



# esh

## Newsletter

2012:2

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### Letter from the ESH President, Nicole Ruysschaert



Dear ESH Members

Sailors cannot stay for too long in the same 'harbor' ...after the ESH BOD meeting in Antwerp, ESH BOD members, together with many of you from the ESH constituent societies, plenty of people of the Ericksonian and ISH

community made their way to Bremen, Germany. We attended a perfectly organized XIX. International Hypnosis Congress that took place from the 17<sup>th</sup> to 21<sup>st</sup> of October 2012. We are very grateful to Bernhard Trenkle and his team for having taken the challenge and responsibility to organize this meeting. We were there with 286 presenters from 33 different countries, 152 psychology students as volunteers and more than 2000 participants. All participants could feel, sense, experience how hypnosis is fully alive, how a combination of research, clinical experience and studies is really promising for an exciting future for those who work with/in hypnosis. There was a large interest from the media, with TV, radio interviews, and reports in different newspapers and magazines all over Germany.

In past times hypnosis had flourishing times, increasing interest and success and darker periods with criticism, misconceptions and blame. Works of Charcot, work of Freud, international hypnosis congresses in Paris, to name just a few, characterized the interest at the end of the 19<sup>th</sup> century. Beginning of 20<sup>th</sup> century we experienced some setback to wait for a new wave of interest with Milton Erickson's work, Jay Haley, Erica Fromm and many others from the USA that for many years seemed to be the main playfield. The overall need for evidence based data, research to get interest and integration in the medical and scientific field, became a new important challenge. We can be proud of the many people who continued their efforts to integrate hypnosis in the mainstream of therapy, medicine, dentistry and psychotherapy. As we heard at the ISH congress we now have all we need to spread the word. We can sail on new waves of acknowledgement. As Amir Raz showed in his keynote at the ISH congress, the power of top-down influence is huge and hypnosis has a biological component. Data from brain research, MRI, neuro-physiological evidence, clinical components all contribute to efficient work where hypnosis and hypnotic communication deserve a respected place.

At the COR (council of representatives) meeting in Bremen, October 19<sup>th</sup>, we welcomed a new constituent society from Italy: SSPIE Scuola di psicoterapia psicosintetica e ipnosi ericksoniana H. Bernheim. We gave an overview of our activities in the past year: meetings and reflections on training and the ECH (European Certificate of Hypnosis) criteria, the importance of continual professional development and accreditation of training programs and congresses (CP or credit points), activities and ideas generated from the different committees, further enlargement, ESH Newsletter evolution, a project hypnosis in Europe. Camillo Loredio announced the next ESH

Congress to be held in Italy, at the Amalfi Coast, 2014, 22-25 October. "Hypnosis and Resilience. From Trauma and Stress to Resources and Healing". We will be pleased to meeting you there, a place where you can update your hypnosis knowledge and harvest new ideas for your practice, while experiencing and enjoying the romantic and spiritual richness of the environment!

Nicole Ruyschaert  
President ESH

**Translated into German  
by Hans Kanitschar**



Liebe Mitglieder der ESH

Seeleute bleiben nicht allzu lange im gleichen Hafen . . . nach der ESH-Vorstandssitzung in Antwerpen machten sich die ESH-Vorstandsmitglieder zusammen mit vielen von Euch aus den konstituierenden Gesellschaften und mit vielen Kolleginnen und Kollegen aus den Ericksonianischen Gesellschaften und der ISH auf den Weg nach Bremen in Deutschland. Wir nahmen an einem perfekt organisierten XIX. Internationalen Hypnosekongress teil, der vom 17. bis zum 21. Oktober 2012 stattfand.

Wir sind Bernhard Trenkle und seinem Team sehr dankbar dafür, dass sie die Herausforderung und Verantwortung, diesen Kongress zu organisieren, übernommen haben. 286 Referenten aus 33 verschiedenen Ländern trugen vor mehr als 2000 Teilnehmern vor, die von 152 Psychologiestudenten organisatorisch betreut wurden. Alle Teilnehmer konnten sehen, fühlen und erfahren, wie lebendig die Hypnose ist, wie eine Kombination aus Forschung, klinischer Erfahrung und Studien eine aufregende Zukunft für die Hypnose-Praktizierenden verspricht. Es gab großes Medieninteresse mit TV- und Radiointerviews, sowie Berichten in verschiedenen Zeitungen und Magazinen in ganz Deutschland.

In der Vergangenheit der Hypnose finden sich Blütezeiten, wachsendes Interesse und Erfolge sowie dunklere Perioden mit Kritik, Fehlauffassungen und Beschuldigungen. Die Arbeiten von Charcot und Freud, die internationalen Hypnosekongresse in Paris, um nur einiges zu nennen, charakterisieren das Interesse am Ende des 19. Jahrhunderts. Zu Beginn des 20. Jahrhunderts erlebten wir einen Rücklauf, nur um auf eine neue Welle des Interesses zu warten, die mit den Werken von Milton Erickson, Jay Haley, Erika Fromm und vielen anderen aus den USA, die für viele Jahre als der hauptsächliche Schauplatz erschienen, entstand.

Der allgemeine Bedarf an evidenzbasierten Forschungsdaten, um Interesse und Integration im medizinischen und wissenschaftlichen Feld zu erhalten, wuchs zu einer neuen wichtigen Herausforderung. Wir können stolz auf die vielen Menschen sein, die ihre Anstrengungen verstärkten, um Hypnose im Mainstream von Therapie, Medizin, Zahnmedizin und Psychotherapie zu verankern. Wie wir auf dem ISH-Kongress hörten, haben wir nun alles was wir zu einer weltweiten Ausbreitung brauchen. Wir können auf neuen Wellen der Anerkennung segeln. Wie Amir Raz in seinem Hauptvortrag auf dem ISH-Kongress zeigte, ist das Potenzial der top-down-Beeinflussung groß, während die Hypnose eine biologische Komponente hat. Daten aus Gehirnforschung, MRI, neurophysiologischen Untersuchungen,

klinischen Beiträgen tragen dazu bei, dass Hypnose und hypnotische Kommunikation einen respektierten Platz verdient.

Im COR (Versammlung der Delegierten aus den konstituierenden Gesellschaften der ESH) am 19. Oktober in Bremen begrüßten wir eine neue konstituierende Gesellschaft aus Italien: SSPIE - Scuola di psicoterapia psicosintetica ed ipnosi ericksoniana H. Bernheim. Wir gaben einen Überblick über unsere Aktivitäten im abgelaufenen Jahr: Treffen und Reflexionen über Ausbildung und Kriterien für das ECH (Europäisches Zertifikat für Hypnose); die Bedeutung von kontinuierlicher professioneller Entwicklung; Akkreditierung von Trainingsprogrammen und Kongressen (Punktesystem); Aktivitäten und Ideen aus verschiedenen Arbeitsgruppen; fortgesetzte Erweiterung; die Entwicklung des ESH-Newsletters und ein Projekt "Hypnose in Europa."

Camillo Loredio kündigte den nächsten ESH-Kongress an der Amalfi-Küste in Italien für die Zeit vom 22. - 25. Oktober 2014 an. Der Kongreß trägt das Thema: "Hypnose und Resilienz. Von Trauma und Stress zu Ressourcen und Heilung." Wir werden uns sehr freuen, Sie dort zu begrüßen, wo Sie ihr Wissen über Hypnose updaten und neue Ideen für Ihre Praxis ernten, sowie den romantischen und spirituellen Reichtum der Umgebung erfahren und genießen können.

