



**Letter from the  
ESH President:**

**Matthias Mende**



Dear Friends and Colleagues

This newsletter is being published at a time when the memories of the 11th ESH Congress held in Vienna in September are still fresh on our minds. Many of you took the advantage of joining this outstanding conference. The participants were offered a wide selection of high-quality contributions by the most prominent members of the scientific and clinical hypnosis community to choose from. Many participants I spoke to, found it hard to make choices between several workshops or lectures taking place at the same time. A sweet burden everyone faces whenever strong interest is aroused by a wide range of attractive alternatives. On behalf of everyone on the ESH Board of Directors I want to thank all the contributors for their commitment to inspire the world of hypnosis with new ideas, high-end research and stimulating teachings. On behalf of the Board of Directors I also want to thank the organizers of the Congress, Marianne Martin and Henriette Walter and everyone who helped turning this Congress into an unforgettable experience, both in the professional and the cultural sense.

Among numerous issues that were dealt with at the Congress, I found one topic especially striking and inspiring: the growing awareness that hypnosis is on the verge of being integrated into mainstream medical and psychotherapeutic treatment. Hypnosis has definitely left the crevices of esoteric mysticism. It is an evidence-based healing method promoting physical and mental health and emotional well-being. Thanks to modern neuro-imaging techniques, clinical research questions will become even more researchable under strict experimental conditions. More than ever before will clinical practitioners profit by embracing the accumulating evidence originating from neuro-physiology labs explaining the nature of hypnosis and suggestion. More than ever will scientists working in

the field of hypnosis be eager to describe what is happening in the brain on the functional and physiological level whenever healing occurs by hypnosis.

The next Congress by our international sister society, the ISH, will be a further opportunity of enhancing the exchange between clinicians and neuro-researchers. The motto of the Congress being held September 2009 in Rome will be: "Hypnosis and Neuroscience: Clinical implications of the new mind-body paradigms".

***Introducing hypnosis into mainstream medicine, psychotherapy and psychology will require scientific, social and political efforts***

Introducing hypnosis into mainstream medicine, psychotherapy and psychology will require scientific, social and political efforts:

The scientific side is well taken care of by research done at the university level at several places across Europe. In the academic field there are numerous disciplines occupied with research topics relevant to hypnosis, sometimes without the proponents of these disciplines being aware of this fact. Significant progress will be made, if researchers working in areas like memory, perception, attention as well as pain, immunology, psychosomatics and social psychology will be approached by scientists doing hypnosis-research in order to make them aware what bearings their research results may have on hypnosis.

In the social area, national and regional activities should be developed to provide the public with a more accurate picture of what hypnosis is all about. Misinformation and false expectations about hypnosis are still prevailing on a large scale. All regional and national efforts to provide the public with appropriate information about hypnosis will be supported by ESH. Once all the mysticisms about hypnosis are stripped off, the true magic of hypnosis will become apparent.

On the political level, ESH is establishing contact with Androulla Vassiliou from Cyprus, a member of the European Commission responsible for health. Mrs. Vassiliou is taking a strong interest in having effective and efficient health systems across Europe. To



## **NEWSLETTER Issue No. 2 – 2008**

Editor: Nicole Ruyschaert  
Associate Editors: Consuelo Casula  
Christine Guilloux  
Phyllis Alden  
Matthias Mende



## **CONTENTS**

**Letter from the President: Matthias Mende**

**Letter from the Newsletter Editors**

**ESH Board and Secretary**

**Congress Reports**

**Interview with Lars-Eric Uneståhl**

**News from the Constituent Societies**

**Philosophical Corner**

**Book Reviews – Publications on Hypnosis**

**Calendar – upcoming Congresses and Activities**

implement hypnosis within the European healthcare system will require defining what steps we would like the EU to take, eventually leading to the full recognition of hypnosis as a treatment modality within healthcare across Europe.

Before closing, I want to thank all the Representatives of our Constituent Societies who contributed to this newsletter. We have encountered a tremendous participation, and we will appreciate your willingness to communicate news in the future! A society like ESH thrives on the inputs from its members. Please continue to feel free to offer comments, creative ideas and feedback of any kind to help ESH continuing as a vibrant organization.

On behalf of everyone at the Board of Directors I wish you a joyful Christmas season - a pleasant balance of inspiring moments at work and in your private lives.

**Matthias Mende, PhD.**

President European Society of Hypnosis  
in Psychotherapy and Psychosomatic Medicine

***A society like ESH thrives on the inputs from its members. Please continue to feel free to offer comments, creative ideas and feedback***

**Brief des Präsidenten, Dr. Matthias Mende:**

Liebe Freunde, Kolleginnen und Kollegen

Dieser Newsletter wird veröffentlicht zu einem Zeitpunkt, an dem die Erinnerungen an den 11. ESH-Kongress in Wien vergangenen September noch frisch in unserem Gedächtnis sind. Viele von Euch/Ihnen haben die Gelegenheit genutzt, diese hervorragende Konferenz zu besuchen. Den TeilnehmerInnen wurde eine große Auswahl an hochwertigen Beiträgen geboten, die von den prominentesten Mitgliedern der wissenschaftlichen und klinischen Hypnosewelt geliefert wurden. Viele TeilnehmerInnen, mit denen ich sprach, klagten über die Schwierigkeit, eine Wahl zu treffen zwischen verschiedenen interessanten Workshops und Vorträgen, die zur selben Zeit stattfanden. Eine süße Last, die Jeder erfährt, dessen Interesse von einer Vielzahl attraktiver Alternativen geweckt worden ist. Im Namen aller Mitglieder des ESH-Vorstands danke ich

allen ReferentInnen für ihr Engagement, die Welt der Hypnose mit neuen Ideen, hochwertiger Forschung und anregenden Lehrinhalte zu inspirieren. Im Namen des Vorstands will ich auch den Organisatorinnen des Kongresses danken, Marianne Martin und Henri Henriette Walter und Allen, die dabei geholfen haben, diesen Kongress zu einer unvergesslichen Erfahrung zu machen, sowohl im professionellen als auch im kulturellen Sinne.

Unter den zahlreichen Themen, die beim Kongress behandelt wurden, fand ich ein Thema besonders auffällig und inspirierend: das wachsende Bewusstsein, dass Hypnose dabei ist, als Behandlungsmethode medizinischer und psychotherapeutischer Mainstream zu werden. Die Hypnose hat endgültig die Tiefen des esoterischen Mystizismus verlassen. Sie ist eine wissenschaftlich fundierte Heilungsmethode, die die körperliche und seelische Gesundheit und das emotionale Wohlbefinden fördert. Dank moderner Techniken in der Neuro-Bildgebung werden klinische Forschungsfragen künftig unter strengen experimentellen Bedingungen leichter untersuchbar. Mehr als je zuvor werden klinische Anwender davon profitieren, wenn sie sich die beweiskräftigen Aussagen aus den Labors der Neurophysiologie aneignen, die das Wesen der Hypnose und der Suggestion erklären. Mehr als je zuvor werden Hypnosewissenschaftler danach streben, zu beschreiben, was im Gehirn auf funktionaler und physiologischer Ebene geschieht, wann immer Heilung durch Hypnose stattfindet.

Der Kongress unserer internationalen Schwestergesellschaft, der ISH, wird eine weitere Gelegenheit dazu bieten, den Austausch zwischen Klinikern und Neurowissenschaftlern zu intensivieren. Das Motto des Kongresses, der im September 2009 in Rom stattfindet, lautet: "Hypnose und Neurowissenschaft: Klinische Implikationen der neuen Seele-Körper Paradigmen.

Die Aufnahme der Hypnose in den etablierten Mainstream der Medizin, Psychotherapie und Psychologie wird wissenschaftliche, soziale und politische Anstrengungen erfordern:

Die wissenschaftliche Seite wird gut abgedeckt durch Forschungen, die auf universitärem Niveau an mehreren Plätzen in Europa stattfinden. Auf akademischem Gebiet gibt es zahlreiche Disziplinen,

die sich Forschungsthemen mit Relevanz für Hypnose widmen, auch ohne dass die Vertreter dieser Disziplinen sich dieser Tatsache unbedingt bewusst sind. Bedeutende Fortschritte wird es geben, wenn Forscher auf Gebieten wie Gedächtnis, Wahrnehmung, Aufmerksamkeit sowie Schmerz, Immunologie, Psychosomatik und der Sozialpsychologie angesprochen werden, um ihnen bewusst zu machen, welche Bedeutung ihre Forschungsergebnisse für die Hypnose haben.

Auf sozialem Gebiet sollten die nationalen und regionalen Aktivitäten verstärkt werden, der Öffentlichkeit ein zutreffenderes Bild über Hypnose zu vermitteln. Falsche Informationen und Erwartungen über Hypnose sind noch immer sehr vorherrschend. Alle regionalen und nationalen Bemühungen, die Öffentlichkeit mit sachgerechten Informationen über Hypnose zu versorgen, werden von der ESH unterstützt. Nachdem die Hypnose einen Mystizismus abgestreift hat, wird der wahre Zauber der Hypnose sichtbar.

Auf der politischen Ebene stellt die ESH Kontakt zu Androulla Vassiliou aus Zypern her, die als Mitglied der Europäischen Kommission verantwortlich für Gesundheit ist. Frau Vassiliou ist sehr an einem effektiven und effizienten europaweiten Gesundheitssystem interessiert. Um die Hypnose innerhalb des europäischen Gesundheitssystems zu implementieren, wird es notwendig sein, genau zu definieren, welche Schritte die EU unternehmen soll, die schließlich zur vollen Anerkennung der Hypnose als Behandlungsform innerhalb des europäischen Gesundheitssystems führen werden.

Es ist mein großes Anliegen, allen Repräsentanten unserer Mitgliedsgesellschaften für ihre Beiträge für diesen Newsletter bedanken. Wir haben uns über die äußerst rege Beteiligung sehr gefreut und schätzen Eure/Ihre Bereitschaft, auch in der Zukunft Neuigkeiten weiterzugeben. Eine Gesellschaft wie die ESH lebt von den Inputs ihrer Mitglieder. Bitte gib/geben Sie uns auch künftig ganz frei Eure/Ihre Kommentare, kreativen Ideen und alle Arten von Feedback, damit die ESH weiterhin ihre Arbeit als eine dynamische Organisation fortsetzen kann.

Im Namen aller Mitglieder des Vorstands wünsche ich Euch/Ihnen eine frohe Weihnachtszeit - eine

wohltuende Balance von inspirierenden Momenten bei der Arbeit und Privatleben!

**Dr. Matthias Mende**

Präsident der Europäischen Gesellschaft für Hypnose in Psychotherapie und psychosomatischer Medizin

**President's letter, Matthias Mende PhD:**

Cari Soci ESH,

Questa newsletter viene pubblicata quando i ricordi del congresso ESH, svoltosi a Vienna lo scorso settembre, sono ancora freschi nella nostra mente. Molti di voi avete tratto vantaggio dal partecipare a questo rilevante congresso. I partecipanti hanno potuto scegliere tra un'ampia selezione di contributi di alta qualità offerti dai professionisti più importanti delle comunità scientifiche e cliniche. Molti partecipanti con cui ho parlato hanno trovato difficile scegliere tra i numerosi workshop o conferenze che avvenivano simultaneamente. Un dolce peso che ciascuno sopporta quando un forte interesse è risvegliato da una vasta gamma di alternative attraenti.

