

**Letter from the
ESH President:
Matthias Mende**



Dear Friends and Colleagues

During the ISH Congress in Rome in September, the Board of Directors of ESH was able to break the news: The 12th ESH Congress will be held in Istanbul, Turkey instead of Glasgow, Scotland, as it was originally planned. After the Scottish Society decided to resign from their initial offer to carry the Congress, because of financial restraints, ESH approached the runner-up in the bid for the 2011 Congress, the Turkish Society of Hypnosis. THD accepted the request by ESH to host the Congress promptly and were able to create a very attractive offer in a very short time. The dates of the 12th Congress remain unchanged: August 16-20, 2011. Presently, the website is being built quickly and online-Registration is possible at www.hypnosis2011.com

ESH held an Extraordinary General Meeting of the Council of Representatives during the Congress in Rome to amend the Constitution. It will now be possible to fill vacancies in the Board of Directors should a Member of the Board resign from office for any reason during a term. Also, it will be possible to Co-opt extra Members to the Board, if their special expertise is required in areas of concern to the Board. Co-opted Board Members will have no right to vote.

This Newsletter contains a Report of the recent ISH-Congress in Rome from three different perspectives; grasping the different scents, tastes and views of the Congress, illustrating the unique atmosphere of friendliness and scientific originality. We give our thanks to Camillo Loredano and his team for turning this Congress into such a valuable experience for so many of us.

On a personal note, I can reassure those of you have not yet taken the professional practice of attending international hypnosis Congresses, that it is a very

rewarding experience. Learning about common grounds shared by the multi-professional and multi-cultural hypnotic community and feeling the readiness to integrate different views, was a fascinating experience in Rome - and it will happen again at future international Congresses. Making friends, pursuing similar professional ideas about hypnosis is a great way of feeling connected, even if you are working in an environment still skeptical when it comes to doing research or clinical work with hypnosis.

I give my thanks go to Nicole Ruyschaert, our chief Newsletter Editor, to Consuelo Casula, Susanna Carolusson and all other contributors, for creating this Newsletter. And thank you, our readers, for turning this Newsletter into a lively forum for the latest developments in hypnosis throughout Europe!

Wishing you a joyful festive season, with time to share valuable moments with family and friends.

Matthias Mende, PhD.
President
European Society of Hypnosis
in Psychotherapy and Psychosomatic Medicine

Liebe Freunde und Kollegen

beim ISH Kongress im September in Rom konnte der Vorstand ESH eine wichtige Neuigkeit verkünden: Der 12. ESH Kongress wird in Istanbul/Türkei abgehalten anstatt wie ursprünglich geplant in Glasgow/Schottland. Nachdem die schottische Gesellschaft ihr anfängliches Angebot, den Kongress auszutragen, aufgrund finanzieller Einschränkungen zurückgezogen hatte, trat die ESH an die türkische Gesellschaft für Hypnose heran, als Zweitplatzierte bei der Bewerbung um den Kongress 2011. Die THD nahm die Anfrage der ESH, Gastgeber des Kongresses zu werden, umgehend an und war im Stande, innerhalb kurzer Zeit ein sehr attraktives Angebot zu legen. Die Daten des 12. Kongresses bleiben unverändert: 16. bis 20. August 2011. Die Website ist gegenwärtig im Entstehen, wächst rasch, und auch eine Online-Registrierung ist schon möglich (www.hypnosis2011.com).

Die ESH hat in Rom eine außerordentliche Generalversammlung des Repräsentantenrates abgehalten, um die Verfassung zu ergänzen: Ab jetzt



**NEWSLETTER
Issue No. 2 – 2009**

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



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wird es möglich sein, frei werdende Positionen im Vorstand zu ersetzen für den Fall, dass ein Vorstandsmitglied aus welchem Grund auch immer während der Amtszeit zurücktreten muss. Ebenso wird es möglich sein, zusätzliche Mitglieder in den Vorstand zu berufen, wenn deren spezielle Kenntnisse in einem Gebiet gebraucht werden, auf dem der Vorstand tätig ist. Zusätzlich berufene Vorstandsmitglieder besitzen kein Wahlrecht.

Der Newsletter enthält Berichte über den kürzlich gehaltenen ISH Kongress in Rom aus drei verschiedenen Blickwinkeln. Jeder dieser Berichte erfasst verschiedene Düfte, Geschmacksnuancen und Ansichten des Kongresses und illustriert die einzigartige Atmosphäre aus Freundlichkeit und wissenschaftlicher Originalität. Unser Dank geht an Camillo Lorio und sein Team dafür, dass er diesen Kongress für Viele von uns zu einer so wertvollen Erfahrung gemacht hat.

Als persönliche Notiz kann ich Allen versichern, die den Besuch internationaler Hypnosekongresse noch nicht zu einer beruflichen Gewohnheit gemacht haben, dass es eine äußerst lohnende Erfahrung ist. Die gemeinsamen Grundlagen zu erkunden, die von der multi-professionellen und multi-kulturellen hypnotischen Gemeinde geteilt werden und die Bereitschaft zu spüren, unterschiedliche Sichtweisen zu integrieren, war eine faszinierende Erfahrung in Rom - und wird es wieder sein bei künftigen internationalen Kongressen. Freunde zu treffen, die ähnliche professionelle Ideen zur Hypnose verfolgen, ist ein großartiger Weg, Verbundenheit zu erleben, auch wenn Sie in einer beruflichen Umgebung arbeiten, die der Hypnoseforschung oder klinischen Arbeit mit Hypnose immer noch skeptisch gegenübersteht.

Ein herzliches Dankeschön für die Zusammenstellung des Newsletters geht an Nicole Ruyschaert, unsere leitende Herausgeberin des Newsletters, an Consuelo Casula, Susanna Carolusson und alle Anderen, die Beiträge geleistet haben. Danke dafür, dass ihr aus diesem Newsletter ein lebendiges Forum für die jüngsten Entwicklungen Hypnose in ganz Europa macht!

Mit den besten Wünschen für eine friedliche Weihnachtszeit voller Freude und Zeit für wertvolle Momente mit Familie und Freunden

Dr. Matthias Mende

Präsident

Europäische Gesellschaft für Hypnose
in Psychotherapie und psychosomatischer Medizin

Chers Amis et Collègues

Au cours du Congrès de l'ISH à Rome, en septembre dernier, le Conseil d'Administration de l'ESH a pu annoncer le changement de lieu du 12ème Congrès de l'ESH, initialement prévu à Glasgow en Ecosse : il se déroulera à Istanbul en Turquie. La Société Ecossaise a décidé de retirer sa proposition d'organiser le Congrès pour des considérations financières. Aussi l'ESH s'est adressée à l'organisation concurrente pour ce Congrès de 2011, en l'occurrence la Société Turque d'Hypnose. La THD a aussitôt accepté la demande de l'ESH d'accueillir le Congrès et a élaboré rapidement une offre attirante. Les dates du 12ème Congrès demeurent du 16 au 20 août 2011. La construction du site web est en cours et il est actuellement possible de s'inscrire en ligne sur (www.hypnosis2011.com)

Lors du Congrès de Rome, l'ESH a tenu une assemblée extraordinaire du Comité des Représentants des Organisations Membres. Désormais, il sera possible de remplacer les membres du Conseil d'Administration si membre est démissionnaire au cours de son mandat. Il sera également possible de coopter des nouveaux membres du Conseil si une expertise particulière est nécessaire dans des domaines concernant le Conseil. Les membres cooptés du Conseil n'auront pas le droit de vote.

