



esh

Newsletter

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Letter from the ESH President, Nicole Ruyschaert

While eyes and minds of many were focused on the Fifa World Cup of football in Brazil and in supporting one's national team some feelings of belonging to and sharing in supporting are elicited. Somehow many of us want to be winners and share in the success.

When our team wins, we easily identify with them and say "we won". But if they lose we tell everyone "they lost, they didn't play well" and share our disillusion, finding some comfort with each other.

I am not that familiar with football or soccer, but rather involved in other common international activities in the world of hypnosis. It's always amazing to discover how these meetings forge friendship, a sense of support and belonging.

The past month I attended the congress on "Hypnosis and Pain Control" in La Rochelle, France, organized by Claude Virot and his institute Emergence. With 800 participants, 120 Faculty members and 30 volunteers, a real success!

At the "European Ericksonian Congress on "Creativity and Hypnosis", organized by Krzysztof Klajns and the Polish Ericksonian Institute in Kraków, Poland, 550 participants demonstrated how the world of hypnosis is growing, and how working in/with hypnosis gets more and more impact in the field.

For those who missed these opportunities, the good news is that within a few months you get another unique opportunity to meeting, sharing and learning with and from others in the field. There are no losers there, only winners and lucky people who want to and have the chances to be there and enlarge their circle of friends, colleagues to be inspired in the field.

You still have time to register for the Sorrento congress and I hope to seeing/ meeting many of you there! On the congress website you find the programme of the congress <http://www.eshcongress2014.org/congress/>

There is a special experiential pre-congress with excursion to Capri. Camillo, the SII and ESH are doing their very best to offer you a unique combination of experience, science, in the warm atmosphere and climate of one of the most beautiful locations in the World.

The ESH Board of Directors had their annual face-to-face meeting in Timisoara (Romania), May 2014. The World congress on Resilience was organized there, and Consuelo Casula and I gave presentations to familiarize participants with some applications of hypnosis to increase resilience. It's nice to stay within the ESH community, but it's also important to reach out to other organisations and societies where hypnosis can be useful to enlarge their field of competence.

conference exchanges and negotiations! In the world of fast changes, one needs to keep track in a permanent state of alertness not to lose sight of the "goal"!

With warmest regards!



Nicole Ruyschaert

**Translated into German
by Hans Kanitschar**



Liebe Leserinnen und Leser

Während die Aufmerksamkeit vieler auf die Fußballweltmeisterschaft in Brasilien und auf die Unterstützung des eigenen nationalen Teams gerichtet ist, werden Gefühle von Zugehörigkeit und Gemeinsamkeit wachgerufen. Irgendwie möchten viele von uns Gewinner sein und den Erfolg teilen. Wenn unser Team gewinnt, identifizieren wir uns leicht damit und sagen: "Wir haben gewonnen." Aber wenn sie verlieren, sagen wir: "sie haben verloren, sie haben nicht gut gespielt" und teilen die Enttäuschung miteinander, was es leichter macht.

Ich bin nicht so vertraut mit Fußball, aber sehr mit internationalen Aktivitäten in der Welt der Hypnose beschäftigt. Es ist immer erstaunlich zu sehen, wie diese Treffen Freundschaften fördern und ebenso den Sinn für Unterstützung und Zugehörigkeit.

Im letzten Monat besuchte ich den Kongress über "Hypnose und Schmerzkontrolle" in La Rochelle, Frankreich, den Claude Virot und sein Institut Emergence organisiert hat. Mit 800 Teilnehmern, 120 Vortragenden und 30 freiwilligen Helfern war er ein großer Erfolg!

Am "Europäischen Ericksonischen Kongress über "Kreativität und Hypnose", den Krzysztof Klajs und das polnische Erickson-Institut in Kraków organisierte, bewiesen 550 Teilnehmerinnen und Teilnehmer wie die Welt der Hypnose wächst und wie die Arbeit mit Hypnose mehr und mehr Wirkung in der Fachwelt entfaltet.

Für jene, die diese Gelegenheiten versäumten, gibt es eine gute Nachricht: innerhalb weniger Monate haben Sie eine weitere Gelegenheit, anderen zu begegnen, mit ihnen zu lernen und sich auszutauschen. Es gibt dabei keine Verlierer, sondern nur Gewinner und glückliche Menschen, die dort sein möchten, ihren Freundes- und Kollegenkreis erweitern und über das gemeinsame Sachgebiet inspiriert werden wollen.

Sie haben immer noch Zeit, sich für den Kongress in Sorrento anzumelden und ich hoffe, daß ich dort vielen von Ihnen begegne! Sie finden das Programm des Kongresses auf der Kongress-Webseite

<http://www.eshcongress2014.org/congress/>

Es gibt einen speziellen erfahrungsorientierten Vorkongress mit einer Exkursion nach Capri. Camillo, die SII und die ESH geben ihr Bestes, um Ihnen eine einmalige Kombination von Erfahrung und Wissenschaft in warmer Atmosphäre und warmem Klima in einem der schönsten Plätze der Welt zu bieten!

Der Vorstand der SEH hielt im Mai 2014 sein jährliches persönliches Treffen in Timisoara (Rumänien) ab. Dort fand der Weltkongress über Resilienz statt und Consuelo Casula und ich hielten Vorträge, um die Teilnehmerinnen und Teilnehmer mit einigen Anwendungen von Hypnose zur Stärkung der Resilienz vertraut zu machen.

Es ist schön, innerhalb der ESH-Community zu sein, aber es ist auch wichtig, mit anderen Organisationen und Gesellschaften in Kontakt zu kommen, in denen Hypnose brauchbar sein kann, um ihre Kompetenzbereiche zu erweitern.

Das persönliche Treffen des ESH-Vorstandes ist ein wesentlicher Teil der Aktivitäten des ESH-Vorstandes, neben intensiven e-mail, skype- und Telefonkonferenzen zu Verhandlungen und Informationsaustausch. In einer Welt schneller Veränderungen muß man die Spur halten und ständig wach sein, um nicht den Blick auf das Ziel zu verlieren!

Herzlichste Grüße!

**Translated into French
by Denis Vesvard**



Chers Lecteurs

Pendant que les regards et les esprits de beaucoup d'entre nous se tournent vers la Coupe du Monde de Football organisée par la FIFA au Brésil et soutiennent leur équipe nationale, des sentiments d'appartenance et de partage se développent chez les supporters. D'une certaine façon, beaucoup d'entre nous ont envie de gagner et de prendre part à la victoire. Quand notre équipe gagne, nous nous identifions aux joueurs et nous disons « on a gagné ». Mais si notre équipe perd, nous disons : « ils ont perdu, ils ont mal joué » et partageons notre déception tout en nous réconfortant mutuellement.

Je ne ne connais pas bien le football américain pas plus que le football, mais suis plutôt activement engagée au niveau international dans le monde de l'hypnose. Je m'étonne toujours de découvrir à quel point ces rencontres développent une solide amitié, un sentiment de solidarité et d'appartenance.

Le mois dernier, j'ai participé au congrès « Hypnose et Douleur » de La Rochelle en France qu'organisaient Claude Virot et l'Institut Émergences qu'il dirige. Avec 800 participants, 120 orateurs et 30 volontaires, ce fut un vrai succès!

Au congrès Ericksonien d'Hypnose « Créativité et Hypnose » qu'organisaient Krzysztof Klajs et l'Institut Polonais d'Hypnose Ericksonienne de Cracovie en Pologne, 550 participants ont apporté la démonstration du dynamisme du mouvement hypnotique et de l'impact croissant sur le terrain du travail en/avec l'hypnose.

Pour ceux d'entre vous qui ont raté ces occasions, la bonne nouvelle c'est que, dans quelques mois, il est une nouvelle occasion de pouvoir rencontrer, partager et apprendre en compagnie d'autres acteurs du terrain. Sur ce terrain-là, pas de perdants, mais des gagnants et des gens heureux qui saisissent l'occasion qui leur est donnée d'être là, d'élargir leur cercle d'amis et de collègues et d'être inspirés par eux.

Il vous vous reste un peu de temps pour vous inscrire au Congrès de Sorrente. J'espère vous y rencontrer et retrouver nombre d'entre vous là-bas ! Sur le site web du congrès vous allez trouver le programme du congrès : <http://www.eshcongress2014.org/congress>

Un pré-congrès exceptionnel d'expériences pratiques, est prévu assorti d'une excursion à Capri. Camillo, la SSI et l'ESH font de leur mieux pour vous offrir une combinaison inédite d'expériences pratiques et d'apports scientifiques dans l'atmosphère et le climat d'un des lieux les plus beaux du monde!

