotizability in Breast Cancer Survivors

National Institutes of Health

NCI Grant Number 5R21 CA100594-01A1S1

Total Funding \$27,970.00

Project Period: January, 2005–April, 2006

Principle Investigator, Reliability and Validity of the Elkins Distress Scale

Scott and White Research Foundation

Grant Number 8727

Total Funding \$2,998.00

Project Period: August 15, 2005–September 15, 2006

Project Director, Clinical Psychology Mind-Body Research: Post-Doctoral Fellowship

Scott and White Research Foundation

Total Funding: \$ 100,000.00

Project Period: August 1, 2005–September 1, 2007

Principle Investigator, A Pilot Study of Expressive Prayer and Immunity

Scott and White Research and Education Foundation

Total Funding: 57,200.00

Project Period: September 1, 2005-September 1, 2006

Principle Investigator, Hypnotizability in Men

Scott and White Research and Education Foundation

Total Funding: 3,000.00

Project Period: October 28, 2005-October 27, 2006

Principle Investigator, Hypnosis for Hot Flashes in Breast Cancer Survivors

National Institutes of Health

NCI Grant Number 7R21CA100594-03

Total Funding \$25,294

Project Period: March 31, 2007–March 30, 2008

Principle Investigator, Hypnosis for Hot Flashes: A Randomized Clinical Trial

National Institute of Health

Grant Number 1U01AT004634-01A1

Funding Requested: \$2,604,643.00

Project Period: September 30, 2007 – March 31, 2012

Grants Submitted, under review

Co-Principle Investigator, The Effects of Personal Prayer on the Immunity, Physical and Psychological Well Being of the Agent of Prayer

John Templeton Foundation

Funding Requested: \$2,000,000.00

Submission: October, 2007

Co-Principle Investigator, Evaluation of a Biobehavioral Intervention for Hot Flashes

R-21 Grant Application

Funding Requested: \$374,539.00

Submission: November 1, 2007

Priority Score: 185 (Resubmission under review)

Resubmitted: July 17, 2008

Grants Submitted, not funded

Principle Investigator, Assessment of Hypnotizability in Cancer Survivors

National Institute of Health

Grant Number 1R21CA109491-01

Submission: March 11, 2004

Funding Requested: \$426,000.00

Unscored

Principle Investigator, Hypnosis for Colonoscopy Colorectal Cancer Screening

National Institute of Health

Grant Number 1R21Ca116310-01

Submission: February 14, 2005

Funding Requested: \$390,000.00

Unscored

Consultant, Pilot Evaluation of Hypnosis for Hot Flashes in Prostate Cancer Survivors

Prostate Cancer Foundation

Submission: December, 2006

Funding Requested: \$57,000.00

Not funded

Consultant, Assessment of Sleep Health Among Adolescents with Diabetes Mellitus

J. Christian Gillin, M.D. Research Grant Program

Submission, March 2007

Funding Requested: \$19,916.00

Not funded

Publications

Refereed Journal Articles

- 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, Pt 2), 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 and 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., 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. & 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. & 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. & 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. & 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., Marcus, J. & Rajab, H. (2004) Use of complementary and alternative medicine among psychiatric inpatients. Psychological Reports, 96(1), 163-166.
- Elkins, G.R., Staniunas, R., Marcus, J., Rajab, H. & Snyder, T. (2004) The Numeric Visual Analog Anxiety Scale: A valid and reliable measure of anxiety among colorectal surgery patients. Clinical Nursing Research, 13(3), 237-244.
- 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.
- 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.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.
- 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, Vol 54(4), pp. 416-431.
- 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., Marcus, J., Stearns, V., Perfect, M., Rajab, M. H., Ruud, C., Palamara, L., and Keith, T. (2008) Randomized trial of a hypnosis intervention for treatment of hot flashes among breast cancer survivors. Journal of Clinical Oncology. Originally published as JCO Early Release 10.1200/JCO.2008.16.6389 on September 22, 2008; published in the Journal of Clinical Oncology, Vol 26, No 31 (November 1), 2008, pp. 5022-5026.

Perfect, M., Elkins, G.R., Lahroud-Lyle, T., and Curcio, J. (Submitted for publication, 2008) The association between stress and sleep among individuals diagnosed with diabetes. Stress and Health,

Invited Journal Publications

Elkins, G.R. (2000) Hypnosis, grief and mourning. Australian Journal of Clinical Experimental Hypnosis, 28(1), 61-73. (reprint from Hypnos)

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.

Published Abstracts

Elkins, G.R. (1978) Rational-emotive psychotherapy: An examination. Catalog of Selected Documents in Psychology, Vol. 8, MS. 1689, 42.

Patterson, J.C., Osborn, S.M. & Elkins, G.R. (1981) Psychotherapy outcome models for the independent practitioner. Catalog of Selected Documents in Psychology, Vol. 11, MS. 2378, 86.

Chavez, A., White, J., Rawls, D., Riggs, M., Elkins, G. & Ghee, W. (2000) Unsedated colonoscopy (USC) and predictors of successful outcome. American Journal of Gastroenterology 95(9) 530.

Elkins, G.R., Staniunas, R., Marcus, J., Rajab, H. & Snyder, T. (2003) The Numeric Visual Analog Anxiety Scale: A Valid and Reliable Measure of Anxiety Among Colorectal Surgery Patients. Annals of Behavioral Medicine, 25, S149.

Marcus, J., Elkins, G. & Mott, F. (2004) Solution focused therapy: Creating goals and meaning for the palliative care patient. Psycho-Oncology 13(1) 55.

Marcus, J., Elkins, G., Mott, F., Palamara, L. & Herrington, J. (2004) Development of a triage system for referrals to a pain & palliative care clinic (PPCC). Psycho-Oncology 13(1) 28.

Marcus, J., Elkins, G., Mott, F. & Wong, L. (2004) Hypnosis as an integral component in Comprehensive Cancer Care. Psycho-Oncology 13(1). 51.

Marcus, J., Elkins, G., Rajab, M., H., Morgan, P. & Gelsthorpe, C. (2004) The integrative role of a research associate in a mind-body health research program. SOCRA-Source 41, 45.

Elkins, G., Marcus, J., Cheung, A., Palamara, L. & Rajab, M.H. (2005) Hypnosis to reduce pain in cancer survivors with advanced disease: A prospective study. Psycho-Oncology 14 (1). P12-1, S63.

Elkins, G., Marcus, J., Rajab, M.R., Stearns, V. & Cook, T. (2005) Development of a retrospective study of hypnosis for hot flashes and chemotherapy induced menopausal symptoms. Psycho-Oncology 14 (1). P17-6, S74.

Marcus, J., & Elkins, G. (2005) The application of a new scale to measure hypnotizability in a clinical oncology population. Psycho-Oncology 14 (1). P12-2, S64.

Marcus, J., Elkins, G. & Mott, F. (2005) Communicating...Again and again: The art of defining reality. Psycho-Oncology 14 (1) P17-7, 75.

Marcus, J., Elkins, G., & Mott, F. (2005) Solution-Focused palliative care: Enhancing meaning, promoting dignity at the end of life for the patient and family. Psycho-Oncology 14 (1). P15-2, S67.

Elkins, G., Marcus, J., Rajab, M.R., Sterns, V. & Cook, T. (2005) Retrospective Study of Hypnosis for Hot Flashes. The North American Menopause Society Program and Abstract Book. LB-6, page 93.

Refereed Book Chapters

Elkins, G.R. (1986) Hypnotic Treatment of Anxiety. In Wester, W.C. (Ed.) Clinical Hypnosis: A Case Management Approach. Cincinnati. C.J. Krehbiel, Co. 142-157.

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. (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. (1997) Consultation for Insomnia: Hypnotherapy, Sleep Hygiene, and Stimulus Control Instructions In Current Thinking and Research in Brief Therapy: Solutions, Strategies, Narratives. Matthews, W.J. and Edgette, J.H. (Eds.) New York, N.Y. Brunner/Mazel.