Cette newsletter comporte un compte-rendu du récent Congrès de l'ISH à Rome sous trois différentes perspectives. Chacun y apporte sa cueillette de senteurs, de goûts et de points de vue du Congrès, illustrant ainsi l'atmosphère exceptionnelle d'amitié et l'originalité scientifique. Merci à Camillo Lorio et à son équipe pour avoir fait de ce Congrès une expérience de grande valeur pour tant d'entre nous.

De mon point de vue, je peux rassurer ceux qui n'ont pas encore pris l'habitude de participer à des congrès internationaux d'hypnose que l'expérience valait vraiment le détour. Fascinante expérience pour nous tous que d'apprendre des bases communes de notre communauté multiculturelle de praticiens de l'hypnose,

thérapeutes comme chercheurs, que de nous ouvrir et d'intégrer des approches différentes – les prochains congrès seront autant de nouvelles opportunités. Nous faire des amis qui oeuvrent dans le même esprit quant à l'hypnose est un bon moyen de nous sentir connectés, rassemblés, même si nous travaillons dans un environnement dubitatif quand il s'agit de réaliser des études et des recherches cliniques sur et avec l'hypnose.

Grand merci à Nicole Ruyschaert, notre rédactrice en chef, d'avoir initié cette newsletter, à Consuelo, à Susanna Carolusson et aux autres contributeurs. Merci à cette newsletter d'avoir donné l'impulsion d'un forum témoignant des derniers développements de l'hypnose au sein de l'Europe.

En vous souhaitant un Joyeux Noël et de bonnes fêtes de fin d'année auprès de vos familles et de vos amis

Matthias Mende, PhD.

Président

de l' European Society of Hypnosis
in Psychotherapy and Psychosomatic Medicine
Cari amici e colleghi

Durante il convegno ISH che si è tenuto a Roma in settembre, il board ha potuto comunicare la notizia: il dodicesimo convegno ESH si terrà a Istanbul, Turchia, invece che a Glasgow, Scozia, come era stato precedentemente pianificato. Dopo che la società scozzese ha deciso di ritirare la sua offerta di organizzare il congresso a causa di ristrettezze economiche, la ESH si è rivolta alla società turca di ipnosi, la THD, che aveva già offerto la sua candidatura per il convegno del 2011. La THD ha accettato subito la richiesta della ESH di ospitare il dodicesimo congresso ed è riuscita in poco tempo a creare una proposta attraente. Le date del congresso rimangono le stesse, 16-20 agosto 2011. Al momento è già stato creato il sito web ed è possibile cominciare a iscriversi (www.hypnosis2011.com)

Durante il congresso di Roma, la ESH ha tenuto un'assemblea straordinaria con il gruppo dei rappresentanti per poter modificare la costituzione. Da ora in poi, sarà possibile rimpiazzare un membro del board nel caso in cui questi, durante il suo mandato e per qualsiasi motivo, lasciasse l'incarico. Sarà inoltre

possibile cooptare membri extra board, nel caso una loro speciale competenza fosse richiesta in aree di interesse del board: il membro cooptato non ha diritto di voto.

Questa newsletter contiene la relazione del recente congresso ISH di Roma da diverse prospettive. Ognuno ha colto diversi profumi, sapori e punti di vista del congresso, illustrando l'atmosfera unica composta di cordialità e di originalità scientifica. Grazie a Camillo Loriedo e al suo team per aver trasformato questo congresso in un'esperienza preziosa per molti di noi.

Come nota personale, posso assicurare coloro che non hanno ancora preso l'abitudine professionale di frequentare i congressi internazionali di ipnosi del fatto che è una esperienza molto arricchente. Apprendere dal terreno comune condiviso dalla comunità ipnotica multi professionale e multi culturale e sentire la prontezza nell'integrare le diverse visioni è stata un'affascinante esperienza a Roma - e succederà nuovamente anche nei futuri congressi internazionali. Acquistare amici che sull'ipnosi seguono simili idee professionali è un bel modo di sentirsi connessi, anche per chi lavora in un ambiente ancora scettico e fa ricerche o lavori clinici con l'ipnosi.

Molti ringraziamenti a Nicole Ruyschaert, capo redattore della newsletter, per aver creato questa newsletter e a Consuelo Casula, Susanna Carolusson e a tutti coloro che vi hanno. Grazie per aver trasformato la newsletter in un forum vitale sugli ultimi sviluppi dell'ipnosi in Europa.

Auguro a tutti una gioiosa vacanza natalizia, ricca di tempo per condividere momenti preziosi con amici e familiari.

Matthias Mende, PhD

Presidente
della European Society of Hypnosis
in Psychotherapy and Psychosomatic Medicine



News from the Constituent Societies

BSCAH: British Society of Clinical and Academic Hypnosis

Hypnosis Training for Health Professionals

The Lancashire and Cheshire Branch of the British Society of Clinical and Academic Hypnosis (BSCAH) have been working in collaboration with Salford University, Manchester, England for the last two years to deliver the basic BSCAH three module hypnosis training for health professionals as part of Salford's programme of continuing professional development. To date there have been six courses (one each semester) with eighty eight students completing all three modules. These are run at weekends as both trainers and students are mostly unable to take time off during the week.

We have benefited from the University's advertising and have gained credibility by our association with Salford University as in the UK there are many 'lay' and commercial training organisations and health professionals often find it hard to know where to go for reputable training.

BSCAH has a core curriculum for its basic training course and this is delivered by the different branches in their own way. The Midlands branch for instance has developed an association with Stafford University and continues the basic training into a Diploma accredited by the University.

Further working links with Universities would be desirable as this allows for a strong base from which to deliver training and hopefully this can be progressed in the next few years.

SSCH: Swedish Society for Clinical Hypnosis

We have worked hard on our website and realised that the best way to conquer the aggressive lay hypnotists is by informing people about professional clinical hypnosis as much as possible. Therefore we have a web page with lots of precious information. Among everything else there, we have a Q & A section, which we can share with the ESH in a special column.

We will also have a seminar in English, 20-21st of March: Richard Schwartz will present Family Systems Therapy, which some of us will recognize as a kind of Ego State Therapy. These techniques have very much in common. If you are interested to join this seminar and to visit the beautiful capital of Sweden i.e. Stockholm, please contact anna@insidan.se

Remember; you can also be a tourist and buy high quality clothes for a low price due to the Euro-SKR currency!

SSCH, through ESH COR Susanna Carolusson

Warmly

Susanna Carolusson

THD

(1) The THD held the 6th International Hypnosis Congress on November 13-15, 2009 and five well-known persons: Drs Consuelo Casula, Wilma Sponti, Martin Wall, Gaby Golan and Joseph Meyerson were with us.

(2) The THD continued its traditional three-level courses throughout the year and, during the Congress, made an annual examination on theoretical knowledge of hypnosis.

(3) Dr Ali Esref Muezzinoglu published two books, one of which was on practice of hypnosis (suggestions).

(4) The Society continues to make preparations for the ESH Congress in 2011. The early registration deadline was November 30 2009. A website is available for online registrations at www.hypnosis2011.com

(5) About 10 members of the THD attended the International Hypnosis Congress in Rome, and made many presentations.