Le Bureau de de l'ESH a fait cette année, en Mai 2014, sa réunion en face à face à Timisoara (Roumanie). Le Congrès Mondial sur la Résilience y était organisé et Consuelo Casula comme moi y avons fait des présentations qui ont permis aux participants de se familiariser avec certaines techniques d'hypnose qui renforcent la résilience. Se retrouver au sein de la communauté que constitue l'ESH est agréable, cependant il est tout aussi important de s'ouvrir aux autres organisations et sociétés où l'hypnose va apporter de nouveaux et utiles champs de compétences.

A côté des échanges et des négociations intenses effectuées par e-mails, sur Skype ou par réunions téléphoniques, les réunions sur le terrain du Bureau de l'ESH restent une part importante de notre activité ! Dans un monde où les choses changent vite, il nous faut rester en contact permanent et rester vigilants afin que notre regard ne s'écarte pas de notre « but » !

Avec mes plus cordiales salutations !

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



Estimados Lectores

Mientras que los ojos y las mentes de muchos están enfocados en la copa mundial de Football de la FIFA en Brasil, y en apoyar a su equipo nacional, algunos sentimientos de pertenencia, de deseo de compartir y apoyar aparecen. De alguna manera muchos de nosotros queremos ser ganadores y compartir el éxito. Cuando nuestro equipo gana, nos identificamos fácilmente y decimos "nosotros ganamos". Pero si ellos pierden, decimos a todos "ellos perdieron, no jugaron bien" y compartimos nuestra desilusión, encontrando alivio con otras personas.

Yo no estoy muy familiarizada con el football o con el soccer, sino más bien involucrada con otras actividades internacionales comunes en el mundo de la hipnosis. Siempre es fascinante descubrir como estas reuniones favorecen la amistad y un sentido de apoyo y de pertenencia.

El mes pasado asistí al congreso sobre "Hipnosis y Control de Dolor" en La Rochelle, Francia, organizado por Claude Virot y

su instituto Emergence. Con 800 participantes, 120 integrantes del equipo de maestros y 30 voluntarios, un verdadero éxito!

Durante el "Congreso Ericksoniano Europeo sobre "Creatividad e Hipnosis" organizado por Krzysztof Klajs" y el Instituto Polaco Ericksoniano en Cracovia, Polonia, 550 participantes demostraron cómo el mundo de la hipnosis está creciendo, y cómo trabajando en/con hipnosis se consigue mas y mas impacto en este campo.

Para aquellos que se perdieron estas oportunidades, la buena noticia es que en unos cuantos meses vosotros tendréis otra oportunidad única de reunirnos, compartir y aprender con y de otros en este campo. No existen perdedores aquí, solo ganadores y personas afortunadas que quieren y que tienen la oportunidad de estar ahí y de agrandar su círculo de amigos, colegas para inspirarse en este campo.

Vosotros aun tenéis tiempo para registraros para el congreso de Sorrento y espero ver/encontrar a muchos de vosotros allá! En la página web del congreso podéis encontrar el programa del congreso <http://www.eshcongress2014.org/congress/>

Hay un pre-congreso especial con excursion a Capri. Camillo, la SII y la ESH están haciendo lo mejor para ofreceros una combinación única de experiencia, ciencia en la tibia atmósfera y clima de uno de los lugares más bonitos del mundo!

La Mesa Directiva de la Sociedad Europea de Hipnosis tuvo su reunión anual cara a cara en Timisoara (Rumania) en mayo de 2014. El Congreso Mundial sobre Resiliencia fue organizado allá, y Consuelo Casula y yo dimos presentaciones para que los participantes se familiarizaran con algunas de las aplicaciones de la hipnosis para incrementar la resiliencia. Es bonito permanecer dentro de la comunidad de la ESH, pero también es importante llegar a otras organizaciones y sociedades donde la hipnosis puede ser útil para incrementar su área de competencia.

La reunión de la Mesa Directiva de la ESH es una parte importante de las actividades de la Mesa Directiva de la ESH, además de los intercambios y negociaciones intensivos por medio de e-mail, Skype y conferencias telefónicas! En el mundo de cambios rápidos, uno necesita seguir la pista en un estado de alerta permanente para no perder de vista al "gol"!

Saludos calurosos!

**Translated into Italian
by Consuelo Casula**



Caro lettori

Mentre gli occhi e le menti di molti erano focalizzati sulla Coppa del Mondo FIFA del calcio in Brasile a sostegno della propria squadra nazionale, alcuni sentimenti di appartenenza e di condivisione del tifo sono stimolati. In qualche modo molti di noi vogliamo essere vincenti e condividere il successo. Quando la nostra squadra vince, facilmente ci identifichiamo con loro e diciamo "abbiamo vinto". Ma se perde, diciamo "ha perso, non ha giocato

bene" e condividiamo la nostra disillusione, trovando conforto l'un l'altro.

Lo non ho familiarità con il calcio o con il football americano, sono piuttosto impegnata in altre attività internazionali comuni del mondo di ipnosi. E' sempre sorprendente scoprire come questi incontri formino amicizia, senso di sostegno e di appartenenza.

Il mese scorso ho partecipato al convegno sul tema "Ipnosi e Controllo del dolore" a La Rochelle, Francia, organizzato da Claude Virot e il suo istituto Emergence. Con 800 partecipanti, 120 docenti e 30 volontari, un vero successo!

Al V Congresso Europeo Ericksonian sul tema "Creatività e Ipnosi", organizzato da Krzysztof Klajs e dal suo Polish Ericksonian Institute a Cracovia, Polonia, 550 partecipanti hanno dimostrato come il mondo dell'ipnosi sia in evoluzione, e come lavorare in/con l'ipnosi ha sempre più l'impatto nel settore.

Per coloro che hanno perso queste opportunità, la buona notizia è che nel giro di pochi mesi avete un'altra unica opportunità di incontro, condivisione e di apprendimento con e da gli altri del campo. Non ci sono perdenti lì, solo vincitori e fortunati che vogliono e hanno la possibilità di essere lì e di estendere la loro cerchia di amici, colleghi e di essere ispirati nel campo.

Avete ancora tempo per iscrivervi al congresso di Sorrento e spero di vedere/incontrare molti di voi là! Sul sito <http://www.eshcongress2014.org/congress/> si trova il programma del congresso. C'è una speciale esperienza pre-congressuale con escursione a Capri. Camillo Lorio, la SII e la ESH stanno facendo del loro meglio per offrire una combinazione unica di esperienza e scienza, nella calda atmosfera di uno dei luoghi più belli del mondo.

Il Consiglio di Amministrazione della ESH ha avuto il suo incontro annuale vis a vis a Timisoara (Romania), nel maggio 2014. Il congresso mondiale sulla resilienza è stato organizzato lì, e Consuelo Casula ed io abbiamo presentato i nostri lavori e familiarizzato i partecipanti con alcune applicazioni di ipnosi per aumentare la resilienza. E' bello stare all'interno della comunità ESH, ma è anche importante raggiungere altre organizzazioni e società in cui l'ipnosi può essere utile per allargare il loro campo di competenza.

La riunione vis a vis è una delle attività importanti del Consiglio di Amministrazione della ESH, assieme a frequenti scambi di email, riunioni via Skype, scambi di conferenze telefoniche e negoziazioni! Nel mondo di rapidi cambiamenti, abbiamo la necessità di rimanere in uno stato di permanente allerta per non perdere di vista il "goal"!

Cordiali saluti!

**Letter from the
Newsletter Editor,
Consuelo Casula**



Editing a Newsletter a newsletter is an adventure. At the beginning, the

white page seems so empty that it seems it will never be filled with interesting items; then, little by little, contributions of colleagues and friends begin to arrive, starting with the President's Letter, and the white pages become filled with life and colours.

