Dear Friends and Colleagues

It is a pleasure for me to announce a summer edition of the ESH Newsletter put together by Nicole Ruysschaert, Consuelo Casula and co-workers from the Newsletter Committee.

The Newsletter was being prepared just prior to our annual ESH Board meeting, hosted by Gunnar Rosén and the Norwegian Society, NSCEH. In Oslo we were dealing with issues of major interest for clinical and scientific hypnosis across Europe. One of the issues concerned educational hypnosis programmes in Europe; we are now in the process of collecting the criteria existing for Trainers of our Constituent Societies. The results of the survey will be discussed, in order to formulate standards for Trainer programmes in clinical hypnosis. Following the same policy, as when we developed the criteria for the ECH (European Certificate of Hypnosis), the criteria will reflect the European view of professionalism of clinical hypnosis trainer trainings.

It is also a pleasure for me to announce that the negotiations concerning the continuation of Contemporary Hypnosis, as the official journal of ESH, were very successful. Inside the Newsletter you will find a very attractive offer to subscribe to an online version of Contemporary Hypnosis. In addition, you have option to download a complimentary copy of the first issue under the new contract with the publisher.

I would like to invite you to take a close look at our remodeled version of the ESH-website which is now in operation (esh-hypnosis.eu). It will keep you updated on the newest scientific and clinical developments in European hypnosis, as they are reflected in meetings, congresses, publications and other modes of communication within the professional hypnotic community.

Have a great summer!

Matthias Mende, Ph.D.
President European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine
Ich freue mich, bekannt zu geben, dass die Verhandlungen für die Fortsetzung von Contemporary Hypnosis als offizieller Zeitschrift der ESH sehr erfolgreich verlaufen sind. Im Newsletter werden Sie ein sehr attraktives Angebot finden, um die Online-Version von Contemporary Hypnosis zu abonnieren. Abgesehen davon haben Sie die Möglichkeit, ein Gratis-Exemplar der ersten Ausgabe unter dem neuen Vertrag mit dem Herausgeber herunter zu laden.


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Ich wünsche Euch/Ihnen einen wunderschönen Sommer!

Dr. Matthias Mende
Präsident Europäische Gesellschaft für Hypnose in Psychotherapie und psychosomatischer Medizin

Cari amici e colleghi

È un piacere per me introdurre l’edizione estiva della ESH newsletter messa insieme da Nicole Ruyschaert, Consuelo Casula e altri collaboratori della redazione.

Questa newsletter esce poco prima del nostro board meeting annuale, ospitato da Gunnar Rosén e dalla società norvegese NSCEH. In Oslo tratteremo temi di notevole interesse riguardanti l’ipnosi clinica e scientifica in Europa. Uno di questi temi riguarda i programmi di insegnamento di ipnosi in Europa, dove siamo raccogliendo i criteri adottati dai trainer delle nostre società costituenti. I risultati della ricerca saranno discussi per individuare standard per training di ipnosi clinica. Seguendo la stessa politica utilizzata per identificare i criteri per il certificato europeo di ipnosi, ECH, i criteri rispecchieranno la concezione europea di professionalità della formazione-formatori in ipnosi clinica.

È un piacere per me annunciare il successo della negoziazione che consente di continuare a considerare Contemporary Hypnosis la rivista ufficiale della ESH. All’interno della newsletter trovate un’attraente offerta per un abbonamento della versione online di Contemporary Hypnosis. In aggiunta, vi è anche l’opzione di scaricare una copia gratuita del primo numero dal nuovo contratto con l’editore.

Una versione rimodernata del nostro website sarà operativa a breve. Questo vi manterrà aggiornati sui più recenti sviluppi clinici e scientifici dell’ipnosi europea, così come emergono da meeting, congressi, pubblicazioni e da altre comunicazioni all’interno della comunità professionale ipnotica.


Dopo tutti questi fatti e dati, vi porgo una visione personale dell’ipnosi: Vi siete mai chiesti quanto fosse profonda la trance di un paziente? Avete mai utilizzato il vostro contro-transfert come terapeuti per ricalcare la profondità della trance del paziente per cogliere il momento giusto per farlo scivolare più profondamente in trance? Prestare attenzione alle risposte della propria trance come terapeuti in relazione a un paziente particolare consente di intensificare il rapporto e di condurlo verso l’approfondimento della trance attraverso segnali para verbali e non verbali.

Buona estate

Matthias Mende, Ph.D.
Presidente della European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine

Chers ami(e)s et Collègues

Avec grand plaisir je vous annonce l’édition d’été de la ESH newsletter écrite par Nicole Ruyschaert, Consuelo Casula et collaborateurs de la newsletter comité.

Cette newsletter apparaît juste avant notre annuelle ESH conseil d’administration qui aura lieu à Oslo où nous sommes invités par Gunnar Rosén et la Société Norvégienne d’Hypnose NSCEH. A Oslo nous allons discuter des thèmes importants pour l’hypnose scientifique et clinique en Europe. Un des thèmes se focalise sur les programmes de formation en hypnose : nous sommes en train de collectionner les critères actuelles pour formateurs dans nos sociétés membres. Les résultats de l’enquête seront discutés afin de formuler les conditions pour la formation de formateurs en hypnose clinique. Selon la même stratégie, adoptée pour formuler les critères pour ECH – Certificat européen en hypnose, ces critères vont refléter la vue
Letter from the Newsletter Editor

Dear all, it is with great pleasure that we present to you the 2010-1 Newsletter. As you will discover, Constituent Societies are very active in organising congresses and many books on hypnosis have been recently published. We are delighted to announce and review the books and to bring you the exciting news that ESH has adopted *Contemporary Hypnosis* as our official Journal. Crown House are the new publishers and, as ESH Members, you have reduced subscription rates. Consuelo will help us look behind the borders of Europe, as she shares her experiences at ASCH and Ericksonian congresses. And we are proud of new research developments in Spain and a special Award in Italy. The new ESH website ([www.esh-hypnosis.eu](http://www.esh-hypnosis.eu)), which is a result of common efforts of ESH BOD Members, will be launched within the next few days.