A nome di ciascun componente del Board della ESH desidero ringraziare tutti coloro che hanno contribuito con il loro impegno a ispirare il mondo dell'ipnosi con nuove idee, ricerche di elevato livello e insegnamenti stimolanti. A nome del Board of Directors voglio anche ringraziare le organizzatrici del congresso, Marianne Martin e Henriette Walter, e tutti coloro che hanno aiutato a trasformare questo congresso in una esperienza indimenticabile, dal punto di vista sia professionale sia culturale.

Tra i numerosi temi affrontati durante il congresso, ne ho trovato uno particolarmente straordinario e illuminante: la crescente consapevolezza che l'ipnosi sta per essere integrata nei tradizionali trattamenti medici e psicoterapeutici. L'ipnosi ha definitivamente abbandonato gli interstizi del misticismo esoterico. È infatti un metodo di cura basato su evidenze in grado di promuovere la salute fisica e psichica e il benessere emotivo. Grazie alle moderne tecniche di neuro-imaging, le domande delle ricerche cliniche diventeranno sempre più analizzabili sotto strette condizioni sperimentali. Più di prima i clinici trarranno profitto dal cogliere le prove accumulate provenienti

dai laboratori di neurofisiologia che spiegano la natura dell'ipnosi e della suggestione. Più che mai gli scienziati che lavorano nel campo dell'ipnosi sono vogliosi di descrivere ciò che accade nel cervello a livello funzionale e fisiologico quando la guarigione avviene con l'ipnosi.

Il prossimo congresso della nostra società sorella, la ISH, offre un'ulteriore opportunità di aumentare lo scambio tra clinici e neuro ricercatori. Il motto del congresso, che si terrà a settembre del 2009 a Roma, è "Ipnosi e neuroscienze. Implicazioni cliniche dei nuovi paradigmi mente-corpo".

Introdurre l'ipnosi nella medicina, psicoterapia e psicologia tradizionali richiede sforzi scientifici, sociali e politici. La componente scientifica è ben curata dalle ricerche fatte a livello universitario in diversi paesi europei. Nel campo accademico vi sono numerose discipline impegnate in temi di ricerca rilevanti per l'ipnosi, talvolta senza che gli esponenti di tali discipline ne siano consapevoli. Progressi significativi si faranno se i ricercatori che lavorano nel campo della memoria, percezione, attenzione e anche del dolore, immunologia, psicosomatica e psicologia sociale saranno avvicinati da scienziati che fanno ricerche in ipnosi, in modo da renderli consapevoli delle possibili relazioni che i risultati delle loro ricerche possono avere sull'ipnosi.

Nell'area sociale, le attività nazionali e regionali dovrebbero essere rinforzate per fornire al pubblico un quadro più accurato di ciò che è ipnosi. Cattive informazioni e false aspettative sull'ipnosi sono tuttora prevalenti su larga scala. Tutti gli sforzi regionali e nazionali per fornire al pubblico le informazioni appropriate sull'ipnosi saranno supportati da ESH. Una volta che i misticismi sull'ipnosi sono eliminati, la vera magia dell'ipnosi diventerà evidente.

A livello politico, ESH sta stabilendo contatto con la cipriota Androulla Vassiliou, membro della Commissione Europea responsabile della salute. La signora Vassiliou ha un forte interesse nell'aver un sistema sanitario efficace e efficiente in tutta l'Europa. Per implementare l'ipnosi all'interno del sistema sanitario europeo sarà necessario definire quali passi noi vorremmo che l'unione europea facesse, che, col tempo, portino un pieno riconoscimento dell'ipnosi

come modalità di trattamento all'interno del sistema sanitario europeo.

Una società come ESH prospera con gli input dei suoi soci. Per favore sentitevi liberi di offrire commenti, idee creative e feedback di ogni genere per aiutare ESH a continuare come una organizzazione vitale.

A nome di ciascun membro del Board of Directors vi auguro gioiose feste natalizie, con un piacevole equilibrio tra momenti ispiratori sul lavoro e nella vita privata.

**Matthias Mende, PhD.**

President European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine

**Lettre du Président. Matthias Mende.**

Chers amis, chers collègues,

Le Congrès de Vienne est encore très frais en nos mémoires. Nombre d'entre vous ont pu bénéficier de cette excellent congrès en y apportant leur contribution d'intervenant ou de participant. Un grand choix de présentations simultanées des membres de la communauté scientifique et clinique en hypnose a été offert ce qui a rendu le choix difficile pour certains. – Que choisir quand il est un luxe d'offres ? -

Au nom des membres du Conseil d'Administration je tiens à remercier tous les intervenants pour leur contribution et leur engagement à inspirer le monde d'hypnose, apportant sans cesse de nouvelles idées, communiquant sur leur recherches qu'ils nous ont fait partager de manière tonique et stimulante. Je remercie également les organisateurs, Marianne Martin et Henriette Walter et tous ceux qui nous ont aidé à faire de ce congrès une expérience inoubliable tant professionnellement que culturellement.

D'après les nombreux sujets présentés pendant le Congrès, l'on peut remarquer et se réjouir que l'hypnose prenne davantage sa place : l'hypnose commence à être de plus en plus intégrée dans les traitements courants en médecine et en psychothérapie. L'hypnose a clairement quitté les fumées du misticisme ésotérique. Elle est désormais reconnue scientifiquement comme un méthode efficace

de guérison, une méthode à promouvoir le bien-être physique et mental. Grâce aux techniques modernes de neuro-imagerie, la recherche clinique peut se faire plus aisément et sous protocoles expérimentaux. Les cliniciens vont pouvoir davantage profiter des résultats de ces recherches en neurophysiologie expliquant la nature d'hypnose et de la suggestion. Bien plus qu'auparavant, les scientifiques qui travaillent dans le domaine d'hypnose seront avides et curieux de découvrir ce qui s'active physiologiquement dans le cerveau lors de l'utilisation de l'hypnose et lors de la guérison avec l'hypnose.

Le prochain Congrès de notre société internationale, le Congrès de l'ISH, sera une autre opportunité pour nous de renforcer ces liens entre la clinique et la recherche. Le thème du Congrès qui se déroulera à Rome, au mois de septembre 2009 est « Hypnose et Neurosciences : les implications cliniques des nouveaux paradigmes Corps-Esprit »

Nous aurons à faire des efforts scientifiques, sociaux et politiques pour faire reconnaître l'hypnose comme méthode couramment utilisée en médecine, en psychothérapie et en psychologie.

Des recherches scientifiques sont menées dans diverses universités d'Europe. Dans le domaine universitaire, nombreuses sont les disciplines qui s'occupent de recherches en rapport avec l'hypnose, sans que les praticiens de ces disciplines en aient connaissance.

Si les chercheurs travaillant dans le domaine de la mémoire, de la perception, de l'attention, de la douleur, de l'immunologie, de la psychosomatique et de la psychologie sociale sont approchés par les scientifiques menant des recherches dans le domaine de l'hypnose, et s'ils leur est montré combien leurs travaux et les résultats de leurs travaux sont en liens avec l'hypnose, des progrès remarquables seraient accomplis.

Dans le domaine social, des opérations de démythification et d'information sur l'hypnose devraient être menées dans nos pays et nos régions. L'hypnose garde encore une aura de souffrance : informations erronées et attentes irréalistes restent répandues sur le sujet de l'hypnose. L'ESH se porte support de ces efforts régionaux et nationaux à informer correctement et à promouvoir l'hypnose auprès du grand public. Dès que

le mysticisme autour de l'hypnose aura disparu, la vraie magie de l'hypnose pourra apparaître.

Au niveau politique, l'ESH se met en contact avec Androulla Vassiliou de Chypre, une membre de la Commission Européenne, chargée de la santé. Mme. Vassiliou s'investit à la mise en place d'un système de santé efficient et efficace au sein de l'Europe. Pour intégrer l'hypnose dans le système de santé en Europe, nous aurons à définir les directions que nous souhaiterions que prenne l'Union Européenne, donnant pleine reconnaissance à l'hypnose comme modalité de traitement.

Enfin, je voudrais remercier tous les Délégués de nos Sociétés Membres qui ont contribué à cette lettre. Nous avons bénéficié de nombreuses contributions et nous apprécions votre concours futur à nous communiquer des informations de toutes sortes sur l'évolution de l'hypnose là où vous exercez. Une société comme l'ESH s'enrichit des contributions de ses membres. Merci de nous faire part de vos commentaires, de vos idées créatives et de votre feedback pour nous permettre de solidariser nos efforts dans notre société, l'ESH.

De la part de tous les membres du Conseil je vous souhaite un joyeux Noël et de bonnes fêtes de fin d'année – un agréable équilibre de moments d'inspiration tant dans votre travail que dans votre vie.

#### **Matthias Mende, PhD.**

President de la Société Européenne d'Hypnose en Psychothérapie et en Médecine Psychosomatique

#### **Carta del presidente Matthias Mende PhD:**

Queridos amigos y colegas,

Este newsletter será publicado cuando el recuerdo del 11 congreso ESH que se ha llevado a cabo en Viena en septiembre es aun fresco en nuestra memoria. Muchos de vosotros han disfrutado en participar esta extraordinaria conferencia. Los participantes han podido elegir entre tantos trabajos de alta calidad ofrecidos por los mas importantes miembros de la comunidad científica y clínica. Muchos participantes me han dicho que han encontrado difícil escoger entre algunos talleres y conferencias propuestas

simultáneamente. Una carga agradable que nos enfrenta cuando encontramos un fuerte interés en una gran variedad de alternativas atrayentes. A nombre de cada miembro del ESH Board of Directors quiero agradecer todos los que han contribuido con su trabajo de inspirar el mundo de hipnosis con nuevas ideas, investigaciones de buen nivel y enseñanzas estimulantes. A nombre de el Board of Directors quiero también decir gracias a las organizadoras del congreso, Marianne Martin y Henriette Walter y a quienes nos han ayudado a transformar este congreso en una experiencia que no se puede olvidar, tanto en el sentido profesional como en el cultural.

Entre varias cuestiones que hemos tratado en el congreso, he encontrado un argumento especialmente extraordinario e inspirador: la creciente consciencia que la hipnosis está a punto de ser incluida entre los tratamientos tradicionales médicos y psicoterapéuticos. La hipnosis ha definitivamente cesado de ser considerada como parte de el misticismo esotérico. Es un método de sanación basado en evidencia que promueve la salud física y mental y el bienestar emocional. Gracias a las modernas técnicas de neuro-imaging, las preguntas de los investigadores clínicos serán analizables bajo rígidas condiciones experimentales. Mas que nunca, los clínicos se beneficiaran utilizando las pruebas que llegan de los laboratorios de neurofisiología que explican la naturaleza de la hipnosis y de la sugestión. Mas que nunca, los científicos que trabajan en el campo de hipnosis tendrán la ventaja de describir lo que pasa en el cerebro a nivel funcional y fisiológico cada vez que la sanación ha ocurrido gracias a la hipnosis.

