

Supplementary Books & Reviews
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Interview

Annellen and Alexander Simpkins interviewed by
Consuelo Casula – please see Pages 5 to 7



Books

Vanité des vanités: Méditation au désert
Daniel Duigou
Albin Michel, 2010 ISBN 978-2-226-21551-2

By Christine Guilloux

Quel serait un scénario classique pour un prêtre en veine de relecture d'un livre de la Bible, Qohélet, plus connu sous le titre de L'Ecclésiaste, en veine de méditations sur la vie ?

Qohélet comme porte-parole du chemin pris par Daniel Duigou, «Vanité des vanités, tout est vanité» comme fil conducteur d'une recherche intérieure?



L'ambition est grande, le propos hardi. Daniel Duigou nous emmène dans la casbah qu'il a faite construire aux confins du désert marocain, dans son ermitage et nous livre ses

réflexions, provoque ses certitudes comme nos certitudes, nous intrigue. D'abord par son parcours étonnant, et cumulatif, de journaliste de télévision en économie puis en politique, présentateur, grand reporter, rédacteur en chef, parallèlement de psychologue-psychanalyste dans les services d'infectiologie et de soins palliatifs de l'hôpital Paul Brousse, et enfin de prêtre - ordonné à 51 ans dans le diocèse d'Amiens sans avoir fait de séminaire. En retraite cathodique, médiatique, prosaïque, il a quitté ses habitudes parisiennes. Il a choisi un temps plus méditatif, un temps rythmé par les appels du muezzin comme marque de l'intensité d'une religion prégnante dans la vie des populations environnantes. Prier, lire, écrire.

Il a choisi de vivre un moment de solitude pour mieux être avec lui-même et avec les autres, un espace où penser pour réaliser un rêve qu'il a

poursuivi depuis la lecture d'une biographie de Charles Foucault à l'âge de 14 ans.

Alors, Vanité des vanités nous propose-t-il de dépasser la rengaine du Qohélet? Les «vanités» ont été plus particulièrement représentées dans les peintures baroques, au XVIIème siècle, natures mortes aux compositions allégoriques évoquant les futilités des biens terrestres, la précarité de la vie, les symboles de la résurrection et de la vie éternelle. Qohélet, «celui qui s'adresse à la foule», primitivement «souffle, haleine, buée», en hébreu, affiche, pour lui, un surnom, un peu moqueur envers lui et envers son lecteur. Le livre serait constitué de juxtapositions, d'assemblages, de collages, copiés-collés de textes écrits par différents auteurs à différentes époques. Vanité des oeuvres humaines, des relations sociales, de ce qui pourrait donner sens à la vie humaine... «L'évangile nous invite au contraire à une vraie dépossession, à prendre en mains nos destinées en tant que sujets vivants.» Alors, méditation au désert? Ce livre déconcertant qui s'inscrit en faux contre les logiques du monde, de notre monde du toujours plus, du tout tout de suite, des accélérations vertigineuses de nos sociétés est scandé par la modification des rythmes au gré des saisons de la vie -- temps de la révolte, de la dépossession, de l'emprise, de la perte, de la jouissance, de l'aventure, de Dieu, de partage... – et l'attention au monde qui est là, la présence à ce qui s'y vit : le sable, la palmeraie, les scorpions et les serpents, le courrier, le souk, la bibliothèque, la nuit étoilée, le soleil...

«Comment devenir, au final, une personne vivante?» telle est la question. Apparentes et fausses contradictions. L'expérience du désert suscite souvent des émotions fortes, une sensation d'éternité, une communion avec l'univers. Mais «le Dieu de la Bible, c'est le Dieu du réel, non de l'imaginaire.» «L'ermitage est le lieu du réel. Mes amis me sont devenus terriblement plus chers, chair d'une humanité à vivre, avec eux.» Se retirer du monde n'est pas

refuser le monde. Daniel Duigou nous offre la sagesse d'une liberté à lâcher les idéologies, les fausses morales, l'esprit de sacrifice... Se retirer du monde pour se risquer à être plus vivant,

pour s'exposer à être davantage dans la vie? Prière à vivre pleinement la vie qui nous est donnée et qui ne nous appartient pas. Maintenant. Prière à savourer et à réaliser sa vie.