**Translated into French  
by Denis Vesvard**



Chers Membres de l' ESH

Les marins n'aiment guère rester longtemps dans un même « port »... Après la réunion du Bureau de l'ESH à Anvers, l'ensemble des membres du Bureau de l'ESH, ainsi que beaucoup d'entre vous qui appartenez aux Associations qui constituent l'ESH, ont pris le même chemin vers Brême que les Ericksoniens ou les adhérents à l'ISH. Nous avons assisté à un XIX ème Congrès International d'Hypnose parfaitement organisé entre les 17 et 21 Octobre 2012. Nous remercions très sincèrement Bernhard Trenkle et son équipe d'avoir relevé ce défi et pris la responsabilité d'organiser cette rencontre. Nous avons à nos côtés : 286 conférenciers venus de 33 pays différents, 152 étudiants en psychologie pour nous assister bénévolement et 2000 participants. Tous les participants ont pu sentir, mesurer, faire l'expérience de la vitalité de l'hypnose, du caractère prometteur des études et recherches cliniques qui ouvrent sur un futur passionnant à ceux qui travaillent en (ou avec l') hypnose. Les medias s'y sont beaucoup intéressés: interviews à la radio, à la télévision, reportages dans la presse écrite ont été diffusés dans toute l'Allemagne.

L'hypnose a connu par le passé des périodes florissantes, un intérêt et des succès croissants mais aussi des périodes plus sombres marquées par la critique, des idées fausses, le rejet. Les travaux de Charcot, l'œuvre de Freud, les congrès internationaux d'hypnose qui se sont tenus à Paris pour ne parler que de quelques faits, étaient caractéristiques de l'intérêt pour l'hypnose à la fin du 19 ème siècle. Au début du 20ème siècle, nous avons assisté à une certaine désaffection de l'hypnose puis à un regain d'intérêt avec les travaux de Milton Erickson, de Jay Haley, d'Erica Fromm et de nombreux autres américains - pendant de nombreuses années, les Etats-Unis semblent en avoir été le principal terrain d'exercice! Mener des recherches basées sur des données factuelles pour susciter de l'intérêt

et faire admettre l'hypnose dans le monde médical et scientifique s'avère indispensable et constitue un nouvel et important défi. Nous pouvons être fiers de tous ces gens qui ont maintenu leurs efforts pour donner une place à l'hypnose au sein des principaux courants de la thérapie, de la médecine, de la dentisterie et de la psychothérapie. Ainsi que nous avons pu l'entendre en ce Congrès de l'ISH, nous avons maintenant ce dont nous avons besoin pour faire passer le message. Reconnus, nous pouvons naviguer sur cette vague d'acceptation. Ainsi qu'Amir Raz l'a montré au cours de sa conférence au Congrès de l'ISH, la puissance de l'influence de type « top-down » est considérable et l'hypnose comporte une importante dimension biologique. Les résultats de la recherche sur le cerveau, l'IRM, les preuves neuro-physiologiques, les données cliniques, tout cela légitime un travail efficace où l'hypnose et la communication hypnotique occupent une place respectée.

Le 19 Octobre, lors de la réunion du COR (Council of Representatives) à Brême, nous avons accueilli une nouvelle association italienne, la SPPIE (Scuola di psicoterapia psicosintetica ed ipnosi ericksoniana H. Bernheim). Nous avons ensuite donné un compte-rendu succinct de nos activités au cours de l'année écoulée: réunion et réflexion autour de la formation initiale et des critères d'attribution de l'ECH (European Certificate of Hypnosis), de l'importance de la formation professionnelle continue, des critères d'accréditation des formations initiales et des congrès, de la poursuite de notre extension, de l'évolution de notre Newsletter et du projet hypnose en Europe. Camillo Lorio nous a annoncé que le prochain congrès de l'ESH se tiendra en Italie, sur la Côte Amalfitaine, du 22 au 25 Octobre 2014. « Hypnosis and Resilience. From Trauma and Stress to Resources and Healing ». Nous nous réjouissons de vous retrouver là-bas, en un endroit où vous pourrez réactualiser vos connaissances en hypnose et engranger de nouvelles idées pour votre pratique, tout en goûtant et savourant la richesse spirituelle et romantique du lieu.

**Translated into Spanish  
by Maria Escalante de Smith**



**Estimados integrantes de ESH  
(Sociedad Europea de Hipnosis)**

Los marineros no pueden permanecer por demasiado tiempo en el mismo 'puerto' ... después de la reunión de la Mesa Directiva de la Sociedad Europea de Hipnosis en Antwerp, los integrantes de la Mesa Directiva de la Sociedad Europea de Hipnosis, junto con una gran cantidad de vosotros, miembros de las sociedades constituyentes de la Sociedad Europea de Hipnosis. Una gran cantidad de personas de la comunidad Ericksoniana y de la comunidad de la Sociedad Internacional de Hipnosis, llegaron a Bremen, Alemania. Asistimos al perfectamente bien organizado XIX Congreso Internacional de Hipnosis que se tuvo lugar del 17 al 21 de octubre de 2012. Estamos muy agradecidos con Bernhard Trenkle y su equipo por haber asumido el reto y responsabilidad de organizar esta conferencia. Estuvimos allí con 286 conferencistas de 33 países diferentes, 152 estudiantes de psicología que trabajaron como voluntarios y más de 2000 participantes. Todos los participantes pudieron sentir, percibir, experimentar como la hipnosis está completamente viva, cómo la combinación de la investigación, experiencia

clínica y estudios son muy prometedores hacia un futuro emocionante para aquellos que trabajan con/en hipnosis. Hubo gran interés de los medios de comunicación, las cadenas de televisión, entrevistas de radio, y reportajes en diferentes periódicos y revistas de toda Alemania.

En tiempos pasados, la hipnosis tuvo tiempos en que floreció, interés creciente y éxito y periodos más oscuros bajo la crítica, errores y culpa. Los trabajos de Charcot, el trabajo de Freud, los congresos internacionales de hipnosis en París, para citar solamente algunos, constituían el interés principal a fines del Siglo XIX. A principios del Siglo XX experimentamos algunos retrocesos mientras esperábamos una nueva ola de interés con el trabajo de Milton Erickson, Jay Haley, Erica Fromm y muchas otras personas de los EUA que durante muchos años parecían ser el campo de juego principal. La necesidad global de datos basados en la evidencia, la investigación para lograr el interés y la integración de los campos médicos y científicos se convirtieron en un nuevo e importante reto. Nosotros podemos estar orgullosos de la gran cantidad de personas que continuaron sus esfuerzos para integrar la hipnosis en las terapias reconocidas, medicina y psicoterapia. Como escuchamos en el congreso de la Sociedad Internacional de Hipnosis (ISH), ahora tenemos todo lo que necesitamos para correr la voz. Nosotros podemos navegar sobre las nuevas olas del reconocimiento. Así como Amir Raz mostró en su conferencia magistral de la ISH, el poder de la influencia de arriba hacia abajo es muy fuerte y la hipnosis tiene un componente biológico. Datos provenientes de la investigación del cerebro, Resonancia Magnética (MRI), evidencia neuropsicológica, componentes clínicos, todos contribuyen al trabajo eficiente donde la hipnosis y la comunicación hipnótica se merecen un lugar respetable.