News from the Constituent Societies

News from AEHE
(Spanish Association of Ericksonian Hypnosis)

*Ericksonian Glossary – in English and soon in Spanish and other languages.*

A Glossary of Ericksonian Terms, sponsored by The Milton H. Erickson Foundation was presented at the past Congress of The Evolution of Psychotherapy 2009 in Los Angeles. Translations in to several other languages, carried out by native speakers, will be ready soon. José Cava, President of the AEHE and co-Director of the Instituto Erickson of Madrid, has participated in the Spanish translation team with other colleagues from Latin America. The Ericksonian Glossary contains more than 200 words and terms frequently used in Ericksonian Psychotherapy and Hypnosis, not always properly used or understood. The Glossary will help to clarify and unify the Ericksonian terminology and help professionals all over the world to better understand and use Dr. Erickson’s work.

Elisabeth Erickson Grant – Milton H. Erickson Foundation

Teresa García-Sánchez, co-Director of the Instituto Erickson of Madrid and Vice President of AEHE (Spanish Association of Ericksonian Hypnosis), was one of the three winners of the Elisabeth Erickson Grant, given by the Milton H. Erickson Foundation. Teresa will carry out a research study with a number of people affected by the multiple sclerosis disease. She will collaborate with the medical team that treated a previous similar case (a young man in his early twenties), with a combined approach based on Chemotherapy and Ericksonian hypnosis, given by Teresa.

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

The patient’s neurologist certifies that on the neuro images there is a clear diminution of the Multiple Sclerosis scars

The recovery of this young man was amazing especially for his neurologist. The case report was presented as a scientific paper at the ASCH 2009 annual Congress in Boston and at the ISH 2009 Congress in Rome.

*Rossi’s seminar at the Instituto Erickson de Madrid…on internet!*

Instituto Erickson of Madrid has pioneered the use of the Internet for the training of psychotherapy and hypnosis. Last year, Dr. Ernest L. Rossi was unable to travel Spain to give a seminar due to health related issues.

Instead of cancelling or postponing this long waited seminar, a special arrangement was made...
Delegates at the Instituto in Madrid were able to watch and listen to Dr. Rossi projected onto a real size screen. Images captured by the camera at the Instituto were also shown in a small window at the bottom of the screen, so the audience could see the images that were actually being received at Dr. Rossi’s home. The compound presentation allowed interaction and gave a sense of physical presence.

Dr. Rossi gave several practical demonstrations during the seminar and was satisfied and surprised with the excellent results achieved. Volunteer subjects who participated in the demo sessions, said they felt Dr. Rossi was very close, and the whole process was much easier than previously expected, even with translators speaking simultaneously in Rome and Los Osos.

Communicating through the internet to allow him to be ‘virtually’ present in Madrid, while giving the seminar from his home in Los Osos (California).

Video and audio systems were set up in Los Osos and Rome to allow simultaneous bidirectional communications.

Albo Online Dei Soci Della Societa’ Italiana Ipnosi
Claudio Mammini, SII

Come era stato preannunciato in questa rubrica nello scorso numero dell’ESH Newsletter, la Società Italiana di Ipnosi si è dotata di un albo professionale al fine di accreditare chi utilizza la tecnica ipnotica per fini terapeutici nel rispetto dei codici deontologici e statutari della società.

L’albo è visitabile alla pagina www.hypnosis.it e viene aggiornato ogni sei mesi.
Può accedervi chiunque abbia i seguenti requisiti (vd. art. 5 statuto SII alla pag www.hypnosis.it/Statuto_della_SII.htm):

a) laurea in Medicina, Odontoiatria e Psicologia con relativa iscrizione ai rispettivi ordini professionali e formazione ricevuta nei corsi di Ipnosi Clinica e Psicoterapia Ericksoniana della SIIPe di Roma o presso altre scuole riconosciute dall’associazione;

b) i ricercatori non soci che, per un quadriennio, hanno partecipato, ogni anno, ad almeno una delle iniziative organizzate o approvate dalla SII;

c) Centri, Istituti e Organizzazioni, professionali o scientifici, idonei ai fini di una specifica collaborazione con la SII.

Per essere inseriti nell’elenco occorre fare richiesta per diventare socio SII inviando una mail all’indirizzo di posta elettronica ipnosii@libero.it

Attualmente sono iscritti 97 ipnotisti, di cui: 87 in qualità di socio ordinario, uno di socio aggregato (in formazione), 6 di socio ordinario consigliere SII e 3 di socio ordinario consigliere fondatore SII.

Sul totale degli aderenti all’albo, 33 provengono da una formazione di tipo medico e 64 psicologico.

Finalmente un registro che raccoglie tutti i dati dei professionisti abilitati a svolgere una professione regolata da Legge nell’interesse, prima di tutto, dell’utenza.

Per accorgersi dell’urgenza di discriminare coloro che operano nella legittimità da chi ha altri fini non occorre nemmeno muoversi da casa. Chiunque abbia navigato in internet in maniera più o meno casuale usando come parola chiave “ipnosi” ha potuto fare l’esperienza d’imbattersi in individui privi di ogni legittimità e sporculo che, attraverso l’ipnosi, offrono sistemi miracolosi per tutte le occasioni e cure per ogni male.

La questione non è se si è in grado di offrire soluzioni, cure e sollievo al dolore. Non è nemmeno se esse siano più o meno miracolose, quanto se si è accreditati ad esercitarle. E’ una questione di responsabilità.

Chi aderisce all’albo accetta di autodisciplinarsi.

E’ evidente che l’accreditamento, obbligando ad un profilo legale, etico e deontologico, e alla costante supervisione della componente societaria (gli altri professionisti iscritti alla SII), impedisce di fatto, o limita fortemente, il tentativo di azione impropria a cui può essere tentato il singolo. Pena l’espulsione.

