

**LINDA RECKHOW THOMSON**  
PhD, MSN, APRN, ABMH, ABHN, FASCH

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**Employment**

1975 - 2018	Pediatric Nurse Practitioner and Approved Consultant in Clinical Hypnosis Pioneer Valley Pediatrics Enfield, CT and Longmeadow, MA
1991 - 2020	Nurse Practitioner and Approved Consultant in Clinical Hypnosis Springfield Medical Care Systems (Ludlow Family Medicine, Springfield Pediatrics, Greater Falls Family Medicine, Rockingham Medical Group) Ludlow, Springfield & Bellows Falls, VT
1999 - present	Director, Hypnosis for Health and Healing Ludlow, Vermont
2009 - 2020	Co-Founder & Co-Director of Hypnovations: Clinical Hypnosis Education and Training Programs

**Licensure and Certification:**

Vermont	101-0019806
PNCB	78432
ASCH	C9073

**Professional Affiliations:**

Previous Adjunct Faculty and Preceptor: University of Vermont  
Yale University  
University of Massachusetts  
SUNY at Stony Brook  
Rivier University  
Graceland University

American Holistic Nurses Association  
American Society of Clinical Hypnosis (ASCH)  
Past President, ASCH  
Executive Committee, Education Committee and Speaker's Bureau – (ASCH)  
International Society of Hypnosis  
New England Society of Clinical Hypnosis (NESCH)  
Past President NESCH  
Northeastern Mountain Society of Clinical Hypnosis (NMSCH)  
President NMSCH  
Advisory Editor, *American Journal of Clinical Hypnosis*  
Reviewer, *International Journal of Clinical and Experimental Hypnosis*  
Past Board of Directors, Southern Vermont Area Health Education Center

National Pediatric Asthma Trainer  
Past Chair, Board of Trustees, ASCH Education & Research Foundation  
Moderator, ASCH Board of Governors

**Education:**

1972	BSN	Hartwick College, Oneonta, NY
1975	PNP	Northeastern University, Boston, MA
1977	MSN	University of Massachusetts, Amherst, MA
2000	PhD	American Pacific University

**Awards and Accomplishments**

John Christopher Hartwick Scholar  
Who's Who Among Students in American Colleges and Universities  
New York State Outstanding Student Nurse Award  
Hartwick College Nursing Alumni Award  
Sigma Theta Tau Nursing Honor Society  
Who's Who in American Nursing  
Outstanding Young Women of America  
Who's Who of American Women  
Hartwick College Outstanding Young Alumna Award  
Hartwick College Meritorious Service Award  
Fellow, National Association of Pediatric Nurse Practitioners  
Approved Consultant in Clinical Hypnosis  
Diplomate, American Board of Medical Hypnosis  
Hartwick College Distinguished Nursing Alumna Award  
Fellow, American Society of Clinical Hypnosis  
Diplomate, American Board of Hypnosis in Nursing  
Award of Merit, American Society of Clinical Hypnosis  
William Wester Award for Excellence in Child Hypnosis  
Presidential Award, American Society of Clinical Hypnosis  
Hartwick College President's Award for Liberal Arts in Practice  
Josephine Hilgard Award for Best Paper on Pediatric Uses of Hypnosis  
Okemo Valley TV Community Impact Award

**Publications:**

Thomson LR. "Sensory Deprivation - A Personal Experience", *American Journal of Nursing*, February 1973.

Thomson LR. "The Role of the Pediatric Nurse Practitioner as a Health Coordinator in a Preschool", *Current Practice in Pediatric Nursing* Volume III, CV Mosby Co, 1980

Thomson, LR. "Understanding Tympanometry", *Pediatric Nursing*, May-June 1982

Thomson LR. "Nonepileptic Seizures: Avoid Misdiagnosis and Long-Term Morbidity", *Clinician Reviews*, March 1998 8(3), 81-96

Thomson LR. "Nonepileptic Seizures: Avoid Misdiagnosis and Long-Term Morbidity", *Brain Disorder Sourcebook*, Omnigraphics, Inc. 1998

Siegal AM, Thomson LR, Gilbert KL, et al. "Nonepileptic Psychogenic Seizures: Criteria for Accurate Diagnosis". *Epilepsia* 38: (Suppl 8) 1997

Gilbert KL and Thomson LR. "Nonepileptic Seizures: A Diagnostic Challenge" *Clinical Letter for Nurse Practitioners*, November-December 1999.

