



Views Reviews Interviews

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In this issue:

- ❖ Letter from the President
- ❖ Letter from the Newsletter Editor

Interviews with:

- ❖ Walter Bongartz
- ❖ Shaul Livnay

Reviews of the MH Erickson Foundation Congress on Evolution of Psychotherapy:

- ❖ Evolution Voices
- ❖ Entrancing Reflections of Kathryn and Ernest Rossi
- ❖ Somatic Experiencing – Being in the Here and Now with Dr Peter Levine
- ❖ The Evolution of Psychotherapy Conferences

Book Reviews:

- ❖ Clinical Hypnosis in Pain Therapy and Palliative Care

French Corner:

- ❖ Charcot, Une vie avec L'image
- ❖ L'Hypnose

- ❖ Les thérapies brèves
- ❖ La Malédiction du chat hongrois

Eulogy:

- ❖ Morris Kleinhaus

New Publication to be reviewed in the Next ESH VRI Newsletter:

CD - Better focus, better life: Paying attention with Intention to Positive Possibilities. A Personal Growth Program by Clinical Psychologist, Michael Yapko.

ESH Website
 2014 Congresses
 2015 Congress



Letter from the President

Nicole Ruyschaert



Dear Readers

When you read thisyou show your interest for what's going on in the world of ESH and for what news we can share from recent publications and congresses. Isn't it great that we are making progress and that we have more societies interested in joining ESH? The future is built on the past and history. For that reason it's a valuable initiative from our ESH Newsletter editor to interview our past Presidents – it's a good way to see where we came from and to define where we want to go to.

I am now in Istanbul where the Ministry of Health organised a congress on all traditional, alternative and complementary medicine (CAM), in their efforts to come up with some legislation. I am grateful that the organisers gave attention to hypnosis: 300 people attended, many deans of faculties of medicine, delegates from WHO, from a pan-European

CAM project, from UN, medical doctors from different disciplines, people from the political world. Here as well before coming up with new laws, they first chose to familiarise themselves with what we have so far and spent ample interest to all different opinions and less known therapy methods.

The future is partly a result from the past, and we can shape the future by our day by day efforts! Newsletter Views Interviews, March 2014

**Translated into German
by Hans Kanitschar**



Liebe Leserinnen und Leser

Wenn Sie das lesen . . . zeigen Sie Ihr Interesse dafür, was in der Welt der ESH vor sich geht und welche Neuigkeiten wir von neuen Publikationen und Kongressen teilen können.

Ist es nicht großartig, dass wir Fortschritte machen und weitere Gesellschaften der ESH beitreten möchten? Die Zukunft wird auf der Vergangenheit und der Geschichte gebaut. Aus diesem Grund ist es eine wertvolle Initiative des Herausgebers unseres ESH-Newsletter, die früheren Präsidenten zu interviewen. Es ist eine gute Methode zu sehen, woher wir kommen und wohin wir wollen.

Ich bin soeben in Istanbul, wo das Gesundheitsministerium einen Kongress über traditionelle, alternative und komplementäre Medizin (CAM) organisiert hat, um Gesetzgebungen zu fördern. Ich bin dankbar dafür, dass die Organisatoren Wert auf die Hypnose gelegt haben: 300 Menschen nahmen teil, viele Teams von medizinischen Fakultäten, WHO-Delegierte, Teilnehmer eines paneuropäischen CAM-Projekt, der UNO, Mediziner verschiedener Disziplinen, politisch tätige Menschen. Bevor sie neue Gesetze formulieren, machen sie sich mit dem vertraut, was wir zu bieten haben und bringen den verschiedenen Meinungen und weniger bekannten Therapiemethoden viel Interesse entgegen.

Zukunft ist zum Teil ein Resultat der Vergangenheit und wir können die Zukunft durch unsere täglichen Anstrengungen formen!

**Translated into French
by Denis Vesvard**



Chers Lecteurs

En lisant ces mots ... vous montrez que vous vous intéressez à ce qui se passe dans le monde de l'ESH ainsi qu'aux dernières données sur l'hypnose en provenance des congrès et de la littérature. N'est-ce pas formidable que d'avoir de plus en plus de sociétés désireuses de rejoindre l'ESH ? Le futur se fonde sur le passé et l'histoire. Pour cette raison, il est très utile que l'Editrice de cette Newsletter ait pris l'initiative d'interviewer nos anciens Présidents: c'est une façon de savoir d'où l'on vient et de définir vers quoi nous voulons aller.

Je vous écris d'Istanbul où le Ministère de la Santé a organisé un congrès sur les médecines traditionnelles (CAM), les médecines douces et les médecines parallèles,

dans le but de les faire reconnaître légalement. Je me réjouis que les organisateurs aient porté leur attention sur l'hypnose : l'audience comptait 300 personnes, dont de nombreux doyens de facultés de médecine, des représentants de l'OMS, des représentants d'un projet paneuropéen de la CAM et de l'ONU, des médecins de toutes disciplines ainsi que des personnes issues du monde politique. A ce stade, avant de parvenir à une nouvelle législation, ils ont choisi de se familiariser d'abord avec ce qui existe déjà et de s'intéresser à toutes ces approches différentes ainsi qu'aux approches thérapeutiques moins connues.

Pour une part, le futur est la conséquence du passé et c'est par nos efforts quotidiens que, dans cette newsletter Views, Reviews, Interviews de mars 2014, nous pouvons façonner l'avenir.

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



Estimados lectores

Cuando vosotros leéis esto ... vosotros mostráis vuestro interés en lo que está sucediendo en el mundo de la Sociedad Europea de Hipnosis (ESH) en las noticias que podemos compartir de las publicaciones y congresos recientes. ¿No creéis que es genial que estamos progresando y que tenemos más sociedades que están interesadas en unirse a la Sociedad Europea de Hipnosis? El futuro se construye sobre el pasado y la historia. Por esa razón, la iniciativa de nuestro editor del Newsletter de entrevistar a nuestros presidentes anteriores- es una buena forma de ver de dónde venimos y también de definir hacia donde queremos ir.

Ahora estoy en Estambul, donde el Ministerio de Salud organizó un congreso sobre todas clases de medicina tradicional (CAM), alternativa y complementaria, haciendo esfuerzos para llegar a algunas legislaciones. Yo estoy agradecida porque los organizadores prestaron atención a la hipnosis: 300 personas asistieron, muchos decanos de las facultades de medicina, delegados de la Organización Mundial de la Salud (WHO), el proyecto paneuropeo CAM de la Organización de las Naciones Unidas, médicos de diferentes disciplinas, personas del mundo político. Aquí también, antes de acordar las nuevas leyes, primero eligieron familiarizarse con lo que ya tenemos, y mostraron gran interés en todas las opiniones y en los métodos de terapia que son menos conocidos.

¡ El futuro es parcialmente resultado de l pasado, y nosotros podemos crear el futuro con nuestros esfuerzos diarios!

**Translated into Italian
by Consuelo Casula**



Nel leggere questo... mostrate il vostro interesse nei confronti di ciò che accade nel mondo della ESH e delle notizie su recenti pubblicazioni e congressi che condividiamo con voi. Non sono fantastici i progressi che stiamo facendo e il fatto che abbiamo più società interessate a far parte della ESH? Il futuro è costruito sul passato e sulla storia. Per questo motivo è un'iniziativa importante del nostro editor della ESH Newsletter

intervistare i nostri ex presidenti: è un buon modo per vedere da dove veniamo e per definire dove vogliamo andare.

In questo momento sono a Istanbul, dove il Ministero della Salute ha organizzato un congresso sulla medicina tradizionale, alternativa e complementare (CAM), con l'intenzione di creare alcune leggi. Sono grata per l'attenzione che gli organizzatori hanno rivolto all'ipnosi: al convegno hanno partecipato 300 persone, molti presidi delle facoltà di medicina, delegati dell'Organizzazione Mondiale della Sanità (WHO), del progetto CAM paneuropeo, dell'ONU, medici di diverse discipline, persone del mondo politico. Ecco come anche prima dell'arrivo di nuove leggi, hanno scelto di familiarizzare se stessi con quanto esiste finora e hanno dedicato molto interesse nei confronti di tutte le diverse opinioni e metodi di terapia meno conosciuti.

Il futuro è in parte il risultato del passato, e siamo in grado di plasmare il futuro con i nostri sforzi quotidiani!

Letter from the Newsletter Editor

Consuelo Casula



It has been a pleasure to interview Walter Bongartz and Shaul Livnay, interesting human beings, psychotherapists and also past ESH presidents. Both have served our European society offering their best over many years, dedicating time, patience, and ideas for change, as well as updating while respecting traditional values.