Iniziativa di legalità e trasparenza a cui è importante aderire anche per prendere le distanze dall’indifferenziata caratterizzazione e dall’aura magica che la nostra professione può tendere ad assumere se non opportunamente regolata.

News from THD – Turkey

Activities of THD in the first half of the year were as follows:

(1) THD continued to give its traditional three-level courses to medical doctors, dentists and psychologists,

(2) THD has been making preparations for the ESH 2011 Congress in Istanbul (August 16-21),

(3) Ali Özden Öztürk, MD, President of the THD, was invited to give a lecture on the use of
hypnosis in painful cases (especially in those who have cancer) at the ANKEM Congress.

(4) A new book from Ali Esref Müezzinoglu, DDS is on the way: "Want it, Believe it, Change Yourself" will be published shortly.

(5) Ali Esref Müezzinoglu, DDS was invited to give a lecture at the joint meeting of dentists at Samsun in April.

Best Regards,

**Gertrude Piribauer**
Director of Board, MEGA.

**News from the International Society of Research and Education in Communication – Co-operation – Liaison – Strategies (ISOREC), Austria**

In June, one of the ESH founders and ISOREC Board Member, Heinrich Wallnöfer, MD, celebrated his 90th birthday.

Heinrich is still working with patients and teaching, a great old man of Hypnosis and Autogenic Psychotherapy, Honorary Member and Honorary President of well-known societies. His activities include workshops in Asia, supervision via the Internet, and publishing a book about his grandfather: Captain Johann Heinrich Scherrl, an adventurous sailor on the seas.

We wish Heinrich Wallnöfer all the best and hope that we will have the opportunity to learn from his knowledge and humanity for many years to come.

**Marianne Martin**
Vice President ISOREC
www.hypnos.at

**News from the Austrian Society of Scientific Hypnosis (ÖGWH)**

The next University training course of Medical Hypnosis (Chair: Henriette Walter) at the Medical University, Vienna will start in November. Seven modules will be given by experts in the hypnotic field, including Dirk Revenstorf and O. Berndt Scholz. We are proud that, together with ISOREC, we have been able to successfully bring the curricula to the University.

Best greetings from Vienna.

**Henriette Walter**
Vice President ÖGWH
www.oegwh.at

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**Congress Reports**

**Conference Review: Evolution of Psychotherapy Conference 2009, December 9-13 Anaheim**

by Consuelo Casula

The VI° Evolution of Psychotherapy Conference 2009, organised by the president of the Milton Erickson Foundation, Jeff Zeig, continued the tradition of gathering together foremost psychotherapists coming from different fields, such as Psychoanalysis, Gestalt, CBT, Emotional Focused Therapy, Family Therapy, and Hypnosis. This tradition started in 1985 with the outstanding figures of those years to commemorate the 100th anniversary of psychotherapy. Since then many others have been organised (1990, 1995, 2000, 2005) to the great satisfaction of both the organisers and the attendees who had the opportunity to learn from great masters, such as Aaron Beck, James Hillman, Marsha Linehan, Cloe Madanes, Donald Meichembaum, Salvador Minuchin, Christine Padesky, Erving Polster, and Martin Seligman, among others.

Each presenter in his/her unique voice taught the attendees to open their minds, hearts and souls, actualising the value of the ancient Latin motto *mens sana in corpore sano*. Studies coming from neuroscience show brain plasticity and mirror neurons combined with the search for the soul in the western and eastern tradition. While James Hillman went back to the Greek etymology of *psyche-soul*, Jean Huston claimed that nowadays spirituality was spreading freely from the religious fundamentalism. Cloe Madanes showed her personal way of being spiritual and Deepak Chopra, Jack Kornfield, and Daniel Siegel their way of enhancing spirituality in patients.

Despite the different approaches each presenter selected, they agreed in asserting that the main therapeutic task was harmonising patient’s biologic, neurological, psychological, social and spiritual identity. Daniel Amen and Andrei Weil took part in the pre-conference lecturing on
“Optimal Brain-Optimal Body” and showed the connection between brain and life: since the brain is involved in every thing we do in our life, when we change our brain we change our life as well. For them, and for Robert Sapolsky as well, it is important to nurture the brain not only with good food but also with positive feelings and healthy thoughts. In this way we enhance its plasticity with meditation, art, novelty, dreaming and hypnosis, as was also suggested by Ernest Rossi. If we want to maintain a young and flexible brain, we need to feed it with happiness, gratitude, love, curiosity and trustful relationships. Maybe this is the secret recipe of masters, such as Aaron Beck, Salvador Minuchin and James Hillman. Even though their body grew old with years, their brain was still young and full of life. From their experiential wisdom they invite the young generation to stay optimistic, persistent and flexible. They suggested not to blindly follow a school of thought, but to stay open and learn what works best, no matter if it comes from a cognitive, emotional, behavioural or spiritual path. The most important thing is to learn what works best for that particular patient in that particular moment of their life. Many of the speakers recognise that the main aim of psychotherapy was to help patients to discover their own protective factors so that, when dealing with difficult and painful situations, they could bring back their own resources and resilience. Fierceness, compassion, openness, passion for the possible, gentleness, joyfulness, mindfulness, humour, flexibility, and creativity are the most archetypal and helpful to elicit, among protective factors. These factors are found in happy and in resilient person, in people who live a significant and committed life, both in the personal and professional field.

In the wide panorama of psychotherapy the fabulous four of hypnosis – Steve Gilligan, Ernest Rossi, Michael Yapko, and Jeff Zeig – showed that hypnosis is intrinsically flexible and naturally predisposed to combine mind and body and to reinforce their interconnection. Gilligan in his presentations talked about the generative self and how to develop a higher status of consciousness for transformational changes through hypnosis. Rossi presented the Gene expression and brain plasticity in the evolution of psychotherapy, Yapko discussed hypnosis as a context for developing inner resources, and Zeig showed advanced techniques of psychotherapy.