In this ESH Newsletter you have interviews with two ESH Past Presidents, Henri de Berk and Camillo Lorio. Henri de Berk was ESH President from 1997 to 1999 during which he prepared the VIII ESH congress of Noordwijkerhout (Netherlands) where Camillo started his presidency, which ended in 2002. The IX ESH congress was organized in Rome by the same Society, the Italian Society of Hypnosis (SII), which is organizing the next one in Sorrento. ESH is very grateful to Camillo and his society for the commitment they have showed all these years and especially on this particular occasion because they "saved" ESH by organizing, in only two years, the XIII ESH congress after the Spanish society withdrew. In his interview Camillo reminds us that he played the role of savior not only with ESH, but also with ISH. Both societies are now in good financial state so that they can organize successful congresses like that of Sorrento next October and Paris in 2015.

At this moment only two women President's interviews are missing, Eva Bányái and Mhairi McKenna. I hope to have their interviews ready for the next ESHNL to complete interviewing all the ESH Past president. Eva Bányái, from Hungary, served as ESH president from 1993 to 1996 when the memorable Budapest congress took place. Mhairi McKenna, from the United Kingdom, served as ESH president from 2005 to 2008 when another memorable ESH congress took place in Vienna.

This issue presents an interesting interview made by Ali Özden Öztürk to our ESH president Nicole, and an article written by a new Israeli collaborator, Shaul Navon, who kindly offered his willingness to contribute to the ESHNL. Nicole and I thank him and are happy to have his interesting article on Hypnosis and Music in this issue, and we look forward to having other articles from him. The ESHNL is published only because several colleagues have been generous in offering their time and expertise, like Ali, Shaul, Susanna among others. In particular let me also thank Hans Kanitschar, Maria Escalante and Denis Vesvard, for translating the President's Letter, John Lentz for reviewing the English and Christine Guilloux the French.

This issue also gives information coming from some constituent societies, updating us on their congresses and initiatives. Among them, I would like to underline the useful work that Susanna has been doing for the hypnotic community by answering the letters she receives and you have some examples in this issue. She does an important job with dedication and knowledge helping the reader to better understand the most important aspects of hypnosis, therapy, and life.

Last but not least another thank you goes to Christine Henderson pillar of the central office, keeping contact with each CS and in taking care of the layout of our ESHNL. Without her, ESH would be in trouble.

I will finish editing the ESH Newsletter with the next issue. So far I have always enjoyed doing my best for the reader, but my incoming role as ESH President requires my full

commitment. I am sure that we will find an excellent colleague to continue with the Newsletter and who will be able to bring fresh ideas and energising contributions.

Interview with Camillo Loredi (CL)

by Consuelo Casula



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

CL: When I was a young medical student I really wanted to learn medicine and become a medical doctor. The idea to become a psychiatrist came later, when I was close to the end of my training program in medicine and I had an internship in psychiatry. There I met a young schizophrenic who was completely catatonic and made me very curious about studying psychiatry. Since I couldn't understand his unusual behaviour and I was very stubborn, I came back every day trying to make him to move and to speak, but it was very hard because he remained silent and immobile all the time. After a month I was visiting him every day, I became very sceptical about psychiatry and decided to leave and not to come back anymore. But, when I was close to the door, the man said to me "do you not say hallo to me today?", so I went back and realized that the man was aware of my presence and that despite the appearance a real contact developed among us. Thus I decided to study psychiatry and become psychiatrist, because of this fascinating experience and because I found schizophrenia a real challenge. Ever since that moment I considered psychiatry as the study of the infinite ways in which humans can develop contact with each other.

CC: How did you discover hypnosis?

CL: When I was studying psychiatry there was a strange professor in the faculty. He was a little crazy, but at the same time very thoughtful and experienced. He knew every book on hypnosis and he was teaching all of the essentials of hypnosis, although in a rather confusing way. Of course, if I was sceptical about psychiatry, I couldn't be less sceptical about hypnosis. So, when I saw him doing a kind of miracle with a patient who was agonizing with pain in his spine, and after 20 minute of hypnotic treatment he was claiming of not having any sort of pain anymore, I thought the professor was tricking me.

In order to confirm to myself I was cheated, I decided to apply the same technique to a cousin of mine who had a headache and volunteered to be my subject. But when to my surprise I discovered that with the same technique my cousin went into hypnosis as well and had some headache relief, I had to admit that hypnosis could work. Then I had

the opportunity to translate into Italian Jay Haley's book "Uncommon Therapy" dedicated to Milton Erickson, and I discovered the translation was very difficult because of the double or triple meanings every word had. To complete the translation, I was forced to learn how to use the language of hypnosis by studying that book. That was my beginning.

CC: So your first patient was your cousin?

CL: Actually he was not a real patient, since he didn't ask for a real therapy and I was just trying to see whether or not hypnosis was working. I repeated the same moves and the same words the teacher used during his demonstration, and I had the surprise to see it worked.

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

CL: At the moment I am still working on the project regarding the history of hypnosis. I am gathering all the papers and books I can collect in order to set up the historical part of hypnosis I think a hypnotist should learn. It is important to know what the past of hypnosis was, because many discoveries were made in the past and a lot of them are still relevant today. It is a heavy task, and in fact I began it many years ago, and I don't know when I will finish it, but it is a continuous experience of discovery.

CC: You like a very long lasting commitment.

CL: Yes, although they frighten me a little and I try not to be involved in so many long lasting tasks, but I find some of them similar to a trip that is by itself more rewarding than it is to reach the final goal, that's why I like to continue them.

CC: The book is about the history of hypnosis?

CL: Yes, it will present the history of hypnosis: it goes far back to the age of the Egyptians up until today. I have material from the Egyptian age, but I recently discovered from Xin Fang that I didn't know enough about the Chinese part. Now I would like to interview her to know what happened in the 6-8 millenniums before the Egyptians discovered hypnosis.

CC: Have you also studied Janet?

CL: Of course. The more we explore Janet's thinking and the more you discover how many facets hypnosis has and how useful it is to understand mind functioning. Another relevant part of his work is how to apply his concepts in our everyday clinical practice: e.g. how to deal with dissociation, a mysterious defence mechanism that we all have and that it is important to explore both inside and outside hypnosis. In the history of hypnosis dissociation was considered by many, after Janet's studies, as the roots of the hypnotic experience itself. But we have to know more about when and how dissociation becomes

dysfunctional, and how hypnotic dissociation can help with the dysfunctional dissociation.

Working with patients with Eating Disorders I realized how frequently many of them have been traumatized, and many of them experience both trauma and dissociation. The connection and reciprocal influence between these two concepts cannot be ignored. Another important topic I am studying now is neglect. It is important to understand what happens when one parent does not care enough, or neglects a child by ignoring his/her essential physical and emotional needs.

Another idea is to investigate together neglect and dissociation because we have found in many cases that parents who neglect their child are themselves seriously dissociated. In these cases, we might assume that neglect is a consequence of dissociation, instead of considering the parent as a naughty person. This theory that we could call trans-generational dissociation, is something I am trying to explore now.

CC: You have served as ESH president from Noodwijkerhout (Netherlands) 1999 to Rome (Italy) 2002 and also as ISH president from Rome 2009 to Bremen 2012. According to your experience what are the main differences between ESH and ISH?

CL: I think that the differences between ESH and ISH are connected with their different types of status. ESH is a society of societies and ISH is also a society of individuals. That can make a difference because you can have a single person member. Individual members become part of ISH because they choose to, and not just because they belong to a constituent society. Maybe in the future ESH will find it useful to expand membership to individuals as well.

But I also see many similarities in the two societies because some of the people are passing from one to the other, like you, me and many others, preferred to be part of both societies. My personal wish is that ESH and ISH will begin to collaborate much more than in the past, because each one can give so much to the other, not only because they are geographically different, but also because they can share experiences, and projects, important way to strengthen the role of hypnosis worldwide. The future challenge is to enhance collaboration and exchanges between ESH and ISH.

CC: It can be an idea to also organise a joint congress between ESH and ISH.

CL: This is a great idea because after all, they have the same goals and they can reinforce each other.

CC: What were the differences in your experience as ESH and ISH president?

CL: I had a very similar experience, I don't know why it occurred, but I happened to be there in a period of crisis for both societies, so once again I see more similarities. ESH was able to resurrect immediately.

ISH finally went well too, but it took more time and work: the crisis was more deeply rooted, there were many complex reasons for the crisis, but again I see similarities. The 2 societies need to have people who really care for them, and I think it is very nice to see how many people in both of them dedicate their time to a society that have only scientific purposes. Since no money is involved, the common motivation to serve for one of these societies is just dedication and the common goal to make hypnosis more known and appreciated all over the world. It is also a pleasant surprise to see so many people to serve as officer, despite the international crises, without receiving money, just to give their help. That's why for me it was in both cases a good personal experience.