Gilbert KL and Thomson LR. "Frontal Lobe Epilepsy: A Diagnostic 'Heads Up'" *Clinical Letter for Nurse Practitioners*, November-December 1999.

Thomson LR. "My Most Memorable Patient – Souvenir From the Tropics", *Clinician News*, November-December 2000.

Thomson LR. "Clinical Challenge – Sleeping Beauty Awakens", *The Clinical Advisor*, April 2001.

Thomson LR. "Hypnosis for Habit Disorders – Helping Children Help Themselves" *ADVANCE for Nurse Practitioners*, July 2002.

Thomson LR. "A Study of a Project to Change the Attitudes, Practices and Beliefs of Health Professionals concerning Hypnosis" *American Journal of Clinical Hypnosis*, July 2003

Thomson, L. "Relax and Revive" *Baby Connection*, 2004.

Thomson, L. *Harry Hypno-potamus: Metaphorical Tales for the Treatment of Children*. Carmarthenshire, England: Crown House Publishing, 2005.

Thomson, L. "Tales from the Zoo: Hypnotic Metaphors for Children" *Australian Journal of Clinical Hypnotherapy and Hypnosis*, April 2005

Thomson, L. "Hypnotic Intervention Therapy with Surgery Patients" *Hypnos*, June 2005

Thomson, L. "GEMINI: Giving Children Skills Instead of Pills" *Biofeedback*, 2006

Thomson, L. "Hypnosis for Children with Elimination Disorders" in *Therapeutic Hypnosis with Children and Adolescents*. Wester, W & Sugarman, L (Eds.) Carmarthenshire, England: Crown House Publishing, 2007)

Thomson, L. "What's a Meta for?" *Addiction Treatment Today*, 19:109, Nov-Dec 2007.

Thomson, L & Boland, R. *CRE GEMINI – Brief Health Education for Children 5-15, Version A for Children 5 – 7*, France: Lulu, 2007.

Thomson, L & Boland, R. *CRE GEMINI – Brief Health Education for Children 5-15, Version B for Children 8-11*, France: Lulu, 2007.

Thomson, L. "Hypnosis with Surgery Patients" in *Clinical Hypnosis Practices for Primary Health Care Workers, Medical Students, Nurses and Doctors, Volume 1*, Boland Robert (Ed) International University of Geneva, 2007

Thomson, L. "Habit Disorders" in *Clinical Hypnosis Practices for Primary Health Care Workers, Medical Students, Nurses and Doctors, Volume 2*, Boland Robert (Ed), International University of Geneva, 2007

Thomson, L. "Hypnosis and Nursing: A Perfect Fit" *ASCH Newsletter*, Winter 2007.

Thomson, L. "Altering Misperceptions about Hypnosis" *ASCH Newsletter*, Summer 2007.

Thomson, L. "Stress Free Surgery - A Self Relaxation Program to Help You Prepare for and Recover from Surgery" 2 CD set, Crown House Publishing, 2007.

Thomson, Linda. "Move It" *Kids' Health Matters*, Summer 2008.

Thomson, L. *Harry Hypno-potamus: More Metaphorical Tales for Children*. Carmarthenshire, England: Crown House Publishing, 2009

Thomson, L. "Write-On" *ASCH Newsletter*, Summer 2009.

Thomson, L. "Harry the hypno-potamus": gli approcci metaforici con i bambini" in L'ipnosi con i bambini e gli adolescenti. Tecniche psicoterapeutiche in età evolutiva Maria Laura Fasciana (Ed) Rome: Franco Angeli srl. 2009.

Thomson, L. *Harry Hypno-potamus: Imagination Cards*. Carmarthenshire, England: Crown House Publishing, 2012

Thomson, L. "Hypnosis for Children with Elimination Disorders" in *Therapeutic Hypnosis with Children and Adolescents*. 2nd Ed. Wester, W & Sugarman, L (Eds.) Carmarthenshire, England: Crown House Publishing, 2013)

Thomson, L. "It is all in the Head" in *Functional Symptoms in Pediatric Disease: A Clinical Guide*. Anbar, R (Ed) New York: Springer. 2014

Thomson, L. "Hipponosis: Introducing Hypnosis to Children" *Biofeedback*, Summer 2013

