



## European Society of Hypnosis

### NEWSLETTER

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### 1. [Letter from the Newsletter Editor: Nicole Ruyschaert](#)

Dear Colleagues and Friends

May I wish you all the best for 2006. I hope this New Year will bring plenty of exciting experiences for you, and that you find satisfaction in life and develop ways to wellness! We all know about the 'mountain top experience' as a hypnotic strategy to observe, to learn from our observations, to review our life; and may be this exercise is interesting now, at the beginning of a New Year, where many people formulate intentions to change lifestyle.



I would like to bring you up-to-date with the decisions taken by the Council of Representatives (COR) and the Board of Directors (BoD), and what these will mean to your Society.

As a European Society we felt the need to have input into the European Certificate of (Hypno)-Psychotherapy (ECP), which involved close links with the European Association of Psychotherapists (EAP). After many months of negotiations the BoD felt it involved too many concessions on our behalf so negotiations were ceased. It was decided to concentrate our efforts on awarding our own Certificate - European Certificate of Hypnosis (ECH) - which would mirror the Membership of ESH and how we use hypnosis. It was proposed that there would be three formats:

- Hypno-psychotherapy
- Hypnosis as an adjunct to therapy
- Hypnosis being used within our own fields of clinical expertise.

We agreed to a tight schedule to get this new system in place within the next few months for ratification by the ESH in Acapulco. This will require the BoD/CoR meeting in Acapulco to be designated Extraordinary Meetings and therefore official. Please make every effort to attend.

There will be a Grandparent Clause, which will allow those members who have been certified as trained and competent by their own national Society to apply for an ECH. This clause will cease when the ECH becomes established. The committee, which is working on establishing the framework, is chaired by Shaul Livnay and it is suggested it be called the Committee for Educational Programmes in Hypnosis in Europe (CEPHE). Those of you who are involved in education and training within your societies please give your views and thoughts to them.

I would like to thank Max Schmierer (Albrecht 's son) for the work he has put into our web-site [www.esh-hypnosis.org](http://www.esh-hypnosis.org), but for this to be more effective we need more information from you all. Let us have details of your national meetings, of our Constituent Societies, with contact details for any ESH members who may be interested in attending. Please visit the site and contribute to the ESH discussion board.

During Shaul's Presidency there was a development which allowed for extra BoD meetings, that of the Members of the Board to give Workshops to Constituent Societies and in return, having a venue for the extra BoD's meetings. To expand this idea further, it would be helpful to have a Register of Members who are involved in training and education, and those with special interests, which could be held at Central Office. This would be a great resource for all members of ESH. Access to this would be for Members of Constituent Societies who are organising courses for their members and searching for speakers.

May I wish you a happy, successful and hypnotic 2006!

Sincerely

**Mhairi McKenna**

Chers Collègues,

Je vous souhaite les bienvenue à notre seconde e-lettre de nouvelles. Je voudrais remercier tous ceux qui ont supporté et participé au congrès de GOZO. C'était certainement un endroit 'différent' et considéré comme réussi par la majorité des participants. Tout cela a aidé à profiler l'ESH, puisque l'office central reçoit un grand nombre de e-mails et d'appels par téléphone, aussi bien venant des collègues que du grand publique.

Je voudrais vous informer sur les décisions qu' a pris le Conseil des Représentants (COR) et le Conseil d'Administration (BOD – Board of Directors) et sur les conséquences pour votre société.

Comme société européenne, nous avons considéré important d'avoir un voix au chapitre dans le certificat européenne de (Hypno)-Psychothérapie (ECP). Après plusieurs mois de négociations, le BOD a jugé que ça entraînait trop de concessions de sa part et par conséquence a arrêté les négociations. Nous avons alors décidé de concentrer tous les efforts pour livrer un propre certificat – European Certificate of Hypnosis – ECH- qui pourrait refléter l'affiliation de l'ESH et la manière sur laquelle nous utilisons l'hypnose. On a proposé d'avoir 3 directions

- Hypno-psychothérapie
- Hypnose comme adjonction de thérapie
- Hypnose utilisé dans son propre domaine d'expertise clinique

Nous nous sommes mis d'accord à un temps limité pour développer ce nouveau système dans quelques mois, pour l'avoir ratifié par l'ESH en Acapulco. Pour cette raison, la Bod/COR réunion à Acapulco devra être une réunion extraordinaire et officielle. Je voudrais vous demander de faire des efforts pour y être présent.

Il y aura une clause 'grand-parent', ce qui permettra aux membres certifiés comme formés et compétents par leur propre société national de solliciter pour un certificat ECH. Une fois que l'ECH sera installé cette opportunité va s'arrêter. Le comité qui s'occupe du développement du cadre de l'ECH est présidé par Shaul Livnay et on a suggéré d'appeler le comité CEPHE ou Committee for Educational Programmes in Hypnosis in Europe – Comité pour les programmes éducatifs d'Hypnose en Europe. Ceux qui participent à la formation dans leurs propres sociétés sont invité à exprimer leurs opinions et idées auprès du comité.

Je voudrais remercier Max Schmierer (Fils d'Albrecht) pour son travail qu'il a livré pour le site internet [www.esh-hypnosis.org](http://www.esh-hypnosis.org) Pour être efficace, nous avons besoins de plus d'informations de votre part. Veuillez nous donner des informations sur vos congrès nationales, réunions régionales, avec des détails de contacts, de la sorte que chaque membre de l'ESH qui voudrait participer soit bien informé. Vous êtes invité à visiter le site et à participer à la discussion.

Le temps que Shaul était président, il y a eu une évolution, qui nous donnait l'opportunité d'avoir plus de Bod meetings. Les membres du Conseil donnent des ateliers dans des différentes sociétés et comme service en retour la société leur offre une location pour le BoD meeting.

En plus ce serait intéressant d'avoir une liste de membres qui font part des formations et ceux avec des intérêts spéciales et de conserver cette liste à l'office central. Ce serait un grand aide pour tous les membres de l'ESH. Accès à cette liste serait pour les sociétés membres qui organisent des formations et sont à la recherche de formateurs.

Je vous souhaite une heureuse, hypnotique année 2006 avec plein de succès.