El próximo congreso de nuestra hermana sociedad internacional, la ISH, dará oportunidad de incrementar el intercambio entre los clínicos y los investigadores neurológicos. El lema del congreso, que se dará en septiembre del 2009 en Roma, será: "Hipnosis y neurociencia. Implicaciones clínicas del nuevo paradigma mente-cuerpo".

Para introducir la hipnosis a la medicina, psicoterapia y psicología tradicionales se necesitarán esfuerzos científicos, sociales y políticos. La parte científica está bien atendida por las investigaciones hechas a nivel universitario en diferentes lugares de Europa. En el campo académico hay muchas disciplinas que se

interesan por los temas relevantes para la hipnosis, talvez sin que esto se sepa. Significativos progresos se harán si los investigadores que trabajan en áreas como la memoria, percepción, atención y también el dolor, inmunología, psicología psicosomática y social pudieran trabajar con los investigadores de hipnosis para que se concienticen de los resultados de las investigaciones.

En la área social, las actividades nacionales y regionales tendrán que ser mejoradas par dar al publico una mejor información sobre lo que es hipnosis. Malas informaciones y falsas expectativas sobre hipnosis existen aun. Los esfuerzos regionales y nacionales para informar al publico sobre la hipnosis tendrá respaldo de la ESH. Cuando el misticismo esotérico sobre la hipnosis se elimine, su verdadera magia será evidente.

A nivel político, ESH está estableciendo comunicación con Androulla Vassiliou de Cipro, miembro de la Comisión Europea responsable de la salud. La señora Vassiliou tiene un gran interés en lograr un sistema sanitario eficiente y eficaz en Europa. Para implantar la hipnosis en el sistema sanitario europeo necesitamos definir cuales son los pasos que queremos que la EU tome, para que se llegue a un pleno reconocimiento de la hipnosis como una modalidad de tratamiento legitimo.

Antes de cerrar, quiero agradecer todos los representantes de nuestras sociedades afiliadas que han contribuido a esta newsletter. Hemos recibido una gran participación, y apreciamos vuestro deseo de darnos informaciones en el futuro. Una sociedad como la ESH se nutre gracias a las colaboraciones de sus miembros. Por favor continúen sintiéndose libres para ofrecer comentarios, ideas creativas y feedback de diferente naturaleza para ayudar a la ESH a continuar siendo una organización llena de vitalidad.

**Matthias Mende, PhD.**

President European Society of Hypnosis  
in Psychotherapy and Psychosomatic Medicine

**New ESH Board and Secretary**

At the ESH Congress COR Meeting in September 2008, the new Board of ESH was elected. Here is an overview of the members of the Board of Directors:

**President:**

Matthias Mende (Psychologist)  
Austria

**Immediate Past President:**

Dr. Mhairi McKenna (Medical Practitioner)  
UK

**President Elect:**

Dr. Nicole Ruyschaert (Psychiatrist)  
Belgium

**First Vice President:**

Gunnar Rosen (Psychologist)  
Norway

**Second Vice President:**

Dr. Gaby Golan (Psychologist)  
Israel

**Treasurer:**

Phyllis Alden (Psychologist)  
UK

**Members:**

Dr. Claude Viot (Psychiatrist)  
France

Martin Wall (Dental Surgeon)  
UK

Consuelo Casula, PhD (Psychologist)  
Italy

**Chairman of CEPE:**

Shaul Livnay PhD (Psychologist)  
Israel

**Fiscal Controllers:**

Dr. Wilma Sponti  
Italy

Dr. Ali Ozden Ozturk. M.D.  
Turkey

New Committees have been settled to improve working of the Board on different issues. They are.

**Committee on Educational Programmes in Europe (CEPE)**

Shaul Livnay (Chair), Martin Wall, Wilma Sponti, Mhairi McKenna

**European Certificate of Hypnosis Committee**

Any 3 Members of CEPE

**Ethical Committee**

Phyllis Alden (Chair), Gaby Golan, Wilma Sponti

**Web Committee**

Nicole Ruyschaert (Chair), Phyllis Alden, Claude Viot, Gunnar Rosen

**Constitution Committee**

Phyllis Alden (Chair), Mhairi McKenna, Shaul Livnay

**Media Committee:**

Mhairi McKenna (Chair), Mike Gow - plus members of the Web Committee

**Membership Committee:**

Mhairi McKenna (Chair), Phyllis Alden, Shaul Livnay, Consuelo Casula

**Newsletter Committee:**

Nicole Ruyschaert (Chair), Phyllis Alden, Consuelo Casula, Christine Guilloux

**Book / Literature Review Committee:**

Nicole Ruyschaert (Chair), Gunnar Rosen, Consuelo Casula

**Matthias Mende – ex-Officio to all Committees as President**

Further Members to any Committee can be Co-opted as necessary.

**Request from Central Office:** Could you please amend your records, newsletter, website etc. to ensure

that correspondence is correctly addressed and posted to:

ESH Central Office  
Inspiration House  
Redbrook Grove  
SHEFFIELD  
S20 6RR  
United Kingdom

Would you also please note that our official website is: [www.esh-hypnosis.eu](http://www.esh-hypnosis.eu) and email address is: [mail@esh-hypnosis.eu](mailto:mail@esh-hypnosis.eu)

Thank you!

**Christine, ESH Administrative Assistant**

### Letter from the Newsletter Editors

#### Editorial

This is the first issue of the new Board of ESH and we want to welcome all the new readers coming from all over Europe.

The intention of the Newsletter is to give the reader different points of views of what is happening in Europe in the field of hypnosis, psychotherapy and research.

We will have a radar view, to have a glimpse of what are the tendencies and the news. And also a radar view to deepen some issues. In order to do that we need the collaboration of the reader who can send us his or her opinion, opening debates, asking questions, making proposals. We are happy to make our Newsletter the voice of all European Societies of Hypnosis so that each can have its space, its page, its visibility. We would like our Newsletter to become a referral point for the European readers interested in the evolution of hypnosis in the field of research, neuroscience and psychotherapy.

Even though the official language of the Newsletter is English, we are happy to publish articles written in other European languages. In this case the information only goes to some people and not to all the readers.

The newsletter proposes some new surveys: a philosophical corner, book reviews, more information

from all Constituent Societies, information you would like to share.

### Interview with Professor Lars-Eric Uneståhl, PhD, from Sweden.

We are at the European congress of Hypnosis in Vienna, 2008 September. Busy as always, running around with plenty of luggage, but well organised and on time I am glad to meet Lars-Eric again for our 30 minutes interview.



2008 August he organised a wonderful congress in Beijing on “Excellence in Sports and Life” with participation of people working with hypnosis, mental training, NLP and coaching. With all the other presenters and participants I cherish very good memories of that event!

**Nicole Ruyschaert (NR):** Thank you Lars-Eric for making time for this interview now... 1973...35 years ago you were involved in the organisation of the international hypnosis congress in Uppsala (Sweden together with Ingmar Dureman and others...you made a congress book about that congress “Hypnosis in the seventies”, did a lot of hypnosis training...But even before that, and long after that you have been busy developing a long and rich career and plenty of experiences in the field of hypnosis.

**NR: Can you tell something about how you first you first made contact with hypnosis?**

**LE:** In the early sixties, when I was a teenager, I read a book about hypnosis and found it very exciting. The book was more related to the involvement. I started to notice that when I was involved in something I was in a different state of mood. I had a girl-friend and she complained of a headache, but anyway joined me to the cinema. When I asked after the film how the headache was, she said that the headache was over. It disappeared while she was focussed on the film. This was another evidence for my opinion I got right from the beginning that what happened was a rather natural

phenomenon. As an athlete, when I was totally involved in the action I went into flow. Later I found out that flow as experienced by athletes naturally is quite similar to hypnosis.

**NR:** How did you make the evolution from daily life experiences to integrating hypnosis in professional life and research?

**LE:** As I was already interested it was not surprising that I started studying hypnosis when I came at the University. Hypnosis was very new that time, but I was lucky to have a professor Ingmar Dureman who had worked for one year together with Ernest Hilgard at Stanford University. Dureman was also interested in continuing with research and was my backup. We created a department at University for clinical and experimental hypnosis. We had clinical work and research work. Some research was more basic, like the criteria for hypnotic susceptibility, different induction methods, hypnotic phenomena and which changes could be detected objectively. Other research was in the field of clinical applications. I supervised other students, and all together we made 79 reports on hypnosis.

**NR: In which way has hypnosis affected your personal life or changed you personally?**

**LE:** Yes very much, because one of the important things I looked at was the self hypnosis aspect and of course it was important to use it for myself. My own personal development became a very important part of the research and of the application as well.

**NR: How were people reacting to you when you worked with hypnosis?**

**LE:** Before our time, hypnosis was not well known. But we were very lucky to have the academy research and a special department: our findings were respected, we had the university backing. We didn't have that many negative reactions or misconceptions and misinterpretations to deal with. We had the way open to show what hypnosis really was.

**NR:** I see. Straightforward without all the obstacles to motivate people.

**LE:** In 1965 we created the Swedish Society of Clinical and Experimental Hypnosis. We also started to give courses to dentists, medical doctors and psychologists. It became very popular because of the background in the academy sciences. During a number of years we had over 5000 dentists, and many people from the other professions taking the courses. We had a three days introductory course and a three days follow-up advanced course. So our society grew very quickly and became the biggest in Europe with over 1200 members.

**NR:** Can you tell something about surprising experiences in working with hypnosis?

**LE:** One thing I was doing in the seventies was looking at the similarities between self-hypnosis and hypnosis. I was able to show that self-hypnosis could even be more valuable than hypnosis. I compared two groups being trained for half a year. The group trained with the hypnotist, had more effects and positive results in the beginning. For the group training themselves with instructions it took a little bit more time to get effects, but after 6 months they even had better results than the hetero hypnosis group.

***Self-Hypnosis more effective than hypnosis with a therapist?***

**NR:** Surprising. How do you explain that?

**LE:** The self-hypnosis group had more control on the content, could use hypnosis in more different situations and integrate it as it had become a part of themselves, not only during the training but also in between the training. That was very satisfying and really surprising. On top of that I could prove that it was possible to train hypnotic susceptibility. At that time, and still now, it is common belief that some people are high and other are low hypnotizable. I was able to show it's a matter of training time. Some people function very well from the beginning, other people have to train much longer in order to experience more hypnotic phenomena or to go deeper. Some people didn't believe that until I showed it. Hilgard tested and retested people 25 years later on hypnotisability. Seeing no difference in the results he considered hypnotisability as a stable personality trait. When I was in Stanford I asked him if the people he

tested had any training in between the testing. No, he said. So it was neither tested nor proved that they could improve with training. The finding that hypnosis could be trained opened up the possibility to benefit from it for more people. More a question of how long do I have to train in order to use it for my own good and to get benefits from it.

Another surprising thing was that I got the same results in measuring with the Stanford scale when I was there or when I had recorded it and they were listening to the tape. So it didn't matter if I was there really present, or if they listened to the tape. It showed me that it is more a matter of instructions people need in order to use them. And many other people thought that it was a matter of rapport, something happening between the hypnotist and the hypnotized person. According to my research it looked rather being a matter of instructions than life presence of the hypnotist.