L'appel de la transe

Catherine Clément

Stock, L'autre pensée, Paris, 2011

ISBN 978-2-234-06452-2

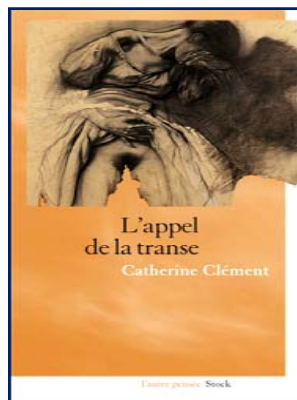
By Christine Guilloux

Trances enchevêtrées, trances autorisées, trances provoquées... Trances ici, là, en tous pays, en toutes cultures pour s'éclipser de la vie comme pour s'autoriser à des trouées singulières qui ramènent à ce qui est là, à cette vie qui se pose ou s'appose, qui se dépose et se propose. Danses, cabrioles et ruptures, tambours et champignons hallucinogènes, silences et absences, retraites jusqu'à la maladie...

Catherine Clément, philosophe et écrivaine, met le doigt sur les autorisations que nous nous donnons ou que nous ne nous donnons pas pour nous échapper, nous rafraîchir, nous féliciter d'un espace et d'un temps où il n'est plus question de

promesses, d'engagements, d'ordres et de désordres... L'appel de la transe, l'appel d'une vacance sans commencement ni fin, comme un besoin de disparaître. Ou comme un besoin de renaître.

De Dakar en Sibérie comme en Papouasie - Nouvelle Guinée ou en



Haïti, des possédées de Loudun, des piquées d'Apulie ou encore des convulsionnaires de Saint Médard aux exorcistes d'Outreau, des cérémonies initiatiques aux «ponts» hystériques, des réassignations sexuelles aux personnalités multiples, des rives de la simulation à celles des modifications dans l'aire cingulaire antérieure, du tronc cérébral et du thalamus, de la fabrique des chamans à celle des voyants, du coup de foudre amoureux, tel celui de Guenièvre et Lancelot, à l'anorexie comme à l'extase mystique ou aux rave parties, des loups-garous aux vampires et aux filles de Dracula comme aux rockers, etc., le voyage que nous propose Catherine Clément en un rythme effréné nous propulse en des espaces et des temps où fébrilité, excitation s'acoquent pour dépasser ses limites, pour accéder à d'autres états de soi, des états «hors de soi». La transe est partout. Transe civile, transe religieuse, transe guérisseuse. Transe en danses, transcendance. Son caractère universel est donc abordé sous de multiples coutures pour «l'instant d'un éclair, changer la vie ». Efficacité symbolique des mots que souligna Lévi-Strauss : Rimbaud ne voulait-il pas « changer la vie »?

Accrochez-vous. Quel est votre désir de transe? Vous l'avez compris, vous êtes embarqué pour un voyage haletant, époustouflant, fulgurant. Magique et/ou magnifique?

Jardins, Princesses et Hérissons

Métaphores pour l'évolution personnelle et professionnelle

Consuelo Casula

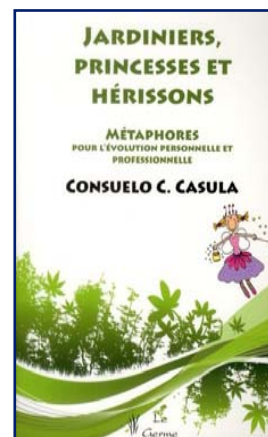
Satas, Collection Le Germe, Bruxelles, 2011

ISBN 978-2-87293-119-4

Giardinieri, principese, porcospini: metafore per l'evoluzione personale e professionale, Franco Angeli 2007, ISBN 8846439422

By Christine Guilloux

Caterpillars growing and processing internal transformations to become butterflies could be the theme for this book. Nevertheless it could be another story, a fairy tale for late youngsters or young fellows. It could be a novel for curious insects, a thriller with songs and melodies, a self-help book for wise children, a bible for marketers or musketeers, a remake of Harry Potter in a school of gardeners. It could be collected papers for grown ups, diaries of local quarrels, news in brief by the countertop, stories to get us to fall sleep or stay awake, and bio-recipes for experimentation. This book can be read from many different perspectives, and the ways we will travel into it are ours. Let us enjoy being surprised by her proposals.