Elkins, G.R. (2007) Hypnosis for Health Compromising Behaviors, The Oxford Handbook of Hypnosis, (Nash, M., Ed.), Oxford Medical Publications, Oxford, United Kingdom.

Elkins, G.R., Perfect, M., and Ruud, C (2008) Biobehavioral Treatment of Hot Flashes in a 48 Year-old Menopausal Woman, in Collaborative Medicine Case Studies: Evidence in Practice (Kessler, R.; Stafford, D., Eds.), Springer Publishing Company.

Invited Book Chapters

Elkins, G.R. (1990) A Science-Fiction Based Imagery Technique in Child Hypnosis. Hammond, C. (Ed.) Handbook of Hypnotic Metaphors and Suggestions.

Elkins, G.R. (1990) Hypnotic Suggestion for Chronic Pain. Hammond, C. (Ed.) Handbook of Hypnotic Metaphors and Suggestion.

Elkins, G.R. & Marcus, J. (2006) Hypnotherapy and Cognitive-Behavior Therapy for Pain and Distress Management in Cancer Patients. In, The Clinical Use of Hypnosis and Cognitive-Behavior Therapy: A Practitioners Casebook. Chapman, R. A. (Ed.) Springer Publishing Company, 275-294.

Elkins, G.R., and Perfect, M. (2007) Hypnotherapy for Treatment of Childhood Somatization Disorder, in Hypnosis and Hypnotherapy with Children and Adolescents, (Sugarman, L., and Wester, W.C., Eds), Crowne Publishing.

Refereed Books

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.

Published Video Tapes

Elkins, G.R. Child Hypnosis: Use of a Science Fiction Imagery Technique, ASCH Media Guide, 1992.

Elkins, G.R. Hypnosis in the Treatment of Irritable Bowel Syndrome, ASCH Media Guide, 1993.

Book Reviews

Elkins, G.R. & Fee, A.F. (1978) Group Therapy: a behavioral approach. Rose, S. (Author), 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, 1983, 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, NY, 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. Foy, D.W. (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 (7) (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.

Journal Articles In Preparation

Elkins, G.R., Marcus, J.D., Bates, J., Perfect, M. & Cook, T. Development of a New Scale to Measure Hypnotizability. Preparation to submit to the Journal of Clinical and Experimental Hypnosis

Elkins, G.R., Cook, T. & Marcus, J.D. Effect of Preparation for JCAHO Accreditation on Stress Among Hospital Employees. Preparation to submit to Stress and Health

Elkins, G.R., & Perfect, M. Development of a Brief Scale to Measure Distress in Primary Care: Reliability and Validity. Preparation to submit to Psychological Assessment.

Elkins, G.R., & Perfect, M. Clinical use of the Elkins Distress Scale for Assessment of Psychiatric Inpatients. Preparation to submit to Psychological Assessment.

Elkins, G.R., Marcus, J.D., Cheung, A., Perfect, M., & Palamara, L. Does Anxiety and Hypnotizability Moderate Pain Management Among Cancer Survivors with Advanced Disease?. Preparation to submit to the International Journal of Clinical and Experimental Hypnosis

Elkins, G.R., & Perfect, M. Hypnotic Imagery Used for Hot Flash Reduction in Breast Cancer Survivors. Preparation to submit to American Journal of Clinical Hypnosis

Presentations

Keynotes and Invited Addresses

Elkins, G.R. *Applications of Psychology in Medical Settings*. Invited address at the first annual Distinguished Alumni Forum, East TX State University, Commerce, TX, November 1983.

Elkins, G.R. *Looking Toward the Future: Clinical Hypnosis and Professional Practice*. President Elect Address, American Society of Clinical Hypnosis Annual Banquet, March 27, 1996, Orlando, FL.

Elkins, G.R. *Annual Banquet Presentation "Teaching and Learning Clinical Hypnosis: Lessons from the Novice and the Great."* Canadian Society of Clinical Hypnosis, Banff, Alberta, Canada, May 4, 1996.

Elkins, G.R. *Update on Clinical Hypnosis: Theory and Practice*, Grand Rounds Presentation, Department of Psychiatry, University of TX Medical Branch, May 13, 1997, Galveston, TX.

Elkins, G.R. *Annual Banquet Presentation "The Seven Habits of Highly Successful Clinicians Who Practice Hypnosis."* New Orleans Society of Clinical Hypnosis, May 15, 1996.

Elkins, G.R. *Hypnosis Grief and Mourning. Presidential Address*, 14th International Congress of Hypnosis and Psychosomatic Medicine, San Diego, CA, June, 1997.

Elkins, G.R. *Essentials of Clinical Hypnosis in Brief Psychotherapy Practice*. Keynote Speaker, GA Psychological Association Winter Institutes, Atlanta, GA, January, 1998.

Elkins, G.R. *Treatment of Insomnia: Integration of Medical and Psychological Approaches*. Department of Pulmonary Medicine, Sleep Disorders Center, Scott and White, Temple, TX, January, 2000.

Moore, R. & Elkins, G.R. *A Puzzling Case of Cognitive Impairment*. Department of Psychiatry Grand Rounds, Scott and White, Temple, TX, February, 2000.

Elkins, G.R. *Hypnosis and Cancer Care: Current Research and Future Directions*. Department of Educational Psychology, TX A&M University, College Station, TX, April, 2000.

Elkins, G.R. *The Making of a President*. 44th Annual Meeting of the American Society of Clinical Hypnosis, April, 2002.

Elkins, G.R., Marcus, J.D., Palamara, L., Cheung, A., Young, R. & Rajab, H. *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, IL, October 11, 2003.

Elkins, G.R. *Clinical Hypnosis Applications for Pediatric Pain Management 5th Annual Caring for Kids with Cancer Symposium*, Baptist Children's Hospital, Miami, FL, November 6, 2003.

Elkins, G.R. *Applications of Hypnosis in Primary Care Practice. 97th Annual Meeting of the Southern Medical Association*, Atlanta, GA, November 14, 2003.

Elkins, G.R. *Hypnosis in Medicine. Integrative Medicine Practice meeting of the Southern Medical Association*, Santa Fe, New Mexico, April 17, 2004.

Elkins, G.R. *Complementary and Alternative Medicine in Treatment of Anxiety and Depression. Integrative Medicine Practice meeting of the Southern Medical Association*, Santa Fe, New Mexico, April 17, 2004.

Elkins, G.R. *Hypnotherapy Interventions in Treatment of Hot Flashes and Menopausal Symptoms in Breast Cancer Survivors . Department of Psychology, Sam Houston State University*, Huntsville, TX, March 31, 2004.

Elkins, G.R. *Hypnosis in the Treatment of Health Compromising Behaviors. Master Clinician Symposium, Society for Clinical and Experimental Hypnosis*, Charleston, North Carolina, October 28, 2005.

Elkins, G.R. *Hypnosis in the 21st Century: Current Research and Future Directions . Department of Psychology, TX A&M University*, College Station, TX, December 7, 2005.

Elkins, G.R. (2006) *Hypnotic Interventions in Clinical Health Psychology: Implications for Research and Clinical Practice*, Invited Address, American Psychological Association, New Orleans, LA, August 10, 2006.

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, TX, August 30, 2006.

Elkins, G.R. (2007) *Update on Clinical Hypnosis: Theory, Research and Practice*, Invited Address, Department of Psychiatry Grand Rounds, Scott and White Clinic, Temple, TX, June 22, 2007

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, TX, August 9, 2007

Elkins, G.R. (2007) *Basics of Clinical Hypnosis and Psychotherapy*, Invited Address and Workshop, University of Arizona, Tucson, Arizona, September 14-17, 2007.

Scientific Papers

Elkins, G.R., & Cochran, S.W., *Locus of Control as a Determinant of Decision Making*, 24th Annual Meeting of the Southwestern Psychological Association, 1977.

Elkins, G.R., & Fee, A.F., *A Proposed Cognitive-Behavioral Model for the Treatment of Obsessions and Compulsions*, 25th Annual Meeting of the Southwestern Psychological Association, 1978.

