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Views Reviews Interviews 2014:2

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Letter from the President

Nicole Ruyschaert



Dear Readers

It is nice to meet you here and I hope you had a nice holiday. Maybe finally you enjoyed time to get started reading the books which

had been waiting for you for months, beckoning to you, inviting you to settle down during the time you deserve for yourself? Perhaps others among you have been walking around with plenty of ideas to start or continue writing, meeting some deadline to get a book or paper published? Whatever side you chose ...authors need readers and readers may be our future authors.

As I received Christine Guilloux's inspiring book, "Lectures à la bonne heure" the idea and the concept of reading deserves time for reflection as it can be an act with so many different meanings, purposes, objectives. Time to relax and be with oneself, time to forget about daily life, time to renew oneself, time to get new inspiration... Some feel the need to read, to keep updated with the latest evolutions in the professional field. Others hear the call to share their experience and knowledge with potential, future readers. They may have something in mind, perhaps have been dwelling on an idea to let it grow and found the appropriate moment to start 'delivering' it. They may inspire readers who perhaps later can come up with the evolution of what they previously acquired from the reading. They even can take an on-line training and coaching on writing and publishing from Bill O'Hanlon to get started!

After having written so many books, he now feels like helping others to get started. And perhaps creating the opportunity to read again, what his previous readers, who became authors, can bring back to him?

Isn't it nice to discover these circular or spiral shaped processes? And isn't it nice that hypnosis is part of this evolution, or makes this evolution?

Year after year I could see my bookshelf and hard disk expanding with new publications and books on hypnosis and noticing evolutions in the field with our growing knowledge and cross-fertilization from other fields of interest. I hope this issue with our reviews continues to inspire you and gives you plenty of creativity you can utilize for the benefit of yourself and your clients!

**Translated into German
by Hans Kanitschar**



Liebe Leserinnen und Leser

Schön, Sie hier zu treffen. Ich hoffe, Sie hatten einen schönen Urlaub. Vielleicht haben Sie die Zeit genossen, indem Sie die Bücher gelesen haben, die schon seit Monaten auf Sie gewartet und Sie eingeladen hatten, sich zu entspannen und sich die Zeit zu nehmen, die Sie für sich selbst verdienen?

Andere unter Ihnen hatten vielleicht eine Menge Ideen, was das Schreiben betrifft, um eine deadline zur Publikation eines Artikels oder eines Buches einzuhalten? Welche Seite Sie auch gewählt haben: Autoren brauchen Leser und Leser können unsere zukünftigen Autoren sein.

Als ich das inspirierende Buch von Christine Guilloux aufnahm, "*Lectures à la bonne heure*", wurde mir bewusst, dass das ideelle Konzept des Lesens nach Reflexionszeit verlangt, weil es ein Vorgang mit so vielen Bedeutungen, Zwecken und Themen ist. Zeit zu entspannen und mit sich selbst zu sein, Zeit, den Alltag zu vergessen, Zeit, sich zu erneuern, Zeit für neue Inspiration . . . Einige verspüren die Notwendigkeit des Lesens, um mit neuen Entwicklungen im Berufsfeld Schritt halten zu können. Andere vernehmen den Ruf, um ihr Wissen und ihre Erfahrung mit potenziellen, zukünftigen Lesern zu teilen. Sie mögen etwas im Sinn haben, vielleicht haben sie sich mit einer Idee beschäftigt, um sie wachsen zu lassen und haben nun den richtigen Moment gefunden, sie "freizulassen". Sie mögen Leser inspirieren, die vielleicht später mit einer Weiterentwicklung von dem aufwarten, das jene früher durch das Lesen aufgenommen haben. Sie können von Bill O'Hanlon sogar ein online-Training und Coaching über Schreiben und Publizieren erhalten! Nachdem er so viele Bücher geschrieben hat, möchte er nun anderen helfen, damit zu beginnen. Vielleicht eröffnet er dadurch auch die Möglichkeit, selbst lesen zu können, was seine früheren Leser, die zu Autoren geworden sind, ihm zurückbringen? Ist es nicht erbauend, diese zirkulären oder spiralig geformten Prozesse zu entdecken? Und ist es nicht schön, dass Hypnose Teil dieser Entwicklung ist, oder diese Entwicklung bewirkt?

Jahr um Jahr konnte ich mein Bücherbord und meine Festplatte durch neue Veröffentlichungen und Bücher über

Hypnose expandieren sehen und den Wissenszuwachs in unserem Feld und die gegenseitige Befruchtung mit anderen Interessensgebieten mitverfolgen. Ich hoffe, diese Ausgabe unserer Nachrichten inspiriert Sie weiter und vermittelt Ihnen viel Kreativität, die Sie zum Nutzen für sich selbst und für Ihre Klienten und Klientinnen anwenden können!

**Translated into French
by Denis Vesvard**



Chers Lecteurs

Je suis contente de vous retrouver ici et jspère que vous avez passé de bonnes vacances. Peut-être avez-vous trouvé un moment pour vous mettre à la lecture des livres qui vous attendaient, vous attiraient depuis des mois et vous invitaient à vous installer calmement pour prendre un peu de temps pour vous? D'autres parmi vous ont peut-être fait quelques pas, ont laissé venir des idées et se sont mis à écrire pour respecter les délais de l'éditeur d'un livre ou d'un article? Dans un sens comme dans l'autre...les auteurs ont besoin de lecteurs, et les lecteurs sont peut-être nos futurs auteurs.

Si l'on en croit le livre stimulant de Christine Guilloux, "*Lectures à la bonne heure*", l'idée et le concept de lecture méritent de notre part un moment de réflexion car c'est une action aux multiples significations, intentions, buts. Un moment pour se relaxer et se retrouver, un moment pour oublier le quotidien, un moment pour se ressourcer, un moment pour laisser venir l'inspiration... Certains vont ressentir le besoin de lire pour rester au courant des dernières innovations dans leur domaine professionnel. D'autres ressentent le besoin de partager leur expérience et leurs connaissances avec les lecteurs potentiels de demain. Ils peuvent avoir un sujet en tête, ils peuvent s'être concentrés sur une idée pour la laisser grandir et sentir que le moment est venu de la «livrer au public». Ils peuvent inspirer des lecteurs qui vont pouvoir ensuite réagir et faire évoluer ce qu'ils auront retenu de cette lecture. Ils peuvent même être formés et entraînés en ligne pour leur premiers pas dans le monde de l'écriture et de l'édition par Bill O'Hanlon! Après avoir écrit lui-même tant de livres, il souhaite maintenant faciliter le travail de ceux qui ont envie de se lancer. Et peut-être a-t-il envie de créer une occasion de retrouver chez ses anciens lecteurs, qui sont devenus des auteurs, ce qu'ils lui doivent?

Ne trouvez-vous pas ce cercle ou cette spirale sympathiques? Que l'hypnose fasse partie de cette évolution ou qu'elle soit ce processus même ne vous réjouit-il pas?

Années après années, j'ai vu se remplir mes étagères et mon disque dur de livres et de publications sur l'hypnose et j'ai constaté des évolutions dans ce domaine à mesure que se développaient nos connaissances et que d'autres disciplines venaient les enrichir.

Jespère que cette édition de notre newsletter avec ses notes de lecture va continuer de vous inspirer et d'alimenter votre créativité pour votre plus grand bénéfice et celui de vos clients!



Estimados lectores

M da gusto encontraros aquí, y yo espero que hayáis tenido unas buenas vacaciones. Quizás finalmente vosotros habéis disfrutado al empezar a leer los libros que os habían estado esperando durante meses, al invitaros a acercarse a ellos, invitando a hacer una pausa durante el tiempo que merecáis para vosotros mismos? Quizás otros entre vosotros han estado dando vueltas con una gran cantidad de ideas para empezar o continuar escribiendo, cumpliendo con una fecha límite para conseguir la publicación de un artículo o un libro? Cualquiera que haya sido vuestra preferencia... los autores necesitan lectores, y los lectores pueden ser nuestros futuros autores. Al recibir el libro tan inspirador de Christine Guilloux, *“Lectures à la bonne heure”*, la idea y el concepto de la lectura merecen tiempo para reflexionar ya que pueden ser actividades con grandes cantidades de significados, propósitos y objetivos. Tiempo para relajarse y estar con uno mismo, tiempo para olvidarse de la vida diaria, tiempo de renovarse a una misma, tiempo para obtener una nueva inspiración... Algunos sienten la necesidad de leer, de mantenerse actualizados con las últimas evoluciones en el campo profesional. Otros tienen una llamada para compartir su experiencia y conocimiento con lectores potenciales futuros. Ellos pueden tener algo en mente, quizás han estado inmersos en una idea para dejarla crecer y han encontrado el momento apropiado para empezar a “entregarla”. Ellos pueden servir de inspiración a otros lectores que quizás posteriormente podrán crear o llegar a la evolución de lo que obtuvieron previamente de la lectura. Ellos incluso pueden tomar un entrenamiento y coaching en la red y como publicar con Bill O’Hanlon para empezar! Después de haber escrito tantos libros, él ahora tiene el deseo de ayudar a otros a que empiecen¿ Y quizás creando la oportunidad de leer una vez más, lo que sus previos lectores, quienes se convirtieron en autores pueden devolverle a él? ¿No es bonito descubrir estos procesos de forma circular o espiral? ¿Y no es bonito que la hipnosis sea parte de esta evolución o que sea la creadora de esta evolución? Año tras año yo pude ver mi librero y mi disco duro creciendo con nuevas publicaciones y libros sobre hipnosis y percatándome de las evoluciones en este campo con nuestro conocimiento que crece y con una fertilización cruzada desde otros campos de interés. Yo espero que este número del newsletter siga siendo una inspiración para vosotros y que os de suficiente creatividad que podáis utilizar para el beneficio de vosotros y de vuestros clientes!



