

ESH The Newsletter



Connecting ESH Constituent Societies
September 2019

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GERARD FITOUSSI
President's LETTER

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Editor's LETTER

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INTERVIEWS
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ESH Congress
BASEL
2020



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15th ESH Congress of Hypnosis Building Bridges and Travelling Cross Roads

26th – 29th August 2020 – Basel, Switzerland



During the hypnotic state mind and body are linked and interact. Advances in the neurosciences explore the relationship between brain and body and answer our questions: What happens during therapy? What new options can be developed from these discoveries?

During the ESH Congress in Basel, the presenters will share with you during conferences and workshops their methods and their know-how, which we hope will contribute to develop your own creativity. Whether by the consolidation of your own methods or the acquisition of new approaches, your patients will benefit from your participation.

Contribute to the Congress! We invite you to send us an abstract of a presentation, a workshop or a poster in one of the three Congress languages: English, German or French.

A reminder: the keynotes and the sessions in the main amphitheater will be translated into the three Congress languages simultaneously by professional translators.

The deadline for abstract registration ends on October 31, 2019. You will find all the necessary information on the congress website: www.esh2020.ch

You can also register now and profit from the low early-bird rate.

We are convinced that you will feel at home in multilingual and multicultural Switzerland. Its geographic position, linking east and west, north and south allow easy access by road, rail and air.

The well developed public transport system with a free pass provided by your hotel will assure mobility. The modern Congress Center in the heart of the city will favor communication in a convivial setting.

We are happy to receive you in the name of the European Society of Hypnosis in Basel Switzerland.

Please consult the Congress website for further information www.esh2020.ch

President's Letter Gérard Fitoussi



Dear friends,

I am happy to inform you that we are concentrated on organizing our next European congress in Basel 2020.

The team in charge is doing its best to make it a great success. You can already

read about it online and be a part of it by participating in the congress and/or making a presentation. I hope that we will be as numerous as possible and that we will have the opportunity to meet and exchange in this triennial reunion of our ESH Community.

Speaking of hope, Roxanna Erickson once said that «perhaps my father's most important legacy, more than even «utilization», is that he always had and gave hope to his patients».

Not an unrealistic hope, but hope. No matter what, he sought to help them improve their situation, no matter the amount of professionals they had seen previously. Even when the patient seemed to be in a stalemate, he didn't give up and was ready to help them.

Erickson's hope was important for treating the tired, and desperate patients he sometimes received, patients who thought of him as their last resort. Did

he always succeed? Obviously not. Did he ever give up? Never.

So it is my hope that wherever we are, and whatever we do, we never give up, for ourselves and for our patients. This spirit is shared by our ESH Board. We hope in our everyday work to advance the recognition of hypnosis by WHO, with Giuseppe de Benedittis of the ISH, to improve the exchanges between our members, thanks to Consuelo and this newsletter; to Fabio for the new website which will be ready shortly; to Michael for putting our finances in order and for organizing ESH Basel 2020; to Kathleen, Shaul, Ali for improving standards that we can all agree upon despite our differences, and to Randi, and Peter for pursuing our focus on research.

All of this would not be possible without the work of Nicola, our administrative assistant. We thank her too.

We also look forward to meeting you in person, during our on site BOD meeting, in November in Luxembourg.

We had a wonderful meeting in Berlin and enjoyed the amazing hospitality provided by DGZH. The BOD would like to thank for the enthusiasm of these societies and their generous invitations. We all hope that our working hard and in good spirit will continue to make ESH, ours and your society, a society that we are proud of belonging to, and that is helpful for our work.

Is this hope unrealistic? I don't believe so, especially if I consider the return we see among members of the organization. Everyday, we see patients improving using hypnosis. Everyday we see institutions, hospitals, retirement houses, rehabilitation centers, to name but a few, demonstrating a growing interest in the use of hypnosis. Everyday doctors, psychologists and health professionals are asking for training, and more information about hypnosis.

Thus, it is with great joy that I write this letter hoping to see you all in Basel.