Dr. **Cetin Kaleli**

Coordinator of International Relations, THD

Congress Reports

XVIII ISH International Congress. Hypnosis and Neurosciences. 2009 September 22/26

What comes into your mind when you remember the 18th ISH Congress in Rome?

Report from Consuelo Casula:

My global impression is that the Congress was organised with great care and details, which made it a great experience both from the scientific and social point of view.

What I liked most was that everyone - young and old, expert and student, Italian or foreigner - all had the same amount of time for their presentations or workshops.

From Rossini to Mozart the evening activities were stimulating and appropriate, especially Mozart's The Magic Flute with the Orchestra di Piazza Vittorio. This orchestra blended musicians from all over the World, creating a new way of integrating cultural background differences, in the same spirit of the Congress and our discipline - hypnosis - which integrates mind and body, past, present and future, cognition, emotion and behaviour.

Walking from the hotel to the venue of the Congress, the historic University La Sapienza, was lovely and because we were lucky enough to have mild autumnal weather.

Report from Susanna Carolusson

Approximately 550 participants were present; 122 presentations were accepted by the Scientific Committee. This meant that the programme was unusually packed with many parallel lectures from 8:00 to 19:15 in three days. Before that there were, as customary, a series of workshops.

Participants from Sweden were: ISH Representative Bengt Häggqvist, ESH Representatives Ola Norrman and myself, SSCH Treasurer Ulf Torngard, Webmaster Magnus Bjurhammar and our renowned Lars-Eric Uneståhl who gave a seminar on neurology and trance,

Western Branch Chairman Erika Marklund and the very Scandinavian ISH Representative Gunnar Rosén.

Ola and I participated in an extra ESH Meeting.

The observant President of ESH, Matthias Mende had realised that some additional by-laws were needed. The additions were approved by the COR (Council of Representatives). This means briefly that if any board member resigns during his/her term, the Board may elect a replacement who would then become a board officer. This must be someone who stood next in line on the nomination list for election at the most recent annual meeting. The second decision taken was that the board has the right to involve expert Members in areas such as the Board is working with. Such "co-opted" people do not have the right to vote.

Several French Societies gathered into a main Society and this difficult task was managed by Claude Virot. He has made a huge effort to lift the French Hypnosis Society and was therefore rewarded with a new Award. I was honoured to be part of the nominating Committee for the Award recipients, and to look for and buy an appropriate gift for the new Award. I chose Bertil Vallien's "Brains". It was appreciated.

I have noticed a rejuvenation of ISH and ESH. Professor and psychologist Eva Bányái, who is known by many as one of Europe's most important researchers in hypnosis, was concerned that Basil Finer and Peo Wikstrom were absent. These are the people she associates with Sweden as a major hypnosis country. And so it used to be; SSCH and the 'Hypnos' journal always had a central place at the Congresses. Not least Peo's work, which has received greater international recognition than our Swedish members ever understood. Peo was mentioned particularly by Albrecht Schmierer when he received the ISH Award for important contributions in hypnontology. Dr. Schmierer told us that Peo is one of his most important role models. But that's life, individual body power decreases and younger energy takes over the scene.

The traditional prize recipients were: Benjamin Franklin Medal to Karen Olness, Ernest Hilgard Science Award to Giuseppe De Benedettis and the Award for Clinical Excellence went to Richard Kluff, who thanked his

enemies for the forced development of his scientific clarity. Something like that, he said, but I reserve myself for having made a non-specific interpretation of his speech. The traditional Awards were as previously, unique pieces of engraved crystal bowls.

The Jay Haley Award (a brain in red and green) that Claude Virot received was also awarded to Woltemade Hartman from South Africa (a brain in black and gold).

If you want to learn more about these Awards, motivations and past recipients, you can go to the ISH web page. Do not forget that you can join the listserv, an amazing source of exchange and understanding of hypnosis, provided you have the ability to rapidly scan and choose your personal choices, otherwise it is a full time job to read all this correspondence.

Also new from ESH was that the Scots did not succeed in their plan to host the 2011 ESH Conference. So it will be Turkey. They promised to receive all of us in a hotel and conference centre, with great service and nice excursions in the programme. That is: Istanbul the third week of August 2011! See www.hypnosis2011.com. The Turks I met in Rome were quite wonderful people, so we will be well taken care of, I am sure.

Susanna Carolusson

Report from Nicole Ruyschaert

Thanks to Camillo's perseverance and excellent negotiation qualities, we were hosted in the wonderful Sapienza University and had plenary sessions in the beautiful Aula Magna. You can take a look inside with the following link <http://www.hypnosis.it/PhotoGallery.html> and obtain a taste of the unique building where history and tradition lives against modernity! I remember the warmth from people around, from the sun and enjoyed looking for the different rooms - sometimes difficult to spot despite a map - our orientation skills were well developed. Knowing that some confusion is quite helpful in hypnosis, we can reframe it and get benefits from it.

The welcome reception at the Roma Piazza Venezia again incited our detective qualities to find its access. Once there we were rewarded with a magnificent view and nice reception. From there, a long walk started to

the traditional pizza house, where we “lost” some people who apparently were too tired (or not prepared for the Roman walks) and had to give up. But those who made it enjoyed the traditional pizza.

As you read in Susanna’s report, you can understand that it was very difficult to make choices and participants were offered the best of the best in current hypnosis: from very scientific lectures, to creative workshops with fun, tears, happy moments, music and poetry. I took the opportunity to participate in some workshops where positive aspects are emphasised: developing resilience, happiness, passion for life, harmony, working with heroes and/as resources in therapy.

In expanding the field we could enjoy presentations in French and in Italian, and translations of the main presentations in the Aula Magna.

There were plenty of opportunities to meeting ‘old’ friends and to make new ones. A drink in the bar, a walk from the University to the hotel, waiting for a tram or bus ... you could spot hypnosis congress participants all around. We were very satisfied with the presence of hypnosis publishers (Franco Angeli and Crown House) and new hypnosis book releases, telling us that hypnosis gets still a lot of interest around the globe.

I cherish my Koala bear from the Australian Society inviting us to the next ISH Conference in Australia, Melbourne August 2012. We received plenty of Turkish delight as a taste of Istanbul, inviting people to the next ESH Conference, August 2011. I hope to see you and many other new faces there!

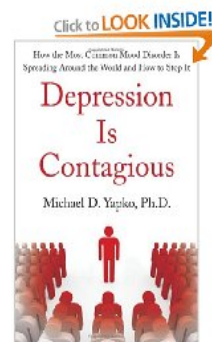
Nicole



Book Reviews - Publications on Hypnosis

Michael Yapko

Depression Is Contagious:
How the Most Common Mood Disorder Is Spreading Around the World and How to Stop It”



By **Consuelo Casula**

The latest book by Yapko, “*Depression Is Contagious: How the Most Common Mood Disorder Is Spreading Around the World and How to Stop It*” gives what the subtitle promises: to consider depression more multi dimensional and thus empower patients to overcome it. The book helps the reader, both health care professionals and lay people, to understand the social mechanism of the worrying phenomenon of depression and to learn what to do in order to stem its rapid spread contagion.