Bien à vous, **Mhairi McKenna**

### 3. ESH Board Members - Who is who?

- a) At the COR (Council of Representatives) meeting in GOZO, the new ESH board was elected:

<b>Shaul Livnay</b>	<b>(Israel)</b>	<b>Immediate Past President</b>
<b>Mhairi McKenna</b>	<b>(Scotland)</b>	<b>President</b>
<b>Matthias Mende</b>	<b>(Austria)</b>	<b>President Elect</b>
<b>Gunnar Rosén</b>	<b>(Scandinavia)</b>	<b>First President Elect</b>
<b>Nicole Ruyschaert</b>	<b>(Belgium)</b>	<b>Second President Elect</b>
<b>Phyllis Alden</b>	<b>(United Kingdom)</b>	<b>Treasurer</b>
<b>Albrecht Schmierer</b>	<b>(Germany)</b>	<b>Board Member and Representative for Dentists</b>
<b>Cenk Kiper</b>	<b>(Turkey)</b>	<b>Board Member</b>
<b>Eric Vermetten</b>	<b>(The Netherlands)</b>	<b>Board Member</b>

Mhairi McKenna having been President Elect for the past 3 years, took over the Chair of President. Matthias Mende was elected President Elect. Gunnar Rosén became the first Vice President and Nicole Ruyschaert was elected second Vice President. Phyllis Alden was willing to accept the role of Treasurer, and took over this task from Claude Béguelin, who was Treasurer for 12 years. Sincere thanks were expressed to Claude for being a fantastic Treasurer. New members of the board: Cenk Kiper from Turkey and Eric Vermetten from the Netherlands were warmly welcomed. Albrecht Schmierer from Germany remained on the Board as representative of the Dentists. Shaul Livnay, became the immediate Past President, continuing his involvement in Board matters with his wisdom and experience. The Board said a tearful goodbye to Camillo Loredó as Board Member, but here and there at different occasions we will no doubt stay in touch with him. (**N. Ruyschaert**)

Bei den Vorstandswahlen in der Mitgliederversammlung der ESH, die bis morgens um 1:30 gingen, schlug sehr knapp Matthias Mende aus Salzburg/Österreich Gunnar Rosen aus Norwegen als zukünftiger Präsident (president elect) für die Zeit ab 2008. Vizepräsident wurden Gunnar Rosen und Nicole Ruyschaert aus Belgien, sie gibt auch die elektronischen Newsletters heraus ([www.Esh-hypnosis.org](http://www.Esh-hypnosis.org)) auf der die national constituent societies ihre Veranstaltungen und Forschungsergebnisse veröffentlichen können. Schatzmeister wurde Phyllis Alden, nachdem Claude Béguelin aus der Schweiz

12 Jahre lang treu und perfekt dieses wichtige Amt verwaltet hat. Als neue Vorstandsmitglieder wurden Cenk Kiper aus der Türkei und Eric Vermetten (Niederlande) gewählt, Albrecht Schmierer (Deutschland) blieb im Vorstand als Vertreter der zahnärztlichen und medizinischen Hypnose. Shaul Livnay (Israel) ist als der ausgeschiedene past president weiter im Vorstand. Die Vorstandsarbeit ist sehr interessant, weil eine große europäische Perspektive von Ungarn über Skandinavien, Frankreich, Spanien bis zur Türkei und Israel integriert werden muss und die nationalen Mitgliedsgesellschaften sehr verschieden strukturiert sind. (**A. Schmierer**)

## **Introducing the Board Members**

### **President of European Society of Hypnosis: Mhairi McKenna MB, ChB**

Medical Practitioner in NHS General Practice serving an inner city area in the industrial city of Sheffield, UK, with a private practice in medical hypnosis and specialist clinics providing hypnosis to dermatology patients in the local hospitals. I have been an active member of the British Society of Medical and Dental Hypnosis for over twenty years, serving on the Council for many years and being



Chairperson for six years. I have been involved in organising and teaching on training courses for fellow colleagues both in the UK and overseas; and representing the Society on the Council of Representatives of the ESH and ISH, and serving on the Board of Directors of both. I hold the Certificate of Accreditation from the BSMDH and am a Fellow of the Society. My areas of special interest are hypnosis in dermatology, rehabilitation following illness and the mind/body interaction using hypnosis. I

believe that hypnosis is a woefully under-used "therapy" and it should be regained from the stage and re-introduced into mainstream medicine for the benefit of patient and practitioner.

### **Immediate Past President: Shaul Livnay**

Trained as a Clinical & School Psychologist with an emphasis upon community integration. Founded the Jerusalem chapter of the IsSH, and later served as Secretary and President of the Society. Served as Chair of the ISH COR, and Member of the Board.

Beginning from a psychodynamic orientation, through the years, has been concentrating upon integrating approaches through the use of Hypnosis in psychotherapy and the introduction of non-verbal techniques (including the gong) throughout the entire tsage range.



Teaches in the Tel Aviv School of Medicine, as well as lecturing and giving Workshops all over the world.

**President - Elect: Matthias Mende, PhD**

Married, with a son of twelve and a daughter of ten years, is a clinical and emergency psychologist, psychotherapist and certified hypnosis-psychotherapist. He is President-elect of ESH and Chairman of the Council of Representatives at



the Board of ISH. Born in Berlin, Germany in 1958, he received his academic training in psychology and psychotherapy in Vienna, Austria. After his studies he held an appointment for Clinical Psychodiagnostics at the Department for Forensic Psychiatry at the University of Munich, Germany. During this period he took up his hypnotherapeutic training, with influential teachers like Walter Bongartz, Burkhard Peter and Dirk Revenstorf among others. Since 1994 he is sharing a private practice for hypnotherapy, behavioural therapy and biofeedback with his

wife Eva-Maria Mende in Salzburg, Austria, where he is occupied with clinical, research and educational issues in the field of hypnosis. His clinical work focuses on the treatment of anxiety disorders, stress and trauma-related disorders and psychosomatics. He is part of the Training Faculty for Hypnosis-Psychotherapy of the ÖGATAP, the Austrian Constituent of the ESH and ISH. In his clinical work he is using hypnosis-psychotherapy as a comprehensive psychotherapeutic modality of its own, integrating psycho-dynamic, cognitive-behavioral and systemic approaches.

**Treasurer: Phyllis Alden** is a Consultant Clinical Psychologist and has been using hypnosis for over 20 years in clinical practice. For many years she has been involved in the teaching of hypnosis both in the UK and internationally.



For 7 years, she was Secretary/Treasurer of the British Society of Experimental and Clinical Hypnosis becoming the Society's President in 2002. She served on the COR of both the ISH and ESH before being co-opted to the ESH Board in 1999 specifically to develop Ethical Guidelines and was then elected to the Board in 2002.

**1<sup>st</sup> Vice President: Gunnar Rosén**

Is a Clinical Psychologist and has a doctoral degree in pain, brain mechanisms and hypnosis from the Institute of Biological and Medical Psychology, University

of Bergen, Norway. For many years he has been the president of the Norwegian Society for Clinical and Experimental Hypnosis. Gunnar teaches at the University of Bergen, and he is doing clinical work and research at the Pain Clinic, Aker University, Oslo. He is also running his own private clinic in Oslo and at his home base in Århus, Denmark. He has published many articles and book chapters of hypnosis and pain, and his lecturing and classes are well recognised in Scandinavia. Recently he was main responsible for coordinating the 1st Nordic Congress on Hypnosis in Oslo. He is also on the Board of the ESH as the First Vice President.

**Second Vice-President-Elect: Nicole Ruyschaert M.D., Psychiatrist.**

After her training she worked in a mental health centre and a crisis intervention centre she simultaneously started a private practice. Immediately after her behaviour therapy training, she took hypnosis training and was invited to join the board of the Flemish Hypnosis Society where she organised the training. She has been President for 6 years and now is taking care of the Public Relations. She is trainer and supervisor in the Society.