Translated into French by Gérard Fitoussi

Chers amis,

Je suis heureux de vous informer que nous sommes déjà en train de préparer le prochain congrès européen à Bâle en 2020. L'équipe chargée de l'évènement va faire de son mieux afin que celui-ci soit un grand succès. Vous pouvez d'ores et déjà vous y inscrire soit comme participant soit pour faire une présentation. J'espère que nous serons le plus nombreux possible à ce rendez-vous pour nous rencontrer et échanger lors de ce rendez-vous triennuel de notre communauté.

En évoquant l'espoir, Roxanna Erickson dit un jour: «qu'en plus que la notion d'utilisation peut être que le legs le plus important de son père est celui de l'espoir. Il avait et donnait toujours de l'espoir à ses patients. Non pas un espoir irréaliste, mais de l'espoir. Quel que soit le problème rencontré, il pouvait les aider à améliorer leur situation, quel que soit le nombre de professions qu'ils avaient déjà vus et qui en dépit de leurs compétences n'étaient pas parvenus à les soulager, et l'impasse dans laquelle ils se trouvaient, Erickson n'abandonnait pas et était prêt à les aider.

Cet espoir qu'il avait, était fondamental pour les patients épuisés et désespérés qu'il recevait souvent, et qui pensaient à lui comme à un dernier recours. Réussissait-il toujours? Bien sûr que non. Abandonnait-il parfois? Jamais. Aussi, ai-je l'espoir, qu'où que vous soyez et quoi que vous fassiez, vous n'abandonniez jamais pour vous et pour vos patients. Cet état d'esprit est partagé par l'ensemble de notre bureau. Nous espérons que notre travail quotidien, fera progresser la reconnaissance de l'hypnose par l'OMS avec le professeur de Benedittis de l'ISH,

améliorera les échanges avec nos membres grâce à la lettre dirigée par Consuelo et au nouveau site internet bientôt opérationnel, grâce à Fabio. Que grâce au travail de Michael que, le congrès de Bale sera un succès et nos finances en ordre, à celui de Kathleen, Shaul, et Ali nous continuons à améliorer les normes sur lesquels nous nous appuyons au-delà de nos différences et enfin à celui de Randi et Peter que la poursuite de notre effort pour stimuler la recherche soit fructueux. Tout cela ne serait pas possible sans le travail de Nicola, notre assistante administrative que je remercie aussi.

Nous formons aussi l'espoir de vous rencontrer en personne lors des réunions de bureau que nous faisons, en août à Berlin, et en novembre au Luxembourg. Merci à ces Sociétés pour leurs enthousiasme à nous accueillir et leurs générosités.

Nous espérons tous, que notre travail incessant et dans un esprit de convivialité, nous permette de continuer à faire de l'ESH, votre société, une société à laquelle vous êtes fier d'appartenir, et utile pour notre travail. Est-ce que cet espoir est irréaliste? Certainement pas, si j'en crois le retour que nous avons de la société. Chaque jour, nous observons des patients dont l'état s'améliore grâce à l'hypnose, chaque jour nous avons des institutions, hôpitaux, maisons de retraite centre de rééducation pour n'en nommer que quelques-uns qui ont un intérêt croissant pour l'utilisation de l'hypnose, chaque jour des médecins, psychologues et autres professionnels de santé, demandent des formations en hypnose. C'est donc avec une grande joie que j'écris cette lettre présidentielle avec le ferme espoir de vous retrouver tous à Bâle en 2020.

Translated into German by Silvia Zanotta

Liebe Freunde

Mit Freude teile ich Ihnen mit, dass die Vorbereitungen für den nächsten europäischen Kongress in Basel 2020 auf Hochtouren laufen. Das verantwortliche Team tut sein bestes, dass es ein voller Erfolg wird. Alle wichtigen Informationen sind bereits auf unserer Homepage zu finden, wo Sie sich auch anmelden können, als Teilnehmer oder als ReferentIn. Ich hoffe, dass wir bei diesem alle 3 Jahre statt findenden Anlass möglichst zahlreich sein werden und so die Gelegenheit haben, einander zu treffen und auszutauschen.

Wo wir gerade beim Thema Hoffnung sind: Roxanna Erickson sagte einmal, dass „das wohl wichtigste Vermächtnis ihres Vaters, wichtiger als das Utilisieren die Hoffnung war, die er immer hatte und auch seinen Patienten vermittelte.

