



esh

Newsletter

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Letter from the ESH President, Nicole Ruysschaert



Dear ESH Members

As the sea erased 2012, progressively 2013 became visible.

We had the opportunity to discover, notice and enjoy the good times and how professional and personal exchanges increase the wealth of the hypnosis community. We welcome two new societies (DI Iceland and SIP Slovenia) who joined the fleet of ESH. Our committees have regular meetings flexibly adapting to the world of change and continuing development. We invite you on your surfing of the web to regularly visit ESH website and read the news, about developments, and get ideas for meetings and exchanges! We recently published the "Views, Reviews, Interviews" issue of the ESH Newsletter, where you can discover how many interesting publications on hypnosis and related fields are published and learn more of some of your colleagues in interviews. I share the joy of many of us who find fulfillment in their learning, teaching and working with hypnosis!

We all are aware of less good times and events all around the world. A main challenge for all who work in and with hypnosis is to put our efforts together, to find effective and efficient ways to alleviate suffering of many people. A main challenge consists in finding and developing ways to help people in improving resilience to be better prepared to face challenges and traumatizing events or recover after adversity: and, even more important, offering ways to recover from traumatizing experiences. Our 2014 ESH congress Sorrento (Amalfi Coast) meets these current needs and requirements with its title: "HYPNOSIS AND RESILIENCE" - From Trauma and Stress to Resources and Healing. It does that by emphasizing the importance of resilience in a world in crisis and the role played by hypnosis. Many clinicians, therapists and researchers in the field of hypnosis enthusiastically welcome the opportunity to exchange information and share their knowledge and experience with you! By the end of April 2013 we already had 200 early bird registrations!

Perhaps the past months have been busy for you, maybe you had to face some storms, sailing in troubling waters, building or discovering bridges to bring together, to link, to connect, to interweave? From a bridge you may have some overview, looking ahead and creating your future and looking back and reflect about the past. Depending on your

preferences you can row up the stream or to sail downwards, finding a place to rest and reflect?

With summertime ahead I wish you some time to be still and reflect, or rather be physically active, reenergize yourself and discover or mobilize your physical strengths? Some of you may feel like reading...inspiring novels, or even some new hypnosis books bringing plenty of inspiration to continue your therapeutic journey!

I hope you find your own way to balance yourself, using your own appropriate compass directing you to your values and objectives!

Nicole Ruyschaert, President ESH

Translated into German

by Hans Kanitschar



Liebe ESH-Mitglieder

während das Meer 2012 ausradierte, wurde nach und nach 2013 sichtbar.

Wir hatten Gelegenheit, gute Zeiten zu erfahren und zu genießen und zu sehen, wie berufliche und persönliche Austauschprozesse das Wohl der Hypnose-Gemeinschaft bereichern. Wir heißen zwei neue Gesellschaften willkommen, DI Island und SIP Slowenien, die sich der Flotte der ESH anschlossen. Unsere Komitees pflegen regelmäßige Treffen, die flexibel auf die Veränderungen und fortschreitenden Entwicklungen abgestimmt sind.

Wir laden Sie ein, die website der ESH regelmäßig zu besuchen wenn Sie surfen, über die neuen Entwicklungen zu lesen und sich Ideen für Treffen und Austausch zu holen. Unlängst veröffentlichten wir die "Views, Reviews, Interviews"-Ausgabe unseres ESH-Newsletters, in dem Sie viele interessante Veröffentlichungen über Hypnose und verwandte Gebiete finden und in Interviews Neuigkeiten über Ihre Kolleginnen und Kollegen erfahren können. Ich teile die Freude mit vielen unter uns, die beim Lernen, Lehren und Arbeiten mit Hypnose Erfüllung finden!

Wir alle sind uns auch der weniger schönen Zeiten und Ereignisse rund um die Welt bewusst. Es ist eine große Herausforderung für alle, die mit Hypnose arbeiten, ihre Anstrengungen zu bündeln um effektive und effiziente Wege zu finden, das Leid von vielen Menschen zu lindern. Eine wesentliche Aufgabe besteht darin, Methoden zu entwickeln, die Menschen helfen, ihre Resilienz zu verbessern, um besser gegen Herausforderungen und traumatische Situationen gewappnet zu sein oder nach einem Ungemach wieder zu gesunden. Noch wichtiger ist es, Wege anbieten zu können, wie Menschen nach traumatisierenden Erfahrungen Heilung finden können. Unser ESH-Kongress des Jahres 2014, der in Sorrento an der Amalfi-Küste stattfinden wird, trägt diesen aktuellen Bedürfnissen und Notwendigkeiten Rechnung mit dem Titel: "HYPNOSE UND RESILIENZ" - "Von Trauma und Stress zu Ressource und Heilung". Dieser Titel betont den Wert von Resilienz und die Rolle der Hypnose in einer krisenhaften Welt. Viele Kliniker, Therapeuten und Forscher auf dem Gebiet der Hypnose begrüßen diese Gelegenheit, Informationen auszutauschen und ihr Wissen und ihre

Erfahrungen mit Ihnen zu teilen! Ende April 2013 hatten wir bereits 200 Frühbuchungen!

Vielleicht waren die letzten Monate für Sie recht geschäftig, vielleicht hatten Sie Stürmen zu trotzen, segelten in schwierigen Gewässern, bauten oder entdeckten Brücken um zu verbinden, zu verknüpfen, zusammen zu bringen, zu verweben?

Auf einer Brücke können Sie Überblick haben, können voraus schauen und Ihre Zukunft planen und zurückschauen, um über die Vergangenheit zu reflektieren. Je nach Präferenz können Sie stromaufwärts tuckern oder stromabwärts segeln, auch um einen Platz zum Ausruhen und Reflektieren zu finden?

Angesichts des kommenden Sommers wünsche ich Ihnen einige Zeit zum Innehalten und Nachdenken, oder lieber für physische Aktivität, sich wieder zu energetisieren, die eigene physische Kraft zu entdecken oder zu mobilisieren? Einige von Ihnen mögen vielleicht gerne lesen . . . inspirierende Romane oder vielleicht das eine oder andere neue Hypnosebuch, das eine Menge Inspiration für die weitere therapeutische Reise bringt! Ich wünsche Ihnen, dass Sie Ihren eigenen Weg zur Balance finden, indem Sie Ihren eigenen passenden Kompass verwenden, der Sie zu Ihren Werten und Zielen führt!

Translated into French

by Denis Vesvard



Chers Membres de l'ESH

Maintenant que la mer a effacé 2012, 2013 nous apparaît plus clairement.

Nous avons déjà pu vivre et apprécier de précieux moments d'échanges professionnels et personnels qui enrichissent notre communauté « hypnotique ». Deux nouvelles sociétés ont rejoint la bannière de l'ESH : DI en Islande et SIP en Slovaquie. Nos commissions se réunissent régulièrement pour s'adapter au mieux à un monde qui change et se développe sans cesse. Nous vous invitons à surfer sur le net afin de visiter notre site internet pour y lire les dernières nouvelles, les développements dans notre domaine mais aussi pour y puiser des idées de congrès ou de forums! Nous avons publié récemment le numéro spécial « Views, Reviews, Interviews » de notre Newsletter: vous pouvez découvrir combien d'intéressantes publications sont parues dans le domaine l'hypnose ou des domaines proches et mieux connaître certains de vos collègues qui ont été interviewés. Je partage le bonheur de beaucoup d'entre nous qui s'accomplissent en apprenant, en enseignant et en utilisant l'hypnose!

Nous avons aussi conscience que les temps sont de plus en plus durs de par le monde. L'un des principaux défis que doivent relever tous ceux qui travaillent avec l'hypnose et en hypnose est de mettre leurs efforts en commun pour trouver des moyens efficaces et puissants pour soulager la souffrance. L'un des défis majeurs réside dans la recherche et le développement de techniques pour aider les gens à renforcer la résilience qui leur permettra d'être plus aptes à affronter les défis, les événements traumatisants – en un mot, l'adversité -, puis à les surmonter. Plus important encore, il y a à trouver comment guérir des expériences

traumatiques. Notre congrès ESH de 2014 à Sorrente (Côte Amalfitaine) intitulé « HYPNOSIS and RESILIENCE -From Trauma and Stress to Ressources and Healing », vise à répondre à ces attentes et ces besoins actuels. Il le fera en insistant sur l'importance de la résilience dans un monde en crise et sur le rôle joué par l'hypnose. De nombreux cliniciens, thérapeutes et chercheurs dans le domaine de l'hypnose se réjouissent de pouvoir échanger et partager avec vous leur savoir et leur expérience! Fin Avril 2013, il y avait déjà 200 pré-inscriptions!

Peut-être avez-vous été très occupés ces derniers mois. Peut-être avez-vous été bousculés par des tempêtes, ballotés et contraints de naviguer en eaux troubles. Peut-être avez-vous été amenés à construire et découvrir des ponts pour permettre de passer, de rejoindre, de relier, de tisser, de reconnecter ? Sur un pont, vous pouvez avoir une vue globale et des perspectives pour imaginer votre futur, vous pouvez aussi regarder en arrière et réfléchir à votre passé. En fonction de vos goûts, préférez-vous ramer à contre-courant ou naviguer au gré des flots pour trouver un lieu où vous reposer et réfléchir?