Over the years, she worked with hypnosis for a variety of problems, like (posttraumatic) stress and stress related disorders (burnout, CFS, fibromyalgia), (phobic) anxiety, performance improvement, pain, psychosomatics, functional syndromes, smoking cessation, social anxiety. Besides individual therapy, she has a lot of experience with group therapy training in private practice and for European institutions (stress and time management, self-hypnosis and assertiveness training). Since her training in EMDR she experienced how both therapy methods can 'learn' from each other and how she consequently could fine-tune her work. She now is ready to investigate the most powerful integration of both therapy methods. She is ESH Newsletter editor, and ISH COR representative for her society. She believes that the additional work, is a source of energy, rewarding itself by the many contacts and friendships it entails.



**Board Member: Eric Vermetten, MD, PhD,**

He is registered as psychiatrist in the Netherlands and Belgium. He was first trained as a physical therapist before he went on his training in medicine. After his residency training he was a fellow at Yale University where he participated in clinical research in PTSD. He also worked at Stanford University and Emory University. He finished his doctoral dissertation in this topic at Utrecht University in 2003. He now is coordinator of research at the Dutch



Department of Defense and staff member of the Department Psychiatry of University Medical Center Utrecht. He is president of the Dutch Society of Hypnosis and serves as Secretary Treasurer for the International Society of Hypnosis. He has published numerous papers and book chapters on the neurobiology of trauma, PTSD and dissociation, and written books on trauma and psychotherapy. He is member of several professional societies in biological psychiatry and neuroscience. He is president of an organization that is dedicated to community buildings for victims of disasters. He is also on the Board of ESH. He is married and father of three children.

**Board Member: Dr. Albrecht Schmierer  
Representative of Dentists**

Born 1948 he is working in his own Dental Clinic in the centre of Stuttgart, Germany. He is president and founder of the German Society of Hypnosis



(DGZH e.V.) and Member in several hypnosis societies such as Milton Erickson Society (MEG), International Society of Hypnosis (ISH), the Swedish Society SSCEH and the American Board of Hypnosis in Dentistry (A.B.H.D.) After studying Dentistry he was 5 years teaching and doing research about gnathology in the University of Tübingen. He took courses in Psychosomatics, Psychology and is Gestalt –Therapist. From 1980 he was using hypnosis in dental practice. He is specializing in the treatment of difficult cases, using hypnosis and modern dentistry.

He is author of many papers about Gnathology, Waxing Techniques and Hypnosis, wrote the book Introduction in Dental Hypnosis, and is international renowned as hypnosis teacher on many international Congresses and in national hypnosis societies. He is teaching at many universities in Germany. In his “Hypnos” publishing company he spoke several Hypnosis-CDs for medical purposes.

**Board Member: Cenk Kiper**

Newly elected to EHS BoD he is a Medical Doctor – Gynecologist - Obstetrician with a Masters Degree in Psychology.

He is the Founder and President of Society of Psychotherapy and Hypnosis of Turkey.

He specialises in using hypnosis in sexual disorders, with a particular interest in pre-mature ejaculation and vaginismus.



Letter therapy is also his field and he teaches postgraduate courses on therapy techniques on sexual disorders



to the boys from the 8<sup>th</sup> grades, 10 of them standing there, I said something, and I don't know exactly what I did, but all the boys followed me, and collected the precious things for me. The teacher told my mother that **'All the boys followed her as if hypnotized'**. It was the first time I heard that word, and was a little bit puzzled. Curious as I was, and eager to learn, I asked my parents what hypnotized could mean. Lucky me, that my parents, educated as they were, my father as a professor in mathematics and my mother as a professor in French and Hungarian literature could explain it. Hypnotized, that is 'when a person speaks to another, and as a result the other person acts and behaves the way he is asked to by the first person'."

Nicole: "Any idea what little Eva could have done or said that was so effective?"

Eva: "The teacher didn't know, and noticed that I showed the way and the boys followed, and carried all those materials and gave them to us, and so we won the competition: they collected for us. From then on I became proud of myself, and deeply interested in hypnosis because I had the feeling I could do it. After that I started reading everything I could find."

Nicole: "What could you find by then?"

Eva: "I remember novels, from Jules Verne, Matthias Chardon, giving an interesting description of hypnosis and posthypnotic suggestions in his novel. Further on Thomas Mann with 'Mario and the Magician.' As high school student I tried to get more scientific literature. But it was very difficult to get access to that literature. In 1935 The communistic party of Russia launched a statement, considering psychology and human genetics as bourgeois sciences. After the second World War, psychology training was even forbidden. Hypnosis as being considered as more mystical and connected with authoritarian aspects and fascism was totally unacceptable and needed to be exterminated. It was absolutely forbidden to use hypnosis in therapy and scientific books regarding hypnosis were not on the shelves of the library and you could not get access to them unless you had some special permission to do it."

Nicole: "How frustrating: knowing there was more literature and not being allowed to get access to it."

Eva: "My curiosity and fascination with hypnosis motivated me to study psychology. Somewhere I couldn't stop myself from hoping that one day I would find a way to follow my interests and meet my needs. But my parents were concerned about my choice of psychology, telling me I was too independent to rely on someone else and that I needed a diploma offering a stable situation with prospects of a job. For that reason I also got a Masters in Hungarian literature, graduating in 1966 with the two diplomas, literature and psychology."

Nicole: "What did you do with these two diploma's?"

Eva: "I considered myself a psychologist and liked the literature. It was for instance easy for me to interpret dreams because of my knowledge of the myths. After graduating I worked at the Laboratory of Physiology of the Hungarian Academic

Science, doing animal research on frontal lobes, studying the role of the prefrontal cortex of dogs. It was interesting, but I knew I wanted to study hypnosis.”

“In 1970, Prof. Jorg Adam, from Physiology of the University became Director of the Institute of Psychology of Hungarian Academic Science where I worked and he needed psychologists, who were also good in physiology. I was practically the only one with this double interest, and previous experience in physiology. As a University student I spent every holiday in PECS Medical School, learned electrophysiological methods like evoked potentials, and worked with Endre Grastian, an excellent researcher and teacher, inventor of the evoked related potentials. Prof. Adam invited me to join his research group. It was an honour, **I accepted under one condition - that I could work with Professor Meszaros, who I knew graduated from Leningrad University in hypnosis because ‘hypnosis was what I wanted to work with’.**”

Nicole: “From Hungarian language, to psychology and physiology, and finally approaching the field of hypnosis?”

Eva: “Still not there. Prof. Adam warned me, and asked me if I was aware that hypnosis was still forbidden. Yes, I answered, but I am deeply interested in it. And brilliant as he was, Prof. Adam could find a solution, and could allow us to form a research group.”

Nicole: “You make me feel curious to hear about that.”

Eva: “The main topic of research at the department of physiology was memory, at the cellular level, visceral learning in rats and cats, and there was also interest in visceral learning in sleep and Prof. Adam suggested to me **‘Why not pretend that you study memory in different states of higher nervous activity, the Pavolovian term, and study waking control, and sleep and by the way, hypnosis as well?’**

And with this perspective, I started working in Prof. Adam’s laboratory, who really supported me, 1970 November 14<sup>th</sup>. It was really a turning point in my life, and I feel very grateful for that. I was happy, because of being a researcher, I now had the permission to read all those secret files, secret books. As I had a task, to study hypnosis, they should give me the literature.”

