

PHILIP R. APPEL, Ph.D., FASCH

**PERSONAL
INFORMATION:**

Home Address 11512 Michale Ct.
Silver Spring, MD 20904
301-602-6250
philip.r.appel@medstar.net

Office Address MedStar National Rehabilitation Network
5454 Wisconsin Ave. Ste. 1100
Chevy Chase, MD 20815
Tel: 202-877-1120

LICENSURE:

State MD
Lic. # 02030
Initial Date 5/09/1986
Renewal Date 3/31/2020

State DC
Lic. # 1361
Initial Date 12/16/1986
Renewal Date Inactive

CERTIFICATION

34060 National Register for Health Service Providers in
Psychology
200 New York Ave NW #800, Washington, DC 20005
D.o.C. 4-1986
D.o.Rec. 4-2020

3131 Certificate of Professional Qualification
Association for State and Provincial Licensing Boards
P.O.Box 3079 Peachtree City, GA 30269
D.o.C. 4-12-2002
D.o.Rec. 4-12-20

Education:

Undergraduate University of Massachusetts at Amherst
181 Presidents Drive, Amherst, MA 01003-9313
9/1968 - 5/1972
B.A.I.C Human Relations

Graduate Education: Boston University
School of Social Work
264 Bay State Rd, Boston, MA 02215
9/1974 - 5/1976
M.S.S.S.

Graduate Education: Alliant International University
School of Human Behavior
10455 Pomerado Rd, San Diego, CA 92131
9/1980 - 5/1983
Ph.D. Clinical Psychology

Internship Walter Reed Army Medical Center
6900 Georgia Ave. NW, Washington, DC 20307
Clinical Psychology
9/1982- 10/1983

Post-Doctoral Training Institute Maryland Psychological Association Foundation
10025 Gov. Warfield Parkway, Suite 102,

Columbia, MD 21044
Clinical Hypnosis
1986-1987

**PROFESSIONAL
EXPERIENCE**

Senior Resource Clinician
Director Emeritus
MedStar National Rehabilitation Network
5454 Wisconsin Ave., Ste 1100
Chevy Chase, MD 20815
2018 - present

Director, Psychological Services
Medstar National Rehabilitation Network
102 Irving St. NW, Washington, DC 20010
1998 – 2018

Assistant Director Psychological Services
National Rehabilitation Hospital. Washington, D.C.
102 Irving St. NW Washington, DC 20010
1987 - 1998

Consultant to Psychology Service,
Walter Reed Army Medical Center
6900 Georgia Ave. NW Washington, DC
1988 - 1991

Chief, Psychology Section, Community Mental Health Service
Psychological Consultant: Department of the Army, Central Clearing Facility
Psychological Consultant: Individual Detention Facility
Kimbrough Army Community Hospital. Ft. Meade, MD.
1985 - 1986

Chief, Psychology Service
5th General Hospital, US Army
Bad Cannstatt, Federal Republic of Germany
1983 - 1985

Assistant Chief Social Work,
General Leonard Wood Army Community Hospital
Ft. Leonard Wood, MO.
1979 - 1980

Mental Health Consultant: Department of Defense, Defense Foreign Language Institute
Monterrey, CA.
Clinical Social Work Officer
Community Mental Health Activity.
Ft. Ord, CA.
1976 - 1979

**HONORS and
AWARDS**

Distinguished Contribution Award
American Society of Clinical Hypnosis
2005

Leadership Award
American Society of Clinical Hypnosis
2002

Presidential Award
American Society of Clinical Hypnosis
1998

Presidential Award
American Society of Clinical hypnosis
1997

Manager of the Quarter
National Rehabilitation Hospital
1997

Irving J. Selter Award for Services to the American Society of
Clinical Hypnosis and the Advancement of Hypnosis
1996

Crasilneck Award For the Best First Paper on Clinical Hypnosis in the Past Year. Presented by
the American Society of Clinical Hypnosis for article on Clinical Applications Of Hypnosis In
The Physical Medicine and Rehabilitation Setting published in the American Journal of Clinical
Hypnosis, Vol.33, No.2 85-93
1992

Army Commendation Medal 4th Oak Leaf Cluster.
USA MEDCEN, Walter Reed Army Medical Center
1992