- Elkins, G.R. & Osborn, S.M. *Perception of Assertiveness: Implications for Counseling and Therapy*. 25th Annual Meeting of the TX Psychological Association, 1979. Awarded Certificate of Recognition by the TX Psychological Association.
- Osborn, S.M., Patterson, J.P., & Elkins, G.R., *Psychotherapy Outcome Models for the Independent Practitioner*. 87th Annual Meeting of the American Psychological Association, 1979. Awarded certificate and funded by Student Scholarship Awards Committee of Division 29 (Psychotherapy) of APA.
- Patterson, J.P., Osborn, S.M., & Elkins, G.R., *Psychotherapy Outcome Research: A Survey*, 26th Annual Meeting of the Southwestern Psychological Association, 1979.
- Miller, R.A. (Chair) & Elkins, G.R., *Hypnotherapy*, Conference on Emerging Roles for the Psychologist, TX A&M University, June, 1980.
- Saltzberg, L., & Elkins, G.R., *Elegant and Inelegant Therapy: A Comparison of A and B Level Interventions in the Treatment Process*. Third National Conference on Rational-Emotive Therapy, June, 1980.
- Elkins, G.R. & Barrett, T.E. (1981) Psychological assessment of functional pain on consultation service. In Levy, R.A. (Ed.) Proceedings of the 28th Annual Behavioral Sciences Symposium, Brooks AFB, TX.
- Elkins, G.R., Smith, D., & Saltzberg, L.H., *Rational Restructuring and Relaxation Training in the Treatment of Communication Apprehension*, 89th Annual Meeting of the American Psychological Association, August, 1981.
- Carter, B.D., & Elkins, G.R., *Family Stress and Social Adjustment*, 90th Annual Meeting of the American Psychological Association, August, 1982.
- Saltzberg, L.H., & Elkins, G.R., *Hypnosis as a Facilitator of Cognitive-Behavior Therapy*, 34th Annual Meeting of the Society for Clinical and Experimental Hypnosis, October, 1982.
- Elkins, G.R., Gamino, L.A. & Rynearson, R.R., *The Social and Psychiatric Dynamics of Mass Psychogenic Illness: A Case Study*, Annual Meeting of the Academy of Psychosomatic Medicine, October, 1983.
- Saltzberg, L.H., & Elkins, G.R., *Investigation of Bibliotherapy as an Adjunct to Rational-Emotive Psychotherapy*, 91st Annual Meeting of the American Psychological Association, August, 1983.
- Elkins, G.R. & Saltzberg, L.H., *Hypnosis in the Treatment of Myofibrositis and Anxiety*, Annual Meeting of the American Society of Clinical Hypnosis, November, 1983.
- Elkins, G.R., & Gamino, L.A., *Group Psychosomatic Illness and Hypnotic Phenomena*. Bell County Psychological Association, March 1984.
- Elkins, G.R., *Hypnosis for Pediatric Medical and Psychological Problems*. Southwestern Psychological Association, April 1984.
- Schuchmann, J.A., & Elkins, G.R., *Doc, It Still Hurts*, or: How to Approach the Patient Who Complains of Chronic Pain. Annual Meeting of the TX Medical Association. May 1984.
- Elkins, G.R., *Pain Management*, Shepperd Memorial Hospital, Burnet, TX, July 3, 1984.
- Elkins, G.R., *Psychological Intervention with the Chronic Pain Patient*. Gatesville Clinic, Gatesville, TX, August 8, 1984.

- Elkins, G.R., *Psychological Aspects of Chronic Illness*, Medical-Surgical Nursing Rounds, Scott and White, Temple, TX, August 20, 1984.
- Elkins, G.R., Schuchmann, J.A., & Gamino, L.A. *Psychological Distress, Invalidation, and Pain Games Among Chronic Pain Patients*. International Association for the Study of Pain, Seattle, Washington, September, 1984.
- Elkins, G.R., *Hypnotherapy in Children*, Pediatrics Grand Rounds, Scott and White, Temple, TX, September 11, 1984.
- Elkins, G.R., *Childhood Psychogenic Coughing: A Combined Hypnotic/Behavioral Treatment*, Annual Meeting of the American Society for Clinical Hypnosis, San Francisco, CA. November, 1984.
- Elkins, G.R., *Stress in Patient Care: Clinical Considerations*. Department of Oral Surgery, Scott and White Clinic, Temple, TX, November 12, 1984.
- Elkins, G.R., *Mental Health and Stress Management*, Scott and White Annual Internal Medicine Review, 1985.
- Elkins, G.R., *Mass Psychogenic Illness: Conversion Reaction or Group Hypnosis?*, 10th International Congress of Hypnosis and Psychosomatic Medicine, August, 1985.
- Hughes, P., & Elkins, G.R., *The Unremembered Pregnancy: Psychogenic Amnesia*, Ob/Gyn Department Grand Rounds, Scott and White Clinic, 1986.
- Elkins, G.R. & Gamino, L.A., *The Use and Misuse of Hypnotic Suggestion in Health and Illness*, Dallas Society of Clinical Hypnosis, Dallas, TX, December, 1986.
- Elkins, G.R., *Psychopathology, Invalidism, and Pain Games Among Chronic Pain Patients*, American Psychological Association, New York City, New York, August, 1986.
- Elkins, G.R., *Altered States of Consciousness in Etiology and Treatment of Anxiety Disorders*, Bell County Psychological Association, Temple, TX, May, 1987.
- Elkins, G.R., *Hypnotherapy with Children: Relaxation and Mental Imagery for Pediatric Anxiety and Pain Management*, Association for the Care of Childrens Health, Halifax, Nova Scotia, May 1987.
- Elkins, G.R., *Hypnosis and Mass Hysteria: From Witchcraft Trials to Modern Medicine*. American Society of Clinical Hypnosis, Las Vegas, NV, April 1987. (Awarded 2nd place for best clinical paper.)
- Colosimo, C.P. & Elkins, G.R., *Clinical Applications of Hypnotherapy in Behavioral Medicine Settings*. American Society of Clinical Hypnosis, Las Vegas, NV, April 1987.
- Elkins, G.R., *Clinical Hypnosis: Recent Research and Applications*, Southwestern Psychological Association, New Orleans, LA, April 1987.
- Elkins, G.R. & Nisbet, R.B., *Hypnotherapy in a Case of Severe Hyperemesis Gravidarum*, Department of Obstetrics and Gynecology, Scott and White Clinic, March 6, 1987.
- Elkins, G.R., *Hypnotherapy with Pediatric Patients for Management of Pain and Anxiety*, Association for the Care of Children's Health, Halifax, Nova Scotia, May 1987.
- Elkins, G.R., *Hypnotherapy for Anxiety: Is It the Treatment of Choice?*, American Society of Clinical Hypnosis, Las Vegas, NV, 1987.
- Sanders, S., Copeland, D., & Elkins, G., *Hypnotherapy with Children*. American Psychological Association, New York, August, 1987.