Nicole: “From then on, I think the way to hypnosis was open?”

Eva: “I learned to hypnotize from prof. Mezaros. He adopted a rather authoritarian style. He came from the old school “ it is going to be this way, this is the power of hypnosis”. I never really hypnotized like him. It’s not my style. In my reading I came across different ways to hypnotize, and information also in the field of hypnosis research. I started to realise that I needed standardised scales for hypnosis: I asked Ernest Hilgard from the USA. to get permission to translate and to use his scales in our research. Using the Stanford scale was a completely different way to hypnotize, and although it was difficult for prof. Mezaros to use a non-authoritarian style, and we had much discussion, he accepted. We could do some research together, I gave a paper on my research and it was so well accepted that Prof. Adams allowed me to put the word hypnosis in the title. 1972 I finished my PhD on ‘The use of Hypnosis in Learning and Memory’.”

“Another milestone in my development, was the observation during a research project, that within 24 subjects in hypnosis, 20 were sleepy, drowsy, with movements slowing down, and very relaxed but four persons didn’t fit into the description. One woman asked why I kept telling her that she was sleepy and drowsy, while she was not, but felt very focussed and her mind became crystal clear and she behaved as if enjoying movement. I didn’t understand that behaviour. I wondered if there was something wrong with the definition of hypnosis. I didn’t feel satisfied with Meszaros’ answer that those 4 people were the exceptions endorsing the rule. Professor Adam answered that things some times are a little bit complicated and suggested to study the usual things and leave these out, not to make things too complicated.”

Nicole: “That looks very annoying, finding something you can’t explain and getting no support for those observations.”

Eva: “It was always in my mind. I began to read and never found an answer. In one of Mesmer’s reports I found that some people in hypnosis were not in a sleepy state. And at the end of 1971 in winter-time I went to the cinema to see a documentary on the Vietnamese War. There were images of an American attack against Vietnam, and the pictures were taken from the Vietnamese side. The camera focussed on one soldier, running, about to attack someone, perhaps to kill someone, seemingly in a highly aroused state, and when I saw his facial expression, it was very similar to my hypnotised subjects. **It was like a flash, I jumped up. A lot of ideas came into my mind in that very moment. I realised they were in trance. I couldn’t stay any longer in the cinema, and rushed out.** That’s it. Things seemed to fall in place. I realised some similarities with the ‘Whirling Dervishes(\*)’ from Turkey going in trance by circling movements and with some Bangladesian dances. So I realised that there are some techniques increasing the level of activation and inducing by this way a state of trance. “

“I decided to use this more active methods to try to develop a method to improve induction in hypnosis in an experimental design in the laboratory. I went to the department, to M. Adam, telling him I had an idea, and wanted to induce hypnosis in that way. He asked me what the hell I thought of myself, that I as a newcomer, still “in the eggshell”, or “hardly having left the shell”, would start something against the Pavlovian theory of hypnosis. I tried to persuade him, but he was not interested. And Prof. Adam said just to do my PhD and do it step by step. No way to put this in it.”

Nicole: “Could he stop you?”

Eva: “Despite his objections, nevertheless I put a chapter about those four exceptions in my PhD dissertation and mentioned that I had doubts about the theory but that it would be worthwhile to test that. A team of about 20 people, really distinguished people from the physiological department and from the psychological department, had to comment on my dissertation. This is even more serious than the official defend. The whole team said to me to leave that part out, because it was just a hypothesis, in contrast to the other parts that were really so good, and that it was hazardous to put something completely in contrast with the rest in it. **But for me it was the most important part.** A thought that was new, this being my dissertation: I was not willing to move it out.”

“I sent it to the official jury. Simultaneously I sent it to the Hungarian Academy of Sciences, who regularly gave awards for the best papers, in an array of different topics for a national competition. It was anonymous. And maybe you won't believe it: My paper was one of the winners. Between all the others, men, being mostly older, and me being 30 years old, even looking much younger and being a female: I succeeded! When I heard my name, within the winners, I was really happy, radiating with joy. Wearing a mini-skirt I went to the president to get my award and the money. It was a great event, a milestone in my career development. Winning the award of the academy of science gave me the chance to go to Stanford. It was almost like a miracle. After that I went to ski, and at the beginning of January 1973, my parents let me know that the academy of science had called and asked me to show up as soon as I returned from skiing.”

Nicole: “Why?”

Eva: “There was an exchange programme between the Hungarian and the American Academy of Science and the candidate who was assigned for that, had died during the Christmas holiday. They urgently needed a candidate to replace that person, because otherwise the offer would be lost. And then I was lucky that someone remembered me and wondered ‘isn't it the girl who just got the award, who always sent the applications to go to America?’ Since 1970 when I began to work with hypnosis, I had applied to go to America, explaining my requests, why and where I wanted to go. Now I was the only young woman with an award in the competition of scientific papers and The Head of the Academy of Science invited me, and asked me if I wanted to go to the US? I promptly answered “yes”, and he said, well then you will go!”

“And although it was quite impossible in those days to leave Hungary for America, this kind of a “miracle” happened to me and after having defended my PhD dissertation in February, I left for the US, 1973 November 14<sup>th</sup>. “

Nicole: “ And how were your ideas accepted there?”

Eva: “In contrast with Professors Adam and Meszaros, Prof. Hilgard was immediately enthusiastic about the idea of what later become the ‘**active alert hypnosis**’. I developed the active alert induction procedure. It was a great time, I had studied English in high school, but as English was not my mother tongue, I was helped by all the people around to correct my expressions. Besides that there was a habit at Stanford, that all colleagues test the experiment, and can you imagine that even Jack Hilgard himself sat on the stationary bike? He said the whole text was good and suggested some corrections of the text and said, “well go ahead and try!” So I ran the first experiment, and as I said everybody in the lab participated in the testing. Samuel Le Baron, was the last person in the test-phase and that was fantastic. At the beginning of the test, I asked the person to test the resistance of the stationary bike, and whenever they felt it too high, it was changed. When Samuel started to pedal against such a heavy load, he seemed to have difficulties with it, but after a while, his movements became automatic and there was a sudden change in his posture, he began to pedal with a happy face, and a smile on his face, and a speed three times as fast as originally against the same resistance. I was amazed, and even more surprised after giving a post-hypnotic suggestions. He was completely amnesic, turned to me and said: “Thank you, Eva it was a peak

experience. When you suggested that my legs would start to move as by themselves suddenly I had a very special feeling, as if the walls were moving apart and then I felt myself facing the ocean, and the sun rising from the ocean, with a beautiful orange colour and it was a wonderful early sunny morning, and I felt as if I was a part of the sun, the ocean, the whole universe. And that was a fantastic moment”.