Durante la reunión del COR (consejo de representantes) en Bremen, el 19 de octubre, dimos la bienvenida a una nueva sociedad constituyente de Italia: SPPIE, Escuela de Psicoterapia Psicosintética y de Hipnosis Ericksoniana H. Bernheim. Hicimos una revisión de nuestras actividades durante el año pasado: reuniones y reflexiones sobre el entrenamiento y los criterios para el ECH (Certificado Europeo de Hipnosis), la importancia del desarrollo profesional continuo y acreditación de los programas de entrenamiento y congresos (CE educación continua), actividades e ideas generadas desde los diferentes comités, crecimiento del número de sociedades constituyentes, la evolución del Newsletter de la Sociedad Europea de Hipnosis (ESH), un proyecto de hipnosis en Europa. Camillo Lorio anunció el próximo congreso de la Sociedad Europea de Hipnosis que se llevará a cabo en Italia, en la costa de Amalfi, del 22 al 25 de octubre del año 2014. "Hipnosis y Resiliencia. Del Trauma y Stress hasta los Recursos y la Sanación". Estaremos complacidos de reunirnos con vosotros allá, un lugar en donde vosotros podéis vuestros conocimientos sobre hipnosis y cosechar nuevas ideas para vuestra práctica, mientras estáis disfrutando las riquezas románticas y espirituales del medio ambiente!

**Translated into Italian  
by Consuelo Casula**



Cari membri della ESH

I marinai non possono stare per troppo tempo nello stesso "porto"... Dopo la riunione del board della ESH ad Anversa,

i membri del board, con molti di voi provenienti dalle società costituenti, dalla comunità ericksoniana e dalla società internazionale, hanno viaggiato verso Brema, in Germania. Abbiamo partecipato al XIX° congresso internazionale di ipnosi, perfettamente organizzato, che ha avuto luogo dal 17 al 21 Ottobre 2012. Siamo molto grati a Bernhard Trenkle e al suo team per aver accettato la sfida e la responsabilità di organizzare questo meeting. Eravamo 286 relatori da 33 nazioni diverse, 152 studenti psicologi volontari e più di 2000 partecipanti. Tutti i partecipanti hanno potuto sentire e sperimentare come l'ipnosi sia pienamente vitale; una combinazione di ricerca, esperienza clinica e studi realmente in grado di promettere un eccitante futuro a coloro che lavorano con/in ipnosi. Vi è stato un notevole interesse da parte dei media, con interviste alla TV, alla radio, e articoli in diversi quotidiani e riviste in tutta la Germania.

In passato l'ipnosi ha avuto periodi fiorenti, con crescente interesse e successo, e periodi più bui, con critiche, fraintendimenti e accuse. I lavori di Charcot, quelli di Freud, i congressi internazionali di ipnosi a Parigi, per nominarne solo alcuni, hanno caratterizzato l'interesse alla fine del 19° secolo. All'inizio del 20° secolo abbiamo sperimentato alcune battute d'arresto, per ottenere una nuova ondata d'interesse con il lavoro di Milton Erickson, Jay Haley, Erica Fromm e molti altri dall'America, che per molti anni sembrava il principale campo di gioco. Il globale bisogno di dati basati sull'evidenza, di ricerche interessanti e l'integrazione con campo medico e scientifico sono diventate una nuova importante sfida.

Possiamo essere orgogliosi delle molte persone che hanno continuato i loro sforzi per integrare l'ipnosi nel filone della terapia, medicina, odontoiatria e psicoterapia. Come abbiamo sentito durante il convegno della ISH, adesso dobbiamo diffondere la parola. Possiamo navigare sulle nuove onde del riconoscimento. Come Amir Raz ha mostrato nel suo intervento al congresso ISH, il potere di influenza top-down è enorme, e l'ipnosi ha una componente biologica. Dati provenienti dalle ricerche sul cervello, da MRI, dalle evidenze neurofisiologiche, e dalle componenti cliniche contribuiscono a un lavoro efficace dove l'ipnosi e la comunicazione ipnotica meritano un posto di rispetto.

Durante la riunione col consiglio dei rappresentanti (COR) in Brema, il 19 Ottobre, abbiamo dato il benvenuto a una nuova società costituente italiana, la SSPIE "Scuola di psicoterapia psicodinamica e ipnosi ericksoniana, H. Bernheim". Abbiamo anche offerto una panoramica delle nostre attività svolte durante l'anno appena trascorso: le riunioni e le riflessioni sulla formazione e sui criteri del Certificato Europeo di Ipnosi (ECH), l'importanza di un continuo sviluppo professionale e di accreditamento dei programmi di formazione e dei congressi (Punti di credito, CP), le attività e le idee generate da diversi comitati, gli ulteriori ampliamenti, l'evoluzione della ESH Newsletter, e un progetto di ipnosi in Europa. Camillo Loredio ha annunciato il prossimo convegno ESH che si terrà in Italia, sulla costa amalfitana dal 22 al 25 ottobre, 2014, dal titolo "Ipnosi e resilienza: dal trauma e stress alle risorse e cura". Saremo lieti di incontrarvi lì, un luogo dove potete aggiornare le conoscenze sull'ipnosi e mietere nuove idee per la vostra pratica, mentre sperimentate e godete della ricchezza spirituale e romantica del contesto!

## Letter from the Newsletter Editor, Consuelo Casula



Dear ESH Members

This issue is mainly dedicated to the XIX ISH congress held in Bremen October 17<sup>th</sup> - 21<sup>st</sup> 2012, with reviews generously and creatively written by many colleagues from various constituent societies. As you read, you will see that the congress was really interesting: it offered many attractions, not only for our mind, with new food for thought, and for our professional identity with empowering new skills, throughout the teaching classes, but also for our body with relaxing trance and live music during lunch break, for our spirit as well with amusing evening events such as cabaret, music and dance.

Reading so many different comments offers a wide panorama of the cultural and social activities proposed by the congress to enrich personal and professional connections among colleagues coming from Europe, USA, Mexico, India, Africa and China. Those who were there can refresh their memories and those who could not come can enter the spirit of being there and imagine what it would have been for them to participate in such a historic event. Maybe your imagination will stimulate your curiosity and encourage you to participate in the next ESH Congress organized by Camillo Loredio in Sorrento, Amalfi Coast, October 2014. The dead line for early subscription is 2012, December 31.

I thank each and every contributor for their commitment in sending their papers so quickly so that we can publish the ESHNL just before Christmas. I thank also the "translators" - Hans, Denis and Maria. An especial thank goes to John Lentz for his precious supervision with the English of so many colleagues who studied English as a second language.

Don't be disappointed because you don't see the supplement on books: wait until March 2013. The publication committee has decided to separate the date of the publication of the two ESH Newsletters: the "normal" one will be published in June and December, the adjunct ESH Newsletter "Views, Reviews and Interviews" will be published in March and September.

I hope you enjoy reading this issue and wish each and every of you happy Christmas holidays and a flourishing 2013.



*Season's Greetings*

## Comments on Bremen XIX ISH Congress:



### General Impressions

**“Libera nos a malo!”**

**By Maria Tosello**

What struck me and I liked most in Bremen nameless ISH Congress was the emphasis on PAIN, the invited/uninvited guest, emerging as the ancient mankind 's cry, rumbling soft and loud: “Libera nos a malo!” Let's be free from pain!

It was the hottest central theme, and went on without getting lost in the details of the process, of the many alternatives, in the precariousness of man's proposals which prevents us from reaching clear cut solutions, in the mortifying discovery of the difficulty of accepting risky yes against devastating no's and vice versa.

But what was exceptional and proved the open and broadmindedness of the organizers, was a last minute addition to a traditional program: a panel on near death Experiences (NDE) and altered states of conscience, a different way of facing men's burden, so far a forbidden theme for its para-psychological aspects. Eastern and western participants confronted their different cultural paths at various levels, physiological, psychological, mystical, their ideas and ways to men's future, together with their therapeutic, clinic, ethical aspects: a new way of enriching our global village's outlook.

What I disliked was the length of pauses, the delayed beginnings and early endings which reduced the choice and sacrificed a rich choice of programs.