CC: You are a saviour.

CL: No, I think I'm not. The truth is I was not alone, many people helped me, and I think they gave me the strength to go on. Without them I would have abandoned my position. I can confess that at some point I was very close to abandon: the enthusiasm, the abnegation and the desire to work all together for a common goal that I saw around me were very helpful. I was happy to work together with motivated and affectionate people. Now that it is finished I can say that was a difficult but pleasant experience.

CC: What did you learned as President? What pleasant experience do you remember?

CL: I learned that a president cannot do anything without the help of others: so the key attitude is to provide motivations and to use your team as much as possible. You cannot do the job alone, so make all the possible efforts to create collaboration and unity. Skype meetings were very useful, but in a board made of people of different cultures and nationalities, when difficulties arose, being together, face to face, in the same place for 2 or 3 days, proved to be much better for growing together and improve personal relationships.

CC: What is your best memory of your experience as ISH President?

CL: My best memory was receiving the Gold Medal of the Benjamin Franklin Award. I didn't expect it at all. It was a great surprise and came out of the blue. Besides the personal satisfaction, I was certainly touched by how Peter Bloom did it. His attention to little details to transform an event in an intense and unforgettable moment, it was another lovely part of the experience. At the same time, like it happens in families, there were long discussions and even fights working and having dinner together debating on how to spend the money we didn't have: and after a while, making peace, and re-establishing alliance and friendship.

CC: What is your best memory of your experience as ESH residency?

CL: This is more distant, but I remember the congress in Rome: it was very important in creating a group that was made of the board members, but also of people that could count already on a long experience of meeting together several times. In those societies, when you meet and speak to each other frequently you create a network, a bond. Over time, many of the ESH people became part of our lives. So when we meet is like meeting old friends.

CC: What memory do you have of the congresses of Gozo and Rome?

CL: The congresses in Rome and in Gozo were turning points for the ESH. There was a radical shift in the society, like we were children, and then in Gozo we had to become grown up, adults and more responsible. We started having rules, paying more attention to what were the financial issues, and to opened negotiations among the hosting society and the board. I think that it was a sudden change, but it continued to gradually develop in the society. ESH continued to grow slowly from one congress to another. Probably we were obliged to react that way by the critical moments we went through: in those moments the most important thing was to survive, and we had to find a way to do it.

CC: What is the most important thing to pay attention to in organising a congress on hypnosis?

CL: People are happy if the congress is a very good one. The quality of the congress is very important, as well as building the congress around an idea, and keep it all along the congress. For instance I think that for Sorrento the idea of trauma is very important: people enjoy the fact that they do not speak about a general issue but they have to be more specific, and learn about the peculiar aspects of the clinical experience. I think it is important to keep a serious theme to deal with. The social experience of a congress shouldn't be ignored, because people cannot always think about work: they also enjoy meeting and have fun together. The sense of belonging to a scientific society comes more from an atmosphere of connection and friendship than from a simple intellectual encounter.

CC: Also the location is important: I remember the problem we had in the Netherlands or in Gozo.

CL: A nice place is very important and the social activities are also relevant. But let me add the importance of offering good food. I'm sure I will never forget the excellent Turkish food in Istanbul. People that are dissatisfied with what they ate in a congress will have difficulties in learning and feeling as part of a group.

CC: How will the next ESH congress that you are organising in Sorrento (Italy) October 22-25, 2014 differ from the previous ones organised by you?

CL: The place is enchanting by itself, I didn't do anything about that, Sorrento itself is very special. For this reason I had serious difficulties in organizing it. A lot of time was spent in negotiating

the expenses, and this was due to the fact that they know they have a paradise. They wanted to keep a high price for the hotel and the meeting rooms, and I reached the point that I think it was the best possible. Of course I preferred to have much cheaper costs. But Sorrento is a place where you can go, have the congress as well as vacation and relax: so a congress like this offers a double advantage. I have noticed that many people will extend their stay there. It is a venue where you can discover wonderful places and even the food is excellent everywhere. I'm sure this location will not be forgotten for a long time.

CC: Can you say something to inspire someone that is still deciding to come to Sorrento?

CL: We have an incredible faculty. I didn't expect that so many people would have applied and propose such excellent papers and workshops. I was surprised because I never saw so many attracting proposals. We have a concentration of good speakers and good presentations to the point that we were obliged to rent more meeting rooms than we had decided. I noticed the effort of the people in submitting appealing subjects and abstracts: it was like being in an amazing place inspires people to offer their best. Let me say that being there seems to have the same power of a pleasant hypnotic experience. In the same vein, we decided to add an experiential pre-congress program, and I thought that the experience would not be completed without visiting Capri. During the pre-congress we will take a boat to Capri, stay there, visit the island and then come back again to Sorrento to work. It is like having a long break between two sessions of hypnosis, while you continue to experience a dream in a wonderful natural environment.

CC: It seems like being in trance all day long. What change do you see in the world of psychotherapy in general and in the world of hypnosis in particular?

CL: I think today there is more scientific basis for what we knew since a long time, and the evidence-based studies are growing day by day. We also have more clinical research than in the past and the present trend is to demonstrate with data what the clinicians find in their practice. The instruments given to us by neurosciences are appealing not only to the hypnotic community, but also for neurologists and neurophysiologists. Differently from the past, when I asked these colleagues to work together to a research program I rarely obtained their cooperation, now they very frequently request to me and with insistence to set up new research programs that include hypnosis. Exploring brain functioning can be greatly facilitated by the use of hypnosis, and today combining neurosciences with hypnosis can help in posing some psychiatric diagnoses. The dream of Janet, studying dissociation patterns through the brain images, seems very close to be possible.

New themes are becoming accessible to a conjoint investigation made by both neurosciences and hypnosis, like severe traumas as well as neglect, just to mention some of the themes I'm currently interested in. Even in the field of psychotherapy hypnosis is growing: there is more clinical research in comparison with other perspectives and cost/effectiveness results seem to be better. In general I would say that, in a world of crisis, hypnosis continues to expand its potentials and looks like a bridge toward the future.

CC: What change would you like to see in ESH?

CL: The society cannot live only of congresses that are done every 3 years. In the meantime and in between some research can be organized by its constituent societies, and the results of it exchanged. The other important instrument is the Newsletter, to develop and maintaining it the way you have done until now. The Newsletter is a real connection among CS, but also with ISH and the rest of the World.

CC: What kind of suggestion would you give to a young scholar of hypnosis?

CL: I think that the national societies together with ESH can help a lot. For example why not to create the possibility to exchange students: I send my student to another European society and the society sends to me their students, so that the young trainee can have the opportunity to learn from different perspectives, whether we are sharing the same research project or we have different ones. I found that going around the World opens eyes of young generations.

CC: And you need to speak English.

CL: Yes, nowadays more people are familiar with English especially young generations are becoming more familiar with English, already at university and with Socrates and Erasmus programs. More than in the past, students frequently study abroad, so why not do this also with the European Society of Hypnosis. I think that in our field to see different ways of using hypnosis is challenging and useful: I am afraid of people that continue day by day to do the same old things. It looks more similar to a chronic illness than a creative approach, and in these cases the best therapy is contamination with new experiences, and ideas.

CC: Otherwise it can be boring.

CL: Sometimes hypnosis can be boring. When I was a young student, before I was contaminated with new experiences and concepts, hypnosis was taught in a very ritual and boring way. Today I rarely see the same tiring and repetitive suggestions we used in the past. This is in my opinion an important proof of the positive contamination ESH and ISH produced in the world of hypnosis.

Interview with Henri de Berk (HdB)

by Consuelo Casula



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

HdB: I was born and raised in Amsterdam. I am the second of four children, the eldest son. My father was a bus-driver. As a young boy I wanted to become a doctor. So, I went to grammar school and thereafter to the university to study medicine. During my education I played the drums in different theatre projects and local bands. After I finished my studies, I was determined not just to try and heal sick bodies but to take care of the mental condition of the patients as well. So, I became a psychiatrist.

CC: What is your current work focus, and what role does hypnosis play in it? \

HdB: In the early 90's of the last century, I started my training in hypnosis, which was an amazing experience. Since almost four years I work in an outpatient department of a mental health institution. I treat clients with depressive disorders and anxiety disorders. It lasted quite some time before I was allowed to use hypnosis, but after I gave a presentation on the topic, more and more colleagues became curious as to the power of hypnosis and hypnotherapy. Also in pharmacotherapy I consciously use (hypnotic) suggestions.