“The whole idea of alert hypnosis came by a theoretical concept, that it was possible to induce a state of hypnosis by active-alert induction, but it never had come to my mind that it would result in such a real spiritual experience. He became so happy, and I became so happy; we hugged each other and began to run in the corridor of the Stanford library to professor Hilgard’s office; and everybody came from the different offices and we were shouting: “Jack it works, it works, it was just fun.” With data of my first experiments and a control experiment we concluded it worked and so we decided to send the abstract to the SCEH annual meeting. The title was ‘Comparison of active alert hypnotic induction with a traditional relaxation induction’ and the essence of the paper is, that **the result of a active alert hypnosis, is a genuine alteration of consciousness and gives changes in physiological reactions and in subjective report.** People felt that they got into a genuine altered state of consciousness. The conference paper was cited in literature, shortly after the presentation, what means it was very well received. It was published in 1976 in the Journal of Abnormal Psychology.”

“After that Prof. Hilgard invited me to stay longer, but I did not get permission from the Hungarian Academy of Science. And later when he invited me to come for a whole year and Martin Orne invited me for half a year, I didn’t get permission. Neither was I allowed to accept an invitation for a workshop in the ISH meeting, 1976 in Philadelphia.”

Nicole: “No more travelling, no permission...no way out?”

Eva: “It was not easy to find my way. The forbidden fruit is always sweeter, and perhaps that was the reason why I was so motivated. I had to try really hard but it was so wonderful for me, so special to do research on hypnosis, and to go to Stanford, it was really unbelievable in those days, and I was so lucky and so happy. If you get something so miraculous then you want to do your best. I didn’t lose the courage, and my hope and patience were rewarded, and in 1977 I got a passport for the West, and could go back to Stanford.”

Nicole: “And you just could go on with the research.”

Eva: “Yes. But another thing came on my way. It was in the summer holiday and I was doing more research in active-alert hypnosis, and every day we had to run at least 4 subjects, After the first days something special happened: **I began to feel a stiffness in my thighs as if I had pedaled the bicycle** despite the subject never feeling stiffness afterwards. But I, who was the hypnotist, I felt the stiffness: what happened? I wanted to find out and I said I couldn’t understand this if I didn’t record the hypnotist too. So I got more interest in the hypnotist and in the interaction happening between patient/subject and therapist/researcher. The day, the discovery that you can find some interaction between the hypnotist and the subject, was a very rewarding one.”

Nicole: "I see how interesting research can be, how rewarding, but I would miss my clinical work."

Eva: "Doing research you make contact with patients. Another milestone in my evolution was my work with a male patient, in a terminal cancer phase. Working on the standardisation of the Stanford scale, I got the permission of a man, suffering from severe pain in the terminal phase of cancer to induce hypnosis with him. I found that he was highly susceptible to hypnosis, noticing signs of that on his face, and although he got no suggestions of analgesia, he became so relaxed that he seemed to be relieved of pain, experiencing analgesia. By the time I finished the administration of the scale his face became completely relaxed, without any sign of pain and he asked me to give my hand, took it to his mouth and kissed my hand; I felt two tears falling on my hand, and then he said thank you Doctor for coming and giving me peace, now I am sure I will die with human dignity. **All of the sudden I realised I was doing something helpful: where research can be considered as a play, enjoying yourself this clinical work turned out to be completely different; I decided I needed to do something with that, and learn to do therapy.**"

Nicole: "Seems like you were very impressed by this powerful clinical impact of hypnosis?"

Eva: "Well, I began to feel ashamed of myself! Knowing such a powerful method, I should help people with that and I decided to have a training in that field. I immediately realised I needed to learn psychotherapeutic methods. I could learn from prof. Hilgard's wife, Josy an excellent clinician and also from Erika Fromm, from Chicago who came to visit the laboratory and invited me to visit her. She began to train me in hypnoanalysis, and several times on my way to and from Hungary I stopped in Chicago and got training from her. When I returned to Hungary, I took a formal training, not in hypnotherapy but a dynamically oriented psychotherapy training."

Nicole: "By then psychology, psychotherapy were accepted in Hungary?"

Eva: "There was a beginning of change of the Hungarian authorities, and there was a special movement, called psychotherapeutic weekends. We went there from the very beginning, and we demonstrated hypnosis as a method to psychotherapists. After that we tried to get a way to train people in hypnosis. At first it was not possible, but then the professor of psychiatry of the Budapest medical school invited us to give a course to the department of psychiatrists: so that was the first official step, in 1978. This professor of psychiatry even wrote an official letter to professor Adam, my boss, telling him that it was important to train his staff in this psychotherapy method in order to conduct hypnotherapy in his department. As a result Prof. Adam gave the official permission to give a course in 1978. That was the first official step, and that formed the core of the first group of hypnotherapy; so by that time I already had my psychotherapeutic training in different psychodynamically oriented therapies, behaviour therapy and a training in group therapy. With these trainings I felt confident that by combining this methods with hypnosis, I could help people, therapists, to learn and integrate hypnosis in their psychotherapeutic work."

Nicole: "Well that's a long way."

**Eva:** “Yes, but there was still a lot to do. In 1980, 2 years after the first official training Dr. Meszaros and myself established the section of hypnotherapy (within the division of psychotherapy) of the Hungarian Association of Psychiatry. After that a lot of things happened: we officially trained people: psychiatrists and even psychologists/psychotherapists who could be member of that association. We and our section, became more popular. I was considered such a good organizer, that although being a psychologist and not a psychiatrist, I was elected to be the secretary of the Hungarian association of Psychiatry. At the election, I told the members I had to tell them something: “maybe you think I am a psychiatrist, but I have to admit that I am a psychologist, and I am even proud of that!” They all started laughing, telling they knew, but that they needed my communication skills, to make the society stronger. So for five years I was the secretary.”

**Nicole:** “But I thought you had an Hungarian Association of Hypnosis?”

**Eva:** “Well, everything takes its time! We got more chances with the changes in the political situations. When the Russians left, we had a chance really, to have more civil organisations and then we separated ourselves from the Psychiatry Association and we founded the Hungarian Association of Hypnosis in 1991. I wanted Prof. Meszaros to become the founding president because in my opinion he deserved it: I learned how to hypnotize from him and although I became more accepted in the literature than him, I thought that was a fair deal. So he was founding president. After that, in 1993 I was elected as president. To endorse our training program, I thought it would be nice to attract some people from abroad. I was lucky to have all the connections with my friends in the states and on my invitation they came to give workshops completely free; so I think in a short period of time our training program became really very strong, and we had very good hypnotists.”

**Nicole:** “As a clinician, did you personally also have special or rewarding experiences, like you had as a researcher?”