Cari lettori

Sono contenta di trovarvi qui, e spero abbiate trascorso delle belle vacanze. Forse finalmente avete trovato il tempo per iniziare a leggere i libri che vi aspettavano da mesi, sollecitandovi ad avvicinarvi a loro, invitandovi a prendervi la pausa che meritano e dedicarvi con calma a voi stessi? Forse altri di voi hanno passeggiato con un sacco di idee per iniziare o continuare a scrivere, rispettare alcune

scadenze per pubblicare un libro o un articolo? Qualsiasi sia stata la vostra preferenza...gli autori hanno bisogno di lettori, e i lettori potrebbero essere i nostri futuri autori.

Quando ho ricevuto lo stimolante libro di Christine Guilloux, *“Lectures à la bonne heure”*, l'idea e il concetto della lettura merita un momento di riflessione, dato che può essere un'attività con molti diversi significati, scopi, obiettivi. Tempo per rilassarsi e stare con se stessi, tempo per dimenticare la vita quotidiana, tempo per rinnovarsi, tempo per avere nuove ispirazioni... Alcuni sentono la necessità di leggere per rimanere aggiornati sulle ultime evoluzioni nel campo professionale. Altri sentono la chiamata di condividere le loro esperienze e conoscenze con potenziali, futuri lettori. Possono avere qualcosa in mente, forse si sono soffermati su un'idea per farla crescere e trovare il momento opportuno per iniziare a 'partorirla'. Questi possono ispirare altri lettori i quali forse successivamente possono evolvere sulla base di ciò che prima avevano acquisito dalla lettura. Per cominciare, possono anche seguire on-line un corso di coach sulla scrittura e sulla pubblicazione da parte di Bill O’Hanlon! Dopo aver scritto tanti libri, ha voglia di aiutare gli altri a cominciare. E forse creando l'opportunità di leggere quello che i lettori precedenti, diventati autori, possono restituirgli?

Non è bello scoprire questi processi circolari o a spirale? E non è bello che l'ipnosi faccia parte di questa evoluzione, o che crei questa evoluzione?

Anni dopo anni ho potuto vedere la mia libreria e gli hard disk crescere con nuove pubblicazioni e libri sull'ipnosi e notare evoluzioni nel campo con la nostra crescente conoscenza e la fertilizzazione incrociata con altri campi di interesse. Spero che questa edizione della ESHNL con le nostre recensioni continui ad ispirarvi e a darvi creatività che potete utilizzare a beneficio di voi stessi e dei vostri clienti!

Letter from the Newsletter Editor

Consuelo Casula



This is my last letter as editor of this Newsletter which has been dedicated to the expression of views, reviews and interviews. I am sorry that I cannot anticipate who will be the next editor because the new ESH board will not decide that until its first meeting, the day after the elections held in Sorrento, October 2014.

The new ESH board will be elected in Sorrento during our General Assembly. The morning after, still excited with the new board, and maybe even exhausted from the party, we will meet to lay the foundation of the next three years' activities. These goals will be based on both the spirit of continuity and the necessity to implement the required changes for the benefit of ESH and its constituent societies. It has been my pleasure to edit the ESHNLs and to collaborate with the two co-editors Nicole and Christine. I am grateful to each of the contributors, especially the most loyal and devoted, such as John Lentz, Maria Escalante, and the new entry Shaul Navon, always aware that the layout of Christine Henderson has added quality and style to the final product. I also thank the translators of the

President's letter, Hans Kanitschar, Denis Vesvard and Maria Escalante and each of the other contributors. I hope they continue to offer their collaboration to the next editor.

This issue has some interesting interviews by John, Maria and Shaul of three distinguished colleagues, Edwin Yager, Jeff Lazarus and Gaby Golan. Reading the interviews will give you the opportunity to better know each of them, with their unique styles and attitudes.

This issue also presents a very stimulating interview with Mojca Brezavscek, a young Slovenian colleague who talks about her experience as a learning "observer" in England. I hope she will become a model for other young scholars who want to improve their knowledge of hypnosis traveling and visiting other societies of hypnosis.

Also in this issue is an interview with Mhairi McKenna, who describes for us her experience as ESH President from 2005 to 2008. I am sorry that I was not able to finish the project of interviewing all the past presidents. Missing is Eva Banyai (past president from 1993-1996), the first ESH woman president. I hope the new editor or someone else will complete what I started with the intention of gathering the history of ESH through the personal words of its past presidents.

Nicole Ruyschaert and Christine Guilloux, in addition to editing, review books and DVDs that you are likely to find inspiring.

From Sorrento until the next ESH congress in 2017, I will be the ESH president. My commitment is to serve each ESH CS with the collaboration of the board, to maintain ESH in a healthy state, to read and enjoy the future newsletters and to contribute to ESH's development in order to pass this society on to the next president as strong as ever. Wish me good luck.

Interviews

Interview with Mhairi L. McKenna (MLM)

ESH Past President
(Gozo 2005 to Vienna 2008)

by Consuelo Casula (CC)



CC: Please describe your background. What led you to become a dermatologist utilizing hypnosis in particular?

MLM: My background ...I qualified as a Doctor from Sheffield University and my first position was with a brilliant dermatologist, who was married to a psychiatrist and they both believed in and worked with the premise that the skin was an indication of the patient's mind. Bearing in mind our embryology lectures; there were three sets of cells primitive endoderm, mesoderm and ectoderm and the primitive ectoderm develops into the brain and the skin...there didn't seem any other way to go...even when I left the hospital and went into general

practice. I had also experienced this close relationship when, as a student, I underwent "stereo-tactic gamma irradiation" to an arterio-venous malformation in my left hemisphere...the brain after being irradiated caused a total body itching which was treated with "Librium" and suggestions of cool and comfort. I was also influenced by my dentist who always used hypnosis within the consultation and so I followed his invitation to join the British society to learn how to use hypnosis, when I returned from working with the Royal Flying Doctors Service out of Cairns, Australian, where again I came across hypnosis and its effects.

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

MLM: I am now retired from medical practice, though I have a very small private practice for occasional patients who wish to use hypnosis to help with their problems. I am involved in the local community council, and representing the local area in the County Councils...using hypnoidal communication can help...and several of my colleagues are aware of and use NLP!

CC: You utilize hypnosis with dermatological problems, can you tell something more of your personal approach, which kind of dermatological disorders and which hypnotic strategies do you utilize with them?

MLM: I always ask...would they like to learn how to take more control of their body and symptoms...then...will they work with me. If I get an affirmative then I will work with them...if not, then we need to find out their problems. As can be seen from my first answer I feel most dermatological problems are at the least helped by hypnosis. Even when I was using surgery or cryo-surgery I used hypnosis for analgesia and enhancement of healing. A large number of the patients with eczema used suggestions of comfort, calm, coolness to get effect...children found the idea of costumes like their cartoon heroes helpful...a little boy had an imagery suit like Robin (out of Batman and Robin), which helped calm his skin. Some like to take a swim in their magic pool...a young girl went into the computer to re-organise everything so her skin was smooth and as she wanted it.

CC: When you teach hypnosis or when you present your workshop or lecture during congresses what do you tend to emphasize about hypnosis on dermatology?

MLM: Giving the patient control...all too often they feel they are someone who has "things" done to them... and I would go as far as to ask the patient for their images for us to use, rather than ones I could suggest.

CC: You have served as board member in ESH from 2002 until 2011 and you are still serving the ESH board as co-opted in several committees as generous contributor of your time and energy. What do you like most in helping ESH, what are your major contributions?

MLM: I believe passionately in hypnosis and see the ESH as a good vehicle to enhance the training and use of hypnosis by our colleagues, so will do whatever I can to support the CEPE and the general PR of the society.

CC: You have been the ESH president from Gozo (Malta) 2005 to Vienna (Austria) 2008. Can you tell us some anecdotes about the Gozo congress? Tell us about the atmosphere, the people, the topics discussed during the congress.