Army Commendation Medal 3rd Oak Leaf Cluster.
USA MEDDAC, Ft. Meade.
1987

Army Commendation Medal 2nd Oak Leaf Cluster.
USA MEDDAC, Bad Canstatt.
1985

US Army Health Services Professions Scholarship in Psychology
1980-1983

Army Commendation Medal 1st Oak Leaf Cluster.
USA MEDDAC Ft. Leonard Wood.
1980

Army Commendation Medal.
USA MEDDAC, Ft. Ord.
1979

**PROFESSIONAL
SOCIETY
MEMBERSHIP:**

American Psychological Association, Member
1983 - present

American Society of Clinical Hypnosis, Fellow
President of the American Society of Clinical Hypnosis Education and Research
Foundation, 2003-2004; Immediate Past-President 2002-2003; President 2001-
2002; President-elect 2000-2001; Vice President 1998-1999; Secretary 1997-1998;
Psychologist at Large, 1994-1995; Co-Chairperson for the 2015 Advanced Workshop
series for Annual Scientific Meeting of the American Society of Clinical Hypnosis;
Co-Chairperson for the 1998 Scientific Meeting of the American Society of
Clinical Hypnosis; Chairperson for the 1994 Scientific Meeting of the American
Society of Clinical Hypnosis.
1985 to present

SCHOLARSHIP AND RESEARCH **Research Grants**

Previous

Agency: NIDRR
Identifying No. H133E990007-00C
Title of project: RERC on Telerehabilitation
Dates: 2000-2001
Role on Project: Primary Investigator
Percent Effort: 10%

PUBLICATIONS

Original Papers in refereed Journals

Appel, P.R: Stress in the Medical Setting. *American Journal of Clinical Hypnosis* Vol. 63, No. 1: In Press (2020)

Appel, P.R: A Philosophical Approach to Rehabilitation of the patient With persistent Pain. *American Journal of Clinical Hypnosis* Vol. 62, No. 4: pp. 330-343 (2020)

Appel, P.R. Psychosynthesis: A Transpersonal Model for Hypnotically-Mediated Psychotherapy *American Journal of Clinical Hypnosis* Vol. 56, No. 3: pp. 249–268 (2014)

Appel, P.R., & Bleiberg, J: Pain reduction is related to hypnotizability but not to relaxation or to reduction in suffering: A preliminary investigation. *American Journal of Clinical Hypnosis* Vol. 48, No.s-2-3: pp. 153-161 (2006)

Appel, P.R., Bleiberg, J. & Noiseux, J: Self-Regulation Training for Chronic Pain: Can It Be Done Effectively by Telemedicine? *Telemedicine Journal* Vol. 8, No.4 pp. 361-368 (2002)

Appel, P.R: A Hypnotically Mediated Guided Imagery Intervention for Intrusive Imagery: creating Ground for Figure. *American Journal of Clinical Hypnosis*, Vol. 41, No.4 pp. 327-335 (1999)

Appel, P.R. Performance Enhancement in Physical Medicine and Rehabilitation. *American Journal of Clinical Hypnosis*, Vol. 35, No.1 pp.11-19 (1992)

Appel, P.R. The Use of Clinical Hypnosis in Physical Medicine and Rehabilitation. *Psychiatric Medicine*, Vol. 10, No.1 pp.133-148 (1992)

Appel, P.R. Clinical Applications Of Hypnosis In The Physical Medicine and Rehabilitation Setting: Three Case Reports. *American Journal of Clinical Hypnosis*, Vol.33, No.2 pp.85-93 (1990)

Reviews

Appel, P.R. Book Review. Narrative, Pain, and Suffering. *New England Journal Of Medicine*. Vol. 353: No. 15 p. 1637 October (2005)

Appel, P.R. Book Review. Healing Images: The Role of Imagination in Health. *American Journal of Clinical Hypnosis*, Vol. 45, No. 3 pp.254-256 (2003)

Appel, P.R. Book Review. Trauma and Survival: Post-Traumatic and Dissociative Disorders in Women. *American Journal of Clinical Hypnosis*, Vol. 36, No. 4 pp. 293-294 (1994)

Book Chapters

Appel, P.R. Rehabilitation: Amelioration of Suffering and Adjustment to Disability In Elkins, G (Ed.) *Clinician's Guide to Medical and Psychological Hypnosis: Foundations, Systems, Applications and Professional Issues*. NY: Spring Publishing (2017)

Borenstein DG, Appel PR, Signorino J. Pain of Rheumatological Disease. In Hayek SM, Shah BJ, Desai MJ, Chelimsky TC, (Eds.) *Pain Medicine: an interdisciplinary case-based approach*. NY: Oxford University Press; pp.89-109. (2015)

