



esh

Newsletter

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Letter from the ESH President, Nicole Ruysschaert



Only a few days left of 2013: a time to reflect, looking back which waters you crossed, where your therapeutic journey has brought you ...which storms you survived, which new countries you discovered, where you could find some island of serenity and calm waters? It is time also to look ahead and to choose some direction for the next year.

We – ESH Board of Directors - had our annual onsite board meeting in Donetsk, Ukrain where we were invited by the Ukranian Association of Psychotherapists and Psychoanalitics (UAPP) – our guests hosting us for 4 days (accommodation), we giving 2 days of lectures and workshops for free to the society's members, students of medical, dental and psychology faculty followed by 2 days of board meeting. If your ESH constituent society also is interested in organizing such an event, we welcome your invitation for 2014 or later!

Preparations of the 2014 ESH congress are going on, keeping in mind the quote that 'all roads lead to Rome' why not going a little bit further? To reach Sorrento along many different ways ...short, straight from point A to B...with some stops on your way, la Bella Italia??... slowly crossing the mountains and enjoying a beautiful panorama, even a boat trip to getting there from Naples? A congress on hypnosis is also a journey of the mind...

Once I read some wisdom from a very old man, who never had left his own country, and in spite of that he was satisfied with his discoveries, telling others about his own journeys and "how the biggest travel is the travel within". For all of us who are working with hypnosis, this is easy to understand! Seeing how many different presenters will share with participants their knowledge and experience in the field of hypnosis, an enriching journey within can be part of this experience completed with other surprising events there! We are looking forward to meeting you there!

And may I already wish you a peaceful 2013 closure and an energetic start of 2014 with new challenges ahead!

Nicole Ruysschaert
President ESH

**Translated into French
by Denis Vesvard**



Chers Membres de l'ESH

Seuls quelques jours nous séparent de la fin de l'année 2013: juste le temps de réfléchir, de voir sur quelles eaux nous avons navigué, vers quelles terres notre odyssée thérapeutique nous a amené, quelles tempêtes nous avons traversées, quelles nouvelles contrées nous avons découvertes, quelle île sereine et quelles mers calmes pourraient nous accueillir? C'est aussi un moment pour nous projeter dans le futur et nous fixer un direction pour la nouvelle année.

Nous, Bureau de l'ESH, avons tenu notre réunion annuelle à Donetsk en Ukraine. Invités et logés par nos hôtes de l'Ukrainian Association of Psychotherapists and Psychoanalitics (UAPP) pendant 4 jours, nous avons offert gracieusement 2 journées d'enseignement (théorique et pratique) aux membres de l'association et aux étudiants des facultés de médecine, de médecine dentaire et de psychologie. Ensuite nous avons poursuivi notre travail par deux journées de réunion de Bureau. Si, en tant que société membre de l'ESH, vous êtes également intéressé par l'organisation d'une telle rencontre, nous accepterons volontiers votre invitation pour 2014 ou plus tard !

Les préparatifs du Congrès 2014 de l'ESH se poursuivent et, en gardant à l'esprit que "tous les chemins mènent à Rome", pourquoi n'irions nous pas un petit peu plus loin? Pour atteindre Sorrento il y a bien plus qu'un chemin... Prendre le plus court, directement de A à B, avec quelques arrêts sur les routes de la Bella Italia? ... Ou bien franchir tranquillement des montagnes d'où l'on profite de merveilleux panoramas, ou encore prendre un bateau depuis Naples? Un congrès d'hypnose, c'est aussi un voyage pour l'esprit... Un jour j'ai lu les propos d'un très vieux sage qui n'avait jamais quitté son propre pays mais qui cependant se satisfaisait de ses découvertes. Il racontait aux autres ses propres voyages et disait que "le plus grand des voyages c'est le voyage intérieur". Pour chacun de nous qui travaillons avec l'hypnose, la chose est assez facile à comprendre!

Étant donné la palette d'expériences et de connaissance de l'hypnose des différents orateurs et leur manière de les faire partager, nous pourrions vivre un précieux voyage intérieur, et nous aurons probablement d'autres occasions d'être surpris ! Nous espérons vous y retrouver !

À vous souhaiter dès maintenant, une paisible fin d'année 2013 et un début d'année 2014 plein d'énergie et de nouveaux défis !

**Translated into German
by Hans Kanitschar**



Liebe Mitglieder der ESH

nur mehr wenige Tage sind vom Jahr 2013 noch übrig: Zeit, um zu reflektieren, zurückzublicken, welche Gewässer Ihr

überquert habt, wohin Euch Eure therapeutische Reise gebracht hat . . . welche Stürme Ihr überlebt habt und welche neuen Gebiete Ihr entdeckt habt, vielleicht mit Inseln der Ruhe und ruhigen Wassern? Zeit, auch um vorauszublicken und einige Richtungen für das neue Jahr zu bestimmen.

Wir - der Vorstand der ESH - hielten unser jährliches Treffen in Donezk, Ukraine ab, wo wir eingeladen waren. Unsere Gastgeber beherbergten uns für 4 Tage, wovon wir 2 Tage lang Vorträge und Seminare für die Mitglieder der Gesellschaft - Ärzte, Zahnärzte und Psychologen - hielten und zwei Tage für die Sitzung des ESH-Vorstandes verwendeten. Wenn Ihre Gesellschaft als Mitglied der ESH Interesse hat, auch so einen Event zu organisieren, freuen wir uns auf Ihre Einladung für 2014!

Die Vorbereitungen für den ESH-Kongress 2014 schreiten voran und wenn wir an den Spruch denken: "Alle Wege führen nach Rom" - warum sollten wir da nicht ein Stückchen weiter gehen? Sorrento auf vielen verschiedenen Wegen erreichen . . . kurz . . . direkt von A nach B . . . mit einigen Zwischenstationen auf Ihrem Weg in Bella Italia?? . . . langsam die Berge überqueren und sich an dem schönen Panorama erfreuen, ja vielleicht sogar mit einem Boot von Neapel dorthin zu gelangen? Ein Hypnosekongress ist ebenso eine Reise des Geistes . . . einst las ich eine Weisheit von einem sehr alten Mann, der nie sein Land verlassen hatte und trotzdem war er zufrieden mit seinen Entdeckungen und erzählte anderen über seine eigenen Reisen und dass die größte Reise die "Reise nach innen" wäre. Für uns, die wir mit Hypnose arbeiten, ist das leicht zu verstehen. Wir werden erleben, wie viele verschiedene Vortragende ihr Wissen und ihre Erfahrungen auf dem Gebiet der Hypnose mit uns teilen werden und eine bereichernde Reise nach innen kann Teil dieser Erfahrung werden, gemeinsam mit anderen überraschenden Ereignissen an diesem Ort! Wir freuen uns, Ihnen dort zu begegnen!

Ich wünsche Ihnen einen friedvollen Jahresausklang 2013 und einen energetischen Start ins Jahr 2014 mit seinen neuen Herausforderungen

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



Estimados Integrantes de la ESH:

Solamente quedan unos cuantos días del año 2013: tiempo para reflexionar, mirar hacia atrás, cuales aguas habéis cruzado hacia dónde os ha traído vuestra jornada terapéutica .cuáles tormentas habéis sobrevivido, cuáles países habéis descubierto, dónde encontrasteis alguna isla serena y aguas calmadas? Es tiempo también para mirar hacia adelante y elegir una nueva dirección para el próximo año.