The book has ten chapters. Each one contains theoretical information on the spreading mood disorder, some examples of cases and a useful twofold experiential part: one to “*pause and reflect*” with stimulating questions, and the other to “*learn by doing*” through thoughtful skill building exercises. The structure of the book gives the reader a flowing sensation of easily following the deep concepts in a clear and useful way. It gives the reader the opportunity to learn something new, understand the implication of what is written and a push to adopt the changes suggested.

Michael Yapko is, in fact, an expert on depression, recognized by the scientific community for his 30 years of practice and research in the field. In his previous works, he has focused on the specific skills individuals can develop to learn to better regulate their moods. In this book, Yapko focuses on the need to build the social skills that can help one develop the kinds of social support that can reduce one’s vulnerability to depression. With his influential voice, he asserts that

the contagion is spreading, not because of a biochemical virus, but because of the social modelling phenomenon. The more people react with depression to the various adversities of life, the more the model spreads. Depression is a mood disorder, and its negative mood is more contagious than a positive one, also because it is reinforced by limiting beliefs and sustained by dysfunctional behaviours, creating a vicious circle.

Starting with the assertion of the social contagion of depression, Yapko selects attributional styles and frames of reference typical of the depressive way of thinking and focuses specifically on how they damage relationships. He emphasizes heavily how important good relationships are to mental health, and proceeds to teach how to build them to be sources of emotional wellness. He addresses the effects of typical depressive social patterns such as: *internal orientation, minimizing the positive and maximizing the negative, or minimizing the negative and maximizing the positive, taking the victim position, perfectionism, global thinking, making unreasonable and excessive demands for support and ignoring or never seeking alternative viewpoints*. All of these are capable of supporting depression in oneself and one’s relationships, highlighting Yapko’s key point that depression affects more than just the individual sufferer, which is what he means when he speaks of depression as contagious.

Yapko leads readers to observe themselves in order to become aware of their assumptions and their personal contribution in constructing internal and external realities leading to depression. By doing the proposed exercises, readers can enhance their sense of responsibility and become more flexible and more solution oriented in their relationship. After recognizing their self-limiting styles of relating both to themselves and others through “*pause and reflect*” and “*learn by doing*” exercises, readers can replace their blaming attitude, ruminations on their own failures, powerless and hopeless thoughts with a greater capacity for reality testing. A reality test brings recognition of one’s own limitation and potentialities, liberates one’s own free will to act and to react, and empowers one’s own courage to change what it is possible to change.

The author also helps readers to create personal boundaries, teaching how to recognize manipulative

tactics, such as intimidation, guilt, and flattery. In particular, the author underlines the importance of creating and maintaining caring, supportive and fulfilling relationships, avoiding the risk of being damaged by too high or too low expectations.

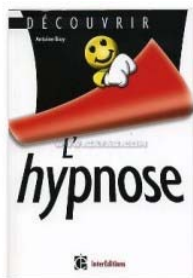
In order to achieve that and avoid disappointment, it is important to learn how to accurately assess people and situations with realistic observations. This creates a virtuous circle that motivates patients to build healthy relationships with people whose good mood, positive character and kindness are contagious. Interacting with people who spread positivism and a healthy way of thinking, feeling and behaving helps depressed patients to stop ruminating repetitive, anxious and negative thoughts when they strive to support and maintain such relationships with the new skills he teaches. For this reason, Yapko also dedicates some thoughtful pages to protect the health of marriage and how to reduce children's vulnerability to depression.

Health care professionals can improve their way of treating depression through the clear concepts presented in this book and through the exercises proposed, which can be adopted and integrated in everyone's own practice. It is a far more comprehensive and meaningful approach to treatment than merely prescribing a drug which, even when effective, *cannot* teach the social skills needed to build the healthy relationships that can help insulate us from the despair of depression.

Decouvrir L'hypnose

Antoine Bioy

InterEditions, Paris, 2007



Compte-rendu par
Christine Guilloux

L'hypnose, ce phénomène kaléidoscopique, peut être envisagée sous les points de vue neurolinguistique, ethnologique, psychologique. Ce phénomène est, à ce jour, parmi les mieux étudiés dans le monde en imagerie neurolinguistique.

Quelles types de représentations se font de l'hypnose les usagers, comme les non-usagers, de l'état hypnotique ? Quel dynamique de relation entretiennent-ils avec le thérapeute, l'hypnothérapeute ? Quelles perceptions ont-ils de la dissociation psychique ?

Antoine Bioy, psychologue clinicien, maître de conférence en l'Université de Bourgogne et hypnothérapeute au CHU de Bicêtre, se propose de présenter l'hypnose dans une collection qui ouvre à l'initiation de méthodes de développement personnel.

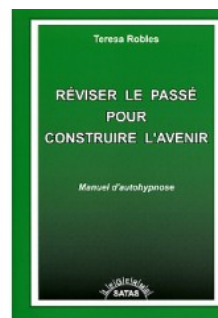
L'hypnose est resituée dans l'histoire : à la fois mère des psychothérapies d'aujourd'hui, méthode singulière, et outil dans la boîte à outils du thérapeute. Sont présentées quelques pratiques de l'hypnose, dont l'hypnose ericksonienne autant que sur les champs d'application en curatif, en préventif, dans l'apprentissage et le développement personnel. Sont décrites quelques méthodes, dont les techniques d'induction, les suggestions, les métaphores. Sont fournis quelques aspects pratiques pour savoir qui a la compétence, pour savoir qui consulter, où se former. En rappelant que l'hypnose n'est pas un état curatif en soi. Un bel ouvrage de présentation de l'hypnose, d'une lecture aisée et explicite, à recommander à qui veut s'initier à l'hypnose et à ses applications.

Réviser le Passé pour construire l'avenir. Manuel d'autohypnose

Teresa Robles

Le Germe. Satas.
ISBN 2-87293-084-1
Traduit de l'espagnol.

Compte-rendu par
Dr. Nicole Ruyschaert



Le livre est à considérer comme la suite à 'Apprenons par l'autohypnose à cheminer dans la vie. Jorge Abia et Teresa Robles.' dont vous trouvez le compte-rendu dans l'ESH newsletter 2009-1.

'Réviser le passé pour construire l'avenir' est écrite par Teresa seule, sans oublier Abia et ses contributions puisqu'il est cité à plusieurs reprises.

Dans ce livre Teresa est à la recherche de réponses à la citation d'un poème d'Abia, une question « c'est quoi d'être une femme, mais une femme véritablement complète.... ou incomplète ? » (p.23)

Comme dans les méthodes indirectes d'hypnose elle écrit ses propres expériences, son évolution, pour inviter les lecteurs - hommes et femmes - à trouver leurs réponses. Plusieurs témoignages personnelles donnent du sens aux exercices.

Le fil rouge du livre est son évolution personnelle, la découverte de la dualité entre la vraie Tere et la Tere idéale (Guadalupe), et l'effet que ces deux cotés ont eu sur les choix professionnelles, la vie du couple, la vie de famille.