**Eva:** “Once I had a patient with very malignant lung cancer, in 1991. She was told she would die within 1-2 months. We had a very special session. When she got her chemotherapy she reacted very badly. Vomiting, weight loss, and I asked permission in the ward to visit her in the hospital, and after returning from university I always dropped in; once I found her, in state of delirium, hallucinating and seeing dragons and fighting these dragons, they had 100 heads, she was fighting in a labyrinth from rock under the earth. As all the dragon’s heads wanted to attack her; somehow I felt I should stay there, to assist her. I took her hand, and told her I would stay, and be with her. From time to time I suggested to her that she sit back and relax, or that we could fight together. I stayed with her, a whole night long, and when the sun began to rise, the last head of the dragon was cut. She regained consciousness, looked at me and said “well thank you, now I think I can sleep; thank you for staying here; now you can leave me and I’ll be completely relaxed.” I left, and the next day, when I went back in the evening she was completely well. And from then therapy went on and she made a complete change in her life. She survived, and after a whole year of very intensive psychotherapeutic work she said to me she began to flourish, and she had become even more beautiful and healthier, than ever before. She was wondering, what I had done, to cure her. She realised that the experience in the hospital had been a turning point in her life and the secret was that the night I stayed with her she

had felt there was a woman on earth for whom she was so important that she left everything else, just to help her and to stay with her. She told me that her mother hadn't wanted her to be born, and that she always had felt that her mother hated her. My staying with her was a very important corrective emotional experience. Although it was a very unorthodox therapeutic session, I felt I had to stay there, and to forget about therapeutic rules. She is still alive and happy. Since then on, Mother's day she always visits me with her whole family giving me flowers. I could give a 'rebirth' this way to that woman."

Nicole: "So far so good!"

Eva: "Wondering how we could attract even more people to Hungary, I thought the best way to doing that was to apply for the congress in Budapest in 1996. At the COR meeting in Vienna where we had the ESH conference in 1993, there were 3 societies applying; the Dutch society, the French and we from Budapest. Surprisingly we won, perhaps because of our special style, different from the others to present our objectives. In contrast to the others' serious presentations, we presented in a more playful and funny way. We put the invitation into a hypnotic induction. Shaul Livnay gave his reaction; he came to me and said: if I want to have an extremely well organised congress with a lot of money, I would go to the Netherlands, but if I would like to enjoy myself I certainly want to go to Budapest and I like your leaflet that was designed so nicely."

Nicole: "Your presentation and invitation was able to convince them, like the way you 'hypnotised' the boys at school?"

Eva: "I was famous as well. I was in the COR, because we (me and Meszaros and other colleagues) participated in the 2<sup>nd</sup> European congress in Dubrovnik in 1980. People knew us; And people knew my work from the literature. I was in good terms with for instance Richard Van Dyck. I was not on the ESH board, but I was known. But when we were chosen to organise the congress in Budapest, I became the president of the ESH, the way things were running in those days."

Nicole: "As I heard, you experienced many difficulties to get where you are right now, for your personal training, to get access to necessary literature, to meet the right people, to start a society and training in Hungary. Maybe we can consider the ESH Congress in 1996 as being crown for a years long effort!"

"And I think we could go on with this interview for hours...Let's keep something for a next interview. I thank you very much Eva, for sharing all this information with us. On behalf of all ESH members thank you for what you have done for the world of hypnosis in the field of research and as a clinician. And I know you are still going on with even more enthusiasm."

*(\*) mystical dancers who stands between the material and cosmic worlds. His dance is part of a sacred ceremony in which the dervish rotates in a precise rhythm. He represents the earth revolving on its axis while orbiting the sun. The purpose of the ritual whirling is for the dervish to empty himself of all distracting thoughts, placing him in trance; released from his body he conquers dizziness.*

## 5. News from Constituent Societies

### Dutch Society for Hypnosis – NvvH

The Dutch Society for Hypnosis is seeing a revival of the interest in medical hypnosis. Since we organized a symposium for children hypnosis in February 2005 with Leora Kuttner, we receive many requests for interviews in media. Most are serious and see hypnosis as a valuable tool. We are happy that children's hypnosis receives so much attention, and are happy that we can organize a workshop with Leora Kuttner and Larry Sugerman on February 10-11, 2006. Many pediatricians, child nurses and others working in the medical setting with children have already demonstrated interest.

The website of the NvvH is still in progress; we now have a digital newsletter, based on active news that is entered by one of the members of the board. The NvvH supports ISH in its initiatives to find new roots in the Netherlands, after so many years in Australia. We hope it will stay for a long time in the Netherlands and hope that it will as be prosperous as it was under the leadership of Graham Burrows and Robb Stanley in Melbourne. Eric Vermetten will be interim Secretary-Treasurer and is busy combining his presidency of the NvvH with this new position in ISH.

In the same line as the interest in the media the committee of education of the NvvH has also seen a full house in the new course of the NvvH. Since many years the NvvH has a strong educational course: 7 days of training in the first year and two years of training during a series of weekend workshops in the second and third year. The NvvH is proud that new people are interested to adopt, incorporate, or at least seriously explore hypnosis as a valuable tool in medical and psychotherapeutic practice.

In its annual meeting the NvvH has opened up its membership to others medical professionals. It is possible for physical therapists, and nurses with adequate education to be eligible for membership. We do make sure that a limited package of training is provided for those that are outside the realm of psychotherapy. We feel that more professional can use the essentials of hypnosis in a professional society.

Last, the NvvH celebrates in 2006 its 75<sup>th</sup> Anniversary. To our knowledge the NvvH is the oldest professional hypnosis society in the World. We are happy to be where we are and look forward to meeting you at any of our local or international meeting, in the Netherlands or elsewhere in the world.

*(Dr. E. Vermetten, President NvvH)*

### Flemish Scientific Hypnosis Society – VHYP

Last June, Prof Éva I. Bányai from Budapest gave a Workshop regarding 'Hypnotic and Suggestive Communication in Critical Life Situations'. Starting from her personal experience, she is well positioned to highlight the importance of this topic. Participants got plenty of information and practical exercises to improve their communication abilities, and to inform colleagues and become more aware

of some 'unwanted suggestions' and long-lasting consequences of unwanted suggestions.

In October we invited Prof. Camillo Loriedo who gave a workshop on 'Hypnosis in Couples and Families'. As an expert in this field, he explained how he started this fascinating work, how important it can be to limit the number of sessions, how trusting your creativity and inspiration along the road is helpful in dealing with even difficult and unpredictable situations. We learned how difficult it can be to integrate your work in a hospital environment and get respected and appreciated for your hypnotic work. But, lasting endurance eventually breeds success.

Fall time we started a new training in hypnosis.

The year ended with the general assembly, followed by a lecture of Thierry Melchior on 'some communicational aspects of hypnosis', and a reception. I am happy to announce the next Spring Congress 2006 – May 5<sup>th</sup> and 6<sup>th</sup> on "Attachment Disorders": Hypnosis in Recovery. Presenters are Daniel Brown. Ph.D. Professor Psychology. Harvard Medical School. Boston and Ad de Jongh. Professor anxiety and behaviour disorders. ACTA/University of Amsterdam

More information on the website [www.vhyp.be](http://www.vhyp.be) or e-mail [vhyp@skynet.be](mailto:vhyp@skynet.be)  
Secretary VHYP Honingstraat 5 2220 Heist op den Berg. Phone/Fax 00-32-(0)15245183.

The secretarial office address changed into [vhyp@skynet.be](mailto:vhyp@skynet.be)  
Nicole Ruyschaert. Vice President – Public Relations VHYP.

### **Swiss Medical Society for Hypnosis – SMSH**

The Swiss Society had a large increase in membership this past year as the Institut Romand d'Hypnose Suisse IRhyS from the French-speaking part of Switzerland joined up with the SMSH. The SMSH now has 476 members.