***... I could prove that it was possible to train hypnotic susceptibility ...***

***... many people came to me, saying: "I go to sleep with you every night"...***

**NR:** What does it mean? Does it mean for you that a lot of therapy or therapists are unnecessary?

**LE:** No, because the important thing is not the hypnosis induction, but what to do with it. Instead of having to spend much time on hypnotic induction training clients could train on their own with a recording and then use these skills to do the hypnotic work with the therapist. It's what we did in the clinic. We sent out tapes to people one month before they came to our clinic and asked them to train daily. When they came they were already prepared and we could go directly to the intervention. So you can save time and spend more energy on the therapeutic work.

**NR:** Yes, very interesting as many clients are waiting for help and we are short in well trained therapists. I wonder how common this approach is in your Country? In Europe? To let clients start on their own with tapes or CD's, giving them instructions?

**LE:** These findings became the basis for the mental training. It was intended to reach out to everyone. People try to do the best they can for themselves and it's useful to have some help with that, to extend their resources and reach their full potential. So we had development issues they could do on their own, and therapy issues to work on with a therapist in interaction.

The first recording I made was together with the medical professions in 1970. We had a big event to inform journalists and the public when the first recording was released. Some colleagues were reluctant to record and spread this, being afraid of the side-effects. For that reason the tape was given only on medical prescription. During one year it was prescribed to 26,000 people in Sweden. There was not a single report about side effects. After that year it was released to everyone and distributed at the pharmacists. Since then many different programmes are available. Some are about development; others for other applications like sleep problems. For example, in people developing burnout deep sleep starts to decrease and there are no good drugs to cure that. We need some psychological interventions here, an example of where a self-instruction programme is helpful. When I go out in Sweden, many people come to me, saying "I go to sleep with you every night". And I take it as a compliment. Of course, the intention is not that they continue with the instructions but that they learn how to get back to a normal sleeping pattern. Anyway the recording doesn't create a dependency as certain drugs do.

***... spread hypnosis, mental training to every person, spread it to everyone in a more personal context. That would be very important to emphasise in the future.***

***... to de-program people who already have programmed them in a negative way.***

**NR:** How would you like hypnosis develop in the future? Which developments would you like to see?

**LE:** Hypnosis in one context could be an additional tool for certain professionals: experts as psychologists, dentists and medical people. It's very easy to learn hypnosis; that's not the issue... You cannot call yourself

an expert in hypnosis, or have a diploma in the use of hypnosis on its own. It has to be related to an area where you are expert in.

The other thing is to spread hypnosis, mental training to every person, spread it to everyone in a more personal context. That would be very important to emphasize in the future. Reminding the fact I noticed when I started with hypnosis, that it is a natural state could support this idea. My work with the national Olympic team, attending all Olympic games since 1976, has also shown me how natural the state is: when athletes describe what they experience in flow, it's definitely a typical hypnotic state, with even some amnesia at some short events, you have the dissociation, the focussing, the concentration, perceptual changes, time distortion, slow motion experience where you get more time to do what you have to do. In every aspect it's a hypnotic state. As we have it natural, certain moments of the day, there is a big risk of that.

**NR:** What do people risk?

**LE:** I could show that we are caught more by negative images and negative emotions than by positive ones. Our brains are more reactive to negative emotions like fear that last longer. If you are in a spontaneous hypnotic state, a more receptive emotional state for some minutes a day and combine this state with the influence of negative thoughts, emotions, images, negative images of the future, you start to program your mind in that direction! It's difficult then to ablate that. Hypnosis in that way can be important to 'de-program' people who already have unconsciously programmed themselves in a negative way. This knowledge and the awareness of that could be very important to increase the use of hypnosis in the future.

**NR:** Would you like to give some message to ESH?

**LE:** It's important to continue the work in the areas where hypnosis is already integrated: medical, dental professions, psychologists working with hypnosis. But maybe also having some members in the society who work with other aspects, with personal development aspects, to work with people who don't have a special problem but who want to excel in life and who are experts in that. The society maybe not only needs experts in the problem solving area, but also in the

personal development area, in the sport area, in the music area and so on. That should be a wish for the future!

**NR:** Thank you for your time!

**LE:** Thank you for your time...!

**... also having some members in the society who work with other aspects, with personal development aspects, to work with people who don't have a special problem but who want to excel in life and who are experts in that.**

### Congress Report

#### 11<sup>th</sup> ESH Congress in Vienna:

The family of ESH and its friends, famous guests, and newcomers met at the 11<sup>th</sup> ESH Congress in Vienna in September, especially supported by the four Austrian ESH societies (ÖGATAP, MEGA, ISOREC, ÖGWH). The participants could enjoy the scientific and cultural programme including wonderful highlights. The local organisers Henriette Walter and Marianne Martin did their best to top the efforts they did 15 years ago, at the 6<sup>th</sup> ESH congress in Vienna.



The Congress Presidents, Mhairi McKenna and Giselher Guttman, seemed to like their jobs too.



Left to right: Fanny Nusbaum, Otto M. Lesch, Giselher Guttman, and Henriette Walter

At this Congress, the "Peter Berner Prize" was awarded for the first time. Peter Berner encouraged young researchers in Vienna to engage their work in hypnosis. Otto M. Lesch and the Austrian Society of Scientific Hypnosis (ÖGWH) spent this prize of EUR 2000 - to promote young researchers/clinicians to enter the field of hypnosis. The jury (Giselher Guttman, Otto M. Lesch, Henriette Walter) unanimously decided to assign this prize at Fanny Nusbaum, Université Lumière Lyon, France.

The Congress team would like to cordially thank to all colleagues, societies and institutions in helping this ESH Congress become such a great success.

Thank you so much and looking forward to meeting you again.

**Henriette Walter and Marianne Martin**  
on behalf of the Congress team

#### Some reflections on the ESH Congress....

**From: Mhairi McKenna**

Dear Hedi and Marianne

I would like to express my own thanks and I am sure those of the BOD, CoR and delegates attending the Congress. A great deal of work goes into the organisation of such a venture...both the scientific and social

aspects. There was almost too much choice for the delegates ... I certainly found myself torn between two if not more interesting workshops or speakers on more than one occasion, which do you attend?!

The social programme was wonderful with touches which can only happen in Vienna ... a formal welcome ball, concerts in exquisite surroundings and a more casual evening at the <sup>3</sup>Heuriger<sup>2</sup>. Always the chance to catch up with old friends and to make new ones.

There were also pre and post congresses in EMDR and Ego-state Therapy.

I was proud to be the President of the ESH, and this was a wonderful climax to my time in office. It was a delight to meet so many of our members and I look forward to being able to meet with many of you again when we host the ESH Congress in 2011 in Glasgow.

With all good wishes

**Mhairi**

Dr Mhairi L McKenna

Immediate Past President- European Society of Hypnosis and Psychosomatic Medicine

**From: Susanna Carolussen**

President SSCH, ESH COR  
Sweden

**Q.** What's the most important information you got there personally?

**A.** I appreciate very much to be a member of the ESH COR and the information we got there about the work done and work planned by the board. Those seminars I had the time to attend all contained bits of interesting results and clinical experience!

**Q.** What was the most exciting experience? Why?

**A.** To be a teacher in several invited addresses; to present various themes and collaborate with colleagues whom I usually do not meet regularly. That inspired me to reflect upon how personal motivation and professional values influence us to join the faculty over and over again.

**Q.** What was new for you?

**A.** Some psychosomatic research presented.

**Q.** What have you appreciated much in the congress?

**A.** The very well organised schedule!

**Q.** What's the first thing popping up into your mind, when you remind the congress?

**A.** Professionalism, ethics and humour.

**From: Consuelo Casula**

**Q.** What's the most important information you got there personally?

**A.** That hypnosis can be used to enhance spirituality and mindfulness and that we really need to study neuroscience.

**Q.** What was the most exciting experience?

**A.** Meeting friends from all over the world and hearing about their development, new discoveries and improvements.

**A.** The banquet at the Vienna Town Hall, full of history, music and friends

**Q.** What was new for you?

**A.** The freedom to dare to present something unusual like quantum physics.

**Q.** What have you appreciated much in the congress?

**A.** The harmony among different presenters and their different perspectives.

**Q.** What's the first thing popping up into your mind, when you remind the congress?

**A.** Quality harmonized with quantity.

**From: Claude Virot and Denis Vesvard**

CFBTH, Brittany (France)

Two months later, we have lasting impressions from the 11<sup>th</sup> Congress in Vienna.

What an excellent idea it was to organize this meeting in Freud's city, in the middle of Europe, half-way between Berlin and Roma! In Vienna we have enjoyed on the same time a German organisation (always on time, with reliable technical equipment in each meeting-room) and the southern way of life (i.e., ideological debates that love Latin people). The organization before and during this Congress was fantastic, too bad for those who missed it!

We don't exactly know how many attendees were in Vienna but plenary sessions have been followed by a scattered audience. This can be explained by the number of workshops that were simultaneously proposed to the audience.

It makes sense to propose experiential workshops to hypnosis congresses attendees who wait not only for understandings (plenary sessions) but also for experiences (workshops).

From the plenary sessions with Yapko and Alladin, we have learnt that there are growing evidences that depression is better approached by psychological tools (hypnosis + CBT, for example) than by drugs. Before long, it will become faulty in evidence-based medicine to treat depressed people with drugs as sole therapeutic approach. In this view, Alladin's paper was critical. Yapko's workshop who commented a personal video of a single session with a depressed patient added the experiential dimension to Alladin's work. We have clearly experienced what can best be changed by hypnotic approaches that address the right-brain functioning of our patients.

With some clients we must start our treatments with a left-brain approach. Biofeedback can show to these patients how their right brain modifies their bodily responses. The two workshops by Krause and Fabian have clearly shown the diagnostical dimension of biofeedback. Each patient experiences his/her specific bodily answer to fear, noise, negative self-suggestions, painful memories and bereavement... The five-channel

approach proposed in these workshops allows a comprehensive treatment planning. After this congress, one of us who works in a university pain clinic has just decided to use biofeedback training as a diagnostic tool of patients hypnosis and self-treatment style and for teaching cardiac variability in the management of acutisations.

Dabney Ewin's workshop was also very practical for practitioners involved in the treatment of acute and chronic pain patients. With this surgeon, hypno-analysis becomes a simple tool that fits both emergencies and persistent bodily symptoms. After meeting this master, some of us have already changed their hypnotic treatment of burns, shingles, eczema, psoriasis and warts.

We tend to value a congress to the amount of new ideas and tools we use when we come back to our office. In this view, Vienna was a good congress.

If you are also a classical music lover, Vienna was a great congress! If you prefer 'Biergarten' atmosphere you probably think that we leaved too early from 'Heuriger' on Thursday, at the very moment we were about to make new acquaintances with European colleagues.

**Claude Viroit & Denis Vesvard**

#### **Congress Report:**

Women's Voices in Bari 12-15th of September 2008

**From: Susanna Carolusson and Consuelo Casula**

Some ISH and ESH members and women with international teaching experience were invited to teach about women's issues from various perspectives, e.g. gender and roles, love relations, health, self image, confidence, resiliency and also obstacles and resources for self care. Psychological, sociological and hypno-therapeutical perspectives were presented.