- Elkins, G.R. *Mass Hysteria!*, Department of Medicine Grand Rounds, Scott and White Clinic, Temple, TX, August 5, 1988.
- Elkins, G.R. & Hill, P.S., *Hypnotherapy and Munchausen's Disorder: Psychodynamics and Treatment Issues*, 11th International Congress of Hypnosis and Psychosomatic Medicine, The Hague, Netherlands, August 13-19, 1988.
- Elkins, G.R., *Hypnotherapy in the Treatment of Hyperemesis Gravidarum*. American Society of Clinical Hypnosis; St. Louis, MO; March 1991.
- Elkins, G.R. and Hammond, D.C., *Teaching Medical and Psychological Hypnosis*. American Society of Clinical Hypnosis. San Diego, CA, March 10-16, 1995.
- Elkins, G.R., *Consultation Regarding Insomnia: Hypnotherapy and Sleep Hygiene*. Annual Meeting of the American Society of Clinical Hypnosis, Philadelphia, PA. March 11-17, 1994.
- Elkins, G.R., *Hypnotherapy in the Treatment of Post-Traumatic Stress Disorder*. Grand Rounds, Department of Psychiatry, Scott and White, April 29, 1994.
- Elkins, G.R. *Professional Issues in Clinical Hypnosis: Panel Discussion*, Annual Scientific Meeting of the Society for Clinical and Experimental Hypnosis, November 9-12, 1996, Tampa, FL.
- Elkins, G.R. *Sleep Disorders*, Bell County Psychological Association, Temple, TX, October, 1997.
- Elkins, G.R. *Bridging Research and Practice in Clinical Hypnosis*, 40th Annual Meeting of the American Society of Clinical Hypnosis, Fort Worth, TX, March 18, 1998.
- Elkins, G.R. *The Theory and Practice of Clinical Hypnosis: Expert Panel*,” American Society of Clinical Hypnosis Annual Scientific Meeting, Fort Worth, TX, March 18, 1998.
- Elkins, G.R., *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, TX, March 1998.
- Rajab, M.H., Elkins, G.R., and Cheung, A. *Hypnosis for Pain Management in Cancer Patients: Design and Method*, Society for Clinical Trials, Anaheim, CA, May 2-5, 1999.
- Elkins, G.R. and Rajab, M.H. *Clinical Efficacy of Hypnosis for Smoking Cessation*. Department of Psychiatry, Grand Rounds, TX A&M University Health Sciences Center, Temple, TX, September 22, 2000.
- Elkins, G.R. *Hypnosis for Smoking Cessation: Preliminary Clinical Outcome Data*. 15th International Congress of Hypnosis, Munich, Germany, October 1-5, 2000.
- Chavez, A., White, J., Rawls, D., Riggs, M., Elkins, G., and McGhee, W. *Unsedated Colonoscopy (USC) and Predictors of Successful Outcome*. 65th Annual Scientific Meeting of the American College of Gastroenterology, New York, New York, October 16-18, 2000.
- Elkins, G.R. *Mind-Body Therapies in Patient Care*, Scott and White Internal Medicine Grand Rounds, October 2, 2001.
- Elkins, G.R., and Rajab, H. *Hypnotherapy for Smoking Cessation: Preliminary Findings*, Society for Clinical and Experimental Hypnosis, San Antonio, TX, November 7, 2001.

- Elkins, G.R., Russell, I.S., Young, K., and Rajab, M.H. *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, NV, March, 2001.
- Elkins, G.R., and Rajab, M. H., *Hypnosis for Smoking Cessation: Outcomes from a Clinical Trial*. 43rd Annual Meeting of the American Society of Clinical Hypnosis, Reno, NV, March, 2001.
- Elkins, G.R. *Hypnotherapy for Children with Headaches/Migraines*, Scott and White Advanced Practice Symposium, Salado, TX, February 1, 2002.
- Marcus, J.D. & Elkins, G.R. *Child and Family Program for HIV Impacted Families*, Oral Presentation: XXV International Congress of Applied Psychology (Div. 6 Clinical and Community Psychology) Singapore, July, 2002.
- Elkins, G.R. and Palamara, L., *Pain Assessment and Behavioral Management*, 2002 Medical Surgical Nursing Conference, Scott and White Clinic and Hospital, Temple, TX, July, 2002.
- Elkins, G.R., Marcus, J., Rajab, H. and Cheung, A. *Hypnotic Relaxation for Pain Management in Cancer Patients: Preliminary Results*. Annual Meeting of the American Psychological Association, Chicago, IL, August, 2002.
- Russell, M, Young, K., Elkins, G., and Steele-Russell, I. *Effect of the Tonic Immobility State on Conditioned Pain Perception in Rabbits*. Society for Neuroscience Annual Meeting, San Diego, CA, November 13, 2002.
- Elkins, G.R., Marcus, J., Stanianus, R., and Rajab, H. *Anxiety in General Surgery Patients*, 55th Annual Convention of the TX Psychological Association, San Antonio, TX, November, 2002.
- Elkins, G.R., Marcus, J., and Rascoe, T. *Development of a New Scale to Measure Hypnotizability in Clinical Research*, 44th Annual Meeting of the American Society of Clinical Hypnosis, Arlington, VA, April, 2003.
- Marcus, J. and Elkins, G.R. *Group Hypnotherapy for Smoking Cessation: Preliminary Results and Lessons Learned*, 44th Annual Meeting of the American Society of Clinical Hypnosis, Arlington, VA, April, 2003.
- Marcus, J.D., Elkins, G.R., & Mott, F. *Solution Focused Therapy: Creating Change in a Health Challenged Population*. 6th World Congress of Psycho-Oncology. Banff, Canada, April, 2003.
- Marcus, J.D., Elkins, G.R., & Mott, F. *Hypnotic Interventions in Palliative Care: A Model of Adjunctive Care*. 6th World Congress of Psycho-Oncology. Banff, Canada, April, 2003.
- Marcus, J., Holguin, M., Quinney, C., & Elkins, G. *Integrative sickle cell care: Maximizing opportunities, overcoming obstacles and developing standards of care*, Annual meeting of the Sickle Cell Disease American Association, October, 2004, Atlanta, GA.
- Marcus, J.D. & Elkins, G.R. *Development of a Model for a Structured Support Group for Bariatric Surgery Patients*. 20th Annual Meeting of the Society for Bariatric Surgery. Boston, MA, June, 2003.
- Elkins, G.R. & Marcus *Hypnosis for Pain Management in Cancer Patients*. Annual meeting of the American Society of Clinical Hypnosis, Anaheim, CA, March, 2004.

- Elkins, G.R. & Bates, J. *Guidelines for a Post-Doctoral Fellowship in Clinical Hypnosis Research* Annual meeting of the American Society of Clinical Hypnosis, March, 2004, Anaheim, CA.
- Elkins, G.R. & Marcus, J. *Assessment of Hypnotizability in Cancer Patients*. Annual meeting of the American Society of Clinical Hypnosis, Anaheim, CA, March, 2004.
- Elkins, G.R., Marcus, J., Stearns, V., Rajab, M. H. *Pilot Study of Hypnosis for Hot Flashes in Breast Cancer Survivors*. North American Menopause Society, San Diego, CA, September 30, 2005.
- Elkins, G.R., Marcus, J., Stearns, V., Rajab, M. H. *Hypnosis for Hot Flashes in Breast Cancer Survivors*, Annual Meeting of the Society for Clinical and Experimental Hypnosis, Charleston, SC, October 29, 2005.
- Elkins, G.R., Marcus, J., Rajab, M. H. *Intensive Hypnotherapy for Smoking Cessation*, Annual Meeting of the Society for Clinical and Experimental Hypnosis, Charleston, SC, October 30, 2005.
- Elkins, G.R., Marcus, J., Cheung, A., Rajab, M. H., Palamara, L. *Hypnosis to Reduce Pain in Cancer Survivors with Advanced Disease*, Annual Meeting of the Society for Clinical and Experimental Hypnosis, Charleston, SC, October 30, 2005.
- Clansey, P., Elkins, G.R., White, D. *TX State Board of Examiners of Psychologists – Update*. Annual Meeting of the TX Psychological Association, Houston, TX, November 4, 2005.
- Elkins, G.R., Marcus, J., Rajab, M. H. *Use of Complementary and Alternative Therapies by Psychotherapy Clients*. Annual Meeting of the TX Psychological Association, Houston, TX, November 4, 2005.
- Elkins, G.R. and Perfect, M. *Development of a New Scale to Measure Distress*, TX Psychological Association, Dallas, TX November 13, 2006.
- Elkins, G.R. Marcus, J., Perfect, M., Rajab, M.H. Stearns, V. *Hypnosis for Hot Flashes: Results from a Prospective Study*, American Psychosocial Oncology Society, Austin, TX, March 3, 2007
- Elkins, G.R., Marcus, J., Cheung, A., Rajab, M. H., Palamara, L. *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, PA, October 26, 2008.
- Elkins, G.R. *Clinical Hypnosis in Clinical Psychology Practice*, Annual Meeting of the Texas Psychological Association, Austin, TX, November 21, 2008.