**What did I take home?**

**By Federica Tagliati**

At the end of each congress I attend I have the same question: what do I take home with me? What did I enjoy most? The 19<sup>th</sup> International Congress of Hypnosis, held in

the lovely city of Bremen, was so big and so full of great teachers that it is hard to pick just one.

This time my choice goes on the super energetic Danie Beaulieu and her “Putting the whole family into live trance at once through rich multisensory experiences”. The whole lecture was an amazing twirl of fantasy to bring the problem out of the person in order to loosen the identification with it, make it smaller and learn how to cope with it. The methods could vary from hands painted with happy or sad faces, little jars filled with unknown materials, old audiotapes to tear apart, pens to open and close frantically or sheets of paper shredded to pieces. Her workshop was interesting, new, dynamic, metaphorical but especially fun. I loved it.

I would also love to say something about the wonderful work of Anita Jung and her husband Oliver Rajamani. I attended one of their sessions of “Trance with live music” during lunch break. The point is that I can only remember the first two minutes (“Find a comfortable position, take a nice easy breath...”) and the last two, while I was thinking “I don't want to come back, this state is much too comfortable to leave”. What can I say? It has been a powerful experience of immediate, soft, cozy, deep trance. It was just wonderful.

### Music, genomes, neural substrates of hypnosis

**By Michele Modenese**

I think in Bremen was held the ISH Congress with the highest number of participants, over 2200! Of course it was impossible to attend the many parallel sessions, and sometimes I hated to choose.

With the conference program in my hand I either decided to go to lectures held by colleagues whom I knew personally or attend others basing my choice on the topics that interested or intrigued me. I have often participated to the session called “Trance - with Live Music”. Participants of these sessions could experience trance and live music during their lunch break for up to 45 minutes. You could rejuvenate your body and soul and it was a really good experience of musical and hypnotherapeutic induction. I connected to inner vibrations and find a still point within myself while Anita's voice evoked inspirational landscapes, sounds, and images. The music by Oliver Rajamani, an Indian musician, has been influenced and inspired by elements of folk, nomadic, and spiritual traditions of India and the Middle East and played an important role in this journey. Truly a refreshing hypnotic bath!

I could also attend Bhaskar Vyas, who was a surprise for his agreeability and for the work on genomes that he has lead for years with Ernest Rossi and other colleagues. Vyas is a plastic surgeon in India. He was trained in Plastic Surgery at Edinburgh and as a Research Fellow at Hahnemann Medical College, Philadelphia. He relies immensely on the archetypal symbolic metamorphosis of the Jungian school. He spoke of conducting pioneering research in Gene Expression in hypnosis; fMRI studies during hypnosis and Stem Cell Applications. He claims that the pathways of hypnosis are governed by different sets of genes.

A topic more difficult to me to comprehend but very interesting and well presented by Ulrike Halsband was “Neural substrates of Hypnosis”. A specific analysis of

neural substrates during hypnosis state was explored with functional magnetic resonance imaging (fMRI), positron emission tomography (PET) and electroencephalography (EEG). A lot of experimental data was collected with laboratory tests on learning of high-imagery words and on memory and brain activity under hypnosis in levitation arm phase. For example, patients with dental phobias showed an activation of the amygdale, while under hypnosis the amygdale activation was not visible anymore. I could certainly write about many other things and in any case many of them would be overlooked, however, living the experience of an international congress is always a great emotion that leaves me lost but at the same time allows me to find myself richer.

## Comments on Bremen XIX ISH Congress: Keynote

**From the technique to the person: how to develop hypnotist personal resources to activate therapeutic change, Camillo Loriedo**  
**By Consuelo Casula**

When Camillo Loriedo realized that he was utilizing a Power Point presentation in Italian, instead of searching for the English version, he decided to circumvent technology and to use his personal resource, thus practically demonstrating the title of his presentation. In this way, the audience could immediately witness that the change “from the technique to the person” is something useful not only for a therapist but also for a teacher or a keynote speaker. In this way Camillo elicited his internal memory remembering some of his brilliant cases. Through his cases Camillo Loriedo showed how he used his own emotions, not only for establishing an empathic rapport with patients but also for starting the change in the therapeutic relationship to systemically promote a change in the patient. The case of a depressed patient who was a TV special envoy, and felt always to be a very special person and wanted to be seen only at a very “special time” that happened to be the hour when CL usually takes a nap, or the case of a man who was very boring. The special patient started her change when CL, after a few sessions admitted that he was a “too normal” therapist for such a special case and unfortunately was unable to continue to renounce his nap. She initially became very upset, but later she recognized that being so special didn’t help her so much, so she accepted that she could have a “normal” therapy at a normal hour. The boring man started his change after taking his turn in a battle of paper balls started by Camillo. In his presentation CL underlined that the therapist discovers his/her creativity when s/he is aware of his/her own difficulties. Those difficulties help pass from neutrality to emotional involvement, from sterility to authenticity, from anonymous presence to reciprocity of the empathic inter subjectivity.

## Comments on Bremen XIX ISH Congress: Panel/Symposia

**L01: New concepts in depression: Claude Viro, Irving Kirsch, Michael Yapko, Assen Alladin, Borys Ivnyev, Camillo Loriedo, Ortwin Meiss, Teresa Robles**  
**By Borys Ivnyev**

First of all I would like to thank the Organizing Committee of the XIX<sup>th</sup> International Hypnosis Congress in Bremen, and of course, Bernhard Trenkle, as an executive of the host-organization in Germany, for such great efforts made for the Congress preparation and the highest level of its holding. It is my first time I have been to an ISH Congress and I am much impressed by the enormous amount of specialists of different specializations using hypnosis in their practice: in Ukraine hypnosis is used only by psychiatrists and psychotherapists.

I would like to focus on the importance and exceptional value of the Symposium “New Concepts in Depression”. Taking into consideration incidence rate of this pathology in population of all over the world, ever more frequent administration of antidepressants in slightest symptoms resembling depressive disorders, appear to define currency in applying psychotherapy methods and necessity in their more widespread use in treatment of depressive disorders.

I found the concept of chaos in depression presented by Claude Viro, very interesting, and I agree that hypnosis facilitates formation of order in thoughts and actions of a patient. I was also impressed by the depth and scientifically grounded approach in the report of Irving Kirsh, where he convincingly proved placebo and hypnotherapy to be of the same efficacy as antidepressants (drugs) in the treatment of depressive disorders. Previously I was present at Michael’s Yapko workshops and trainings, and in Bremen he proved again a top-rate work in his professional (pedagogical) skills.

In the second part of Symposia “New Concepts in Depression” I would like to mention Loriedo’s report, devoted to Treatment Strategies in Systemic Hypnosis Family Therapy. As a rule, a patient lives in a family and uses all resources for a successful therapy is of great importance. Moreover, when a psychotherapist knows and understands objective mutual relations between family members, it can definitely help him/her to decide appropriate strategies and tactics.

Alladin’s report from Canada about Evidence-Based Hypnotherapy was interesting and effective. Elements of cognitive-behavior therapy (CBT) presented by him are often used in practice in our country as well. Importance of events taken place in childhood in the current development of depression was clearly and with bright examples presented by Ortwin Meiss. In fact, he demonstrated in his work elements of hypnoanalysis in treatment of depression.

And, of course, it goes without saying, that I was much impressed by the fortitude and thirst for the new of Teresa Robles from Mexico, who crossed the Ocean to take part in the Congress there she presented us an excellent report about Anthropological Approach for Depression.

I am sure that Bremen ISH Congress has resulted in a new impulse of hypnotherapy development in psychotherapeutic practice and contributed to unifying specialists of the entire world.