*Left to right: Marilia Baker (Brazil-Arizona), Marlene Hunter (Canada), Angela Ventura (seminar participant), Susanna Carolusson (Sweden), Consuelo Casula (Italy), Betty Alice Erickson (Texas), Lilian Borges Zeig (Brazil - Arizona), Julie Linden (Philadelphia), Teresa Robles (Mexico), Daniela Poggiolini (organiser)*

Everything started several years ago, in 2005 with an initiative taken by Consuelo Casula, who invited these women to give five seminars in Milan entitled WOMEN'S VOICES. The art of becoming themselves. These were held with two years' interval and with two of us invited each time, in order to create a trio, carefully selected by Consuelo as experts in our fields.

And now, in 2008, all eight of us were invited by the Ikos Institute, to teach four days in Bari.

We were also invited by the mayor of Matera, a nearby city to have a delicious and late dinner, after some speeches and before photographing, again. Seminars and dinners seemed to have no ending, since the camera-flashes and "cheese"-commands were endless. We had some fun, and couldn't stop giggling, when the photographers clicked and clicked without end. I got a slight feeling of how it would be to be a movie star.

The photo above was taken the last day in Bari University, where we presented shortcuts from the three days previous seminar. Our book WOMEN'S

HARMONY will be published in Italian first. This will be in early 2009.

Marlene Hunter is working on an English version and eventually find a publisher for that one. Then Teresa Robles may make a Spanish version and I may translate the whole book into Swedish when I retire, in 9 years.

**Susanna Carolusson**  
Göteborg, Sweden.

### **News from Constituent Societies**

#### **IsSH - Israeli Society of Hypnosis**

Dear friends at the European Society of Hypnosis, below is the news from the Israeli Society of Hypnosis

This year we began distributing an annual newsletter to all professionals in the field of hypnosis (and not just society members), called "Israeli Hypnosis". The newsletter contains details regarding the society's activities as well as international congresses such as the ISH congress in Rome in 2009 and the ESH congress in Scotland in 2011.

It was decided this year to publish and distribute a "Hypno-phone" book which will list all professionals licensed to practice hypnosis in Israel. The phonebook will be distributed to all the relevant institutions in Israel.

Our society's library continues to grow. This summer we added a number of new books, tapes and CDs, among which are 8 DVDs from the ESH Congress in Vienna earlier this year.

Over the past year we have participated in teaching about hypnosis and its use to medical and clinical psychology students in the University of Tel Aviv.

2008, May 15-17, we finished the annual congress of the Israeli Society of Hypnosis – "Hypno 2008". The congress theme was: Trance-Cultural Hypnosis: *The development and differences between different styles and methods of trance in various cultures*. Three days of lectures, workshops and cultural and social activities in the hotel at the shores of ancient Akko, left an

unforgettable impression on society members, an impression that will follow them for the rest of the year.

This year, much like the last, in addition to senior society professionals, the congress hosted lecturers from abroad as well:

Assen Alladin, PhD from University of Calgary in Canada gave workshops on the subjects of: "Evidence-Based Cognitive Hypnotherapy for Depression" and "Mindfulness Based Hypnotherapy"

Antonio Capafons, PhD from University of Valencia in Spain contributed with more in-depth teaching of the Valencia model of waking hypnosis.

Dr. Ali Ozden Ozturk from Turkey gave workshops on Hypnoanalgesia.

We express our gratitude to our international colleagues for their willingness to contribute their knowledge and professional expertise to the society's annual conference.

We hope for future international collaboration with our colleagues from abroad and for enrichment and mutual collaborations in years to come.

### **Joseph Meyerson**

President, Israeli Society of Hypnosis

### **ISOREC – International Society of Research and Education in Communication – Cooperation – Liaison – Strategies, Austria**

As all our Board members were strongly involved in preparing the 11<sup>th</sup> ESH Congress in Vienna, we had just little time and energy for other things. Therefore, it is one reason more why we are very happy that the curriculum we did together with ÖGWH and organized for many years went to university, now: the first university training in Medical Hypnosis already began at the Medical University Vienna in November, 2008 (chair: Henriette Walter).

Nevertheless, our members keep being busy in teaching in the field of hypnosis giving training courses with special topics, e.g. medical hypnosis, hypnosis for habit control - smoking cessation, weight control, and

also offered self experience in hypnotherapy for a whole week (Bad Gleichenberg/Austria).

Looking forward to meeting many of you again at the coming congresses; and wishing their organisers good luck and great success.

### **Marianne Martin**

Vice President, ISOREC

### **ÖGATAP**

The 15th International Seminar for Autogenic Psychotherapy and Hypnosis-psychotherapy, organized by Hans Kanitschar will be taking place, March 22-29, 2009 in Radstadt/Austria near the beautiful mountains of Salzburg. Here are some highlights of the program: Hans Kanitschar will be holding an introductory course in hypnosis-psychotherapy. Shaul Livnay will be giving an intensive application seminar about hypnotherapy with children, adolescents and families. Matthias Mende will be giving an intensive application seminar dealing with the spectrum of hypnosis psychotherapy in traumatic stress disorders, ranging from acute stress disorders to chronic long-term consequences of complex traumatisations. You will find more information in German at the ÖGATAP website ([www.oegatap.at](http://www.oegatap.at)).

All seminars are designed to last 20 units of 45 minutes. Within this format it is possible to get involved deeply in the seminar-theme, allowing for the utilization of group dynamics and reflecting transference and counter-transference issues. In the course of hypnosis-psychotherapy training, at least seven application areas will have to be covered by the trainees. Please look into the website for more information: [www.oegatap.at](http://www.oegatap.at)

Even before the 15th International Seminar, there will be the Annual International Congress for Applied Depth Psychology held in Vienna, Austria, January 16-17, 2009. The conference title is "The Recognition of the Other - Psychotherapeutic Approaches".

All contributions to the International Seminar and Congress will be given in German. Please contact the ÖGATAP ([office@oegatap.at](mailto:office@oegatap.at)) or Matthias Mende ([mende@hypnose.co.at](mailto:mende@hypnose.co.at)) if you are interested in participating.

### **Matthias Mende, PhD**

President European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine

Vom 22. bis 29. März 2009 findet in Radstadt im Bundesland Salzburg das 15. Internationale Seminar für Hypnosepsychotherapie und Autogene Psychotherapie statt. Dieses kleine Seminar inmitten der Salzburger Bergwelt bietet eine Einführung in die tiefenpsychologisch fundierte Hypnosepsychotherapie mit Hans Kanitschar, ein Seminar über Hypnosetherapie mit Kindern und Jugendlichen mit Shaul Livnay, ein Seminar über die Behandlung von posttraumatischen Störungen mit Hypnosepsychotherapie mit Matthias Mende, sowie ein Spezialseminar nur für graduierte PsychotherapeutInnen über die Arbeit mit schwierigen Fällen und Konstellationen mit Agnes Kaiser-Rekkas. Graduierte PsychotherapeutInnen haben mit nur vier Arbeitseinheiten am Spätnachmittag einen wintersportfreundlichen Stundenplan! Weiters wird ein Einführungsseminar in die tiefenpsychologisch fundierte Autogene Psychotherapie, ein Seminar zur Oberstufe der Autogenen Psychotherapie sowie ein Kurzworkshop zu Trance und Tanz angeboten.

Weitere Informationen und das Seminarprogramm in pdf-Format zum Runterladen auf: [www.oegatap.at](http://www.oegatap.at)

### **Hans Kanitschar**

#### **THD**

THD in 2008 and those foreseen for early 2009:

(1) We continued to offer medical doctors, dentists and psychologists routine three-level Medical Hypnosis Courses in 2008. As in the past years we did that in collaboration with the university (Istanbul Aydin University).

(2) We held the V. International Hypnosis Congress in Istanbul on Oct 30-Nov 02 2008 (four days at the Istanbul Aydin University Campus). The International Guest Faculty consisted of distinguished colleagues such as Drs. Eric Vermetten, Camillo Lorigo, Matthias Mende, Nicole Ruyschaert, Gunnar Rosen, Phyllis Alden and Karl-Josef Sittig, with Local Faculty consisting of some 10 hypnotists. It was a wonderful

Congress in every aspect with an audience of 170, of which three were participants from European countries.



(3) We participated in the ESH Congress 2008 (Vienna) with 3 lectures and 1 workshop. We were 10 participants altogether from Turkey.

(4) We are going to offer workshops to our colleagues three to four times in 2009, beginning from March 2009.

(5) We will continue our traditional three-level courses throughout 2009. We expect more than 100 participants to follow all three levels.

**Prof Dr Cetin Kaleli**

Coordinator of International Relations, THD

## AMISI

### XIV Congresso Nazionale A.M.I.S.I. "La metamorfosi della psicoterapia ipnotica. L'evoluzione continua"

Dal 25 al 27 settembre 2008, presso l'Aula Magna dell'Università Cattolica Sacro Cuore di Milano, si è svolto il XIV Congresso Nazionale A.M.I.S.I., celebrando con l'occasione il 50° anniversario della fondazione dell'Associazione Medica Italiana per lo Studio dell'Ipnosi.

Il convegno, dedicato ai cambiamenti e agli sviluppi possibili della psicoterapia ipnotica, ha cercato sia di esaminare il contributo storico di M. H. Erickson sia di individuare, fra le numerose interpretazioni successive del suo lavoro, quelle che rispettino la sua pratica terapeutica.

L'AMISI in questo appuntamento, ha presentato quale influenza stiano avendo le recenti scoperte nell'ambito delle neuroscienze sulla proposta terapeutica. La nuova documentazione sull'efficacia trasformativa della cura, realizzata nella relazione terapeutica grazie alle immagini mentali sperimentate in stato ipnotico, è fautrice di interessanti cambiamenti e allargamenti di prospettiva. I risultati di tali nuovi contributi non sono stati solamente descritti, ma anche dibattuti nelle numerose tavole rotonde tra professionisti di estrazione eterogenea: dai terapeuti di formazione psicologica, a quelli di formazione medica, fino agli specialisti di neuro-immaging, portatori della visione più tecnica e tecnologica.

Al convegno sono stati presentati altri temi suddivisi in aree tematiche: l'evoluzione storica della psicoterapia ipnotica neo-ericksoniana in Italia; le interpretazioni dell'ambito sociale rispetto alle metodologie adottate; gli aggiornamenti sui risultati del progetto sperimentale sulla valutazione dell'efficacia della psicoterapia ipnotica nel trattamento del disturbo di panico; le esperienze cliniche e specificatamente neo-ericksoniane degli psicoterapeuti ipnotici. È stato inoltre presentato l'ultimo libro di Giampiero Mosconi, Presidente A.M.I.S.I., "*Ipnosi neo-ericksoniana: la psicoterapia e il training ipnotico*" pubblicato da Franco Angeli.