Consuelo C. Casula is a philosopher. In private practice she is a psychotherapist and hypnotherapist in Milano, Italy, a trainer at the Ericksonian Hypnosis and Psychotherapy Society of Italy, and so much more than that. She offers us hundreds of metaphors to wake us up, to stimulate our

amazing multitude of neurones, to push our brains in all directions and with all our senses so that our internal resources bloom and our well-being is enhanced. "Everything is mine; nothing is mine." Don't we know that gardeners bring us attentive care, princesses do their apprenticeship, and porcupines express internal conflicts and wills to master instincts and behaviors? The intrigue has many new developments/an action-packed serial to send us multiple and embedded messages to our conscious mind and our unconscious mind. Coming from the bottom of ages to stimulate an active orientation of our minds, to arouse different meanings of the same reality, metaphors convey the overflow, the surpassing of ourselves, the transport of joy as ways for change ... Metaphors

create de-contextualizations and re-contextualizations; they activate a search for meanings and explanations. Metaphors describe and reinvent part of the reality with categories that are not based on logic but on imagination, help our mind make connections, and combine new associations and differences.

Gardeners, Princesses et Porcupines... perhaps An Ode to Metaphors?

The book helps us to build up metaphors, to enrich our repertoire, to exercise our curiosity. It answers our questions such as to whom the metaphor is delivered. What words should we use? How do we embed stories and for what purpose? How can we reframe beliefs and emotions?

This wonderful book is organised in steps, in sequences to create metaphors for ourselves as for our patients in accordance to our therapeutic goals. Remembering we have to tell the stories, not to read them, we can go with the voice of Consuelo Casula as the one of Milton H. Erickson. We can play with metaphors as we can seed tomatoes, as we can plant tomatoes' plantations. Let us grow as gardeners; let us grow as story tellers. And for what reason? For the pleasure and enlightenment of all.

Sports Hypnosis in practice
Scripts, strategies and case examples
Joseph Tramontana
Crown House Publishing, 2011
ISBN 978-184590679-5

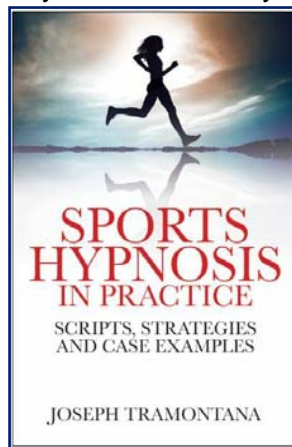
By Nicole Ruyschaert

Over the years, the applications and usefulness of hypnosis has been demonstrated and worked out, mainly in the field of psychopathology and medical problems. The field of 'sports hypnosis' remained less studied, unknown, under developed. The work to inform and motivate people in the field of sports, culminated in this book, filling a gap. As reader you

learn how and where hypnosis can be integrated in working with athletes, practicing different sports. Like the author, maybe you as a therapist can discover how working with athletes can be "fun and an exciting sub-area of general psychological practice" and that "progress, gains and successes are often quick, dramatic, and measurable". Working with athletes turns out to be very rewarding as "they are highly motivated to improve and used to repetition in practicing their sport, so usually accepting the need to practice self-hypnosis."(p.7)

Psychotherapists and sports psychologists who are familiar with hypnosis easily can get ideas from this book to creatively working with athletes in their own practice. As the author states "working with athletes can bring a healthy balance for psychotherapists, not only working with patients suffering from pathology, but also to see how they can help, assist sportsman to enhance performances.

Work with athletes as presented here, starts in a very structured way: motivational techniques to



discover the impact of their mindset, let them experience different induction and deepening techniques, and imagery preparing the further work. The techniques are described in detail, with full scripts as one would expect in a basic textbook for hypnosis.

I particularly like the wood scene where the reader gets a first idea of what creativity and metaphorical work can do. The athlete is invited to experience by imagery his reflection as a younger one, his path through life with setbacks, minor frustrations, blockages he can encounter and imagery or projective to methods to uncovering obstacles. The metaphor stimulates the athlete to

take matters in his own hands, and find his way in life, free himself from obstacles. Another uncovering method is illustrated with a clinical example of a girl suffering from low self-esteem. She comes up with a memory of her mother shouting 'shame on you', and it's surprising how fast the issue can be resolved: an inviting and motivating example for newcomers to work with hypnosis.

Other specific techniques useful in different sports are described in detail: the 'World Class Visualizer' helps not only to see things with your own eyes, but from the expert's perspective, indirectly being helpful in finding advice and answers.

You find examples of this in working with golfers, sprinters, equestrians and tennis players.

The "Space Travel Mediation" invites the athlete to take a fantasy trip into the outer space to meet an all-wise being – getting information from the clients own subconscious mind through their conscious mind.