En attendant l'été, je vous souhaite de trouver un temps de repos et de réflexion à moins que vous ne préfériez faire de l'exercice pour mobiliser en vous énergie et ressources physiques? Certains peuvent avoir envie de lire des romans qui les inspirent ou de nouvelles parutions sur l'hypnose qui les poussent à continuer leur voyage thérapeutique! J'espère que vous allez trouver l'équilibre dont vous avez besoin en utilisant comme boussole celle de vos valeurs et de vos buts!

Translated into Spanish

by Maria Escalante de Smith



Estimados integrantes de ESH:

Mientras el mar borraba el año 2012, paulatinamente el 2013 se hizo visible.

Nosotros tuvimos la oportunidad de descubrir, darnos cuenta y disfrutar de los buenos tiempos y de cómo los intercambios profesionales y personales incrementan la riqueza de la comunidad de hipnosis. Damos la bienvenida a dos nuevas sociedades (DI Islandia y SIP Eslovenia) que se unieron a la flota de la Sociedad Europea de Hipnosis. Nuestros comités tienen reuniones regulares de manera flexible adaptándose a un mundo cambiante y en continuo desarrollo. Os invitamos a navegar en la red para visitar regularmente la página Web de la Sociedad Europea de Hipnosis y a leer las noticias acerca de nuestros progresos para así conseguir ideas para las reuniones e intercambios! Nosotros publicamos recientemente el número "Views, Reviews, Interviews" (Visiones, Revisiones, Entrevistas) del Newsletter de la Sociedad Europea de Hipnosis, donde vosotros podéis descubrir cuantas publicaciones interesantes en hipnosis y temas relacionados se publican y aprender más sobre algunos de vuestros colegas en las entrevistas. Yo comparto la alegría de muchos de nosotros quienes nos sentimos satisfechos aprendiendo, enseñando y trabajando con hipnosis!

Todos nosotros estamos conscientes de que vivimos tiempos y eventos menos buenos alrededor del mundo. Un

reto importante para todos aquellos quienes trabajan en y con hipnosis es que unamos nuestros esfuerzos, para encontrar maneras efectivas y eficientes de aliviar el sufrimiento de muchas personas. Un reto importante consiste en encontrar y desarrollar maneras de ayudar a las personas, a mejorar la resiliencia para estar mejor preparados para afrontar retos y eventos traumatizantes o recuperarse después de la adversidad. Y aun más importante –ofreciendo maneras de recuperarse después de las experiencias traumatizantes. Nuestro congreso de la Sociedad Europea de Hipnosis en el 2014 en Sorrento (Costa Amalfi) satisface estas necesidades y requerimientos actuales con su título: "HIPNOSIS Y RESILIENCIA"- Desde el Trauma y Stress hasta los Recursos y Sanación". Esto se hace enfatizando la importancia de la resiliencia en un mundo en crisis y en el papel desempeñado por la hipnosis. Muchos clínicos, terapeutas e investigadores en el campo de la hipnosis dan la bienvenida con gran entusiasmo a la oportunidad de intercambiar información y compartir sus conocimientos y experiencia con vosotros! A finales del mes de abril del año 2013 ya teníamos 200 personas inscritas de forma temprana!

Quizás los últimos meses vosotros habéis estado muy ocupados, quizás enfrentando algunas tormentas, navegando en aguas tormentosas, construyendo o descubriendo puentes que han de unirse, enlazar, conectar, entrelazar? Desde un puente vosotros podéis tener una cierta visión de conjunto, mirando hacia adelante y creando vuestro futuro y mirando hacia atrás y reflexionar acerca del pasado. Dependiendo de vuestras preferencias vosotros podéis remar río arriba o navegar hacia abajo, encontrando un lugar para descansar y reflexionar.

Con el verano por delante os deseo que tengáis tiempo para estar tranquilos y reflexionar o bien que estéis físicamente activos, recuperando la energía y descubriendo o movilizandovuestras energías físicas? Algunos de vosotros podéis tener deseos de leer ... novelas inspiradoras, o aún algunos libros nuevos de hipnosis que os traigan inspiración para continuar vuestra jornada terapéutica! Yo espero que podáis encontrar vuestra manera de encontrar balance, utilizando vuestra propia brújula que os dirija hacia vuestros valores y objetivos!

Translated into Italian

by Consuelo Casula



Cari membri di ESH

Mentre le onde cancellavano il 2012 consentivano al 2013 di diventare progressivamente più visibile.

Abbiamo avuto l'opportunità di scoprire, osservare e godere bei momenti e gli scambi personali e professionali aumentano la ricchezza della comunità dell'ipnosi. Abbiamo dato il benvenuto a due nuove società (DI Islanda and SIP Slovenia) che sono entrate a far parte della flotta ESH. I nostri comitati si sono regolarmente incontrati adattandosi con flessibilità a un mondo che cambia ed è in continuo sviluppo. Vi invitiamo a fare surf sul web e a visitare regolarmente il sito ESH e leggere le notizie sugli sviluppi e avere idee per incontri e scambi! Recentemente abbiamo pubblicato il numero della ESH newsletter "Views, Reviews,

Interviews”, dove potete scoprire quante interessanti pubblicazioni su ipnosi e campi correlati sono pubblicate e conoscere qualcosa di più dalle interviste ai colleghi. Condivido la gioia di molti di noi che si sentono appagati di apprendere, insegnare e lavorare con ipnosi!

Siamo tutti consapevoli che in giro per il mondo viviamo tempi ed eventi meno buoni. La sfida importante per chi lavora in e con l'ipnosi è di unire gli sforzi per trovare modi efficaci ed efficienti di alleviare la sofferenza di molte persone. Una sfida importante consiste nel trovare e sviluppare modi per aiutare le persone ad aumentare la resilienza per essere meglio preparate ad affrontare le sfide e gli eventi traumatizzanti o a riaversi dopo le avversità. E, ancora più importante, offrendo modi per superare le esperienze traumatiche. Il nostro congresso ESH del 2014 a Sorrento, sulla Costiera Amalfitana, risponde a questi bisogni e necessità attuali con il titolo: “Ipnosi e resilienza: da traumi e stress a risorse e cura”. E lo fa enfatizzando l'importanza della resilienza in un mondo in crisi e il ruolo svolto dall'ipnosi. Molti clinici, terapeuti e ricercatori nel campo dell'ipnosi hanno accolto con entusiasmo l'opportunità di scambiare informazioni e di condividere conoscenze ed esperienze con voi! Alla fine di aprile 2013 avevamo già 200 iscritti!

Forse gli ultimi mesi sono stati impegnativi per voi, forse avete dovuto affrontare qualche tempesta, navigare in acque turbolente, costruire o scoprire ponti che vanno collegati, uniti, connessi e intrecciati? Dal ponte si può avere una visione d'insieme, guardare avanti e creare il futuro, e guardare indietro per riflettere sul passato. A seconda delle preferenze è possibile remare verso su, o navigare verso giù, trovando un posto per riposare e riflettere?

Con l'estate davanti a noi, vi auguro di avere tempo per stare fermi e riflettere, o meglio di essere fisicamente attivi, ricaricarvi e scoprire o mobilitare le vostre forze fisiche? Alcuni di voi potrebbero avere voglia di leggere ... romanzi che ispirano, o anche qualche nuovo libro di ipnosi che porta tante ispirazioni per continuare il vostro viaggio terapeutico. Spero che troviate il vostro modo di stare in equilibrio, usando la bussola appropriata direzionata verso i vostri valori e obiettivi!

Letter from the Newsletter Editor, Consuelo Casula



Dear ESH Members

This issue of the ESHNL brings the reader from what has already happened in San Francisco, Agra, Madrid and Istanbul, to what will happen in Budapest, Bad Lippspringe and Berlin, to watch the news from the vast world of hypnosis with different lenses such as Ericksonian, directive, classic and medical hypnosis. Through the different articles, the reader can grasp the atmosphere lived in those meetings where sharing new ideas and confronting different approaches are the main aim.

This issue of the ESHNL wants to expand the horizon going outside Europe, visiting San Francisco, where the Ericksonian foundation had its Brief Therapy Conference,

accompanied by our president Nicole, who presented her work with great success, as well John Lentz, Maria Escalante, Christine Guilloux and me.

