



European Society of Hypnosis

NEWSLETTER

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1) Letter from the Newsletter Editor

It's my pleasure to offer you the second issue of the 2007 ESH newsletter. A New Year, 2008, is about to start with exciting events in the hypnosis world. ESH Congress ... a wonderful opportunity to meet in Vienna, and enjoy an enrichment on scientific, clinical, personal and cultural levels.

I hope many of your dreams come true in 2008 ... may it be satisfactory on all levels of experience!

Nicole

2008

*Let's start with a nice dream
Cherish it with a light beam
Still far away from here
Not yet very clear....*

*It's wrapped in a special cloud
Like a gift, about to come out
And you wanting to grasp it
Uncovering, opening it, bit by bit*

*Your dream in your own hands
Something everybody wants
Ready to make your dream real
For 2008, a very good deal!*

Nicole Ruyschaert

2) Interview with the President, Mhairi McKenna

Autumn, 2007

We are in Istanbul, where we were invited to present at the IVth International Congress of Hypnosis in Turkey, Istanbul at Yeditepe University.

Nicole: “Thank you Mhairi, for taking time for this interview, despite your very busy schedule here in Istanbul.”

Nicole: “How have you first made contact with hypnosis?”

Mhairi: “I first came into contact when I was a medical student, gaining experience with the Flying Doctor Service of Cairns in Australia. I observed something very unusual: an aboriginal man had died for no obvious reason, and the post-mortem didn’t reveal anything. It bemused me at the time, and I was talking about it with colleagues. Somebody said: ‘Oh it sounds like ‘bad hypnosis’... “and this was the beginning of my interest in hypnosis; if it could be ‘bad’ surely it could do ‘good!’”

Nicole: “In what respect could it be linked to hypnosis?”

Mhairi: “The man had contravened tribal law, and he was sentenced to death by the tribal elders. This was carried out by conducting a bone pointing ceremony on him, and the individual’s guilt and his belief in the ritual caused his death. However, they said if the same principles were used for healing it was done by the women and we could recognize this as hypnosis.”

Nicole: “I see. And how did you continue with that interest?”

Mhairi: “I started investigating hypnosis when I came back to the UK to finish my studies.”

Nicole: “How?”

Mhairi: “By reading, as in that time the British Society didn’t have anything for students. The next step was as a patient. I suffered from migraine and a colleague suggested I see David Simons, a dentist and trainer/supervisor of the BSMDH, to use hypnosis for pain control. He suggested I could go to the next training session as a doctor, and I also started to use it for pain control.”

Nicole: “What was your first impression of hypnosis?”

Mhairi: “I was struck by the calmness, mundane-ness and the tranquillity of it.”

Nicole: “Did you have different expectations?”

Mhairi: “I don’t know what expectations I had, but it wasn’t what I expected!”

Nicole: “Was it enough a reason to go on with it?”

Mhairi: “Well, I realised it would be a useful tool, something that could be helpful for a medical doctor, especially as David Simons told me how he used it with dental phobias and to do quite a lot of work on patients without local anaesthetics. At that time I started training in dermatology, doing minor operations and used it to make people calm and relaxed for that. It was wonderful.”

Nicole: “How could you integrate it in your working environment?”

Mhairi: “The consultant in charge of the department was supportive and believed that hypnosis was a good thing, so that was very helpful. Other colleagues were not impressed, but it didn’t really matter because you had your own group of patients who could benefit from it. Once I was preparing a patient for a minor operation with suggestions of calmness, relaxation, putting him in the right mood. The patient next to mine could hear what I said, and asked his doctor who was saying, as he gave him an injection: “this is just a small prick and it won’t hurt”, if he could have a similar treatment as me giving to my patient! Patients feel and know the difference very well.”

“When I went back overseas for a while after my specialisation, I put further training in hypnosis on hold, and had a gap of about two years, but continued using hypnosis informally. I found it very easy to use hypnoidal language, an aid to me as a doctor, as well as for the patient.”

Nicole: “As we can say, that once you have had a training in hypnosis or starting using hypnotic communication skills, it changes your approach ... and if you want it or not, your attitude and communication with patients have changed forever.”

Nicole: “What happened after that?”

Mhairi: “When I came back to the UK, I found a job in Sheffield, and it’s there I got my formal training for accreditation, which BSMDH had initiated by then. Working full time as a general practitioner in an inner-city practice, and on top of that three days a week on a part-time basis as dermatologist, I had plenty of indications for doing hypnosis. I formally requested if I could use hypnosis in the dermatology practice, and this was approved, which was very good for the patients and me. As well as this I had all my patients in general practice, they became aware that I was using something different that worked. Children had hypnosis for immunisation, asthma, eczema and abdominal migraine, which is a quite common problem with children. After that I was rapidly asked for hypnosis by the adults. Many adults showed up asking for treatment for a variety of reasons such as weight loss, smoking cessation, to stop using tranquillizers, to ease any of their illnesses. I also started teaching my patients self-hypnosis, often the first time they got the suggestion to help themselves. It was a revelation for them, a way to empower them. They also talked to their friends about it and so you get more and more referrals.”