Diese Hoffnung war nicht unrealistisch, es war Hoffnung in irgendeiner Form. Erickson versuchte stets, seinen Klienten zu helfen, ihre Situation zu verbessern, ganz gleich wie viele Fachleute sie zuvor schon konsultiert hatten. Sogar wenn der Patient in eine Sackgasse geraten war, gab er nicht auf und war bereit zu helfen. Ericksons Hoffnung war wichtig für die Behandlung der zum Teil erschöpften und verzweifelten Menschen, die seine Hilfe suchten und in ihm ihre letzte Rettung sahen.

War er stets erfolgreich? Offensichtlich nicht. Gab er je auf? Niemals. So hoffe auch ich, dass wir niemals aufgeben, wo auch immer wir sind und was auch immer wir tun, für uns selber und für unsere Patienten.

Der ESH-Vorstand teilt diese Einstellung. Wir hoffen, dass unsere Anstrengungen für die Anerkennung der Hypnose durch die WHO mit Hilfe von Giuseppe de Benedittis von der ISH fruchten und dass sich der Austausch zwischen unsern Mitgliedern stetig verbessert. Mein Dank geht an Consuelo für diesen Newsletter, an Fabio für die neue Website, die bald fertiggestellt sein wird, an Michael für das Regeln unserer Finanzen und für das Organisieren des ESH-Kongresses in Basel im 2020, an Kathleen, Shaul, Ali für das Verbessern der Mindestanforderungen, denen wir trotz unserer Differenzen alle zustimmen können, und an Randi und Peter für ihre Arbeit im Forschungsbereich. All das wäre nicht möglich ohne Nicola, die verantwortlich ist für unsere Administration. Unser Dank geht auch an sie.

Wir freuen uns auch darauf, einige von Ihnen persönlich zu treffen, anlässlich unserer Vorstandssitzungen, die im August in Berlin und im November in Luxemburg statt finden, dank dem Engagement und der grosszügigen Einladung der örtlichen Gesellschaften. Wir alle hoffen, dass unsere immensen positiven Anstrengungen die ESH weiterhin zu einer Gesellschaft machen, auf die wir, und auch Sie, stolz sein können. Diese Hoffnung trägt uns.

Ist sie unrealistisch? Ich glaube nicht, vor allem wenn ich das Echo unserer Mitglieder höre. Wir sehen täglich Patienten, denen es durch Hypnose besser geht. Täglich verlangen Ärzte, Psychologen und Gesundheitsfachleute nach Ausbildung und mehr Information über Hypnose.

So ist es mir eine Freude, diesen Brief zu schreiben, mit der Hoffnung, Sie alle im August 2020 in Basel zu sehen.

Translated into Spanish by José Cava

Queridos amigos,

Me complace informarles que estamos focalizados en organizar nuestro próximo congreso europeo en Basilea 2020.

El equipo encargado está haciendo todo lo posible para que sea un gran éxito. Ya pueden leer sobre este tema en la web y ser parte de ello participando en el congreso y/o haciendo una presentación. Espero que seamos lo más numerosos posible y que tengamos la oportunidad de reunirnos e intercambiar ideas y experiencias en esta reunión trienal de nuestra Comunidad ESH.

Hablando de esperanza, Roxanna Erickson dijo una vez que "quizás el legado más importante de su padre, más que incluso que la "utilización", es que siempre tuvo y dio esperanza a sus pacientes. No una esperanza poco realista, sino esperanza. No importaba qué, buscaba ayudarlos a mejorar su situación, sin importar la cantidad de profesionales que hubieran visto previamente. Incluso cuando el paciente parecía estar en un punto muerto, no se daba por vencido y estaba dispuesto para ayudarlos. La esperanza de Erickson era importante para tratar a los pacientes cansados y desesperados que a veces recibía, pacientes que lo consideraban su último recurso. ¿Siempre tuvo éxito? Obviamente no. ¿Alguna vez se dio por vencido? Nunca.

Así que espero que donde sea que estemos, y hagamos lo que hagamos, nunca nos rindamos, por nosotros mismos y por nuestros pacientes.

