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For: the Department of Psychology Licensure, State of Israel
Letter regarding Supervision of Edward Sheldon, Ph.D. (soc. Sec. 059-44-1217)

Dear Psychology Licensing Committee,

Please let this letter serve as a confirmation of my supervision of Dr. Sheldon in Medical Psychology, and as a letter of evaluation and recommendation.

As a California Board Licensed Clinical Psychologist (PI 6067) with a specialty in Medical Psychology, I served as Dr. Sheldon's clinical supervisor during his Doctoral internship at Santa Monica Hospital, Department of Obstetrics, treating patients with a variety of diagnoses concerning pregnancy, labor, delivery, and post-partum. The internship was for one year, half time, 1982-1983.

His weekly two hour supervision included learning to be proficient at intakes, evaluation, diagnosis, treatment plans, treatment, follow-up and patient and staff communication and relationships. The reality is that Dr. Sheldon already had much experience and expertise even before he began his internship with me, as he was licensed in 1981 by the California Board of Behavioral Science Examiners, which required three thousand hours of supervised clinical experience, a Masters Degree in Clinical Psychology, and written and oral exams. He was already a respected psychotherapist and Board Certified as a hypnotherapist when I met him.

After he became licensed in 1981, he decided to specialize in medical and clinical hypnosis, and do earn a Doctorate Degree in Clinical and Health Psychology. It was at this point that I became his clinical supervisor. Dr. Sheldon asked me to be his supervisor because I was already recognized for my expertise in Medical Psychotherapy and published such works as Healing From Within, "Psychological techniques to help the mind heal the body." a book published by Simon & Schuster.

He chose to do his clinical internship in the Department of Obstetrics, because he was writing his Doctoral Dissertation on the use of hypnosis for childbirth. He was strongly influenced by David Cheek M.D., who was his mentor and one of his dissertation advisors, and one of the world's leading authorities on medical hypnosis and by the work of Dr. Milton Erickson.

Dr. Sheldon strove for excellence in his work. He was eager to learn and open to accept criticism and guidance. I believe that Dr. Sheldon learned a lot and showed much growth during his internship experience. He related well with patients and his diagnostic and evaluation skills were strong. His use of hypnosis to help women in active labor became excellent, as he was often asked by the medical staff to help women who were experiencing difficulties with intense labor, even though he never met them before.

In addition to his half time internship at the hospital, I also supervised Dr. Sheldon's work in his Family Therapy practice. I am happy to say that his work was of a very high grade.

I was Dr. Sheldon's advisor throughout his Doctoral studies at International College. I can assure you that his course work, papers, learning, participation, and evaluations were of professional quality. His work is thoughtful, sound, and innovative. He is able to integrate ideas and experiences and turn them into efficient interventions. He takes his work seriously, but knows how to use humor, and to work with colleagues and patients in a way that is enjoyable.

My relationship with Dr. Sheldon continued after he finished his Doctoral studies and received his Ph.D. He went on to become recognized as an expert in Medical Hypnosis. He taught hypnosis at Antioch University, appeared in the media, taught continuing education classes for hospitals, and presented at such conferences as LAMAZE.

I am happy to give Dr. Sheldon my highest recommendation. Please feel free to write to me if you have any questions.

Thank you for your consideration,



Dennis T. Jaffe, Ph.D.