The "Time Continuum-future success" technique invites the client to imagine a trip into the clouds, from where to review past-present and future and projecting future success.

After the overview of hypnotic approaches chapters are dedicated to different sports: from golfers to field athletes, gymnastics and equestrians, football, tennis, volleyball, cycling and more.

A special chapter focuses on recovery from injury and returning to training and competition.

The book is written in a nice conversational style, with plenty of references telling where the author found his ideas. He is not pretending that he 'invented the wheel' but integrates methods from the clinical area of working in helping athletes to enhance performances. He adopts a traditional, structured hypnotic approach enriched with Ericksonian principles and methods, ike language patterns, embedded suggestions, creating a yes-

set, indirect work by telling stories of success by others.

Some scripts or approaches are repeated several times: you find them in the general approach and also in the case examples. Is it boring or can it be considered as learning by repeating, in a way that the therapist gets the content and the scripts in his own mind to easily adopt it in his clinical work.

The author states that you don't need to know all the details of a particular sport or skills to generate a successful outcome in helping athletes – often an interview with the athlete and / or coach gives information about what needs to be improved or conveyed in and with hypnosis.

In working with athletes or other people who need to perform it's an advantage and sometimes a necessity of having clinical insight to detect anxiety disorders, previous (traumatic) experiences, educational issues or imprints which might interfere with developing one's full potential. Experience as a clinical psychologist, like the author has, is very helpful.

I appreciate the efforts and active approach he did to open up the field, making contact with coaches and give them information, offering help to the athletes, often for free.

The book reflects the experiences of years of practice of the author in this area and his efforts to get more professional people interested in the field. His enthusiasm works motivational. The book is recommended reading for therapists who are interested in applying hypnosis in performance enhancement in general, test anxiety and sports.

In my opinion the last parts of the book deserves special attention: you find an appendix with proverbs related to performance as "A smooth sea never made a skillful sailor" and "When you lose, don't lose the lesson" and many other citations from anonymous people. Other proverbs mentioned come from famous people as Einstein's "In the middle of a difficulty lies opportunity." These

are useful ideas to offer as stuff for reflection, to sustain motivation, to give support in dealing with setbacks or frustration. A list of dvd's and movies related to sports is a valuable tool for experiential or indirect learning or learning from models by identification with their overcoming adversity and finding ways to success.

There is Someone in There
Susanna Carolusson
Recito Forlag, 2011
ISBN 978-91-86819-67-5

By Mhairi McKenna (England)

What a brave and challenging book...a true testament and memorial to Tobias.

In a way it was almost trying too hard to be all things to all people, at one level it was a biography to a beloved son, but also a teaching and discussion document for colleagues and students.



being reviewed and considered critically.

Susanna describes most eloquently the despair and great fatigue of attempting to relearn all that has been lost; the dire effects of the occasional seizures and the occasional flashes of joy, when a step forward is achieved...giving a voice to a boy who had lost his and indeed to a whole group of patients who have suffered an acquired brain injury from whatever the cause and lost their voice.

A book which deserves to be in all professional libraries.

Books of interest – to be reviewed in future Newsletters:

Clinical hypnosis, spirituality and palliation: the way of inner peace. Maria Paola Brugnoli. Delmiglio editore. 2009.

Subliminal Therapy. Using the Mind to Heal. Edwin K. Yager PhD. Crown House Publishing Ltd. 2011.

The Handbook of Contemporary Clinical Hypnosis. Theory and Practice. Edited by Les Brann, Jacky Owens and Ann Williamson. Wiley Blackwell.

Die Wirksamkeit der Hypnose bei Patienten mit Zahnbehandlungsangst und –phobie. Ursula Lirk. Göttingen: OPTIMUS 2011.

Wetenschappelijk hypnose. (2011) Wilfried Van Craen. De Essentie. Luster. Antwerpen.

Nonpharmacological and noninvasive management in pain: physical and psychological modalities. Maria Paola Brugnoli, Angelico Brugnoli, Alessandro Norsa. La Grafica Editrice. 2006.

DVD

Angstpatienten erfolgreich behandeln. Hypnose und Kommunikation in der Zahnarztpraxis. Dr. Albrecht Schmierer. Hypnos Verlag 2010.

CD

Hypnose...ein Weg zu sanfter Zahnmedizin.

Anellen and Alexander Simpkins
interviewed by Consuelo Casula



CC: You are a very prolific couple. How did you get started?