MLM: I was delighted that the congress in Gozo occurred at all. There seems to be a curse of the congresses, which means that they rarely go according to plan or at the venue first anticipated! To ensure everything went according to plan Phyllis Alden (treasurer) and I had several trips out to Gozo, and put in a lot of work with Central Office. However blue skies, warm sunshine and a relaxed friendly atmosphere provided the setting for the ESH meeting on Gozo. It was a relatively small congress and felt almost like a relaxed friendly family gathering...as was enjoyed in the social program. I was delighted that the colleagues and friends when asked to take part, gave generously of their time and expertise... Karen Olness, Jeff Zeig, Walter Bongartz, Assen Alladin, John Gruzelier, Peter Bloom, Dabney Ewin, Martin Wall, Julie Linden, Maggie Phillips, Michael Heap, David Simons, Jack Watkins to name a few; and our Board of Directors. The Congress was thought to be both an intellectual and social success...A range of well received workshops ranging from ego-state therapy, pain, psychosomatic medicine, trauma, dissociation, to metaphors and storing telling, a stimulating scientific program with plenary sessions, conversation hours, keynote addresses and of course papers were enjoyed by delegates and faculty alike. We also managed to organize an introductory workshop for the dental students from Valletta University led by Albrecht Schmierer and several colleagues who gave generously of their time...it was wonderful to have the younger colleagues there. We were honored to have the proceedings opened by the Minister for Gozo, from the Maltese Parliament.

CC: Can you tell us some anecdotes about the Vienna congress? Tell us about the atmosphere, the people, the topics discussed during the congress.

MLM: It was wonderful to come back to Vienna for an ESH Congress and this time as the President of ESH. Marianne Martin and Henriette Walter had done a wonderful job of organizing the Congress, and the social activities were also delightful, (probably the first and last time I will wear a ball-gown!); and there was something for everyone from Welcome Ball concerts in exquisite surroundings to an evening at the "Heuriger". This congress was the first time the "Peter Berner Prize" was awarded: to young researchers in hypnosis, the winner was F Nusbaum at Universite Lumiere, Lyons. Other awards were "fellowship of ESH" to W Bongartz, "honorary membership of ESH" to P Bloom and "friend of ESH" to A Schmierer and K Hoogduin. It was a large congress supported by many

colleagues from all around the world...who can resist a congress in Freud's city?! The subjects were wide ranging in experiential workshops, keynote addresses scientific papers, eg: women in hypnosis, using hypnosis and CBT to treat depression, treatment of acute and chronic pain with Dabney, using hypnosis to treat dermatology, quantum physics, color therapy using hypnosis...the list is endless! Then of course there were the pre and post congresses in EMDR and ego-state therapy.

CC: During your presidency, what style of leadership did you adopt? Are you satisfied with your experience? What did you achieve as ESH president? What did you learn as ESH president? What is your best memory of that triennial experience as ESH President?

MLM: I would hope I led by example, whilst allowing everyone space to be creative. There is always a wide range of opinion and I hope we went forward by consensus. It was a very satisfactory experience working with a good board...though you always feel the need for more time! I felt that the setting up of a Central Office for the benefit of the members of the ESH was one of my achievements; as previously the office had moved round Europe depending on the nationality of the President and we (the BoD) felt we needed more stability. I was very fortunate to find Christine who ran a company which provided office facilities and who was prepared to work with us. I was also pleased to support the setting-up of the Committee on Educational Programs in Europe (CEPE) committee and taking part in the set-up of the European Certificate of Hypnosis (ECH). Welcoming our French colleagues into the ESH was very gratifying. I suppose I learnt patience...though there are many who would say I haven't! Everything seems to take so much longer than you expect. There are many delightful memories, but maybe the one which stands out in my memory is going over to Stockholm and presenting the first Fellowship of the ESH: "For persons who have made an outstanding contribution to the ESH" to Per-Olof (Peo) Wikström.

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?

MLM: Hindsight is a wonderful thing; we all have thoughts of things that could have been different, handled differently. Any Presidency is dependent on the people around you, I have heard it said "you are only as good as the people around you" and I am inclined to agree. I, as I have said above, am proud of the ECH and CEPE, not to mention a Central Office, which serves the needs of the members.

CC: Following ESH activities and attending ESH congresses 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 hypnosis

in the field of Medicine, dentistry, psychotherapy and research varies from one congress to another?

MLM: Hypnosis is now being used by many more individuals, although they use euphemisms to describe it, maybe to render it more acceptable than the perceptions so many have about hypnosis and its use as an entertainment. In the UK at least it is still not in mainstream medicine, which means colleagues are being deprived of such a useful tool, though it seems to be more accepted within Europe. There are more colleagues researching mind/body interaction and hypnosis, eg Amir Raz, and publishing...giving credence to what we have observed and used over the years.

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

MLM: Make sure you are well trained, use it in areas where you know how to treat without hypnosis and you will find hypnosis will make life much easier for you and your patients.

Interview with ESH Treasurer: Gaby Golan (GG)

by Shaul Navon



SN: Please tell me what drew you to become a psychologist?

GG: I was always interested in people: To observe the behavior of people, to examine their motivations, to watch the human relationships between people, to sympathize with peoples' sufferings. I remember myself trying to help people with physical or mental problems as much as I could. Any human being is a complicated matter and it is very interesting to me.

SN: Tell me when did you "discover" hypnosis?

GG: I worked for 5 years at the Kibbutzim Clinic as a clinical psychologist. One day, a colleague told me about the miracles of Milton Erickson who I had never heard of before. And then he invited me to attend a hypnosis course given by Dr. Morris Kleinhouse (who passed away few months ago). Dr. Kleinhouse was considered a Master of hypnotherapy. He was a virtuoso who made hypnotherapy into art and not merely a profession.

SN: Tell me please about your early career in hypnosis.

GG: After I finished my hypnotherapy course, I continued to have supervision from Dr. Kleinhouse and worked as a clinical and medical psychologist and hypnotherapist at the Kibbutzim Clinic. Then, I joined a colleague and started to be trained as teacher and supervisor in hypnosis courses. Later on, that colleague left and I became the only instructor at the hypnosis courses.

When I studied with Dr. Kleinhouse, all of his students watched carefully his virtuosity in doing hypnosis. Some of them became desperate because they thought that they would never be able to produce creativity and virtuosity like Dr. Kleinhouse. Therefore, some of them quit working as hypnotherapists... Seeing that made me change my teaching style: My hypnosis demonstrations in my courses are based on demonstrations that also include mistakes of mine in order to convey to my students the idea that "no one is perfect" in practicing hypnosis. In that way, my students feel confident to work with hypnosis without asking themselves questions such as: "Will I be able to do this kind of "perfect" hypnosis? Would I become a good hypnotherapist"?

SN: What is your core method in teaching hypnosis?

GG: Based on my over 30 years of professional experience, in my hypnosis courses at the beginning I teach the basic techniques of hypnosis. It is like driving a bicycle: First you ride with assisting wheels and only after good practice with assisting wheels, you start to gain confidence to ride without them. In Israel we start teaching semi formal and basic techniques and, after that, we teach Ericksonian hypnosis as advanced hypnosis. You do not start teaching Ericksonian hypnosis and techniques before mastering the basic skills of hypnosis. The other issue which I consider very important as a teacher and supervisor in hypnosis is what I recommend to any psychologist, physician or dentist in my course in order to gain confidence in hypnosis: start working with "easy" patients, although, when they come to this new field, the course in hypnosis each professional (psychologist, physician, dentist) might have already much experience, seniority and confidence in his/her profession. Sometimes a highly distinguished psychologist, or a senior department manager in a hospital attend my course and they have to learn this "new language" of hypnosis. Sometimes, the process of learning this "new language" is in discrepancy with their seniority and their high professional status. Sometimes it is not easy for them.

SN: You are also a senior medical psychologist. What is the major contribution of hypnosis to medical psychology?

GG: The major contribution of hypnosis in medical psychology is in the field of pain. Pain was studied intensively by medicine. As you know, pain has two components: Medical / physical and mental / psychological. The psychological aspect of pain reminds us the idea of placebo in medicine. Hypnosis sometimes works that way. But above all - the alternative of treating pain are drugs and surgery which have sometimes side-effects. Hypnosis has no side-effects. If you can help someone with hypnosis to treat pain and reduce the suffering from pain - we should try it in the first place. Also, prepare patient with hypnosis before painful surgical procedures, or to treat with hypnosis a phobia to lie quietly in an MRI "tunnel".

SN: I consider you as a highly creative hypnotherapist. Some professionals in hypnosis do not have this ability. What is your opinion about that issue?

GG: I do not believe that a professional in his/her field is not creative. Of course some therapists are more confident than others. But, it is not an issue of creativity. It is an issue of confidence. Being a confident hypnotherapist means allowing yourself to be better relaxed and free in order to perform hypnotherapy with less inner critique. Imagine an amateur football player who plays football in front of 70,000 spectators in the football field. For sure, he will not allow himself to play freely and happy. He is "stuck" by his inner "censorship" which does not allow him to play with confidence. If you are "above" techniques you can be more creative. For instance, some hypnotherapists are deeply concerned with the hypnotic text. They ignore the non-verbal cues of their patient during hypnosis and they are speaking "monologues". This is very bad, because they did not reach yet (I am always optimist...) the level where they can ignore the text and transcend beyond the text and become more confident as hypnotherapist.

SN: Beyond creativity, what else should a hypnotherapist have?