Une première réflexion parle des efforts faits pour plaire aux autres et devenir une super-femme, Guadalupe, suivre les schémas, ce que l'éducation, la famille, nous impose à faire, à être. Les exercices d'autohypnose de cette première partie sont conçus pour se donner de 'l'amour', ou du temps pour soi-même. On apprend à séparer « l'idéal » ce que je pense que les autres attendent de moi, de « la réalité » qui est-ce que je suis vraiment et à introduire une communication entre les 2. Les sessions d'hypnose donnent l'occasion à entrer en contact avec soi-même, son histoire intime pour l'explorer, respecter, voire transformer. J'aime l'idée de la « cuirasse » symbole de rigidité et fixation dans des schémas limitants et le travail imaginaire de changement ou de métamorphose, pour en arriver à une cuirasse qui sert de protection. Les suggestions sont minutieusement formulées, comme pour entrer en contact avec la force de vie elle invite à « observe comment se présente là, dans ton imagination la cachette où ta force de vie est bien à l'abri, bien protégée, peut-être depuis bien longtemps » (p 35).

Le script pour apprendre du côté noir de la vie suit les principes de 'contre-conditionnement' mais comme tout dans le livre, approche originale par s'installant dans le rose « laisser entrer avec la respiration le rose de ce souvenir, que tu apprécies naturellement, de manière bénéfique et t'en remplissant de manière protégée ». Et avec le rose en place, on apprend du noir « consciemment, inconsciemment, toujours de manière protégée ». (p. 41)

La deuxième réflexion est la suite d'un moment exceptionnelle lors d'un rencontre avec une femme à Tarahumara...en regardant le ciel, deux êtres tout différent, mais à ce moment « nous étions très semblables au-dedans » et là en silence restées assis à ressentir et à vivre. Après le travail de la première partie, le chemin est préparé pour se sentir et vivre autrement, de 's imaginer « d'être moi » à un autre endroit, et de se réaliser des besoins qu'on a. La balance entre ce qu'on donne, et ce qu'on reçoit est représenté par le symbole de la cruche où l'eau s'écoule toujours en donnant et recevant. L'exercice qui suit aide à connaître sa cruche, à l'entretenir, à la remplir « à chaque fois que l'on rencontre quelqu'un qui nous aime, nous apprend ou qui nous donne quelque chose. » (p. 72)

Pour avoir l'harmonie on fait connaissance des deux parties, la partie traditionnelle qui suit les schémas de la famille, et la partie qui essaie de se débarrasser des déguisements, ce qu'on est réellement ou les aspects qui nécessitent à s'exprimer : avec des scripts successives on leur donne un nom, les met en communication, facilite la collaboration des parties pour améliorer le bien-être. Et ainsi soit il : Guadalupe Teresa après tout le travail, divorce, changement d'attitude, « est repartie sur les chemins du monde et a recommencé à remplir sa cruche des expériences, des rencontres » reconnaissante envers les rencontres signifiants du passé. Une invitation pour votre propre évolution de même ?

Un style directe est utilisé pour s'adresser au lecteur, tutoyer, comme si la thérapeute est présente, qu'on puisse imaginer sa voix et se sentir guidé dans les exercices. Tous les exercices comme dans le livre précédent sont construit selon une structure similaire, de sorte qu'on devient habitué et parfaitement à l'aise à les pratiquer, d'en apprendre, simplement avec l'aide de la respiration, facile, confortablement, « de manière bénéfique, automatique ».

Ainsi le livre est à recommander pour les clients choisissant l'autohypnose pour leur évolution et de même pour les thérapeutes, dans leur travail : les scripts s'intègrent en session de thérapie individuelle et en groupe.

Ernest & Kathryn Rossi

Lightening & Brightening- the Lamps of Human Consciousness

Neuroscience Interview, Sept 2009
DVD Auditorium Netzwerk

By Consuelo Casula

In this enlightening and inspiring 45 minute DVD, Kathryn Rossi talks with her husband Ernest about the new paradigm of therapeutic hypnosis and psychotherapy. They start by celebrating Darwin's birth bicentenary. They proceed by updating the new neuroscience concepts of gene expression and brain plasticity which bridge the gap between the Cartesian mind and body. Body and mind influence each other *from the top level of cognition to the bottom level of molecular-genomics and vice versa.*

Ernest explains how the new science of psychosocial genomics investigates the "activity dependent" or "experience dependent" genes, which evoke brain plasticity. "Activity dependent" or "experience dependent" genes are turned on by mental and physical activity involving novelty, wonder, new learning, and social interactions.

According to the studies of Siddhartha Riberio, when during the day we have salient and meaningful experiences, during the night we dream about them and turn on two genes that make proteins which make the brain grow. This means that our mind recognizes the novelty, the awe and the evolutionary meaning of some experiences that send messages to restructure neural networks in the brain. So when we experience something meaningful, we turn on brain plasticity which updates consciousness.

Ernest Rossi's research team published a pilot study utilizing DNA micro-array technology. Three subjects were tested before and after a session of therapeutic hypnosis and again after 24 hours. After one hour of hypnosis molecular oxidation is lowered, and the immune system is improved. Stress factors were lowered and stem cells are stimulated. This result shows that hypnosis reduces stress and oxidation, improves

immune functioning and new stem cells are turned on at a genomic level.

Ernest Rossi shares his experience when he had a stroke to explain what occurs on a genomic level when someone has an injury. When injury occurs, dying cells send a molecular SOS message asking for help, informing stem cells to grow and replace the dying cell to generate healing. Baby neurons are born! It takes 4 weeks to grow a baby neuron and 4 months to mature and to interact with the entire system. Coincidentally, four or five months are also the usual amount of time necessary to recover from trauma with brief psychotherapy.

This profound discovery shows that, when a person is injured, genomics within the individual cells turn on the molecules that produce proteins to create new cells. This represents a new evolutionary theory for mind/body healing, the essence of psychosocial genomics and that we can also effect on an emotional/mind level. This is using top/down approaches of mind to body psychotherapy. Psychological techniques based on art, beauty and truth actually stimulate creative psychosocial genomics. When therapists offer experience dependent suggestions to patients, a change effect at molecular level can happen. For instance, when hypnotherapists ask a very simple heuristic question, such as "where in your body are you experiencing comfort right now?", and the patient's attention is focused to the implicit positive experience, they are stimulating a change at molecular level.

Mind, cognition and emotions can turn on gene expression to facilitate mind/body healing. Art, beauty and truth create new brain mind/body medicine, a new paradigm of neuroscience where the top part turns on a cascade of genes which reduces oxidation and stress.

Activity-dependent or experience-dependent genes are turned on by the psychological level when patients experience novelty, enrichment, wonder, social interaction, art, beauty and truth, thus creating brain plasticity in the physical brain, facilitating mind/body healing process.

Utilising the new paradigm of therapeutic hypnosis and psychotherapy, Ernest and Kathryn Rossi have the mission to lighten and brighten the lamp of human consciousness. But they remind us that therapeutic

power is not within the therapist, the healer, the shaman, or the witch doctor. The locus of healing is and remains in the patient; the therapist simply creates a psychosocial genomic healing experience through fascination, awe, engagement of life, which stimulates real growth and new neurons.



Publications on Hypnosis

Website from Dr. Matthew Whalley

Since 2007 I have developed a non-commercial website www.HypnosisAndSuggestion.org, aimed at disseminating information about hypnosis research, theory, and clinical application. Recently Dr Yann Cohan, a researcher investigating hypnosis at the University of Geneva has kindly translated much of the website into French which I hope will make the site more accessible to some members of the ESH.

As well as inviting ESH members to view and give feedback about the updated site I would like to invite any who are interested to submit articles, reviews, news, or translations. I believe the site to be the most comprehensive source of scientifically-grounded information about hypnosis on the internet and would like to enlist the help of other professionals to develop its scope still further.