Poster Presentations

- Elkins, G.R., Marcus, J., Stanianus, R., and Rajab, H. *The Visual Analog Scale: A Valid and Reliable Method to Measure Anxiety in Colorectal Surgery Patients*. Society for Behavioral Medicine, Salt Lake City, UT, March, 2002.
- Elkins, G.R., Marcus, J.D., & Young, R. *Hypnosis for Menopausal Symptoms in Breast Cancer Survivors*. 5th Annual Comprehensive Cancer Care 2003: Integrating Complementary & Alternative Therapies with Mainstream Care. Washington, DC, April, 2003.

- Marcus, J.D. & Elkins, G.R. *Translating Clinical Phenomena into Researchable Questions and Clinical Practice: A Multidisciplinary Quest*. 5th Annual Comprehensive Cancer Care 2003: Integrating Complementary & Alternative Therapies with Mainstream Care. Washington, DC, April, 2003.
- Marcus, J.D., Elkins, G.R., Rajab, M.H., Morgan, P., & Gelsthorpe, C. *The Integrative Role of a Research Associate in a Mind-Body Health Research Program*. Society of Clinical Research Associates. Rancho Mirage, CA, September 20, 2003.
- Elkins, G.R., Marcus, J., Cheung, A., Rajab, M. H., Palamara, L. *Hypnosis to Reduce Pain in Cancer Survivors with Advanced Disease: A Prospective Study*. Annual Meeting of the American Psychosocial Oncology Society, Phoenix, AZ, January 28, 2005.
- Elkins, G.R., Marcus, J., Rajab, M. H., Cook, T. *A Retrospective Study of Hypnosis for Hot Flashes and Chemotherapy Induced Menopausal Symptoms*. Annual Meeting of the American Psychosocial Oncology Society, Phoenix, AZ, January 28, 2005 (Awarded Blue Ribbon for Best Poster Presentation).
- Marcus, J., Elkins, G.R., Mott, F. *Communicating...again and again. The art of defining reality* Annual Meeting of the American Psychosocial Oncology Society, Phoenix, AZ, January 28, 2005.
- Marcus, J., Elkins, G.R., Mott, F. *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, AZ, January 28, 2005.
- Marcus, J., & Elkins, G.R. *Translating Clinical Phenomena into Researchable Questions and Clinical Practice*. American Psychosocial Oncology Society (APOS) 3rd Annual Conference, Amelia Island, FL., February 16 – 19, 2006.
- Perfect, M., Elkins, G.R., Lyle-Lahround, T., and Curcio, J. *Preliminary Findings from Actigraph Data Among Adolescents and Adults with Diabetes Mellitus: Implications for Diabetic Health*. SLEEP Annual Conference, Minneapolis, MN, June 12, 2007.
- Perfect, M., Lyle-Lahround, T., and Curcio, J. and Elkins, G.R. *Feasibility of Using Actigraphy to Objectively Measure Sleep in Adolescents and Adults Diagnosed with Diabetes Mellitus*. SLEEP Annual Conference, Minneapolis, MN, June 13, 2007.
- Perfect, M.M., Elkins, G.R., Lyle-Lahroud, T., & Curcio, J. *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. May, 2007.
- Perfect, M.M., Elkins, G.R., & Herrera, L., Maxwell, & Nottingham-Smith, M.R. *Expressive Prayer as a Mind-Body Intervention to Improve Immunity and Mood*. Presented at the Psychoneuroimmunology Research Society Conference, Arcachon, France., May 2007

Invited Discussant

- Elkins, G.R., *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, CA, June, 1997.
- Elkins, G.R. *Discussion: The Use of Hypnosis and Psychotherapy*. 14th International Congress of Hypnosis, San Diego, CA, June 1997.

Elkins, G.R., *Discussion of Symposium on EMDR: Eye Movement Desensitization and Reprocessing Therapy*. Paper presented at the Bell County Psychological Association, Temple, TX, March 1998.

Elkins, G.R., *Chair Discussion of Symposium on Hypnosis and Clinical Outcome Research*, 40th Annual Scientific Meeting of the American Society of Clinical Hypnosis, Ft. Worth, TX, March 1998.

Elkins, G.R. *Chair and Discussant, Symposium on The Future of Clinical Hypnosis*, 41st Annual Meeting of the American Society of Clinical Hypnosis, Atlanta, GA, March 24, 1999.

Elkins, G.R. *Chair and Discussant, Symposium on Hypnosis and Cancer*, 41st Annual Meeting of the American Society of Clinical Hypnosis, Atlanta, GA, March 24, 1999.

Elkins, G.R. *Chair and Discussant, Symposium on Hypnosis in Treatment of Habit Disorders*, 15th International Congress of Hypnosis, Munich, Germany, October 4, 2000.

Elkins, G.R. *Chair and Discussant, Hypnosis: Expert Opinion and Subject Experience*, Annual Meeting of the Society for Clinical and Experimental Hypnosis, Charleston, SC, November, 2005.

Magazine and Television/Media

Coping with Stress, Radio Program, Scott and White Options for Health, November 26, 1985.

Anniversary Depression, KCEN, Channel 6, Gazebo Program, December 3, 1985.

Psychological Aspects of Obesity, KXXV, Channel 25, January 25, 1986.

Elkins, G.R. *Consultation for Insomnia: Hypnotherapy*. Milton H. Erickson Newsletter, August 1995.

Elkins, G.R., *Clinical Hypnosis: A Powerful tool to Enhance Marriage and Family Therapy Practice*. Family Therapy News, April 1996, pp 27-29.

Interview with Gary R. Elkins, Ph.D. published in M.E.G.a.Phon/Newsletter of the Milton Erickson Gesellschaft (Germany), October 1996.

Interview with Gary R. Elkins, Ph.D. published in the International Society of Hypnosis Newsletter, April 1997.

Medical Applications of Hypnosis, WWBD Radio Station with Ron Pobson, Philadelphia, Pennsylvania, June 4, 1998.

Sleep and Insomnia, Interview for KNCT Television Program on Sleep Disorders, May 1, 1999.

Elkins, G.R. *The Future of clinical hypnosis: Where have we been and where are we going?* ISH Newsletter, June, 3-5, 2000.

Elkins, G.R. *Mind over body*. Brazos Life: Bryan-College Station Eagle Newspaper article, March 27, 2005.

Community Presentations

Elkins, G.R. Stress Management. Presented at the Soil Conservation Society of America, Heart of TX Chapter, Temple, TX, March, 1984.

Elkins, G.R. Improving Life Through Health. Presented at Rollins-Brook Hospital, Lampasas, TX, April, 1984.

Elkins, G.R. Stress Management. Presented at the Scott and White Employee Orientation, May, 1984.

- Elkins, G.R. Stress in Everyday Life. Presented to Temple Rotary Club, May, 1985.
- Elkins, G.R. Mental Well-Being. Presented at Scott and White Options program, Horsehoe Bay Resort, Four separate one-day seminars presented between May, 1984 and May, 1985.
- Elkins, G.R. Stress and Health. Presented at Scott and White Options program, Green Family Camp, November 23, 1985.
- Elkins, G.R. Stress and the Type A Personality. Presented to Temple Rotary Club, January 1986.
- Elkins, G.R. Questions and Answers about Clinical Hypnotherapy. Presented to Temple Rotary Club, February, 1987.
- Elkins, G.R. Biofeedback Therapy. Presented to Troy High School, February, 1994.
- Elkins, G.R. Hypnosis: An Addition to Traditional Therapy. Heart of TX Breast Cancer Support Group, Scott and White Clinic, Temple, TX, June 3, 1996.
- Elkins, G.R. Behavioral Medicine and Health. Presented to the Women's Health Series, Options for Health Education Center, Temple, TX October 24, 1998 .
- Elkins, G.R. Taming the Tiger Within Us: Mental Imagery and Stress. Presented at the Scott and White Employee Assistance Program Brown Bag Seminar, March 30, 1998.
- Elkins, G.R. Insomnia and Better Sleep. Presented at the Scott and White Employee Assistance Program Brown Bag Seminar, April 29, 1999.
- Elkins, G.R. Psychological Services and Support. Presented at the Bariatric Surgery Support Group, Temple, TX, October 24, 2000.
- Davis, L. & Elkins, G.R. The effects of anxiety in relation to post-operative pain. Annual Report of the Scott and White Center for Cancer Prevention and Care, December, 30, 2005.
- Elkins, G.R. Presentation, Coping with Chronic Pain, the Trigeminal Neuralgia Support Group, Providence Hospital, September, 2006.
- Elkins, G.R. Presentation, Mind-Body Therapies: Imagery and Prayer to the Breast Cancer Survivors Support Group, Ronald McDonald House, October, 2006.
- Elkins, G.R. Becoming a Clinical Health Psychologist. Presentation to Baylor University Psi Chi, Chapter, Baylor University, Waco, TX, February 19, 2007.