GG: Initiative and therapeutic activity. Hypnotherapy is usually done in a short period of time. Unlike psychodynamic therapy, where you have many sessions, in hypnotherapy you try to create a change within a short time period. For that reason, the hypnotherapist should initiate his/her therapeutic wisdom and therapeutic activity not only to create a change in a relatively short time, but also to have the patient feel secure and safe that his/her hypnotherapist is a skillful, talented and mostly reliable therapist.

SN: Almost every one of us, as an hypnotherapist, has his/her own preference toward certain kind of patients. What is your preference?

GG: I like to treat complicated and "difficult" patients who suffer much of physical or psychological problems. I like therapeutic challenges. I try with these complicated and difficult patients, to produce 120% of my therapeutic and hypnotherapeutic creativity. I also work at The Israel National Hemophilia Center located at Sheba Medical Center. On the one hand, almost any hemophilia patient is a challenge for doctors, nurses and myself who treat them. On the other hand, I am a hopeful person and a hopeful therapist. I treat these Hemophilia patients with hope and always expects for positive therapeutic outcomes.

SN: Could you describe your professional and managerial positions in Israel?

GG: Israel is the first country in the world that enacted laws to regulate the use of hypnosis. The Israeli Hypnosis Advisory Committee established by the Law for the use of hypnosis (1984) is in charge of implementation of the law. In Israel, hypnosis

cannot be performed without a Ministry of Health Authorization. Use of hypnosis without authorization is a criminal offense in Israel.

According to the Law, only Psychologists, Physicians (Doctors) and Dentists are allowed to study and perform hypnosis at the clinic upon having a license for doing hypnosis. Only who has completed recognized hypnosis studies and has passed the Ministry of Health Hypnosis Exam is eligible to receive authorization for practicing hypnosis. I have a broader hypnosis license which enables me doing four functions: 1. hypnotherapy, 2. research in hypnosis, 3. teaching hypnosis 4. performing police investigations using hypnosis within the field of forensic medicine. I was the president of The Israeli Society of Hypnosis for 6 years. I initiated the professional and scientific conferences of our Israeli hypnosis society ("Hypno") which are held every year, already for almost 30 years. I was for 15 years the Advisor of the Minister of Health concerning hypnosis in Israel. Now I am a member of the Advisory Committee for hypnosis to advising the minister of health. I direct and supervise for almost 22 years the courses for hypnosis teaching at the Medical School, Tel Aviv University. I was the treasurer of the Israeli Pain Society for 6 years. I was for 3 years the Vice-President of ESH and 3 more years the treasurer of ESH.



Interview with Edwin K Yager (EKY)

by John D. Lentz (JDL)

Dr. Yager began his early professional life as an electrical engineer. He had an epiphany where he understood what he later called Subliminal Therapy and he then went back to school obtaining two master's degrees and a Ph.D. in Psychology. Currently, he teaches Subliminal Therapy, Hypnosis and Psychotherapy at the UCSD School of Medicine, in addition to maintaining a private practice and promoting Subliminal Therapy through his non-profit institute.

In addition to looking way younger than his years, he and his wife have grown children and grandchildren. He says he is living his dream.

He tirelessly promotes Subliminal Therapy because he believes so much in it and how it can help others. He does so with so much enthusiasm, openness, and willingness to share his approach that he is both inspiring and influential. That is the reason that he was chosen for this interview.

JDL: Tell me a little bit more about Subliminal Therapy and how you got going with it.

EKY: When I first started practicing psychology, I strongly believed that hypnosis was the answer to many issues. However as my practice developed, it became clearer and clearer that the real answer was in discovering the root cause, the genesis, of

the presenting problem. Information about the genesis of the problem is stored in the patient's subconscious. Getting to that information absolutely requires being able to communicate with the patient's subconscious. Using hypnosis was a tremendous start in developing that subconscious communication. However, I discovered that certain approaches were more effective than others. Out of that grew the specific technique that I call ST. Subliminal Therapy facilitates subconscious communication to determine the root cause, which enables the therapist to guide the patient to make the desired change. When the root cause has been identified and resolved, the symptom (the presenting problem) ceases to exist.

JDL: Would you be willing to tell others how come you are so determined to teach your approach to others?

EKY: My determination to teach ST is very real, I admit to being passionate about it. An essential reason for this is simply that ST works! It works more effectively and more efficiently than any other therapy I have knowledge of and I experience a strong sense of responsibility to broadcast that fact.

Also, I think perhaps there is an innate desire in all of us to leave something good behind, yet I question that as the real answer for me; I don't think in those terms. When she was my age, my mother said to me, "I know I'm old, but I don't think I am." That's me too. I do believe that whatever the motivation is, it has to do with meeting my personal needs; that's the way we function. I just rejoice in the blessed life I lead. Satisfaction gained from helping others reigns supreme in my mind.

JDL: What are some of the more unlikely cures you have seen with your approach?

EKY: Within the last five years, there has been a variety of unexpected successes as I have become more aware of the role of psychogenesis in physical problems; turns out there are many such problems and I will list a few that I and others have successfully treated with ST: Chronic pain; Bronchial asthma; Migraine and tension headache; Chronic illness; and Addictions, both social and chemical.

In the psychological domain, I will mention the success I have had in using ST to integrate personalities in Dissociative Identity Disorder. I have worked with many of these patients over the years, with some successes using hypnotic techniques, but nothing like the leap in successes when using Subliminal Therapy. Engaging their higher level of intelligence opens doors of ability that we are only beginning to understand.

JDL: How long have you been using this method?

EKY: As near as I can pin it down, almost 40 years. The concept occurred to me in 1974 and my first copyrighted paper on ST is dated 1975. Of course, the protocol I used then is not the same as today;

however, the essential concepts of the psychogenesis of disorders and the existence of the accessible higher level of mental functioning have not changed.

JDL: What schools of thought seemed to influence you the most as you were developing your ideas?

EKY: I am unable to give a satisfying answer when asked this question. You see, at that time in my life I was an engineer and was beginning my transition into the world of counseling and therapy. I had no knowledge of psychological theory. The terms others now expect me to use in answering were not part of my vocabulary, nor had their concepts been entertained by me. I was studying hypnosis and thinking about a master's degree in counseling. The inspiring question in my mind was about how we can simultaneously have differing / conflicting values and desires (e.g., compulsive behavior in spite of conscious wish to the contrary). In my engineering way of thinking, the answer mandated mental subdivisions of some sort and an overseeing, benevolent influence that worked with a high level of intelligence.

JDL: Do you use your method on yourself? Do you teach others to as well?

EKY: The short answer is "yes." However, I must qualify that "yes" by saying that I don't use the formal protocol I use with patients. Another qualification that applies to me is that we do not make very good self-therapists! I think the big limitation is that we lack objectivity about ourselves.

On the other hand, there are many things we can do and there is nothing to be lost in "going for it." Just have the intelligence to seek help if what you do is not successful. Many of my patients have reported success in achieving specific changes with ST and I encourage exploration.

JDL: Thank you so much for sharing about Subliminal Therapy. It is a pleasure to know you Ed.

Interview with Mojca Brezavscek (MB)

by Consuelo Casula (CC)



CC: Last January, following the suggestion of your professor in hypnotherapy Prof. Dr. Marjan Pajntar from Slovenia, you wrote telling me that as a psychologist and psychotherapist you started your own practice in Ljubljana, and that you received some funds from EU Leonardo da Vinci Project covering travel costs to learn Hypnotherapy abroad. When I read your words, I immediately thought that this was the realization of the dream Nicole and I had about student exchanges among ESH constituent societies in order to give scholars the possibility to learn from experts all around Europe. In your first letter you added that you

needed to find an institution willing to accept you as an observing student for free in UK, due to the language. I asked our UK ESH member and chair of the CEPE committee Martin Wall for help and after a little checking he gave you some names. After contacting them the placement worked out and you had your learning experience.

I would like you to inform the reader about your experience with the hope that your words will inspire other institutions to do the same with other students from different countries. I'd like to start asking you something about yourself, and about your background. What led you to study hypnosis?

MB: I am a psychotherapist and a psychologist with a Msc in development psychology. I have my own psychotherapy practice in Ljubljana, Slovenia, where I help clients with a variety of different problems and symptoms. I always strive to develop, learn new things and approaches so as to be able to help my clients better. I became more interested in hypnosis and hypnotherapy a few years ago when a friend told me about her experience in solving some problems with hypnotherapy. I saw it as a very useful approach which could enrich my psychotherapy practice and enable me to help my clients better. I started to study hypnosis at Slovene Society for Medical hypnosis with one of the greatest experts on hypnosis in Slovenia prof. dr. Marjan Pajntar. I learned a lot during my training, but I lacked the confidence and I was reluctant to practice it, so the possibility to enrich my knowledge in England was very appealing. I hoped I would be able to enrich my existing knowledge and experience so as to be able to start my hypnotherapy practice more seriously and with more confidence which I certainly did. I am more interested in clinic work for now, but in time, after I gain more experience, perhaps I might become more interested in research also.