Dr Matthew Whalley
Department of Psychology
Royal Holloway University of London

Recensione Pubblicazioni AMISI

Di seguito presento una sintesi degli articoli apparsi sui numeri 2/2009 e 3/2009 della Rivista Italiana di Ipnosi e Psicoterapia Ipnocica.

Nel numero 2/2009 sono presenti due articoli relativi al Progetto AMISI di validazione della Psicoterapia Ipnocica nel trattamento del Disturbo di Panico secondo la Medicina Basata sulle Evidenze, entrambi firmati da Alessandro Calderoni .

Nel primo vengono illustrati: *“I risultati al termine del trattamento ipnotico a breve e dopo un follow-up di 6, 12, 24 mesi in 29 soggetti affetti da Disturbo di Panico”*. Nell’analisi effettuata sono riportate le prime valutazioni di questa esperienza sperimentale, sia dal punto di vista statistico, sia attraverso un’analisi qualitativa del processo terapeutico che prevede cambiamenti sintomatologici e di qualità della vita dei soggetti coinvolti.

Il secondo articolo è dedicato a: *“I risultati del progetto AMISI, confronto tra Psicoterapia Ipnocica, Psicoterapia Cognitiva e Farmacoterapia nel Disturbo di Panico”*. Sono esposti con precisione i dati di uno studio effettuato su un campione di 61 persone suddivise in gruppi omogenei per diagnosi e setting terapeutico e trattati in monoterapia. I risultati raggiunti al termine del trattamento e nel periodo di follow-up dai tre gruppi in terapia supportano l’indicazione clinica della psicoterapia ipnotica come una terapia valida ed efficace nella cura del disturbo di panico con caratteristiche migliori a lungo termine rispetto all’intervento farmacologico e alla psicoterapia cognitiva.

Ivano Lanzini in *“Là dove nascono le metafore”* si concentra sulla centralità del costruito metaforico, soffermandosi in particolar modo sugli aspetti compositivi delle metafore e sulla loro generazione nella specificità della psicoterapia ipnotica neoericksoniana. La metafora è considerata come occasione di trasferimenti restitutivi di senso e di crescita nel momento in cui viene non-costruita (in contrapposizione a una eccessiva tecnicizzazione terapeutica), ma cercata e trovata all’interno delle strutture comunicative del paziente e nel suo modo di raccontarsi nella relazione terapeutica.

Il numero 3/2009 si apre con: *“Frenologia ipnotica”* di Ambrogio Pennati, una lettura critica sulle comunicazioni riguardanti l’ipnosi riportate dai mass media, spesso poco chiare e talvolta scorrette.

Alessandro Baffigi, Costanza Licari e Luca Prazzoli firmano l’articolo dedicato alla *“Presentazione del nuovo sito internet dell’Associazione www.amisi.it”* nel quale sono descritte le caratteristiche del portale e le sue potenzialità.

Ivano Lanzini prosegue la sua trattazione dedicata al costruito metaforico ne: *“La co-costruzione di strutture metaforiche nella clinica della psicoterapia ipnotica”*. L’autore presenta una ricca e dettagliata documentazione clinica della comunicazione metaforica, del suo senso e delle sue condizioni nello specifico setting della psicoterapia ipnotica. Partendo dalla descrizione di un caso clinico, sottolinea la dipendenza strutturale tra la qualità dell’ascolto e la creazione di una relazione aperta e flessibile con il paziente per raggiungere l’obiettivo della co-costruzione di percorsi metaforici capaci di restituire al paziente il senso del suo disagio psicologico e una sua possibile soluzione.

Alessandro Calzeroni e Marco Percudani, nel contesto degli studi della Medicina Basata sulle Evidenze, pubblicano: *“Analisi dei costi diretti e indiretti della psicoterapia ipnotica nel trattamento del disturbo di panico”*. L’analisi si è avvalsa di tre momenti diversi di valutazione arrivando ad evidenziare il vero impatto economico della psicoterapia ipnotica e dimostrando come questo trattamento sia altamente efficace a breve e a lungo termine.

Viene infine comunicato che AMISI e SEPI offrono congiuntamente due iscrizioni gratuite per la frequenza quadriennale al corso di specializzazione in psicoterapia ipnotica, riservate a laureati in Medicina e Chirurgia o Psicologia presso università della regione Abruzzo e ivi residenti.

Dr. **Gloria Bevilacqua**
Psicologa - Psicoterapeuta

Come Cambia “IPNOSI”

La Rivista Italiana Di Ipnosi Clinica E Sperimentale

Claudio Mammini

I sociologi ci insegnano che se proviamo a domandarci come cambia una rivista specialistica abbiamo il polso delle trasformazioni sociali e culturali di un settore.

Se poi si tratta di una rivista scientifica è addirittura possibile avere un’idea dei cambiamenti che avvengono in una professione.

Cogliamo l'occasione di questo breve contributo per una riflessione. Proviamo a chiederci: come è cambiata dal 2004, anno di esordio, ad oggi la "Rivista Italiana di Ipnosi Clinica e Sperimentale"?

Per prima cosa c'è da dire che il comitato di redazione si è arricchito di 3 nuovi soggetti, raddoppiando quasi il numero dei membri, segno di vitalità e fervore produttivo.

Poi, le rubriche sono aumentate.

Rispetto al primo numero che ne prevedeva solo tre: *Articoli* (riservata ai contributi clinici e di ricerca), *Trance e Cultura* (dedicata alla dimensione più culturale dell'ipnosi) e *Letteratura e ipnosi* (che analizza l'intersezione tra i due temi), sono diventate cinque: *Articoli* (con la stessa linea di cui sopra), *Incontri* (per gli aggiornamenti sui convegni internazionali), *Cinema e Ipnosi* (riflessioni sulle zone di sovrapposizione tra le due arti), *Letteratura e ipnosi* (ambito che affronta il tema della cultura letteraria e dell'ipnosi), *Riviste e Pubblicazioni Internazionali* (aggiornata revue di articoli scientifici), *Recensioni* (recensione di libri d'interesse per il lettore).

Come si può notare non c'è più *trance e cultura*. Quest'ultimo aspetto è stato in parte assorbito in *Letteratura e ipnosi*. Lo leggiamo come un maggior avvicinamento ai temi della riflessione epistemologica, tanto importante per il nostro settore, piuttosto che a una regressione della riflessione interculturale. Inoltre, l'aumento del numero dei redattori ha avuto il posit

ivo effetto di espandere la parte dedicata alla ricerca degli articoli d'interesse nel panorama scientifico internazionale (*Riviste e Pubblicazioni Internazionali*). E' evidente che una rubrica del genere, per essere aggiornata e incisiva, ha necessità di più di un redattore. Ne è scaturita una più alta qualità della selezione, dunque del servizio offerto. Così come la rubrica *Recensioni*, che ha iniziato ad avvalersi, di tanto in tanto, dei preziosi contributi di colleghi che intendono suggerire le loro letture.

Anche la rubrica *Incontri* si è espansa, grazie all'ingegno e alla fantasia della curatrice che l'ha arricchita d'interessanti interviste ai massimi esponenti dell'ipnosi mondiale.

Tutto ciò è stato premiato dagli abbonati che nel corso del tempo sono più che raddoppiati.

Possiamo concludere con alcune riflessioni.