Nicole: “People came up with quite different problems ... all thinking that you could help them with hypnosis.”

Mhairi: “Yes, you have to set limits. I always had the view of BSMDH in my mind as a guideline: ‘treat with hypnosis only those problems you are capable of treating without hypnosis’.”

Nicole: “You became active in board of the European Society of Hypnosis, after being in the COR as Representative for your Society I guess?”

Mhairi: “I got involved more and more in the British Society, organised training for colleagues. BSMDH, British Society of Medical and Dental Hypnosis had about 1,000 members! We had a branch in Sheffield of about 100 colleagues, and were lucky to have famous people of the hypnosis world visit us. To mention just a few: Ernest L. Rossi, Karen Olness and David Spiegel who came over to teach. It was really an active time. About then they suggested that I became representative for my society for the ESH and the ISH, and in that function you participate at COR (Council of Representatives) meetings. I think the first ISH meeting I went to was Toronto, and the first ESH was in Konstanz, organised by Walter Bongartz. At one of the ESH meetings, 1999 in Noordwijkerhout, fellow members thought it was a good thing to get me inside the house. I was forwarded as BOD (Board of Directors) candidate and elected for that function.”

Nicole: “Does that affect your life?”

Mhairi: “It makes sure you go to congresses and gives you a wonderful chance to meet with colleagues, and make good friends.”

Nicole: “Were you happy with that?”

Mhairi: “I suppose it was a surprise element that people wanted you on the board. Having been elected to the board, to me, means a commitment to ESH, helping to develop it.”

Nicole: “Other beneficial aspects?”

Mhairi: “Maybe it assures you go to places where perhaps you wouldn’t have gone to otherwise. With international contacts, you have the joy of knowing such a wide variety of people and increased opportunities. It was also a source of fulfilment when I could give workshops. I remember my first workshop in Jerusalem, given by Peter Bloom from the USA. His gentle laid back attitude and me being able to attend an advanced workshop with him. You start wondering, questioning yourself. Am I really advanced? What is advanced? Have I had enough training to doing that? With my tendency to perfectionism, either you never know enough, or you feel insufficiently prepared.”

Nicole: “It reminds me of Albrecht Schmierer’s words at this congress, when he said ‘when you think you’re not good enough, start teaching and this will help you to improve your skills and qualities’.”

Nicole: “BOD member. It didn’t stop with that.”

Mhairi: “No. Rome 2002 I became president-elect of ESH. It was an honour, but quite sobering that people feel that you are competent and have the commitment to do the job. I had a difficult start, as at that time we were negotiating with EAP (European Association of Psychotherapists). They wanted to be in charge of the certificate of Hypno-psychotherapy against all odds. This means a lay hypnotist could get a certification as well. It was difficult to represent ESH when there was so much antagonism towards it as a society. They felt we were very much selective, but I am proud to be selective, and do not give in to things that don’t feel right or lack professionalism.”

Nicole: “I hope you had more positive experiences as a President as well?”

Mhairi: “It feels okay to be President. It concerns me being seen as the principal representative of ESH, and I always want ESH to be represented well. It’s exciting to be invited to various members’ constituent societies for lectures and workshops. When I organised the last Congress on Gozo, it was great that a team of the society under the leadership of Albrecht Schmierer could offer free workshops to the dental students of the University of Malta. I was so pleased that that could happen. When that congress was organised, it was so good that, as President-elect, when I asked people to take part they readily agreed.”

Nicole: “How do you see the future of ESH?”

Mhairi: “I hope to see the membership extended to societies involving allied health professionals using hypnosis in their practices, and the further development of the European Certificate Hypnosis (ECH) and its acceptance as the benchmark for training and competence.”

Nicole: “Which evolutions would you like to see in hypnosis?”

Mhairi: “I would like to see it accepted and taught as a routine, valid treatment modality in the medical schools and by all health professions. This would also include training of allied health professionals.”

Nicole: “Which evolutions would you like the ESH making?”

Mhairi: “Becoming a reference point for knowledge and events within the European community regarding that our demographics are unique with some many differing languages and cultures in such close proximity. In the very long term I would like to see the ESH’s ECH developed further to a diploma/certificate with university accreditation, which is accepted throughout the EU and internationally.”

Nicole: “What advice would you like to give to ESH members?”

Mhairi: “Please give active support to your local societies and also to ESH. Be proud of your use of hypnosis, educating your patients about hypnosis and what this useful tool can achieve. Increasing the general public’s knowledge will make it more difficult for them to be exploited by charlatans using hypnosis.”

Nicole: “Anything else you want to share with our readers?”

Mhairi: “I hope you all enjoy using hypnosis as much as I have over the years, and continue to remain enthusiastic about its applications and our society.”

Thank you Mhairi, for this interview!