During his presidency, Bongartz fought for the recognition of hypnotherapy as an independent psychotherapeutic modality. During his practice and teaching he demonstrated that hypnotherapy is simply not a variant of other forms of psychotherapy, but meets the criteria for independent therapy of its own. In fact, hypnotherapy has its own theory, practice and empirical proof, with causal mechanism and etiology, exploratory procedures, set of therapeutic interventions, and empirical proof to demonstrate its effectiveness.

In his work, Bongartz showed the difference between the classical view of hypnotherapy and the modern one. The classical capitalizes on heightened suggestibility in trance, while modern hypnotherapy can be considered a state which allows better access to emotional experiences and memories. He also showed the importance of indirect communication or indirect techniques in hypnotherapy, with special emphasis on psychosomatic problems.

During his presidency, Livnay continued Bongartz's work, fought against lay hypnotists and created the European Certificate of Hypnosis (ECH), and the Committee on Educational Programmes in Europe (CEPE), whose task is setting up training guidelines for the Constituent Societies.

In his work he integrated his psychodynamic orientation with hypnosis and music, thus enriching his approach and becoming more flexible in tailoring his techniques to the

particular needs of his patients, from childhood to the golden ages. It is an interesting coincidence that in this ESHNL Livnay wrote the eulogy of one of the most important Israeli hypnotists.

This issue also offers some reviews of the *Evolution of Psychotherapy Conference* held in Anaheim, December 11-15 2014, and organized by Jeff Zeig, the president of the Milton H. Erickson Foundation, and resumes of the conferences from 1990 to 2013.

It also proposes 4 book reviews, written by our co-editor Christine Guilloux with her style full of flourish, consistent with the season just started, and the latest book of Paola Brugnoti.

I am grateful to the persons who offered their contributions regarding their own particular experiences: Dan Short shows his creativity in combining different sentences from eminent presenters as quotes-to-remember; Susan Pinco shares her experience as the subject of a live demonstration with Peter Levine; Betty Blue expresses her admiration for Rossi's human and professional qualities; Michael Munion shows his views as moderator; and Delphina Ceniceros as volunteer.

I am particular grateful to Nicole and Christine G. for their help in editing this NL and to Christine Henderson for her elegant layout.

I wish you all pleasant reading and a lovely spring.

Interviews

Interview with Walter Bongartz (WB)

ESH Past President
(Oxford 1987 to Konstanz 1990)

by Consuelo Casula (CC)



CC: Please describe your background. What led you to become a psychotherapist, and what drew you to hypnosis in particular?

WB: When I was a young research assistant in the Department of Cognitive Psychology at the University of Konstanz/Germany I wanted to do something interesting. So I thought of doing something like experimental psychoanalysis". For instance, looking how unconscious motivations influence conscious cognitive processing. In order to do so, I thought, that I must be able to manipulate experimentally conscious and unconscious motivational states. My guess was that hypnosis might be the right tool. This led me to Prof. Gerald Blum in the U.S. who did research on "hypnotic programming" influencing mental states using hypnotic amnesia very often. So I went as a postdoc for one year to the Dept. of Psychology at the University of St. Barbara/ California where he taught. Here I came into contact with other postdocs who introduced me to the realm of Ericksonian thinking

about hypnosis. And this paved the way for me to clinical hypnosis

CC: You have served as ESH president from Oxford (England) 1987 to Konstanz (Germany) 1990. In Konstanz, the 5th ESH Congress took place. What is your best memory of the Konstanz congress that you and your wife Barbel organized at the University of Konstanz?

WB: Besides the wonderful opportunity to meet colleagues from all over the world and founding long lasting friendships it was especially one event that caused the worst but also a very good memory of the Congress.

We had hired a brand-new ferry boat for the congress party on the Lake of Constance with about 500 guests. In the evening, during the gala dinner a fire broke out and all passengers had to leave the ship and entered a remote piece of land in the dark. This was a horrible situation. In addition we became aware of the fact that the insurance situation was far from being clear (fortunately, nobody was hurt and the liability for the damage to the ship was not ours). But then all of those creative hypnotherapists from Europe and overseas started a big spontaneous party with singing, dancing, jokes and laughter that was characterized by a very open atmosphere. Everybody was speaking and laughing with everybody. Years later, at conferences and elsewhere we often heard the remark "This fire was a wonderful idea; what a great happening."

CC: What did you achieve as ESH president? What were your mission and your values? What was your vision?

WB: Firstly, when I took over in 1987, ESH was not in a good shape organizationally. So, my first task was to install a sound and firm organizational structure for ESH. At first, we founded ESH legally as a registered society at the District Court of Konstanz. Then we built up a data base for the 36 national societies of ESH and we installed a membership fee system to sustain ESH financially. And my wife Bärbel and I set up a workable ESH Central Office that we led for 9 years.

Secondly, I wanted to open up ESH internationally, especially to the East which was not easy. It was still the time of the Soviet Union and it was very difficult to bring colleagues from behind the Iron Curtain to Western Europe.

Before the Konstanz conference in 1990 my wife and I travelled to Russia, Lithuania and Poland where we conducted workshops and made contacts to our colleagues. With the financial support of the German Ministry of Foreign Affairs we were then able to invite 50 colleagues to the Konstanz Congress.

CC: You have also served as ISH president from San Diego (USA) 1997 to Munich (Germany) 2000. You clearly are committed to the cause of hypnosis and to offer your time and energy. According to your experience what are the main differences between ESH and ISH?

WB: During the time of my ISH-presidency ISH and ESH did

not differ very much with regard to organization, simply because the organizational structure of ISH was the model for building the formal organization of ESH.

However, there was and there still is a difference, I think, with regard to the therapeutic status of hypnosis/hypnotherapy. For ISH hypnosis was/is seen as a mere adjunct to psychotherapy whereas in Europe hypnotherapy is seen as a psychotherapeutic modality of its own. This position has won formal approval in Germany, for instance. In 2006, hypnotherapy was acknowledged by governmental authorities as a scientifically based psychotherapeutic method that is different from other psychotherapeutic methods and not merely an adjunct to, say, behavior therapy.

CC: Since you left the ESH board in 2003, what changes do you see in ESH? What changes would you like to see in the future?

WB: Let's first look a little bit into the past. We should not forget that some decades ago hypnosis was usually ridiculed by members of the medical and psychotherapeutic community as mumbo-jumbo of no medical or psychotherapeutic use at all.

Two strategies were important for hypnosis to become a respected therapeutic modality. One was to produce scientific results demonstrating the clinical usefulness of hypnosis or the physiological changes brought about by hypnosis etc. The other strategy was to consequently limit the membership of hypnosis societies to academically trained therapists/scientists.

These strategies were forcefully followed by highly respected researchers and clinicians from prestigious universities in the US such as Ernest Hilgard (Stanford), Martin Orne (Pennsylvania State University) or Fred Frankel (Harvard) to name just a few (ISH-Presidents). And these strategies paid off and hypnosis was more and more accepted as a serious treatment modality.

Today I see that the two strategies mentioned are not working to that extent as it has been in the past, say, 25 years ago. There are less universities where you find hypnosis researchers and consequently there is less research. On the other hand, there is a tendency not only here in Europe to admit lay people to training in hypnotherapy.

I think that the development of hypnotherapy is jeopardized if these trends go on.

CC: What kind of suggestion or advice can you give a young scholar of hypnosis?

WB: I would refrain, of course, from enjoining a special topic to such a young colleague. I would say: "Find out yourself what hypnosis/hypnotherapy could mean for you." If I think of myself when I was a beginner, I could not have posed the right question to an older expert in hypnosis that would have meant the central advice for the rest of my hypnotic life. But by getting more and more acquainted with the facets of hypnotism I found out what I wanted to do. For me

one of the very fascinating areas of hypnosis was and is the exploration of the roots of hypnosis in the past of mankind. No one could have given me the advice to look for this area when I started my career. I had to find out for myself.

Interview with Shaul Livnay:

**ESH Past President
(Rome 2002 to Gozo 2005)**



by Consuelo Casula (CC)

CC: Please describe your background. What led you to become a psychotherapist, and what drew you to hypnosis in particular?