Appel, P. R.: Clinical Hypnosis. In S. Wainapel, & A. Fast (Eds.) *Alternative Medicine and Rehabilitation: A guide for practitioners*. NY: Demos (2003)

Appel, P.R.: Clinical Hypnosis. In E. Leskowitz (Ed.) *Complementary and Alternative Medicine in Rehabilitation*. St. Louis: Harcourt Health Sciences pp.97-108 (2003)

Appel, P.R. & Bleiberg J.: Evaluation and Treatment of Anxiety in Neuromuscular Rehabilitation. In D.I. Mostofsky & D. H. Barlow (Eds.) *The Management of Stress and Anxiety in Medical Disorders*. Needham Heights: Simon & Schuster (2000)

Appel, P.R. Hypnosis and Suggestion in Physical Medicine and Rehabilitation. In W. Matthews & J. Edgette (Eds.) *Current Thinking & Research in Brief Therapy: Solutions, Strategies, Narratives. Vol. III*. New York: Brunner Mazel (1999)

**INVITED
LECTURES
& WORKSHOPS**

1) "Working with Suffering from the Untoward Medical Events that affect our Lives"; 2) Appel, P.R. & Torem, M: "Transpersonal Dimensions of Healing": Workshops at the 61st Annual Scientific meeting of the American Society of Clinical Hypnosis, San Antonio, 3/29/19

Appel, P & Leskowitz, E. (1) "Chronic Pain and Suffering"; (2) "Multi-Track Symposium on Chronic Pain Management: A Complementary, Integrative Perspective", American Congress of Rehabilitation 2018 annual conference, Dallas, 9/30-10/2/2018

1) "Psychosynthesis"; 2) "Rehabilitation: Amelioration of Suffering and Adjustment to Disability", Florida Society of Clinical Hypnosis Annual training workshop, Melbourne, Fl. 11/3-4/2018

"Lessons learned about pain management: the power of integrative health, nature, and community" 2018 Congress on Integrative Medicine and Health in Baltimore, 5/8-11/2018

Appel, P.R. & Torem, M: "Transpersonal Dimensions of Healing". Workshop for 59th annual Scientific meeting of the American Society of Clinical Hypnosis, Phoenix 3/18/17

"Rehabilitation: Amelioration of Suffering and Adjustment to Disability", Workshop at the 58th Annual Scientific Meeting of the American Society of Clinical Hypnosis, St. Louis, 3/14/2016

"Psychosynthesis", 2-day workshop for the Regional Meeting of the American Society of Clinical Hypnosis in Alexandria, 6/23-26/2016

Appel, P.R. & Bongaard, B. "Holistic Health, Integrative Medicine and Hypnosis" workshop at the 56th Annual Scientific meeting of the American Society Clinical Hypnosis, San Diego, 3/25/2014

"Pain management from a Rehabilitation Perspective": workshop for the Regional Meeting of the American Society of Clinical Hypnosis in San Antonio, 2013

1) Appel, P.R. & Gurgevitch, S: "Treating the person with Dis-Ease." 2) Accaria, P & Appel, P.R: "A Gathering of Healers: An Introduction to Energy medicine" at the 54th Annual Scientific meeting of the American Society of Clinical Hypnosis, Charlotte, 3/17/12

"Treating the patient with persistent pain from a Rehabilitation perspective"; Workshop for the Baltimore Psychological Association, Baltimore 6/26/2011

1) Appel, P.R. & Torem, M: "Imaging the problem-Healing the Image"; 2) Appel, P.R. & Gurgevitch, S; "Comprehensive Pain Management; at the 53rd Annual Scientific Meeting of the American Society of Clinical Hypnosis, Las Vegas, 3/6-8/2011

1) Torem, M & Appel, P.R: "Individualized Consultation and Brainstorming Session;" 2) Gurgevitch, S., Appel, P.R. & Accaria, P.: "Treating the person with Dis-Ease"" Workshops at the 53rd Annual Scientific Meeting of the American Society of Clinical Hypnosis, Nashville, 3/14-16/2010

"An Integrative approach to Treating the patient with persistent Pain from a Rehabilitation Perspective." 4 Hour workshop for the psychology and Social Work Services of Walter Reed Army Medical Center, Washington, 9/4/2009

Appel, P.R. & Accaria, P: "A Gathering of Healers"- 3 day long Advanced workshop for the Regional Training of the American Society of Clinical Hypnosis in Reston, 6/18-21/2009

Appel, P.R. & Accaria, P: "A Gathering of Healers" - Day long Advanced workshop for the 51st Annual Scientific Meeting of the American Society of Clinical Hypnosis in Boston, 3/08/2009

Weisberg, M.B., Appel, P.R. & Oster, M. " Treating the Patient with Persistent Pain: Lessons Learned Over the Years." Symposium presented at the 50th Annual Scientific Meeting and Workshops of the American Society of Clinical Hypnosis, Chicago, 3/ 9/2008.