Forse sentiamo il bisogno di elementi di professionalizzazione che si rifacciano alla scientificità, alla tradizione e alla cultura del nostro approccio. Se fosse così vorrebbe dire che abbiamo la percezione che i tempi sono maturi, almeno per noi, almeno nel nostro paese, per costruire un'identità definita di noi stessi. Un'identità che non sfumi nel mistico o nel paranormale. Un indicatore valido di questa ipotesi potrebbe essere l'istituzione dell'albo degli Ipnosisti Ericksoniani che tra poco vedrà la luce nella nostra associazione (e che colgo con piacere l'occasione di comunicare ai lettori della Newsletter ESH).

Probabilmente la nostra professione si sta definendo e aprendo verso l'esterno.

SSCH: Questions and Answers on Hypnosis

On our website, SSCH has a column for Q & A. Susanna Carolusson has the mission to answer questions. She makes the questions anonymous before publication. Some of the Q & A are translated by Susanna for the ESH Newsletter and Website.

Questions from both the public and from professionals can be answered here. Questions are answered completely without economic compensation, so there is no question of any comprehensive advices, only short reflections and tips how to move forward

The questions and answers that we think other readers might benefit from will be published. We will summarize both the original questions and the answers, so that the person who asked a question can not be identified.

Sincerely

Susanna Carolusson



Special topics

Ethical concerns from Past President of SSCH regarding training abroad

We receive regularly questions about education or training in hypnosis abroad. Many wish to combine education with a tourist stay abroad, but how do they avoid courses directed by lay organisations?

There are no legal restrictions in any country as far as we know, on who can teach what! Anybody who wants to offer training in medicine, pharmacology, psychology, treatment methods, etc, can do that, as long as they do not claim to provide to the students a University degree or a title which requires exams from a state-certified college or university.

But audacity has no limits - these days you can buy a Ph.D. diploma from "the University of X" in the U.S. via the internet. Since the concepts "degrees", "university" and "college" are not legally protected; they are used by institutions that have no right to give university exams. An example is our Prime Minister Fredrik Reinfeldt, one of whose degrees was obtained at an unauthorized University. There are several such "universities" in the U.S.

If you are among the professionals who are accredited to join SSCH / ESH as a member, so you should ensure that any foreign educator, whom you consult, only educates people who are and would be recognized as members of the International Society of Hypnosis and the European Society of Hypnosis.

Beware of seminars and educations that train you to become a certified or diploma hypnotherapist - it *can* mean they train lay people, i.e. those without proper medical or psychological degrees and exams.

Beware of ads that use quotations from satisfied past participants and specifically if these dominate the textual information - it *can* mean that it lacks a solid scientifically grounded curriculum and academic thinking in its marketing.

Beware of logos similar to established medical symbols – that guarantees nothing.

Beware of headlines highlighting concepts as: college, diploma, certified, a leader in branch, medical, institutions, etc. - it *can* mean that it lacks jurisdiction as a university or that it is a private institute without an

academically trained health care management team, with state license for their profession.

The lay organisations are very well aware of this. So they do everything to appear serious, and one way is to create and use contacts with established clinics and researchers. One way is to invite a licensed health care provider to teach on one occasion and then advertise with that title-strong person as if he/she is linked to that institute. Read the course's ads carefully and you may find that persons not belonging to the organisation or course management are given big space in the ad. The lay institute may have engaged a university teacher a few hours, which is then marketed as a University extension.

Finally, we who belong to the established health and care occupations in our hypnotherapy practice should be careful so that our vanity does not tempt us to teach hypnosis in lay contexts directed by individuals and groups whose interests can discourage our professional ethics and reputation.

Susanna Carolusson
Past President SSCH

Medical Hypnosis Primer – Clinical and Research Evidence (133 pages)

In 2009 a new book has been prepared by the Society of Clinical and Experimental Hypnosis (SCEH) and the International Society of Hypnosis (ISH), after two years of efforts by 20 professors: "Medical Hypnosis Primer - Clinical and Research Evidence" with support of ISH and other medical hypnosis societies. It was just published by Routledge and released by ISH to members at the recent Rome Conference. The book, with 250 rigorous medical references, is published by Routledge and a copy is available in the WHO library in Geneva. The book can be readily available internationally on request.

The objectives of this book are to present briefly the basic concepts of modern medical hypnosis, to encourage health care practitioners to accept and begin to use medical hypnosis as a reinforcement of both preventive and curative health care procedures, to support teaching and practice of medical hypnosis as part of the required syllabus for every medical school, nursing school and primary health care training centre. A supportive 25 hour basic free training programme

(with lectures, videos, cases and practical exercises) is being developed. It could become cost-effectively available internationally, with a single qualified hypnosis training professional. As will be seen from the book, in 2009 the cost-effective and proven evidence-based uses of hypnosis now include: acute and chronic pain, PTSD, childhood and adolescent problems, childbirth pain and trauma, Insomnia, depression, weight control, psychosomatic disorders, habit control, irritable bowels syndrome, headache and migraines, cancer patient care, human papilloma virus needs a supportive training programme of about 30 hours, which is being planned.

The first objective of the Primer is to achieve acceptance and practice of medical hypnosis in WHO and UNICEF, as a cost-effective tool in PHC (Primary Health Care) and other programs, in the tough poverty environments of so many developing countries. Action is in progress - but still very difficult, because so many senior UN officials are sceptical. They were never exposed to medical hypnosis theory and practice in the medical school.

Hence, the second objective of the Primer is to achieve about 30 hours of basic medical hypnosis training in the required curriculum of medical and nursing schools, using a standard supportive training programme, so that results can be researched and rigorously evaluated.

Training with theory and practice of 30 hours would be recommended and not just an occasional lecture in tough learning environments without practice which soon will be forgotten.

In five years of health care training, 30 hours does not seem an impossible target, but it has to compete with other training priorities, and alas prejudice.

I know of no medical schools that have achieved this so far. Perhaps ESH and his society members have already some useful experience?

Or you could consider adopting a similar objective? When achieved then acceptance and practice of medical hypnosis by all MD's and nurses, would be progress indeed.

Your reactions and ESH advice would indeed be appreciated.

Kindest - Dr **Bob Boland**
MD, MPH (Johns Hopkins), DBA, ITP (Harvard)
ex UN in Geneva.



Congress Announcements

Congrès médical international

St Malo (France), du 16 au 19 septembre 2010

Dépressions ?

Le mal du siècle dit-on... Une evolution qui semble inexorable.

L'OMS prédit que «la dépression», aujourd'hui 4ème cause de morbidité mondiale, sera la seconde en 2020. Et ce, malgré les arsenaux thérapeutiques occidentaux. Il est urgent de changer : Notre regard ? La thérapie ? Pour quelles **alternatives** ?



La dépression est un concept devenu si flou qu'il est temps d'y voir plus clair.

Qu'est ce que la dépression ? Au-delà des symptômes, entre sombre impasse pour les uns et opportunité pour les autres, l'éventail est large.

En 2007, le ministère de la santé et l'INPES* ont rappelé que le premier traitement est «la psychothérapie». Excellente initiative. Mais encore ? Quelle **psychothérapie** ? Pour qui ? Pour quoi ?

Depuis des siècles, le corps et l'esprit sont séparés. Réunissons-nous pour repenser l'**unité** et laisser émerger la **complexité** de la vie.