A & A: Actually, writing started for both of us as children. I (Anellen) created “Things to do books” for my sister and our friends to cheer them up when they were sick and to have fun experiences. I (Alex) produced newspapers for family and friends that gave information and opinions on interesting topics. As adults, we began our writing career together by starting small, by writing about what we knew at the time—an Ericksonian principle in action. We wrote 100s of articles for martial arts magazines like Black Belt, Inside Kung Fu and Tae Kwon Do Times on techniques, philosophy, and meditation. We also wrote for local papers and for our children’s school. We tried to express in writing what we found meaningful in life at the time, hoping that it would be useful or informative to others.

CC: What was your first book? What is its title and its main topic?

A & A: Our first book was on the topic of hypnosis, titled Principles of Self-Hypnosis: Pathways to the Unconscious, published in 1991. We worked on it for seven years. It expressed what we had learned from Milton Erickson and Ernest Rossi. We used to drive to Phoenix and stayed for a week at a time, meeting with Erickson and taking part in the teaching seminars he held in his office behind the house. Our children were young and attended the seminars with us. The whole family looked forward to trips to see

the Ericksons! We also met regularly with wise and insightful Ernest Rossi, who was primary on our dissertation committee, supervised our clinical work with clients, and carefully taught us his own approach as well as Erickson’s in detail. He continues to be a major inspiration to our thought and our writing. In time, we learned how to write more quickly. Our next book took a year, and now we can write a book in 3 to 6 months.

CC: How many books have you written so far?

A & A: We have written 25 books so far.

CC: What is your favourite and why, what is the one that gave you most satisfaction and why?

A & A: Each book is our favourite. We try to make every book our best one. We also feel that if by the time we finish, we have learned something, others probably will as well. So we know it will probably be a good book.

CC: What is the one that gave you more prestige?

A & A: If you mean by prestige, what book has been most successful, we have been fortunate that a number of our books have struck a chord with people. But we do not seek prestige. Our first self-hypnosis book sold widely. A later paperback version of that book, Self-Hypnosis Plain and Simple was translated into many languages, including Italian: Autoipnosi Ericksoniana! Our first meditation book, Principles of Meditation: Eastern Wisdom for the Western Mind (1996) was a best seller for Tuttle Publishing and had several foreign translations. Our “Simple Series” on Eastern philosophy which includes 5 titles: Simple Zen, Simple Buddhism, Simple Taoism, Simple Tibetan Buddhism, Simple Confucianism has remained popular for more than a decade now, won many awards, and was translated into numerous different languages. In recent years, we have been writing for the professional market, on meditation, neuroscience, and hypnosis.

CC: What is the one that you would have liked to write but you didn’t?

A & A: We have other topics that we plan to write about but just haven’t gotten to yet, such as one on Greek philosophy (philosophy is a deep interest we

have) that is partially written. But we do not exactly plan what we will write next. Ideas for books come to us, and we offer them. When and if it is their time, they are written. We learn in the process.

CC: It is clear to me that you have method and discipline. Can you share with the reader your method and your discipline?

A & A: We utilise what we teach in our books. We definitely use our unconscious, setting it to go. We also approach writing like Zen - fully immersed, lost in the moment. When writing, we clear our minds to prepare, and just write. In fact, when people ask us how to become a writer, we tell them, just start writing. People often fill their minds with worry about becoming published. Or they start editing themselves before they have even finished. Then they may be held back and bogged down. We believe the best way is to allow your ideas to flow. The book to be written is the center, not what happens after, or what will become of it later. Everything else will follow, once you have created the work. And in a way, the work creates its own destiny, when you give yourself fully to it. Another aspect of our discipline is that we continue to learn. We have regularly attended university classes for decades in the areas of neuroscience, mathematics, engineering, philosophy, cognitive science, and, of course, psychology. Our thinking keeps expanding as we delve into each area with its own set of assumptions and methods, giving us new insights for our books. And we are always trying to become more open, and learn new perspectives. The world is so interesting! And the principles, concepts, and ideas from other disciplines and people are fascinating, too! There is so much to learn. New concepts are tools for thought, and a source for new perspectives on what we see.

CC: How do you start, when do you work, and do you work together or separately, and then join and share?