Nicole Ruysschaert

3) News from the Constituent Societies

Swedish Society of Clinical Hypnosis (SSCH)

Good news: SSCH is doing very well with our new educational program for experienced licensed psychotherapists to become certified psychotherapy supervisors. It is a well-

respected program, which has been offered by universities and the most prestigious institutions for psychotherapy in our country. The title “psychotherapy supervisor” demands having passed two years of half time “post licence” studies in educational psychology, how to counsel psychotherapists and other health workers, how to understand and manage parallel processes and group dynamics, advanced studies in clinical psychotherapy (at SSCH: hypnotherapy), research, science and writing a publishable paper. SSCH classical 3 years education in hypnosis as an adjunct in a licensed profession is very popular and has a high status and respect.

Sad news: The Swedish Government withdrew not only the SSCH University status in 2006 but has warned most private and also state Universities that their psychotherapy programs may be withdrawn unless they become more scientific and academic (meaning having more PhDs as teachers and more medical studies in their programs). We have heard that the Swedish Government aspires to become an EU commissioner re evaluating Psychotherapy programs in all Europe. That may explain their very critical attitude as they examine these university programs.

This does not in any meaning hinder us to offer our educational hypno-psychotherapy programs for already licensed professionals. We will also continue to offer the basic psychotherapy program, which gives access to the advanced program, but we will restrict applicants to be only licensed professionals, who will continue in their profession. They will have to regard their training in hypno-psychotherapy as an adjunct within their previous profession.

But we have lost our rights to educate them further, giving them the psychotherapist exam. All private institutes authorized by the state are questioned and also some of the traditional Universities. This authorization gave SSCH and some other psychotherapy institutes a University Status, to give a post graduate exam as a psychotherapist and thus our students received a license from the Government. We had this privilege already 1994, but not as a University. 1994 -1998, our students applied for the license individually and our education was equivalent to the University degree of a psychotherapist, which, for psychologists means 80 European university marks after their psychologist exam as MSc. 1998 a new law was settled, which withdrew from the National Board of Health and Welfare their right to equalize private institutes. So we had to apply to becoming a University – a struggle that occupied all my spare time 1998-2002, when we finally received that status. It never affected our students in any sense but worries. The program was never interrupted, but continued. So from 1994-2006, we educated 72 students to a license as psychotherapists, after their basic professional degrees as psychologists, psychiatrists and some other licensed professionals in the health and care area who also had a three-year university training in basic psychotherapy.

Thank you Susan for all this information. As one of the important concerns in ESH and particularly the CEPE committee is to compare and review training standards, all information regarding training – similarities – differences – local discussions are welcome. Some additional questions are popping up into my mind, Susanna.

Nicole: “Are all private institutes questioned?”

Susanna: “Yes, all private institutes that had previously received the right to give psychotherapy exams.”

Nicole: “What / who has an authorization?”

Susanna: “Only those of us who had been scrutinized from inside out by a committee of professors, "hired" by the Government, and those of us who stubbornly

revised and accommodated our educational programs, our faculties, our examination routines, etc. until we received the Status as a University. This process took two years.

Nicole: "Which people could attend the psychotherapy program before?"

Susanna: "Before 1994, Licensed Psychologists and those psychiatrists who had taken an extra course in psychotherapy could attend. a few universities offered this program. Before 1982, the title psychotherapist was not legally restricted, so those days, lic psychologists were regarded to be the psychotherapists."

Good news: Peter Bloom made an excellent seminar in Stockholm last April. SSCH will have Betty Alice Erickson as a guest teacher in Göteborg (Gothenburg) in the last Saturday of March 2008. See: www.hypnosforeningen.se

Susanna Carolusson
susanna.carolusson@hypnosforeningen.se
President SSCH

Israeli Society of Hypnosis (IsSH)

Hello to all our friends at the ESH. I would like to update you regarding what's new with the Israeli Society of Hypnosis.

In the spring, elections were held for the society committee and I wish to present to you the new members of the committee:

ISSH President: Joseph Meyerson	Treasurer: Dr. Shoshi Shpirer
Vice-President: Dr. Eitan Avramovich	Training: Dr. Sargit Greenberg
Secretary: Dr. Dov Zluf	Website manager: Dr. Udi Bonstein
Additional roles: Prof. Moti Zviran	

The new committee began its work in May 2007 and set some goals for itself including raising awareness of general and professional audiences regarding hypnosis and its implementation, continuing the improvement of the level of professionalism in society members and encouraging the writing and research in the field of hypnosis.

This year our traditional series of study sessions taking place on Wednesday evenings will include the following lectures:

Between the 15th -17th of May 2008 the annual convention of the **IsSH-Hypno 2008** will take place. This year's theme is "Trans-Cultural Hypnosis". The convention will include workshops and lectures on the cultural aspects of hypnosis as they come into play in the East, West, and in the different religious practices.

Hypnosis examinations: In order to encourage members of the society who have yet to test for their hypnosis license (in Israel one must receive a license from the Ministry of Health in order to practice hypnosis), the committee has decided to offer a number of guided

sessions this year to aid those planning to take the exam. During these sessions, society specialists will answer general and specific questions regarding the form of the exam, the professional material required to pass the exam, and will offer constructive criticism to those who will present a case study for the exam.