Jeff Zeig succeeded in surprising the audience of the Brief Therapy Conference by proposing a very interesting program with keynotes of outstanding quality and out of the usual schemes, innovative workshops, interactive events such as clinical demonstrations, topical panels, dialogues and conversation hours and short courses. The keynotes were Paul Ekman, Robert Greenberg, Harriet Lerner, and Patrick Carnes. Paul Ekman challenged the complacency of the audience by showing how difficult it is to recognize the macro, micro, mini and false facial expressions of basic emotions. Robert Greenberg, telling anecdotes on Beethoven's life, changed our way of listening to his music, to better understand the suffering man behind the successful composer. Harriet Lerner presented ten bold steps in promoting change and Patrick Carnes helped the audience to see the difference between sex addiction and other addictions, presenting his model PATHOS, acronym of Preoccupied, Ashamed, Treatment, Hurt others, Out of control and Sad. December 9 was called Super Sunday because the program was enriched by Super Courses held by Michael Yapko, Ellyn Bader, Ronald Siegel, Peter Levine & Maggie Phillips and Kathryn Rossi. The congress was also enriched by the inspiring and moving movie “Victor and Me” made by Alexander Vesely about Viktor Frankl, his grandfather.

Some of the articles presented in this issue are also in the Newsletter of the Milton Erickson foundation. If you want read more go to <http://erickson-foundation.org/newsletter>, current issue.

I want to thank each and every contributor for his/her article. Special thanks goes to the translators of the president's letter - Hans, Denis and Maria - to the English proof reading John Lentz and to the co-editor Christine Guilloux.

As Nicole wrote in her inspiring presidential letter we are living in a historic, social, economic and psychological moment where and when resilience is particularly necessary. Since all of us has to face uncertainty and difficulties due to the international crisis, hypnosis can serve as a mind, soul and spirit ally to give us the resilience we need to hope again and become stronger than despair. Our resilience is the resource we need to help our patients to find their biological, remedial and generative resilience. Resilience is the main theme of the next ESH congress and you can read Flavio di Leone interviewing the organizer and ESH past President Camillo Loredi.

News from the Committee for Educational Programmes in Europe (CEPE) and Membership Committee

by Martin Wall

The tale of a Committee, its' achievements and ongoing concerns.



Its' remit (quoted from ESH regulations): *'To develop and propose common criteria of education in the field of*

hypnosis and also to set the criteria governing the awarding of the European Certificate of Hypnosis. To review applications for Membership from Societies and Individuals.'

We meet every six weeks using telephone conference or Skype, and endeavor to have a face-to-face meeting once a year.

The committee has been involved in

- Assessing societies applying for membership
- Devising the criteria for awarding Continuing Professional Development (CPD), Credit points (CPs) for workshops, congresses, training events, supervision etc.
- Developing and validating the criteria for the training that will endorse an application for a European Certificate of Hypnosis (ECH)
- And consequently devising application forms for the ECH. This is a link to the current Application Forms: <http://esh-hypnosis.eu/hypnosis-training/ech-european-certificate-of-hypnosis/>.

The ambition of our work is to promote the acceptance and desirability of the ECH award, and as such to support the credibility of the clinical use of hypnosis throughout Europe. We are aware that we need to support our current holders, and indeed this support will serve as a catalyst to encourage other colleagues to apply for certification.

With this in mind we are currently negotiating with the organisers of The Triennial Conference in Sorrento 2014 to schedule an Exclusive Reception and Keynote Presentation for those with an ECH award. Our future thinking is considering amongst other ideas, the possibility of coordinated clinical audit and research.

We remain open to and invite input from our Constituent Societies.

Interview with Camillo Loriedo

by Flavio G. Di Leone



FDL: You and the Italian Society of Hypnosis are newly involved in the organization of a great international congress. Do you believe these meetings are still so important, nowadays?

CL: International Congresses are extremely important for both European Society of Hypnosis and International Society of Hypnosis. An international congress provides a moment of encounter, for sharing ideas and establishing new collaboration between specialists and, in a time of crisis like this, to join forces in research as well as in the clinical field is unavoidable. We must not forget that psychotherapy research is needed to attest its effectiveness and to deal with biological therapies and research is much more appreciable if it is carried out by centers in different nations.

FDL: The advertised topic is "Hypnosis and Resilience: from trauma and stress to resource and healing". But most striking is the sub title "Emphasizing the importance of resilience in a world in crisis and the role played by hypnosis in activating and developing inner forces and resources". What you do want to elicit by this?

CL: Today there is a different way of thinking about cure and healing which is affirming. Clinicians and researchers who have long been focusing only on psychopathology and risk factors ceased to wonder about what is wrong in their patients and started to interest about behaviors, strategies and mindsets that improve the survivability. To care for the ability of individuals, families and groups to resurrect and to recover, even from most overwhelming circumstances, has become one of the most relevant features of modern psychotherapy. The Ericksonian psychotherapist is a pioneer in this field, customarily mindful of patient's resources and always prone to transform them into potential solutions. Therefore, this conference will emphasize how much hypnosis has given in strength and substance to the concept of resilience over the years and how much can still be given in recognizing and eliciting those qualities that allow an individual to become resilient.

FDL: How will you present such exciting issues? What can be expected from the scientific programme of the conference?

CL: To date, we are still in a very early stage of the organization but definitely there will be the greatest experts in the field from Europe and worldwide. There will be space for different perspectives and orientations and a special attention will be paid to practical learning throughout demonstrations and clinical reports. But also researches will not be overlooked: resilience is well known to natural science and only recently has been borrowed from psychology and psychiatry, however scientific evidence about this construct in psychotherapy is rising. Symposia, Dialogues and Expert meeting will also be favored as well as reports that will highlight integration and comparison between hypnotic models. Emphasizing on resilience rather than on trauma, as polar aspects of the same phenomena, is not only theoretical but represents a radical change of perspective about methods and purpose of psychotherapy and, to support this revolution, the scientific results are not enough. Collaboration between authors from different backgrounds who are confronting on new terrain is what is needed. By the way, the location of this conference will be Sorrento, and the Greek word Syrréntón means "to merge, "to converge", "to flow into".

FDL: Then Sorrento, one of the most picturesque locations of the Amalfi Coast, will frame the congress. It is a very attractive location.

CL: The location is lovely, suspended between the sky and the sea. Everyone will enjoy the panoramic view over the Sorrento gulf and the friendly atmosphere that will provide not only a proper

context for cultural exchange but also will inspire pleasure and enjoyment. Attendees will not miss a walk in the charming old town of Sorrento, with its churches, villas and the esteemed museum of Capodimonte ceramics, and there will be time for excursions to Amalfi, to the Capri Island and maybe to Naples too, not far away.

FDL: I guess we all still have time to sign up but how is it for those who wish to make a contribution?

CL: We have already received many proposals and we look forward to many more. Everyone who is interested must fill the "Call for abstract form" that can be found on ESH website (www.esh-hypnosis.eu) or SII website (www.societaipnosi.it) and submit it to ipnosi@gmail.com before June 30, 2013. Our goal is to create a program where it can find space not only expert-class speakers but also young hypnotists and students. Moreover, all those who are interested in participating as listeners, however, can take advantage of an "early registration rate" for submitting similarly by June 30.

Reviews of the Milton H. Erickson Foundation Brief Therapy Conference: Lasting solutions. San Francisco, December 5-9 2012



Overview

by Nicole Ruysschaert
San Francisco

In Europe people who visited it describe it as the 'most European city' of the USA, why? Will it make me feel like 'home coming' what will be similar or different and surprising?

My first days I put on the hat of the tourist to let me surprise...walking, climbing a steep street, spotting other tourists on the tram, aha, that's what I saw on the postcard friends sent me years ago, joining other tourists there to reach Fisherman's Wharf all my sentences are stimulated by the smell of the sea, of fresh cooked crabs swimming in their stock, the cry of the sea-lions, the taste of ice-cream, engulfed by the warmth of the sun. Strolling around, I join a group of noisy children to walk between the wonderful aquariums and admiring fish in their artificially created natural biotope observing the gently, slowly, elegantly moving medusa and the cute, intelligent octopus being particularly talented to coordinate his pats, and make himself so small he can enter a glass and get his prey ... and walking further I spot a hop-on hop-off tourist bus starting my 2 days tour with funny guides, audio-guides

telling you all of the history – earthquake, burning city, and the resilience of the inhabitants to recover from all of these disasters. In a well- organized track I had the opportunity to visit many places of interest from the Golden Gate bridge, to China Town, from the 'painted ladies' to the Academy of sciences, from the Japanese Tea Garden to the shopping area, and even having time to wonder and admire the Museum of Modern Art. And after all that stimulation of my sentences feeling open for new inspiration at the congress!

Keynote Address

Paul Ekman: Behavior Clues to Deceit
by John Lentz

Dr Ekman used video of people from the news that clearly lied on camera to demonstrate his observations and theory. The videos were memorable and the points he was making were very clear. You felt like he had really done his homework for letting you see how that people demonstrate in their micro actions and body movements their dishonesty. It made me wonder how many hours of watching the news he and others had endured to be able to select the memorable clips that showed people being dishonest. This was one of those keynotes that makes you think and causes you to grow because of what it says and not just learn. It was the experience of seeing what Ekman presented that made an emotional impact. Whether therapists are going to use his system or not, is immaterial, because this presentation raised important questions for all of us to answer about our relationships both in and out of therapy. It was a brilliant move on the Foundations part to have Dr. Ekman present because whether you agree with him or not the questions his presentation brought up are ones that we all have to answer. For instance, when you notice your client is lying if and when is the right times to confront them about their dishonesty. It isn't just as simple as it might seem at first glance, especially if you have detected it because of your advanced ability to notice body language.