Nosotros –La mesa directiva de la ESH- tuvimos nuestra reunión anual en Donetsk, Ucrania, donde fuimos invitados da la Ukrainian Association of Psychotherapists and Psychoanalitics (UAPP). La UAPP nos recibieron durante 4

días (alojamiento), con nosotros dando dos días de pláticas y talleres gratis a los integrantes de la sociedad, estudiantes de las facultades de medicina, odontología y psicología y posteriormente tuvimos dos días de reuniones de la mesa directiva. Si vuestra sociedad constituyente de la ESH está interesada en organizar un evento de esta categoría, damos la bienvenida a vuestra invitación para el año 2014 o para después!

Los preparativos para el congreso del año 2014 están transcurriendo, y, teniendo en cuenta que 'todos los caminos llegan a Roma', por qué no ir un poco más lejos? Para llegar a Sorrento siguiendo diferentes caminos ... cortos ... rectos desde el punto A al punto B ... con algunas paradas en el camino, la Bella Italia? ... cruzando lentamente las montañas y disfrutando del precioso panorama, aún de un viaje en barco llegando allá desde Nápoles?

Un congreso sobre hipnosis es también una jornada de la mente ... en una ocasión leí acerca de la sabiduría de un hombre muy viejo, quien nunca había salido de su propio país, y a pesar de eso estaba satisfecho de sus descubrimientos, platicando con otras personas acerca de sus viajes y sobre "cómo el viaje más largo es el viaje adentro de uno mismo". Para todos nosotros quienes estamos trabajando con hipnosis, ésto es fácil de comprender! Mirando cuántos presentadores compartirán con los participantes su conocimiento y experiencia en el campo de la hipnosis, un viaje enriquecedor en nuestro interior puede ser parte de esta experiencia completada con otros eventos sorprendentes allá! Estamos esperando con mucha emoción encontrarnos con vosotros aquí!

Permitidme desearos un cierre tranquilo del año 2013 y un comienzo lleno de energía con nuevos retos en el futuro!

**Translated into Italian
by Consuelo Casula**



Solo pochi giorni ci separano dalla fine del 2013: tempo per riflettere, guardando indietro, sulle acque attraversate, dove il vostro viaggio terapeutico vi ha portato... quali tempeste avete superato, quali nuovi paesi avete scoperto, dove avete potuto trovare qualche isola di serenità e acque calme? È anche un momento per guardare avanti e scegliere qualche direzione per il prossimo anno.

Noi -il comitato direttivo della ESH- abbiamo avuto il nostro face to face incontro annuale a Donetsk in Ucraina, dove siamo stati invitati e ospitati (vitto e alloggio) per 4 giorni dalla Ukrainian Association of Psychotherapists and Psychoanalitics (UAPP). In cambio abbiamo offerto gratuitamente ai membri della società, studenti delle facoltà di medicina, odontoiatria e psicologia, 2 giorni di conferenze e workshop, finiti i quali abbiamo avuto due giorni di board meeting. Se anche la tua società, in quanto membro costituente della ESH, è interessata a organizzare un tale incontro, saremo lieti di accettare l'invito per il 2014 o per gli anni successivi!

I preparativi per il Congresso ESH 2014 continuano e, ricordando il motto "tutte le strade portano a Roma", perché

non andare un po' più giù? Per raggiungere Sorrento vi sono molti modi: il più breve ... direttamente da A a B ... o con alcune fermate intermedie, la Bella Italia? ... o lentamente attraverso le montagne per godere un bellissimo panorama, oppure in barca arrivando da Napoli? Un congresso d'ipnosi è anche un viaggio della mente...

Un giorno ho letto di un vecchio saggio che non aveva mai lasciato il suo paese, e nonostante ciò era soddisfatto delle sue scoperte: egli raccontava agli altri i suoi viaggi e diceva che "il più grande viaggio è dentro di sé". Per ognuno di noi che lavora con l'ipnosi, è facile da capire!

Vedendo quanti diversi relatori condivideranno con i partecipanti le loro conoscenze ed esperienze nel campo dell'ipnosi, un arricchente viaggio all'interno del sé può essere parte di questa esperienza completata da altri eventi sorprendenti! Non vediamo l'ora di incontrarvi lì!

Permettetemi di augurarvi un sereno fine anno 2013 e un inizio pieno di energia per le nuove sfide che ci aspettano nel 2014.

**Letter from
the Newsletter Editor,
Consuelo Casula**



Dear ESH Members

It is always a great pleasure to reach the conclusion of editing the SHNL on time. My heart thanks each and every contributor who is very generous in offering his/her time and knowledge.

In the previous ESHNL on books I presented the interview with Matthias Mende, the past ESH president; for this issue I selected Marjan Pajntar (Yugoslavia). Even though I already have interviewed Walter Bongartz, and Shaul Livnay, I selected Marjan simply because he is one of the first president of ESH, with Per Olof Wikström, among others. Together they organized the first ESH Congress in Malmo, Sweden in 1978. He has been ESH president from 1981 to 1984 and the organizer of the II European congress of hypnosis in Dubrovnik. Reading the two interviews, from one of the founder and one of the latest, we can have an impression of the development of our European society.

I share with you my happiness in anticipating you that each ESH ex-President has accepted to be interviewed so in a little while we will have all of them. When all the interviews are done, we can post them at our web site so that every time we want to know something about ESH's history we go and read from the real experience of who was there. And we can be inspired by their wisdom.

This issue is especially interesting because it presents a double view of ESH BOD trip to Ukraina, invited by the Ukrainian Association of Psychotherapists and Psychoanalitics (UAPP), one written by Kathleen Long and the other by Ali Ozden Ozturk, both board members. Each one, with his/her style, gives the reader a glimpse and a taste of the good atmosphere and friendship among us and with the Ukraine hosting society and the participants of our lectures and workshops.

This issue also presents an interesting review of the book *Je me suis*, one of the many written by of Borys Cyrulnick - one of the most important European experts on resilience - written by another board member, Denis Vesvard. We also have three reviews of two congresses.

The first one is written by Ali and regards the 1st International Conference on Hypnosis in Medicine, Budapest, 29 August – 1 September 2013, organized by the Hungarian Association for Hypnosis (HAH), one of our Constituent Societies (CS).

The other two reviews regard the 8th Forum de la Confédération Francophone d'Hypnose et de Thérapies Brèves (CFHTB) Terra Hypnosia, held in Strasbourg, May 2013, written by Christine Guilloux, Vice-Présidente SFH and Présidente-Fondatrice l'IMHECentre-France, the second by Johanna Palmers, following a kind suggestion by our ESH President, Nicole Ruyschaert.

As usual, we present some news from the CS who send us their information. Maybe, the fact that I am Italian explains why we have four Italian societies updating us. As Italian and as ESH President-Elect I am grateful to Camillo Loredi, SII president, former ESH President, who is organizing the incoming ESH Congress in Sorrento next October 2014, where I hope many of you will come. As Italian, I am also proud of the work done by Enrico Facco, representative of CIICS, for his contribution in giving good reputation to hypnosis.

Also other CSs present their news inviting us to go and participate to their interesting workshops, and congresses.

This issue ends with the warm invitation to write and publish in our European Contemporary Hypnosis & Psychosomatic Medicine, directly by his editor, Peter Nash. Please, just do it.