CC: You serve as board member and president of your national society. What brought you to be engaged and committed in serving your national society?

HdB: In the Netherlands hypnosis by many helping professionals, medical doctors as well as clinical psychologists, is still regarded as an alternative, somewhat odd therapeutic procedure, despite the huge amount of research that has been done and still is done. Sometimes I felt like a preacher, who is trying to convince the non-believers of the value of hypnotic interventions in large areas of medical care and mental health. Being a board member and a trainer of the Netherlands Society of Hypnosis turned out to be a great opportunity to get the professionals' attention to an ancient, for many centuries practice based therapeutic intervention.

CC: You also have been the ESH president from Budapest (Hungary) 1997 to Noordwijkerhout (Netherlands) 1999. What is your best memory of each congress?

HdB: I wasn't able to attend the congress in Budapest in 1997. The colleagues of the Netherlands Society of Hypnosis, who went to the congress, were very enthusiastic. But, strange as it may seem, at that time I wasn't ESH president yet. Before my term as president of the Netherlands Society of Hypnosis started, the board of the society was very enthusiastic and anxious to organize the ESH congress in the Netherlands. But it turned out that we had (too) little experience with organizing an international congress. Only shortly before the congress in Noordwijkerhout started, I became president of the Netherlands Society of Hypnosis. And only then I came to know, that as the president of the Dutch society, I was ESH president and responsible for organizing the ESH congress in Noordwijkerhout. It was a very stressful period. I am very grateful that Kees Hoogduin helped us out. He is not only an outstanding scientist and clinician but also a very good organizer. Thanks to Kees the congress was a success. The atmosphere was very inspiring.

CC: What were your mission and your vision as ESH president? What style of leadership have you adopted? Are you satisfied of your experience? What did you achieve as ESH president? What did you learned as ESH president?

HdB: My mission was, and still is, spreading the word that hypnosis and hypnotherapy are valuable tools in the hands of clinicians who do a kind of psychological 'microsurgery'. Professionals who have the intention to apply hypnosis and hypnotherapy have to be trained appropriately in order to use these tools properly and safely. The contents of the training programs of the constituent societies of hypnosis of the ESH should be alike. Of course, I was very insecure as president of the ESH. But I think it was a good experience, personally. I learned, that I am not so much of a manager. I am interested in psychiatry and psychotherapy as an interesting field to practically work in. And I like training professionals in hypnosis and hypnotherapy. I feel that is my core business.

CC: Which are the characteristic the ESH president should have, which are the outcomes the ESH president should achieve?

HdB: As mentioned above, the ESH president needs to be an outstanding clinician and a professional manager. If he or she cannot unite both 'professions' in one person, he or she needs the help of an 'alter ego'. I am sure that the ESH board as a whole has these talents.

CC: What is your best memory of that triennial experience as ESH President? You now come from the future of that experience, is something that you, now, would have liked to do differently?

HdB: I felt overwhelmed with the responsibility as ESH president of organising an international congress, which I had no experience with. On the other hand, I was happy with the fact that the board trusted me in fulfilling the task as president of the Netherlands

Society of Hypnosis. I regret that I was so insecure and had little trust in myself.

CC: What do you miss the most of the period in the ESH board?

HdB: The wish to help patients with medical conditions and clients with psychological problems combined with the curiosity as to how hypnotic trance works, I found were the board members' motivations to develop and manage the ESH. And that is worth remembering.

CC: When you now go to ESH congresses which changes do you see nowadays, what has happened in all these years in the field of hypnosis that is evident for you?

HdB: The congresses are very professionally organized. I think there are more presentations on research.

CC: What kind of suggestion or advice can you give a young scholar of hypnosis, how can you invite a young psychologist to study hypnosis?

HdB: "Although you might think that you deliberately decided to learn and practice hypnosis to become an even more outstanding therapist and help your clients even better than you may have done before, you may be surprised to discover, as you take precious time to care for yourself, that your unconscious drives you to your therapeutic goals steadily and smoothly, if you just focus your attention and concentrate on helping your clients feel satisfied and strengthened – yes, you can take care of yourself! – and get more and more satisfaction out of your work as a therapist – yes, my hidden talents will help me experiencing and imagining what is in the interest for my clients and me."

"Although you might think that you deliberately decided to become an outstanding psychologist, you may be surprised to discover, as you take precious time to care for yourself, that your unconscious drives you to your goals steadily and smoothly, if you just imagine how you can concentrate on your hidden talents that will help you experiencing and imagining what is in the interest for your clients and you."

ESH Congress
Sorrento, Italy – 21 / 25 October

Late Registration deadline:
30th September 2014

Link to Registration Form:
http://www.eshcongress2014.org/congress/images/pre_congress_flyer.pdf

Please see attached flyer

Interview with Nicole Ruyschaert (NR)

by Ali Özden Öztürk

AOO: In Turkey, a commission has been constituted by the Ministry of Health regarding the proper use of hypnosis in



Medicine, Dentistry and Psychology. The commission is dedicated to set the standards and enact the laws and regulations for the accreditation, training, practice and application of Hypnosis in Turkey. As a part of this study, Turkish Ministry of Health organized a congress named: "International Approach to Traditional, Alternative and Complementary Medicine" on 7-8 March, 2014 in Istanbul. And, you were invited to this congress as being the President of ESH. So, what do you think about these studies at ministerial level and the progress regarding the position of Hypnosis in Turkey?

NR: In my opinion this is a very important issue. As different traditional and alternative methods are practiced all over Europe, and more patients are looking for help from these practices some control and regulations are necessary: patients deserve the best and most efficient help from scientifically underpinned methods or those which experientially are proven to be helpful. Practitioners have a responsibility to start from a proper and correct diagnosis to apply the best suited methods. As it is an important topic, it's reasonable that it is picked up by a distinguished governmental body. Starting from proper investigations some guidelines can be worked out. Within the field of medical and psychotherapeutic hypnosis, ESH promotes hypnosis as a mainstream method, integrated within traditional medical and psychotherapeutic practices. Many scientific studies have been done to demonstrate the 'state' of hypnosis and it's effectiveness.

AOO: The commission, which is dedicated to the proper use, application and training of hypnosis in Turkey consists of the representatives of the Ministry of Health, Health Education Bodies and Universities, and Hypnosis Societies.

THD (Turkish Society of Medical Hypnosis) is also a part of this commission and as being the President of THD, also BOD and CEPE (Committee on Educational Programmes in Europe) member of ESH, I continue negotiations with the commission and inform them about ESH training criteria, so that the accredited training program which is studied by this commission and which will be recognized by the Turkish Ministry of Health could be designed in accordance with the requirements established by ESH for holding ECH (European Certificate of

Hypnosis). As a result, we, as THD, hope that it could be possible that this official and accredited training program would also have the qualifications required by ESH, in other words have a European-wide recognition in the field of Hypnosis.

So, what do you think about these efforts and attempts of THD, one of the Constituent Societies (CSs) of ESH, regarding the hypnosis training in Turkey? And how advantageous could it be for a CS to have guidance of ESH regarding the proper use and training of hypnosis?

NR: ESH and CEPE (Committee on Educational Programmes in Europe) put a lot of effort in working out these guidelines, starting from a questionnaire within the ESH constituent societies, finding some common structure, requirements and differences among the society's training curriculum. Deeper reflections on content and training requirements followed, to work out standards of training and continuous professional education to meeting criteria to get an ECH. The requirements for holding an ECH reflect a proper and continuous education, and can be considered as high standards of training. If these are accepted in Turkey at the ministry of health it guarantees a high level of training.

AOO: In how many of ESH CS countries is hypnosis recognized by the government?

NR: There are legal regulations or a laws regarding hypnosis in Israel, Belgium and Sweden. In Austria hypno-psychotherapy is an acknowledged training preparing for a professional practice with legal recognition. Similar efforts are done in Germany to get hypno-psychotherapy acknowledged.

AOO: The 12th ESH congress was hosted by THD in Istanbul in 2011. Organizing this congress has been very useful and supportive to create a public awareness about hypnosis and its proper use in Turkey. Furthermore, it has been a strong evidence of professionalism to our National Government and it has been a great support for our studies and negotiations at ministerial level. Do you think we can consider that hosting ESH triennial congresses can be an important step towards the recognition of hypnosis by governments and constituting the laws and regulations regarding hypnosis?