Este espíritu es compartido por nuestra Junta Directiva de la ESH. Esperamos en nuestro trabajo diario avanzar

en el reconocimiento de la hipnosis por parte de la OMS, con Giuseppe de Benedittis del ISH, mejorar los intercambios entre nuestros miembros, gracias a Consuelo y este boletín; a Fabio por el nuevo sitio web que estará listo en breve; a Michael por ordenar nuestras finanzas y por organizar ESH Basel 2020; a Kathleen, Shaul, Ali por mejorar los estándares en los que todos podemos estar de acuerdo a pesar de nuestras diferencias, y a Randi y Peter por poner nuestro foco en la investigación. Todo esto no sería posible sin el trabajo de Nicola, nuestra asistente administrativa. Gracias a ella también.

También esperamos conocerte en persona, en nuestra reunión BOD in situ, en agosto en Berlín y en noviembre en Luxemburgo, gracias al entusiasmo de estas sociedades y su generosa invitación. Todos esperamos que nuestro trabajo duro con buen espíritu continúe haciendo de ESH, nuestra y vuestra sociedad, una sociedad a la que nosotros estamos orgullosos de pertenecer y que sea útil para nuestro trabajo.

¿Es esta esperanza poco realista? No lo creo, especialmente si considero el retorno que vemos entre los miembros de la organización. Todos los días, vemos pacientes mejorando con la hipnosis. Todos los días vemos instituciones, hospitales, casas de retiro, centros de rehabilitación, por nombrar algunos, demostrando un creciente interés en el uso de la hipnosis. Todos los días, médicos, psicólogos y profesionales de la salud solicitan formación y más información sobre la hipnosis.

Por ello, es que con gran alegría escribo esta carta con la esperanza de verlos a todos en Basilea en agosto de 2020.

Translated into Italian by Fabio Carnevale

Cari amici,

Sono lieto di informarvi che siamo concentrati sulla preparazione del nostro prossimo congresso europeo di Basilea 2020.

Il comitato organizzativo sta facendo del suo meglio per renderlo un grande successo. Potete già informarvi online per partecipare e proporre una presentazione. Spero che saremo molto numerosi e che avremo l'opportunità di incontrarci e scambiare esperienze nel corso del meeting triennale della comunità ESH.

A proposito di speranza, Roxanna Erickson una volta disse: «forse l'eredità più importante di mio padre, più ancora della “utilizzazione”, è quella di avere sempre avuto e dato speranza ai suoi pazienti». Non una speranza irrealistica, ma una speranza. In ogni caso, ha cercato di aiutarli a migliorare la loro situazione, indipendentemente dal numero di professionisti che avevano visto in precedenza. Anche quando il paziente sembrava essere in una situazione di stallo, non si arrendeva ed era pronto ad aiutarlo. La speranza di Erickson era importante per il trattamento dei pazienti stanchi e disperati che a volte ricevevano, i pazienti che lo consideravano l'ultima risorsa.

Ci è sempre riuscito? Ovviamente no. Si è mai arreso? Mai. Dunque, la mia speranza è che, ovunque ci troviamo e di qualunque cosa ci occupiamo, non ci arrendiamo mai, per noi stessi e per i nostri pazienti.

Questo spirito è condiviso dal nostro Consiglio Direttivo ESH. Speriamo nel nostro lavoro quotidiano di far progredire il riconoscimento dell'ipnosi da parte dell'OMS, con Giuseppe de Benedittis dell'ISH; di migliorare gli scambi

tra i nostri membri, grazie a Consuelo e questa Newsletter; a Fabio per il nuovo sito web che sarà pronto a breve; a Michael per mettere in ordine le nostre finanze e per organizzare ESH Basel 2020; a Kathleen, Shaul, Ali per aver migliorato gli standard che ci accomunino nonostante le nostre differenze, e a Randi e Peter per aver continuato a richiamare la nostra attenzione sulla ricerca. Tutto ciò non sarebbe possibile senza il lavoro di Nicola, la nostra assistente amministrativa. Ringraziamo anche lei.