I wish you all Merry Christmas and happy and healthy 2014

Interview with ESH Past President Marjan Pajntar by Consuelo Casula

Let me introduce Marjan Pajntar, medical doctor with a degree also in Psychology. He became Doctor of Science in Obstetrics and Gynecology and has been Nominated Full Professor of Obstetrics and Gynecology, Senior Health Councilor and Head of Research Unit, at University Medical Centre, Department of Obstetrics and Gynecology, Ljubljana.



He is the Initiator and leader of the Slovenian Perinatal Information System and the Project manager of "Quality of Health Service in Slovenia" project. He has also been Medical Chamber of Slovenia and Ministry of Health. He is author and co-author of more than 350 scientific and professional articles. One of his famous books in his country is the 'text book: Pregnancy and Labor' (1962) an introduction of hypnosis for pain relief during labor in Slovenia.

He is also the founder and president of the Clinical and

experimental Hypnosis society of Slovenia. In 2007 he Co-founded the Society for medical hypnosis in Slovenia and is its president.

CC: Dear Marjan, thank you for participating to this interview. Please describe your background. What led you to become a medical doctor expert in psychosomatic disorders, and what drew you to hypnosis in particular?

MP: I wanted to help people so I went to study medicine. As a student of medicine I found out that there are reasons for some illnesses in mind and so I went to study psychology as well. When I was practicing in maternity hospital I wanted to help parturient women in psychological way. So I began to study hypnosis from books. In those days, Swedish colleagues were very good at different fields of hypnosis. They had a great activity in helping parturient women with hypnosis, so after the Malmo congress I went to Swedish maternity hospital several times to see how they perform it.

I went to Sweden to see how they used hypnosis to help people. Then I saw that duration of labor and some complication of pregnancy and labor might have been connected with women's personality, I made a research for my PhD. All work with obstetric and later gynecological patients increased my interest in hypnotherapy.

After that beginning I started studying hypnotherapy in neurotic and psychosomatic illnesses and I made a decennium of research with electronic bioengineering in the field of locomotors nerve lesions (stroke, peripheral nerve lesions etc.).

CC: What is your current work focus, and what role does hypnosis play in it?

MP: As retired professor of obstetrics and gynecology, I am fully involved in a hypnotherapeutic practice mainly with the broad variety of neurotic patients, psychosomatic troubles, with ego strengthening for students, managers etc, giving support to pregnant women during pregnancy and teaching them self-hypnosis especially for the time of labor.

In Slovenia the interest for medical hypnosis is increasing. At the meetings of our society we have lectures about the newest discoveries and we are regularly organizing courses for medical doctors and psychologists, We teach them the basics of hypnosis and also more advanced hypnotherapy. Also newspapers nowadays are very interested in hypnosis, there are a lot of articles about hypnosis, especially after Catherine, duchess of Cambridge, gave birth under hypnosis.

CC: You are one of the founders of ESH please tell us something about those days

MP: At the beginning of ESH there were no strict rules, so at the time of the congress in Malmo, we decided that the president of ESH should be the leader of the

present congress. As a committed co-founder of ESH, with Peo Wilkstrom among others, I got the opportunity to be the president of the second congress. At that time, Sweden had the strongest hypnotic society in Europe with more than 1500 members. They issued their own paper Hypnos and had a great possibility of administrative support. For this reason, after the congress in Malmo they continued with administrative work of ESH, and my priority was to prepare the congress of Dubrovnik. After the congress in Dubrovnik, Italian colleagues took care for the congress in Abano Terme. After the congress in Malmo we founded our "Slovenian Society for clinical and experimental hypnosis". At that time we had 120 members.

CC: You have served as the ESH president from Dubrovnik (Yugoslavia) 1981 to Abano Terme (Italy) 1984. The Dubrovnik congress was the second ESH congress. Can you tell us some anecdotes about this congress? Tell us about the atmosphere, the people, the topics discussed during the congress.

MP: The second ESH congress was held in Dubrovnik (former Yugoslavia, now Croatia) from 12 to 18 May 1980 with the title "Hypnosis in Psychotherapy and Psychosomatic Medicine". The congress was held in a beautiful place and had a great success on scientific and social fields. At that time I was very satisfied with helping some colleagues from Hungary (Eva Banyay and Istvan Mezarosh) that came from the other side of the iron curtain. During those years the political atmosphere was unpleasant because of the death of Yugoslav president Tito: for this reason many registered colleagues from USA did not come.

There were about 500 participants in Dubrovnik. At that time our Slovenian society was a member of ESH and ISH but we always had problems with membership fees: now it is quite the same. The members of our society (Slovenian Society for hypnosis in medicine) are interested to become members of ESH, but there is always money problem.

The topics of the congress were many such as: suggestibility and hypnosis, psychological processes in hypnosis, neurophysiologic processes and measurements in hypnosis, clinical and therapeutic problems in pain, clinical and therapeutic problems in psychosomatics, obstetrics and gynecology, clinical and therapeutic problems in interne medicine, clinical and therapeutic problems in dentistry, clinical and therapeutic problems in rehabilitation. There were workshops in psychotherapeutic problems, clinical and therapeutic problems in psychiatric conditions, clinical and therapeutic problems in neurological conditions, hypnosis in relaxation, clinical and therapeutic problems in children.

CC: Can you tell us something about the AbanoTerme congress in 1984? Tell us about the atmosphere, the people, the topics discussed during that congress.

MP: In Abano Terme I remember there was a warm atmosphere with kind Italian people, good food and warm Thermal water for swimming.

CC: In those years ESH was at the beginning of its existence, and so you contributed to give it a foundation and a direction. What were the intent, the mission and the values of ESH in those years?

MP: The intention in those years was that the European hypnotists would have its own politics regarding the themes of ESH interest. Beside, through having congresses held in Europe, more European colleagues would have come. That was very important especially for the colleagues coming from the East. With our own society it would be easier for us to spread hypnotic knowledge among doctors and psychologist in countries where hypnosis was not well accepted (Germany and especially in Italy, where in that time they had to use the word sophrology instead of hypnosis because many serious doctors were afraid of using the word hypnosis).

CC: What is your best memory of those years

MP: The best memories of those years were that founders of ESH were right and the main ideas of ESH were spreading very quickly through Europe, as well as in Slovenia. I was proud especially that in Slovenia we had good research, with electronic evidence of muscle EMG (more than 50 articles). The best memories are about the friendly collaboration with the Swedish colleges, also cofounders of ESH (Peer Wikstrom, Basil Finar). They gave me a great support.

The worst problems were connected with our (Slovenian) problems with paying ESH fees.

CC: During your presidency, what style of leadership did you adopt?

MP: At the beginning of ESH my greatest problem was arranging congress and inviting different people to come and to become members of ESH, the other problems were solved in Sweden.

CC: You now come from the future of that experience, is there something in particular that you are proud of, and something in particular that you regret, or something that you, would now like to have done differently?

MP: I am proud that we had the strength to organize such a congress in a country which was between east and west, despite the politically difficult circumstances in Yugoslavia.

CC: You have seen ESH grow and prosper, how do you consider ESH development? Do you like what ESH has become?

MP: I was not present at all ESH congresses, mainly because of the lack of money. The second reason was that the main leadership at that time was taken over by some people full of superiority. They thought that the size of scientists' country is crucial for their ideas being accepted or not. The atmosphere became quite different from the one of the beginning of ESH.