NR: Hosting a European congress and having a faculty with distinguished trainers coming from all over the world is a very important event. Local hypnosis practitioners benefit from this unique training opportunity, general public learns about it, some press reports highlight the event. The efforts for organizing pay off in the years following the congress by increased interest and support for hypnosis methods and if you are lucky even some financial support for research or training opportunities.

AOO: As far as I see, organizing ESH triennial congresses could make a great contribution to the promotion of hypnosis both in a national and international level. Moreover, it is very important for the organizing country and CS to gain an international recognition for the proper use of hypnosis. Do you think this can be another/significant motivation for CSs to host triennial ESH congresses or to organize national/international congresses in cooperation with ESH?

NR: Yes, our CS which had the courage to organize deserves our full respect and gratefulness for organizing and taking the responsibility of this important challenge.

AOO: As being ESH President, are you pleased with this organization and all the studies in Turkey at ministerial level regarding the proper training and use of hypnosis and their compatibility with ESH constitution and regulations?

NR: Yes, definitely! I came to Turkey several times at congresses and to give workshops to do some teaching. Every time I was pleasantly surprised by the good organization, the warm welcome and hospitality, the eagerness of participants and students to learn about hypnosis, the friendship from the Turkish hypnosis community. Thank you for that!

AOO: Thank you for all your supports and contributions to our congress and studies. I believe that all these efforts will have fruitful results and lead to a better future of hypnosis. And thank you for this nice conversation / interview.

NR: You are welcome! And let's continue to join our efforts for a successful future of hypnosis and well-being of patients.

Hypnosis and Music

by Shaul Navon

"If I were not a physicist, I would probably be a musician. I often think in music. I live my daydreams in music. I see my life in terms of music." Albert Einstein

Music and consciousness are things we do. Mesmer used music (mostly a glass harp) to stage his demonstrations of hypnosis and therapy sessions. In the debate on susceptibility to hypnosis, music is discussed as an important factor for the ability of absorption in highly hypnotizable persons in hypnosis. Music and post-hypnotic suggestions may be used for therapeutic suggestions, to enhance mood, creativity and artistic performance. I will highlight shortly the current status of 3 major areas of the relationship between hypnosis, altered states of consciousness and music: Musical Performance, Musical Performance Anxiety and Music Composition.

Musical Performance

The physician Meligren (1979) suggested to musicians in a light to medium trance after waking up they would feel lighter

and more secure and would play with confidence and inspiration. Prior and after hypnosis a piece of music was recorded with that of the musician in regard to improved performance after post-hypnotic suggestions. In 1900, Rachmaninoff was treated with hypnosis because he had a "creative block". After suggestions, in light trance, that indicated change and improvement, there followed after a short period, an extremely creative phase. His piano concerto No. 2 Op. 18 in C minor is dedicated to his hypnotherapist Nikolai Dahl. Musicians performing in a concert or in a recital on stage are in a hypnotic state. While practicing at home, they play under a conscious state. But when they have to go on stage to perform a music piece they should transform their conscious state to an unconscious state. This means, that while on stage, they have to pull out, to extract their music playing from a conscious state to an unconscious state. They have to "block" their attention from inner and outside distractions at the concert. They have to deliver their performance in an effortless way and in a great physical and emotional control. This unconscious playing is a hypnotic state of mind.

Musical Performance Anxiety

Stanton (1994) compared hypnosis with an attention-control condition in reducing the musical performance anxiety of 40 music majors studying at a conservatory. Participants were identified by their music teachers as being prone to excessive anxiety in performance situations and were randomly assigned to one of two treatment conditions. The hypnotic treatment condition consisted of a hypnotic induction plus suggestions for relaxation, competency-based imagery, and confidence. This intervention was provided in two 50-min sessions. Individuals in the attention-control condition met with a therapist for a discussion group for the same amount of time that each treated individual spent receiving hypnosis. Results showed that, at post-time, the hypnosis group reduced self-reported anxiety more than the control group. Moreover, there was another significant reduction in self-reported anxiety at a 6-month follow-up. Stanton's results highlight the importance of obtaining follow-up data to assess long-term treatment gains. Today, from a clinical point of view, hypnotherapy for musical performance anxiety proved to be highly successful.

Music Composition

Walker (1979), reports compositions by Schumann, Stravinsky and Tartini that were heard by those composers in dreams and written down after waking up. Let us see how the process of music composition by the great composers, is very similar to an hypnotic trance: George Friedrich Handel said, "I felt like the good God took my hand and guided it along the sheet I wrote on, letting me only look at it after it had been completed" This quote is what we call today as an "automatic writing". Anton Bruckner claimed that the main theme of the first part (Allegro moderato) of his 7th Symphony came to him in a dream. Is this actually an induced hypnotic dream? In a letter to someone who had asked him about his composition, Wolfgang Amadeus Mozart said that usually a whole part of a concerto or symphony appeared suddenly in his mind as though folded in a closed envelope which he only had to unfold and stretch out to copy on paper, something that he could do even while sitting with friends in a noisy inn. This description is a hypnotic trance, while the complete composition is already

done and what is needed is the automatic handwriting on a music paper. Let us end this short article with this quote:

"Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything." Plato

News from ESH Constituent Societies

From VHYP

by Nicole Ruysschaert

ESH President and Vice President / PR VHYP

In the past months 1 of our BOD activities was to preparing the Spring Congress on Comfort Talk® with Elvira Lang. We enjoyed a nice 2-days with old and older members and many newcomers from the medical field as MD's, anaesthesiologists, gynaecologists, midwives being interested in applications of hypnosis and hypnotic communication. The interactive presentation style and well balanced mix of theory, scientific studies, video-material and practice made it an exciting experience for the 75 participants.

Our BOD enjoyed rejuvenation with many new – younger – interested and committed board members, where we enjoy growing interest from the medical field, cooperation with the university hospital in Antwerp, where training in hypnotic communication and hypnosis is becoming more and more popular.

In our training committee we reconsider training requirements, content, and more diversity in training suited to the different professions eligible for training. Regular newsletters are re-styled in a "newsflash" published every 2 months with eye-catchers and short information, and links to more extended information for the seriously curious. A basic training starts September 2014, Training hypnotic communication and pain control starts September 2014 in the University Hospital Antwerp. Monthly advanced training workshops can be organized and get enough participants to keep our financial balance healthy.

From SII

Italian Society of Hypnosis in 2014:

Experience and Sharing

by Flavio de Leone

The Italian Society of Hypnosis (SII) has always been involved in the promotion of research and training and this effort is going to be rewarded again in 2014.

First of all, the society took part in the organisation of XIII International Congress of the European Society of Hypnosis, 'Hypnosis and Resilience'. More than 500 participants from all over the world are going to reach the fascinating Sorrento, where the scientific and cultural activities will meet the gastronomic and naturalistic pleasures of the Amalfi Coast. The inspiring keyword of the congress is "experience": the pre-congress in fact will be completely experiential, consisting of interactive workshops and live demonstrations. Experts like of Julie Linden, Micheal Yapko, Nicole Ruysschaert, Giuseppe De Benedittis, Jeffrey Zeig, Betty Alice Erickson will be part of the faculty.

During the conference, a new book of the 'Hypnosis and Hypnotherapy' series edited by Franco Angeli for the SII will

be presented: "The Naturalistic Approach of Milton Erickson". Edited by Camillo Lorigo and colleagues, the volume collects the best theoretical and clinical contributions to Ericksonian approach, written in the last year by a pool of SII senior members. The volume has the purpose to clarify and enlarge this simple but crucial topic from a neuroscience and clinical perspective.

And last but not least, the Italian Society of Hypnosis has recently improved its online register of members. This essential tool is useful in the patients and therapists' tutelage, guaranty of professional and scientific quality. Moreover, with the online register SII promotes the community spirit of the Society: through a classification for skills, members can easily contact each other and create a professional network with greater visibility and new creative possibilities.