It was a pleasure for the attendees to see Zeig’s satisfaction with the success of the congress. The success demonstrated full recognition of his effort in having so many unique experts not only presenting their personal work during their individual workshop or invited addresses, but also talking to each other, exchanging their experience and ideas during topical panels and dialogues in a friendly and co-operative way. I look forward to participating in the next Evolution of Psychotherapy in about four years.

Many presenters agreed with the plenary speaker David Patterson who showed how hypnosis works in acute, procedural and chronic pain and proposed their techniques in dentistry, in dermatology, for back pain, headache, chronic pelvic pain, and in palliative care.

Attendees who work with women could attend the workshop “Enhancing women’s seven strengths: hypnotic solution”, and those who work with children had many options. They were many workshops and symposia dedicated to hypnotic techniques and strategies to help children in the management of perioperative anxiety and chronic pain, to reduce pain and anxiety of immunisation, to modulate child behaviour and emotions, to create the right atmosphere for using hypnosis during any paediatric procedure proposed by Laurence Sugarman and Dan Kohen, and in the case of an eight year old with cystic fibrosis and anxiety, illustrated by Julie Linden.

Beside sharing experiences and provoking questions, the Nashville meeting proposed a workshop on ethical principles and professional conduct to improve appropriate and sound ethical decision making ability. It is clear that knowing hypnosis doesn’t make you a good therapist, does not transform the operator into a good clinician. A good clinician is able to utilise each therapeutic tool: s/he who is able to do so without hypnosis. Hypnosis is a tool to manage with care, an instrument that needs to be attuned with the patient in that particular moment of their life. Many of the speakers recognise that the main aim of psychotherapy was to help patients to discover their own protective factors so that, when dealing with difficult and painful situations, they could bring back their own resources and resilience. Fierceness, compassion, openness, passion for the possible, gentleness, joyfulness, mindfulness, humour, flexibility, and creativity are the most archetypal and helpful to elicit, among protective factors. These factors are found in happy and in resilient person, in people who live a significant and committed life, both in the personal and professional field.

Hypnosis & Hypnotherapy: Shared Experiences, Shared Questions, Shared Values, Nashville 2010
by Consuelo Casula

Every year, usually in March but always in a different city, ASCH offers an Annual Scientific Meeting and Workshops to its members, a chance to meet colleagues and friends and reinforce belonging and motivation to be part of this community. S/he who wants to learn the basic of hypnosis, or s/he who is ready for the intermediate level, can attend the 20 hour workshops and also participate in the early morning keynote presentations. S/he who is already expert in hypnosis can select from many interesting workshops and symposiums.

This 52nd annual meeting has reached its goal of sharing experiences, questions and values. Even though Michael Nash showed that hypnosis is not efficacious in the treatment of depression, addiction, and eating disorders, according to the results of some research, other presenters demonstrated the opposite during their workshops. For instance, one proposed interventions for changing unconscious patterns to facilitate weight loss; another suggested utilising hypnosis as a motivational factor, as an instrument to make the desirable change by enhancing the internal motivation of addicted patients. Michael Yapko kept applying hypnosis in the treating of depression. Hypnosis is also presented by Elgan Baker, the current ASCH President, as a valid instrument in treating narcissistic and borderline patients, and in dissociative disorders by Richard Kluft. We, as therapists, can use hypnosis for ourselves, to enhance our creativity, and to utilise the tools of intentions taught by Steven Lankton.

From the exchanged experiences succinctly reported, the value of deep respect for patients and their needs emerges. It does not matter if patients suffer from physical or psychological pain, if they are young to live or old with few months. It is our duty to do our best to create a strong and powerful therapeutic alliance with patients’ resources and help them to enhance their potentialities.
Next appointment is in March 4-8, 2011, in Las Vegas, to teach and learn on Mind and Matter, Innovations in Hypnosis.

Book Reviews

The Salmon of Knowledge: Stories for Work, Life, the Dark Shadow, and OneSelf

Nick Owen
Crown House Publishing Ltd

Review by Consuelo Casula


The title, the Salmon of Knowledge, comes from an ancient Celtic story with two main characters that are complementary: one exists because of the other and vice-versa. One character is an old man who locates, catches and prepares the salmon; he represents the rational, calculating and tactical mind, as well as the hard work and willpower necessary to achieve the goal. The complementary character is a young man who finds himself at the right place at the right time without tension nor intention; he represents the youthful innocence that wins in the critical moment with his intuitive awakened mind, knowing instinctively what to do and seeing beyond the surface of things.

In this book, the author shows the connection and integration between reason and intuition at different levels, offering the reader the opportunity to get what he is looking for from a book of stories. S/he who loves new readymade stories to tell during therapeutic sessions or training courses can enrich his/her repertoire with this book. S/he who searches for theoretical consideration regarding the logic, meaning or the imbedded suggestions implied in the stories finds what s/he is looking for in the introduction of each chapter. S/he who simply wants food for thought and for soul is nurtured by many inspiring stories that go beyond the surface of the content. No matter what the reader is looking for, s/he will enhance his/her wise awareness through stories, spiritual pathways and anecdotes from contemporary science, all of which have in common a harmonic blend of reason and intuition.

The stories selected by Owen come from Zen or Sufi philosophy, from Cabbala or Christian or Buddhist tradition, from Irish, African, Chinese, American or Australian culture, from real events in the lives of managers and leaders, from quantum physics or from Greek mythology. Some stories are based on real life experience, others are deeply metaphorical; some are very short, with few concise and incisive sentences, like koans or haiku, others are long and elaborate showing the complexity of life’s up and downs and the archetypal wisdom inside of every human being. Each story aims at giving some suggestions about how to reach a better understanding of ourselves and our human condition, in order to live a life with intelligent understanding, serenity, and wisdom. The stories selected by Owen are both irreverent and insightful, so that they stretch the bounds of imagination, make the complex as simple as possible, offer challenging and provocative perspective. The stories have the power to become great connectors, dealing with universal values, life and death, work and love, one and others, dark shadow and enlightenment. Many stories invite us to take a step back and look at ourselves with serenity, to smile at our ridiculousness, and to open ourselves to new possibilities of honesty and truth.