Now I am very glad that you a woman with a nice personality became the president.

CC: Thank you very much for your compliment, I take it as a support and encouragement. Tell us something about hypnosis in your country, its development, and its use today.

MP: For the book edited by Peter Hawkins and Michael Heap: Hypnosis in Europe, I wrote a chapter regarding hypnosis in Slovenia. After the congress in Dubrovnik there was a great interest for hypnosis in obstetric and rehabilitation, but in 10 years the interest has diminished, mainly because at that time doctors providing hypnotic aid could not be paid, so many of them gave up this activity. In the last 10 years the interest for hypnotherapy has increased among young medical doctors and even more among psychologists, and I am very glad that interest between both students of medicine and psychology is becoming greater and greater. We started educating them in workshops with 150 hours of theoretical and practical knowledge of hypnosis and hypnotherapy. In the medical faculty of Maribor they are interested in lectures about hypnosis in postgraduate education and it will begin in this year. We also established a new "Society for Medical Hypnosis in Slovenia". We accept the EHS code of ethics and we collaborate with Bernhard Trenkle in our trainings.

CC: Following ESH activities, what changes have you noticed in the last years? What do you observe about how the use of hypnosis varies from one culture to another? What do you observe about how the use of hypnosis in the field of Medicine, dentistry, psychotherapy and research varies from one congress to another?

MP: My opinion is that in the fields you mentioned there is too much work, papers and lectures which are without any evidence-based medicine rules: this fact diminishes our endeavor to give hypnosis and our treating with hypnosis a status of serious therapy possibilities.

CC: What kind of suggestions or advice can you give a young scholar of hypnosis, how can you encourage a young psychologist to study hypnosis?

MP: I would tell them: "In your therapeutic work with different illnesses do not forget about body-mind connection, do not forget that many illnesses are based on psychological causes – psychosomatic illnesses. Such illnesses can be cured quicker with brief therapy in hypnosis".

CC: I thank you very much for your great contribution.



ESH Board of Directors (BoD) visit to Donetsk, Ukraine

by Kathleen Long

When the invitation to the Ukrainian Association of Psychotherapists and Psychoanalitics (UAPP) and by the Donetsk National Medical School (DNMU) from Professor Borys Inyev was confirmed offering to host our ESH board meeting and to invite us to present workshops and some lectures I was excited. First of all I'd never been to the Ukraine. Secondly I can just about speak English; although as a Scot speaking English some would question that! I have a smattering of French, Spanish and Greek but my fellow board members tell me it's not enough to make me anything approaching a linguist! In short I'm the least proficient linguist on the BoD. Nicole definitely puts me to shame with her great understanding of at least five different languages. Russian and Ukrainian were, and still are, well beyond my linguistic abilities and as I was giving a workshop on linguistics the panic was starting to creep in! Last but not least the journey to Donetsk was not something I was particularly looking forward to either as I am a lone traveler and catching three separate aeroplanes in less than 12 hours is not my idea of fun. Well I have managed to miss three in the past.

After a relatively uneventful but pretty boring trip I arrived in Donetsk exhausted and a bit disheveled. I was cheered up when the security guard asked me if I was carrying a lot of foreign currency! I must have looked more affluent than I thought! After collecting my luggage I was relieved to see a young man holding a card with my name on it. He promptly introduced himself and his young female companion as my driver and interpreter respectively. He then sped off with my luggage. If he was embarrassed to be hauling two pink suitcases decorated with pictures of Marylyn Munroe he was too polite to say so! This was the start of what I can only describe as the wonderful hospitality shown to us all on our trip to Donetsk. The seminar's co-coordinator Professor Tatyana Rypolova had left nothing to chance. Each of us had an assigned driver and interpreter who put themselves completely at our disposal throughout our stay. The drivers and interpreters were all medical students mainly from the 4th year at DNMU.

On our first morning at 8.30 am our drivers and interpreters were waiting patiently to take us across to the University. We were officially greeted by professor Abramov, professor Tabachinov, professor Ryapolova and assistant professor Abdryakhimova who were very welcoming, friendly and positive about our visit and hoped it would be the first of many. DNMU has an impressive track record of producing over 45,000 graduates and attracts students from 42 different countries. There are 150 professors and 243 associate professors.

Over the next two days we all gave our lectures and workshops which were well attended and positively received by the many psychologists, psychotherapists, doctors and dentists who attended. Most of our workshop and lecture presentations had been previously sent and translated into Russian prior to our arrival. Although many of the workshop participants spoke English we were also given an experienced interpreter who translated our every word into Russian so that our audience could understand and ask questions in their own language.

In short UAPP and DNMU made sure we received all the help we needed to ensure a successful visit. We were overwhelmed with the care and planning that had been undertaken on our behalf. Denis, Gaby, Nicole, Martin, Wilma, Ali and Consuelo all gave lectures to large audiences in the main lecture theatre. The audience was attentive and very appreciative. I was let off lightly on this occasion by just having the workshop. I was also able to attend Consuelo's workshop on Mindfulness and was impressed and humbled by the willingness to participate and the openness of these fellow professionals. Martin was given a personal tour of the dental department which finished with a tasting of the local vodka! We normally got back to our hotel in the evening about 7.30pm after a long, exhausting but enjoyable day. Our personal interpreters and drivers were with us most of the time and often didn't leave us until late evening. We did feel very sorry for them but they kept assuring us they were happy to be of assistance and they always looked pleased to see us.

UAPP and DNMU organised a city tour which was not only hugely enjoyable but very informative. The guide was a young lady who had a marvelous sense of humour and who kept us amused and well as interested. Donetsk was founded in 1869 by a Welsh business man called John Hughes and its original name was Hughesovka. One of my daughter's is currently dating a Welshman and I made a mental note to tell him about this adventurer from the Welsh valleys. Donetsk itself has an ultra modern football stadium, Donbass arena which was built in 2009 for the 2012 European football Championships, the Donetsk Opera and Ballet Theatre and is the 5th biggest city in the Ukraine. We paid a visit to the Forged Figures Park and were lucky enough to see the International Smith Craft Festival which takes place there every year in September. Despite its industrial background Donetsk is a very verdant city with lovely parks and outdoor spaces. We also paid a visit to Lenin Square where a huge statue of Lenin stands.



Apparently residents of Donetsk have buried letters to be discovered by future generations. The current generation use the statue more practically to meet up with their friends at the left or right leg of Lenin! The square is at the centre of Donetsk and is surrounded by the Prokofiev concert hall, the Ministry of Mining Industry and Donetsk Drama theatre.

We were also treated to a wonderful evening meal with Boris and several, other members of UAPP and DNMU. The food

was as interesting as it was delicious. It was full of flavour and the portions were very, very, generous. We sampled the very palatable local wine and vodka. In fact it was such a good atmosphere that Ali sang a Turkish song followed by 'Oh Flower of Scotland' courtesy of yours truly! As we said our goodbyes after the meal everyone gave the traditional two or three kisses on the cheek to Boris our host who seemed to be standing up well to the onslaught! In Scotland kissing people, as a way of saying goodbye, is not traditional. A kiss on the cheek is usually reserved for our parents, children and if they are lucky our partners! With the exception of these very circumscribed groups we normally just say goodbye! However having observed my fellow sophisticated Board members and approaching Boris last in the long line of well wishers I decided to give it a go. One two three and then I must have moved my head to the wrong side and Boris asked 'oh they give four kisses in Scotland?' 'No 'I said 'we give six.' Well I do try to be enthusiastic about everything I do! Boris if you ever come to Scotland please don't kiss anyone six times on the cheek! It will definitely be misinterpreted!

