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CURRICULUM VITAE

STEPHEN KAHN

DATE OF BIRTH: May 5, 1950

HOME ADDRESS:

5406 South Kimbark
Chicago, IL 60615
Phone: (773) 324-2920

OFFICE ADDRESS:

122 South Michigan
Chicago, IL 6060
Phone: (312) 957-0959
Answering Machine: (773) 324-1155

EDUCATION

BA. Philosophy, University of Chicago, 1973

Ph.D. Human Development, University of Chicago, 1984

Post-Doctoral Clinical Fellowship in Psychology, Harvard
Medical School, Department of Psychiatry, 1985

DISSERTATION

Title: The Outcome of Creative Potential: Public Success and
Personal Expression in Men and Women Artists at Mid-life

SCHOLARSHIPS

University of Chicago, Full Tuition Grants 1976, 1977, 1978

AWARDS/HONORS

2003: President-Elect, Society for Clinical and Experimental
Hypnosis.

"Best Book Published in the Field of Hypnosis in 1990" awarded by
the Society for Clinical and Experimental Hypnosis.

RESEARCH EXPERIENCE

1995- Qualitative research of the lives of prominent therapists
2004 who changed as a result of treating certain
patients.

- 1980-1994 Project Co-Director, Self-Hypnosis Study: Design of coding schemes for subjects' diaries, supervision of data management and analyses, creation of new analysis schemes, co-leader of weekly seminar (with Erika Fromm).
- 1985-1988 Project Consultant, Stress and Illness Project: Designed treatment approaches for outcome evaluation research, performed treatment, supervised statistical analyses (S. Maddi).
- 1980-1984 Project Director, Longitudinal Study of Artists: Full responsibility for direction of project activities including survey and interview design, coding schemes for open-ended data, data management and analyses, biweekly meetings for discussion of issues in creativity research, and writing of project reports and papers (Mihaly Csikszentmihalyi and Jacob Getzels).
- 1977-1979 Project Director, Stress and Illness Project: Devised survey, designed analyses, supervised computer input and programming (Salvatore Maddi and Suzanne Kobasa).
- 1976-1978 Project Coordinator, Cultural Symbols Project: Canvassed and interviewed respondents, coordinated project activity, supervised computer programming (Mihaly Csikszentmihalyi).
- 1975-1977 Adolescence Project: Devised and administered surveys, coded returned surveys, performed statistical analyses.

CLINICAL EXPERIENCE

- 1980-Present Private Practice: Individual therapy and hypnotherapy.
- 1984-1985 Post-Doctoral Clinical Fellowship in Psychology, Harvard Medical School, Department of Psychiatry.
- 1979-1980 Clinical Internship: Tri-City Comprehensive Community Mental Health Center, East Chicago, Indiana: Clinical Assessment, Individual, Couple, Family and Group Therapy.
- 1975 Member, Elgin State Hospital Evaluation Board: Evaluated behavioral therapy programs, hospital-wide.
- 1973-1975 Social Worker, Elgin State Hospital: Individual, Family, Group Therapy; designed ward behavioral therapy program.

TEACHING EXPERIENCE

- 2002- Beginning and Advanced Workshops on Therapy and
2004 Hypnotherapy, Illinois School of Professional Psychology.
- 1992- Beginning and Advanced Workshops on Therapy and
2004 Hypnotherapy, Chicago School of Professional Psychology.
- 1987- Beginning and Advanced Workshops on Therapy and
2002 Hypnotherapy, University of Chicago School of Social Work.
- 1987- Stress Management Workshops (for individuals and for
2004 couples), St. Xavier University.
- 1987- Stress Management Workshops, University of Chicago,
1996 Continuing Studies.
- 1983- Hypnotherapy Workshops at SCEH and for Institute for
Clinical
2004 Hypnosis and Research(Beginning, Intermediate, Advanced,
Behavioral Medicine, Self-Hypnosis, Creativity Enhancement,
Performance Enhancement).
- 1994- Resilience Training for Couples, St. Xavier University.
2004
- 1995- Stress Management for Single Parents, St. Xavier University.
2004
- 1995- Depression Workshop, St. Xavier University.
2004
- 1996- Substance Abuse Workshop, St. Xavier University.
2004

APPOINTMENTS

- 1993- Assistant Clinical Professor in Psychology,
University
2002 of Chicago, Department of Psychiatry.
- 1993- Adjunctive Faculty, Chicago School of
Current Professional Psychology.
- 2001- Adjunctive Faculty, Illinois School of
Current Professional Psychology.
- 1993- Elected Fellow (Faculty Position)of the Society for
Current Clinical and Experimental Hypnosis.

1985- Research Associate, University of Chicago, Department of
1995 Psychology.