Oltre agli interventi del corpo docente e degli specializzati A.M.I.S.I. è opportuno segnalare la partecipazione alle tavole rotonde di numerosi esperti: Marcello Cesa-Bianchi (Presidente onorario dell'associazione) e Walter Bongartz (Psicoterapeuta dell'Università di Costanza) hanno trattato "*La metamorfosi della Psicoterapia Ipnolica*"; Giuseppe Vercelli (Psicoterapeuta dell'Università di Torino) il "*Modello neo-ericksoniano nella psicoterapia ipnotica*"; Anna Berti (Ordinario di Neuropsicologia dell'Università di Torino) e Stefano Cappa (Professore di Neuropsicologia all'Università Vita-Salute San Raffaele) la relazione tra "*Ipnosi, Psicoterapia Ipnolica e Neuroscienze*".

**Dr. Gloria Bevilacqua**

Psicologa – Psicoterapeuta

**SII – Società Italiana di Ipnosi**

**L'EVOLUZIONE DELL'IPNOSI CLINICA. VI congresso nazionale della Società Italiana di Ipnosi, Vietri sul Mare, 2008.**

Claudio Mammini<sup>1</sup>

Per quanto le sue possibilità siano riconosciute da anni nel campo della medicina, l'ipnosi ha sempre faticato a scrollarsi di dosso un certo alone di mistero perché non era possibile vedere i meccanismi attraverso cui le parole dell'ipnotista esplicano i loro effetti. Con l'avvento delle tecniche d'imaging i neuroscienziati hanno iniziato a scoprire come funziona il cervello durante la trance. Ne sono un esempio le ricerche del gruppo di David Spiegel, Harvard University, sulle regioni cerebrali attive durante l'ipnosi, quelle di Amir Raz, Cornell University, sulla suggestione post-ipnotica e di Bushnell e McGill, Montreal University, sul controllo del dolore etc....

Quello che emerge dal congresso di Vietri è che il proficuo connubio tra ipnosi e neuroscienze gioverà alla clinica e alla ricerca psicoterapeutica.

Tra i partecipanti non italiani occorre ricordare Gunnar Rosen, che ha offerto una interessante e aggiornata prospettiva sull'utilizzo dell'ipnosi nel dolore da arto

<sup>1</sup> Psicologo Psicoterapeuta, Società Italiana Ipnosi

fantasma (con tecniche di *sostituzione immaginaria* dell'arto), ed Erick Vermetten, che ha approfondito il tema dell'ipnosi in psicotraumatologia (tecnica *del pulsante di pausa e del posto sicuro*) e nel P.T.D.S (intervento nella fase: dei flashback, della vergogna-suicidio, dell'ipervigilanza-iperattività).

Tra gli italiani: il neoeletto Presidente dell'International Society of Hypnosis Camillo Loredio ha trattato la serendipity (con la posizione terapeutica di *attesa dell'inatteso*) e la microanalisi del processo ipnotico; Giuseppe De Benedittis, gli effetti nocebo-placebo (col costruito d'*ipnobo* o guarigione spontanea indotta) e l'analisi bispettrale (metodo per misurare e monitorare la trance); Consuelo Casula, l'intervento ipnotico nelle donne (revue delle tecniche adoperate da Milton Erickson) e la resilienza come atto creativo (generare scenari di possibilità); Wilma Sponti, l'ipnosi nello sport (tecniche di concentrazione); Luisa Martini, la lettera ad Erickson (una interpretazione del modus operandi eriksoniano); Camillo Valerio, le frontiere tra ipnosi e estetica (esplorazione etico-estetica dell'approccio eriksoniano) e le resistenze del terapeuta (come funzione comunicativa); Emanuele Del Castello, gli effetti psicoterapeutici dell'ipnosi (evidence-based) e l'ipnosi di gruppo; Mario Marazzi, il silenzio del terapeuta (parlare e tacere come mezzi di comunicazione); Rolando Weilbacher, il trattamento delle sindromi ansioso fobiche (con tecnica standard d'ipnosi diretta).

Il congresso di Vietri è un esempio di come l'ipnosi sia, nel III millennio, più viva che mai e intraveda nelle neuroscienze legittimazione e sviluppo.

## Philosophical Corner

### Philosophy and Hypnosis: Mutually Enriching

By *Consuelo Casula*

I would like to start my collaboration with the ESH Newsletter by regularly writing a



*philosophical corner* where I will present some philosophical consultants. In my opinion their books offer hypnotherapists an experimental laboratory of old and wise concepts helpful in our practice. In fact, in Europe today philosophers are often consulted to alleviate suffering. This should be no surprise because philosophy is the art of living a spiritual life consistently and coherently. Philosophers practice the therapy of words, such as hypnotherapists, both spoken - through a dialogue with the interlocutor - and written - to influence first the writer him/herself and consequently the reader.

Hypnotherapy, our instrument, can be compared to philosophical dialogue. Both create a relationship between two persons with the intent of forming rather than informing. Attention is focused in bringing out hidden natural and historical wisdom; questions and answers are related to the listener's needs. Philosophers and hypnotherapist do not state what to do in a moralistic or dogmatic way. Instead, they prefer the indirect way of suggestions rooted in nature's laws, the evocative model of others' experiences, and the epistemic power of simple questions which give rise to creative doubts.

**Philosophers practice the therapy of words, such as hypnotherapists ...**

**Hypnotherapy can be compared to philosophical dialogue.**

Philosophical and hypnotherapeutic discourse are not dogmatic but propose that listeners or readers personally commit themselves to active exercises and in this way produce the right attitude and habit. We cannot become wise without having experienced the ability of reflecting and creating distance between self and action. The philosopher and the hypnotist develop his/her strength and changes through exercises of the body and soul, which contribute to shaping a true person: free, strong and independent.

Philosophy and hypnosis teach us to exercise coherence, and to utilize hope as both virtue and passion. Hope as virtue is not a naïf and reassuring trust in goodness, quite the opposite it is the adult

awareness of the existence of evil accompanied by the indignation and courage to not accept its temptation. Hope as passion creates stubborn loyalty to the idea that change will occur and the epistemic certainty that the future will be better than the present. Hope is a revolutionary attitude because it always gives convincing reasons to strive for the best although fearing the worst.

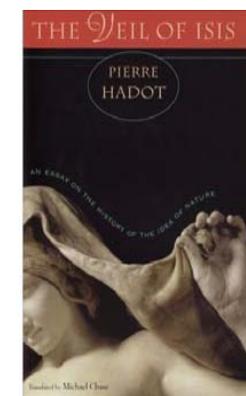
**Hope as a passion .... change will occur ... future will be better than the present**

### Pierre Hadot and Spiritual Exercises



Let's start with a French philosopher, Pierre Hadot because of his ability to write books with the power to change the reader's life. The books I am referring to are: *The Veil of Isis: History of the Idea of Nature; Spiritual Exercises and Ancient Philosophy; Philosophy as a Way of Life*, and *The Inner Citadel: Introduction to the*

*Thoughts of Marcus Aurelius.*



P. Hadot was supposed to become a priest but he preferred the concreteness of human love to the transcendent and mystic love of God. So he left the protecting walls of the seminary and a secure job as a philosophy teacher to face the challenge of a free world. Maintaining his passion for the study of philosophy and its function in teaching his students ethics, logics and emotions, he considered philosophy his only true

religion. By studying ancient philosophers, Hadot searches for the existence of universal values in different cultures and in different ages.

Following Heraclitus's aphorism "Nature loves to hide", Hadot finds that hiding is the essence of our being, of our search for our true self, and of the awareness of our deep inner self. We should accept with courage the human experience of what is mysterious, unspeakable and transcendent. In the same way we should accept the inevitability of changes and differences present in our lives.

***"Nature loves to hide"***

***... hiding is the essence of our being, of our search for our true self...***

### Reaching our Daimon

Studying Plotinus, Hadot learned what we already know in psychotherapy: the importance of detachment from everything in order to accept everything and find a true self. True self is becoming aware of three different levels of self. The first one is the awareness of our senses, of our sensitive body; the second is the awareness of our rational part, of our way of knowing and thinking; and the third is the spiritual level where we become aware that we have reached intuitive clearness. In this way *Daimon* is reached: the interior divinity where spirituality starts with letting go, and giving up the constraints of ego.

***Daimon is reached: the interior divinity where spirituality starts with letting go, and giving up the constraints of ego.***

For P. Hadot guidelines are important: being objective behaving with the intent of giving goodness to our community and conforming our desires to the rational order of the universe. In order to reach and maintain our own wellbeing, it is important to take care of the wellbeing of others. Only by being good to others can we be happy. Being magnanimous is an intelligent and rational way of being good to ourselves.

As in the practice of hypnotherapy, the search for objectivity can be hard but it is worthwhile. Objectivity gives us the advantage of becoming free from our partiality as individual. Once we have obtained objectivity, we can go back to our individuality, seen from a wiser perspective.

In commenting Marcus Aurelius's book "Meditation", Hadot underlines that the author wrote it for himself, to remind himself to follow three disciplines: desire, action and judgment. The discipline of desire helps us distinguish what depends on us from what does not. The discipline of action helps us behave with an aim, eliminating what is dispensable, going back to the rational principles of actions, and anticipating what would happen if we could not control our actions. The discipline of judgment helps us understand that evil is not intrinsic but lies in our perception.

***Only by being good to others can we be happy.***

### From Principles to Practice

Spiritual exercises are for Marcus Aurelius and for Hadot a voluntary and personal practice that transforms the practitioner, preparing him/her for difficulties which may be encountered in life. These exercises have the form of Socratic dialogue, and their objective is to provoke doubt and emotion, to help think with logic, and to find wellbeing through self-awareness. These exercises are called spiritual because they require disciplined work, not only by the thoughtful mind but also by imagination, emotion and will. Spiritual exercises are a practice that can provoke a radical change in the subject, like training athletes to gain self-control and excellence. Self-control is made of attention to the inner and outside world, moment-by-moment, vigilance, giving up the unnecessary desires with the help of the will. In this way anger, internal dialogue, speech, reasoning, imagination and intuition are controlled. When we are present in the present, we become free from the burden of the past and from the worries of the future, as if we were seeing the world for the first time, with admiration, awe, amazement, and

acceptance. Today, we utilize the same concepts and we call them *mindfulness* and hypnosis

Hadot suggests spiritual exercises because both virtue and wisdom need much practice. Being a philosopher is a choice. By raising the veil of daily habit, philosophy leads us to learn how to see the world with new eyes, to think and act according to moral and intellectual virtues. Moral virtues are prudence, temperance, courage and justice, while intellectual virtues are practical wisdom (*phronesis*) and theoretical wisdom, the ability to know the difference between subjective opinion (*doxa*) and objective knowledge (*episteme*). All of these, of course, remind us of our daily practice as hypnotherapist.

### Creating an Inner Citadel

Being wise brings us to act with reason and goodwill, and creates an inner citadel which protects us from useless worry. An inner citadel is a place where the reason reigns free from passion and where the subject can be aware of his/her relationship with his/her own thinking process, with nature and with other human beings. Creating an inner citadel also helps us to bear unbearable pain and losses with nobility, accepting what cannot be changed. So we learn to want what happens as it happens, as Hepitetus suggests, and we become completely aware of the present moment and grateful for its infinite value. And this is something that we suggest to our patients when we present the concept of resilience.