CC: What is the EU Leonardo da Vinci Project? What have you done to receive funds from EU Leonardo da Vinci Project? What advice can you give to someone else who wants to do the same and is willing to study outside of his/her own country?

MB: Leonardo da Vinci supports mobility and innovation projects in vocational education and training and further education. Individuals can do a work placement or some other work study abroad – and thus broaden their knowledge and skills. European cooperation projects between institutions and interest groups in vocational education contribute to better quality, attraction and innovation in the European vocational education systems and practices. I applied for the funds to study hypnotherapy and got granted two weeks abroad. Then of course I had to find a suitable institution for me to visit. I contacted you and you kindly recommended me to dr. Martin Wall who helped me to find the right experts in England. My advice to those who are willing to study abroad is to be active and explore the possibilities of different funding options which are often available but we rarely take

advantage of them, often because we are not aware they exist.

CC: After you received the names of the hypnotists who were willing to have you as observing student in their institute what have you done? Can you tell us the name of the institute and the names of the teachers who took care of the two weeks of training?

MB: Dr. Martin Wall from London informed me that Dr. Les Brann, Head of hypnosis unit from The Laurels Surgery in Boreham, Essex and Karen Mackrodt, Practice Nurse and Nurse Specialist in Hypnosis were willing to accept me as an observing student. I contacted them and they kindly invited me and were willing to share their vast knowledge with me. Their hypnosis unit is attached to a General Practice surgery using hypnosis. The unit is a busy one with three therapists. They have a huge collection of videos of their sessions with their patients. They have over 5 years worth of video evidence so I had a lot to choose from.

CC: Tell us how did you spend your two weeks, how did you spend your regular days? How many hours did you spend in the institute? Doing what, and with whom?

MB: I spent a very pleasant and very educational two weeks in Boreham. My day began at around 8-9 am when I came to the surgery. On most mornings Dr. Brann met me there and we usually had about an hour to discuss everything that I was interested in regarding the videos I watched or about hypnosis in general. He and Mrs. Mackrodt were always available for any questions that I might have and were more than willing to take time and discuss with me any questions and dilemmas that I had. They were extremely supportive and shared with me all the materials they use for educational purposes. I could also borrow and read books and hypnotherapy journals from their library. I didn't sit in at any hypnosis session because we would need a patient's permission for that. But I found that watching videos was far more useful because it enabled me to watch a series of sessions of a certain patient in a row and thus be able to follow the whole therapy process. That I found extremely useful. By watching the videos I was able to stop/pause at any time to go over certain techniques, or listen more carefully to the wording or manner of speech and listen to the trance logic moments. It helped me see that various techniques I was familiar with from my training could be used with different patient problems, as well as new techniques I was unfamiliar with. It gave me the opportunity to look at pacing within the sessions, silences, language, and metaphor use. I was also fortunate to see both child and adult sessions. I usually stayed at the surgery and watched videos till 4 pm. The afternoons were free to explore beautiful countryside or read borrowed books on hypnotherapy. My hosts took care of me also in my free time, they showed me around, spent time with me, invited me to a few dinners. Dr. Brann organized a garden party on Saturday where I met a

lot of their ex hypnotherapy students. It was very interesting to be able to share experiences and meet colleagues. I was delighted to know they too had the same worries and fears I have as an inexperienced therapist in hypnosis.

CC: What did you learn most? What is your best memory?

MB: Seeing so many sessions and being able to afterwards discuss the problems, techniques and approaches being used was of the greatest value. I also overcame some of (as I understood) common beginner's fears. For instance is the client really in trance, would possible noise from outside disturb the therapy etc... My best memory is the whole experience – friendly hosts, the possibility to learn so much...

CC: After coming back to your practice, what changes do you feel inside yourself at a personal and professional level, as a person, as a psychologist and as a psychotherapist?

MB: I feel much more confident in my hypnotherapy practice now and my clients notice that. I really learned a lot. If I use a metaphor...it is as if I have learned how to spell and write single sentences at my basic educational program on hypnotherapy in Slovenia but I learned how to write a story in England. I had a lot of knowledge even before my two weeks experience in Boreham, because our educational program held by prof. Dr. Marjan Pajntar was very intensive and good, I just lacked practical experience, I was practically a beginner in this field. Seeing so many therapy sessions with clients with different problems gave me the necessary practical insight. Now I feel a lot more confident, I am more creative in my therapy sessions and I am developing my own way of doing it. So far I am very satisfied with the results.

CC: After you finished your experience you shared with me your gratitude toward Dr. Les Brann and Karen Mackrodt who followed you during the two weeks. Can you specify what kind of gratitude you feel towards them.

MB: Dr. Les Brann and Karen Mackrodt have developed the unit within the past 7 years and are both highly educated in hypnosis – Dr. Brann with a MSc in hypnosis from Sheffield University and Karen with a post graduate diploma from University College London. Between them they have nearly 40 years of experience with hypnosis. As I mentioned before they were extremely helpful and supportive, they did everything for me to feel welcome and supported in Boreham at their clinic and to get as much knowledge and experience as I could. It is also of special value that I can contact them with any questions or dilemmas that I encounter in my hypnotherapy practice now when I am at home and continuing with my practice. Their advice is valuable and useful. I feel much safer and confident dealing with complex and difficult cases knowing that I can turn to such experts for advice.

CC: As far as I know you are coming to Sorrento, and I suppose it is your first ESH congress. What expectation do you have regarding this event?

MB: Yes, I am coming to Sorrento. I decided that after my English experience, which definitely raised my enthusiasm about hypnotherapy and everything that can be achieved by using it as a therapeutic method. I definitely want to learn more and hear other experts' experience.

CC: What do you think in general ESH congresses should offer to young scholars? What would you like the ESH to do to help young practitioners to improve their knowledge and their experience regarding hypnosis?

MB: Beside the possibility to hear different experts and lectures and attend workshops I think any congress offers the possibility to meet colleagues from different countries and areas of expertise and thus gives one the opportunity to exchange experience, share knowledge and possibly to stay in touch with colleagues even after the event finishes. It would definitely be useful if young practitioners get the possibility to share dilemma's or questions with more experienced colleagues –ESH could perhaps help to organize some kind of network or on-line advice system where questions could be posted and more experienced hypnotherapists would answer those questions. Those Q&A, organized by topics, kind of problems etc, could then be available for anyone to read...I think that sooner or later all hypnotherapists encounter the same type of problems and dilemma's, so the answers or advice would benefit everyone. In general and also in medical circles, hypnotherapy is often regarded as an occult or an alternative/complementary therapy and not a serious or scientifically based kind of therapy. Giving the possibility to raise the level of hypnotherapists' knowledge and experience also in this way and thus helping to obtain better outcomes of therapies would definitely improve the reputation of hypnotherapy in general.

Children's Corner

Interview with Jeffrey Lazarus (JL)

by Maria Escalante de Smith (MES)



MES: First of all, let me thank you for the opportunity to interview you. Your work really caught my attention because I have worked with children experiencing enuresis and other conditions like Tourette syndrome.

JL: It is an honor for me to be interviewed for the ESH newsletter.

MES: How did you hear about hypnosis for the first time?

JL: I had had plantar warts...on the bottom of my foot. And I had seen a dermatologist who did the standard medical treatment, including freezing them and putting topical medications on them. After visiting him every three or four weeks for fifteen months, they were still there, and I became quite frustrated. So I called the local children's hospital, Rainbow Babies and Children's Hospital, and was referred to a physician you might know...Karen Olness, MD!

MES: I have the book that she and Daniel Kohen, MD, wrote together, 'Hypnosis and Hypnotherapy with Children'.

JL: Karen was very gracious and agreed to see me as a patient. We met in her office one time only, and she taught me a technique commonly used for adults, involving deep muscle group relaxation, muscle group by muscle group. Then she said, "When your body is relaxed, go to a place in your mind where you feel happy, safe and comfortable...and when you are in that special state of mind, tell yourself, 'I will no longer feed the warts.' Do this exercise ten minutes twice a day, and call me in a month."

So I used visual imagery, or self-hypnosis, and every time I did the exercise, I visualized the blood vessels constricting at the sites of the warts. I actually felt tingling only where the warts were. And, I was not a very compliant patient, Maria.

I did the exercise for ten minutes twice a day for four days, then ten minutes once a day for four days, and then every few days whenever I remembered. Nevertheless, three weeks later, they were gone and never returned, and I was hooked! So I called Karen and told her, "I need to learn how to do this," and signed up for what is now called NPHTI (the National Pediatric Hypnosis Training Institute) and took the introductory workshop. Dan Kohen, MD, and Pamela Kaiser, PhD, are currently the co-directors of NPHTI. An international faculty provides this training annually in Minnesota.

This was before it was called NPHTI, but it was the same faculty. I attended the introductory workshop and it changed my life. I became quite interested in this, and taught self-hypnosis to patients in my practice.

The following years, I took the intermediate workshop and subsequently the advanced workshops a few times. Then I became interested in Michael Yapko and his work, and have done a lot of training with him.