The book has seven sections called Chautauquas, a name coming from a movement born in the nineteenth century in New York State and used by a group of travelling storytellers who organised cultural events combining lecture with music and theatre. Each Chautauqua has a main theme where different stories are collected to create a whole, where the global concept is articulated by each story. The seven Chautauqua are:

1. Finding One’s Own Path, with stories on the themes of awareness, presence and direction.
2. Beyond the Surface of Things, with stories on the theme of appearance and illusion.
3. Flow, with stories on the theme of creativity, complexity, strategy, and systems.
4. Difficult conversations, with stories on the themes of mastery, honesty, leadership, and personal responsibility.
5. Stuckness, with stories on the themes of attachment, fear, ego, shadow, death, and other dark matters.
6. All Things Must Pass, with stories on the themes of impermanence, acceptance, and letting go.

This book will not only enrich the readers’ repertoire of stories but also give a moment of serene contemplation of the complexity of the human soul.

101 Things I Wish I’d Known When I Started Using Hypnosis

Dabney M. Ewin
Crown House Publishing Ltd

Review by Consuelo Casula

Not only young hypnotists will be grateful for this intelligent and friendly book, but also experts who will improve their skills adding simplicity, humour and effectiveness to their daily work with patients. It is a short book that requires time to read slowly, to assimilate, and to make one’s own the wisdom it contains.

The book is divided into five chapters - Words, Smoking Cessation, Pain, Techniques, and Miscellaneous Pearls of Wisdom - each of which is introduced by a short premise and enriched by several concise and incisive paragraphs which expand the concept. In the first chapter, Words, Dabney Ewin proposes 15 delicate words whose implications must be known by hypnotists so that they will use the power of language with competent awareness and with intentional care. For instance, feel is different from sense, stop is more intentional and volitional than quit, daydream is more familiar than imagination, repair or revise are better than fix, precious is ego-strengthening...
The fourth chapter is full of helpful techniques coming from the direct experience of the author and from what he has learned from teachers, patients, colleagues and scholars. Ewin suggests what the reader should avoid and what to say, how to say it and when to say something that reflects empathetic involvement with the patient, following the Latin motto “Primum non nocere”. The chapter offers some inductions, such as confusion, eye fixation and eye roll; gives some advice, such as one issue a time, make the subconscious issue conscious, use patients’ names and their words, find the laughing place and always add an endpoint.

The last chapter - “Miscellaneous Pearls of Wisdom”- contains almost half of the 101 nuggets of wise reflection, and gives insight and astute discernment rooted in 40 years of practicing medical hypnosis. It goes from the transformation of Freud’s quote “Dreams are the royal road to the unconscious” into “Hypnosis is the royal road to the unconscious” and to what he calls Ewin’s law: “A patient tends to go as deep as s/he needs to go to solve a problem. A patient tends to stay as light as necessary to protect him/herself”. It continues by reminding us again of the therapeutic effect of laughter with the indication that the best suggestions contain ten words or less, and are repeated at least three times.

S/he who knows Dr. Dabney Ewin personally finds in this book his humour, his warm candour, his trust in the young generation of hypnotists, and his positive attitude to learning from his patients, students and colleagues. This same attitude can be learned by the reader while utilising the teaching of this precious book.
Sponsoring archetypal patterns of transformation is teaching you more about moving through archetypes of transition. When you are not that familiar with this knowledge you might be stimulated to further reading of Carol Pearson and Judith Delozier’s work.

With a drawing you follow the move through the archetypes of transition around the archetype of the “dragon” or the problem representing something huge, largely unknown and potentially dangerous. (p137). To really know your dragon, you can associate with his energy, dissociate from it and then relate to it from the perspective of different archetypes, sorted out around the dragon in a circle: the Innocent, Orphan, Martyr, Wanderer, Warrior, Sorcerer. After reflecting upon which archetypal energies you used to dissociate from yourself, in a second round you get the opportunity to sense how you can use each archetypal pattern as a resource for transformation, again with the basic principle of transformation … centring, breathing, opening up your channel, staying present when archetypal creative unconsciousness opens up, connecting to a larger mind or a larger field.

Day 3 focuses on the Generative Field Mind, the third mind of the Generative Consciousness, the mind created by relationships between multiple minds. As authors question themselves, this might become ‘esoteric language’, adopting some spiritual attitude might help you to fully savour this part of the work. Here you open higher levels of consciousness, and learn that some creativity might come from beyond the personal conscious mind, from the ‘larger mind’ you connect with or tap into. Exercises as ‘magnetic hands’, ‘a Celtic Cross’ to open energy fields, an ‘energy ball’, seem well appreciated by participants despite sounding not (yet) fully scientifically underpinned. They are useful preparatory exercises to bring a problem into the energy sphere, and add archetypal energies to that problem, and could be seen as a different approach to reframing. Near the end of Day 3 presenters adopt rather a preaching style, putting that praying or connection with an intelligence beyond the local self is an essential part for further evolution and ending Day 3 with a channel of the divine.

Day 4 and coming to conclusion participants are navigating the journey and preparing to return back home. The Hero’s Journey is a metaphor for the awakening of the spirit into the human world.

You get the advice to practice, to feed your centre in a positive way, because “centring practice each day keeps the aliens away”. You learn how to enter trance with a self-hypnosis practice from Betty Erickson applicable to the hero’s work with opening to a generative solution. A final trial to connect the hero’s journey with Gabriel Roth’s work on dancing the 5 rhythms introduces some new and unexpected experiences. Energy moves in people and in life according to 5 rhythms, that form a wave, a type of meta model for transformation. After flowing, it comes to staccato and setting limits, to shift into chaos, move to lyrical and ending up in stillness, with full presence of energy that allows us to connect ourselves and beyond and open ourselves into the metafield. A challenge for further exploration? A musical, dancing experience at the end of the training? A total experience with integration of previous learning.