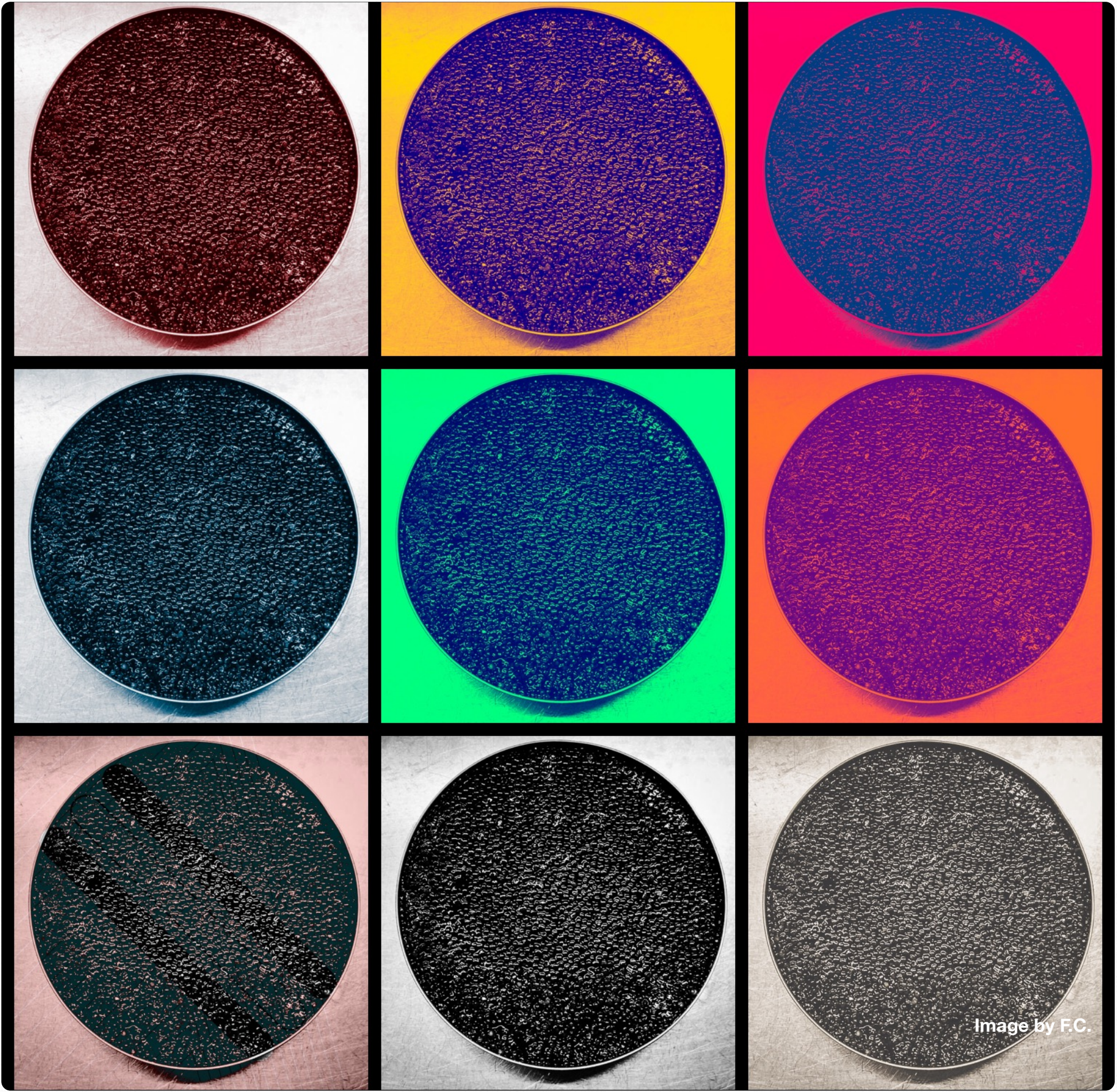
Non vediamo l'ora di incontrare alcuni di voi di persona, durante la nostra prossima riunione del Board che si terrà a novembre in Lussemburgo. Abbiamo avuto un meraviglioso incontro a Berlino e ci siamo goduti la straordinaria ospitalità fornita dalla DGZH. Il BOD desidera ringraziare per l'entusiasmo che queste Società mostrano e per i loro generosi inviti.