Library: During the summer months, the society library added a number of items to its shelves. Our library holds about 200 professional books and journals concerning hypnosis and hypnotherapy.

Renewed activities of the "North group": Professionals from the north of Israel (Haifa) have gotten together an additional series of lectures which Dr. Jane Ronen manages.

These are their planned activities:

- 15/10/07 – Orit Cohen – The use of hypnosis with attention deficit disorders
- 19/11/07 – Dr. Alon Margalit – The use of hypnosis in primal clinics
- 17/12/07 – PhD. Carmia Orian – Trichotillomania
- 21/1/08 – Menahem Ofir – Tending to Panic disorders with and without agoraphobia
- 18/2/08 – Joseph Meyerson – The importance of trance depth during hypnotherapy
- 17/3/08 – Dr. Adi Davidson – Combining hypnotherapy in sex therapy
- 14/4/08 – Dr. Eitan Avramovich – Post Traumatic Stress Disorders
- 16/6/08 – T.B.D.

Best wishes

Joseph Meyerson
IsSH President, and the Israeli Society of Hypnosis Committee

Turkish Hypnosis Society (THD)

The activities of the THD in 2007 were as follows:

- 1) The society gave hypnosis courses to medical doctors, dentists and psychologists in three levels on nine occasions.
- 2) The society held the IV International Hypnosis Congress in collaboration with the Yeditepe University and the other hypnosis societies in Turkey.
- 3) The members of the THD arranged meetings to acquaint the public (mostly students) with hypnosis at various universities and high schools.
- 4) Ali Esref Muezzinoglu, President of the THD taught at the Yeditepe University Faculty of Medicine and Faculty of Dentistry for one semester each.
- 5) Ali Esref Muezzinoglu published a book with the title of "Conscious Hypnosis", and Yurdaer Kilic published a book on "History of Hypnosis"
- 6) Many members of the society informed the public on what hypnosis is on VT channels and newspapers

- 7) A research conducted by Ali Esref Muezzinoglu and other members of the Yeditepe University investigating the profiles, attitudes, behaviours and sensations of patients during hypnosis is still continuing

4) Congress Reports

a) *Confronting Hypnotherapy and Psychotherapy: International Training Course*

From 31 March until 3 June 2007 in the splendid island of Rossa di Rovigno, Croatia, an Advanced Training Course in Hypnosis took place announced as: "Hypnotherapy and Psychotherapy, Confronting Methods and Cultures".

Organisers were Milton Erickson centre Croatia from Zagreb, the Italian Institute for Clinical Hypnosis and Psychotherapy "H. Bernheim" from Verona and the Italian Hypnosis Society from Rome who gave their consent and fully supported the initiative.

Contributors of this highly qualified seminar were: Dr. Legac, University of Graz, sexologist and hypnotherapist, president of Milton Erickson Centre, Zagreb, Dr. Michele Modenese, psychologist and psychotherapist, hypnotherapist, Vice president and Director from the Italian Institute for Clinical Hypnosis H. Bernheim (member of ESH and ISH) and Dr. Wilma Trasarti Sponti, psychologist, psychotherapist, assistant professor at the Italian School for Hypnosis and Erickson's Psychotherapy, assistant professor at the Italian Institute for Relational Psychotherapy, University La Sapienza, Rome, (member of ESH).

Diversity in competence of the three contributors was considered as an important value by all participants. Dr Legac, being more skilled in cognitive therapy and the American approach (trained also in therapy of psychosexual disorders with Marty Klein and in hypnosis with Jeff Zeig at Phoenix), Michele Modenese with his experience in Jungian psychology and in hypnotherapy of Bernheim School, Wilma Trasarti Sponti with education in systemic work and in Ericksonian hypnosis.

Training addressed to psychotherapists, doctors and psychologists who already had obtained some basic training in the field of hypnosis. The combination of contributors' and participants' different experiences and cultures would create not only an intercultural climate with hypnosis as a relational and peculiar model but also hypothesis for rich and formative experience which extends personal experience beyond common use of verbal language which is mostly used for communicating in interpersonal relations. Except from presentation of some developed techniques (one for the opening induction with two Italian and one Croatian voice which are followed by salutations and presentations...) the rest would disorientate and unnecessarily stupify any participant that is completely deprived of hypnosis.

Three topics has been adapted for the training: intervention with hypnosis and cognitive therapy in psychosexual disorders both individual as well as in couples including ample demonstrations in vivo and high professionalism needed to achieve delicacy of the problem area. Hypno-analytical and symbolical/ imaginative techniques in psychotherapy with the presentation of clinical cases and induction with imaginative /symbolical contents referring to some archetypical topics and Erickson's hypnosis, with families and in disorders in eating behaviour (DCA), in this case also with interesting presentations of clinical cases and group experience between participants. Participants worked together in Italian and in English. Both translations from English as well as from Croatian into Italian were granted. One thing must be pointed out and that is that all participants felt very motivated on high interpersonal communication level, with intense and beautiful moments beyond the scheduled stage.