Our last two days were spent attending our own BOD meeting and other committee meetings. All too soon my driver and an interpreter were waiting for me at 4.30 am to take me to the airport for my long trip home. My usual interpreter had been advised not to make the long journey by public transport so early in the morning. Cheerfully loading my two Marylyn Munroe suitcases into his car we set off and I was duly deposited in good time at the airport where I met up with some of the other members of the ESH board. As we discussed the trip sipping some coffee we all came to the same conclusions. The highlights of our trip were crystal clear. Our interpreters and drivers were superb young people and exemplary in their conduct and demeanour. The friendliness of the people and the overwhelming hospitality they showed us were over and above what we could have anticipated or expected. Our visit to Donetsk is something we will all remember with great affection and gratitude. I was really sad to leave and came home a better person enriched by this unique experience. We all made new friends and experienced a rich and diverse culture. Perhaps we'll be back!

Nicole standing by a Monument to the Russian Physiologist Ivan Petrovich Pavlov (1948 – 1936)



An Overview of BoD visit to Donetsk by Ali Ozden Ozturk

Besides the opportunities created to promote the relationships between UAAP and ESH, we had the chance to see the great hospitality of UAAP during our visit to Ukraine. Each of us had been met at the airport by a personal attendant holding our names with a great smile.

These personal attendants had accompanied us during our whole visit, and they were ready whenever and wherever we need their help. The manager of the hotel, Mr. Erdem also showed a great hospitality and made us feel at our homes. He made sure all the time that we were served with the greatest care and attention.

Besides the delicious meals of Ukraine, we also had the chance to have a very interesting and enjoyable city tour, and have a taste of Ukrainian history and culture. The festival of ironworkers was fascinating, and it was inspiring to watch them making iron-art by melting iron and shaping it into various wonderful figures such as iron roses.

To sum up, I believe that ESH BOD visit had been very useful for both ESH and UAPP. We had the opportunity to know one of our CSs more closely and share our knowledge and experiences during our workshops and presentations. On the other hand, UAPP was very organized during our program in the university, except some translation problems; and the participants were very eager to get all the information and experience they can get from us. Our visit has not only strengthened our relationship with UAPP but also built a solid basis for further cooperation. All the effort put and UAPP's request to include ESH BOD members in their trainers training program are also very promising for the future of UAPP, ESH and hypnosis.

Congresses Reviews

The 1st International Conference on Hypnosis in Medicine

By Ali Ozden Ozturk

The 1st International Conference on Hypnosis in Medicine, arranged by Hungarian Association of Hypnosis, was a window opening to the field of European Hypnosis heritage contributed greatly by Éva Bányai, who is one of the greatest veterans in the area, and her Ecole. Looking through that window opened through Hungary, a country which always has an important place in the historical and cultural inheritance of the Europe and the World, made me remember the 12th ESH Congress in Istanbul. It was because of the many bridges, that were built over the River Danube which brings together the two parts of the city: "Buda" and "Pest"; and that were similar to the Bridge created between "Body" and "Mind" during the Congress in Istanbul, which had the motto: "Transcending the Mind-Body Bridge by Hypnosis". Also, the River Danube flowing through the historical congress hotel and the state house brings into one's mind that the bridges over it connect "the mind of hypnosis" which was created in the historical part of the city, and "the body" which was represented by the governmental part resting on the other side of the river.

I also believe that while travelling over the bridges in Budapest, over the River Danube, with all those great authorities in Hypnosis, we created a strong bridge between body and mind; then transcend it leading our way into "Hypnotic and Suggestive Techniques in Modern Biomedicine". This was like transcending the bridge over Bosphorus, Istanbul that brings together Europe and Asia, and then finding new meanings of life in the lost and found streets, old and new buildings of Istanbul.

We, as ESH BOD, had the opportunity to introduce the next ESH Congress in Sorrento, Italy in 2014 in a special booth reserved for us (photo on right taken at the Strasbourg Congress),

while enjoying many different presentations and workshops. Various topics were covered in different fields of Medicine such as: Anaesthesia, Surgery, Pain, Dentistry, Dermatology, Emergency Care, Immunology, Intensive Care, Obstetrics, Oncology, Palliative Care etc. under the main title of "Hypnotic and Suggestive Techniques in Modern Biomedicine". With special thanks to the Katalin Varga, the President of Hungarian Association of Hypnosis, and all the organizing team, we are very eager for the next triennial international congress in Hungary. We hope that the River Danube, flowing through Europe, feeding into Black Sea, transcending the Bosphorus, following through Aegean Sea and Mediterranean Sea will reach us to Sorrento finally, by collecting all the cultural and historical treasures in the field of Hypnosis on its way and on our ways to Hypnosis.



Terra Hypnosia, 8th Forum de la CFHTB, Hypnose et Thérapies Brèves, Strasbourg, 16. - 18. mai 2013.
by **Christine Guilloux**

Terra Hypnosia, Fertilités et subtilités

16-18 mai 2013. Un 8^{ème} Forum de la Confédération Francophone d'Hypnose et de Thérapies Brèves (CFHTB) en Terra Hypnosia, en un berceau de l'hypnose connu et méconnu... Strasbourg comme carrefour de nos routes, lien entre nos racines et nos futurs.

Une École de Nancy ?

Bernard Andrieu, neurophilosophe, philosophe du corps, professeur en Épistémologie du corps et des pratiques corporelles à la faculté du sport de l'Université de Lorraine, s'est fait investigateur. L'Album Liébault et les Mémoires d'Henry Beaunis nous apprennent, au-delà des désaccords avec l'École de la Salpêtrière, les conflits d'hypothèses entre Hippolyte Bernheim, Henry Beaunis, Ambroise Auguste Liébault et Jules-Joseph Liégeois. L'École de Nancy ne serait jamais qu'un effet de structuration symbolique par rapport à Jean-Martin Charcot.

Si l'on se réfère à Beaunis et l'on considère les propos qu'il tient dans son journal :

« Il n'y a pas eu d'École de Nancy à proprement parler car le mot école implique un corps de doctrines cohérentes et coordonnées dans lequel tout se fait en collectivité, en un mot, dans lequel tous les membres partagent les mêmes idées. Or il n'y a rien de semblable. Monsieur Liébault, Bernheim, Liégeois et moi ne nous accordions que sur deux points :

- la négation, la non-réalité des phénomènes observés par Charcot, et décrits par l'École de la Salpêtrière. Ces phénomènes n'étaient pour nous que dûs à des suggestions inconscientes ;

- une affirmation, la puissance de la suggestion et son emploi en thérapeutique. »

Béaunis, étonnamment, présuppose qu'il y a une activité cérébrale invisible, partie immergée de l'iceberg. L'hypnose et la suggestion pour accéder à notre sensibilité physiologique ?

Investigations donc en introduction à ce Forum. Investigations en terres créatives et intuitives en préparation du prochain Congrès International d'Hypnose qui aura à Paris du 26 au 29 août 2015, Racines et Futur de la conscience!, organisé par la CFHTB, Confédération Francophone d'Hypnose et de Thérapies Brèves.