From AMISI

by Lara Bellardita

The most important news and update that AMISI would like to share with the members of the European Society of Hypnosis in this first NL of 2014 is that the National Conference of the Association will be held in May 2015 in Milan. The Congress will take place during the EXPO 2015 events, which will put the hometown of AMISI under the eyes of the whole world. The theme of the EXPO will be "Feeding the Planet" and the exhibit will have a focus on sustainability and resources. In a way, we could say that the EXPO will have an Ericksonian perspective! The Organizing Committee has been working and will keep on doing it in order to create the right space for discussing clinical as well as theoretical issues, both long-debated and more recent ones. Hopefully, it will also be the occasion for members of different societies to meet and address the topics that are relevant for hypnotic psychotherapy to continue its growing path.

As far as growing, recently the visibility of the Association has increased mainly thanked to the involvement of Silvia Giacosa, who was invited to release interviews in health magazines, conduct online training (webinars). Silvia, together with other members of the Association, were also invited by the Association of General Practitioners and asked to talk about hypnosis. The link between AMISI and the medical world keeps on being strong thanks to the legacy of Prof. Mosconi and to a number of new initiatives promoted by faculty members and students as well, such as a research project focused on pain management and implementation of neo-ericksonian therapeutic approach in the field of psycho-oncology and end-of-life care.

These activities are very important as they contribute to inform and educate both the professionals and the lay people, which is very important in Italy as hypnosis and hypnotic psychotherapy are still little addressed in the Academic environment and the information that can be found on Media may not be always completely accurate. Amply educated colleagues that are able to recommend hypnotic psychotherapy is definitively a goal we should keep on working towards.

And talking about goals achieved, last week 7 theses were discussed by the fourth-year students and included a wide array of topics and applications of hypnosis and hypnotic psychotherapy. In particular, we would like to mention the

work of a student, Cristina Rupani, who presented her work on the training of snowboard cross athletes with the hypnotic procedure. One of these recently won the World's Cup. A score for this young athlete and one for hypnosis too.

From SSCH by Susanna Carolusson

The Swedish Society of Clinical Hypnosis (SSCH) website is highly ranked when people search "hypnos" so the website is one of the best ways to conquer the aggressive lay hypnotists. SSCH take part in congresses and student fairs, and take all opportunities we can to inform people about professional clinical hypnosis. As I have written before, we have a Q & A section, which enlightens patients in spe. See www.hypnosforeningen.se.

The educations continue: In Stockholm, Lund and Göteborg we offer 64 hours basic training in hypnosis. To be accredited by SSCH as competent in hypnosis, and in order to have the ECH from ESH we encourage the participants to do the 2 years advanced training, i.e. another 256 hours. These are offered in Lund and in Göteborg. In Lund we address a broad group; all the medical professions and psychologists. In Göteborg we address psychotherapists, psychiatrists and clinical psychologists only. Thus we have a bit different approach, although both programs are acknowledged for the ECH.

SSCH also offers an advanced education in EST, accredited by ESTI to certify participants as Ego state therapists. The basic and middle level of EST are already covered by the basic and 2 year's hypnosis programmes.

We had a wonderful seminar in March this year: Kata Varga gave a lecture on Suggestive Communication in Health and Care, in Göteborg, and it was really appreciated. Björna Aasen from Norway lectured on EMDR combined with hypnosis and ego state therapy.

We had our annual meeting in March and we can now present to you our new president after Michael Rundblad, namely Dan Landgré from Lund. Elected to the ESH COR were: Åsa Fe Kockum and Susanna Carolusson.

See you in Sorrento!

On our website, SSCH has a column for Q & A. Susanna Carolusson has the mission to answer questions. She makes the questions anonymous before publication. Some of the Q & A are translated by Susanna for the ESH newsletter and website.

Questions from both the public and from professionals can be answered here. Questions are answered completely without economic compensation, so there is no question of any comprehensive advices, only short reflections and tips how to move forward.

Questions and answers that we think other readers might benefit from will be published. We will summarize both the original questions and the answers, so that the person who asked a question cannot be identified.

Questions and answers are divided into two categories;

A) Treatment and B) Accreditation

For ESH, some of the A) section will be published here.

Hello! I suffer from social phobia, which periodically is harder than usual. I have been quick to blush and feel tremendous anxiety and stress over this. Feel like a failure. I am also suffering from migraines since many years, around once a week. I have good medications for this, but feel that it provides strong side effects. So my question is if hypnosis is something that could help to treat migraine and social phobia. Regression Hypnosis: is that a more powerful treatment? I've never received any treatment for my social phobia. Sincerely, B

Dear B. Your symptoms suggest that you care more about what others think about you, in order to feel ok. And that you are not really friends with yourself. You can work with that with our psychotherapists (see our register).

If hypnosis is a tool that suits you, is something that the psychotherapist investigates together with you. If not, you will be recommended a different psychotherapist for counselling, possibly in combination with deep relaxation and/or various forms of drama and expressive techniques. Your migraines can be treated in two ways with hypnosis, to manage pain and/or explore and deal with the tension caused by your anxiety. Re "regression hypnosis": This concept is often used among those we call lay hypnotists, who are not licensed/registered in the health and care professions. Our members in SSCH (ESH) are very careful to adjust the intensity of hypnosis based on your psychological resources and needs. All forms of hypnosis are usually perceived as more powerful than conversation alone. That is precisely why it is vital that the therapist is qualified and competent. Susanna Carolusson

Hi. According to my psychiatrist, hypnosis is not scientifically proven, so he cannot refer me to one, with the exception of eye hypnosis (I think it's called) but not "normal" hypnosis. I suffer from low self-esteem and social phobia. Thanks in advance, G-V

Hi G-V. Your psychiatrist is right in one respect: There is no evidence that hypnosis per se does cure anything. But in psychotherapy many methods and techniques are used, which in the context of psychological and psychotherapeutic competence count as sufficiently scientifically grounded. Examples of such tried and tested methods are hypnosis, relaxation, image therapy, body awareness, imagery, psychodrama, dream work, Autogenic Training, mental awareness, etc. Therefore, we cannot rely on the techniques only. If the techniques per se could cure, so would anyone be able to treat, after having learned the technique. For this reason you should avoid "hypnotherapists" who have no license in a health profession or who are not working under the supervision of a licensed colleague.

On the other hand, your psychiatrist makes a mistake if s/he claims to be able to determine what methods and techniques that are appropriate for you in a psychotherapeutic treatment. What s/he calls "eye hypnosis" is probably EMDR, but EMDR, as any other technique, can be ineffective and even harmful if it is given by a person who only knows EMDR.

All methods, regardless of the degree of scientifically proven efficacy, must be practiced within a frame of knowledge system, in which the licensed psychotherapist has his/her education and degrees. In psychotherapy, methods cannot not be valued separately from the working relationship that you and the psychotherapist create together.

Therefore the psychotherapist and you must make an independent assessment of what you need, what methods can be used, when and how. By Swedish law, the person who treats with hypnosis must work in health care, so the method must be subordinated to psychological or medical professional knowledge. A licensed psychotherapist is best able to assess if/how hypnosis can be useful for you.

Solid research shows that the methods have an effect if the therapeutic relationship is in focus and the therapeutic relationship is what makes practices help or not help.

I can compare with medical science, where the same laws prevail: Surgeons examine and treat. If I will refer my patient to a surgeon, I leave it to the surgeon to determine how s/he will treat my patient. I would never say that you cannot go to the plaster because plastering lacks scientific support (for there are no RCT or Randomized Controlled Trial studies on plastering). I would never say: You cannot go to someone who can operate out your appendix, because of the lack of RCT studies on appendectomies.

Long solid experience of well-trained licensed expertise and satisfied patients means that we continue to use and refine methods that have proven successful in practice. Just as it is with hypnosis.

I would never send my patient to someone who can only hypnotize, just as I would not send someone to somebody who can only plaster, who can only do appendicitis surgery, or who can only do EMDR (eye-hypnosis).

I hope that your psychiatrist will refer you to a licensed psychotherapist with hypnosis training, who will work with you to create an approach that is unique to your needs. Most clinicians who are qualified in hypnosis are trained to be flexible in their approach.

Re "scientific": you can visit our column on Research, where the current state of research is documented. Susanna Carolusson

Hi. I am interested in creating my own self-hypnosis recordings and wonder if you could send me any information on how this can be done? Or tips about literature? Or if nothing else - perhaps a script you yourself are using so I can learn from it and write my own script? Sincerely, E

Hello E. In the first years in training hypnosis, students learn from the experienced, imitating their manuals, as a help to guide their way with each patient. They learn some basic formulas, then adapt the wordings to a language that is genuine for the present goal and the individual patient. It takes several years of supervised practice before you can find a true professional language of hypnosis. It's about intonation, pausing, choice of words, frames, how each single word and phrase can be interpreted / misinterpreted, etc.