Patrick Carnes: Bargains with Chaos:
Challenges and Choices
by John Lentz

This keynote began special and continued in that vein. Carnes was introduced by Roxanna Erickson Klein because she knows him and his family. The introduction was warm, personal and let you know she believes in the man. Carnes showed you how come she and others believe in him. I sat next to two of his employees and they were totally devoted to him as well because he is such a good man. He started off by telling us how he is still reeling from his wife's recent death and how he is struggling with that. It helped because you could feel the grief around him that was almost palpable. If you were close to the front of the room you would have almost felt the honesty and integrity oozing out of him as he talked about the epidemic of pornography and its impact on people around the world. You would have felt his dedication and enthusiasm for helping people overcome the grips of sexual addiction in whatever forms it takes. You would probably have been surprised by some of the statics he offered, including that the porn business no longer is making as much money, not because there is less interest or better filters on the net, but because so many folks are willing to post pornographic material for free. I found his keynote informative, personal and extremely well done.

Super Course

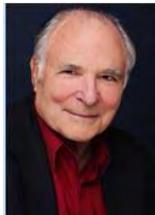
Ronald D Siegel: Harnessing Mindfulness: Tailoring the Practice to the Problem
by Consuelo Casula



Participating in Siegel's workshop helped me to better understand the reason of the success of Mindfulness. As a meditation practice based on Buddhism, Mindfulness does not create a blank mind, does not invite to become emotionless or to withdraw from life and escape from pain. On the contrary, Mindfulness practice offers the opportunity to gain flexibility, awareness and alertness, as if meditating on the edge of a cliff. The subject who practices Mindfulness becomes a source of calm and balance, reduces the intensity of the adversities, and increases the capacity to bear pain. Mindfulness can be utilized within any form of psychotherapy and offers concentration and focused attention, increased awareness. Mindfulness monitors the flow of thoughts and feelings, and gives acceptance, wisdom and compassion. Acceptance is a precondition of change, wisdom is accepting what cannot be changed, and compassion is developing a loving kindness attitude toward ourselves and others. If we want to improve our ability to be mindful and gain awareness of our own emotions and thoughts, we need everyday practice. We can begin by meditating on daily activities such as taking a shower, being in traffic, walking, waiting in line, concentrating our attention on the present moment.

Workshops

Paul Ekman:
Micro-expressions Workshop
by Ilene Wolf



I found Paul Ekman's workshop on the secret language of lying fascinating. Paul Ekman spent the day giving us a detailed - and very engaging - account, uncovering everything from the method of detecting lies to what makes people motivated to lie.

Ekman's diagnostic system, called FACS, or Facial Action Coding System, ascertains which of the face's forty-three muscles are working at any given moment, even with an emotion so transient that the person experiencing it may not be even conscious of it. He tracks facial cues, micro and macro facial expressions, that reveal the client's hidden contempt, anger, disgust, surprise. According to Ekman "There are seven expressions that have very clear facial signals -- anger, sadness, fear, surprise, disgust, contempt and happiness." Micro expressions are facial cues that can leak out in a fraction of a second (25/60), so briefly, not easy to detect. Lies can be detected by training the eye with the use of Ekman's diagnostic tools, which you can find on his website. (www.paulekman.com)

Mini leakages are "the first hint of an emotion." Lies can be revealed through the "change of voice or tone and simple dismissive hand gestures or a slight shrug of the shoulders. A lie might be detected when a client's voice suddenly drops to a whisper.

Ekman enumerates the many reasons of lying: the need or duty to protect someone, such as in the case of a spy who is authorized and trained to lie; the self-enhancing name dropper who embellishes; to seek power and control; to obtain a reward; or just the mere thrill of getting away with it. Some of us indeed lie to avoid punishment.

But we find lies can have very high stakes. This is when a lie can result in a "loss of fortune, life and freedom as well as reputation. Not to mention that it is very difficult to reestablish trust after the feeling of betrayal."

The Freudian slip of speech can now evolve and incorporate "the Ekman slip," as clients reveal clues to their emotional life, through facial expressions. As therapists we can ask a client to narrate and give words to a movement such as a tapping foot or a hand gesture: "I notice your hand moving. If you hand could speak, what would it say?"

When a client wrinkles the bridge of her nose this exposes her disgust. Ekman goes on to say, "when you see one partner in couple's therapy bar her teeth and the bridge of the nose is wrinkled, the marriage is pretty much over. Anger is not a problem for couples, but contempt can predict the end of a relationship.

Anger can be described and typified when a client raises his eyebrows, or his mouth seems pursed or tightened, with eyes glared, and the jaw is pushed forward. In contrast, contempt can be read on the face as a smirk with one side of the mouth raised, like an asymmetrical smile.

As a therapist, while I would rather trust my clients, than the alternative, knowing the varieties of lying can be very illuminating. As psychotherapists, we now have tools to discern and track clients' hidden emotions to recognize our clients more fully; for this, Paul Ekman, I salute you!

Jeffery Zeig: Advanced Techniques of Therapy: Part 1 on Resilience, and Experiential Approach and Advanced Techniques of Therapy; Part 2 on Creating Emotional Impact
by John Lentz



Zeig was even more impressive in this workshop than usual. Perhaps it was because he was trying out some new material, perhaps because it was experiential and dear to his heart, or maybe I just like him a lot. Can't say but his presentation was so powerfully done and evoked further thinking in me that was useful. While I have heard him speak countless times and heard him say that Erickson used experiences instead of didactic information, this time I understood it in a different way. I always agreed before but when I would get home and try to think my way into being more experiential with my clients I always felt limited in the few ways I knew to do that. This time I felt the difference and it was huge. Perhaps it wasn't Zeig being more brilliant but it felt like it was how he presented the material and not just that I finally got it.

The second part of the workshop "Advanced Techniques in Therapy, Creating Emotional Impact", was presented so you felt impacted emotionally. He did what he was inviting you to do in the workshop and it had an effect. Not only were the exercises useful and generating moments of clarity, he gave clear information that was helpful and useful. In his style of weaving the experiences with insight, stories that teach and

speaking on more than one level he was his usual self. His staff had helped with his power point presentation and so it was a little colorful with sounds, and visual effects in what and how it stated the material. Even though he was testing all this out he had a good time presenting the material and as a result we enjoyed it even more. What he presented will work with any underlying theory because it is about communication. I am excited to use the techniques with my clients but I have already used them on my family and even on my dog. Both my family and dog responded very well to these approaches and I believe that is the ultimate test where our special status of therapist isn't involved but just human communication.

Ernest Rossi: Creating Consciousness:
Facilitating Wonder, Wisdom, Beauty,
Truth, and Self-Care,
by John Lentz



Based upon the book he and his wife Kathryn wrote "Creating Consciousness" this workshop explains how to do just that, through novelty, environmental enrichment and mental and physical exercise, which can optimize gene express and brain plasticity. His style of being so engrossed in offering what he has to offer and in eliciting in you the resources to heal, grow and become more creative is a joy and an honor to behold. It also always causes me to think more creatively. I am always inspired in his presence. This workshop was very satisfying, informative and helpful. It doesn't matter that I read the book, or have attended many of his workshops, or even that I have read many of his books, being with him and sensing his positive attitude always inspires me.

Erving Polster: Attention:
the Elixir of Therapeutic Growth
by Lynne Bernfield



I was attending my 4th Erickson Brief Therapy Conference. I'd had an opportunity to work with Dr. Polster at another conference and that had been a very powerful experience for me. I was eager to work with him again and so was very glad when I got the opportunity to be part of his demonstration. Before beginning the demonstration Dr. Polster talked about the concepts of *attention*, *fascination* and *curiosity*. While stressing the necessity/importance of bringing our "technology" to our sessions, he lobbied for the benefits of paying *attention*, being *fascinated*, and remaining *curious*.

I felt that Dr. Polster was definitely paying close *attention* to everything I said and did, was really *curious* about what I had to say and why I was saying it and even seemed *fascinated* – almost as though he'd never encountered anything quite like me before. The result of this work is that I have been thinking about an attitude I have held for a very long time in a new way and even considering abandoning it.

My most lasting impression of the work I did with Dr. Polster is of his sincere concern for me; his desire that I do not suffer, and of his spontaneous delight, which is so pure that it feels *childlike*. I'd remembered this sense of being cared for and so was in tears almost before I sat down – not because of the urgency of the problem, but because I knew that I'd brought that problem to a safe place. Perhaps it is

because he can come to this work with an open heart and seemingly no preconceived notions, that Dr. Polster can imagine being attentive, curious and even fascinated. I believe I speak for everyone who has worked with him or seen him work that we are grateful he has "good genes."