SL: At the age of 16, while working in a pharmacy, I discovered I had quite a skill in sales, until one day, I stopped and thought, was this the way I wanted to devote my life, to sell things that people didn't really want or need? I then resolved myself to devote myself to helping people. I had no idea yet how till the Summer before beginning University, I saw the film Freud. I discovered myself predicting every time what would be occurring next. I felt I was living the film, all of a sudden "in my niche", and decided to register for Psychology. Looking back, I realized that while sitting in the Subway (A large proportion of a New Yorker's day is spent there), I would always observe the other's and wonder what I discerned about them, what was each person about, that it was how people act that fascinated me. Beginning to study it in actuality was disappointing at first, as it wasn't anything to do with psychotherapy. It was then I realized that it was the latter, not Psychology, that I wanted. Psychology was just a long way to get to it. Of course only during my Doctoral studies in Clinical psych did I finally begin to get "to the matter". During my internship & residency, I continued to purchase literature and among them, a book by Erickson & Rossi: Hypnotic realities. I put it on the shelf for further reference, continuing with my training in Psychoanalytically oriented Psychotherapy. Though I enjoyed the work and method, I often found supervisors' entreatments to "keep myself out of it" so as not to interfere with the transference, to really cramp my style! Then, one day, I took the book off the shelf and began to read it. I was immediately totally taken by it and had a similar reaction to watching the film Freud years earlier. I found Erickson to be speaking the language that I had so liked as a teenager (called double-talk, or nowadays, nonsense). I immediately looked for proper training. Personally, it came as a pre-emptive solution to the 40 year crisis (though at 38), and led to a dramatic "revolution" in how I work, how I perceive, and how I understand people and their behavior. By the time I began the course, I was very ripe and immediately "plunged in", using hypnosis whenever I could. I also became active in our Society and set up (along with my exercise partner from the course, Arieh Mishkin) the Jerusalem branch of the Society. Thus I launched into a new mode, both in my clinical work, as an

Integrative therapist, and in my "public professional involvement" in the world of Hypnosis. In retrospect, both discoveries immediately aroused a deep sense of resonance, a feeling of being absolutely right for me! Malcolm Gladwell in his fascinating book "Blink", describes the adaptive unconscious and it's role in our making snap, intuitive decisions.

CC: You use music in your practice and teaching. Can you tell more about this particular expertise you developed?

SL: I have always loved music. Music has accompanied me in the background of most of my activities. One summer in Switzerland, we visited a very special Science Museum, and were led to a cellar with a large stone bed. We were invited to lie down, remove our shoes, and someone began to play a Gong in close proximity to the soles of our feet. When my turn came, I was overwhelmed by the awesome experience, likening it to the hypnosis which I had just begun to study. I felt that I had to get a Gong, but hesitated as to what would people think: a Psychotherapist with a Gong??! It took me another couple of years to dare, and step by step, I developed my style and mode of working with non-verbal states. As I gathered more experience and began to share with other professionals, it became a part of my developing uniqueness. This has continued for about 25 years. It's quite amazing what you can elicit from people when you "dim" the verbal (left brain) and give them the opportunity to act out (enactment of themes, issues and solutions). They become free to try themselves out, to enjoy their potential. I must admit, I find it a bit difficult to expound on it verbally. One has to experience it!

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

SL: My work is concentrated in my practice. One of the challenges is to foster the internalization of our messages to our patients. About a year ago, I came upon Jordan Zarren's work with the Marble Induction. I took to it and began experimenting with it's implementation with very good results. I found my colleagues to be most enthusiastic when I began to share in workshops. So I have been playing with the theme of transitional objects with the aim of fostering the capacity for self-soothing, focus and self confidence, with very positive results. I'll be lecturing and giving a workshop on this work in Sorrento.

CC: You have served as board member in ESH. What are the values that brought you to serve ESH?

SL: As I previously mentioned, as I began with hypnosis, I divided my time between my private practice (solo work), and being active in developing hypnosis both in Israel and the world (the interactive, inter-personal mode). I began to attend all of the ESH & ISH congresses, and found myself becoming active in organization. I never set out to lead, but always find myself taking charge (since my adolescent years) in every organization which I have joined. I like to give of myself and to contribute. My Narcissistic side enjoys seeing my influence in how things turn out, feeling

effective and helpful! Being of European origin, I found it natural to be involved in ESH & to interact with my European colleagues.

CC: During your commitment as ESH board member you have played an important role to build CEPE and ECH. Can you tell us about that experience?

SL: After our fiasco with the European Association of Psychotherapy (EAP) which was an immense waste of time and energy, we realized that the lay hypnosis society would be giving certificates in Europe, with our members being excluded from the process. Therefore as I completed my term as President after the Congress in Gozo, we (the Board) decided to set up our own Certificate, the ECH. The intention was first of all to give the individual members of the constituent Societies the opportunity to have a European Certificate. We also saw this step as a way of continuing Walter Bongartz's attempts to gage the diversity in training in Europe. We set out to set up standard training guidelines which entailed a lot of intensive work on the part of all of the CEPE members (Mhairi McKenna, Matthias Mende, Wilma Sponti, Claude Virost and Martin Wall, the present Chair), but which we found very gratifying. However, the individual Societies began to feel threatened as if we were competing or reducing their sovereignty. We had to spend much time in assuaging their concerns. The crisis deepened when we took the consequential step of designing examinations at the end of the training process. As I understand, these haven't been implemented in a central way as we had designed. The downside of the process is that we aroused a feeling in the Societies that we were usurping their prerogative to train their members. The upside is that we created a precedent where ESH became proactive in setting standard training criteria throughout Europe, which could serve as a model for the younger and smaller Societies. In Israel, since the Law of Hypnosis was set up, professionals complain, yet Hypnosis has thereby become more standardized and popular. I feel that conflict can be challenging and be a spur for progress. I am proud of the work we did.

CC: You also have been the ESH president from Rome 2002 to Gozo (Malta) 2005. Tell us something about that experience

SL: Well, first of all, I stepped in in the midst of the EAP fiasco, which unfortunately took up much of our time. I immediately decided that to be a viable Society, we had to meet as a Board more than once every 2 or 3 years. I therefore instituted a yearly, face to face meeting of two to three days which would be held during a local Congress. I am proud that this has become tradition! Secondly, I began monthly Skype meetings so that we could do efficient on-going work. I was fortunate to have a very cooperative Board with active and working members. I was brought up a Democrat, believing in joint decisions, yet every group needs direction and boundaries. Thus I led and directed our discussions and meetings while encouraging free discussion. An interesting dynamic began to emerge, which continued into subsequent presidencies: During every annual meeting, after a bit of discussion, a crisis topic would emerge, leading to

more and more frustration and feelings of us being stuck and at the end! Thereafter, at the last sitting, every time, a solution emerged, seemingly from out of the blue! I found the process fascinating, and the solutions of course very rewarding. This taught me to appreciate our group dynamic process. As to my vision, I felt that ESH had to become more active, and not just be a place for triennial meetings. Though my presidency was concerned with EAP and moving the venue for the Congress from Israel to Gozo, the goal of taking a more proactive role in European hypnosis was finally realized through CEPE and the ECH, during Mhairi McKenna's presidency. Things take time to come to fruition. In retrospect, my term was a time of transition and ESH today is in a better place.

CC: What is your best memory, what is the worst memory of that triennial experience as ESH President?

SL: In retrospect, my best memories were around our annual Board meetings, being together as we worked and accomplished things. As I previously mentioned, I work solo in my practice. So my balance is achieved through my participation with others in the organizational work. We had a great team and I really enjoyed our times and mutual experiences. On the other side, my experience with EAP (along with Matthias Mende) was fascinating though very frustrating. We were witnesses to a group with megalomaniac and sadistic tendencies, which became much like a cult! Going along further would have led to an undermining of the basis of ESH. I only regret that we didn't cut off sooner, but it was an enlightening experience. I already mentioned above that I was proud of the changes which began that have continued.

CC: In 2012 you left the ESH board. How your life is changed after you left the ESH Board.

SL: When I left the Board last year, it was after participating since 1996! Although the first few years were not intensive, it was a long time, and I felt that I was no longer fully into it. It was right for me to pass the baton on to Martin (CEPE). In a way, I continue on through being filled in by Gaby. But I have resigned myself to easing the load of my commitments and concentrating upon my practice, and increasing the Livnay Clan (now seven grandchildren!), which keeps very fulfilled. I continue to teach both in Israel and in Europe, and plan to continue so. I will continue to be active in the Congresses, so I am staying in the picture.

CC: What changes are you observing in the current world of hypnosis?

SL: I feel that the most dramatic changes have occurred on the scientific sphere as we are receiving more accurate corroboration from the experiments being done and from the level of measurement. Also, hypnosis is gaining more credibility all of the time with evidence based studies. On the downside, we have ever so more competition from all of the alternative medicines as well as the area of coaching, which often provide short-cuts which attract young professionals. I feel that our Societies are not doing

enough to attract and support younger colleagues, the future generation.

CC: What kind of suggestion or advice can you give a young scholar of hypnosis, what would you tell him/her the benefits of hypnosis are?

SL: I recently had two eye operations to remove cataracts. Ever since, I see true colors, brightness, the world has again come alive! Learning hypnosis in depth will grant you such a "revolution". Work and your view of people will never be the same. There is something unique when someone enters trance, of really connecting within as well as without, intense, emotional, a unique combination of concrete and ephemeral. You get a handle on processes (physiological as well as emotional) which are usually out of reach. There is nothing like it, but it first must be experienced for oneself.