Appel, P.R., Accaria, P.L. "A Gathering of Healers" Day long workshop for the Joint American Society of Clinical Hypnosis-Society of Clinical and Experimental Hypnosis Annual Scientific Meeting and Workshops 49th Annual Meeting, American Society of Clinical Hypnosis, Dallas, 1/19-23/2007

Appel, P.R., Accaria, P.L. "A Gathering of Healers" 3 Day long Advanced workshop for American Society of Clinical Hypnosis Regional Training Program San Antonio, TX, 10/11-14/2007

Accaria, P. L., Appel, P. R. & Schwartz, R. "Panel Presentation on Spirituality"; 10th International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, Phoenix, 12/6-9/2007

1) Appel, P.R. & Torem, M. "Teaching Response-Ability for Individuals with Persistent Pain" Day long workshop; 2) Appel, P.R., Accaria, P.L. "A Gathering of Healers" Day long workshop for 48th Annual Scientific Meeting and Workshop of the American Society of Clinical Hypnosis, Orlando, 3/24-28/2006

"Use of Imagery in Psychotherapy" 2-day workshop for the Annual Meeting of the Florida Society of Clinical Hypnosis, Summer of 2006

"Presentation of An Imagery Based Pain Intervention - Oyle's Procedure" 3-hour workshop for the District of Columbia Psychological Association. Washington, Fall 2005

"Maximizing Injured Workers Recovery and Return to Gainful Employment; Addressing Psychological Barriers" Annual Maryland Workers Compensation Educational Association September 2005

1) Appel, P., Wiseberg, M. & Oster, M. "Hypnosis in Integrative Medicine." Day long Workshop
2) Appel, P., Frederick, C. & Ginandes, C. "Unleashing the Power of Healing Imagery in Clinical Practice." Day long Workshop for the 45th Annual Meeting, American Society of Clinical Hypnosis. Alexandria, 4/4-8/2003

"Naturalistic and Phenomenological Ways of Creating Trance" Day long regional workshop for the Maryland Psychological Association, Columbia 6/22/2002

1) "Naturalistic and Phenomenological Ways of Creating Trance" Day long workshop; 2) Appel, P. & Wiseberg, M. "Hypnosis in Integrative Medicine." Day long Workshop; for the 44th Annual Meeting, American Society of Clinical Hypnosis, San Diego, 3/16-19/2002

"Behavioral Telehealth for Pain Management: Efficacy and Consumer Satisfaction". Paper presentation at the 7th Annual meeting of the American Telemedicine Association 6/2-5/2002

Appel, P. Gurgevich, S & Wiseberg, M. "Hypnosis in Integrative Medicine." Day long Workshop for the 43rd Annual Meeting, American Society Clinical Hypnosis, Reno, 3/24-27/2001

Appel, P. & Wiseberg, M. "Hypnosis in Integrative Medicine." Day long Workshop for the 42nd Annual Meeting, American Society Clinical Hypnosis, Baltimore, 2/25-29/2000

"Psychosynthesis and Hypnosis": Workshop at 41st Annual Scientific Meeting of the American Society Clinical Hypnosis Baltimore, 3/17-18/1999

1) Gurgevich, S. & Appel, P.R "Hypnosis in Behavioral and Rehabilitation Medicine." Day Workshop; 2) Torem, M. & Appel, P.R "Imagery and Hypnosis." Half-Day Workshop; 3) Appel, P.R & Daniel S. "Creating and Utilizing Trance in Psychotherapy: Naturalistic and Phenomenological Approaches." 4) Invited Discussant at Symposium entitled "Exceptional Healing Through Hypnosis" for the 40th Annual Meeting, American Society Clinical Hypnosis, Ft. Worth, 3/14-16/1998