The mansion that was situated on a little island in a comfortable hotel spa has surely contributed to the success of the scientific congress. Hypnosis with its rich language permits serious confrontations, respected by various cultures and different personal formations. The reporter of this event is on his way to a new proposal for this kind of congresses or to create cross-cultural experiences in hypnosis societies rather than restriction to one nationality.



Three leaders, from the left:
W.Sponti, D. Legac, M. Modenese.

**b) 2007 SCEH Meeting, Anaheim.
Report of some highlights by Richard Kluff**

Communication sent to the listserv and published with permission

I left the 2007 SCEH meetings in Anaheim late October with a real sense of excitement and elation. Mark Jensen, Ph.D., and David Patterson, Ph.D., put together a Scientific Program that was superlative.

However, the SCEH meetings tend to be small and intimate, and, like a fine rare vintage, are only enjoyed by a few. As most of you know, SCEH and ASCH are moving toward increased collaboration and cooperation in a number of areas. We are considering sharing a number of projects and activities.

In the spirit of moving toward what Steven Kahn has proposed, "a unified movement of hypnosis," in which information can be more readily shared among students and researchers with interests in hypnosis, and made available to the public, I plan, as time permits, to share some of the highlights of the SCEH Scientific Meetings, which are not recorded, and are therefore not retrievable, with the greater hypnosis community participating in this valuable list-serve. Perhaps that will serve as an indirect suggestion to members of hypnosis societies world-wide to follow suit, and participate in building a larger community of clinicians and scholars, as Kahn envisioned. I am confident that many of our overseas colleagues' meetings include many presentations that would be of great interest to the members of this list.

The two SCEH presentations that immediately come to mind are 1) a symposium entitled "The Psychoanalyst Looks at the Hypnotist," in which a presentation by psycho-analyst A.A. Mason based on his 1994 article with the same name was responded to by Elgan Baker, David Spiegel, and Michael Nash. I had the pleasure of serving as moderator, and 2) a plenary address by Maximillian Muencke, M.D., regarding genetics and hypnotizability.

For those of you who do not recognize the name of A.A. Mason, his astonishing 1952 article, "A case of congenital ichthyosiform erythrodermia of Brocq treated by hypnosis" (British Medical Journal) remains one of the most astonishing landmarks in the history of hypnosis. It can be downloaded in PDF form from a number of sites you can find by entering his name

into "Google Scholar." This terrible congenital condition is of unknown etiology and resists all treatment. It is characterized by a black horny layer of skin, consisting of innumerable papillae, inelastic and hard as a finger-nail, covering most of the body. As a young registrar (resident) in England, Mason suggested that the skin of the patient's left arm would heal. About five days later, the horny layer detached, was shed, and was replaced by erythematous skin that became normal in about 10 days. Mason suggested away the remainder of affected areas region by region with great overall improvement. Mason wrote: "Either there is a hitherto unsuspected psychic factor in the aetiology of the disease or this is a case of a congenital organic condition being affected by a psychological process. A combination of both of these factors is of course a third possibility."

Mason became a celebrity of sorts, and turned from anesthesiology to dermatology, but while he healed many patients, he never again succeeded with a similar case. He spoke a lot about how he kept being told not to keep on with such work, because the cure he had affected was impossible. He became an international authority on hypnosis, wrote a highly regarded textbook, and was in the first group colleagues granted Fellowship in SCEH. However, over time he became skeptical about hypnosis, ultimately abandoning it completely and taking psychiatric and psychoanalytic training. He is currently a training analyst. In 1994 he wrote the article that gave the symposium its title in *Psychoanalytic Quarterly* (63, 641-679), and subtitled it "A study of Folie a Deux." In his presentation he reflected on his changing attitudes as he continued to ask himself hard questions about his work, a process that continues to this day. He shared that he recently has contacted this patient in connection with a proposed BBC program, and found that he has retained all of his improvements over a 55 year period of follow-up. Since no one he currently knows is aware of his past situation, he declined to risk his anonymity by participating with the BBC project.

The discussants were clearly impressed if not awed by Mason's presentation of the before and after photographs of the patient (some available in the PDF noted above), and by Mason's candor and acumen. A number of hypotheses were put forward to explain Mason's original success and subsequent failures with this condition, and to wonder whether the social and dynamic psychology of hypnosis was the culprit in the inconsistent results after his initial success. Some hypotheses put forward were possible differential hypnotizability among his subjects, the impact upon Mason himself of so many authorities branding his results as impossible and warning him he might lose his credibility if he persisted, and the possibility of altering gene operation by hypnotic interventions. The alteration of gene function by environmental manipulations, including stress, has been demonstrated in rats by Michael Meaney and his group (numerous materials available on line).