A & A: We start with an outline of the book, with the idea that as the book evolves it will take on a life of its own that tells us what it needs. So, we don’t always follow the outline exactly, although we usually remain fairly close. We create a folder on the hard

drive, and then just start writing chapters. We talk about the book as we go, taking down ideas wherever we are. Some of our best inspirations come in dialogue, while jogging, driving in the car, after a good sleep, or late at night. The book begins to take form as the folder fills with more chapters! We each write different chapters, or sometimes parts of a chapter. Towards the end of the process, we swap and add to what the other has written. That way the style flows together nicely. We work at different times during the day and night when we can, but we are sure to write almost every day.

CC: Which are the differences between you? Is it possible to say if one is more creative or more intuitive than the other?

A & A: The finishing line of one of our poems (written long ago by Alex) answers this question. "In the mysterious Oneness of the universe, none is better, none is worse." Meditation theory is based on the idea of a lateral network where there is no comparison of better or worse. We honestly don't think that way about our abilities. We are both creative and intuitive in our own way. And in being close as we are, we have learned from each other. For example, when we first got together, Alex tended to think more globally using his right hemisphere and Annellen was more detail, left hemisphere oriented. But now, Annellen often relies on her unconscious and right hemisphere functioning and Alex is highly attentive to details and left hemisphere processes, and so, we each expanded in our capacities.

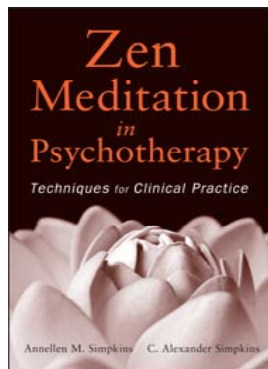
CC: When you disagree on something, how do you solve the discussion and reach an agreement that satisfies both of you?

A & A: When we disagree, we talk about it. And most importantly, we have learned to listen. We have mutual respect, so if one of us has a strong feeling or belief about something, even if different from the other, the other thinks about it carefully, and accepts it as valid. We realize that we may have been limited or inaccurate, and so we grow. By being open to each other, we can find a new synthesis that incorporates both perspectives.

CC: What is your project now, and are you working on something new?

A & A: We just finished a book (yesterday!) Zen Meditation in Psychotherapy: Techniques for Clinical Practice, to be published by Wiley. We recently wrote on another meditation tradition, Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice (Wiley, 2010). People often think that meditation is just one thing, like mindfulness. All forms of meditation do have much in common, and their general effect, has been shown to be an effective therapeutic tool. But neuroscience research reveals that different forms of meditation also have different effects on the brain and mind. Clinicians never use the same technique with all clients and situations. Similarly, practitioners can benefit from knowing how and when to incorporate the different forms of meditation for individual client needs and problems, which these two books, along with Meditation for Therapists and Their Clients and The Dao of Neuroscience address. Our other recent book is Neuro-Hypnosis, which is our most up to date statement on facilitating mind-brain change naturally and unconsciously using hypnosis.

Now we are starting on two new projects: The Mindful Way through Bipolar Disorder, which will be directed to a popular audience, and Neuroscience for Clinicians which will clarify the new brain science and show clinicians how to use it therapeutically. In addition, we have recently been teaching seminars and workshops around the U.S. to facilitate the therapeutic use of meditation and hypnosis for mind-brain-body change.

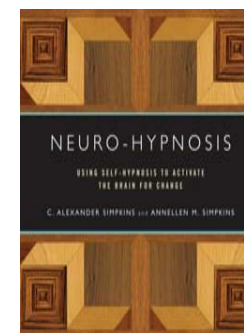


CC: What is your mission and what are your values in writing books?

A & A: We became psychologists to help people and have remained true to that value throughout our careers as therapists, authors, and speakers. We want to make a positive difference. We also believe that by integrating East and

West, a new network of possibilities emerges--an openness where clients will find new solutions. We are working on bridging the gap between neuroscience research and clinical practice. Recent findings have shown the wisdom of East and West together can help us better understand the brain and mind. Neuroplasticity and neurogenesis, as Rossi has shown, indicate that even though the brain seems to have structure, it can change at any age. The mind can change the brain and vice versa. Now is an exciting time for all of us as clinicians. Science is finally supporting and even confirming many clinical intuitions about the wisdom of the unconscious, the power of reason, the importance of emotions, and human potential in general. We hope our books will give people new tools to foster the mind-brain-body system and inspire them to creatively express their talents in their own lives and with their clients.

We believe in having a flowing mind that remains open and growing. We are always learning, delving into uncharted territories. What our next mission will be, is still to be written. And so we remain idealistically committed to making the world a little better in our own way and hope our work will help others to fulfill their best potentials, and help them help others, as well.



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