Ce sera le premier objectif de notre rencontre.

De nombreuses stratégies psychothérapeutiques originales existent déjà. **Rapprocher** nos savoirs cliniques pour les amplifier et les diffuser sera notre second objectif.

Vos idées, vos critiques, vos conceptions, vos expériences, vos questions et vos doutes impulseront de nouveaux concepts et de nouvelles stratégies à développer et à transmettre.

Dr Claude Virot
Directeur du congrès

*Institut National de Prévention et d'Education pour la Santé

Inscription et Programme:
www.congres-depression.com



Calendar: Upcoming Congresses and Activities

2010 February 4/6

The Changing Faces of Psychotherapy: A congress including the Third world Congress on Ego-State Therapy. Post congress Workshops February 7th.

Preliminary International Faculty.

Dr Albina Tamalonis (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

MEISA: Milton Erickson Institute of South Africa

Contact Hanlé or Louise at +27 12 991-1472/
meisa@vodamail.co.za

2010 February 9/10

The Cape of Good Hope Congress. Ericksonian Hypnosis Congress. Changing faces of Psychotherapy. Post Congress Workshops February 11th

Preliminary International Faculty

Dr Albina Tamalonis (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.

MEISA: Milton Erickson Institute of South Africa.
Contact Hanlé or Louise at +27 12 991-1472/
meisa@vodamail.co.za

2010 February 6/7

Scandinavian Workshop "Hypnosis and Identity"
Hilton Hotel, Malmö, Sweden

Arranged by Danish Society of Clinical Hypnosis, The Danish Psychological Society for Clinical Hypnosis and The Swedish Society of Clinical Hypnosis

- Key note lecturers: Ph.D. Randi Abrahamsen (Denmark), Prof. Björn Wormnes (Norway) and psychologist Martha Sjöberg (Sweden)
- Workshops by Society Members

For further information please contact: Danish Society of Clinical Hypnosis, e-mail info@hypnoterapi.com

2010 February 28 / March 6/16

International Seminar for Autogenic Psychotherapy and Hypnosis-Psychotherapy. Hilton Hotel, Innsbruck, Austria

Arranged by Austrian Society of Applied Depth Psychology and General Psychotherapy (ÖGATAP)

Congress language: German.

For further information please contact
office@oegatap.at

2010 March 4/7

"Hypnotherapy & Bodywork Therapy" "Hypnosis and Medicine" "Symposium on Suggestion". Annual Meeting Milton Erickson Society, Germany

Congress language: German

More information www.meg-tagung.de

2010 March 20/21

Family Systems Therapy. Richard Schwartz. Stockholm. Sweden.

For more information please contact anna@insidan.se

2010 March 24/25

"Grief as a Resource in Ego State Therapy"
Copenhagen.

"Bringing out the Best in your Traumatized Clients: An Ego State Therapy Approach"

Workshop with Woltemade Hartmann, Ph.D., (Pretoria, South Africa)

For further information please contact: Danish Society of Clinical Hypnosis, e-mail info@hypnoterapi.com

2010 May 14/16

Integrating CBT and hypnosis into our clinical work. Current NLP models for diagnosis and treatment

BSCAH National Conference.
Midlands Branch Birmingham

Many of us with an academic or clinical interest in hypnosis have some confusion about how to relate the different models of therapy to hypnosis. It is often frustrating for those of us who are clinicians when we experience hypnosis as a powerful tool, and yet have to follow the current NICE guidelines which in turn follow the evidence base of CBT for NHS funding.

By contrast, public interest is now moving away from CBT, and search engines are reporting that hits have become greater for NLP, even overtaking hypnosis.

It is proposed that our conference studies how some of the current models of NLP integrate their cognitive-behavioural base with hypnosis and a systemic approach.

For this, we have been able to prise out of the States **Bob Bodenhamer**. He is one of the leading pioneers in developing these models in relation to personality development, therapy and the pursuit of personal excellence. He has also co-authored with Michal Hall many of the teaching manuals which we use for our hypnosis courses in the Midlands. This is a rare visit from a leading world thinker and teacher in our area of interest.

His workshop is planned around one of his standard courses – going on from the well known NLP meta-model into the four domains of personality and cognitive and emotional programming, in other words, a current NLP understanding of how people tic. The details of the plan are open to suggestions from you – there will doubtless be lots of special areas of interest within the wide subjects of his books, and he is keen to make it a practical workshop rather than just didactic teaching.

Trevor Hadfield

For further information
Email: bscahmidlands@yahoo.com

2010 Septembre 16/19

Congrès Médical International. “Dépressions?”

Saint-Malo. France.

Inscription et Programme:

www.congres-depression.com

2010 October 14/17

Hypnosis Conference. Wellington New Zealand.

Organisation: New Zealand Society of Hypnosis

Introductory workshop by Dr Alan Cyna, Anaesthetist from Adelaide.

“Combine the holiday of a lifetime to the greatest destination on Earth, attend a great conference, even give a presentation?”. More information contact Dr Pat McCarthy at cmc89@xtra.co.nz

2010 October 21/22

Tagung “Mentales Stärken”

Arranged by Bernhard Trenkle and the Milton Erickson Institute Rottweil, Germany

For further information please contact:

kontakt@meg-rottweil.de

Congress Flyer http://www.meg-rottweil.de/download/flyer_mentale_staerken10.pdf

2011 March 25/26

Workshop with Michael Yapko PhD

Venue: Copenhagen, 2011

For further information please contact:

Danish Society of Clinical Hypnosis

e-mail: info@hypnoterapi.com

2011 August 16-21

12th European Society of Hypnosis Congress

Venue: Istanbul, Turkey.

More information at the Congress website:

<http://www.hypnosis2011.com>

Training Courses

Hypnosis Training for Health Professionals

The Lancashire and Cheshire Branch of the British Society of Clinical and Academic Hypnosis (BSCAH) have been working in collaboration with Salford University, Manchester, England for the last two years to deliver the basic BSCAH three module hypnosis training for health professionals as part of Salford's programme of continuing professional development. To date there have been six courses (one each semester) with eighty eight students completing all three modules. These are run at weekends as both trainers and students are mostly unable to take time off during the week.

We have benefited from the University's advertising and have gained credibility by our association with Salford University as in the UK there are many 'lay' and

commercial training organisations and health professionals often find it hard to know where to go for reputable training.

BSCAH has a core curriculum for its basic training course and this is delivered by the different branches in their own way. The Midlands branch for instance has developed an association with Stafford University and continues the basic training into a Diploma accredited by the University.

Further working links with universities would be desirable as this allows for a strong base from which to deliver training and hopefully this can be progressed in the next few years.

More information on upcoming training:

<http://www.bscah.com/>

Basic Hypnosis Training - Italian

Starts 2010 February

More information

<http://www.ciics.it/cont/pagina/2/informazioni/12/corsi-base/1.html>



Message from ESH Central Office

Dear Colleagues

Please note that ESH Central Office will close at 17:00 on Tuesday, 22nd December 2009 and re-open again at 09:00 on Tuesday, 5th January 2010.

Thank you to those Societies, who have already completed their 2010 Membership Form and remind those who have not, to do so as soon as possible please?

May we wish you all Seasons Greetings and a Happy, Healthy and Peaceful New Year.

Nicole and the Newsletter Team