Reviews of the MH Erickson Foundation Congress on Evolution of Psychotherapy Anaheim, December 11/15, 2013



Evolution Voices by Dan Short

The Evolution of Psychotherapy Conference, in Anaheim California, is a spectacular event that occurs once every five years. With over 8,000 individuals in attendance and a faculty that included many of the pioneers and leaders in the field, the 2013 gathering was no less historical than previous meetings. If you have never attended an Evolution Conference, it is difficult to find words to fully capture the feeling of being there. The Conference introduces so many people to so much information that is at the very cutting edge of thought and practice. For this article, I thought it would be interesting to share with you some of the voices from the conference. The following is my list of favorite quotes, from the workshops I attended.

To begin with, my favorite quote came from a man who was recognized in 2007 as being one of the ten most influential therapists of the past quarter-century, Salvador Minuchin, the founder of structural family therapy. While seeking to

sum up his position on psychotherapy, Minuchin said, "Certainty is the enemy of change...empathy in therapy does not mean you join, it means you are in a position to introduce uncertainty...this type of uncertainty is introduced through curiosity, confusion, and hope." As the interview with Jeff Zeig continued, Minuchin explained his preference for metaphors stating, "I do not trust language. Words can have many meanings. Metaphors are more precise than words."

A pioneer in the field of cognitive therapy, Donald Meichenbaum, explained his preference for storytelling by saying, "...we are not just homo-sapiens, we are homo-narrans we are the species that tell stories." He then explained, "To succeed in therapy, you must become an exquisite listener of the 'rest of the story'...the autobiographical narrative that people tell themselves in the aftermath of trauma will determine whether the person becomes disturbed or more resilient...as an inquisitive listener, you help co-construct a new narrative which has different emotional elements." In a different workshop, but along the same line of thought, Julie Gottman insisted that, "Profound understanding must precede attempts to engineer change."

While describing the workings of the mind, one of my favourite metaphors came from Claudia Black, an expert in work with family systems and addictive disorders. While describing the importance of emotional process work, she explained, "Suppressed emotions are a lot like a molly bolt. Once they are driven down, they really spread out and take hold."

As if to refine this message, Bessel van der Kolk, a pioneer in the use of neuroimaging to study PTSD, stated in a separate workshop that, "Overcoming trauma is not about what you tell the therapist but rather what you allow yourself to know...the core issue of trauma is speechless terror that has become trapped in the body...the only way to resolve trauma is to go there."

In a separate workshop, one of the world's leading researchers in emotion and the detection of lies, Paul Ekman, reminded the audience that, "What matters most to us are the things which we become emotional about...Every emotion can be experienced in a constructive or destructive manner. There are no emotions that are not helpful." And the visionary, Nicholas Cummings, who at age 90 just published his 51st book, cautioned the audience saying that, "Patients have two motives, the real reason they came to see you and the manifest reason, which they do not tell you."

Two of my other favorite quotes came from two of the great ladies of psychotherapy, Cloé Madanes, who stated that "If you help people attribute positive intentions to other family members, those families soon heal," and Mary Pipher, who stated that, "Hope is the product of struggle... often people do not realize what they can achieve, not until they struggle for it." In order to sum up all of these wonderful thoughts, I will end with a quote from an expert in brief therapy and Ericksonian hypnosis, Bill O'Hanlon, who stated that, "It's about connection, both connection to self and connection to others...insight does not change automatic behavior. Therapy must be experiential, not just intellectual." I would say the same is true for the Evolution Conference. Although the insights I acquired were extraordinary, it is the

connections I experienced with the speakers and other colleagues that will stay with me for a life time.

“Entrancing Reflections” of Kathryn and Ernest Rossi

by Betty Blue

Before meeting Kathryn and Ernest Rossi I was curious about their techniques and theories, but never imagined they would become mentors of friendship, cooperation and love. Through the years I found them to be innovative writers, gracious hosts, mindful humanitarians, Yoga gurus, self-proclaimed “mad scientists”, childlike playmates and loving friends.

The Rossis practice what they preach and how could they not: With Ernie having recovered from a stroke and Kathryn from a traumatic head injury, they exemplify the principles of their writings, bio-informatics research projects and trainings on mind-body healing.

While conducting workshop demonstrations they utilize Ernie's hearing challenges, adding an additional dimension to the empathic “mirroring” process typically reflected between a volunteer and teacher as Ernie invites the volunteer to engage in a “WON...DER...FUL!” four stage creative process and as Kathryn, astutely and eloquently repeats the volunteers sentiments adding her own heart-felt clarifications.

It's not surprising that during a demonstration at The Evolution of Psychotherapy Conference a volunteer commented less on the content of her personal experience and more on how touching it was to experience the entrancingly supportive and cooperative interactions taking place while working with Kathryn and Ernie.

Whether inviting others to establish neuroplasticity enhancing dialogues with their genes, to share “waking trance” hikes along the ocean cliffs of Central California, or to enjoy chocolate covered strawberries and Hpnotiq liqueur in their kitchen, the Rossis enthusiastically combine the pursuit of novelty, creativity, uplifting movement, truth and beauty with the “numinously” healing power of positive expectancy, cooperative bonding and lightheartedness.

Somatic Experiencing - Being in the Here and Now with Dr. Peter Levine

The point of view of a Subject

by Susan Pinco

I began my journey with Peter Levine, developer of Somatic Experiencing (SE), long before I met him. In those days in post 9/11 New York City, I was studying with another skilled therapist who would go on to develop a technique called Brainspotting, Dr. David Grand. David taught me about micro movements; slowing down the process so that I could really feel into and embody what was happening in my body, a technique he attributed to Peter Levine. So one could say that I was primed for the experience I had on stage at the Evolution of Psychotherapy conference.

Volunteering to work with Peter I had an expansive sense of possibility. This gave way to moments of anxiety as I looked out at the 1000s of individuals gathered in the ball room of the Anaheim Hilton. Yet, as Peter sat down and we began to work all nervousness faded and was replaced by a profound sense of being met. It was as if we were connected at the heart level, linked through our smiles, the sparkle in his eyes which invited the sparkle in mine and the tempo of the work which created a soothing and transformative rhythm. I would speak, Peter would respond with either a reflection of an unconscious movement I was making, a breathtakingly on target phrase for me to repeat and feel into, or a tone that we were to make together. At times he would invite me to take in the audience, another gift as this oriented me to the open hearted support that filled the room. Looking back on this experience I would like to offer that it shares many of the hallmarks of masterfully conducted Ericksonian Hypnosis. It is highly experiential, permissive, elicits and ratifies responses, absorbs you in the present moment, focuses you inside, and brings utilization to a high form of art. I encourage you all to learn more about this technique and how you can integrate it into your own practice.

The point of view of a Moderator

by Michael Munion

The Evolution of Psychotherapy Conferences have been happening on an intermittent basis since 1985. Through the years, presentations at these conferences have been an opportunity for influential practitioners and innovators to promote their particular orientation and theories. The first Evolution of Psychotherapy Conference was a landmark event in that so many disparate schools of thought had never been brought together in one venue previously. It was at this event that Carl Rodgers and Joseph Wolpe first met, in spite of the fact that each had exerted a profound influence on practice in the field for at least three decades.

At the time, disparate approaches were segregated and distinctly aligned with specific theoretical orientation. This segregation was further embodied in many of the discussions that took place at the 1985 conference. Often there was an adversarial and competitive tone to discussions; as if to say “Not only is my approach right, but that necessarily means that others are wrong.”

The evolution of both psychotherapy and these conferences has been a movement toward rapprochement. Today, for example, integrated cognitive-behavioral approaches are commonplace and implicitly recognize an interplay of cognitive change and behavioral experience as fortifying one another in service of intra-personal growth. The 2013 Evolution Conference showcased both traditional psychological schools of thought as well as innovative approaches founded in neuro-science, nutrition, and culture as well. This underscores a recognition of the fact that validity in one theory or domain of human functioning (eg psychodynamic) does not negate validity in another (eg existential or relational), and that theoretical integration can enhance the efficacy of all approaches.

The point of view of a Volunteer

by Delphina Cenicerros

I am excited to write about my experience as a volunteer to the conferences organized by the Milton Erickson Foundation. My experiences as a volunteer have been wonderful. I have been volunteering since 2005 and throughout those years, I have had many wonderful experiences, which I will treasure forever. I have had the opportunity to learn from pioneers and creators of central theories of psychotherapy, some of which are no longer among us, but they have left us their legacy. Volunteering has giving me the opportunity to attend workshops I would not have and I learned to venture out of my comfort zone. I have been exposed to multiple of styles of therapy and I continue to learn more about the field I practice. It also gives me the continued education credits I need and the most innovative theories that led me to be open to new horizons and be the best therapist I can be.

An additional gain from volunteering is that I have had the privilege to meet people from many parts the world that I would not have met if I had not volunteered. I had the opportunity meet again with former coworkers, classmates and friends and to make new friends. I have grown so much since I started volunteering and it has been a great experience. I would continue to do for as long as I can.