Thomson, L. "L'uso delle storie per aiutare I bambini ad aiutare altri bambini" in Come aiutare i bambini ad aiutarsi con le proprie storie, le metafore, i racconti. Maria Laura Fasciana (Ed) Rome: Franco Angeli srl. 2014

Thomson, L. "Hypnosis for Children with Elimination Disorders" in *Therapeutic Hypnosis with Children and Adolescents*. Wester, W & Sugarman, L (Eds.) Carmarthenshire, England: Crown House Publishing, 2007)

Thomson, L. "Pre-Surgery" in *Handbook of Medical and Psychological Hypnosis*. Elkins, G.R. (Ed.) New York: Springer Publishing, 2016

Thomson, L. From real life to cyberspace (and back again): Helping our young clients develop a strong inner selfie—A clinician's guide by Goldfus, Tobi, Book Review. *American Journal of Clinical Hypnosis*, April 2017

Thomson, L. "Combining Hypnosis and Biofeedback in Pediatrics", *American Journal of Clinical Hypnosis*, April 2019

Thomson, L. "The Evolution of Hypnosis in the Profession of Nursing: We've Come a Long Way, Baby, and Still Have a Long Way to Go", *American Journal of Clinical Hypnosis*, April 2019

Thomson, L. "Key Elicitation" ASCH Newsletter, Spring 2020.

Thomson, L. "COVID 19, a Hypnopotamus and You" audio book, produced by Okemo Valley Television, 2020

Thomson, L. & Wagaman, L., "Online Virtual Hypnosis Training" ASCH Newsletter, Winter 2021.

Thomson, L. "Hypnotherapy for Chronic Regional Pain Syndrome", *American Journal of Clinical Hypnosis*, publication pending.

### **Presentations:**

Southeastern Vermont Nurse Practitioner Group, 1998

National Conference for Nurse Practitioners, 1998, 1999

Nurse Practitioners Associated for Continuing Education, 1999, 2000

National Association of Pediatric Nurse Associates and Practitioners, 2000, 2001, 2003, 2007, 2008, 2011, 2012

Vermont Interactive Television, UVM, 2000

Nursing Grand Rounds at Dartmouth Hitchcock Medical Center, 2000

Medical and Nursing Rounds at Springfield Hospital, 2000, 2002, 2004, 2006, 2011, 2013, 2014, 2015, 2016  
American Academy of Nurse Practitioners, 2001, 2005  
American Holistic Nurses Association, 2016, 2017, 2018  
American Society of Clinical Hypnosis, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021  
Frontiers of Hypnosis, Canadian 6th National Assembly, 2003  
International Congress on Hypnosis and Hypnotherapy, Singapore, 2004, Mexico, 2006, Italy 2009, Germany 2012, France 2015, Montreal, 2018  
Society for Clinical and Experimental Hypnosis, 2004, 2005, 2006, 2010, 2013, 2014, 2021  
Vermont Society of Gastroenterology Nurses, 2005  
New England Society of Clinical Hypnosis, 2005, 2006, 2007, 2008, 2009, 2011, 2012, 2015, 2016, 2017, 2018, 2019, 2020, 2021  
Pediatric Grand Rounds at Children's Hospital at Dartmouth, 2006  
Pediatric Grand Rounds at Baystate Medical Center, 2008, 2014  
Pediatric Grand Rounds at Children's Hospital of Vermont, 2009  
Vermont Nurse Practitioner Conference, 2009  
Hypnovations, 2009, 2010, 2011, 2012, 2014, 2015, 2016, 2017  
Jornadas Internacionales en Hipnosis Clinica, San Jose, Costa Rica, 2010  
Preparing Bright Futures: Experiential Workshop in Basic Pediatric Hypnosis, 2010, 2012  
Northeastern Mountain Society of Clinical Hypnosis, 2011, 2016, 2019, 2020  
Clinical Hypnosis Workshop for Health Care Professionals, 2011  
Florida Society of Clinical Hypnosis, 2012, 2021  
International Congress on Hypnosis in Medicine, Budapest, Hungary, 2013  
Hypnosis New Generation, Budapest, Hungary, 2019  
Oregon Society of Clinical Hypnosis, 2014  
European Society of Hypnosis, 2014, 2017, 2020  
University of Vermont Medical School, 2016  
Saybrook University, 2020  
Hartwick College, 2019, 2021  
Greater Philadelphia Society of Clinical Hypnosis, 2017  
VT EMS, 2017, 2019  
CBFD & EMS, 2020