Conclusion: I enjoyed the reading, and had the experience of attending the training. Authors are excellent motivators...seeding and generating a yes-set, using poetry and texts. They are well aligned to each other, and the mutual cross-fertilization of both trainers makes the richness of their training and book. I liked the style of presentation and find scripts and steps in the exercises useful to prepare training sessions. I would recommend the book for professionals preparing training, enriching their workshops in hypnosis, coaching, NLP, Personal development, self-actualisation or individual work with clients suffering from problems, physical or psychological limitations, wanting to develop.

The transcript form, the complete report of the four days in writing makes the text unnecessary long and as a reader you risk loosing track, or need to put the essential ideas together to get an overview. Demonstrations are extensively reported, what means many pages of reading to share only a few ideas or steps in the process.

The Ultimate Power Nap
for Rapid rest and Renewal

By Carol Ginandes, PhD

Two CD’s
Crown House Publishing

Review by Nicole Ruysschaert

In a gentle way with music, a sound of an exotic bell, the soft voice of the author can guide listeners into a wonderful, relaxing, reenergizing experience. The program is well designed, with disc one as an introduction and practice session, to be prepared for disc 2, preparing to nap and taking a power nap.

In CD 1 listeners get a variety of experiences offered to develop sensorial experiences: they can make their own choices and discover how to get absorbed in inner experiences, discovering the most pleasing scenery, their preferred sensorial experiences to enrich the journey and deepen the experiences. From a myriad of choices, different seasons and different sceneries, everyone can find some preferred experience to dwell on and expand the inner time on his particularly relaxing scenery. Some post-hypnotic suggestions and cues to relive the experience make the exercise a real hands-on; available for daily use. Seeding and announcing the next ‘power-nap’ exercise increases expectation and proves how the author is familiar with all useful ingredients of hypnotic work, offering a lot of hypnotic skills in just one session. In CD 2 Preparing to nap, she gives necessary and useful instructions to create the best circumstances, and timing, like trusting your inner clock, and having some back-up device, five minutes later than the expected re-alerting after the exercise.

The content is rather a general relaxing exercise, with some non-specific suggestions for renewing, reenergizing, restoring energy, fostering and nourishing some parts in body, the mind or spirit, wanting that special attention. Given suggestion to “recharge, renew, repair” is repeated, and heard with the inner voice. In this part I had
expected some more specific metaphors, suggestions or imagery about renewal or reenergizing. The author stuck to the non-directive style, leaving space to the listener's personal imagery and creativity to have the suggestions do their work.

A nice CD to listen to: to discover the benefits of pauses, recovery moments during the day, to be guided through it in a soft, gentle way; enjoyable and useful for people without any experience in hypnosis and for experienced practitioners a-like. A safe way to make the general public familiar with the benefits of hypnosis: to relax, recover and renew and, perhaps, to want more of it.

Techniques of Hypnotic Induction

George Gafner
Crown House Publishing
(142 pages)

Review by Nicole Ruysschaert

The book started with a chapter on “getting started” where the author gives a very interesting up-to-date review of some hypnosis applications and research data. This information is helpful to get some evidence, to motivate people to work with hypnosis. Unfortunately it rather looks like a collage of different applications, with a mixture of citations, personal experience or communications, a first draft waiting to be worked through in a more uniform presentation.

Story inductions, seen as ‘indirect inductions’ can be read like that and offer clients a myriad of possible hypnotic phenomena. Stories like Glen Canyon, Contest of Time with antique clocks in an amphitheatre, and Kokopelli’s Legs only might be savoured fully by a particular population or people who have some affinity with clocks, main characters; some landscapes. They look like stories from literature utilised as hypnotic inductions. They might be interesting as study material to decipher, identify some typical indirect hypnotic communication principles and examples.

The guided imagery inductions are seen as ‘direct inductions’, although they again show the mastery of indirect work of the author: they are more didactically apt as you clearly find what the objective or purpose of each suggestion is.

Reading the glossary, an overview of terminology in hypnotic work and hypnentic communication, with definitions, how to elicit the different phenomena, and examples of the used techniques is a well structured didactic part, but this part is rather useful in a book for beginners and already well-known material by advanced practitioners.

I would recommend the book to advanced students in hypnosis and experienced practitioners. I see it as useful to learn to analyse texts and reflect on wording, indirect methods, to design their own scripts, daring to transcend boundaries of cognitive restrictions. For European readers stories might sound as far-from-my-bed, not that easy to grasp the meaning, or making sense, but…. confusion also works and deepens hypnotic experiences.

I think readers might more fully enjoy or reap benefits of the reading of Techniques of Hypnotic induction, after reading a previous book of Gafner and Benson: Handbook of Hypnotic Inductions, where basic principles are more fully worked out. In my opinion the title doesn’t match with the content of the book.

Publications on Hypnosis

Hypnotiquement Vôtre
Premier Journal de l’Association SFH
Bulletin semestriel de la Société Française d’Hypnose.

En tant que newsletter : vraiment une perle précieuse – le lay-out invite à lire, le but de la société de rendre l’hypnose « incontournable dans la thérapie en France » mérite attention, une contenu riche avec contributions volontaires des formateurs de la société (Ana Luco, Djayabala Varma, Christine Guilloux, Bernard Mayer, Jane Turner, Olivier Grinda). En attendant le prochain numéro, vous pouvez déjà jouer la lecture du premier journal.


Recensione pubblicazioni Amisi

Riporto una breve sintesi degli articoli maggiormente significativi apparsi sulla Rivista Italiana di Psicoterapia ipnotica da novembre 2009 a febbraio 2010.

Il numero 2/2009 si apre con la ripresa di scambi epistolari tra vari professionisti che si occupano di comunicazione scientifica concernenti la difficoltà di informare adeguatamente i lettori sulle caratteristiche dell'ipnosi e della psicoterapia ipnotica.