“The Evolution of Psychotherapy Conferences”

by Consuelo Casula

Reading comments on the latest “Evolution of Psychotherapy Conference” made me feel like going back to revisit the other conferences I have attended over the years. In particular my intention was to capture trends or a common thread in the evolution of psychotherapy in general and of the structure of these big events organized by Jeff Zeig. I was also interested in the characteristics of Zeig’s evolution in his search for what works best in the field of therapy, regardless of the discipline selected.

I regret I missed the first conference held in 1985, but am happy I attended all of the others, starting in 1990. I still vividly remember my excitement on meeting those certain famous psychotherapists who have made the history of the twentieth century of psychotherapy. Since I cannot name all of them, I have selected only a few, hoping that those omitted will forgive me.

Between 1990 and 2013 there have been many changes in the structure of the conference, as well as in the faculty and content they presented. What follows is a short resume.

Evolution of the presenters

The most natural and physiological change is that some old masters who were present in 1990 are now inspiring us from above. Another change is attitude. During the first meeting everyone seemed centered on the theory that they had developed and on their practice; they showed little openness in considering the validity of colleagues who promoted different theories, and practices.

The structure of the conference forced each of them to meet, discuss and compare with other colleagues, share

different knowledge, positions and opinion, thus helping them to become less self-centered and more open. In this way they gained softness and elasticity and became more respectful of the validity of other positions.

Another change of the presenters regards their main concern: they showed a gradual but constant movement from the problem to the solution, from the past to the future, from patients’ deficiency to resources, from the individual to the relationship, paying special attention to the therapeutic alliance.

Evolution of the structure

During the first Evolution of Psychotherapy Conferences, psychotherapists were the main protagonists of the entire event, offering their *invited* addresses, clinical presentations, demonstrations, and workshops, but they were also engaged in interactive events such as panels, dialogues and conversation hours. Also the keynote addresses were usually given by a well-known psychotherapist.

Over the years this basic structure has remained the same: the big difference now is that the keynote addresses are given not only by psychotherapists but also by other experts whose work and research have contributed new ideas to the field of psychotherapy. The new stars are experts from related fields, such as positive psychology, anthropology, sociology, and also from neuroendocrinology, brain disorder, naturopathology, Buddhism, and Mindfulness.

The openness to other experts has helped the participants to become more flexible and able to integrate what works in actual practice, instead of strictly following an orthodox path.

Let me use Zeig’s words written in his introduction of the syllabus of the 2013 conference...“Over the years faculty members used the Conference to share ideas, promote convergence, and highlight unifying principles that guide effective clinical works. The Conference itself has evolved, becoming more clinical, organized around practice-oriented workshops, and offering interactive events”.

Another change is that, from 1985 to 2005, the conferences were organized every five years; after 2005 every four, so the next one will be in 2017.

The Evolution of hypnotherapy

At my first conference, in addition to Zeig, Ernest Rossi presented his theories and research on the “Mind-Body Healing in Everyday Life, the Ultradian Healing Responses”, without explicitly using the word “hypnosis”. Only in 2009 did other hypnotherapists, such as Stephen Gilligan and Michael Yapko, start presenting their specific work at conferences.

This means that, thanks to the excellent work done by Gilligan, Rossi, Zeig and Yapko, since 2009, hypnosis and hypnotherapy have gained nobility and are at the same level of the other “classical” schools of psychotherapy.

Talking about the evolution of hypnosis as psychotherapy also implies talking about Zeig’s evolution, not only as an organizer but also as a hypnotherapist. Over the years he has shown he truly belongs to the Ericksonian professional family. But his curiosity and openness towards other

approaches led him to invite people from many fields. He also has an interest in the art of impact of music, painting and movies. I thank him for showing sensitivity towards gender issues by inviting many women.

Let me now briefly comment each conference.

1990 December 12-16, Anaheim, California

The 1990 second conference on Evolution of Psychotherapy had the subtitle “PsycheScapes: Positions and Projections” and presented several approaches selected according to the criteria of efficacy, validity and innovation. Among the most important schools, Family Therapy was represented by Jay Haley, Cloe Madanes, Salvador Minuchin, Karl Whitaker, Mara Selvini Palazzoli, and Paul Watzlawick. As Italian, I would like to emphasize that Mara Selvini Palazzoli was the only European among all the Americans. Cognitive Therapy was represented by Aaron Beck, Joseph Wolpe, Donald Meichenbaum, Arnold Lazarus and Albert Ellis; Transactional Analysis by Mary Goulding; Bioenergetic by Alexander Lowen; jungian psychoanalysis by James Hillman; Gestalt by Miriam and Irving Polster; and Humanistic psychology by Rollo May and Thomas Szasz. The most moving moment I remember was during the keynote given by Viktor Frankl, entitled “From Concentration Camp to Existentialism”, where he showed his true personal living proof of the human capacity to self-detachment and self-transcendence. The feminist Betty Friedan as the other keynote showed a different style: she challenged the psychotherapists to break through their own remnant stereotypes about women, inviting them to consider that today women have overcome the feminine mystique and are more oriented to using their own power and assertiveness.

Between the second and the third conference the existentialist psychologist R. May passed away (1994), followed by K. Withaker the year after (1995).

1995, December 13-17, Las Vegas, Nevada

The third 1995 Evolution of Psychotherapy was devoted to “the Evolution of the Therapist”, and each presenter was invited to share his/her developmental story, the turning point of his/her career. Hillman was not alone anymore, but in the company of other psychodynamic colleagues, such as Otto Kernberg and James Masterson. Irving Yalom made his first appearance, presenting the fundamentals of group therapy and describing the criteria for selecting patients for group therapy. Thanks to his longevity we had the privilege to see him again in 2013.

In 1995, another feminist, Gloria Steinem, the only keynote speaker, emphasized the necessity of the narrative, of care in selecting the proper words to tell one’s own story, and how the dialogue between therapist and patients encourages growth.

Between 1995 and 2000 our field lost important figures, such as B. Friedan in 1996, V. Frankl and J. Wolpe in 1997 and Mara Palazzoli Selvini in 1999.

2000, May 25-29, Anaheim, California

With the subtitle “Interaction/inner Action: the Psychotherapeutic Bridge”, the fourth 2000 Evolution of

Psychotherapy proposed new masters, such as Zerka Moreno, and the founder of Narrative Therapy Michael White. It also introduced a young and creative generation of women psychotherapists, such as Harriet Lerner and Francine Shapiro. During this conference, Zeig confirmed his tendency to open the door to innovators coming, not only from the field of psychotherapy, but also from the related disciplines of psychology and social psychology, which contributed to the evolution of psychotherapy. Among them Albert Bandura made his first appearance proposing his self efficacy theory and Elliot Aronson, the social psychologist, expert on reducing interethnic hostility and prejudice. In his keynote “The Social Psychology of Persuasion”, he proposed the strategies he has developed for inducing people to persuade themselves to change dysfunctional attitudes and behaviors. The other keynote was Herbert Benson who proposed “Timeless Healing: The Power and Biology of Belief” and showed steps necessary for the elicitation of the relaxation response. Miriam Polster departed in 2001, but her presence is still in the hearts of the people who had the privilege of knowing her. I remember the standing ovation we gave her when she presented her work on “Eve’s Daughter: The Forbidden Heroism of Women”

2005, December 7-11, Anaheim, California

Even though the fifth 2005 evolution of psychotherapy had no subtitles, its legacy is that psychotherapists should become activists to disseminate and expand the culture of love and peace. The pre-congress workshops and a keynote were given by the real “Patch Adams”, Hunter Adams. His attitude and his presentations had a powerful impact on the audience, especially when he told us that he has dressed as a clown since he decided not to live even one more sad day in his life. He proposed two workshops, one on joy, the other on love, and invited us to see the beauty in life, despite human suffering.

Three special women also sent their message of love and peace. Marion Woodman evoked the blessing of the Greek goddess Sophia to take care of both our feminine and male parts to become persons able to combine consciousness and unconsciousness. Then she made a wish that “the darkness will become light and the still will become the dance”. Harriet Lerner invited us to dance with courage, not only during important moments of our life, but in every daily activity, in work as well as at home, sharing with others both vulnerability and strengths, values and priority, and behaving accordingly. Jean Houston invited us to find our “passion for the possible” becoming aware that passivity without passion leads to fundamentalism, which shrinks our mind.

The congress was mostly dedicated to enhancing a positive attitude toward life with the testimony of Bandura, who encouraged us to find our motivation, Martin Seligman, who taught us how to expand our happiness with forgiveness and gratitude, and Yalom on how to find meaning in–our lives.