1) "A Hypnotically Mediated Guided Imagery Intervention for Intrusive Imagery: Creating Ground for Figure. "- Paper presentation; 2) Appel, P.R & Torem, M. "Imaging the Problem; Healing the Image." Day long workshop presented at the 14th International Congress of Hypnosis. San Diego, 6/22/1997

"Clinical Implications of Psychoneuroimmunology". Prepared response at a Plenary Session of same title presented at the 38th Annual Scientific Meeting of The American Society of Clinical Hypnosis, San Diego, 3/26/1996,

Appel, P.R., Torem, M. "Imaging the Problem: Healing the Image: Use of Imagery in Hypnotherapy". 2 Day Workshop, American Society Clinical Hypnosis, 38th Annual Meeting, San Diego, 3/23-24/1996

1) "Timeless Images, Hypnotic Interventions and the Changing of Consciousness"; 2) "Practice Patterns: The 1994 American Society of Clinical Hypnosis Survey on Practice": Paper Presentations at 37th Annual Scientific Meeting of The American Society of Clinical Hypnosis, San Diego, 3/8/1995

Appel, P.R., Torem, M. "Imaging the Problem: Healing the Image: Facilitating Psychophysiological Change". Day Long Workshop, American Society Clinical Hypnosis, 36th Annual Meeting, Philadelphia, 3/12/1994

1) "Imagery Based Interventions: Implications, Decisions and Strategies" Workshop; 2) Appel, P.R., Torem, M., Olson, J., & Leyser, A. "Imaging the problem: Healing the Image". 2 Day Long Workshop at 35th Annual Scientific Meeting of The American Society of Clinical Hypnosis New Orleans, 3/28-30/1993

Greenleaf, M., Wester, B., Sachs, B. Finkelstein, S. & Appel, P. R. "Medical Applications of Hypnosis". 2 Day Long Workshop, American Society Clinical Hypnosis, 35th Annual Meeting, New Orleans, 3/28-29/1993

Frischoltz, E. & Appel, P.R. "How to plan Hypnotherapy, Selection of Treatment strategies". Intermediate level workshop, American Society Clinical Hypnosis, 35th Annual Meeting, New Orleans, 3/28/1993

Appel, P.R. & Halas, M. "Imaging the Problem; Treating the Image". Day Long Workshop, Maryland Psychological Association Annual Conference, Columbia, MD, 6/5/1992

1) "The Use of Hypnotically Mediated Performance Enhancement Interventions in The Physical Medicine and Rehabilitation Setting": Paper presented. 2) Appel, P., Dane, J & Olsen, J. "The use of Imagery/Dreams in Hypnotherapy": Day Long Workshop, at the 34th Annual Scientific Meeting of The American Society of Clinical Hypnosis, Las Vegas, 4/7/1992

Lacrosse, M., Appel, P., Dane, J., St. Amand, A., & Wain, H. "Advanced Hospital Consultation". Day Long Workshop, American Society Clinical Hypnosis, 34th Annual Meeting, Las Vegas, 4/6/1992

1) "A clinical Model for Performance Enhancement of Prosthetic Assisted Ambulation for Patients Who Have Sustained a Lower Extremity Amputation"; Paper presentation. 2) Appel, P.R., Torem, M. "The Use of Guided Imagery in Hypnosis": Day Long Workshop, at 33rd Annual Scientific Meeting of The American Society of Clinical Hypnosis, St. Louis, April 1991

"Advanced Applications of Hypnotically Induced Imagery: Therapeutic Changing of Affect, Cognition and Sensation". Day Long Workshop, American Society Clinical Hypnosis, 32nd Annual Meeting, Orlando, March 1990

"Clinical Applications of Hypnosis in the Physical Medicine and Rehabilitation Setting: Three Case Reports": Paper presentation at 31st Annual Scientific Meeting of The American Society of Clinical Hypnosis March 1989

**FELLOWSHIP
FACULTY**

Member of MNRH Psychology Service Pain & Rehabilitation Psychology Post-Doctoral Fellowship training faculty. Meet with Fellow every other week, for didactics and clinical supervision.

**PATIENT
EDUCATION**

<http://medstarnrh.org/BehavioralMedicineSelfHelp>
Self-help- Self-Regulation Hypnotically Mediated Exercises for preparation for surgery and pain management

**SITEL
COURSE**

Behavioral Medicine Intervention for the Patient with Pain: SITEL Course No. Od-026S1S
Online interactive Training course for MedStar Health System anesthesiologists and pain management physicians on treating the affective component of pain- The suffering