In September 2005 the society organised a 3-day conference for its teachers at the Rigi, a mountain near Lucerne, on the theme of supervision. Burkhard Peter from Germany was guest lecturer. There was much heated discussion on the differences between the supervision of general practitioners and other somatic doctors and dentists and the supervision of psychiatrists and psychotherapists.

The teaching script used in our hypnosis training program was revised in 2005 and the second edition now comprises almost 50 pages. It includes sections on induction of Hypnosis, direct and indirect suggestion, utilisation, metaphors, hypnosis in emergency situations, book and journal references and the ethical code of the International Society of Hypnosis – much useful information for those starting to get interested in hypnosis.

In November 2005 the Annual Training Seminar was completely booked out. Next year it will take place from the 9th to the 11th of November 2006 in Balsthal. It is not just a very interesting meeting with almost 40 different workshops to choose from, but is also considered to be a very friendly and most enjoyable

meeting with more and more participants joining us from outside Switzerland. The main language is German with a few workshops in French or English.

Three members of the SSMH initiated and participated in a research project on the treatment of hayfever with hypnosis together with the Department of Allergy at the Basel University Hospital. The study was funded by the Swiss National Science Foundation. The findings were published in *Psychotherapy and Psychosomatics* 2005;74:165-172 Langewitz et al. Effect of Self-Hypnosis on Hay Fever Symptoms – A Randomized Controlled Intervention Study. Rather unexpectedly the paper was picked up by the media and was reported on in the press and on the radio and on television in various parts of Europe.

## ISRAEL SOCIETY OF HYPNOSIS - IsSH

### הזנפיהל תילארשיה הדוגאה

The IsSH delegation returned from the ESH Congress in Gozo. We were impressed by both the scientific and the social program and especially by the unique atmosphere that was in Gozo. During the Congress, Dr Shaul Livnay finished his three years of presidency. We are proud of him, and happy to know that from now on we will be able to use him more in our local activities.

Last month we started the first annual monthly scientific meeting program. Each member is invited to participate in those activities for free. Each meeting is of about 3 hours during an evening, and includes coffee and cakes. The meeting gives our members from all over the country an opportunity to learn as well as to meet in a non-formal friendly atmosphere.

### The Scientific Programme:

The intersubjective approach in hypnosis (*U. Bonstein & S. Livnay*)

The use of metaphors in hypnotic treatment of children (*G. Mogilner, S. Greenberg*)

Successful treatments in hypnosis - examples of failure in the mirror of time. (*U. Gan-EI*)

Discussion of success & failure in hypnotic treatment (*I. Eli, U. Gan-EI, G. Golan*)

Hypnosis in the treatment of a youth with a dog phobia (*G. Zaltzman*)

Ego strengthening technique: What is it? What is it good for? How do you use it? (*J. Meyerson*)

Dissociative disorder and psychotrauma: room for hypnotic treatment (*E. Abromowich*)

The use of hypnosis in DID. (*N. Dai*)

Using metaphors, being human (*A. Zvieli*)

The use of hypnosis in the neurology clinic (*Y. Ezra*)

A hypnotic approach to the treatment of pain (*A. Mishkin*)

Hypnosis & the question of joy (*Z. Lahav*)

Hypnosis & anxiety in dental practice (*N. Uziel*)

Cognitive-behavioural hypnosis in treating trichotillomania (*H. Weissman*)

Three case presentations with discussion of hypnosis within different treatment orientations (*G. Golan, N. Dai*)

We have been beginning the preparation for our 10<sup>th</sup> Annual Congress the "Hypno" that will take place this year in Acre – an old city at the north of Israel that Napoleon Bonaparte tried to conquer. This year we plan to celebrate the 10<sup>th</sup> "Hypno" with a scientific program that will focus on the topic: "Creation and Creativity in Hypnosis".

Joseph Meyerson, the Chairperson of the IsSH Scientific Committee will be in charge of Scientific Programme, and we plan to have a rich social activity.

We started to upgrade our website and specially the forum part, in order to enable both our members and the public to use our site as to ask about hypnosis, and to share with others there ideas. You are all invited to visit our site: [www.hypno.co.il](http://www.hypno.co.il)

**(Golan Gaby, PhD, President)**

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### **Austrian Society – OGATAP**

**OGATAP - the Austrian Society for Applied Depth Psychology and General Psychotherapy** represents three psychotherapeutic methods: Catathymic-Imaginative Psychotherapy, Autogenic Psychotherapy and Hypnosis Psychotherapy - all of which utilize imagination as a significant therapeutic agent. 2005 has been a very productive year for the hypnosis branch of OGATAP. We succeeded in stimulating considerable interest and in the field of international hypnosis and had a delegation of 12 members joining the 10<sup>th</sup> ESH Congress in Gozo past September. Almost every year we are starting a new continuous training group in hypnosis psychotherapy that will meet for 24 two-day intensive training seminars forming the core of the curriculum for hypnosis psychotherapy practiced as a complete psychotherapeutic modality.

OGATAP feels honoured to host the upcoming ESH Board Meeting in Scheffau, Austria in March 2006, when our society will be hosting the 12<sup>th</sup> International Seminar for Autogenic Psychotherapy and Hypnosis Psychotherapy. Having these seminars each year at major Austrian ski resorts in winter, where teaching and studying hypnosis can be combined with excellent skiing, has become an attractive tradition in our society. As an integral part of the upcoming seminar, all ESH board members will give workshops on current issues in European hypnosis on anxiety, pain and trauma.

Also in March, the second curriculum for Transference Focused Therapy (TFP) portraying the psychodynamic psychotherapy of borderline disorders will be on its way in Vienna, including among others Otto Kernberg as international presenter.

Part of our current newsletter is a detailed interview with Prof. Heinrich Wallnoefer, founding father of our society. In this interview, Prof. Wallnoefer reports how he became a co-worker of J.H. Schultz, founder of the Autogenic Training, who encouraged him to organize an Austrian branch of the German Society for Medical Hypnosis and Autogenic Training which eventually turned into OEGATAP. Prof. Wallnoefer is a proponent of an integrative approach to hypnosis, utilizing indirect imaginative and direct physiological procedures as well.

Last but not least, the Austrian hypnosis societies are proud to be hosting the 11<sup>th</sup> ESH-Congress in Vienna Austria in 2008. Those of you who have been following international hypnosis congresses for a period of time may remember the productive, culture-filled, friendly atmosphere that characterized the past ESH-Congress held in Vienna in 1993. We will be eager to live up to that!

*(Matthias Mende)*

### **British Society Medical and Dental Hypnosis – BSMDH and British Society of Experimental and Clinical Hypnosis – BSECH**

It has been a busy year for all our societies.