Between the 2005 and 2009 conferences, the field of psychotherapy was saddened by the departure of other great masters, such as Ellis, Haley and Watzlawick in 2007; Goulding, White and Lowen in 2008.

2009, December 9-13 Anaheim California

The sixth 2009 Evolution of Psychotherapy showed another expansion of the concept of psychotherapy with keynotes coming from other disciplines, such as alternative medicine - Deepak Chopra-, neuroendocrinology - Robert Sapolsky-, brain disorder - Daniel Amen- and naturopathology - Andrew Weil. Fortunately, the longevity of Beck, Minuchin, and Yalom satisfied those who wanted to hear psychotherapist voices. Another important sign of openness was the presence of the Buddhist teacher and mindfulness expert, Jack Kornfield.

In the new geography designed during the 6th evolution of psychotherapy conference, the lands of biology, psychology, sociology and spirituality live in harmony. Their boundaries are clearly blurred, the emotions flow together with thoughts to develop and maintain a healthy brain in a healthy body according to the Latin motto *mens sana in corpore sano*. Each discipline shares the common ground that mind and body work together creating harmony between passion and values, cognitions and emotions, conscious and unconscious, and the psyche recuperates its true meaning of soul.

During this conference a special event was the documentary/film "Viktor and I" made by the filmmaker Alexander Vesely, grandson of Viktor Frankl. Vesely offered a personal view of Frankl and showed how his theories were connected to him as a person.

Sadly, James Hillman departed in 2011 and Thomas Szasz in 2012

2013, December 11-15, Anaheim, California

The latest seventh Evolution of Psychotherapy held in 2013, confirmed the tendency that the emergent discipline is neuroscience, the study of the brain, the neuroplasticity. From now on, in order to help patients and stimulate brain plasticity, psychotherapists have to also understand the structure and the function of the brain.

This conference offered many and various keynotes, such as the biologist Nobel prize winner in physiology and medicine, Gerard M. Edelman, the cognitive neuroscientist, Michael Gazzaniga, the positive psychologist, Paul Ekman, the poet and novelist Diane Ackerman. The noble and wise presence of Yalom and Minuchin reassured the participants that psychotherapy helps us to live a long and satisfying life.

During this conference Zeig introduced two artists: the film director James Foley, and the singer Alanis Morissette. The aim of their presence was to catch their creative process and their art of producing impact. The filmmaker Vesely presented his latest documentary-movie "The Wizard of the Desert: Discover the Life and Accomplishments of Dr. Milton H. Erickson". This movie gave us the opportunity to know some private anecdotes shared by colleagues who had spent time with Erickson.

Cultivating the wisdom of age, brain and soul is the main legacy of the congress. Some masters showed their body enriched by age and their minds forever young with a combination of grace, lightness and openness. Modern neuroscientists taught new ways of feeding the brain with flexibility, creativity and curiosity. And our soul needs to

nurture compassion, generosity and authenticity, thus becoming resilient, powerful and happy.

Toward 2017 "Evolution of Psychotherapy"

Going back and revisiting the past conferences has helped me capture the thread that combines all psychotherapies: the shared awareness that the task of psychotherapy is to bring out the inner forces each person possesses, to search for the strengths and capabilities that reside in the areas of success, and to guide behaviors to overcoming obstacles.

Each psychotherapeutic approach underlines the value of the therapeutic alliance as leverage to invite patients to bring out their protective factors and archetypal energies to meet life's challenges with compassion, curiosity, kindness, generosity, playfulness, flexibility, and creativity.

Each psychotherapeutic approach leads to integrating what works best in therapy to help patients find their resilience and bounce back from the adversity of life and use the ability to calm the mind to calm the body, and calm the body to calm the mind.

Each psychotherapeutic approach also emphasizes that, from the start, we need to recognize the importance of the function and structure of the brain in order to maintain its plasticity. This gives recognition to hypnosis as a tool that enhances the brain's abilities in coping with pain, trauma and stress.

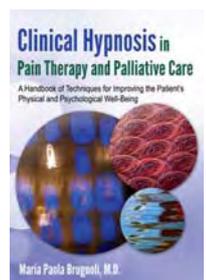
Bongartz, Livney, Zeig among others must be happy to see that the role of hypnosis in the field of therapy is now recognized and expanding its impact on future generations of psychotherapists mindful that a healthy brain brings a healthy life, and a healthy life is based on the pursuit of happiness.

The trend for the future originates with the wise experts that invite us to stay optimistic, persevering and flexible, not locked in an orthodox school for protection, but to open ourselves to the world of psychotherapy so as to discover and experience the approach that works best and gives the best results.

Let us accept this invitation and, in our hypnotherapeutic work, integrate the commonalities of the successful clinical experience of the experts.

Book Reviews

Clinical Hypnosis in Pain Therapy and Palliative Care: A Handbook of Techniques for Improving the Patient's Physical and Psychological Well-Being
by Dr Maria Paola Brugnoli, MD
Charles C Thomas Publisher, USA
(2014) 400 pp
http://www.ccthomas.com/details.cfm?P_ISBN13=9780398087654



by Paola Brugnoli

I would like to introduce you my new book. As anesthesiologist and Pain Specialist (Department of Surgery, Anesthesiology, Critical Care and Pain Therapy at Verona University, Italy) I bring together my experience and knowledge, in this integrative work on Clinical Hypnosis and Pain Management. In it, I present a new system approach to study a new Classification of the Neurophysiological States of Consciousness and hypnosis and the use of Clinical Hypnosis and Mindfulness in Pain Therapy, Palliative Care and Rehabilitation, with attention to the dignity of the person in pain. Ample scripts and very interesting techniques of hypnosis and Mindfulness, are provided to the reader for many inductions. The handbook is enriched by medical and hypnotic techniques for pain analgesia, as well as hypnotic and mindfulness deepening techniques to activate Higher Consciousness and spiritual awareness and when and how to use them with Children and Adults. With extensive scientific references, this book offers technical accessible concepts and practical suggestions to the reader. It highlights the relational and the creative process, encouraging each clinician to find his or her own way of facilitating the mechanisms in the patient to alleviate pain and suffering. You can look at the book, and read the introduction on AMAZON.COM.

French Corner

by **Christine Guilloux**

L'offre généreuse de revues pour nos lecteurs francophones

Charcot, Une vie avec l'image
Catherine BOUCHARA
 Éditions Philippe Rey, Paris, 2013
 ISBN 978-2-84876-373-6



by **Christine GUILLOUX**

Cet ouvrage n'est pas sans nous rappeler *Le Livre Rouge*, récemment paru en français, où Carl Gustav Jung (1875-1961) explore et raconte le voyage intérieur de ses désorientations, de ses tâtonnements, de ses doutes, de ses rencontres... en alliant le dessin à une longue et perspicace copie de son texte.

Grand preneur de notes, Jean-Martin Charcot (1825-1893) s'y est pris autrement en alliant le dessin puis la photographie à ses observations et sa réflexion tout au long de sa vie. Charcot, Une vie avec l'image nous ouvre de nouvelles perspectives sur cet auteur, peut-être trop connu pour ses cours à la Salpêtrière, ses travaux sur l'hystérie et l'hypnose, et la célèbre peinture d'André Brouillet Une leçon clinique à la Salpêtrière.

Clichés sur un homme qui appliqua la méthode d'observation et de description méthodique des neurologues - que retraça bien plus tard, Henri Ellenberger - et qui pensait le crayon à la main, traduisant ainsi l'indicible. Comme le souligne Catherine Bouchara, psychiatre, enseignante d'hypnose au Pavillon de l'Enfant en cette même Salpêtrière où Charcot officiait, de l'importance d'aller à la source, de s'attacher aux faits sans les considérer comme certains puis de les vérifier, de les resituer dans leur contexte, de les confronter au champ des hypothèses d'interprétation. Ce qu'elle met en œuvre en nous proposant

de retracer le parcours de Charcot qui, dès sa thèse, se fit remarquer par les dessins accompagnant et appuyant ses descriptions cliniques. En nous proposant une approche en quatre travées de l'histoire de cet homme, pour les uns généreux et attentif, pour les autres, avide d'honneurs et de gloire, décrié autant qu'applaudi: observer le corps, du corps au psychisme, transmettre une vision, l'image et l'intime.