MES: Tell me about your first patients

JL: My very first patient was an 8-year old boy with tics and Tourette syndrome. He had a cough tic, so I called Dan Kohen and told him that this patient was far too difficult for me to treat since I was only a beginner. He replied, "Nonsense, Jeff! I will send you my papers that I wrote on tics and will guide you through it, and you'll do fine." And that's exactly what happened, and, fortunately, the child did well. I

videotaped all my sessions and sent them to Dan to critique, and this was very helpful.

Another patient with Tourette syndrome was referred to me and I thought it would be helpful for him to see the video clips of my first patient, the boy who had done so well. So I called the boy and his family and asked them if it would be all right to show the new family the video clips. They said, "Yes," and every time I saw a new patient with Tourette syndrome, I would call the family and talk to the little boy afterwards and say, "Thank you. You have just helped another patient." It made him feel good to help other people. And that is how my interest in tics and Tourette syndrome developed.

MES: And do you still practice general pediatrics?

JL: Six years ago, I left my general pediatrics practice and moved back to California to practice medical hypnosis full-time and love coming to work every day. The most common conditions I treat are performance anxiety, nocturnal enuresis, headaches (including chronic daily headaches and migraines), irritable bowel syndrome and functional abdominal pain, tics and Tourette syndrome, and chronic pain.

But I like taking care of patients with tics and Tourette syndrome the most and will tell you why. Enuresis is embarrassing and humiliating, but it is private. No one goes to school the next morning and says, "Hey, everybody! I'm still wetting the bed at night. Who else is still wetting the bed?"

If someone has a migraine and misses school one day, the following day people tell him/her, "Oh, we are glad you are feeling better and are back today." But if someone has tics and Tourette syndrome, that is socially unacceptable. It is embarrassing and humiliating. I just love taking care of these patients because it is so rewarding and they typically have significant improvement after only two or three visits. And it changes the quality of their lives so dramatically.

MES: I think it is beautiful how you can help these children. When browsing your website, www.JeffLazarusMD.com, I saw that in one of the videos on your site, you taught a child how to use a stop sign as a means to reduce the symptoms. How do you introduce this idea to patients with tics?

JL: I have to remind you that we all stand on the shoulders of others. In fact, in 1987, Dan Kohen and Pamela Botts, wrote the original paper describing this method to treat four patients with tics.

I ask the patient, "What is the feeling that you have just before that tic occurs?" This is called the premonitory urge. The premonitory urge is the signal or warning that the tic is going to occur. Younger children often do not have a premonitory urge. Most older children, adolescents, and adults have a premonitory urge. But even when someone does not have a premonitory urge, you can ask, "What do you first notice right before that tic

occurs?” For patients who reply that they do not notice anything, I put them into the state of hypnosis and have them watch themselves, focusing on the moment just before they do the tic, and then do the tic in slow motion, and typically they are able to recognize the first thing that happens right before the tic occurs. The little boy in the video says that right before his cough tic, “It feels like something is stuck in my throat and I can’t get it out.” Once patients are aware of these sensations, they can be guided into the state of hypnosis, using whichever induction you’d like. Then, you can say, “Imagine that feeling right before that cough comes, and put up a stop sign.” This little boy happened to like playing American football, so I suggested, “Imagine that feeling right before that cough, and instead of allowing it to go through those vocal cords, that neck, and that mouth, transfer it down from that neck to those shoulders, to those elbows, and down to the football. Then he would throw the football to the moon! And, although this does not make neuro-anatomical sense, of course, it works because of neuroplasticity.

MES: Could you tell me how you use the technique with soccer, please?

JL: Yes, I use words such as net, kick, ball, head, goal...and say something like, “So you know what the *goal* of this is, and you can *kick* that tic away. You can use your *head* and the *net* result is that you have fun while you are kicking those tics away. I like to incorporate the words of the child’s sport or hobby into metaphors.

MES: That really makes sense and let me tell you why. Soccer is very important in Mexico. I like the idea of kicking the symptom. I was also thinking about the goalkeeper protecting the area and the net.

I see that you have written some articles and chapters and lecture both nationally and internationally. Can you tell me a little bit about that?

JL: Yes, I’ve written chapters and articles on nocturnal enuresis, functional gastrointestinal disorders, tics and Tourette syndrome, and metaphors. It is both a pleasure and a privilege to teach workshops at our various hypnosis meetings. I have enormous respect and fondness for my colleagues.

MES: How can our readers learn more about your approach to hypnosis?

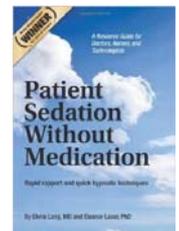
JL: They may visit my website at www.JeffLazarusMD.com

MES: Thank you for this interview.

JL: I’ve enjoyed talking with you. Thank YOU for taking the time.

Patient Sedation without Medication: Rapid Rapport and quick Hypnotic Techniques
Elvira Lang, MD and Eleanor Laser PhD.

227pp. ISBN 9781461037606



As the goal of book is to help a patient through a stressful medical encounter, it’s important for the care workers involved in this field of medicine to build rapid rapport and use quick hypnotic techniques. Step-by-step readers learn to integrate the approach in their work. Part I focuses on establishing Instant Rapport – the preparatory work to make a good start and prepare the patient for further work. A very important Part II makes readers aware of language, unwanted use of negative suggestions or implicit language that increases distress in patients and shapes the experience in a negative, unwanted way! One becomes aware of the impact, and gets guidelines for a more helpful approach.

Part III, about guiding patients in Self-Hypnotic Relaxation demonstrates how one can learn a lot about hypnosis and be prepared to integrate the skills into daily practice. Methods are offered in a very concise format, selecting the essential info one needs! The concept is offered and gives the most skeptical reader the AHA experience of a natural phenomenon or trance, and hypnosis as trance with content and purpose. Seeing how patients in a “medical setting often – just on their own – enter a state of hypnosis” and “become highly suggestive and receptive to what is said around them” (p. 85) – readers start to see the hypnotic state as a naturally occurring one, sometimes as a negative trance resulting from the stress and anxiety patients experience! Readers are taught that whatever they say to patients in this state can work as a suggestion – again emphasizing the importance of the chosen language! Guidelines about how to explain the hypnosis to a patient, getting a full script helps to get confidence and have the courage to integrate skills in medical practices. Scripts are written for research purposes, out of the necessity to have standardized approaches and consistency. The scientific and research data make new bees better prepared to deal with criticism and skeptical attitudes from some medical community. It promotes the learning process and helps to progressively develop/find one’s own language. Matching with carefully chosen methods, to assure the maximum of comfort for the patient, working with finger signals, the difference between direct and indirect language and suggestions are explained and demonstrated with examples and scripts.

Managing distressing anxiety and distress gets a special chapter with some creative scripts as the pile of sand to pile up and let disappear anxiety and distress. To better manage pain different easy to learn and to apply suggestions and imagery are offered. The book has plenty of reference and an appendix of hypnosis scripts at the end.

The book offers a wealth of information in a very concise form, conveying the essence of what one should know, do, avoid to efficiently working with comfort talk in practice. It’s built up in a very didactic way with in many chapters some personal experiences of the authors called “Journal Entry”

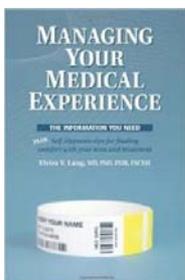
or “Case examples” from where some concepts easier can be seen, understood, linked to one’s own practice. You get some essential theoretical base – limited to some necessary knowledge and practice guidelines, exercises and scripts. Very helpful are the “Key Points to Remember” at the end of each chapter with the main information summarized. To integrate the learning objectives in daily life and practice readers are invited to practice themselves with what they learned or to do some exercises directly related to the new learning in “opportunities to practice” to experience the teachings in real life situations.

Readers get the benefits of the pioneering work of the authors who built up an extensive experience and research executed by the team. For the work, rigorous scientific standards and research were designed to underpin the methods, and make it possible to integrate methods within medical teams where evidence based practices are required. Clinical experience with the method, and examples and suggestions for using the methods in different – some challenging – situations make it a real hands-on book to assist practitioners in the field. Scripts put together at the end of the book and the comforting idea that newcomers can/ are allowed to work with scripts and that it works as well and helps to familiarize give them the confidence and courage to get started.

I can fully recommend it to faculty of training courses in hypnosis and hypnotic communication and as a recommended book for all of their trainees in the medical and healthcare field eligible for this training.

Nicole Ruyschaert

It’s my honour to announce a newly published book from Elvira Lang: “Managing your medical experience.” The information you need plus Self-Hypnosis tips for finding comfort with your tests and treatment



This book is rather a self-help book for patients, but as interesting for medical staff to see interventions from the perspective of the patients!

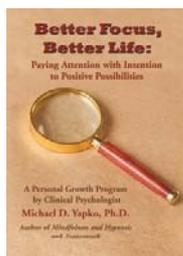
169pp. Elvira V. Lang. Hypnalgessics, LLC 157 Ivy Street. Brookline, MA 02446. Available at: www.hypnalgessics.com/MYME

The book will be reviewed in one of the next ESH VRI Newsletters.