There has been standardisation of courses throughout the societies with the basic training for health professionals being three modules, and more inter-action between the societies at the level of accreditation and training. There is a new contact "umbrella" for all the societies including the RSM, which is primarily concerned in post-graduate training, Hypnosis UK, the web-site address is [www.hypnosisuk.net](http://www.hypnosisuk.net)

The BSMDH—Scotland continues with their Sunday meetings. The dates for these in the new year are 22/01/06 in Edinburgh and 26/02 and 26/03/06 in Glasgow. They now have a new e-mail address: [mail@bsmdh-scot.org.uk](mailto:mail@bsmdh-scot.org.uk)

There have been a great many fascinating meetings around the branches with discussion of hypnosis and spirituality, treatment and support of cancer patients and their families using hypnosis, enhancing sport performance with hypnosis, hypnosis in dentistry and use of hypnosis with depressed patients to list a few. We were fortunate to be able to host Dabney Ewin, Pat McCarthy and Jules Leeb to give their personal insights in their hypnotic practices.

In May we are looking forward to welcoming Shaul Livnay and Etzel Cardena. This will be a joint conference and AGMs of BSMDH and BSECH at Bristol from 11-14 May with scientific papers on 11 and 12th with keynote addresses by Shaul Livnay and Etzel Cardena and a clinical workshop on 13 and 14th by Shaul Livnay. All ESH members are welcome, contact details BSMDH National Office tel/fax 07000 560309 and e-mail: [natoffice@bsmdh.com](mailto:natoffice@bsmdh.com)

Some of you may have seen Geoff Graham's obituary on the web-site, we have lost a giant of a man who has been at the centre of hypnosis in the UK for many years. There are many of us who were trained by him and enthused by him to use hypnosis in our every day practice.

To the future, a steering group of members of BSECH and BSMDH led by Dr Greta Ross are working with Lincoln University to provide a level 2 Diploma in Clinical Hypnosis in Professional Practice. The diploma will run over two years (part-time) the first year will offer a certificate for health professionals.



## **6. Publications – New Books**

### **Hypnotherapeutic Techniques 2E – Arreed Barabasz and John G. Watkins. Brunner-Routledge.**

#### Editorial Reviews: Book Description

Two premier hypnotherapists collaborate on a new edition of this award-winning text, a collection of techniques and information about hypnosis that no serious student or practitioner should be without. A thorough and practical handbook of various hypnotherapeutic measures, it contains illustrative examples and logically argued selection methods to help practitioners choose the ideal method for a needed purpose. Section by section, it breaks out the various methods and phenomena of hypnosis into easily digested chunks, so the reader can pick and choose at leisure. An excellent practical guide and reference that is sure to be used regularly. The authors have a wide and longstanding experience on the subject and thus can stay on clinically approvable methods.

Back Cover: This text, now in a completely revised and updated second edition, presents a comprehensive introduction to the techniques of clinical and scientific hypnosis. Securely grounded in careful empirical research and extensive clinical experience, this volume provides sound guidelines for the efficacious application of hypnosis to a variety of circumstances, ranging from pain management and anaesthesia to smoking cessation and athletic performance. Engaging writing and illustrative case examples draw the reader into the text, where induction techniques are presented through a series of detailed instructions accompanied by step-by-step illustrations demonstrating them in action. Hypnotherapeutic Techniques provides both student and practitioner with the tools to incorporate clinical hypnosis into practice.

Personal comments: In my opinion this book deserves a special place on the book shelves of many people working with hypnosis. It's a helpful tool for students and for teaching, because of the style, and the detailed step-by-sep description of different procedures. I particularly enjoyed the style that immediately enthralled me when I started reading it. The book covers a wide area of hypnosis applications and makes the reader feel enthusiastic and reenergized for his hypnotherapeutic work. Being practical, and scientifically underpinned, and enjoyable to read, it's an enrichment for my work. A result of long-lasting efforts. Thank you Arreed and John!

More information: Book review by Claire Frederick in the Journal of Clinical and Experimental Hypnosis, 53(4): 437-439, 2005

**There are new products at [www.erickson-foundation.org/press](http://www.erickson-foundation.org/press) and [www.zeitgucker.com](http://www.zeitgucker.com) including books from Rossi and Zeig.**



## **7. Calendar – upcoming Congresses and Activities**

### **ISH Congress – 2006 Congress**

#### **“Hypnosis in Critical Times”**

XVII International Congress on Hypnosis. Acapulco, Mexico.  
2006, August 21-26

More information may be obtained from:

website: [www.hipnosis.com.mx](http://www.hipnosis.com.mx)

e-mail : [congresos@hipnosis.com.mx](mailto:congresos@hipnosis.com.mx)

### **DGZH – Deutsche Gesellschaft Zahnärztliche Hypnose**

Malta 2006

Die nächste Möglichkeit, einen lebendigen Kongress in Malta zu erleben ist die alljährliche internationale Tagung der DGZH, vom 5. bis 12. April 2006. ([mail@dgzh.de](mailto:mail@dgzh.de)). Sie findet zum ersten mal im Hotel Barcelo Riviera statt, einem hervorragenden vier Sterne Hotel mit großem Spa- Bereich auf Malta in der Nähe des Fährhafens. Das bisherige Limgarr in Gozo wurde verkauft, wird von Immobilienspekulanten abgerissen und in Eigentumswohnungen geändert. Die darauf angesprochene Gozo- Ministerin zuckte nur die Schultern und meinte, dass sie mit der Regierung keinen Einfluss auf private Besitzverhältnisse habe (während die Vorbesitzer keine Umbaugenehmigung für das Hotel bekommen haben).....

Es haben sich bereits über 40 Referenten angemeldet, neu wird u.a. ein Workshop zum Gestalten einer Skulptur mit Albert Wietmann und Klangerlebnisse mit den beiden bei uns schon in Berlin erfolgreichen Thomas Eberle und Carolina Visser sein. Besonders das Wassershiatsu (WATSU) wird ein sehr intensives Erlebnis sein. Die meisten Referenten haben neue Themen vorbereitet, Horst Freigang, Gerhard Schütz, Renate und Wolfgang Hoeft, Berne Erlandsson und Katalin Bloch werden wieder dabei sein.

## **Ericksonian Foundation**

The next Erickson Foundation meeting is 2006, Dec 7-10

More information at [www.brieftherapyconference.com](http://www.brieftherapyconference.com)

## **ESH - 2008 Congress**

11th ESH Congress in Vienna

Vienna is inviting you:

In late summer 2008 the MEGA (Milton Erickson Society for Clinical Hypnosis and Brief Therapy, Austria, founded 1989) with President Charlotte Wirl, MD, will have the honour to host the next ESH Congress.

Main theme: "HYPNOSIS & HYPNOTHERAPY: TRAUMA AND PAIN"

Jeff ZEIG, PhD, being one of the famous international trainers of MEGA, already promised to come to the Congress and to the City of Music. We are sure, he - like all Congress participants - would like to enjoy hearing a String Quartet or to spend an evening in the Viennese State Opera.

A visit of the Sigmund Freud House in Berggasse and of the beautiful Castle of Schönbrunn are some of the other "musts" in Vienna. In late summer, the weather is comfortably mild, just the right atmosphere to look at the famous buildings in "Ringstrasse" and at some old Palais, or just to relax by sitting with a glass of wine in a "Heuriger".

The work for this Congress has already begun, with energy and fun – for you to enjoy the results.

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