Charcot, donc, inlassablement, croque, redessine la photographie, sculpte, travaille la terre et le verre pour mieux voir, pour mieux connaître et mieux comprendre les corps... Homme multiple, il sait traduire l'observation et la pensée. « Regardez, regardez encore et regardez toujours, c'est ainsi seulement que l'on arrive à voir. » « *Latet auanguis in herba* ! Jamais un clinicien ne peut dormir tranquille (...) On est toujours en défiance avec soi-même. Heureux ceux qui croient tout savoir et n'avoient plus besoin d'apprendre. Il paraît qu'il y en a qui sont ainsi faits ; je les en félicite. »

Certes, entrant à la Salpêtrière comme neurologue en 1882, il va découvrir « l'hystérie », très vite différencier la maladie de Parkinson et la sclérose en plaques. « L'anatomopathologiste doit se faire artiste lui-même, il est des nuances, des contrastes que le langage le plus imagé ne parvient que difficilement à dépeindre. »

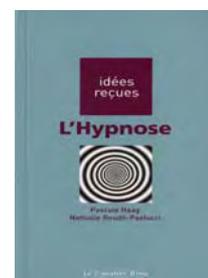
Charcot va chercher d'autres outils de mesure, d'observation, user du scalpel et du microscope, des appareils enregistreurs du physiologiste Marey, du dynamomètre comme des appareils photos pour restituer les mouvements aussi fidèlement que possible. Vont s'adjoindre médecins et/ou photographes, dessinateurs... Il explore et multiplie la recherche par l'image... Le recensement des mouvements désordonnés par Regnard, médecin et photographe, n'est guère aisé avec la lenteur des prises, la lourdeur des appareils ce qui le conduit à suggérer des postures. Il participe aux premiers travaux de Charcot sur l'influence. ... L'hystérie répond aux suggestions. L'hypnose ouvre une perspective expérimentale pour l'étude de l'hystérie, souligne Catherine Bouchara.

N'en disons pas plus. L'aventure est haletante, les images fascinantes, les cours et les leçons ouvertes au public, ... au-dessus des qualificatifs de « charcoteries » et d' « hystérie de culture », des oppositions et des querelles d'écoles.

Le livre est de mots, accompagnés d'images en complément d'observation. Ou l'inverse. Une autre manière de lire, de voir, d'appréhender les travaux, la vocation, la richesse de Jean-Martin Charcot. Une manière de mieux faire connaissance. Regarder ce que l'on ne peut pas voir, écouter ce que l'on n'entend pas, ressentir ce que l'on ne ressent pas. Une expérience initiatique... A compléter des images de l'exposition la chapelle Saint-Louis de la Salpêtrière prévue en ce janvier 2014.

L'Hypnose
Pascale HAAG
 & **Nathalie ROUDIL-PAOLUCCI**
 Editions Le Cavalier Bleu, 2010
 ISBN 978-2-84670-300-0

by **Christine Guilloux**



Envie d'ailleurs tout en étant ici ? Envie d'une incursion dans le censé savoir, dans le pensé connaître ?

Qui est en sommeil ? Qu'est-ce qui est en sommeil ? Qu'est-ce qui se réveille, s'active, se mobilise ? Quels courants magnétiques ? Quelles passes ? Quelles suggestions ? Quelles étapes de conscience ? Qu'est-ce que la conscience ordinaire ? Quels indices physiologiques, quels indices électro-encéphalographiques pour caractériser l'hypnose, veille restreinte plutôt que généralisée ? Quelles attentions et quels détournements d'attention, quelles orientations et quelles distractions pour permettre l'hypnose ? Quelles définitions donner au conscient et à l'inconscient ? Quelles profondeurs de la transe ? Quelles habiletés pour entrer en transe ? Que nous enseigne les propos de Freud et de Breuer : « J'étais las, après avoir répété cette affirmation et cet ordre : « Vous allez dormir ! dormez ! » de m'entendre répondre sans cesse, dans les degrés légers de l'hypnose : « Mais docteur, je ne dors pas. » ?

Ce livre de petite taille, au titre sans prétention, L'hypnose, débroussaille les terrains d'approche de l'état hypnotique, nous propose un itinéraire dans les chemins du conscient et du non conscient, une description des processus d'induction de la transe, ... Pascale Haag, linguiste et maître de conférence à l'E.H.E.S.S. et Nathalie Roudul-Paolucci, toutes deux praticiennes de l'hypnose, s'ouvrent et ouvrent le chemin, bousculent les idées reçues, les peurs et les représentations, les veulent revues et corrigées. Simples et sains recadrages à recommander. Il serait dommage de nous en priver comme d'en priver nos patients.

Les thérapies brèves
Guillaume POUPARD
& **Virgile Stanislas MARTIN**
Armand Colin, Paris, 2012
ISBN 978-2-200-27287-6



by **Christine Guilloux**

Nous nous y sommes formés, nous en usons et les pratiquons. Les thérapies brèves nous sont plus que familières puisqu'elles sont notre quotidien. Orientées sur le « comment », sur les « solutions », sur les « objectifs » évinçant les tentatives de solution et sinuant en des terrains analogiques et stratégiques, elles se sont multipliées et continuent à fasciner.

Guillaume Poupard, docteur en psychopathologie, psychologue clinicien et psychothérapeute, formé à l'hypnose et à la thérapie brève, et Virgile Stanislas Martin, coach et thérapeute, formateur en thérapie brève, se sont associés pour dresser un panorama des thérapies brèves et éclairer les lanternes de ceux qui souhaitent connaître les tenants et les aboutissants de certaines approches, leurs fondamentaux, leurs méthodologies et leurs indications.

Les thérapies brèves nous invitent à revisiter leurs racines comme leurs pousses, de Bateson et l'École de Palo Alto au courant stratégique, en passant par Erickson, la Cybernétique, le constructivisme, l'École de Milan... Cadre de référence et lois systémiques, postulats de ressources, d'interaction, d'efficacité, principes de focalisation sur le client, la demande, les processus, la composante de la plainte sont explorés tout autant que leurs différentes

méthodologies et leurs champs d'application, illustrés par quelques vignettes cliniques.

Du grain à moulin pour qui souhaite se situer, se questionner et questionner ces approches qui nous ramènent à la pratique de Milton H. Erickson, thérapeute bref « hors du commun ».

La malédiction du chat hongrois

Irvin D. YALOM
Galaade YALOMt,
Paris, 2008
ISBN 978-2-35176-050-5



by **Christine Guilloux**

S'il était à penser notre vie, comment la conterions-nous ? Comme une simagrée, un test, une épreuve, une aventure, une soumission, une aspiration, une opportunité ? S'il était à penser notre vie, lui donnerions-nous du sens, une direction, une mission ou envisagerions une multiplicité de sens, une dispersion d'essences, une palette de saveurs et d'expériences à découvrir ?

Irvin D. Yalom nous offre dans La malédiction du chat hongrois la possibilité de sens, la possibilité d'essence. Sont-ce véritablement des histoires qu'il détient, des contes qu'il ne retient plus ? Il se risque à nous faire sinuer dans des dialogues internes, des voyages intérieurs sur le sens de la vie et sur notre quête de sens. Il nous livre son propre projet – fondamental ? - « Premièrement, inventer ou découvrir un projet donnant sens à sa vie et assez solide pour soutenir sa vie. Deuxièmement, nous efforcer d'oublier notre acte d'invention et nous convaincre que nous n'avons pas inventé mais découvert ce projet donnant sens à la vie, qu'il a une existence indépendante "au-dehors". »

Alors, nous laisser stimuler par la vision d'un revanche triomphale, conforter dans la recherche d'une paix et d'un calme intérieur, nous immerger dans une cause et nous mettre à son service, se transcender au service des autres, à une remise en cause permanente de soi, à l'expression créatrice, dédier sa vie à la réussite sociale, financière, politique, ou se faire chevalier de la vérité, ... ?

Une fois de plus, avec ses talents de conteur, Irvin D. Yalom nous ramène à nos sentiments profonds, à ce qui nous lie aux autres, à nos proches, à ceux dont nous sommes issus comme à ceux à qui nous avons passé le relais. Il nous parle de sa mère morte, du profond désir de réconfort maternel. Il nous parle de nos mères nourricières et nous engage dans le labyrinthe de nos deuils en nous plongeant dans son expérience thérapeutique auprès de six patientes. Interpellations pour investiguer auprès de ces femmes se battant contre la mort. Interpellations pour nous montrer le meilleur et le pire, pour exorciser nos angoisses communes face à l'existence.

A nous de nous rassurer des doutes et des embarras du psy que nous sommes alors que le patient s'embarlificote, nous assaille de questions, nous accule à dire ce que nous pensons de lui. A nous de savourer ces explorations de l'âme humaine et les liens avec nos patients. A nous de saluer le talent d'Irvin Yalom à conter et à célébrer les aventures humaines.

Eulogy: Morris Kleinhaus

by Shaul Livnay

Morris Kleinhaus has passed away!



Morris, locally known as the 'father of hypnosis in Israel' passed away from heart failure on Saturday, February 15 at the age of 87.

How does one begin to describe this complex man? Born in Santiago, Chile, sharpened his hypnotic skills at the beach to pick up girls. Yes, already we could see a certain mischievousness! Morris always had that twinkle in his eye. He studied medicine in Chile, and then immigrated to Israel, first working as a general practitioner in the Negev, where he practiced emergency medicine, including many deliveries all over the desert. After doing his residency in Psychiatry, he founded the Israeli Society of Hypnosis in 1996 and during the years trained thousands of professionals. Behind the scenes, he treated hundreds of soldiers during the Yom Kippur War for PTSD and worked with the police in helping to solve many crimes.