***So we learn to want what happens, as it happens ...***

***... aware of the present moment and grateful for its infinite value ...***

***... something that we suggest to our patients when we present the concept of resilience.***

### The Way to Happiness

Doing spiritual exercises everyday we become free from regret of the past or fear of the future, free from suffering provoked by chaotic thoughts. We are afraid of failing to attain something important or of losing

something we already have. Both losses are inevitable. Unhappiness is provoked by the fact that we fear things that do not have to be feared, and we desire things that are not necessary. So that life is consumed in the trouble of unjustified worries and unsatisfied desires. This is why it is important to learn to distinguish among desires which are natural and necessary, or natural and not necessary, or neither natural nor necessary. Happiness is reached when we conquer independence, freedom, and autonomy, gained by concentrating our efforts on dealing with what depends on us, and on being indifferent to indifferent things. Being indifferent does not mean not caring, but rather accepting equally everything which happens and cannot be influenced.

***Unhappiness ... life is consumed in the trouble of unjustified worries and unsatisfied desires.***

***Happiness is reached when we conquer independence, freedom, and autonomy ...  
... being indifferent to indifferent things...***

Spiritual exercises are similar to hypnotic suggestions: they lead us to see the world from a universal point of view, to submit to the dictates of reason, and to the norm of goodness. They teach us to refrain from complaining and start the healing process of the soul through natural laws: eliminate what is superfluous, straighten what is oblique, and purify what is obscure. They help us to live in conformity with human nature and reasoning, free from human biases and social conventions, sculpting our own statue, using the art of eliminating what is not necessary.

### **The Marriage between Philosophical Exercises and Hypnotherapy**

All these exercises also belong to the practice of hypnotherapy. It is evident that spiritual exercises are not so different from what we ask our patients to do. Similar to philosophical exercises, hypnotherapy uses suggestions to stimulate a change in the patient. It is, therefore, clear that a marriage between philosophical exercises and hypnotherapy is possible.

### ***The Marriage between Philosophical Exercises and Hypnotherapy?***

***It is evident that spiritual exercises are not so different from what we ask our patients to do.***

### **What Comes Next**

In the next philosophical corner I will present the work of Gerd B. Achenbach, the German philosopher who created the philosophical consultant.

### **Book Reviews - Publications on Hypnosis**

#### **La méthode thérapeutique de Palo Alto**

**Jean-Curt KELLER**

L'Harmattan, Paris, 2007

ISBN : 978-2-296-03888-2

#### **Review by Christine GUILLOUX, December 2008**

How to meander and communicate in our world where looking for change, change in the environment, in the other people, in ourselves has become a necessity and somehow an obligation? The approach of Palo Alto, among so many therapeutic approaches to treat this demand of change, could even help us to forget about this idea and then make it possible! Old wisdom, new ages?

The School of Palo Alto is well known to us although it deserves to be reviewed again. Jean-Curt Keller, philosopher, consultant in human relations, practitioner of the model of Palo Alto and in hypnosis, gives us the opportunity to review it in his book « La méthode thérapeutique de Palo Alto » as he also invite us to review the basis of pragmatics: the hypothesis being made is that there is a link between language and disorders of human mind, and it is explored through three different orientations – the one of the analysis of ordinary language, with Wittgenstein, the formal one of pragmatics, with Carnap and Tarski, the empirical one of semiotic approach, or pragmatics of communication, with Bateson, Goffman, Birdswistle, Hall et Watzlawick (\*1). Following the somehow twenty years of research

and conceptualization of the Bateson's team, Fish and Weakland have experimentally built some therapeutic and tools and tested them clinically.

Stepping aside or out the vicious circle of the repetition of the attempts for solution, stepping out from the paradox in which the person closes herself/himself in the now, without necessarily the need to see in her/his symptoms some signs of the past into the present, by maneuvers, tactics and stratagems "in velvet, in the full respect of the person. To prescribe the symptom can mean a high position of the therapist and this is taking the risk of a refusal of the task by the patient. Fisch offers to suggest the symptom to the client... Bringing the client to desire to act the opposite as he has tried to do till now to help her/him to get rid or to relieve her/his suffering, implying, if necessary, persons in the family circle or a larger circle, depending on the role they might play in the building of the problem. The principles of the therapeutic method, the three main modes of action that are questioning, reframing and suggesting tasks are examined and discussed in the second part of the book.

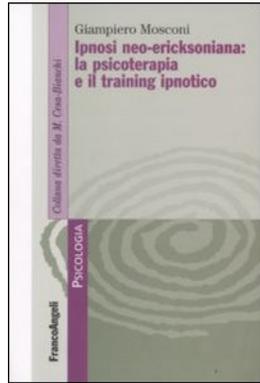
Applications of the method to families, couples, work situations et case examples illustrate, in the third and the fourth part of the book, how to lead through indirect, reframing experiences, opening to a range of choices, using the principles of the method of Palo Alto, combined sometimes with hypnosis. Let us tell us those stories that can remind us of some others, let us learn so as to unlearn and to imagine that our client's problems are solved, as may be our problems, and let us not resist to this quotation of Stobee: A man who has hidden a treasure into the ground realizes that he's been robbed. Antiphon says to him: "Anyhow, when you had it, you were having no use of it. So don't consider you are deprived of any thing."

(\*1) For those who want to improve their knowledge of those notions and concepts, Jean-Curt Keller has written another book: « Le paradoxe dans la communication, Actualisation théorique, Perspectives thérapeutiques », also at the same publisher, L'Harmattan. (Paris, 2007, ISBN: 978-2-296-03542-3). This book offers a re-reading of those theories and those basics, more especially in pragmatics of communication, developed by Watzlawick. (\*2) p75

## Giampiero Mosconi Ipnosi neo-ericksoniana: la psicoterapia e il training ipnotico.

Franco Angeli, 2008

### Review by Consuelo Casula



Giampiero Mosconi is The founder and president of A.M.I.S.I. (Italian Medical Association for the Study of Hypnosis) and director of the European School of Hypnotherapy, in Milan. Gynaecologist, psychologist and psychotherapist, he is considered the father of many Italian hypnotherapists and has written many books on hypnotherapy. He has also been

the editor of AMISI journal since 1981. This latest book shows his wise creativity and endurance, considering the fact that he is more than 80 years old. His book is divided into two parts. The first one explores the magic of hypnosis, and the second is dedicated to hypnotic training for childbirth.

According to the author, suggestion and symptom resolution are simple vestiges of ancient hypnosis. Today, in fact, hypnosis is a helpful tool in therapy, diagnostic and research, due to its metaphoric language and its way of talking directly with patient's unconscious.

Psychotherapy is considered by Mosconi an expression of art and hypnosis as a communication medium between two persons. In this relationship it is not important for the therapist to show his or her own ability to send the patient into trance. The important factor is to use the power of imagination and to create detachment from outside stimuli in order to concentrate attention on patient's inner world. This process of communication is characterized by a synchronicity between the hypnotist and the subject, shown by the same rhythm of breathing, the same posture, and the same body movements. This is also demonstrated today by neuro-imaging research.

Hypnosis is considered by the author as the mother of all forms of psychotherapy because it's intrinsic presence in every human conduct. Hypnosis is a natural phenomenon of a modification of the physiology of conscience. It helps to dynamically interact with the patient's unconscious, reframing the content and allowing the utilization of internal resources, enhancing potentialities and using energy and wisdom coming from previous experiences. The paradoxical aspect of hypnotherapy is accepting what the patient brings and at the same time inducing change.

Following these premises, Mosconi explores the concept of Ericksonian unconscious and the correlated trust on the unconscious of both therapist and patient. Neo-Ericksonian hypnosis considers trance a natural phenomenon elicited in patients by the hypnotist. His or her intervention is different every time because it takes into consideration the evolution of the therapeutic process and the changes which have already occurred. Even though the time necessary to solve a problem cannot be determined in advance, hypnotherapy is considered brief. This is so also because each therapeutic conversation is focused on essential and paradigmatic information to establish rapport, and clarify the outcome the patient wants to achieve. The aim of this kind of therapeutic conversation is sharing the philosophy of the treatment, the active role of the patient and the necessary cooperation to achieve the goal in a short period of time.

Hypnotherapy is considered brief also because it conceives the unconscious as a storehouse filled with talent, gift, potentiality, resources, strength and energy. Therapy is considered a process of learning how to spend that patrimony stored with care, without any waste or hoarding. Since every storehouse is different in quality and quantity, the hypnotherapist offers a corrective experience induced by the state of trance, using metaphors and imagination to help patients find the resources needed at that particular moment.

According to the author, hypnosis has some similarities to dreaming. Both send messages to the unconscious to be received by the conscious allowing the patient to associate and organize what was confused. During trance, the imagination has the power to create change in real life. In motivated persons, the inner reality created by imagination can change some behaviour; the

more we rehearse certain behaviours in trance, the more we embody these behaviours in our real life.

This process of embodiment is well shown in the second part of the book with advice for using hypnosis in childbearing. In this case hypnosis has a specific role: it is a complete procedure that integrates psychological aspects with the somatic adaptation necessary in the timing of labour. According to neo-Ericksonian hypnosis, the modification of the state of consciousness is needed to find the resources hidden in the storehouse. In this specific case, the storehouse of the pregnant woman has phylogenetic talents, such as instinctive programs and vital impulses. Since every female of every species knows how to give birth, even the human female can rely on the natural wisdom of her body. In her unconscious the new mother has the same natural ability her mother, her grand mother and all her ancestors already had.

Following this paradigm the book ends with a transcription by Silvia Giacosa, psychologist and secretary of AMISI, of complete training for childbearing structured in eight sessions. The training starts with the hypnotist giving information about the natural and physiological body reactions in order to prepare a woman's body to deliver her baby. During the second session the patient receives hypnotic training to learn how to detach from external reality and to focus on relaxing abdominal and perineum muscles. The third session is dedicated to the three major moments of delivery: the induction signal of being in trance; the presence of the observing ego; and the ability to hold breathing during contraction. The fourth session is organized for enhancing the trance and simulating contraction and relaxation phases. During the fifth session the woman starts rehearsing the previous learning: contraction, holding her fist, trance observation from an external point of view, muscle relaxation, calm breathing until her fist is so strong that she need to stop breathing, count to eleven, deep breath, relax, calm and rest. During the sixth, seventh and eight sessions the woman is asked to simulate what will happen in a few days: the real moment of delivery of her baby.

The intent of Mosconi in writing this book was to show the recent transformation of hypnosis, now free from its old bonds with esoteric magic. Now hypnosis can demonstrate its scientific kinship with neuroscience and

its connection with natural wisdom. Presenting the magic wisdom of natural delivery, the author shows the intrinsic natural magic still connected with hypnosis.

## Italian Journals

### *By Consuelo Casula*

The two major Italian societies of Hypnosis, AMISI and SII, have their own journal. The AMISI journal was born in 1981 and is called "Rivista italiana di ipnosi e psicoterapia ipnotica". The director is Giampiero Mosconi, president of AMISI. The two major Italian societies of Hypnosis, AMISI and SII, have their own journal. The AMISI journal was born in 1981 and is called "Rivista italiana di ipnosi e psicoterapia ipnotica". The director is Giampiero Mosconi, president of AMISI. The SII journal was born in 2004 and is named "Ipnosi. Rivista italiana di ipnosi clinica e sperimentale". The director is Camillo Loredi, also president of SII.