Janis Abrahams Spring:
Don't ask me to forgive you!
A Radical Approach to Healing
Interpersonal Wounds
by Consuelo Casula



The radical approach of Janis Spring investigates the different meaning and implications of genuine and authentic forgiveness as compared with cheap forgiveness. Cheap forgiveness is the short cut utilized by the damaged person to avoid confrontation and conflict with the offender. But it is useless, it covers suffering under ashes so that a simple puff is enough to stir up the fire of anger, disappointment and resentment, stronger than before. Instead, authentic forgiveness is a healthy way to recognize what really hurts, even if we understand and justify the offender. Authentic forgiveness is freed from being hostage to the past and to the pain provoked by the offender, and gives the freedom to move forward with a new awareness of own limits of acceptance. Authentic forgiveness is the free choice to start a healing process by letting go resentment and rancor. Beside, Janis Spring asserts that no one is obliged to forgive the offender, especially when this one does not take his responsibility for the damage caused and does not give any sign of repentance. When the offender does not openly seek forgiveness, he doesn't merit such a gift from a generous and comprehending person simply because he cannot understand its value.

Interactive Events Conversation Hour

Ronald D Siegel: Developments in positive psychology
by Nicole Ruyschaert

We all are looking for happiness and our presenter looks happy, enthusiastic and open to share his knowledge. Will he show us the way? Happiness and wellbeing improve health and promote longevity. We could wonder why there is no public health program for 'happiness' as for instant in Bhutan where you find a ministry of happiness and where they calculate a Gross National Happiness. Reviewing the happiness determinants we see a 'set point', genetically determined and having 50 % impact, life circumstances with a minor 10 % impact and attitudes, what really can be influenced by psychological methods, taking 40 % of the pie. The story of 'Lucie' our grand, grand, grand mother shows how she needed to be constantly alert and only the 'happy few' or rather the 'unhappy' ancestors who were hyper vigilant could survive. "Lucie" needed to remind herself of danger, threat, and negative experiences in particular to survive. Evolution and survival needs are responsible for our cognitive negative bias in mind: our minds being like Velcro for bad events sticking well and Teflon for good events, flowing away. And within this biological heritage now people are in search of happiness, trying many things to make themselves happy. The right things? No, most things don't work because they put us in a hedonic treadmill with risk of habituation, a human tendency to habituate to whatever. We also are terrible in predicting about what will make us happy.

When...if...then...and even getting your degree, winning the lottery only very temporarily increases your level of happiness. Could we find some switch to positive affective states as a base or a building block? Research has been done in the field by Barbara Frederickson, coming up with a "Broaden and Build" theory of positive affective states, making people more flexible, open, creative, playful and interactive with the world, promoting connection to other human beings and creating more opportunities to wellbeing.

Is there a way to happiness? What is the way? According to Ron things that work are not subject to the hedonic treadmill and all of them involve 'being present'. A Landmark study worked with a simple phone application, calling the participants, asking what they are feeling? what they are doing? and where their attention was? What correlates is where your attention is and how you're feeling, having a mind focused on what you are doing tends to make a person happier than having a fancy meal or sex... and observations learn that the mind wanders 47 % of the time!

To increase your level of happiness some basic principles are recommended: mindfulness, awareness of the present experience with acceptance: when we train the mind to presence there is no risk to habituation. Engagement, flow or a balance between our capacities and challenges, gratification or mobilizing our character strengths and virtues, we can identify with an online test (worked out by Chris Patterson). Gratitude, writing a letter of gratitude and expressing this gratitude to the person, giving a greater sense of wellbeing, lasting for months! And last but not least, finding meaning and connection. If you want to make others happy: be compassionate, and if you want to make yourself happy, be compassionate toward other people! A win-win situation. And the inspiring environment, connection in the congress offers plenty of opportunities to doing that!

Wendel Ray 1956 Flashback: Hypnosis, Paradox, Metaphorical Tasks and the Invention of Brief Couples Therapy
by John Lentz

Wendel Ray is the historian for the MRI, and as such he was able to select tapes that show the beginning of brief couples therapy and how brilliant some of the early leaders were in the field. Because of Ray's unique blend of awe for the pioneers of the field, his intelligence and willingness to let the clips of the past speak for themselves his presentation was brilliant. I found myself even more impressed with Ray as well as the pioneers. How he presented the material gave me even more of a sense of awe and appreciation for the MRI as well as the pioneers willingness to learn and grow. Hearing people like Don Jackson, and J. Haley discuss a case and hear them work with a couple was a moving experience. They were every bit as good as we thought they were years ago when we studied them in school. Ray knew that by presenting the material he did it would impact us as

Dialogue

Ernest Rossi & Robert Dilts: The Creative Unconscious in intuition and healing.
by Nicole Ruyschaert

As promised in the introduction we could enjoy an inspiring,

creative and funny dialogue with Ernie and Robert. Robert explains the major leverages of his work in the area of belief and expectation and his first steps in doing research to better understand placebo, task asked by Bandler and Grinder, his teachers in the early days, who wanted to commercialize placebo and needed studies on the 'effect' and even on the 'side effects' of placebo as for other medicines. 1/3 of time placebo's worked as well as real drugs, in pain PL works as well as morphine in 30 % of the time and 1/3 of the women who received PL chemotherapy lost all of their hair! Comparing response to PL or Hypnosis, high-hypnotizable were found to better respond to hypnosis, and low-hypnotizable to better respond to PL. The main characteristic of effective treatment of survivors of cancer was the belief in their therapy, the trust in the therapy and the person delivering it... and this is how we get access to the unconscious and the impact of it. Ernest highlights the exciting field of epigenetics and how genes aren't static but can be turned on and off as a function of life experiences. Diving deeper into the field he discovered publications on how "mind can turn on matter" and that in mirror neurons thoughts are converted into RNA, making messenger RNA and proteins influencing brain plasticity, new neurons - how brains can grow! And in the further development of this dialogue other inspiring ideas were generated as the way our genes are the impression of billions years of life evolution - hardwired and can be considered the biological underpinning of new thoughts, impressions and our creative unconscious. As Robert mentions the way we can transmit belief often happens unconsciously, and also trust, confidence, curiosity can be transmitted unconsciously because you find mirror neurons in the limbic area as well: 30% of our experience is not our own, but comes from others!

As audience we could observe the activity of mirror neurons of our presenters in dialogue – how Ernie's ambition for future research maybe slowly starts to activate the mirror neuron system of Robert, with mRNA, new proteins, ideas, curiosity to continue some research? And hearing that the electromagnetic field of heart is 5000x greater than the electromagnetic field of the brain we start to understand the importance and effect of this other form of transmission, not just brain to brain but also heart to heart, we fully understand Ernie's words: he looks at me, and now and then he touches me, maybe he likes me and this creates hope for future developments!

Short Courses

Nicole Ruyschaert: "Flourish"
or The Petals of Satisfaction in Life and Work
by John Lentz

Dr. Ruyschaert in her characteristic gentle manner invited us to consider ways to have more life satisfaction. She wanted us to benefit as well as our clients. She beautifully presented her presentation in ways that was like an emotional massage with meaning and purpose. She was inspiring, inviting to all who were lucky enough to attend. Ok, I like her and I like how kind she is and that came through in her presentation.

John Lentz: New perspectives and Healing for Borderlines: A Brief Therapy Intervention for Lasting Change
by Nicole Ruyschaert.

Isn't it wonderful on a Sunday morning to enjoy the warm welcome of John? Faithful and derived from his name "Lentz" he invites us to understand borderlines by looking at them through a new lens – a HYPNOTIC LENS. Having worked for 22 years in a women's prison indeed he had to deal with a lot of women with borderline problems and as a matter of getting himself going on find ways to better deal with them.

He explains how you can think of borderlines as being in a chronic negative trance, restricting their scope of perception, focusing particularly on negative information, proof of rejection and criticism and excluding the positive information, having blind spots for the strengths, the options. In a positive trance, on the contrary means you see options, solutions and it enlarges your scope of perception.

Accepting they are extremely sensitive to criticism, because childhood was a scary and hurtful place, they better can be approached with a positive attitude. Referring to ideas from neuro-hypnosis, if we as therapists develop a positive intent to someone, wanting to be helpful, to do something positive, even without verbally sharing, our attitude can be conveyed in a non-verbal way due to the activity of our mirror neurons.

In one demonstration John asked a volunteer to think of anything he struggled with and to put it in the right hand, keep it in right hand. While being aware of that, John goes in positive trance with more awareness of resources of the volunteer, activating his antenna and things begin to change for the volunteer who starts connecting to resources that are already inside him.

In another demo one volunteer is invited and 3 astute therapists are asked to assist in 'rapid healing'. The volunteer puts whatever problem in his left hand and "my colleagues and I are going to do something radical – we are going to say positive things to you we observe about you using our intuition while you hold this"

1. "there is an intensity in your eyes, that draws me, intrigues me, you look like someone who can be serious, curious"
2. "I see you in a grounding, silent way and are concentrating, seem to focus on experience with all your senses"
3. "I notice you have an inner integrity, I recognize that sort of integrity just impresses me"
4. "I enjoy your sudden gently smiles" – amplifies smile, and laugh insight and out and see this radiance, very beautiful"

It speaks for itself how our positive trance of focus on positive strengths learns the client a new way of looking at himself, and shows how in working with borderlines our positive trance can make a difference to those folks! We can talk about it as a positive double bind that neutralizes the negative double bind they often put you in and perhaps one of the only right answers?