Si vous avez envie d'en savoir plus, allez chiner dans les pages du numéro de novembre 2013 de la revue HYPNOSE ET THÉRAPIES BRÈVES...

Christine Guilloux
Psychologue-Psychothérapeute
Vice-Présidente SFH
Présidente-Fondatrice de l'IMHECentre-France

**Nicole with
Patrick Bellet
and
Claude Virot**



Terra Hypnosia, 8th Forum de la CFHTB
Hypnose et Thérapies Brèves,
Strasbourg, 16. - 18. May 2013.
by **Johanna Palmers**

Thanks to the perfect organization, together with the top professional approach of the mainly French and some international speakers, and last but not least with the enthusiastic 600 participants, the entire three days of congress focused on Hypnosis, in medical, clinical and therapeutic contexts, and became a beaming success. The congress was held at the spacious Palais de la Musique et des congrès, from the city center of Strasbourg easily reached by Tram B or E. Due to the many communication areas, spontaneous intellectual exchange was encouraged between everyone, no matter what professional background. Immediately one was overwhelmed by this warm and friendly welcoming atmosphere.

The first scientific lecture at the plenary session, held by Bernard Andrieu, philosophe du corps. Nancy, gave insight of the development of Hypnosis since the School of Nancy, end of the 19th century, who's participants were, among others, Liébeault and Béaunis. Today there is evidence, that during Hypnosis our brain is unconsciously activated by suggestions and it produces a wide range of unconscious images and ideas.

The second lecture in the plenary session, held by anesthetist Marie-Elisabeth Faymonville treated one of the main themes of this congress, pain and Hypnosis. Other main themes were: Hypnosis and dental care, Hypnosis and anesthesia, Hypnosis and general medicine, Hypnosis and palliative care, Hypnosis in case of emergency, Hypnosis

and maternity, Hypnosis and acupuncture, Hypnosis and therapy, and much more.

During the three days of congress I learned a lot more about Hypnosis, discovered new interesting approaches, got to know experienced, enthusiastic, engaged lecturers and I made new friends.

Book Review

Je me souviens
Boris Cyrulnik
(Paris, Odile Jacob, 2009)
by **Denis Vesvard**



Have you ever visited a place where you have lived when you were seven? The common experience is that you remember old objective and affective memories. That is what « je me souviens » (i.e. « I remember ») usually means. Boris Cyrulnik's experience is quite different when he comes back for the first time, more than sixty years later, to the country village where he was a young farm employee during World War II. In this short book he writes a sort of report of a journey. He describes with the help of a friend what he sees, what he remembers. Never what he feels.

Boris's parents, who came from Jewish Ukrainian and Polish families, vanished from his life when he was two years old while he was living at a farm in 1944. Boris, for protective purposes, was given for his seventh birthday a new name: Jean Laborde. He barely avoided being arrested by Nazis in Bordeaux's railway station and needed to have a French-looking surname.

As you are reading this book (issued in 2009) you are seated in a car and you are searching with Boris for minimal cues to integrate some objective memories. You change into a sort of private detective that checks if that story told and retold by this influential psychiatrist has left visible tracks in this peaceful country. Facts, but no affects. A road, a lane, a hill, fences,... can make sense and fit to Boris's objective story. Yes, this repeated story is true and, strangely, it seems to pacify the storyteller.

If you are a psychologist who uses hypnotic regression in time in a psychodynamic perspective, you can think that this story is too protective from emotions and is even too positive! Actually, no emotions other than fatigue appear in this book as Boris Cyrulnik visits these places, even when he answers his friend's personal questions. Spontaneous or therapeutic dissociation from affects is protective and able to build resilience.



If you share Daniel Siegel's view of emotion as a shift in integration of information and energy through our body, brain and relationships, you can read this book as a proof of effective integration. Boris Cyrulnik has perfectly integrated (linked) facts, emotions, images, thoughts, memories, sensations in a story that has sense and can be told peacefully, without emotion, to his journey companion or readers.

Which type of resilience does Boris Cyrulnik evidence? Does he display dissociative or integrative resilience? Is hypnosis equally effective in integrative and dissociative processes? Are storytelling and storywriting a good way to integrate challenging facts and build resilience? Is it necessary to have a companion who listens to your story and gives feedbacks?

These questions that arise when you read this autobiographic book written by the master in the field of resilience constitute an interesting preparation for ESH next meeting on this theme in Sorrento.

News from ESH Constituent Societies

From SII
by Claudio Mammini

VII Congresso Della Società Italiana Ipnosi, La Terapia Naturalistica Di Milton Erickson

Dal 14 al 16 Giugno 2013 si è tenuto nella splendida cornice di Orvieto l'VIII congresso della SII avente a sottotitolo "l'uso dell'ipnosi nel rispetto del soggetto, dei suoi contesti e dei suoi modelli di relazione".

Numerosi i colleghi pervenuti da tutto il paese a un incontro che è ormai diventato il più importante appuntamento di aggiornamento tra ipnotisti Ericksoniani in Italia.

Il programma è stato articolato in due momenti, uno più prevalentemente didattico, l'altro espositivo.

La parte iniziale, pregressuale, è stata caratterizzata da due workshop e un seminario. Il primo, "Naturalistic therapy in action: come realizzare la pratica ipnotica nel rispetto del soggetto, dei suoi contesti e dei suoi modelli di relazione", tenuto da Camillo Loredano, è stato un'esemplare *Lectio Magistralis* sulla terapia naturalistica dalle origini ai giorni nostri. Il secondo, di Mario Marazzi, "ipnosi naturalistica e creatività", ha fatto sapientemente luce sull'essenza stessa dell'approccio naturalistico: la creatività. La parte seminariale è stata curata da Fabio Carnevale che nel suo "etica e psicoterapia ipnotica, 4 pezzi facili, Bauman, Bateson, Sini, Erickson (ovvero, l'amore, la differenza, il segno e l'ipnosi)" ci ha condotto (tenendoci quasi per mano) in quell'affascinante, ma talvolta misterioso, mondo della filosofia che fa da sfondo al trattamento ipnotico ericksoniano.

Il secondo momento (quello espositivo) è stato caratterizzato da numerosi contributi organizzati in un panel, tre *thematic issues*, una *special session*, una *special presentation*, una parte dedicata a *theoretical issues* e una alle *clinical presentations*.

Al panel, dedicato alla terapia naturalistica di Milton Erickson, hanno esposto Bianchi di Castelbianco, Casula, Sponti e Rapone illustrando sapientemente la versatilità di un approccio in grado di collegarsi rispettivamente a: gioco, mindfulness e disturbi clinici.

Il primo dei *thematic issues*, dedicato all'utilizzazione propria e impropria dell'ipnosi, è stato un appassionante viaggio nell'agentività umana curato da Weilbacher (che si è occupato del tema della rapina ipnotica), e Carnevale (cripto/pseudo amnesie, plagi etc..).

Il secondo, casi clinici, ha fornito numerose riflessioni trattamentali attraverso i contributi di Mammini (impotenza erettile cronica), Di Leone (lutto complicato), Rago e Volpi (fascinazione e metodi di cura popolare) e Del Bianco (superstizione e ipnosi).