Invited Workshop Presentations

- Elkins, G.R. & Saltzberg, L., Hypnosis and the Facilitation of Rational Treatment. Second Midwestern Conference on Rational Counseling and Therapy, Minneapolis, Minnesota, June, 1981.
- Elkins, G.R., (Chair), Randall, H. & Carlson, K., Clinical Hypnosis, University of North Dakota School of Medicine, Grand Forks, North Dakota, May, 1982.
- Elkins, G.R. & Mehler, P., 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, TX, April, 1983.
- Elkins, G.R., Uses of Hypnosis in Obstetrics, Department of Ob/Gyn, Scott and White Clinic, TX A&M University College of Medicine, May, 1986.
- Elkins, G.R., Medical Hypnosis, 12 weekly one hour sessions, Department of Orthopedics, Scott and White Clinic, TX A&M University College of Medicine, May, 1986.

- Elkins, G.R., and Gamino, L.A., How to Use Clinical Hypnosis in Practicing Medical Psychology, TX Psychological Association, Dallas, TX, November, 1986.
- Elkins, G.R., Clinical Hypnosis and Medical Psychology, Department of Educational Psychology, TX A&M University, College Station, TX, December, 1986.
- Sanders, S., Copeland, D. & Elkins, G., Hypnotherapy with Children, Division 30 CE accredited workshop, American Psychological Association, New York, New York, August, 1987.
- Elkins, G.R., Clinical Hypnosis Workshop, American Society of Clinical Hypnosis Regional Workshop, Asheville, North Carolina, October 15-18, 1987.
- Elkins, G.R. & Gamino, L.A., Clinical Hypnosis and Behavioral Medicine, TX Psychological Association, San Antonio, TX, November, 1987.
- Elkins, G.R. & Kraft, W.D., Hypnotherapy in Behavioral Medicine: Hyperemesis Gravidism, ½-day workshop, LA Psychological Association, New Orleans, LA, November, 1987.
- Elkins, G.R., Clinical Hypnosis in Consultation-Liaison and Medical Psychology, American Society of Clinical Hypnosis Regional Workshop, Albuquerque, New Mexico, December 10-13, 1987.
- Gurgevitch, S. & Elkins, G.R., One-day workshop entitled Consultation on Conversion Disorders and Behavioral Medicine, American Society of Clinical Hypnosis, Chicago, IL, March 11, 1988.
- Elkins, G.R., Advanced Workshop on Clinical Hypnosis, Dallas Society of Clinical Hypnosis, Dallas, TX, April 15, 1988.
- Elkins, G.R., Psychosomatic Disorders and Clinical Hypnosis, Cincinnati Society of Clinical Hypnosis, Cincinnati, Ohio, April 22, 1988.
- Wain, H., Elkins, G.R., et al. Three-day workshop entitled Clinical Hypnosis in Consultation-Liaison Psychiatry, 11th International Congress of Hypnosis and Psychosomatic Medicine, The Hague, Netherlands, August 13-19, 1988.
- Elkins, G.R. & Colosimo, P., One-day workshop entitled Hypnosis and Behavioral Medicine, 11th International Congress of Hypnosis and Psychosomatic Medicine, The Hague, Netherlands, August 13-19, 1988.
- Elkins, G.R. & Kraft W., One-day Basic Medical Hypnosis Workshop, LA Psychological Association, Baton Rouge, LA, October 7, 1988.
- Elkins, G.R., Three-day Basic and Advanced Workshop on Clinical Hypnosis, American Society of Clinical Hypnosis, Regional Workshop, New Orleans, LA, November 10-13, 1988.
- Elkins, G.R., Advanced Workshop on Behavioral Medicine and Hypnosis, Dallas Society of Clinical Hypnosis, April 15, 1989.
- Elkins, G.R. presented one-day Advanced Workshop on Hypnotherapy in the Treatment of Anxiety and Phobia, Annual Meeting of the American Society of Clinical Hypnosis, March, 1990.
- Elkins, G.R., Basic and Intermediate Workshop on Somatization Disorders in Children, American Society of Clinical Hypnosis, Nashville, Tennessee, March 10-15, 1990.
- Elkins, G.R. presented one-day Pediatric Resident Retreat: Department of Pediatrics, Scott and White Clinic, Salado, TX, November, 1990.

Elkins, G.R. presented three-day Advanced Workshop on Psychological Hypnosis, Regional Workshop, American Society of Clinical Hypnosis, Miami, FL, December, 1990.

Elkins, G.R. presented three-day Intermediate Level Training in Hypnotherapy, American Society of Clinical Hypnosis Regional Workshop, Houston, TX, January 1991.

Elkins, G.R. presented three-day Advanced Workshop on Medical Hypnosis, American Society of Clinical Hypnosis, Pittsburgh, Pennsylvania, May, 1991.

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, TX, January 31 - February 3, 1991
- Pittsburgh, PA, May 16-18, 1991
- Denver, CO, June 20-23, 1991
- Madison, WI, July 18-21, 1991
- Minneapolis, MN, September 12-15, 1991
- Dallas, TX, October 17-20, 1991
- Tampa, FL, December 12-15, 1991
- Atlanta, GA, May 14-17, 1992
- Monterey, CA, July 9-12, 1992
- San Antonio, TX, September 17-20, 1992
- Washington, DC, October 15-18, 1992
- San Francisco, CA, November 14-17, 1992
- Cincinnati, OH, November 19-22, 1992
- Orlando, FL, December 10-13, 1992
- Montreal, PQ, Canada, August 13-16, 1992
- Milwaukee, WI, June 11-14, 1992
- Phoenix, AZ, January 16-19, 1993
- Baltimore, MD, May 13-16, 1993
- Reno, NV, June 17-20, 1993
- Chicago, IL, July 15-18, 1993
- Seattle, WA, August 5-8, 1993
- Salt Lake City, UT, September 9-12, 1993
- Philadelphia, PA, October 14-17, 1993
- Maui, HI, November 14-18, 1993
- Miami, FL, December 9-12, 1993
- Houston, TX, January 20-23, 1994
- Kansas City, MO, June 9-12, 1994
- Washington, DC, September 8-11, 1994
- Austin, TX, October 20-23, 1994
- Newport Beach, CA, December 1-4, 1994

Elkins, G.R., Coordinator of the Beginning Level Annual Workshop Program, Annual Meeting of the American Society of Clinical Hypnosis, Las Vegas, NV, March, 1992.

Elkins, G.R., Intermediate Workshop Coordinator, American Society of Clinical Hypnosis Annual Meeting, New Orleans, LA, March 27-31, 1992.