Another important aspect highlighted has to do with "ruminating", where they are focused on negative things said, coming up with even more negative meanings, pain, and like "flash bulb" memories. Isn't it great if we can help them to get out of this negative trance, discover how memory is malleable and how you can change your

past...it's a move from ruminating over the negative to ruminating over the positive or 'meditating'. Reviewing past experiences in a positive trance and having a panoramic view can be discovered and help them out.

We all can discover the impact of this work: when you are with a family member or partner, you just can sit there secretly and dwell on positive things in their presence and isn't it magical or somehow clinical proof of the beauty of our mirror neurons activity how powerfully we can convey attitudes and "suggestions" and influence interactions?

Thank you John for offering the new lenses or "Lentz' lenses"; opening up this new way of interaction.

Toward a Science of Consciousness Annual Conference March 3-9, 2013, Agra, India: East West Views on Brain, Mind and Reality by M. Paola Brugnoti

Eastern Philosophy has met Western Science at Dayalbagh Educational Institute, India. In Eastern philosophical traditions, consciousness is intrinsic to the universe, whereas in most Western views, consciousness emerges from complex computation. Can these views be reconciled? The 20th annual international conference "Toward a Science of Consciousness" (TSC) was held at the Dayalbagh Educational Institute (DEI) in Agra, India. DEI is a high-level academic system, part of a spiritual community and farm, housing 4000 people on an idyllic 1300 acres on the Yamuna River within the city of Agra. DEI research includes neuroscience, cognitive science, medicine, philosophy, nanoscience, quantum physics and consciousness. DEI's Dr. Vishal Sahni, author of many papers and several books on quantum computing, is the primary conference organizer which has eminent scientists such as Deepak Chopra and Stuart Hameroff among others.

The 2013 Agra Conference is sponsored by the Centre for Consciousness Studies, Dayalbagh Educational Institute (DEI) Agra, India and the Center for Consciousness Studies, The University of Arizona, Tucson, Arizona. TSC is an international interdisciplinary conference entailing rigorous approaches to the understanding of conscious awareness, and its place in the universe. Since 1994, TSC conferences have been held in even-numbered years in Tucson, Arizona, sponsored and organized by the Center for Consciousness Studies at the University of Arizona. In odd-numbered years TSC conferences have been held at various locations around the world: 1995 Naples, Italy; 1997 Elsinore, Denmark; 1999 Tokyo, Japan; 2001, Skovde, Sweden; 2003 Prague, Czech Republic; 2005 Copenhagen, Denmark; 2007 Budapest, Hungary; 2009 Hong Kong, China; and 2011 Stockholm, Sweden.

Themes for TSC 2013 in Agra, India included: The place of consciousness in the universe; What scales of brain activity are critical for consciousness?; Quantum cognition and quantum biology; How real is perceived reality?; Cosmology and Eastern spiritual views; Brain diseases and consciousness; A Conceptual Framework for Consciousness Based on a Deep Understanding of Matter; Clinical hypnosis and meditative stages.

Scientific research in clinical hypnosis suggests that hypnotic subjects have a corresponding increase in their inner awareness. The growing application of cognitive and neuroscientific theories and concepts to the explanation of hypnosis paved the way for a closer integration of hypnotherapy with meditative stages.

For the curiously interested who want to read more: find abstracts of the congress on the following link!

<http://www.consciousness.arizona.edu/documents/TSC2013AgraBookofAbstracts.pdf>

News from ESH Constituent Societies

General Information

The Swedish Society of Clinical Hypnosis (SSCH), Sweden

by Susanna Carolusson & Åsa Fe Kockum

The Swedish Society of Clinical & Experimental Hypnosis... has had its ups and downs.

SSCH lost many of its old members during the first decennium of 2000.

It was mostly retiring members and also those who, due to the recession, had to make a choice - and many chose to be members only of their professional union organization.

However, during this second decennium, we have been in more newspapers, radio programs and TV shows/documentaries, than ever. And when more ordinary people ask for hypnosis specifically, and search for licensed professionals registered in health and care, we need educated colleagues to recommend, and it seems like our colleagues want to learn this asked-for competence.

SSCH offer: 64 hrs basic training in hypnosis for all our member categories. With that skill, they can apply for a 2 years training in medical hypnosis; open for all members. Alternatively there is a 2 years training open only for members with basic (2 years half time) postgraduate training in psychotherapy. After that we offer a supervisory training, with a standardized curriculum in line with Swedish psychotherapist's societies and universities, 2 years training in teaching and supervising psychotherapists. Not only in hypnosis but all kinds of therapy orientations. News: From September 2013 we offer middle + advanced training in Ego State Therapy, and in that position we are affiliated to Ego State Therapy International (ESTI).

You may get an idea of our trainings if you look at our web: www.hypnosforeningen.se

It is in Swedish but so many words are universal, so you will understand a lot.

On the same web you can also click on "Kobra" and see Susanna Carolusson inform about and demonstrate clinical hypnosis in one of the most popular public service TV channels.

The Centre Européen de Formation et Application de Thérapies de la Communication (CEFATC), France

by Ana Luco

After thirty years as a leader in the field of Ericksonian hypnosis, the Centre Européen de Formation et Application de Thérapies de la Communication (CEFATC), former part of Institut de Formation et Application de Thérapies de la Communication (IFATC) are changing their goal: CEFATC are now providing more specialized and over all a more practical training.

Group supervision can be used as a kind of complement for Diplôme Universitaire as well as for more classical teaching.

The Associazione Medico Italiana Studi di Ipnosi (AMISI), Italy

by Lara Bellardita

The training and scientific activities of AMISI are enduring and developing through the actions of both the School and the Association.

Summer is slowly approaching and the School is almost ready for the summer break. Starting in mid-June, after a very intense year of classes, seminars, scientific activity and new graduates the school will be on break. Just to mention a few training events, in February, Prof. Wallnöfer held a seminar on advanced autogenic training and a full-day class on the use of hypnosis for smoke cessation.

I personally had the pleasure to offer a lecture on the main aspects of the clinical interview. The topics of the lecture were: how to set the therapeutic work starting from preliminary contacts through the whole process of establishing and checking the maintenance of therapeutic alliance; how the therapy session entails a continuous fluctuation between attention to the content and attention to the relationship. In an article published in 1977, Erickson claimed the importance for the therapist to be flexible and ready to meet the patients in their own world. Particular focus was placed during the lecture on what the therapists bring to the therapy sessions from their professional background as well as personal values, preferences, and expectations they should be aware of in order to be able to maintain a flexible and open approach.

The focus on the professional as well as personal growth of the psychotherapist was particularly highlighted during the 2011 AMISI congress and is maintained currently through the supervision group meetings held every Saturday afternoon following the School schedule. The supervision group was given the name of "Club of Supervision" and has the aim to discuss clinical cases and give participants (mostly alumni) the opportunity to face one's limits and strengths in working and "surviving" as therapists.

AMISI is also developing its networks both online and through the participation to institutional events, such as the presentation of the School to prospective students organized for training centers licensed by the Italian Ministry of Research and Education.

The Official Journal of the Association keeps on publishing training material and clinical cases, as well as original articles about different topics, and in the last number a quite interesting interview to Prof. Marcello Cesa-Bianchi was

published. Prof. Cesa-Bianchi is considered one of the most representative Italian scholars in the second half of 1900. He has published 60 books and more than 1000 articles in both experimental and applied psychology and is renowned both at national and international level.

In recollecting how he became interested in Psychology after getting his degree in Medicine at the age of 23, Prof. Cesa-Bianchi tells about the historical events that affected the development of Psychology in Italy: the dark times of fascism (during which academic psychology was oppressed); the role of Agostino Gemelli and Cesare Musatti; the relationship between psychology and medicine and the development of a still difficult collaboration which needs to be further reinforced.

Being methodological aspects the first field of interest of Prof. Cesa-Bianchi, he highlights and claims the importance of the connection and interplay between experimental and clinical psychology.

The challenge of addressing clinical work from a research perspective and, on the other hand, of tackling research with clinical implications in mind is still titanic. Where is research in psychotherapy learnt and implemented? This is the question that the Italian section of the Society for Psychotherapy Research probed at the conference held in Urbino on May, 10-11. At the conference, Carlo Jamoletti presented a collaborative experimental protocol developed at AMISI for the validation of Neo-Ericksonian hypnosis in the treatment of panic disorder. This work represents the determination of AMISI for the scientific development of both theoretical and clinical aspects. More will need to follow and, to some extent, open discussion amongst the various Societies of the above-mentioned topics could add interesting views.

Last but not least, AMISI is working on their 2014 which will be held in Milan ... more news will follow soon about the event!