**L01: New concepts in depression: Irving Kirsch**  
**By Enrico Facco**

The lecture by Kirsch, entitled “The Emperor’s New Drugs: Medication and Suggestion in the Treatment of Depression”

was part of the very interesting panel/Symposia on Depression, held on October 17<sup>th</sup>. His metanalysis of a huge amount of data from the scientific literature on antidepressants has shown beyond any possible doubt the substantial lack of effectiveness of antidepressant, the effects of which are, as an average, only slightly superior to placebo at best. As a result, a treatment based on the use of drugs only - according to the conventional reductionistic approach that considers depression a matter of neurotransmitter imbalance - is far below the expectancies, while the rate of recurrent episodes of depression looks to be lower with non-pharmacological therapies. In other words, much of their benefits are likely dependent on placebo rather than on the specific agent. What is striking me is that some 40% of trials on antidepressant - the results of which are worse than the published ones - have not been published. As a result, the literature on antidepressants is affected by publication biases, and the real effectiveness of antidepressant is lower than the one estimated on the base of published trials.

**L03: Paolo from 9 to 39 years: a case of natural reciprocal hypnosis, Wilma Trasarti Sponti, Anna Maria Rapone**  
**By Wilma Trasarti Sponti, Anna Maria Rapone**

This "natural case" of hypnotherapy was carried out by Anna Maria Rapone in the treatment of a 9 years old boy hospitalized and at terminal phase of cancer (prognosis of 48 hours life). The psychotherapeutic process consisted in: supporting parents with couple meetings and 30 individual meetings with the child. Anna Maria, at that time in Family Therapy training, did not know anything about hypnosis. The case was revised by Wilma Trasarti Sponti, few years later when preparing a workshop on "Mourning and Psychotherapy". To consider life, up to the last existing moment suggested the therapist to take care of Paolo's desires which could not be accomplished because blocked in bed, conscious of little time left. The therapist through an unconscious memory of a "fantasy" gift received by her father two weeks before his death, create for Paolo a "plutonian watch", to transform each day in one year. So Paolo's life lasted up to his 39 years (married and with a 9 years old son). The letter Paolo writes to his father one day before dying, put into evidence for himself, his parents and the therapist the importance "of no wasting even one moment of your life". The case is a clear demonstration that hypnosis is a reciprocal state between patient and therapist, as both are working utilizing the unconscious mind; the therapist acting as a foster parent, to Paolo and his family.

**L15: Evidence-based clinical research, Eva Banyai, Andrienn Vargay, Renata Marian, Edit Jakubovits**  
**By Lara Bellardita**

I had never had the chance of meeting dr. Banyai before attending her symposium. Of course, I did know her research and reputation and I was eager to attend the symposium she chaired. Working in the oncological setting, I was motivated and interested to find out more about Banyai's work in this field and I was definitively not let down. The theme of her symposium regarded evidence-based research on the efficacy of clinical hypnosis in treating breast cancer patients and included different interesting presentations from Banyai herself and from researchers that were involved in the development and implementation of a randomized prospective outcome study.

Bányai presented the protocol of the study and I was very impressed from the consistency and scientific soundness of the methodological features of the protocol. The research design she presented was very accurate and comprehensive, as they both include quantitative measures (such as quality of life questionnaires and physiological indices) and qualitative (with text analyses of patients' descriptions of their experience of the hypnotic suggestions). Banyai explained with simplicity and yet rigor how the study aims to evaluate the effect of hypnosis as an adjunctive treatment of high risk breast cancer patients.

Therapies for cancer can be distressing both physically and psychologically: nausea, fatigue, loss of hair can disrupt a woman's self-identity and self-efficacy. I can see how hypnosis can be an excellent approach for the mobilization of hidden resources, as Vargay explained when reporting some preliminary results of the study they are conducting.

I appreciated the combination of scientific accuracy and the clinical passion that Banyai delivered, which made me think of her as a great example of that scientist-practitioner model, according to which psychologist should be trained to be scientist and competent researcher, and also practitioner who applies knowledge and techniques to solve clients' problems.

**L26: Hypnosis and Alternative Medicine, Olivier Prian, Tak-ho Lam, Gilles Besson**  
**By John D. Lentz**

This panel looked at Hypnosis in Traditional Chinese Medicine, Hypnosis in Native American Songs, as well as the use of Homeopathy and Ericksonian Hypnosis and even Hypnosis combined with acupuncture and osteopathy. It was a banquet of concepts that all inspired, provoked creativity, and gave me a new way of thinking. Tak-ho Lam, Oliver Prian, and Gilles Besson were wonderful. They all were enthusiastic, and their energy was catching. I told Besson that it was very odd for an American with Native American heritage to be taught by a Frenchman in Germany about the Hypnotic nature of Native American Chanting but that was how profound and provocative all of the presentations were.

**L56: Past Life Experiences Symposium, Walter Tschugguel, Etzel Cardena, Bhaskar Vyas, Jini K Gopinath, Enrico Facco, Gaby Golan**  
**By Walter Tschugguel**

Etzel Cardena categorized past life experiences (PLE) as of induced and spontaneous ones. Spontaneous PLE mostly occur in kids of supported cultures aged two to six. Five major features are prediction (rarely), pre-birth dreams, birth marks (in about 35% of reports), child's reports and behavioural memories. These phenomenons have been explained by means of fraud, fantasy, cultural and social forces as well as Psi.

Bashkar Vyas highlighted that in India, PLE are part of the cultural tradition and, thus, not a matter of discourse. He highlighted the importance of utilizing the currency of the country concept by putting the patient's beliefs first independent of the therapists' paradigms.

Jini K. Gopinath presented his own qualitative investigation concerning past-life regression experiences of persons from India. Major themes concerning the subjective nature and the hypnotic processes and sub themes such as felt and inferred experiences, sense and belief making as well as experiencing the own self were found.

Enrico Facco outlined epistemological aspects. Reincarnation was admitted by early Christians, especially Origene, but was withdrawn from the Church's doctrine in VI Century a.C. Current biomedical research with its ruling mechanistic and reductionist approach - anchored to XIX century physics - is far from being an adequate research approach. Facco concluded that past life memories are likely to be affected by beliefs and cultural filters that have to be recognized in order to avoid shortcuts and misinterpretations.

Gaby Golan focused on ethical issues raised when concerned with demands of reincarnation therapy. Questions from the audience contributed to a stimulating discussion.

### Comments on Bremen XIX ISH Congress: Workshops

#### **WS25: "The Voice for Real, Wellness", Brian Alman By John D. Lentz**

Brian Alman is one of those people who you want to like because he is so willing to be real, and offer to you whatever has worked for him so that you too can benefit. His workshop that was experiential and not a lecture was provocative. He had us dealing with the two sides of ourselves that represent the critical and the nurturing. By having us move back and forth between the critical and the nurturing you found yourself naturally integrating both so that there was more of an acceptance of our critical side and more ability to nurture all of who we are without repressing and or ignoring the critical aspects of who we are. Alman's charismatic style invites you to explore things that you didn't know you wanted to before he mentioned it and yet you find yourself wanting to learn with him.

#### **WS31: Hypnotherapeutische Paartherapie. Die Arbeit mit dem Paar-Unbewussten. (Hypnotherapeutic couple-therapy. The Utilisation of the unconscious of the couple), Roland Kachler By Hans Kanitschar**

In hypnotherapeutic couple therapy, the unconscious of couples is being focused and utilized. This mutual unconscious can be understood as affect attunement (Stern), field of shared intentionality (Tomasello), common metallization (Fonagy) and embodiment of emotional processes which are being triggered by mirror neurons (Bauer/Gallese). The expression of the unconscious of a couple is being experienced either in a trance of love or in a trance of suffering.