Il terzo si è occupato di persona e ruolo del terapeuta affrontando il tema della condizione di equilibrio tra prestatore e fruitore di cura. Hanno esposto: Mazzone (il ruolo del terapeuta), Albanese (analisi dei primi 5 minuti di terapia), Gagliardi (utilizzo di metafore) e Lasenzanero e Pastore (*the squiggle game*).

Alla *special session* ha esposto Santoro che con il suo *Take me with you again* si è occupata della trance dalla prospettiva del terapeuta mentre alla *special presentation* Stübner con il suo: dormire... una tecnica ipnotica, si è occupata di sonno.

Nella parte *theoretical issues*, dedicata alla struttura della terapia ipnotica, hanno prodotto significativi contributi: Balugani (la natura tra gli spazi), Perica (free style), Langellotti (ipnosi regressiva), Riccio, Verdecchia e Mainucci (la dimensione dissociativa).

In quella dedicata alle *clinical presentations*, ragguardevoli le relazioni di: Varotto, Mastropasqua e Ballaben (sindrome dell'intestino irritabile), Corciova (asma e ipnosi), Apolito (ipnosi e cancro), Corsetti e Talice (ipnosi nella cancer free clinic).

Per concludere, non si può trascurare il fascino di un luogo che portò Freud a scrivere *Psicopatologia della vita quotidiana* quale componente aggiuntiva al clima d'interesse e creatività che ogni partecipante poteva assorbire semplicemente passeggiando nelle storiche sale del palazzo dei congressi di Orvieto.

È stato un bellissimo, proficuo, incontro. Aspettiamo impazienti il prossimo.

From CIICS
by Maria T. Tosello

Prof. Enrico Facco is embarrassed in seeing his name appear over and over again but CIICS are glad and grateful for what he does, since that masks, we hope, the little or nothing the rest of us does. After his successful publication on "Hypnosis as sole anaesthesia for skin tumour removal in a patient with multiple chemical sensitivity" (*Anaesthesia* 2013;68:961-5) prof. Enrico Facco received several invitations to talk about hypnosis from many TV channels: the last one was the popular TV program "Elisir" on November 20th and the next one will be "Voyager" on December 16th.

As a matter of fact his competence and enthusiasm are contagious, just as those of prof Edoardo Casiglia who is unnamed behind many of the above mentioned activities, and more and more silent CIICS members start getting deeper and deeper into the subject "hypnosis" and its ever-growing connections.

Prof. Enrico Facco, CIICS representative, delivered a one-day seminar on the role of hypnosis in dentistry at the Dental School, University of Bristol (UK) on May 23rd 2013, as a

part of the ongoing project of teaching collaboration between the Bristol and Padua Universities. He will deliver a further 1 hr seminar on hypnosis at the Russian congress of dentistry, which held in Moscow on February 10-12th, 2014. Prof. Enrico Facco, took part in the 9th National Hypnotherapy Conference in New Delhi, India, 26th-28th October 2013, organized by the Indian Society of Clinical and Experimental Hypnosis, with two contributions:

- 25th October (preconference on Neuroscience and Meditation): "Hypnosis and Meditation: two different phenomena or two sides of the same coin" (duration: 1hr 30');
- 26th October: "Hypnosis is a powerful tool in dentistry and surgery" (1hr).

Prof. Facco is interested in the cultural, natural, social and neuropsychological aspects of meditation and mindfulness, on which he is soon going to bring out a book, and he appreciated the topic on that subject masterly dealt with by Samdong Rinpoche in his 3hr'seminar in New Delhi.

Other news from CIICs are that the North-East Section of CIICS organized a congress on pain at the University of Padua on September 27-29, 2013, whose title was "Il dolore: implicazioni fisiopatologiche, etiche e terapeutiche" ("Pain: pathophysiological, ethical and therapeutical implications"). The congress highlighted both neurobiological and psychological aspects of pain; the latter included the close relationship between anxiety, depression and pain and the relevance of spirituality and transcendence in terminal and preterminal conditions, thus approaching the human suffering as a whole and the problem of resilience.

The phenomenology of pain was also analyzed according to eastern philosophies and shamanic traditions; then, the role of hypnosis in the management of acute and chronic pain and its indications in obstetrics, surgery and dentistry was thoroughly discussed, including practical sessions and demonstrations of hypnotic analgesia.

Furthermore, CIICS 2014 basic course on hipnosis will start as usual in four instalments: in February, March, May and November, accompanied by three seminars on:

- a) Hypnosis with and without prescribed drugs and analysis of the relation-rapport;
- b) Hypnosis in phobias
- c) Hypnosis in alimentary disorders

On June 20-21st, The EFAAD 2014, the congress of the European Federation for the Advancement of Anaesthesia in Dentistry (Chairman E.Facco) will be held in Padua; the program (www.meetandwork.it/efaad2014) will include two one-day pre-congress seminars on Hypnosis in Dentistry in English and Italian, respectively (delivered by Prof. E. Casiglia and Prof. E. Facco).

From AMISI by Lara Bellardita

In November, the academic year started at AMISI. Some of the fourth year students discussed their thesis and passed the baton the new ones, a highly motivated group who is ready to engage in the 4-year psychotherapy training path!

Their program started with regular classes and also with a two-day seminar conducted by renown Philip and Norma Barretta. The topic of their seminar was the personal development of the therapist. Philip and Norma shared with a large audience composed of students of the 4 years their existential development model. The theory was supported all along by clinical cases and stories from their own professional and personal experience. They pointed out several times the importance for therapist to be aware of personal needs and demands. As therapists, we should never stop working on developing self-awareness, including the understanding of what contributes to our own well-being. In fact, they largely emphasized the need for therapists to take care of themselves. Just like it is recommended in aircraft emergency instructions: before helping anyone who may require assistance, wear the oxygen mask yourself.

Another main take home message was the importance for therapist to stay curious. Learning something new everyday: that's something we should never stop aiming to. Part of our professional and personal development comes from what we learn by engaging with patients, colleagues, family and by observing the beauty of the nature around us.

And with this eagerness for scientific, professional and interpersonal learning the board of AMISI has began to plan the XVI conference that will be held in the autumn of 2014. The congress will be a great opportunity to promote the discussion on the state-of-the-art and the future of hypnotic psychotherapy.

From DGZH by Dr. Albrecht Schmierer

Dear ESH team

Thank you for your information in the newsletter. I enjoyed seeing the progress on the website!

I would like to have the annual DGZH Conference in Malta on the event calendar of ESH.

This meeting has a tradition of more than 20 years and helps the DGZH, as well as medical hypnosis in general, to progress and grow further. The 2005 Congress took place in Gozo, so the members might have some interest in coming there. The old congress hotel L-Imgarr has been closed, and we are now in the much better Kempinski St. Lawrence.

The DGZH has over 1500 members and the average number of participants in GOZO is 200, 60% of the participants are coming every year. Though the workshops are majorly held in German, many ESH trainers and members have already been to GOZO (the little island next to Malta).

The congress is open to all professionals in the field of hypnosis, some bring along their families. The Kempinski Hotel has a nice kinder garden enabling the parents to participate in the workshops, while their children are looked after.

The "International Supervisions Seminar Gozo" takes place from the 7 th to the 17th of April 2014 (including pre and post congress). The main congress week with more than 40 workshops runs from the 9 th to the 16 th of April 2014. Attached, you can find the official flyer, giving more detailed information about the congress and the location.