I will now present a synthesis of the main articles in the latest issues, no. 2, 2008 for AMISI, and no. 1. 2008 for SII.

The AMISI journal starts with the president's editorial where he anticipates the main theme of their national congress "The Metamorphosis of Hypnosis": see the review written for this newsletter by Gloria Bevilacqua. Next follows the article "Why Hypnosis can be Psychotherapy and Why Psychotherapy *might* be Hypnosis", by Ambrogio Pennati, AMISI vice president. In his article the author shows how the recent developments in neuropsychology and neuroimaging help us to better understand inner mental functioning. In the second article – "The Man who did not Look at Himself in the Mirror"- Ivano Lanzini shows how he helped a depressed patient to free himself, not only from his internal judgmental mother, but also from a cold and distant wife, by utilizing both patient and natural metaphors. In the third article "Therapy and Power", Mario Vanni shows his ability to solve a challenge presented by a wife who asked him to hypnotize her husband in order to learn the truth about his relationship with a young woman.

The first article in the SII journal is "From Resistance to Resilience", written by Consuelo Casula, where the author presents her way of eliciting natural resilience in

patients and, in this way, to overcome their resistance. Through the presentation of three cases she underlines the healing power of therapeutic alliance and cooperation between the therapist and the patient. The second article is "Research on Psychotherapy", written by Maria Riccio, where the author introduces a short history of research in psychotherapy, comparing first "Outcome Research" and "Process Research" and then illustrating the recent concept of "Outcome Management Research". The third article is "Hypnosis, Cognitive Flexibility and Systems of Attention Control and Supervision", written by Emanuele Mazzone. In his article the author explains the anatomical and functional interactions of neural circuits that manage the cognitive control process during hypnosis. This issue of the journal also presents all the abstracts of the VI SII National Congress, held in Vietri, March 2008: see the review written for this newsletter by Claudio Mannini.

### Books to be reviewed in the next issues

- i. Apprenons par l'autohypnose à cheminer dans la vie. Jorge Abia et Teresa Robles. Collections Le Germe. Editions Satas, Bruxelles.
- ii. Hommage à Elizabeth Moore Erickson. Marilia Baker. Collections Le Germe. Editions Satas, Bruxelles.
- iii. La Magie de nos Masques. Théorie et Pratique. Teresa Robles. Collections Le Germe. Editions Satas, Bruxelles.
- iv. Reviser le Passé pour construire l'avenir. Manuel d'autohypnose. Teresa Robles. Collections Le Germe. Editions Satas, Bruxelles.
- v. A critical History of Hypnotism. The Unauthorized story. Saul Marc Rosenfeld. Xlibris cooperation. Philadelphia.

### Calendar – Upcoming Congresses and Training and Lectures

#### 2008-2009 – Basic Hypnosis Training

Salford University. The basic training is fully subscribed for this year but if you contact the university they will give you information of further hypnosis training by the BSCAH at the university.

#### 2009 – January 31<sup>st</sup> – February 1<sup>st</sup>.

How the New Neuroscience makes Hypnosis easier than you thought. Charles Faulkner. Lecture and Workshop. Venue: Dunblane Hydro Hotel. British Society of Medical & Dental Hypnosis (Scotland) Website: [www.bsmdh-scot.com](http://www.bsmdh-scot.com)

Anyone interested in attending this weekend or wishing any further information should please contact the BSMDH (Scotland) Office Secretary, Angela Samson [mail@bsmdh-scot.com](mailto:mail@bsmdh-scot.com) or by telephone 0141 229 0222 or 07981 333391.

#### 2009 – February 7-8.

Treating Stress with Hypnosis. Hotel Hilton. Malmö. Sweden.

Keynote speakers: Professor Etzel Cardena, Psychologist Susanna Carolusson, Psychologist and dr.phil. Gunnar Rosén.

More information

[http://www.hypnoterapi.com/pdf/Workshop\\_20092.pdf](http://www.hypnoterapi.com/pdf/Workshop_20092.pdf)  
Swedish Society of Clinical Hypnosis - Södra Kretsen. [kickielindberg@msn.com](mailto:kickielindberg@msn.com) Danish Society of Clinical Hypnosis. [per.nilsson@post2.tele.dk](mailto:per.nilsson@post2.tele.dk) and [ingeguldal@hotmail.com](mailto:ingeguldal@hotmail.com).

#### 2009 – March 22-29.

15<sup>th</sup> International Seminar for Autogenic Psychotherapy and Hypnosis-psychotherapy. Radstadt. Austria. Congress language German. [www.oegatap.at](http://www.oegatap.at)

#### 2009 – April 1-8<sup>th</sup>

International Supervision GOZO, Malta [www.dqzh-stuttgart.de/frameset-malta.htm](http://www.dqzh-stuttgart.de/frameset-malta.htm)

#### 2009 – May 7<sup>th</sup>-9<sup>th</sup>

Hypno 2009 – Annual congress of the Israeli Society of hypnosis. Venue Acco. Palm Beach Hotel. Like in past years, we are inviting local lecturers as well as international colleagues from the European Society of Hypnosis to give workshops. Those interested in giving workshops are welcome to contact the organizing committee at [israelihypnosis@gmail.com](mailto:israelihypnosis@gmail.com). Participants are guaranteed an interesting and enriching program and an extraordinary personal and social experience.

### 2009 – May 7-8-9<sup>th</sup>

Entre Stratégie et Intuition. 6<sup>ème</sup> forum de la CFHTB - Confédération francophone d'hypnose et de thérapies brèves. Nantes France Cité du congrès. Website <http://www.cfhtb2009.org/>

### 2009 – June 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup>

Joint meeting of BSCAH, BSMDHS and the RSM featuring David Spiegel and the BOD of ESH.

### 2009 – June 19<sup>th</sup> – 21<sup>st</sup>

Autogenic training and Self-Hypnosis. Blankenburg/Harz. With courses and seminars on autogenic training, lectures and seminars on Biofeedback.

Congress Language: German.

Contact: Dr. med. W.-R. Krause  
Chefarzt der Klinik für Psychiatrie und Psychotherapie mit Tagesklinik  
Harz-Klinikum Wernigerode - Blankenburg  
Thiestraße 7 - 10, D-38889 Blankenburg  
Tel.: 03944/962186 Fax: 03944/962350  
[www.harz-klinikum.de](http://www.harz-klinikum.de) [www.dgaehat.de](http://www.dgaehat.de)

### 2009 – September 11-13.

15<sup>th</sup> DGZH Congress, Berlin, Germany  
[www.dgzh.de](http://www.dgzh.de)  
Dr. Albrecht Schmierer

### 2009 – September 24<sup>th</sup> –26<sup>th</sup>

Hypnosis and Neuroscience. Clinical implications of the Mind-Body paradigms. International Society of Hypnosis. XVIII International Congress. Roma. Italy. With pre-congress workshops and demonstrations : September 22- 23 <http://www.hypnosis.it/Inglese.html> and ISH website <http://www.ish-web.org/page.php>

### 2010 – February 4-6<sup>th</sup>

The Changing Faces of Psychotherapy: A congress including the Third world Congress on Ego-State Therapy. Post congress Workshops February 7<sup>th</sup>. Preliminary International Faculty: Dr Albina Tamaloni (USA), Dr Danie Beaulieu (Canada), Bernhard Trenkle (Germany), Dr Gunther Schmidt (Germany), Dr Louise Reddemann (Germany), Dr Burkhard Peter (Germany), Susy Signer-Fisher (Switzerland), Dr Claire Frederick (USA), Dr Maggie Phillips (USA).

Venue: Sun City International Convention Centre. North West Province.

Organisation: Milton Erickson Institute of South Africa.

Contact Hanlé or Louise at +27 12 991-1472/  
[meisa@vodamail.co.za](mailto:meisa@vodamail.co.za)

### 2010 – February 9<sup>th</sup> – 10<sup>th</sup>

The Cape of Good Hope Congress. Ericksonian Hypnosis Congress. Changing faces of Psychotherapy. Post Congress Workshops February 11<sup>th</sup>  
Preliminary International Faculty: Dr Albina Tamaloni (USA), Dr Danie Beaulieu (Canada), Bernhard Trenkle (Germany), Dr Gunther Schmidt (Germany), Dr Louise Reddemann (Germany), Dr Burkhard Peter (Germany), Susy Signer-Fisher (Switzerland), Dr Claire Frederick (USA), Dr Maggie Phillips (USA).

Venue: Protea Hotel, Stellenbosch, Western Cape.

Organisation: Milton Erickson Institute of South Africa.

Contact Hanlé or Louise at +27 12 991-1472/  
[meisa@vodamail.co.za](mailto:meisa@vodamail.co.za)

## Hypnosis Lectures

### 2009 – January 7<sup>th</sup>

Israeli Society of Hypnosis  
Use of hypnosis for treatment of sexual problems and for improving sex life. Udi Bonstein. Live demonstrations: Methods for producing and deepening trance-1. Mutual teaching and discussion

### 2009 – February 4<sup>th</sup>

Experiencing the Valencia model of waking hypnosis: clinical implications and the theory of hypnosis. Zvi Lahav. Emil Coué and his contribution to modern hypnosis. Ewa Shahamorov

### 2009 – March 4<sup>th</sup>

"Mesmer" biopic, 1994, USA. Movie screening and discussion

### 2009 – April 1<sup>st</sup>

Memory focused intervention as a therapeutic strategy during hypnotic psychotherapy. Joseph Meyerson. The Artistry of Milton H. Erickson Part II. Movie screening

### 2009 – June 3d

The use of hypnosis for in vitro fertilization. Dr. Aldo Parmet. Intro to hypno-analysis. Dr. Eitan Abramovich.

### 2009 – July 1<sup>st</sup>

Diagnosing and treating using Ego State Therapy. Netzer Dai. Live demonstrations: Methods for producing and deepening trances- 2 Mutual Teaching.



Dear Colleagues

Would you kindly note that ESH Central Office will close at 17:00 (UK time) on Tuesday, 23rd December and re-open at 09:00 (UK time) Monday, 5th January 2009.

On behalf of the ESH Board of Directors and myself, may I wish you all, very best wishes for the festive season and a happy, healthy and peaceful 2009.

Warmest regards, Christine  
ESH Administrative Assistant

## ESH NEWSLETTER 2009 Issue 1

May we remind you that the deadline for submission of Society and Member News, upcoming Congresses and Activities, Articles, Book Reviews etc. is 30<sup>th</sup> May 2009.

Please send your contributions for inclusion to ESH Central Office by email, fax or post. Thank you.

**ESH Central Office, Inspiration House, Redbrook Grove, SHEFFIELD, S20 6RR, United Kingdom**

Tel: 0114 248 8917 (+44 114 248 8917)  
Fax: 0114 247 4627 (+44 114 247 4627)  
Email: [mail@esh-hypnosis.eu](mailto:mail@esh-hypnosis.eu)

Hours: Monday-Friday: 09:00 - 17:00 UK time