Maximillian Muencke, M.D., Chief of the Human Development Section, Medical Genetics Branch, at the National Human Genome Research Institute of NIH, spoke on the Genetics of Complex Traits: Hypnotizability, Behavior, and Mental Health. Max has a private practice in acupuncture, acupressure, and hypnosis, so he brought the research and clinical worlds together with tremendous sensitivity and sophistication. He described a number of studies pointing to the role of several genetic components to hypnotizability. Increasing precision in genetic research holds out the prospect of a more complete understanding of the genetic aspects of hypnotizability in the near future.

5) Calendar- Upcoming Congresses and Activities

Congresses

2008 – March 7-11

American Society of Clinical Hypnosis.

Hyatt Regency McCormick Place in Chicago, Illinois. Reflections. Exploring 50 years of Excellence in Clinical Hypnosis. <http://asch.net/annualmeeting.htm>

2008 – 9 Mei

Hypnose : 'State of the Art'. Lentecongres VHYP.

Vlaamse Wetenschappelijke Hypnose Vereniging.

Met Prof E. Faymonville. Dr. E. Vermetten. Roland Rogiers. Dr. R. Willemse. Dr. A. Vlieger. Carla Menko. Meer info. Congrestaal Nederlands. Lezing van Prof Faymonville Engels.

<http://www.vhyp.be>

2008 – 9 ,10 et 11 Mai

Les 4èmes Transversales de Vaison-la-Romaine

1998-2008 "20 ans d'hypnose sous les platanes"

sous l'égide de l'Institut Milton H. Erickson d'Avignon-Provence et organisées par EDA "Humour, paradoxe et hypnose" *Contribution à l'éthique.*

Invités d'honneur : Pr Patrice Queneau, membre de l'Académie de Médecine, Pr André Muller, Le Rire Médecin

<http://www.hypnose-clinique.com/transversales.html>

2008 - May 15-18

British Society of Clinical and Academic Hypnosis (BSCAH).

Annual Conference - First Year as the new Society.

Paper Programme - Thu 15th & Fri 16th May: Themed Presentations concerning Hypnosis and Pain. Various presenters

Sat 17 & Su 18th May: Advance Workshop in Experimental Hypnosis.

Sat 17th: Dr. Peter Naish.

**British Society of Clinical and Academic Hypnosis (BSCAH)
ANNUAL CONFERENCE – First Year as the new Society**

**Thursday 15th & Friday 16th May
PAPER PROGRAMME**

Also

**Saturday 17th & Sunday 18th May
THEMED PRESENTATIONS CONCERNING HYPNOSIS AND PAIN
Various presenters**

Themes will include:

Applications of hypnosis in the management of chronic pain

Acute pain, lessons from the dental application of hypnosis

Acute, chronic and emotional pain: hypnosis in cancer and palliative care

Secondary gain – what role does it have in pain and how can it be managed?

**Hypnosis for the treatment of psychosomatic painful conditions
Phantom limb pain – the magic of hypnosis
Role of hypnosis and obstetrics**

**Saturday 17th May 2008 – Parallel Session
ADVANCE WORKSHOP IN EXPERIMENTAL HYPNOSIS
Facilitated by Dr Peter Naish**

**This will be an extended round table for active researchers in the field
Content will be determined by the attendees**

All participants will be asked to prepare a brief presentation that can be used to spark a discussion. This can be a presentation of a current project, idea for new research, a theoretical dilemma or concern.

	Before 31 st March	After 31 st March
Paper programme and weekend (Thursday 15 th – 18 th inclusive)	£380	£360
Workshop in Experimental Hypnosis (Saturday 17 th May only)	£90	£95
Paper programme only (Thursday 15 th – 16 th May)	£180	£190

Entertainment for Friday evening – Duxford Air Museum (incl buffet and coach) – places limited.

Conference Dinner Saturday Evening with Thaxted Morris Dancers at pre-drinks reception

For enquiries and application forms contact:

BSCAH Eastern Counties Branch
The Laurels Surgery
Juniper Road
Boreham
Chelmsford Essex CM3 3DX

01245 460468

Karen.mackrodt@gp-f81149.nhs.uk

British Society of Clinical and Academic Hypnosis (BSCAH)

ANNUAL CONFERENCE – First Year as the new Society

Thursday 15th May 2008 to Sunday 18th May 2008
Hilton London Stansted Airport, Essex

Papers Programme: Thursday 15th and Friday 16th May 2008.

CALL FOR PAPERS

You are invited to submit a paper presentation at the BSCAH Annual Conference. All types of paper, from clinical case studies, clinical research, theoretical papers and experimental hypnosis research are welcome. Presentation time allocated is 45 minutes per paper (inclusive of question time).

Paper submissions should be received by **14 March 2008**. Papers received after this date may not be considered.

PLEASE COMPLETE THE FORM BELOW AND RETURN WITH A TYPED ABSTRACT OF 100-200 WORDS TO:

Dr Peter Naish, Department of Psychology, The Open University, Venables Building, Milton Keynes, MK7 6AA

Or you can email your abstract including relevant details as requested on this form, to p.naish@open.ac.uk

Name:			
Profession:			
Address:			
Email			
Membership:	(please circle) BSCAH	OTHER:	
Signed:		Date:	

2008 - August 25-31

Tianjin (China) 1st World Congress on Excellence in Sport and Life.