- Elkins, G.R., Coordinator of the Intermediate Level Annual Workshop Program, Annual Meeting of the American Society of Clinical Hypnosis, New Orleans, LA, March, 1993.
- Elkins, G.R., Beginning Level Workshop on Introduction to Clinical Hypnosis, Central TX Society of Clinical Hypnosis, Austin, TX, April 16-18, 1994.
- Elkins, G.R., Introductory Psychotherapy and Hypnosis Workshop, XIII International Congress of Hypnosis, Melbourne, Australia, August 9, 1994.
- Elkins, G.R., Advanced Workshop on Hypnosis and Psychotherapy, Central TX Society of Clinical Hypnosis, Austin, TX, October 20-23, 1994.
- Elkins, G.R., Intermediate and Advanced Workshops, American Society of Clinical Hypnosis, Newport Beach, CA, December 1-4, 1994.
- Elkins, G.R., Hypnotherapy in General Psychiatry Practice, Department of Psychiatry, PGY3 Psychiatry Course, Scott and White Clinic, Temple, TX, February 16-March 30, 1995.
- Elkins, G.R., 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, CA, March 10-16, 1995.
- Elkins, G.R., Brief Psychotherapy Approaches: Surviving the Nineties, Sponsored by the Dallas Psychological Association, North TX Society of Clinical Hypnosis, Dallas Association for Marriage and Family Therapy, and Department of Psychiatry, Southwestern Medical School Mental Health Research Clinic, Dallas, TX, March 31, 1995.
- Elkins, G.R., Intermediate and Advanced Workshop, American Society of Clinical Hypnosis, New Orleans, LA, May 18-21, 1995.
- Elkins, G.R., Brief Focused Hypnotherapy and Advanced Workshop, American Society of Clinical Hypnosis, Portland, OR, August 17-20, 1995.
- Elkins, G.R., Brief Focused Hypnotherapy and Advanced Workshop, American Society of Clinical Hypnosis, Chicago, IL, September 14-17, 1995.
- Elkins, G.R., Hypnoprojection Techniques in the Treatment of Victims of Trauma and Sexual Abuse, 11th National Conference on Trauma, Abuse and Dissociation, Austin, TX, September 29-30, 1995.
- Elkins, G.R., 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, October 14-15, 1995.
- Elkins, G.R., Advanced Workshop on Hypnosis and Brief Psychotherapy and Brief Focused Hypnotherapy: An Advanced Workshop for Clinicians, Atlanta Society of Clinical Hypnosis, Atlanta, GA, October 28, 1995.
- Elkins, G.R., Advanced Workshop on Hypnosis and Behavioral Medicine, Brief Focused Hypnotherapy and Brief Psychotherapy, American Society of Clinical Hypnosis, Puerto Vallarta, Mexico, January 14-18, 1996.
- Elkins, G.R., Advanced Workshop on Brief Focused Hypnotherapy: Theory and Practice and Hypnosis and Brief Psychotherapy Approaches, New England Society of Clinical Hypnosis, Boston, MA, March 3, 1996.

- Elkins, G.R., Intermediate Level Workshop on Child Hypnosis: Treatment of Somatization Disorders, 38th Annual Workshops, American Society of Clinical Hypnosis, Orlando, FL, March 23-25, 1996.
- Elkins, G.R., Brief Focused Hypnotherapy, Canadian Society of Clinical Hypnosis, Banff, Canada, May 2-5, 1996.
- Elkins, G.R., Refining Clinical Methods in Brief Psychotherapy and Hypnosis, New Orleans Society of Clinical Hypnosis, New Orleans, LA, May 15-16, 1996.
- Elkins, G.R., Beginning and Intermediate Level Workshops on Introduction and Refinement of Clinical Hypnosis Skills, American Society of Clinical Hypnosis, Arlington, VA, July 11-14, 1996.
- Elkins, G.R. and Benningfield, M. presented 5 day workshop on Developing Clinical Hypnosis Skills For Your Practice, American Association for Marriage and Family Therapy, Breckenridge, Colorado, August 4-8, 1996.
- Elkins, G.R., Beginning and Intermediate Workshops, American Society of Clinical Hypnosis, Dallas, TX, September 19-22, 1996.
- Elkins, G.R., Advanced Workshop on The Essentials of Brief Psychotherapy and Clinical Hypnosis, American Society of Clinical Hypnosis, Phoenix, AZ, January 16-19, 1997.
- Elkins, G.R., Essentials of Clinical Hypnosis in Brief Psychotherapy and Health Psychology, American Society of Clinical Hypnosis, Atlanta, GA, February 20-23, 1997.
- Elkins, G.R., Advanced Workshop on Hypnosis and Behavioral Medicine, Philadelphia, Pennsylvania, March, 1997.
- Elkins, G.R., Advanced Workshop on Hypnosis and Behavioral Medicine and Utilizing Hypnosis in Managed Care Settings, New England Society of Clinical Hypnosis, Boston, MA, April 5-6, 1997.
- Rogers-Witte, F. and Elkins, G.R., Advanced Workshop on Becoming an Approved Consultant, 14th International Congress of Hypnosis, San Diego, CA, June, 1997.
- Elkins, G.R., Intermediate Hypnosis: Five Day Workshop, American Association for Marriage and Family Therapy Summer Institute, Santa Fe, New Mexico, August 3-7, 1997.
- Elkins, G.R. presented 1 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, LA, October 16-19, 1997.
- Elkins, G.R., Hypnotherapy in General Psychiatric Practice, PGY3 Seminar, Department of Psychiatry, Scott and White Clinic, Temple, TX, October 2-December 23, 1997.
- Elkins, G.R., The Essentials of Clinical Hypnosis in Brief Psychotherapy Practice, GA Psychological Association Mid-Winter Conference, Brasstown Valley Resort, Young Harris, GA, January 29, 1998.
- Elkins, G.R., Faculty for Beginning Level Workshop in Clinical Hypnosis, Central TX Society of Clinical Hypnosis and the Milton H. Erickson Institute of Austin, Austin, TX, February 19-22, 1998.
- Elkins, G.R. (Chair), Advanced Workshop on Hypnotherapy for Anxiety, 40th Annual Meeting of the American Society of Clinical Hypnosis, Fort Worth, TX, March 14-18, 1998.

- Elkins, G.R., 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, IL, May 21-24, 1998.
- Elkins, G.R. & Handel, D., Update on Clinical Hypnosis and Behavioral Medicine in Family Practice, University of TX Health Science Center at Galveston, Department of Family Medicine and American Society of Clinical Hypnosis, Galveston, TX, June 6, 1998.
- Elkins, G.R., Advanced Workshop on Behavioral Medicine and Clinical Hypnosis, American Society of Clinical Hypnosis, Las Vegas, NV, June 11-14, 1998.
- Elkins, G.R. presented 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, TX, March 1998.
- Elkins, G.R. Advanced Workshop on Brief Psychotherapy in Clinical Hypnosis, American Association for Marriage and Family Therapy, Santa Rosa, CA, August 3-8, 1998.
- Elkins, G.R. & Handel, D. L. Advanced Workshop on Behavioral Medicine and Pain Management, American Society of Clinical Hypnosis, Phoenix, AZ, January 17-20, 1999.
- Elkins, G.R. Clinical Hypnosis for Pain Management and Mind-Body Healing, Acadia Seminars, Salado, TX, September 17, 1999.
- Elkins, G.R. and Handel, D.L. Hypnosis in Clinical Health Psychology and Family Practice Medicine, Society for Clinical and Experimental Hypnosis, New Orleans, LA, November 13, 1999.
- Elkins, G.R. and Handel, D.L. Mind-Body Medicine and Clinical Hypnosis: Advanced Training, American Society of Clinical Hypnosis, San Antonio, TX, December, 1999.
- Elkins, G.R. Advanced Workshop on Behavioral Medicine and Hypnosis, Wisconsin Society of Clinical Hypnosis, Madison, Wisconsin, December 2-5, 1999.
- Elkins, G.R. Refining Induction and Utilization Methods. 15th International Congress of Hypnosis, Munich, Germany, October 5, 2000.
- Elkins, G.R. Hypnosis as a Clinical Tool in Managing Difficult Symptoms. Invited Workshop, American Alliance of Cancer Pain Initiatives, Kansas City, KS, June 15, 2000.
- Elkins, G.R. 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, VA, March 1-5, 2000.
- Elkins, G.R. & Migdole, S. Hypnosis in the Treatment of Anxiety Disorders, 43rd Annual Meeting of the American Society of Clinical Hypnosis, Baltimore, MD, February, 2000.
- Elkins, G.R. & Barabasz, A. Behavioral Medicine and Clinical Hypnosis, Society for Clinical and Experimental Hypnosis, San Antonio, TX, November 6, 2001.
- Elkins, G.R. (Workshop Chair) Advanced Clinical Hypnosis Training Workshop, American Society of Clinical Hypnosis, Schaumburg, IL, September 20-23, 2001.
- Elkins, G.R. (Workshop Chair) The Essentials of a Behavioral Medicine/Hypnotherapy Practice American Society of Clinical Hypnosis, Schaumburg, IL, September, 2002.
- Elkins, G.R. (Workshop Chair) Clinical Hypnosis in Psychology and Medicine, American Society of Clinical Hypnosis, San Antonio, TX, October, 2002.