The Asociación Española de Hipnosis Ericksoniana (AEHE), Spain by José Cava

Most interesting training events have taken place during this just ending scholar year, in the Erickson Institute of Madrid, a training center associated with AEHE. Six exceptional seminars included in the Master Program in Ericksonian Psychotherapy and Hypnosis.

Reid Wilson, PhD, a globally recognized expert in the field of anxiety, phobias and obsessive-compulsive disorder, gave in September/2012 an excellent and very practical workshop on the most effective treatment approaches to these disorders, with and without hypnosis. Dr. Wilson is the author of best-sellers very well known such as "Stop obsessing" or "Don't Panic".

A month later, in October, Norma Barretta, PhD, and Phil Barretta, MA-MFT, gave another outstanding workshop in the Instituto Erickson, this time on how to enhance the skills of the therapist. With the fine humor, superb knowledge and human touch that characterize them, they made this workshop into a truly memorable and very useful experience for the clinician.

In December, Mark Jensen, PhD, one of the leading experts in the psychotherapeutic approach in the treatment of pain, gave a master class workshop to a hundred students in the Erickson Institute of Madrid. Just the day before, Dr. Jensen also gave a lecture to medical residents in the Instituto Psiquiátrico de Leganés (Psychiatric Institute of Leganes) in Madrid, on the use of hypnosis in medicine, breaking myths and presenting conclusive research data on the effectiveness of hypnosis to treat physical and mental disorders.

In February/2013, Carol Kershaw, EdD, and Bill Wade, PhD, gave a very exciting seminar about Brain Change Therapy, the theme of their last book, teaching practical new skills from neuroscience research to reach optimal mind states. The happiest people are those who are the most self-regulated. When people learn how to change internal states, entire perspectives, attitudes and behaviors shift.

Roxanna Erickson-Klein, PhD, board member of Milton H. Erickson Foundation, came again to Madrid in April, to teach about new ways in the treatment of addictions, based on her own practice in a recovery center for serious drug addicts, and showing hypnotic techniques with or without formal trance. She was excellent and close, and making everything easy and entertaining, telling lots of anecdotes of her father, Dr. Milton H. Erickson, and her family life.

Finally, in June is the turn of Michael D. Yapko, PhD, the great world expert in the treatment of depression. This time Dr. Yapko's seminar will take place in the Instituto Psiquiátrico de Leganés. A group of residents psychiatrists and psychologists in this Instituto Psiquiátrico are already receiving training in Ericksonian Psychotherapy and Hypnosis given by Teresa García, due to a collaboration agreement with the Instituto Erickson de Madrid. Dr. Yapko, is one of the leading figures in the field of clinical hypnosis, taking it to the depression land, and also getting it closer to the so popular mindfulness approach in therapy.

The Tibbi Hipnoz Dernegi (The Society of Medical Hypnosis), Turkey **7th Annual Congress** by Ali Özden Öztürk

The 7th Annual Congress of THD (Medical Society of Hypnosis, Turkey) was hosted and sponsored by Uskudar University which also establishes the first Hypnosis Research Center in Turkey. This was the first congress of THD after hosting 12th ESH Congress in Istanbul. So, this had been a good opportunity for us to re-evaluate and monitor the progress of medical hypnosis in Turkey and all over the world; to share the new information and experience we had gained in our hypnosis applications, studies and researches; and of course to have a nice conversation while enjoying delicious Turkish coffee and tea.

This year, Consuelo Casula and Susanna Carolusson had brought an international perspective and color to our congress; and all the congress registrants were very excited and satisfied for having the opportunity to participate in their presentations and workshops. The last day of the congress, I made a survey about the congress with the registrants, and they all gave a very positive feedback about Consuelo and Susanna and all the congress while asking me to convey their thanks for all the work done.

Consuelo had contributed greatly with a presentation: "Hypnotic Approach Based on Resiliency" and a workshop:

"Mindfulness and Hypnosis" by also emphasizing our congress theme "Awareness and Hypnosis". Also, Susanna had enlighten us with a presentation: "Brain Trauma, Identity Losses and Post Trauma Symptoms" and a workshop: "Psyche-Soma: Which Hypnotic Approach Do We Choose?"

This year we had chosen this theme of "Awareness and Hypnosis" because "Awareness Under Conscious Hypnosis (AUCH)" is the main-stream medical hypnosis discipline in Turkey, and as its name suggests AUCH Method gives a great importance to the awareness issue for the use of hypnosis. AUCH method was founded by Husnu Ismet Ozturk around 1951 and since then it has been the light showing the path to the proper and efficient use of hypnosis in Turkey. This is also the reason why THD bases its educational program on this approach.

A great number of surgical operations have been performed with this method without the existence of any chemical analgesics and anesthetics, also it has been used efficiently for pain management including migraines, surgery and obstetrics, psychosomatic medicine and disorders, PTSD, autohypnosis, positive psychotherapy, family therapy, dentistry etc. So, I performed a presentation about the retrospective analysis of the use of AUCH Ozturk Method in surgery to give an idea about the history of AUCH especially to the THD's educational program participants who also attended to our congress and had their certification exam during the congress. This presentation was an introduction to the workshop I will give in 1st International Conference on Hypnosis in Medicine in Budapest on August 29-September 1, 2013. Like our conference, this conference is also credited by 20 ECH CPs by ESH.

I also would like to mention another workshop I gave in our congress which was about the correlations between the points used in acupuncture and the touches and passes used in AUCH Ozturk method because using hypnosis and acupuncture together is also another trend in Turkey regarding the interdisciplinary studies of hypnosis.

Another presentation that I want to highlight is Dt. Canan Eyüboğlu's presentation because it was amazing to see children chuckling and bursting into laughter while having dental applications. Canan could achieve turning each dental tool into an enjoyable toy and the doctor's office into a fantastic playground by using AUCH method.

Consequently, I believe this congress has been a good and beneficial experience for all the participants by also filling all of us with positive energy and inspiration for future meetings and studies.

Future Events

**The Hungarian Association of Hypnosis (HAH), Hungary
The 1st International Conference on Hypnosis
in Medicine (ICHM),
2013, 28 August – 1 September, Budapest, Hungary**
by Katalin Varga

The 2013 International Conference on Hypnosis in Medicine (ICHM) will be a very special meeting from many aspects:

It is a historic moment: it will be the first scientific international where experts in hypnosis will present their

findings on the application of this method specifically in the context of biomedicine.

It will have a very special program serving everyone from beginners of this special field up to the experienced colleagues.

It will represent an astonishing richness, as hypnosis can be used in a wide range of settings in medicine, ranging from labor preparation to the alleviation of pain in palliative care; from dentistry to emergency medicine; from dermatology to brain surgery – to mention just a few examples.

It will demonstrate the effectiveness of suggestive and hypnotic methods; to make modern medical treatment more comfortable, quicker, and associated with higher levels of psychological and physical comfort. This increases the cost-effectiveness of various interventions.

It will demonstrate that hypnosis in medicine is a powerful tool that can be easily integrated into the busy, everyday settings of contemporary medical practice.

Its program is exceptionally rich: leading experts in the field will present lectures, facilitate workshops, discuss their findings in symposia, and share their opinions in panels. Various ways of getting first-hand experience of new strategies and techniques will also be provided.

The conference is designed to make this knowledge available to as many health professionals as possible, as well as to open a scientific forum for experts to discuss their approaches, provide inspiration for each other, and share their experience.

It will serve as an event to "get together" and experience the power and richness of our field. This may be especially important for those who might work in isolation in their county and institution. In our everyday efforts to use and expand suggestive/hypnotic techniques in various fields of medicine, we can enjoy the support of many colleagues from all over the world.

It is located at Hilton Buda – one of Budapest's nicest venues, on the top of Buda hill, next to Matthias Church.

Its social events will provide not only relaxation following the busy work of a conference day, but a possibility to build connections, professional relationships and friendships.

We anticipate that this conference will contribute to bringing more comfort and ease into medical practice, for both patients and health professionals.

**From Deutsche Gesellschaft für Hypnose und
Hypnotherapie e. V. (DGH), Germany
30th Anniversary Congress Nov. 14th-17th 2013**
by Peter Dünninger

The German Society of Hypnosis and Hypnotherapy will celebrate its 30th birthday with a really outstanding event: the traditional congress in Bad Lipspringe will present a plethora of lectures and workshops, allowing a broad view to all aspects of modern hypnotherapy. The list of in all 69 speakers and teachers reminds to a "who is who" of contemporary hypnosis and related topics. Walter Bongartz, Hansjörg Ebell, Betty Erickson, Johannes Galli, Peter Hain,

Woltemade Hartmann, Agnes Kaiser-Rekkas, Rishi Ram Koirala, Hans-Christian Kossak, Norbert Loth and Michael Kahan, Siegfried Mrochen, Burkhard Peter, Dirk Revenstorf, Reza Schirmohammadi, Gary Schmid, Gunther Schmidt, Galsan Tschinag, Walter Tschuguell, Charlotte Wirl to name only a part of them. Maybe even better as the scientific will be the social program: Toni Forster presents "mental magic", the famous DGH-band and above all the legendary DGH-party with some special surprises will entertain the participants. Early registration is strongly recommended since some workshops are already booked out. See you in Bad Lippspringe!