Organizers : Chinese Society of Sports Psychology. With support of ISMTE, ICC, CET, ICNLP and ESH. <http://www.worldcongressonexcellence.com>

2008 – September 17-21

ESH XI Congress in Vienna. (Austria)

Pre-congress on EMDR : September 16th

Congress Language : English, German, French

Information update on the website <http://www.vienna.hypnos.de>

11th ESH CONGRESS IN VIENNA: 17-21 SEPTEMBER 2008

Pre-Congress EMDR 16 September 2008: www.emdr-netzwerk.at

Dear Colleagues

May we cordially invite you to the 11th Congress of the European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine, 17 – 21 September 2008.

After 15 years Vienna will offer you again all its charm and beauty. Many colleagues are remembering the 6th ESH Congress in 1993, its highly qualified program with both scientific and cultural highlights.

For the coming ESH Congress in 2008, the call for papers got a great echo. Experts from many European countries including our colleagues from France, as well as from overseas, will teach and share their knowledge and experience with us.

Update yourself in current topics in hypnosis and hypnotherapy: Neuroimmunology, Trauma, Psychodynamics, Behavioural Therapy, Dental Hypnosis, Transitional states in Life, Resilience, Delivery, Child Hypnosis, Alcoholism, Depression, Oncology, Dissociation, Ideomotrics, ADHS/ADHD, Burnout, Pain. And one of the founding fathers of ESH, Heinrich Wallnöfer, will speak about: "Hypnosis: Quo Vadis?"

The list of speakers will be shown on the congress website www.vienna.hypnos.de.

We already fixed a marvellous special social programme: a welcome reception by the Mayor of Vienna with dance and buffet in the Town Hall; a Concert with Baroque Music including lute and harpsichord in a wonderful hall of the Natural Museum; a traditional Viennese Heuriger with original Viennese Music/Schrammeln; and the Farewell Concert with music from Mozart and Haydn played by a violinist with an orchestra (Wiener Kammer Orchester) in a famous old Viennese Palais ...

Looking forward to welcoming you in Vienna

With kindest regards

for the congress working team:

Marianne Martin and Henriette Walter
Organising Chair and Scientific Chair

PS: Information about the Pre-Congress EMDR is shown on www.emdr-netzwerk.at, there will be papers and workshops in English and German. Register online: www.vienna.hypnos.de!

Attention: reduced Congress fee until 31 January 2008!

2008 – Settembre 24-25-26

XIV CONGRESSO NAZIONALE (Italy)

Nei giorni 24, 25 e 26 del mese di settembre 2008 si terrà in Milano, presso l'Aula Magna della Università Cattolica del Sacro Cuore, il XIV Congresso Nazionale dell'AMISI. Saranno presenti relatori italiani, europei e statunitensi di grande importanza nel mondo della ipnosi e della psicoterapia ipnotica e verrà commemorato il Cinquantennale di fondazione della Associazione.

Format per invio lavori ed informazioni sul sito www.amisi.it

2008 - October 30th - November 2nd.

Vth International Hypnosis Congress. Istanbul. Turkey.

2009 – 6ème Forum de CFHTB.

Voyages extraordinaires entre hypnose et thérapies brèves. Stratégie et intuition.

Du 7 au 9 mai à Nantes. (France) <http://www.cfhtb.org/pag25.html>

2009 - September 24-27

XVIII International Society of Hypnosis Congress.

Pre-Congress September 22-23. Rome. Italy.

Lectures

Hypnosis & Psychosomatic Medicine meetings

Hypnosis as seen on TV!

Date: Monday 5 November 2007

Venue: The Royal Society of Medicine

Registration Deadline: Thursday 25 October 2007

Speaker: Dr Mike Gow

[More information](#)

David Waxman Memorial Lecture

Truth is born into this world only with pangs and tribulations and every fresh truth is received unwillingly (AR Wallace)

Date: Monday 3 December 2007

Venue: The Royal Society of Medicine

Registration Deadline: Thursday 22 November 2007

Speaker: Dr Peter Fenwick

[More information](#)

MYCaW (Measure Yourself Concerns and Wellbeing) – A simple outcome evaluation tool

Date: Monday 4 February 2008

Venue: The Royal Society of Medicine

Registration Deadline: Thursday 24 January 2008

Speaker: Dr David Simons

[More information](#)

Altered states, yours and theirs

Date: Monday 3 March 2008

Venue: The Royal Society of Medicine

Registration Deadline: Thursday 21 February 2008

Speaker: Dr Mhairi McKenna

[More information](#)

Why am I here? Waypoints in professional life and enduring common factors in useful therapy

Date: Monday 7 April 2008

Venue: The Royal Society of Medicine
Registration Deadline: Thursday 27 March 2008
Speaker: Dr Grahame Smith
More information

What really happens? Outcome audit of the use of hypnotherapy for chronic pain and General Practice patients
Date: Monday 12 May 2008
Venue: The Royal Society of Medicine
Registration Deadline: Thursday 01 May 2008
Speaker: Dr Les Brann
More Information