Also, make sure to take a look at our webpage www.allesgozo.de, where you can already find next year's contents and abstracts.

Best regards from Stuttgart!

Dr. Albrecht Schmierer
Founding President of DGZH
Email gozo@dgzh-stuttgart.de

From SSCH
by Susanna Carolusson

SSCH invites you to Seminars and Workshops at the Annual Conference in Gothenburg on 15 and 16 March 2014.

Speakers will be:

15 March - Katalin Varga:
Communication och suggestions in health care

16 March - Björn Aasen:
EMDR och strukturell dissociation, in Norwegian.

Anmälan och kostnad

Anmäl dig till föreläsningarna och middagen senast 23 februari via mail till ulla.byegard@hotmail.se. Ange namn, eventuellt medlemskap i SFKH, vilka av dagarna du vill närvara på, samt om du tänker delta i lördagens festmiddag eller inte. Du kan även anmäla dig per telefon till Ulla Byegård, telefon 0702-014246. Inbetalning sker sedan till Västra kretsens plusgiro PG 940932-7. Ange även specialkost, allergier och dylikt vid anmälan. Antalet konferensplatser är begränsat! Anmälan är bindande, bekräftelse skickas via mail vid mottagen anmälan, fakturering sker i början av 2014. I konferenskostnad ingår lunch, för- och eftermiddagskaffe. I festmiddagen ingår välkomstdrink, tre rätters middag, samt vinpaket (det kommer att finnas tillgång till bar).

	Två dagar		En dag	Festmiddag
Medlem	2800:-	1500:-	+600:-	
Icke-medlem	3200:-	1800:-	+600:-	
Student	1500:-	800:-	+600:-	

Rum finns tillgängliga för bokning på Nya Varvet studios, tel. 031-857020 eller mail info@nyavarvet.se. Information och vägbeskrivning finns på www.hotellnyavarvetstudios.se. Vid övriga frågor, kontakta Sofia Strand, telefon 0739 - 03 03 94 eller mail sospsykologkonsult@gmail.com.

Contact: sofia.strand@hypnosforeningen.se



The Hypnosis Tagung 2014

Liebe Kolleg/innen / Cher/es collègue/s

Als Vertreter von SMSH und ghyps organisieren wir als Team die gemeinsame Tagung der CH-Hypnosegesellschaften 2014 in Bern für Sie. Wir glauben, mit den eingeladenen Referent/innen ein spannendes Programm bieten zu können: Ihre Teilnahme würde uns sehr freuen!

Représentant la SMSH et la shyps, notre team a organisé pour vous la journée commune des Sociétés Suisses d'Hypnose en 2014. Le programme et les experts invités vous offrent une journée particulière: Votre participation nous ferait beaucoup de plaisir. A bientôt à Berne!

Anmeldung / inscription:
http://www.hypnos.ch/ghyps_smsh_tagung/index_anmeldung.html

Avec les meilleures salutations
Freundliche Grüsse
Dr.med. F. Emch, SMSH
Dr.med. M. Schekter, SMSH
T. Villiger, lic.phil, ghyps / SMSH

Calendar of Forthcoming Events

8 – 9 March, 2014

BSMDH-Scotland

Workshop with Betty-Alice Erickson
"Using conversational trances to really communicate"
Beardmore Hotel & Conference Centre, Glasgow
Contact: mail@bsmdh-scot.com

15-16 March, 2014

SSCH

Annual Conference, Gothenburg.
Info: sofia.strand@hypnosforeningen.se

27 March, 2014

MEG

Jahrestagung – Hypnotherapie: Sucht, Sehnsucht und Visionen, Bad Kissingen
Contact: mail@cwcongress.org

7 – 19 April, 2014

DGZH

Internationales Supervisionseminar
Kempinski Hotel, St. Lawrenz, Gozo, Malta.
Contact: gozo@dgzh-stuttgart.de

1-3 Mai, 2014

Emergences

Hypnose et Douleur, La Rochelle, France.
<http://www.emergences-rennes.com/formations-hypnose/congres-hypnose-et-douleur-la-rochelle/>

23 May, 2014

VHYP

Rapid Hypnotic Techniques for Medical and Psychological Distressing Encounters
UPC-KUL Campus Kortenberg Leuvense, 3070 Kortenberg
contact: vhypsecretariaat@skynet.be

12-15th June, 2014
European Ericksonian Congress
Creativity and Hypnosis
Krakow. Poland.
<http://www.congress2014.p-i-e.pl/>

22-25 October, 2014
ESH Congress.
Hypnosis and Resilience. From trauma and stress to
resources and healing.
<http://esh-hypnosis.eu/wp-content/uploads/2012/09/ESH-Congress-0813.pdf>

30 Oct – 2 November, 2014
Mentales Stärken. Heidelberg. Deutschland.
<https://cx-services.com/htx12/mst14.php?page=start>

News from our European Journal: Contemporary Hypnosis & Integrative Therapy By Peter Nash

Our European Journal, Contemporary Hypnosis & Integrative Therapy (CH&IT), always welcomes papers for publication. These can be in a wide range of formats, from a formal piece of research, to the report of an interesting single case study. If you have data to discuss, an interesting technique to describe, or perhaps a new theoretical insight, then do consider submitting a paper to CH&IT. If you are not sure whether your paper would be what we are looking for, just send me an outline of what you plan. If you are a little uncertain about expressing yourself in a language not your own, then please allow me to help you get it right.

Please email contributions to me at:
pnaish@psych2000.fsnet.co.uk

I shall be looking forward to hearing from you!

Best wishes
Peter Naish
Editor of CH&IT



SEASON'S GREETINGS

The ESH Board of Directors and Central Office
would like to wish Friends and Colleagues a
warm and happy festive season and a healthy,
prosperous and peaceful 2014!

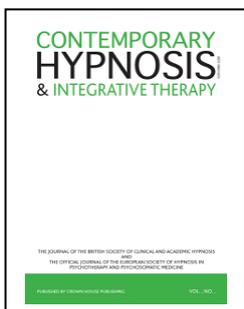
ESH CENTRAL OFFICE

FESTIVE HOLIDAY CLOSURE

Kindly note: ESH Central Office will be closed
from 17:00 on Friday, 20th December 2013
until 09:00 on Monday, 6th January, 2014.

With grateful thanks to all our contributors:

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EUROPEAN SOCIETY OF HYPNOSIS (ESH)
Organised in collaboration with the
ITALIAN SOCIETY OF HYPNOSIS (SII)

HYPNOSIS AND RESILIENCE
XIII International Congress

From Trauma and Stress to Resources and Healing
Emphasising the importance of resilience in a world in crisis and the
role played by Hypnosis in activating and developing inner forces and resources

Sorrento (Amalfi Coast) 22 / 25 October, 2014

CONGRESS consisting of: Keynote Speakers, Invited Lectures, Addresses, Seminars, Workshops, Symposia, Dialogues, Panels and Papers ... and a golden opportunity to network, socialise and enjoy the beautiful Amalfi Coastline!

INTERMEDIATE REGISTRATION – BY 21 FEBRUARY, 2014

350 Euros for Non-Members
270 Euros for ESH / ISH / MEI Members

REGISTRATION & INFORMATION: Società Italiana di Ipnosi, Viale Regina Margherita,
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