In hypnotherapeutic work, the unconscious of a couple can be accessed and utilized by letting the couple perform common symbolic trances and common sculpting. By these and other means destructive patterns are being made visible and there can be found alternative, constructive

patterns of communication. In his excellent workshop, Roland Kachler explained theory and methodology and also offered space for participants to experiencing some steps in trance sequences.

### Comments on Bremen XIX ISH Congress: Short Courses

#### **SC02: The Town Musicians of Bremen/Die Bremer Stadtmusikanten. Dagmar Bieselt & Peter Bieselt. By Nicole Ruyschaert, ESH President**

The Town Musicians of Bremen are part of the ad inviting the world of professionals working with hypnosis to Bremen, and perhaps you know or remember the story of the Grimm Brothers, or maybe you never heard it...

After the welcome and heartwarming sounds of Kjell Fagés bringing the audience to some higher level of harmony and experience, I drifted off to the short course on the Town Musicians of Bremen, masterfully presented in German and English by Dagmar and Peter.

We were guided into a trance, wondering, pondering if hypnosis is a bit like music, or like a fairy tale? How we decided to come, came, traveled to Bremen, how Bremen is a long way from home and you sometimes have to travel through deep and dark forests...Depending on your own stage in life, perhaps you read and interpret the story differently...as a child, or as an adult, in therapy, to help clients, to reconnect with resources and resilience.

Within our trance, Dagmar (German) and Peter (English) read the full story of the Bremen Town-Musicians, which had a deepening effect and you could ponder on some symbols, let your free associations flow by hearing, feeling and experiencing the story and its symbols, finding perhaps some deeper levels of meaning. A donkey, whose strength was failing, was less able to do the work, and his master about to stop feeding him...he set forth on the road to Bremen to become a town musician. Under his way he meets a dog, a cat and a rooster, all of them being considered as of no use any more by their caretakers. The rooster even was intended to be killed and eaten in the soup, crying at the top of his voice as long as he could...The donkey listened to them, invited them to join him to go to Bremen, and make music...and one by one they agreed. It's a long way to Bremen, and you cannot make it in one night. Looking for some more comfort than sleeping outside, they discovered a house, inhabited by robbers, eating and drinking and enjoying themselves. As one strong team, each with his own resources, power and voices in a harmonious team, they succeeded in chasing the robbers from the house. They started eating, drinking and singing and made fun together. The robbers' captain, after a while, sent one of his subordinates to check the house, who terrified turned back to his captain telling which horrible creatures chased him away and hurt him. The robbers did not dare go back into the house and the four Bremen Musicians liked it so well, they never left the house again. They didn't go to Bremen, as they discovered security and safety, and things really meeting their needs. But I did go to Bremen, went to the statue, and touched the legs of the donkey statue, a symbolic gesture, promising that once I will come back there.

After this nice introduction we were offered an interesting analysis of the parallels between the story and therapy in hypnosis and a solution-focused attitude as the title tells you "Die Bremer Stadtmusikanten: Vom Finden von Sinn und Ziel" or "On finding meaning and purpose".

Scrolling through historical archives similar material was used and worked out by Ludwig Bechstein (1856) and resulted in a completely different story ("Ingratitude is the world's reward") emphasizing the exploitation of the animals, a problem oriented mode of complaining. Grimm's version can be interpreted as a solution oriented mode, following the steps of a therapeutic process: the animals mobilize their resources, share a common goal, and display a wholeness of feeling, thinking and acting. Like therapy, fairy tales also start from some problem situation and need to be interpreted within the context. Reading a fairy tale can be an induction in trance and entail a trance phenomenon like "trance logic": the donkey is the opposite of stupid or stubborn, he connects with his unconscious, non-verbal perceptions as "seeing that no good wind was blowing", and is empathic and sensitive to the others. He could be considered as a skilled top executive, creating a vision, taking initiative, leading, motivating, caring and even taking personal risks by looking into the robbers' house. He clearly contrasts with the coward captain of the robbers, who runs away, avoids risks, sends a subordinate to check the situation and relies on this terrified man's assessment. With his vision – to go to Bremen to make music – the donkey "casts an anchor into the future", or opens a way to pull yourself into the future. The story has been proven useful in oncology, as a clinician read it to a patient with cancer who had given up and came to the die: emphasizing the sentence "**something better than dead you can find everywhere**", mobilized her resources, she left the hospital and resumed her life.

The four animals can be seen as "four parts", as in ego-state therapy, keep their own characteristics "according to his nature", each keeping his own voice and also working together, as to form the animal pyramid to look into the robbers' house.

And many other inspiring ideas can be derived from the story....

Thank you Dagmar and Peter!

Readers who want the full story can read it here: <http://myweb.dal.ca/barkerb/fairies/grimm/027.html> or listen to a slightly adapted version for children here: <http://www.bremementownmusicians.com/flash/story/en>

**SC62: "Hypnosis and emergencies: bringing out the beaten tracks", Franck Garden-Brèche**  
**By Ermanno Carrara**

In situations like domestic accidents, car accidents, floods and earthquakes people are surprised, vulnerable, confused, unprepared to the event that break into everyday life and make it unrecognizable. Rescue starts up in very little time, sometimes in minutes and set up contexts where people can find help and care. Later, as soon as possible, physical and mental spaces can be set up to help them deal with and overcome the emotional shock that emergencies could generate using psycho-social and abreactive

technique, according to various theoretic models. Franck Garden-Brèche in his workshop "Hypnosis and Emergencies" expounds how the Ericksonian approach can be used in an effective way even when the potentially traumatic event is happening. Stuck in a curl car, lying down on a road or half-naked and covered with dust because just out the debris of an earthquake, we are vulnerable and sensitive to the slightest word or sign of the helpers. In these times we need to protect ourselves against angst about what may happen, strive for sense and structure everywhere and in everyone or withdraw in ourselves.

According to Garden-Brèche, the dissociate reaction that could happen is fundamentally a negative trance that may evolve in a trauma. The health worker that get at first aid can lead the subject, either with formal or conversational hypnosis, to a state of positive trance where sensations, feelings, emotions and thoughts of the moment, like tremors, pain, terror or angst can be used to manage what is happening and thus prevent possible trauma. In spite of very little time and the sound, visual and sensory bombardment, the health worker can help people find a healthy and positive modality of self-control using the situation around him. Garden-Brèche's work is important, it remind us that it is possible to use hypnosis in a creative way in special and unusual contexts even when there is an impetuous game of chess with the unforeseeability.

**SC91: Schlafhund and Wachhund- Hypnose mit kindern: (Two Dog for a Sound Sleep), Suzy Signer-Fisher**  
**By Denis Vesvard**

Dr Suzy Signer-Fisher and little Helga (4 years old) walk hand in hand towards the stage of the workshop room. Helga (her name has been changed) has great difficulties falling asleep. Her father has asked yesterday evening to Dr Signer-Fisher if she could help her daughter to find a sound sleep with hypnosis. Helga's father is waiting outside, in the main hall of the Conference Palace of Bremen.

After some questions to Helga about her daily life (friends, plays, activities, sleep rituals...), Signer-Fischer explains to her young patient that we have two dogs «ein Schlafhund und ein Wachhund» (a sleepy dog and an awake-watchful one). «How are yours?» ask Dr Signer-Fischer. Helga's Wachhund has straightened ears and a black face. Her Schlafhund has limp ears and a soft fur. Helga is then taught a good way to go backwards or forwards in time: she has only to turn a hallucinated handle in one way or in the opposite. That is very useful to learn how she can do differently next evening with her two hallucinated dogs. How she can thank her Wachhund for this good playful day, how she can trust her Schlafhund for the pleasant coming night. Yes, Helga knows how to do next evening. She gets back proudly to her father.