And now I describe only the art of hypnosis in the treatment of individuals in therapy sessions. You ask for something that requires more skill, which is to formulate hypnosis inductions in a way that is beneficial for many, do not harm anyone, may encourage the listener to be self-monitoring and still relax, etc. It is an art that requires lengthy experience with clinical practice in hypnosis. Since you did not tell me your profession, what hypnosis skills you have and what audience you intend for hypnosis recordings, I suppose that you may be unaware of the complexity behind hypnosis recordings.

When I read your letter once again, I realize that you may want to record something just for yourself, and for nobody else?

In this case, I recommend you find one of our therapists (see website) and after the therapist has formed a view about what kind of hypnosis you can benefit from, he/she compose a recording specifically for you and your needs precisely now in your life. Susanna Carolusson

Hey. If a person is hypnotized by a therapist, of course he knows after hypnosis that he has been hypnotized, and he will remember that the therapist has talked to him and what they were talking about? NN

Dear NN. You do not write why you ask the question, but if you have experienced something in psychotherapy, which makes you unsure, you should ask your therapist. I'll try to answer for a public interest, i.e. the website readers. The patient is conscious and aware the whole time and (s)he also remembers what happened. Some people may forget what they experienced in hypnosis, due to specific defence mechanisms. I do not have space to explain further, but it is handled professionally with the patient's best interests.

There are times when therapists do not use the word hypnosis, but still give a similar treatment with relaxation and an intense focus on a specific theme. In psychoanalytic therapy we use the word "reverie", which means "daydream" for the same state of mind. Mindfulness and guided imagery are therapeutic methods which in practice can seem very similar and it is rarely relevant to the patient what it is called, only that it works and feels meaningful.

Professional ethics does not require that we conceptualize each technology used in a psychotherapy, but it is imperative that the therapist ascertains that all interventions, vocabulary, techniques, suggestions, homework, etc, are in full compliance with therapy goals and patient's needs - that is, what you have jointly agreed that therapy should aim at. This is obvious to our members.

In rare occasions my patients forget what we talked about under hypnosis. If so, they tend to feel that they had fallen asleep for a while and they feel safe.

But most of the hypnosis feels like being in touch with deeper feelings than otherwise, and they feel a strong presence. Susanna Carolusson
Hello! I have a question that comes out of pure curiosity. I read in a text that Björkhem made a psychology student in Uppsala experience a different and whole life in her fantasy

during the short time she was in hypnosis. Was this some form of internal hallucination? Can it really be done with hypnosis, that you perceive internal scenarios? Perceived as reality or just a daydream? G

Hey G! Yes, one of the most common effects of hypnosis is that you can enhance the intensity of experiences. The concept of internal hallucination I regard as contradictory. A hallucination is experienced, by definition, as if the internal image actually exists out there right now. And such a lack of reality perception arises only in people who normally tend to hallucinate. Hypnosis does not inhibit a normal reality assessment, but the hypnotized person may choose to temporarily override the reality and focus on the mental/emotional experience, as if it were true here and now. But even the most hypnotizable individuals know all the time that it is internal beliefs or memories, and that they are simply perceived as much more intense in hypnosis than otherwise. In treatment with hypnosis the patient retains her reality orientation as much as she feels comfortable with. "Imagery" as this experience rightly may be called, aims to contribute to healing and development. In stage hypnosis, the goal is different. They use confusing techniques that can be experienced as tricks without a purpose, other than to entertain an audience. Such a context may feel uncomfortable and cause phenomena which are of a more hallucinatory kind, sometimes to the detriment of the victims of these lay hypnotists. Susanna Carolusson

Hello! I've always thought that I am too fat. Has always had size 36, is 162 long. Have never been really happy with myself. I often get comments that I am beautiful but can not understand what they're talking about. Has a difficult background and has been in therapy for some years. Has worked well after completion of therapy. But the problem with my image of myself has come back some time after completion of therapy. Have not had a problem to lose weight after my pregnancy. When I was 25 years, I had problems with metabolism and have eaten Legatine since. For about 1.5 years ago I gained weight after a long period of stress and pressure. Today I have size 38/40 and is not comfortable with my body. I have trouble watching myself in a mirror with or without clothes, seeing just a big fat woman. I divorced a few years ago, and my mother died far too young. Then I lost some weight and were back in size 36, happy for about a year. But the problems piled with children and a bitter ex-husband. Have always practiced a lot and always eaten right. Have a personal trainer who helped with the diet. But I cannot get rid of the pounds that should not be there.

Have told my family doctor that after 40 I put on a few pounds and it is difficult to get rid of. My coach says that it is a psychological fixation; I tell myself every day how fat and ugly I am, the body believes in this and I get no effect from all training and healthy food.

Feel powerless. Have thought of hypnosis as an alternative to strengthen my self-esteem to be more positive about life and myself. Then maybe everything takes care of itself by itself. Very grateful for answers, E.

Hey E. The first thing you usually hear in terms of hypnosis and obesity is to work with a target image, which may be about giving up fast food with calories and be on a green and

healthy diet. But you write that you are eating healthy and exercising. Furthermore, it appears you are not inclined to comfort yourself with food, when you have trouble, since you lost weight when you were grieving. So in your case, I would not choose to do behaviour-changing target images in hypnosis. You need to work with your attitude to yourself; this is confirmed by the fact that psychotherapy has helped you in the past. Your coach is also on the same line. Stress, even so-called resignation stress, can with some cause the body to accumulate fat.

So, yes, you should probably try psychotherapy again. And because previous treatments had no lasting effect, adding hypnosis may give the lasting effect you missed. It affects ideas about the future, in a way as if you were already there. It's called post hypnotic suggestions and means that you will find unconscious resources addressing how you will feel when you feel good in your body and be able to find your personal comfortable body size. It may be combined with working through childhood or teen experiences that have decreased your self-esteem. It may also be wise not to end the next therapy abruptly, but book sparse follow-up sessions to continue the support, perhaps over a relatively long time.

Of course, you should also continue to check that the Legatine-level is right. The body can of course change in its need for the medicine, too.

Pleased to communicate with you, Susanna Carolusson

Calendar of Forthcoming Events

2014

11 September

DGZH: 2014 Hypnose Kongress

4 / 5 October

BSMMDH-Scotland: Autumn Symposium Weekend

21 October

XIII ESH Congress

30 October

Mentales Stärken

6 November

SMSH: Annual Training & Professional Development Seminar

13 November

DGH: Hypnose - Wenn Seele Und Körper Schmerzen

5 December

IETSP: Brainspotting Therapy (BSP) Level 2

For further details please visit:

www.esh-hypnosis.eu/events/events

All ESH Constituent Societies

To advertise your forthcoming Events on the ESH website and / or in the Newsletter

please contact:

Christine at ESH Central Office

mail@esh-hypnosis.eu

ESH Central Office

Holiday Closure

Please note that Central Office will be closed from Thursday 21st until Tuesday 28 August

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or ask Christine at ESH Central Office:
mail@esh-hypnosis.eu
who will be delighted to send them to you.



European Society of Hypnosis

In Psychotherapy and Medicine

**INVITATION FOR CURRENT ECH HOLDERS
THERE IS STILL TIME TO APPLY / RENEW**

The Inauguration of the Exclusive 'European Certificate of Hypnosis' Plenary Lecture and Reception

Sorrento, Friday October 24th 2014

16:00 followed by a Reception

The address entitled - '**How does Hypnosis Heal?**' - will be given by Dr Peter Naish who has published extensively on the nature of hypnotic phenomena.

In his lecture Dr Naish will explore the dilemma we are facing when promoting the commissioning of hypnotic interventions in mainstream clinical practice.

How do we convince a sceptical world that the benefits of hypnosis are an objective reality, while at the same time the experiences are so subjective as to be beneficial in almost every situation?

The lecture will conclude with a group discussion on identifying areas of clinical practice where we can most usefully become involved in audit and research projects that will give empirical support to our individual experience.

Please return to: ESH Central Office - mail@esh-hypnosis.eu

Thank you for the invitation. **I will / I will not** be attending the ECH Plenary Lecture and Reception at the Hilton Sorrento Palace Hotel, Italy on Friday, 24th October 2014.

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