In Non solo metafore: uno stralcio di psicoterapia ipnotica, Alessandro Baffigi descrive un caso clinico focalizzando l'attenzione del lettore sulla conduzione della prima fase della terapia. Sono descritti con precisione, sia in termini di scambi comunicativi sia di riflessioni del terapeuta, i primi quattro incontri condotti senza l'utilizzo di metafore durante lo stato di trance, strumento spesso abusato a danno di altre strategie comunicative altrettanto efficaci. L'autore descrive in modo dettagliato i propri approcci linguistici e le modalità naturalistiche di induzione della trance correndandoli di numerosi riferimenti bibliografici.

Riccardo Pignatti presenta il lavoro originale Rapport come processo di comunicazione e cambiamento in psicoterapia ipnotica. L'autore descrive inizialmente i motivi per cui non può dirsi “rapport ericksoniano” la sola tecnica - gestita da un terapeuta rigido che induce nel paziente sensazioni di benessere superficiale e transitorio- o la sola “amicizia” -dove il terapeuta è in balìa emotionale del paziente e rischia di confondere consiglio con terapia- per arrivare a una definizione specifica della stessa.

Secondo l'autore, la peculiarità di questa relazione è la prossimità che, a differenza dall'intimità, permette al terapeuta di accompagnare il paziente in un processo di scoperta interiore delle risorse necessarie al suo sviluppo, attraverso quello che viene definito “spazio multidimensionale interpersonale condiviso”.
L’autore infine definisce e descrive tre macro-modelli di stili terapeutici che sono: Virgilio, che utilizza dubbi ed esperienze per favorire il cambiamento; Avatar, che accomagna il paziente a divenire artefice e guida di se stesso; Sherlock Holmes, che considera il paziente un alleato per arrivare alla soluzione del problema.


Con questi presupposti sono descritte le motivazioni che hanno condotto al superamento del paradigma positivistico per evidenziare la necessità d’individuare nuove metodologie di ricerca capaci di cogliere la complessità del disagio psicologico in termini di processo terapeutico e di percezione della prospettiva del paziente, ambiti sovente messi in secondo piano nelle classiche indagini statistiche della Evidence Based Medicine.

Infine viene riportata A scuola di ipnosi, un’intervista corale a Mosconi condotta da Ivano Lanzini, con la partecipazione degli studenti dei primi anni della Scuola di Specializzazione in Psicoterapia, che unisce la storia professionale del professore alla storia dell’ipnosi e della psicoterapia ipnotica neo-ericksoniana in Italia.

Dr. Gloria Bevilacqua
Psicologa – Psicoterapeuta

Special topics: Awards

We are proud to send you this piece of information: for the second time our group of researchers in the University of Padova (Padua, Italy) has been allotted the Clark L. Hull Award for Scientific Excellence in Writing on Experimental Hypnosis by the American Journal of Clinical Hypnosis, ASCH. The first one was in 2007.

Dott.ssa Maria T. Tosello.
CIICS Vice-President and Representative

Journal: Contemporary Hypnosis

Contemporary Hypnosis is a prestigious international journal originating from the British Society of Academic and Clinical Hypnosis. The journal is published quarterly. It has been adopted by the European Society of Hypnosis as our official journal and in recent years has included Continental European editors on its Board; Bongartz, de Pascalis, Vermuten.

The main aim is to provide a forum for the presentation and discussion of hypnosis theory, research and professional practices, with the general aim of furthering scientific understanding of hypnosis and promoting informed and responsible use of hypnotic procedures.

It encourages innovation in therapy and scientific perspective, as well as in complimentary interventions. It views hypnosis as part of an integrated therapeutic approach and stresses the importance of an evidential base for hypnotic interventions. Case histories and reviews, aside from formal scientific research, are published with a balance between research and practice. While emphasis is placed on contemporary knowledge, historical reviews are welcomed. Topics germane to understanding hypnosis are also encouraged such as sleep and dreaming, altered states of consciousness, imaginative processes including absorption, imagery, fantasy, role-playing, compliance, obedience, etc. Professional applications include clinical, educational, occupational, forensic, medical and dental domains.

Following the invitation to publish scientific presentations at the last ESH congress in Vienna, 55 submissions have been received. This warm response reflects the potential interest of Continental ESH members as subscribers. The journal is received by all members of BSCAH.

John Gruzelier
Editor

Negotiations of BSCAH, ESH BOD and Crown House Publishers resulted in an interesting deal for ESH Members:

40 Euro for the Electronic version [a reduction of 37%] and 70 Euro for the paper plus Electronic version (worldwide) [a reduction of 25%] for one year subscription.

We have also negotiated that the first issue can be circulated to all of ESH Members free of cost as a sample of the Journal they could be subscribing to.

Subscriptions can be made directly on line at Crown House publisher’s website. ESH members will receive a special code, to get the subscription at their special rate.

http://www.crownhouse.co.uk/index.php?page=about_journal
Calendar: Upcoming Congresses and Activities


2010 – September 16-17 - Advanced Workshop Advanced Techniques Of Psychotherapy: Attunement Jeffrey Zeig, PhD, Director, Milton H. Erickson Foundation, Phoenix, Arizona, USA

Attunement Can Be Considered The Deepest Level Of Rapport, A Foundation Of Empathy. How To Attune To Affect, Behavior, Cognition, Attitude, Perception, And Relationship Patterns – Even How To Attune To The Preconscious Associations That Drive Behavior. A Precursor To Every Intervention, Attunement Will Be Described From The Perspective Of Hypnosis, Psychotherapy, And Social Psychology. Clinical Applications Will Be Demonstrated And Discussed. Includes Small-Group Practice Exercises

Società Italiana Di Ipnosi (Sii) And Società Italiana Milton Erickson (Sime) Venue: Rome (TBA)


2010 – September 22 – 26. 46th International Seminar for Psychotherapy of the Austrian Society of Applied Depth Psychology and General Psychotherapy (ÖGATAP), Bad Radkersburg, Austria. “Und es bewegt sich doch”. Congress language: German. For further information please contact office@oegatap.at.