You can discover these talented Doctor and girl on your television since this live therapeutic session (in German) has been recorded by Auditorium ([www.auditorium-netzwerk.de](http://www.auditorium-netzwerk.de) Ref. HT12-SC91D).

**SC93: More than Words: Working Hypnotically and Strategically with Social Language Deficits in Children,**  
*Diane Yapko*  
**By John D. Lentz**

Diane Yapko gave an absolutely useful and engaging workshop. Not only was she willing to answer questions specifically related to cases she gave practical helps in dealing with the people on the Asperger spectrum. Her well thought out tips and strategies are almost priceless. I loved the idea of teaching patients non optional social rules so that they realize certain rules apply whether it makes any sense to them or not. Another concept that she offered was to help the person lower their expectations of others being different so that they can lower their own anxiety. I love how hypnotically she helps people to move from one frame of reference to another by how she interacts with them. It gave me more hope and tools for working with some difficult cases.

**SC101: The Pain Stops Here: The Healing Metaphor: Metaphor as an adjunct to Medical Intervention, Philip and Norma Barretta**  
**By John D. Lentz**

The Barretta's did a wonderful job as they always do. Their team-work, integrity and knowledge show as they almost effortlessly presented metaphors that work and reduce the experience of pain. Their going back and forth between them and the material they were presenting almost has a hypnotic effect yet, you find yourself appreciating how they work together and feel almost implicitly encouraged to be able to work with someone in a similar fashion. You simply want to believe them because of how sincere they present the information but more than that, they give you options that can be creatively used and expanded upon in your own ways, so that you too can be congruent with what you are saying and presenting. I love how the Barretta's use their own life stories to enhance their workshop and to offer you their wisdom in ways that are more memorable.

**SC 151: "Using Movies in Ericksonian Psychotherapy", Daniel Bass**  
**By Anita Jung**

Daniel Bass, psychologist and co-organizer of several conferences crafted by the Milton H. Erickson Institute Rottweil, presented a brilliant introductory workshop on transferring movies successfully into the therapeutic process. His calm and effective delivery coupled with two movie examples cast memorable, long-lasting, multisensory and multifaceted learning experiences – the Ericksonian way.

Bass artfully illustrated the transfer of a specific scene from the Harry Potter movie into the therapy session by utilizing the acquired skill of the patronus charm (a spirit guardian in the movie/archetypical image in therapy), individually developed during trance, as a resource and anchor to elicit positive feelings of hope and expectations and to develop a felt sense of strength and inner protection. He demonstrated how to use homework assignments of movie clips to tap into the client's subconscious mind to enhance the possibility of the movie becoming a catalyst for own developmental processes. It seems to yield a promise of effectiveness as it reminds me of the outcome studies by Barry Duncan and Scott Miller whose research concluded that extratherapeutic factors (what a client does outside of therapy), the rapport that the therapist creates, and the increase of hope and expectancy of healing and transformation determine change in therapy.

Bass concluded with the movie clip "The Field" (Legend of Bagger Vance) which illustrated a beautiful example of hypnosis and left us with a deep felt sense of honoring the elegance and ease of a well-constructed Ericksonian induction.

## News from ESH Constituent Societies

### **Swedish Society of Clinical Hypnosis (SSCH)** **By Michael Rundblad**

What's up in the Swedish Society of Clinical Hypnosis (SSCH)?

According to the annual meeting in Malmoe we had the privilege to have Professor Marie-Elisabeth Faymonville with us on theme anesthesiology in special cases and the physiology of hypnosis. It was really amazing to see and hear her work. Although we really tried, we didn't reach so many physicians as we wanted. A few young and very inspired anesthesiologists noted sadly that it is still not easy to get acceptance for hypnosis in the medical world, at least in Sweden. On the second day Anna Gerge talked about the usefulness of hypnosis in psycho trauma.

A central issue on the annual meeting was about our journal "Hygnosnytt", if we are ready to take the step to have a web-journal or keep it on paper. We are now going to take a first step towards the internet to have one out of four numbers on the web.

Otherwise most activities take place in the regional branches of the society. Basic courses in hypnosis are given in Stockholm, western and southern branch. In Stockholm we have basic education for psychotherapy. Two-year advanced educations in clinical hypnosis are given in western branch (psychological focus) and in southern (medical focus). According to the foundation of the association ESTI (Ego State Therapy International) a Swedish branch ESTS was connected to SSCH. Next year an advanced course in ego-state therapy is planned in the western branch under the lead of Susanna Carolusson. Susanna is vice president of ESTI and has the task, together with SSCH, to work out criteria and standards for teachers in ESTS.

### **Tibbi Hipnoz Dernegi (THD)** **By Cetin Kaleli**

10 members of the THD participated at the XIX ISH Congress in Bremen, making several presentations. Ali Esref Muezzinoglu has published a revised and updated 2nd edition of his seventeenth book entitled "Conscious Hypnosis". During the ISH Congress, Ali Esref Muezzinoglu, the past president of the THD won the "Kay Thompson Award for Clinical Dentistry" for his 'lifetime demonstrated clinical experience, substantially advanced practice, understanding of the uses of hypnosis in obtaining effective results in dentistry'.

The Society continues to prepare four-level Hypnosis Courses, the first level of which will be given on December 15-16 2012. The THD is organizing the 7th International Hypnosis Congress in Istanbul in association with the Uskudar University on March 31 through April 2 2013.

**Royal Society of Medicine (RSM)**  
(Hypnosis & Psychosomatic Medicine Section)

Martin and Mhairi would like to take this opportunity to wish all our colleagues and friends through out the ESH a happy, blessed and peaceful Christmas and 2013. We look forward to working with them and meeting with them through out the New Year.

With every good wish Martin Wall and Mhairi McKenna

## Calendar of Forthcoming Events

**2012: December 2012 to December 2013**  
**Institut Européen De Thérapies Somato-Psychiques (IETSP)**

Specialized training course in Psychotraumatology and Dissociative Disorders : Evaluation and treatment of chronic trauma and complex dissociative disorders theory, psychobiology, advanced psychotherapy

With : Prof Onno van der Hart, PhD, Suzette Boon, PhD, Kathy Steele, MN, CS, Ellert Nijenhuis, PhD, Pat Ogden PhD, Roger Solomon, PhD

Training in English translated in French; Card registration by training module

For information or registration contact IETSP

Email: [mayer@ietsp.fr](mailto:mayer@ietsp.fr) Website: [www.ietsp.fr](http://www.ietsp.fr)

**2013: 7-9 Febbraio - 21-23 Marzo - 9-11 Maggio**  
**Centro Italiano Di Ipnosi Clinico-Sperimentale (CIICS)**

Sezione Inter-regionale Nord Italia, Istituto Franco Granone Corsobase Di Ipnosi Clinica E Comunicazione, Torino.