PAPERS, PRESENTATIONS, AND PUBLICATIONS _____

Articles:

- Kahn, S. (2002). Being the other therapist: The varieties of adjunctive experience in hypnosis. International Journal of Clinical and Experimental Hypnosis, 50, 22-30.
- Maddi, S. , Kahn, S. and Maddi, K. (1998). The effectiveness of hardiness training. Consulting Psychology Journal, 50, #2, 78-86.
- Witz, M. and Kahn, S. (1991). Hypnosis and Huntington's Disease. American Journal of Clinical Hypnosis, 34, 79-90.
- Lombard, L., Kahn, S., & Fromm, E. (1990). The role of imagery in self hypnosis: Its relationship to personality characteristics and gender. International Journal of Clinical and Experimental Hypnosis, 38, 25-38.
- Kahn, S., Fromm, E., Lombard, L., & Sossi, M.S. (1989). The relation of self-reports of hypnotic depth in self-hypnosis to hypnotizability and imagery production. International Journal of Clinical and Experimental Hypnosis, 37, 290-304.
- Fromm, E., Lombard, L., Skinner, S.H., & Kahn, S. (1987-1988). The modes of the ego in self-hypnosis. Imagination, Cognition and Personality, 7 (4), 335-349.
- Kahn, S., Zimmerman, G., Csikszentmihalyi, M., & Getzels, J. (1985). The relationships between identity in young adulthood and intimacy at mid-life. Journal of Personality and Social Psychology, 49 (5), 1316-1322.
- Kobasa, S., Maddi, S. & Kahn, S. (1982). Hardiness and Health: A Prospective Study. Journal of Personality and Social Psychology, 42 (1), 168-177.

Books:

Kahn, S. & Fromm, E. (2000). Changes in the Therapist. New Jersey: Erlbaum Press.

Fromm, E., & Kahn, S. (1990). Self-Hypnosis: The Chicago Paradigm. New York: The Guilford Press.

Csikszentmihalyi, M., Getzels, J., & Kahn, S. (1984). Talent and Achievement: A Longitudinal Study of Artists. (Manuscript)

Book Chapters:

Kahn, S. & Fromm, E. (1992). "Self-Hypnosis, Personality, and the Experiential Method" in Fromm, E. & Nash, M. Contemporary Hypnosis Research New York: The Guilford Press.

Kahn, S. (1990). "Phenomenological Explorations of Self-Hypnosis" in Fass, M.L. and Brown, D. Creative Mastery in Hypnosis and Hypnoanalysis, Hillsdale, New Jersey: Lawrence Earlbaum.

Book Reviews:

Kahn, S.(1984). Book review of Amabile, T.M., The Social Psychology of Creativity. New York: Springer-Verlag, 1983. Contemporary Sociology.

Workbook:

Kahn, S. "Resilience: Stress Management For Couples"

Presentations:

"Self-Hypnosis and the Enhancement of Self." Presented at the Annual Meeting of the Society for Clinical and Experimental Hypnosis, 2003.

"Why Change?: Questioning the Goals of Hypnotherapy." Presented at the Annual Meeting of the Society for Clinical and Experimental Hypnosis, 2002.

- "The Dialectical Nature of the Hypnotic Relationship." Presented at the Annual Meeting of the Society for Clinical and Experimental Hypnosis, 2001.
- "Can Couples be helped with Hypnosis?" Presented at the Annual Meeting of the Society for Clinical and Experimental Hypnosis, 2001.
- "Working with Couples in Hypnosis." Presented at the Annual Meeting of the Society for Clinical and Experimental Hypnosis, 2000.
- "The Hypnotic Relationship and Implications for Treatment of Couples." Presented at the Annual Meeting of the Chicago Society of Clinical Hypnosis, 2000.
- "Eating Disorders and Athletes." Presented at the Annual Conference of the Association for the Advancement of Applied Sports Psychology, 1999.
- "The Hypnotic Relationship." Presented at the Annual Meeting of the Society for Clinical and Experimental Hypnosis, 1998.
- "Hypnosis with Couples." Presented at the Annual Meeting of the Society for Clinical and Experimental Hypnosis, 1994.
- "Self-Hypnosis and Phenomenology." Presented at the Annual Meeting of the Society for Clinical and Experimental Hypnosis, 1990.
- "Stalking the Hardiness Concept: Twelve Years of Stress Research." Presentation at the Fielding Institute, Chicago, 1990.
- "The Hardy Relationship." Presented at the International Hardiness Conference, August, 1987.
- "The Measurement of Hardiness." Presented at the International Hardiness Conference, August, 1987.
- "Art, Stress and Success." Chicago Artists Coalition, Northern Illinois University, 1986.
- "Behavioral Medicine in a Community Hospital." Poster presentation at the 1985 Behavioral Medicine Conference, Burlington, MA.
- "Hardiness as a Buffer to Stress." Presented at the Massachusetts Psychological Association, 1985.

"Self-Hypnotic Imagery and Personality." Presented at the Annual Meeting of the Society for Clinical/Experimental Hypnosis, 1984.

"The Relation of Hypnotic Depth to Hypnotic Susceptibility and Imagery Production in Self-Hypnosis." Presented at the Annual Meeting of the Society for Clinical/Experimental Hypnosis, 1984.

"Socio-Economic Background and Fine Arts Involvement in Adult Artists." Presented at the Society for Research in Child Development, April, 1983.

"Aspects of Self-Hypnosis Proper." Presented at the Annual Meeting of Society for Clinical and Experimental Hypnosis, October, 1982.

REFERENCES

Daniel P. Brown, Ph.D.
Harvard University Medical School
Cambridge Hospital
Cambridge, MA 02139

Marlin Hoover, Ph.D.
15010 South Ravinia Suite 14
Orland Park, IL

Tanya Luhrman, Ph.D.
University of Chicago
5730 South Woodlawn Ave
Chicago, IL 60637