He really came to fame in the public eye when he treated a 'girl from Dimona' a 16 year old who had not come out of a trance after a stage hypnosis. After 6 days of being in a coma, Morris was finally called in to help bring her out. Every one of his trainees had heard the story from him, but when we made him a surprise 70th birthday party (primarily orchestrated by Gabi Golan), we brought the "girl", by then a grown woman to give her side of the story. "You said to blink if I heard you, and I started to, but you didn't immediately respond! I was afraid that I was going to remain that way forever, but then you noticed. I have wanted for years to contact you, to let you know how I really came out of this, strengthened. I married, had children have been working. I am ever so grateful."

Following that incident, he moved to get legislation passed restricting Hypnosis for treatment by properly trained Physicians, Dentists & Psychologists only. Seven years later, the law was passed (the first such legislation in the world). He published several articles about the dangers of hypnosis and became the leading Israeli representative in the world community (ISH & ESH). In 1992, he succeeded, with the collaboration of Burkhard Peter, of holding the first joint ISH-Ericksonian Congress in Jerusalem.

This brings me to his approach, which was inherently one of integration. His observational capacities were very much akin to those of Erickson, and his impact was very similar, leaving most totally dumbfounded but profoundly affected. He continued to teach and to see patients till his last days. 5 years ago, he enabled the performing of major surgery with hypno-anaesthesia.

He remained ever a family man, a father, grandfather, and great-grandfather.

I'll always remember his kindness, friendliness and willingness to give of his time and knowledge. He was both a father figure, mentor and a good friend. He totally invested in those that he respected. Personally, he brought me on to the world hypnosis scene, by asking me to Chair the ISH Congress workshop program in 1992. I owe him his

support all those years. He was combination of a serious, astute and highly competent professional and a provocative individual. He had an unimpressive appearance and spoke in an unclear manner (often mumbling), yet he was able to get through to people, to size them up and truly touch them in a manner unlike others.

He will truly be missed!

New Publications

(to be reviewed in the next VRI Newsletter)

Better focus, better life: Paying attention with Intention to Positive Possibilities. A Personal Growth Program by Clinical Psychologist. Michael Yapko. CD

ESH Website

Information on the website is regularly updated. You are invited to visit and discover new and updated information.

We are pleased to inform you that Information on hypnosis journals is now up-to-date and more complete. Please log-on and take a look at the following page where you will find instructions for subscribing to one of them: <http://esh-hypnosis.eu/hypnosis-facts/journals-on-hypnosis/>

2014 Congresses

2014 ESH Congress: 21st to 25th October

www.eshcongress2014.org/congress

More than 400 delegates have already registered and we cordially invite you to join us! A very special and unique experience will be the Pre-Congress with live demonstrations, experiential workshops and an excursion to Capri!

For further information, please log-on to the Congress website (see link above) or the ESH website: www.esh-hypnosis.eu where you can **download** the:

Preliminary Programme

including **the Names of Faculty,**

Pre-Congress Experiential Programme,

Hotel Reservations Form and **Travel Directions**

<http://esh-hypnosis.eu/wp-content/uploads/2014/03/Preliminary-Programme-March-2014.pdf>

URGENT NEWS UPDATE

THE CALL FOR PAPERS & POSTERS HAS BEEN EXTENDED TO 15 MAY. Download your

Abstract Form from the ESH website at:

<http://esh-hypnosis.eu/wp-content/uploads/2012/09/2014-Congress-Call-for-Papers-Abstract-Form.doc>

Rencontre Professionnelle de la Société Française d'Hypnose, le samedi 12 avril, Paris. Une rencontre autour de la lecture, du rêve et de l'hypnose, avec Jane Turner et Christine Guilloux.

<http://hypnose-sfh.com/manifestation/rencontre-professionnelle-de-la-sfh-2014/>

Congrès de l'Institut Mimethys, les 28 / 30 mai, à Cassis, sur le thème « Imaginaire, transe, résilience »

contact@mimethys.com et www.mimethys.com

5th European Congress of Ericksonian Hypnosis and Psychotherapy plus 20 years anniversary of Milton Erickson Institute Poland. 12 / 15 June in Krakau.

This is the largest international psychotherapy congress in Polish history. Many well-known international hypnosis experts will teach there: Jeffrey Zeig, Susanna Carolusson, Consuelo Casula, Giuseppe de Benedittis, Betty Alice Erickson, Eva Ferstl, Brent Geary, Christine Guilloux, Nicole Ruyschaert, Susy Signer-Fischer, Claude Virot, Eric Vermetten, Gunther Schmidt and many more.

<http://www.congress2014.p-i-e.pl>

XIII ESH European Congress of Hypnosis: 21/25 October in Sorrento Italy

<http://esh-hypnosis.eu/wp/content/uploads/2014/03/Preliminary-Programme-March-2014.pdf>

The largest hypnosis meeting in 2014 in a beautiful place! See separate information in this Newsletter.

3. Congress Mentales Staerken Oct 30 / Nov 2 in Heidelberg.

At this congress expert in the field of mental training for sport, performing arts, business, school, study, etc. will meet and teach. Already 1000 colleagues registered. The majority of workshops will be in German language but also many well-known international experts will teach in English: David Wark, Lars-Eric Unestahl, Nicole Ruyschaert, Brian Alman, Igor Ardoris, Andrew Armatas, Danie Beaulieu, Jan Blecharz, Louis Cauffman, Ben Furman, Jitendra Mohan, Michel Gagne, Natalia Stambulova, etc.

www.mentales-staerken.de

Symposium de l'Institut Milton H. Erickson Ile-de-France, 6 Décembre, à Paris sur le thème "Réhumaniser le soin".

Renseignements auprès de Christine Guilloux & Christian Martens

imheidf@gmail.com et www.imheidf.wordpress.com

Brief Therapy Conference 11-14 December Orange County California, USA

This congress is organized by the Milton Erickson Foundation. Leading hypnotherapists are meeting with brief therapy experts from other approaches: Jeffrey Zeig, Steve Gilligan, Bill O'Hanlon, Ernest Rossi, Michael Yapko, Philip Zimbardo, Don Meichenbaum, Sue Johnson, Francine Shapiro, Bessel van der Kolk, Scott Miller, Reid Wilson etc.

www.brieftherapyconference.com

2015 ISH-CFHTB Congress

Call for papers: it's time to get your thoughts down on paper!

Deadline for submissions: September 15, 2014

You are invited to submit your proposals directly onto the website, with the online form: <http://www.cfhtb.org/en/paris-2015-ish-cfhtb-congress/call-for-papers/>

The Scientific Committee will focus on 8 themes:

- 1 – Hypnosis: A Worldwide Practice
- 2 – Hypnosis: A Key Tool for a New Functional Medicine
- 3 – Valuable Current Conceptions about Consciousness
- 4 – The Role of Hypnosis in Medical Care and Society
- 5 – Hypnotherapy & Ecology
- 6 – The Therapist-Patient Interactions
- 7 – Training
- 8 – From Historical Hypnosis to Modern Ericksonian Hypnosis: What is the Future for the French-speaking Hypnosis?

Presentations and Translations in 4 languages: English, French, German and Spanish

The International Scientific Committee

An International Scientific Committee has been created in order to help the Paris 2015 Organizing Committee. Here are the Members from all over the World:

Brian Allen (Australia)	Ali Ozden Ozturk (Turkey)
Gaston Brosseau (Canada)	Teresa Robles (Mexico)
Susanna Carolusson (Sweden)	Gunnar Rosen (Norway)
Consuelo Casula (Italy)	Nicole Ruyschaert (Belgium)
Giuseppe de Benedittis (Italy)	Bernhard Trenkle (Germany)
Xin Fang (China)	Katalin Varga (Hungary)
Mikhail Ginsburg (Russia)	Martin Wall (UK)
Woltemade Hartmann (S. Africa)	Michael Yapko (USA)
Mark Jensen (USA)	Philip Zindel (Switzerland)
Shaul Livnay (Israel)	

We are pleased to announce that we already have 500 confirmed registrations for Paris 2015. All of them had a very attractive price for their early bird registrations. **Enjoy the new rate of 485 € until June 2014**, by registering on the website: www.hypnosis2015.com
Please Note: The final rate will be 590 €

With very grateful thanks to our contributors: Betty Blue - Paola Brugnoli - Consuelo Casula - Delphina Cenicerros - Christine Guilloux - Hans Kanitschar - Shaul Livnay - Michael Munion - Susan Pinco - Nicole Ruyschaert - Dan Short - Maria Escalante de Smith and Denis Vesvard