E-mail: [ciics@seleneweb.com](mailto:ciics@seleneweb.com)

Web site: [www.ciics.it](http://www.ciics.it) - [www.seleneweb.com](http://www.seleneweb.com)

**2013: 23 Febbraio**  
**Centro Italiano Di Ipnosi Clinico-Sperimentale (CIICS)**

Le Applicazioni Dell'ipnosi In Endoscopia E Gastroenterologia Nell'adulto E Nel Bambino Segreteria Organizzativa

Selene S.r.l. - Via Medici, 23 - 10143 Torino

Tel. 011 7499601 - Fax 011 7499576

E-mail: [ciics@seleneweb.com](mailto:ciics@seleneweb.com)

Web site: [www.ciics.it](http://www.ciics.it) - [www.seleneweb.com](http://www.seleneweb.com)

**2013: 8-11 March and 7-10 June**  
**Institut Européen De Thérapies Somato-Psychiques (IETSP)**

TRAINING : Sensorimotor Psychotherapy - Pat Ogden (USA)

Training for the Treatment of Trauma in Paris,

France (training in English translated in French)

US web site [www.sensorimotorpsychotherapy.org](http://www.sensorimotorpsychotherapy.org)

For information or registration contact IETSP

Email: [mayer@ietsp.fr](mailto:mayer@ietsp.fr) Website: [www.ietsp.fr](http://www.ietsp.fr)

**2013: 9-10 March**  
**British Society of Medical & Dental Hypnosis – Scotland (BSMDH-S)**

Symposium Weekend – Presenting Lars-Eric Uneståhl Hypnosis and Mental Training for Clinical Use and for Personal and Health Development

Venue: Glynhill Hotel, Renfrewshire, Scotland

**Closing date for applications Friday 1<sup>st</sup> March 2013**

Please note that lunch will be provided on both days

Enquiries should be sent [mail@bsmdh-scot.com](mailto:mail@bsmdh-scot.com)

or telephone +44 (0) 7981 333391

**2013: 14-17 March**

**Milton Erickson Gesellschaft fur Klinische Hypnose e.V. (MEG)**, Bad Kissingen, Germany.

Email: [info@MEG-Hypnose.de](mailto:info@MEG-Hypnose.de); [kontakt@MEG-Hypnose.de](mailto:kontakt@MEG-Hypnose.de)

**2013: 15-19 March**

**American Society of Clinical Hypnosis (ASCH)**

Congress Triple Crown.

<http://www.asch.net/Home/tabid/37/Default.aspx>

**2013: 13–14 April**

**Societa Italiana Di Ipnosi (SII)**, Rome,

Workshop with Betty Alice Erickson: "Costruire una connessione profonda: come rendere l'ipnosi più efficace".

Email: [ipnosii@libero.it](mailto:ipnosii@libero.it) Website: [www.societàipnosi.it](http://www.societàipnosi.it)

**2013: 19-21 April**

**British Society of Clinical & Academic Hypnosis (BSCAH)** - Annual Joint Congress of British Societies

Holiday Inn, Leicester, England

Symptom Removal with Hypnosis: Applications in Clinical Medicine – The Do's and Don'ts

Email: [Karen.mackrodt@nhs.net](mailto:Karen.mackrodt@nhs.net) (Reservations)

Email: [pnaish@psych2000.fsnet.co.uk](mailto:pnaish@psych2000.fsnet.co.uk) (Papers)

**2013: 6–18 Mai**

**Confédération Francophone d' Hypnose et des**

**Thérapies Brèves (CFHTB)**, 8ième Forum Strasbourg France « Terra Hypnosia »

<http://cfhtb2013.org/>

**2013: 23-25 May**

**International Congress on Clinical & Experimental Hypnosis (Iran)**

University Mashhad

Monika Müller

Sekretariat Dr.Said Moshref Dehkordy

Tel: 02752 - 102-324 Fax: 02752 - 102-402

**2013: 14-16 June**

**Societa Italiana Di Ipnosi (SII)**, VIII Congresso Nazionale, Orvieto, "La Terapia Naturalistica di Milton Erickson. L'uso dell'ipnosi nel rispetto del soggetto, dei suoi contesti e dei suoi modelli di relazione."

**2013: 29 August 29 – 1st September**

Medical Hypnosis Congress, Budapest, Hungary.

**2013: 13-15 September**

**Deutsche Gesellschaft fur zahnärztliche Hypnose (DGZH)** Konferenz, Berlin

Veranstalter: [mail@dgzh.de](mailto:mail@dgzh.de) [www.dgzh.de](http://www.dgzh.de)

Kongress-Organisation: Congress Organisation Claudia

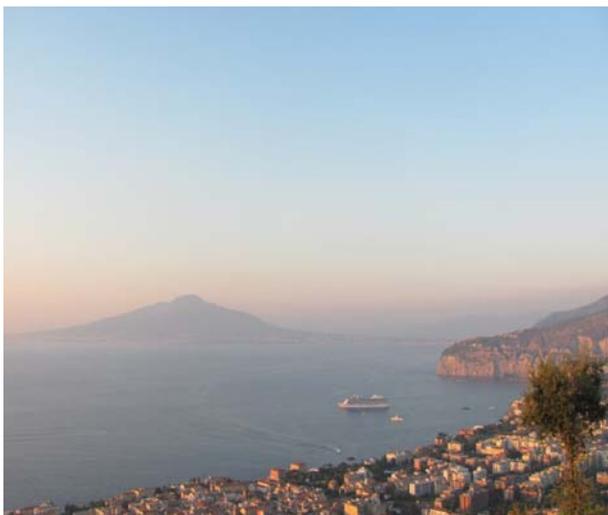
Winkhardt, [mail@cwcongress.org](mailto:mail@cwcongress.org)

Programme: [www.hypnose-kongress-berlin.de](http://www.hypnose-kongress-berlin.de) (ab Mai 2013) Fon 0711 – 236 06 18 Fax 0711 – 99 78 36

**2013: 15 September**  
**Deutsche Gesellschaft für Zahnärztliche Hypnose e.V. (DGZH)**  
Annual Meeting in Berlin  
Email: [mail@dgzh.de](mailto:mail@dgzh.de) [www.hypnose-kongress-berlin.de](http://www.hypnose-kongress-berlin.de)

**2013: 15-18 November**  
**Deutsche Gesellschaft für Hypnose und Hypnotherapie e. V. (DGH)**  
Hypnosis – The Gate to the Unconscious  
Bad Lipspringe  
Email: [info@dgh-hypnose.de](mailto:info@dgh-hypnose.de) [www.dgh-hypnose.de](http://www.dgh-hypnose.de)

**2014: 22-25 October - ESH Congress, Sorrento, Italy**



**EUROPEAN SOCIETY OF HYPNOSIS (ESH)**  
**XIII International Congress**

Organized in collaboration with  
the Italian Society of Hypnosis (SII)

**HYPNOSIS AND RESILIENCE**

**From Trauma and Stress to Resources and Healing**

**Emphasizing the importance of resilience in a world in crisis and the role played by hypnosis in activating and developing inner forces and resources**

**Società Italiana di Ipnosi**

Viale Regina Margherita, 269 - 00198, Rome, Italy

Phone and Fax: (039) 06 8548205

Email: [ipnosii@libero.it](mailto:ipnosii@libero.it) Website: [www.societàipnosi.it](http://www.societàipnosi.it)

**Hurry! The Early Bird Registration has been extended to: 31st December 2012**

**Registration fees for the full four days are:**

**150 Euros: ESH, ISH or MEI (Milton Erickson Institute)**  
**200 Euros: Non-Members**

You may download the flyer and Registration Form from the ESH Website home page:

[www.esh-hypnosis.eu](http://www.esh-hypnosis.eu)



**ESH CENTRAL OFFICE - HOLIDAY CLOSURE**

**Kindly note that: ESH Central Office will be closed from 17:00 on Thursday, 20<sup>th</sup> December 2012 until 09:00 on Wednesday, 2<sup>nd</sup> January, 2013.**



**FESTIVE GREETINGS FROM THE ESH BOARD OF DIRECTORS**

**The ESH Board of Directors would like to wish all Colleagues and Friends a warm and happy festive season and a healthy, peaceful and prosperous 2013!**



*With grateful thanks to all our contributors:*

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