Date for your Diary

The healing intention: Conscious and unconscious
Date: Monday 12 May 2008
Venue: The Royal Society of Medicine

Contact: Andrea Török on tel: (+44) 020 7290 2986, fax (+44) 020 7290 2989
or email <mailto:hypnosis@rsm.ac.uk>

6) Publications Books Activities of our Members

Call for Articles on Hypnosis: Australian Journal of Clinical and Experimental Hypnosis

The AJCEH, which is a peer reviewed journal, published twice a year in May and November

We are currently seeking research articles, literature reviews and case studies on hypnosis, trance states, suggestibility, fantasy proneness, dissociative states, absorption, and comparison with trance states and meditation, etc.

If you have hypnosis, relaxation or guided imagery scripts that might be of use to practitioners please send them for review.

Book and film reviews are most welcome; book reviews should preferably be from the current year, but comparisons can be made with books from past years. Film reviews must include some aspect of trance states, hypnosis or correlates of hypnotisability.

In the first instance, please forward short proposal by electronic mode to

Dr Kathryn Gow
Editor AJCEH
E-Mail: k.gow@qut.edu.au

Then we will send you the author's guidelines, which must be adhered to closely to ensure successful publication.

Book Releases

Reversing Chronic Pain: A 10-Point All-Natural Plan for Lasting Relief (Paperback)

by Maggie Phillips (Author)

Product Details:

Paperback: 240 pages

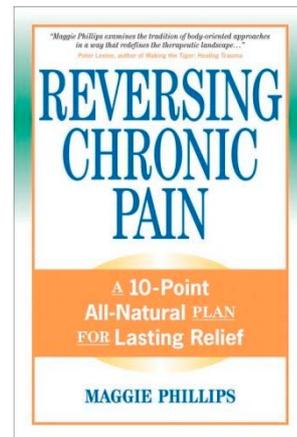
Publisher: North Atlantic Books (September 25, 2007)

Language: English

ISBN-10: 1556436769

ISBN-13: 978-1556436765

Product Dimensions: 9 x 6 x 0.7 inches



Editorial Reviews

Review

“Maggie Phillips uses her considerable expertise in hypnosis, Somatic Experiencing, and the treatment of pain to create an intelligent, holistic, refreshing new roadmap for reversing pain. Her approach is smart and sophisticated, yet user-friendly and accessible. Most important, her methods work.”—Belleruth Naparstek, LISW, author of *Invisible Heroes: Survivors of Trauma and How They Heal* and creator of the *Health Journeys* guided imagery audio series

“*Reversing Chronic Pain* offers specific, practical, and effective pathways out of physical suffering. Perhaps more important, it provides hope, so desperately needed by people who have been dragged by persistent pain into hopelessness and despair.”— Bill O’Hanlon, author of *Do One Thing Different: Ten Simple Ways to Change Your Life, Thriving through Crisis, and Pathways to Spirituality*

“*Reversing Chronic Pain* is a tremendously helpful guide for dissolving fear and trauma that perpetuate chronic pain. Maggie Phillips’s gentle and soothing style is wonderfully reassuring and healing. Simply reading this book will lend some relief, but when you use the techniques, well-deserved miracles are bound to happen.”— Fred Gallo, PhD, author of *Energy Psychology* and *Energy Tapping for Trauma*

“*Reversing Chronic Pain* fills a niche that has been sorely lacking in the pain management field. An important book for physicians, psychotherapists, and anyone who suffers from this ubiquitous and poorly-understood condition.” – Robert Scaer, MD, author of *The Body Bears the Burden* and *The Trauma Spectrum*

“Maggie Phillips has written the first truly multi-modal, mind-body therapy self-help book for people with chronic pain. She offers usable, nuts-and-bolts techniques that can be used by readers in pain and pain professionals alike. I could not put this book down.”—Bruce N. Eimer, PhD, ABPP, author of *Hypnotize Yourself Out of Pain Now* and *Pain Management Psychotherapy*

Book Description

Reversing Chronic Pain offers a dynamic framework for joining body and mind to speed the healing of traumatic pain from the body level up. Each chapter presents a body-centred skill

set that can be mastered through a broad menu of practice exercises. The resulting interlinked somatic building blocks help readers shift from physical pain to body awareness, and from unstoppable suffering to heartfelt connection and peace.

Building on the AIDS cocktail approach that reflects the fact that chronic pain is complex and no one tactic is likely to solve the problem, renowned expert Maggie Phillips presents a 10-1 pain plan comprised of easy strategies based on somatic experience. Even if the reader's pain is perceived as a "10" at the onset of the program, with 10 being intolerable, the somatic building blocks help shift the pain one point at a time until it gradually diminishes to "1" or even "zero." Showing how the common professional interventions—medication, physical therapy, acupuncture, biofeedback—may be more harmful than healing, *Reversing Chronic Pain* stresses self-treatment throughout, involving sufferers in attaining lives not simply endured but actively enjoyed.