This workshop will provide both grounding in evidence-based pediatric clinical hypnosis and discussion, demonstration, and opportunity for rehearsal of practical applications in everyday work with children and adolescents. Powerpoint presentations will be augmented by video examples and case discussions. Topics covered will include, but not be limited to, hypnosis applications with children with Recurrent and Chronic Pain, Anxiety Problems and Disorders, Sleep problems (Sleep onset insomnia, parasomnias), Disorders of elimination (enuresis, encopresis), Habit problems (Tics, Tourette Syndrome), Chronic illness (e.g. Asthma, Migraine H.A.'s, Inflammatory Bowel Disease, Diabetes, Cancer). Time will be reserved for practice of techniques/treatment planning, and discussion of participants’ cases/quests.

Società Italiana Di Ipnosi (Sii) And Società Italiana Milton Erickson (Sime) Venue: Università di Roma “La Sapienza”, Dipartimento di Scienze Odontostomatologiche - AULA B1 - Via Caserta n. 6 – Rome - Italy


2010 – December 13-14 - Advanced Workshop - Advanced Techniques Of Psychotherapy: Attunement Jeffrey Zeig, PhD, Director, Milton H. Erickson Foundation, Phoenix, Arizona, USA

Attunement Can Be Considered The Deepest Level Of Rapport, A Foundation Of Empathy. How To Attune To Affect, Behavior, Cognition, Attitude, Perception, And Relationship Patterns – Even How To Attune To The Preconscious Associations That Drive Behavior. A Precursor To Every Intervention, Attunement Will Be Described From The Perspective Of Hypnosis, Psychotherapy, And Social Psychology. Clinical Applications Will Be Demonstrated And Discussed. Includes Small-Group Practice Exercises

Società Italiana Di Ipnosi (Sii) And Società Italiana Milton Erickson (Sime) Venue: Rome (TBA)

2010 – Saturday 4 December. Study Day on Hypnosis & Working with Children. Mr. David Houghton. London. Please contact BSCAH National Office or Gill McCall at metsandsouth@btinternet.com for further details, costs etc.


2011 – February 5-6. Scandinavian symposium arranged in cooperation with The Danish Psychological Society for Clinical Hypnosis and Swedish Society of Clinical Hypnosis. Malmö, Sweden, Contact: info@hypnoterapi.com

2011 – Saturday February 26. Study Day on Hypnosis & PTSD Dr. Debbie Mairs-Houghton. London. Please contact BSCAH National Office or Gill McCall at metsandsouth@btinternet.com for further details, costs etc.


2011 – March 17-23. 17th International Seminar for Autogenic Psychotherapy and Hypnosis-Psychotherapy of the Austrian Society of Applied Depth Psychology and General Psychotherapy (ÖGATAP), Innsbruck, Austria. Congress language: German. For further information please contact office@oegatap.at.

2011 – March 25-27. Joint Conference of BSMDH-Scotland, the RSM and BSCAH

2011 – March 25-26. Workshop with Michael Yapko, Ph.D: Depression is contagious. Copenhagen. Contact: info@hypnoterapi.com


Dates for the next Annual MEG Conferences are as follows:

2012 March 22-25
2013 March 14-17

All information about the courses of the MEG are located at our homepage www.MEG-Hypnose.de


Training

Danish Society of Clinical Hypnosis:

Upcoming courses

A) Introduction to clinical hypnosis for health professionals, Copenhagen, November 12th and 13th 2010

B) Diploma Course in Clinical Hypnosis for health professionals. Six weekends spread over 1 year, 100 hours of training. Next course starts April 2011

Contact: info@hypnoterapi.com

Hypnose Ericksonienne Thérapies Brèves. De la précision technique à l’inventivité thérapeutique. Dr. Patrick Bellet et Dr Jean-Claude Espinosa. En collaboration avec l’Université de Strasbourg. www.hypnose-clinique.com

Varia

New website ISH
International Society of Hypnosis
http://www.ish-hypnosis.org/ish-welcome.htm

ESH Congress 2011

ESH is aware of registration problems prospective delegates were encountering when trying to register online for the Congress.

12. CONGRESS OF ESH ISTANBUL
16th - 20th August 2011
Let’s meet where the continents meet. ESH 2011: Let’s meet where mind and body meets. HYPNOSIS

We are in close contact with the Turkish organisers to reach a quick and reliable solution to this problem and apologise for any inconveniences this may have created.

May we encourage you to be persistent in your efforts to register? Fax registration is working well at the moment and reliable online registration will be available very soon.

Thank you for your understanding!

Congress Registration Fees:

Five Day Full Programme:
15 Jan 2011: 480 Euros
15 Jun 2011: 510 Euros

Daily Tickets: 150 Euros
Accompanying Persons: 80 Euros

Obituary and Eulogy to Giampiero Mosconi

AMISI (Associazione Medica Italiana Studi sull'Ipnosi) one of the first Constituent Societies of ESH, has announced the lost of its Founder and President, Giampiero Mosconi.

Mosconi passed away on 26th June 2010. He will be greatly missed by all his colleagues within ESH and on behalf of the Society and all its Members we extend our sincere condolences to his family.

Giampiero Mosconi began his career as a Medical Doctor specialising in gynaecology in 1957. He was the first to undertake a laparotomia using hypnosis and founded AMISI, with the aim of spreading the study of hypnosis in Italy. In 1987 he published his first book on the use of hypnosis in childbirth, followed by many others on hypnosis in different fields, included psychotherapy. In 1998, in Milan, he opened the first four-year Italian school of hypnosis and psychotherapy.

He dedicated his life to accomplishing his mission of studying, teaching and writing books on hypnosis. He was a mentor and a model for many Italian hypnotherapists.