Nicole Ruyschaert

CD Review

Better Focus, Better Life: Paying attention with Intention to Positive Possibilities. A Personal Growth Program by Clinical Psychologist Michael D. Yapko, Ph.D.



by Nicole Ruyschaert

The use of focusing strategies such as mindfulness and hypnosis, once considered esoteric by some, has become mainstream treatment. The simple reason why is because

they work! They help people learn and absorb new perspectives and skills that can stimulate both brain growth (neurogenesis) and personal growth. The more we learn about the merits of paying attention in goal-directed ways, the more clearly we understand the powerful relationship between your quality of focus and your quality of life.

Better Focus, Better Life provides you with an overview of the merits of paying attention with intention and four different focusing experiences in each volume. Each exercise is carefully structured and delivered to provide you with opportunities to absorb yourself in a wide range of areas upon which to focus. In volume one the focusing exercises center around ‘positive possibilities’ while the exercises in volume two focus upon ‘transcending the usual.’

Both of these audio CDs are designed to be listened to as often as you wish and in any order you wish. They are meant to help develop your ability to focus on the things that are important to you and should not be listened to while driving or doing anything else.

Take a few moments each day, choose a track and then, “It’s time to focus...”

A self-help tool

Disc one: overview, session 1 & 2

Disc two: session 3 & 4

Disc One starts with an overview on “Hidden Strength” Developing your capacity to focus.

Many different methods for personal development and to improve quality of life as meditation, mindfulness, hypnosis, mental training are widespread. Focus is part of all of them. Basic Principle conveyed is that “what we focus on shapes perspectives” and that “quality of focus is everything”. Listening to the whole session, many different ideas, choices for focus are offered. And listening regularly offers you a variety of aspects, each time you return to it, perhaps discovering another aspect, idea, having a different experience.

All 4 sessions start with an inviting announcement “Time to Focus”, and each time you can find yourself more involved and better and better focused. In all sessions a very permissive language is used as “there isn’t anything you have to do, experience, not as if there is an ideal way to focus”. Offering choices, implicit language and suggestions make from every session a different experience paving the path for your improvement.

Session 1 focusses on the spirit of growth, with the intention of evolving a lifelong framework for personal growth. You are invited to observe with your mind, and to feel with your heart, finding the core of your being, switching from thinking to feeling. Isn’t it inviting and promising to see “your life is your canvas, your artist studio” and “that it’s your spirit that creates and to let your spirit soar, ride the wings of change”. And doesn’t it seem like a wonderful idea that “instead of spending a lifetime finding yourself, you better can spend a lifetime creating yourself?”

Session 2’s focus is on Exploring, Discovering and Creating the self, with intention to Expanding beyond self-limiting perceptions. You are invited to being connected to the best

Next Issue – Review

parts of yourself, and to utilize this kind of focusing to (re)discover parts of yourself, parts you can enjoy and use in your daily life. Regression to childhood – the metaphor of discovering toys in your friend's house – connects you with your natural curiosity and tendency to explore. Resources are mobilized in a gentle way to enter new situations with uncertainty and grow comfortable with rediscovering your ability to learn and evolve.

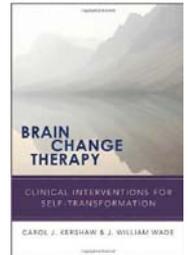
Session 3 has a focus on the magic of the moment with intention to expanding your view to also notice what's right. To be in a moment, first you are guided into a slowing down process to stop at or enter into the magic of a moment. How to stop thoughts and the metaphor of seeing them as "fast moving clouds driven by wind", and how "when the wind slows, they come to lazy stop". A stop creates the opportunity to deepening the sense of power in this moment and to discover something valuable about your own self. And as you are invited to think about 'a magic moment' and get the room to feel and experience "what happens if it goes on and on – expanding from moments into minutes – you can begin to remember magic moments, many in your life". Even if you don't really find the magic, a simple reminder of all that's good and right in that moment is all you need to fully benefit from this exercise.

Session 4 puts the spotlights on revising the Self with the intention to shifting your self-image from who you were to who you're becoming. Entering the focus session already creates the field to interrupt routine, and for a while take some distance from a long list of obligations you might have. Awareness of self is linked to the focus exercise, leading to awareness of who you really are, not just what you do: "deliberate on how valuable to define yourself differently" knowing, feeling "you are more than your job, title, to do list, more than all those impressive and routine things you do each day". Indirectly you are invited to review rules you lived by when Michael gives the personal example how he had been questioned about assumptions on doing psychotherapy. Each of you has rules "which were imposed on you, which ones you followed, and which ones you still feel happy about" and you can "redraw lines for yourself, that define you, examine how you were" and discover "you are really not exactly who you thought you are or who you think you are" as "who you "who you were is changing, who you are is changing". Here you really have so many options to shape yourself in the future!

I can recommend the CD to clients and therapists for use in personal development. The CD features the personal style of working of Michael Yapko with his warm voice, very permissive language, offering plenty of choices to address different individuals with their preferences. It also is interesting as a learning tool for psychotherapists, to revise their self-image as therapist, and find ways to make their way and evolution in the professional world, finding their own voice, style, and ways in the challenging field of psychotherapy. As so many words, suggestions are given in a steady rhythm, I personally would prefer some more moments of silence to deepen the experience. 1 minute of silence in a 20-30 minutes session is very limited. But in deeper trance you just can let your mind pick up what's more relevant and let go, or even forget about what is less relevant in a particular session. So, also for you, time to focus?

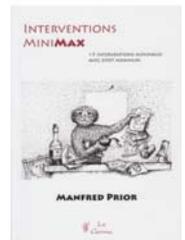
Brain Change Therapy. Clinical Interventions for self-transformation.

Carol J. Kershaw and
J. William Wade. 354pp.
W.W. Norton & Company.
New York – London



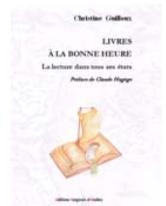
Interventions MiniMAX – 15 interventions minimales avec effet maximum.

Manfred Prior. 84 p. LeGerme.



Livres à la bonne heure. La lecture dans tous ses états.

Editions forgeurs d'étoiles. 263pp.
ISBN 979-10-93020-08-2



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You can take a look at their collection at <http://www.crownhouse.co.uk/publications/?type=sujet=hyp>

by Christine Guilloux

FAIRE FACE A LA SOUFFRANCE **Choisir la vie plutôt que la lutte** **avec la Thérapie d'Acceptation** **et d'Engagement**

Benjamin SCHOENDORFF
Éditions Retz, Paris, 2009
ISBN – 978 – 2 – 7256 – 2874 - 5



A l'heure où, dans nos pays d'Occident aux avancées technologiques, sociales, matérielles, les entreprises s'amincissent, où les stress s'affichent, où les peurs de pandémie se médiatisent, « la crise » se vit avec ou sans masques, avec ou sans sourdines. Les souffrances, les angoisses, l'anxiété sont là. État de siège, état d'alerte, état de mal-être. Parfois sur le fil du rasoir, souvent sur le qui vive.

Éviter, évincer, faire disparaître la souffrance, tels sont souvent nos premiers réflexes. Nous savons qu'il est une voie bien familière, un principe bien connu, d'Erickson: le principe d'utilisation. Partir de ce qui est, accueillir ce qui est. Avancer, nager dans le sens du courant plutôt que résister ou se laisser couler. Benjamin Schoendorff, psychologue libéral et chercheur à l'INSERM en psychologie clinique et en neuroscience cognitive, introduit une approche voisine, celle de la Thérapie d'Acceptation et d'Engagement. Une approche intégrative, en « open source », issue et aux côtés des courants de la pleine conscience (Mindfulness) et de travaux expérimentaux portant sur le langage et les émotions dont la théorie des cadres relationnels (Relational Frame Theory).

S'appuyer donc sur ce qui est, ressentir et nous enrichir de nos souffrances, souligner la différence entre « je suis malheureux » et observer la pensée « je suis malheureux », interrompre les luttes contre nos pensées et nos émotions et les évitements inutiles, déjouer les pièges du langage, nous orienter dans la direction que nous souhaitons le plus profondément, faire vivre au quotidien nos valeurs, choisir de choisir et de vivre au lieu de subir et de s'enfermer : l'acceptation dont il est question n'est ni passive ni résignée mais est de l'ordre d'un accueil – utilisation – transformation – rebond pour s'engager dans l'action.

La Thérapie d'Acceptation et d'Engagement ou « ACT » (*Acceptance and Commitment Therapy*) a ainsi développé une approche thérapeutique visant à apprendre à vivre différemment sa souffrance, à modifier la relation entretenue entre la pensée et le ressenti afin de pouvoir changer de comportement et de réaliser ce qui compte pour nous, de mettre en mouvement et de poser en actes nos valeurs.

Nouvelle vague, présentée comme troisième vague des thérapies comportementales, l'ACT met en musique et en une nouvelle composition notre flexibilité comportementale, offre une palette d'exercices (téléchargeables également en MP3 et en pdf) pour permettre un apprentissage pas à pas et au rythme de chacun. Les exercices usent du paradoxe, de métaphores et invitent à expérimenter sur le terrain de la vie.