The Deutsche Gesellschaft für Zahnärztliche Hypnose e.V. (DGZH), Germany



All information can also be found under www.hypnose-kongress-berlin.de where we also offer the possibility for [ONLINE-REGISTRATION](#) (unfortunately only in German)

News from Contemporary Hypnosis & Integrative Therapy (CH&IT)

Introduction

The CH&IT journal is the official journal of ESH and is published by Crown House on a quarterly basis.

CH&IT is essential reading for anyone interested in contemporary research, ideas and clinical practice in the field of hypnosis. Reading the Journal will further your scientific understanding of the phenomenon and promote informed and responsible use of hypnotic procedures.

Letter from the Editor

Contemporary Hypnosis and Integrated Therapy is an international journal originating from the British Society of Academic and Clinical Hypnosis. As stated above, the journal has been adopted by the European Hypnosis Society and has European editors on its Board.

The main aim of the journal is to provide a forum for the presentation and discussion of hypnosis theory, research and professional practices, with the general intention of furthering the 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 complementary interventions. It views hypnosis as part of an integrated therapeutic approach and stresses the importance of an evidential base for hypnotic interventions. In addition to formal scientific research, case histories and reviews are published, with a balance between research and practice.

While emphasis is placed on contemporary knowledge, historical reviews are welcomed. Related topics, germane to the understanding of hypnosis, are also encouraged; these may include sleep and dreaming, altered states of consciousness, imaginative processes and the like. Papers addressing professional applications may include the clinical, educational, occupational, forensic, medical and dental domains.

Peter Naish

Editor
June 2013

Subscription

40 Euros electronic copy
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Before placing your order on-line at <http://www.crownhouse.co.uk/esh/> please contact ESH Central Office (at mail@esh-hypnosis.eu or by telephone on + 44 843 523 5547) for your **preferential Discount Code**

Translated into French

by Denis Vesvard



Le Journal International *Contemporary Hypnosis and Integrated Therapy* est, au départ une émanation de la British Society of Academic and Clinical Hypnosis. L'European Society of Hypnosis (ESH) l'a adoptée comme publication en 2009 et la rédaction en est devenue européenne.

Le but essentiel de ce journal est d'offrir un lieu de présentation et de discussion sur la théorie, la recherche et la pratique clinique de l'hypnose. Il souhaite également approfondir la connaissance scientifique de l'hypnose et en encourager l'usage sérieux, fondé sur la connaissance des techniques hypnotiques.

Il promeut l'innovation en thérapie et l'approche scientifique mais aussi les approches parallèles. L'hypnose est à considérer comme partie d'une approche thérapeutique intégrée. Les interventions hypnotiques sont à baser sur des preuves. En plus de la recherche scientifique formelle, y sont publiés des cas cliniques et des revues de la littérature. Le journal vise un équilibre entre la recherche et la pratique. Même si les connaissances actuelles sont mises en avant, les articles historiques sont bienvenus. De même, y sont encouragés des domaines connexes qui portent en germe une meilleure compréhension de l'hypnose tels que le sommeil et le rêve, les états modifiés de conscience ou les processus d'imagination. En ce qui concerne les applications professionnelles de l'hypnose, les articles peuvent concerner les domaines clinique, pédagogique, médico-professionnel, légal, médical ou dentaire.

Abonnement

40 Euros electronic copy
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Avant le fait de placer votre ordre en ligne à <http://www.crownhouse.co.uk/esh/> contactez s'il vous plaît le

Publications from the Centro Italiano Di Ipnosi Clinico-Sperimentale (CIICS), Italy

1. Facco E. Near-death experiences and hypnosis: two different phenomena with something in common
2. Contemporary Hypnosis & Integrative Therapy Journal (ISSN: 0960-5290), 2012; 29:284- 297.
3. Facco E, Manani G, Zanette G. The Relevance of Hypnosis and Behavioural Techniques in Dentistry CONTEMPORARY HYPNOSIS (ISSN:0960-5290), 2013; 29:332- 351.
4. Casiglia E., Tikhonoff V., Giordano N., Regaldo G., Facco E., Marchetti P., Schiff S., Tosello MT., Giacomello M., Rossi AM., De Lazzari F., Palatini P., Amodio P. Relaxation versus fractionation as hypnotic deepening: do they differ in physiological changes? International Journal Of Clinical And Experimental Hypnosis (ISSN:0020-7144), 2012; 60:338- 355.
5. Facco E, Testoni I, Di Lucia D, Ronconi L, Drusini. Relevance of a biocultural approach in the assessment of chronic pain: A comparison between Peruvian women living in Nasca and Lima. World Cultural Psychiatry Research Review (ISSN:1932-6270), 2013; 8:60- 70.
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11. Casiglia E. Editorial Commentary. Cont Hypn & Integr Ther 2012; 29: 208-211.
12. Giordano N, Tikhonoff V, Tosello MT, Lapenta AM, Casiglia E. An experimental approach to hypnotic age regression: controlled study over 10 healthy

participants. Cont Hypn & Integr Ther 2012; 29: 271-283.

13. E.Casiglia. Why is it so easy to hypnotize? an editorial commentary about the recent article by m. kuijsten. Cont Hypn Integr Ther 2012; 29: 309-314.
14. V.Tikhonoff, D.Azzi, G.Boschetti, N.Giordano, P.Rempelou, M.Giacomello, M.T.Tosello, E.Facco, A.M.Rossi, A.M.Lapenta, G.Regaldo, P.Palatini, E.Casiglia. Increase of isometric performance via hypnotic suggestion: experimental study over 10 young healthy volunteers. Cont Hypn Integr Ther 2012; 29: 352-262.
15. E.Facco, M.Ermani, P.Rampazzo, V.Tikhonoff, M.Saladini, G.Zanette, E.Casiglia, D.Spiegel. Top-down regulation of left temporal cortex by «hypnotic amusia for rhythm»: a pilot study on mismatch negativity. Int J Clin Exp Hypn (in press)
16. E.Facco, S.Pasquali, G.Zanette, E.Casiglia. Hypnosis as sole anaesthesia for skin tumour removal in a patient with multiple chemical sensitivity. Anaesthesia (in press)

Calendar of Forthcoming Events

2013: 29 August – 1st September

Medical Hypnosis Congress, Budapest, Hungary.

One of the main aims of this meeting is to summarise findings, result, techniques on various fields of medicine, and to raise the attention of those who have not been using hypnosis / suggestive techniques in their practice, to the very unique possibilities of these methods. For Registration and programme please visit: www.ichm2013.com

2013: 12-15 September

Deutsche Gesellschaft für Zahnärztliche Hypnose (DGZH) Konferenz, Berlin

Veranstalter: mail@dgzh.de www.dgzh.de

Kongress-Organisation: Congress Organisation Claudia Winkhardt, mail@cwcongress.org

Programme: www.hypnose-kongress-berlin.de (ab Mai 2013) Fon 0711 – 236 06 18 Fax 0711 – 99 78 36

2013: 27-29 September

Centro Italiano Di Ipnosi Clinico-Sperimentale (CIICS)

Pain: pathophysiological, ethical and therapeutical implications. Padua University Hospital
Information: edoardo.casiglia@unipd.it.

2013: 28-29 September

British Society of Medical and Dental Hypnosis Scotland (BSMDH-S)

Autumn Symposium Weekend with Speaker Julie Linden
www.bsmdhscotland.com
Email: mail@bsmdh-scot.com Tel: 07981 333 391

2013: 15-18 November

Deutsche Gesellschaft für Hypnose und Hypnotherapie e. V. (DGH)

Hypnosis – The Gate to the Unconscious
Bad Lipspringe

Email: info@dgh-hypnose.de www.dgh-hypnose.de

2014: 27-30 March MEG Congress

2014: 23-24 May VHYP

Vlaams Wetenschappelijke Hypnose Vereniging

Comfort Talk® Rapid Hypnotic Techniques
for Medical and Psychological Distressing
Encounters

Guest speaker: Dr. Elvira Lang

Venue: UPC-KUL Campus Kortenberg Leuvense
Steenweg 514 – 3070 Kortenberg (near
Brussels)

Email: vhypsecretariaat@skynet.be

2014: 11-14 September DGZH Congress, Berlin

2014: 22-25 October ESH Congress, Sorrento

2015: 19-22 March MEG Congress

2015: 10-13 September DGZH Congress, Berlin

2016: 03-06 March MEG Congress

Information for these events will follow in due course.

With grateful thanks to all our contributors:

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ESH Central Office – Holiday Closure

Please note that Central Office will be closed
from 17:00 (UK time) on Friday, 9th until
09:00 (UK time) on Monday, 19th August.



European Society of Hypnosis
XIII International Congress

Organised in collaboration with the
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Sorrento, Italy
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