- Elkins, G.R. & Marcus, J., Hypnotic Relaxation for Pain Management, TX Psychological Association Annual Meeting, San Antonio, TX, November, 2002.
- Elkins, G.R., (Chair), Marcus, J. & Handel, D., Hypnotherapy with Cancer Survivors: Issues of Pain, Anxiety, Nausea, and Immunology, Annual Meeting of the American Society of Clinical Hypnosis, Arlington, VA, April, 2003.
- Peterson, R., Elkins, G.R., Olbrish, M. & Lynch, T. *Preparation for the ABPP in Clinical Health Psychology*. Annual Meeting of the American Psychological Association, Washington, DC, August 17, 2005.
- Elkins, G.R. (Chair) Advanced, Intermediate and Basic Level Workshops in Clinical Hypnosis: Pain Management, Trauma, and Cancer, American Society of Clinical Hypnosis, Baltimore, MD, September 18-21, 2003.
- Elkins, G.R. (Chair) Interface of Hypnosis to Trauma, Ego-State Therapy and EMDR Methods/Advanced Clinical Hypnosis and Pain Management, American Society of Clinical Hypnosis, Austin, TX, October 14-17, 2004.
- Robinson, R. (Chair), Elkins, G. R. Preparation for the ABPP in Clinical Health Psychology, American Psychological Association, Washington, DC, August, 2005.
- Elkins, G.R. (Chair/Presenter) Clinical Hypnosis in Clinical Psychology Practice, Brook Army Medical Center, Department of Behavioral Medicine, San Antonio, TX, January 23-26, 2006.
- Elkins, G.R. (Chair/Presenter) Hypnosis in Clinical and Counseling Psychology: Psychotherapy and Behavioral Medicine, Louisiana Tech University, Ruston, LA, April 11-13, 2008.
- Elkins, G.R. (Chair/Presenter) Hypnotherapy Applications in Medicine and Psychotherapy, Danish Society for Clinical Hypnosis, Copenhagen, Denmark, April 22-25, 2008.
- Elkins, G.R. (Distinguished Visiting Professor) Clinical Hypnosis and Behavioral Medicine in Clinical Psychology Practice, Brook Army Medical Center, Department of Behavioral Medicine, Wilford Hall USAF Medical Center, San Antonio, TX, July 23-25, 2008.
- Elkins, G.R. (Chair/Presenter) Hypnotherapy for Pain, Anxiety, and Habits: The Basics and Beyond, American Association for Marriage and Family Therapy, Vancouver, WA, August 10-14, 2008.

Professional Memberships

- Fellow, American Psychological Association
Fellow, Society of Clinical Psychology,
Fellow, Society of Psychological Hypnosis
Member, Division of Health Psychology
Member, Division of Psychotherapy
Member, Division of Counseling Psychology
Fellow, American Academy of Clinical Health Psychology
Member, Texas Psychological Association
Member, Society of Behavioral Medicine
Fellow, American Society of Clinical Hypnosis
Fellow, Society for Clinical and Experimental Hypnosis
Member, International Society of Hypnosis
Member, American Psychosocial Oncology Society
Member, International Psychosocial Oncology Society

Member, Swedish Society for Clinical and Experimental Hypnosis
Association for Applied Psychophysiology and Biofeedback (membership lapsed)
Member, Texas Biofeedback Society (membership lapsed)
American Association for Marriage and Family Therapy (membership lapsed)

Elected Offices

1993 – 1994 Member at Large-Psychology, American Society of Clinical Hypnosis
1993 – 1995 Founding President, Central TX 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)

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 TX 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, CA
- 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, TX
- 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 – Present Chair, Fellow Committee, Division 30 – American Psychological Association
- 2005 – 2006 Member, Awards Committee, Society for Clinical and Experimental Hypnosis

Foundations/Boards

- 1991 – 1996 Member, Education and Research Foundation, American Society of Clinical Hypnosis
- 1996 – 2000 Member, Board of Scientific Advisors, Newton Foundation
- 1997 – 1999 Chair, Education and Research Foundation, American Society of Clinical Hypnosis
- 1997 – 2007 President, Board of Directors, American Board of Psychological Hypnosis
- 2008 – Present Board Member, Men’s Health Network-Texas Chapter

Grant Reviewer

- 2007 External Reviewer for the Institute of Mental Health under service grants, Tucson, Arizona.

2008 Scientific Review Group, National Institute of Health, RFA-AG-08-004, "New Interventions for Menopausal Symptoms." March 14, 2008

Service, TX State Board of Examiners of Psychologists

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

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

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

Vice-Chair, TX 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

Journal Reviewer and Consultant

Associate Editor 1997-2005, American Journal of Clinical Hypnosis

Editorial Review Board, 2004-2005 Journal of Cancer Integrative Medicine

Editorial Consultant Board, 2004-Present International Journal of Clinical and Experimental Hypnosis

Reviewer, Contemporary Psychology

Reviewer, 2004-2005 Medical Science

Reviewer, 2005- Menopause

Ad Hoc Reviewer, 2007 Depression and Anxiety

University Service

1985 – 1989 Member, Department of Psychiatry Curriculum Committee, TX A&M University Health Sciences Center

1987 – 1989 Continuing Medical Education Committee, Scott and White Clinic

1995 – 1996 Member, Curriculum Committee, Department of Psychiatry, TX A&M University Health Sciences Center

1997- 2003 Member, Continuing Medical Education Committee, TXA&M University Health Sciences Center, College of Medicine and Scott and White Clinic and Hospital

1999 – 2001 Member, Faculty Governance Committee, TX A&M University Health Sciences Center

1999 – 2003 Member, Institutional Review Board, Scott and White Clinic and Hospital, and TX A&M University Health Sciences Center

1999- 2005 Elected Member, Academic Council, College of Medicine, TX A&M University Health Sciences Center

1999 – 2005 Elected Member, Faculty Advisory Committee, College of Medicine, TXA&M University Health Sciences Center

2001 – 2003 Chair, Faculty Advisory Committee, College of Medicine, TXA&M University Health Sciences Center

- 2001 – 2004 Vice-Chair, Strategic Planning Committee for the College of Medicine, TXA&M University Health Science Center
- 2000 – 2001 Vice Chair, Faculty Advisory Committee, College of Medicine, TX A&M University Health Sciences Center
- 2001 – 2003 Executive Committee, College of Medicine, TX A&M University Health Sciences Center
- 2000 – 2001 Member, Strategic Planning Committee for the College of Medicine, TX A&M University Health Science Center
- 2002 – Present Member, Appointment, Promotions and Tenure Committee, College of Medicine, TX A&M University Health Sciences Center
- 2003 – Present Member, Appointment & Promotions Committee for the Department of Psychiatry and Behavioral Sciences, College of Medicine, TX A&M University Health Science Center
- 2004 – 2005 Chair, Bylaws Revision Committee, College of Medicine, TX 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
- 2007-Present Director of Clinical Training, Psy.D. Program, Baylor University
University Graduate Council Representative.
- 2008-Present Chair, Clinical Faculty Search Committee, Department of Psychology and Neuroscience, Baylor University.

Military Service

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

Teaching Awards

- 2000 *Robert R. Rynearson Award for Excellence in Teaching*, Department of Psychiatry, College of Medicine, TX 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, Diplomate, 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 VA.”

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 TX 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 educational 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, N.J.
- 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 on the state board has proven effective for all Texans.
- 2008 Morton Prince Award for Professional Service to Psychological Hypnosis, American Board of Psychological Hypnosis
- 2008 ABPH Presidential Award, American Board of Psychological Hypnosis