A nous de choisir d'y goûter, à nous de nous inspirer de ces nouveaux espaces de liberté et de continuer à faire nôtres les propos, soulignés, de Gaston Bachelard «L'avenir, ce n'est pas ce qui va arriver, c'est ce que nous allons en faire.».

Soigner par la Méditation **Thérapies de pleine conscience**

Claude BERGHMANS
Elsevier-Masson, Paris, 2010
ISBN 978-2-294-70843-5



L'exercice que nous propose Claude Berghmans, *Soigner par la pleine conscience*, s'adresse aux soignants que nous sommes et, au-delà d'une exploration des approches de la méditation à travers les âges, nous offre un large panorama de pratiques de la méditation de la pleine conscience. Variétés et variations d'une approche qui se veut louangée depuis les premiers travaux du psychologue américain Jon Kabat-Zinn dans les années 1980. Se réapproprier ou s'approprier la définition de la méditation de Deane H. Shapiro: «Le terme de méditation se réfère à une famille de pratiques de l'autorégulation qui se focalisent sur l'attention et la conscience afin d'amener les processus mentaux sous un contrôle volontaire plus grand et de ce fait entraîner un bien-être mental et physique et qui ont pour objectifs de développer des états émotionnels spécifiques comme la joie, le calme.»

Au-delà d'un état des lieux historique et scientifique, l'ouvrage se centre sur cette focalisation de l'attention de manière non analytique, une attention fluide et vigilante à plusieurs objets successifs, une méditation dite « de la pleine conscience ». La *Mindfulness Based Stress Reduction*, la *Mindfulness Based Cognitive Therapy* sont décrites avec précision ainsi que d'autres approches thérapeutiques qui s'en inspirent comme la *Dialectical Behavior Therapy*, l'*Acceptance and Commitment Therapy* (*). La part belle est faite aux applications pratiques et la déclinaison de l'approche de la *Mindfulness Based Stress Reduction*. Cet ouvrage pédagogique et pragmatique peut nous inciter à réviser nos copies, à rafraîchir nos pratiques, à nous enrichir d'une approche séquentielle à associer à d'autres exercices... À nous, soignants, de jouer de notre plasticité cérébrale pour accueillir ces approches conjointes de gymnastique mentale, de gymnastique douce pour envisager la préservation de la santé autant que la guérison de la maladie.

- Cf. l'ouvrage *Faire face à la souffrance*.

A chacun sa créativité **Einstein, Mozart, Picasso... et nous**

Jean COTTRAUX
Editions Odile Jacob, Paris,
2010 ISBN 978-2-7381-2315-2



Définir l'hypnose, définir la créativité, vaste défi ! Apanage de tous ? Apparu dans les années 1940 pour franciser un mot dérivé du latin et utilisé par les psychologues américains, le terme «créativité» a vagabondé de l'univers

publicitaire à l'action individuelle ou collective, de l'innovation au trait de personnalité.

Jean Cottraux, psychiatre, spécialiste des TCC, nous propose dans son nouvel ouvrage «A chacun sa créativité» de considérer la créativité comme «une dimension fondamentale de la psychologie humaine qui part de l'inventivité pour aboutir à des réalisations concrètes et laisse un héritage tangible.» Créateurs connus ou inconnus laissent des traces non seulement dans nos imaginations mais sur des roches – ainsi les peintures et les gravures rupestres -, par des objets, des idées, des musiques, des images, des pratiques sociales...

Créativité des groupes comme les «collèges invisibles» du domaine scientifique, les «think-tanks» du domaine politique, les «cénacles» du domaine littéraire, les leaders charismatiques positifs ou transformationnels dans le domaine social. La créativité est partout dans les méandres du quotidien sans que l'on y prête attention. Continuum qui passe inaperçu. Définir alors la créativité comme «capacité de trouver des solutions originales aux questions que l'on se pose et de réaliser son potentiel personnel en appliquant ses talents à une réalisation concrète»? La tentation serait grande de l'assimiler à l'ingéniosité, montrée et évaluée au Concours Lépine. Nous baignons dans les répercussions de ces innovations techniques, technologiques, sociales... La créativité «hors du commun», celle des personnalités exceptionnelles et des génies, est celle qui est habituellement remarquée et également décrite et explorée dans ce livre.

Le créatif serait-il un oiseau rebelle, un insatisfait permanent, un antisocial ou un pro-social à la recherche d'améliorations, à la recherche de la perfection? Pointerait-il du doigt le «Paradoxe de Dracula»? «Ce que nous connaissons nous empêche de connaître ce que nous ne connaissons pas.» Aussi asseyons-nous sur nos connaissances, notre éducation traditionnelle pour pouvoir la dépasser, nous en abstraire, innover.

Environnement, motivation intrinsèque, émotions, intelligence, personnalité, aptitudes biologiques et psychopathologie interviennent dans l'action créative. Ces sept facteurs sont analysés et décortiqués. Pour que la magie opère? Être créatif n'est-ce pas simplement jouer à faire semblant comme sait le faire l'enfant, libéré des filets de son cerveau gauche?

L'ouvrage de Jean Cottraux nous abreuve d'exemples que constituent la vie et l'œuvre des grands artistes et des grands scientifiques. À côté de la créativité exceptionnelle de génies comme Einstein, Darwin, Proust ou Mozart, la créativité s'exerce en toute discrétion et humilité en chacun de nous. Elle peut se traduire dans l'art de vivre. La vie comme le plus bel accomplissement.

S'exercer à être créatif passe par l'ouverture d'esprit, le travail et la persévérance au-delà du talent ou du don. Jean Cottraux nous permet le voyage, le détour créatif pour passer à l'action, tambour battant, radio interne en sourdine. Alors s'exercer à être créatif par l'action plus que par la contemplation? S'exercer à être créatif pour inventer sa vie au fur et à mesure, pour nourrir et satisfaire sa vie? Faire ses gammes, «gymnastiquer» avec les idées, les mots, les sens. Point n'est besoin d'exceptionnel pour goûter aux joies de la créativité au quotidien. Il s'agit juste de s'ouvrir à

la nouveauté, à la différence, à l'étrange, de se laisser aller à rêver, de «brainstormer», de «rendre le familier insolite et l'insolite familier.». Comme le disait si justement William Gordon dans ses travaux sur les analogies et la synectique.

News from ESH Constituent Societies and Forthcoming Events & Congresses

2014

4 & 5 October 2014

BSMDH-Scotland: Autumn Symposium Weekend

Awarded 8 ESH Credit Points

The Stirling Highland Hotel, Scotland

Email: mail@bsmdh-scot.com

18 October

CIICS: Sezione Inter-Regionale Nord Italia,

Istituto Franco Granone

Ipnosi e Dolore

Torino

E-mail: ciics@seleneweb.com

LATE REGISTRATION DEADLINE

EXTENDED to 7 OCTOBER

21 / 25 October 2014

XIII ESH Congress

Hilton Sorrento Palace Hotel, Italy

HYPNOSIS AND RESILIENCE

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.

PRE-CONGRESS EXPERIENTIAL PROGRAMME:

(21 October) – boat trip to the Isle of Capri

(lunch included):

200 Euro = ESH / ISH / MEI Members

250 Euro = Non-Members

CONGRESS SCIENTIFIC PROGRAMME:

(22 / 25 October)

360 Euro = ESH / ISH / MEI Members

450 Euro = Non-Members

To Register: www.eshcongress2014.org

Email: ipnosii@gmail.com

Tel: +39 068 548 205

6 November
SMSh: Annual Training & Professional Development Seminar
Conference Centre, Kreuz 4710 Balsthal, Switzerland
Email: info@smsh.ch

13 November
DGH: Hypnose – Wenn Seele Und Körper Schmerzen
Bad Lippespringe, Germany
Email: dgh-geschaefsstelle@t-online.de

5 December
IETSP: Brainspotting Therapy (BSP) Level 2
The Revolutionary New Therapy for Rapid and Effective Change. Paris, France
Email: mayer@ietsp.fr

6 December
Institut Milton H. Erickson Ile-de-France
Symposium de lancement
Sur le thème Réhumaniser Le Soins, le samedi 6 à Paris
Email: imheidf@gmail.com

12 December
Institut Milton H. Erickson Nice-Côte d'Azur
Colloque Hypnose, Creativite et Alliance Therapeutique
Nice, France
Email: contact@abchynose.fr

2015

19 March
MEG: Congress – details to follow

8 May
AFEHM : 7EME Colloque: Hypnose – Zen – Meditation
Rue de l'Ec9le de Medecine – Les Cordeliers, France
Email : secreariat.hypnose@orange.fr

26 / 29 August
ISH & CFHTB Congress
Roots and Future of Consciousness
Paris, France
Call for communications till September 15th, 2014
<http://www.cfhtb.org/congres-paris-2015/>

10 September
DGZH: Congress – details to follow

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/>

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ESH Congress 21 / 25 October 2014

Late Registration Deadline

7 October 2014

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Hilton Sorrento Palace Hotel, Italy**

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