Speriamo tutti che il nostro duro lavoro e uno spirito propositivo continuino a rendere ESH, la nostra e la vostra società, una società di cui essere orgogliosi di appartenere e che sia utile per il nostro lavoro. Questa speranza è irrealistica? Non credo, soprattutto se considero il feedback che riceviamo dai membri dell'organizzazione. Ogni giorno vediamo pazienti che migliorano usando l'ipnosi. Ogni giorno vediamo istituzioni, ospedali, case di riposo, centri di riabilitazione, solo per citarne alcuni, mostrare un crescente interesse per l'uso dell'ipnosi. Ogni giorno medici, psicologi e operatori sanitari chiedono formazione e maggiori informazioni sull'ipnosi.

E' con grande gioia, quindi, che scrivo questa lettera con la speranza di incontrarvi tutti a Basilea.

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Editor's Letter
Consuelo Casula



The next 15th ESH Congress of Clinical Hypnosis and Research, Building Bridges and Traveling Crossroads, Basel, August 2020 is near. In a year from now it will already be a memory of who left us new ideas to expand our creativity, new reflections on how to improve what we already do well, a consolidation of old friendships and collaborations as well as creation of new ones. For these reasons, from this issue until June's 2020, each ESHNL issue will be concentrated on the ESH congress, interviewing the pre-congress workshop leaders Tony Rousmaniere, Bruce Wampold, and Philip J. Zindel, and the keynote speakers Marie-Elisabeth Faymonville, Veit Messmer, Susy Signer-Fischer. For ESHNL's readers some of them are already familiar, like Régis Dumas, Mark Jensen and Bernhard Trenkle who have been already interviewed, respectively in the ESHNL 2018-3; 2019-2; and 2018-3. In this issue ESH president Gérard Fitoussi interviews Eric Bonvin, who fascinates us with his broad and deep knowledge of the use of hypnosis. The following interviews will give you some anticipation on what the speakers will present, what will be their main message. From this issue on we also invite several colleagues to tell us three good reasons to attend the ESH congress. Also the readers are invited to send us their three good reason to participate the Basel congress.

In this September issue, in addition to the interview with Bonvin, for her column, Connection with the German Community, Marie Jeanne Bremer wrote an inspirational review of the Silvia Zanotta' book. In her column,

Connection with the Ego State Therapy Community, Silvia Zanotta proposes an interesting case of Elfie Cronauer. The Connection with the Research column is enriched by articles of two of our board members, Randi Abrahamsen and Peter Naish who respectively present a summary of a study carried out by Jonas Lindeløv on "Improving working memory performance in brain-injured patients using hypnotic suggestions", and a reflection on research on "Posthypnotic state changes and flashbacks."

We already know that what today seems simple stands on the shoulders of giants, so I interviewed Katarina Wikström the daughter of one of the giant founders of ESH, Peo Wikström, and Rachel Bonaventura Snir, Helly to her friends, the granddaughter of an Italian giant, Enzo Bonaventura, a University professor who around 1930-1940 carried out experiments on memory-changes and illusions of introspection.

This issue ends with Connection with the Erickson Foundation, where Marília Baker introduces the interview with Jeff Zeig by Dan Short, as well as the next Ericksonian Congress, in Phoenix, December 2019.

Let me finish by repeating what E. Bovin says in his interview. "Basel ...is a city who was able to change her way of seeing things. This congress will be impregnated with this Basel culture who knew how to build bridges between cultures, beliefs, era, and human beings".

Connection with French Hypnotic Community

By
G rard Fitoussi



Numerous colloquium are organized in France, among them the third annual one, of the Hypnosis and brief therapy journal, with a focus this year on depression in December 2019 and in May 2020, the 8th colloquium organized by Claude Virots Institute, Emergences in Saint-Malo with a focus on pain.

Book review

Charles Martin-Krumm, et Cyril Tarquinio, "Psychologie Positive,  tat des savoirs, champs d'application et perspectives", Ed Dunod, Malakoff, 2019.

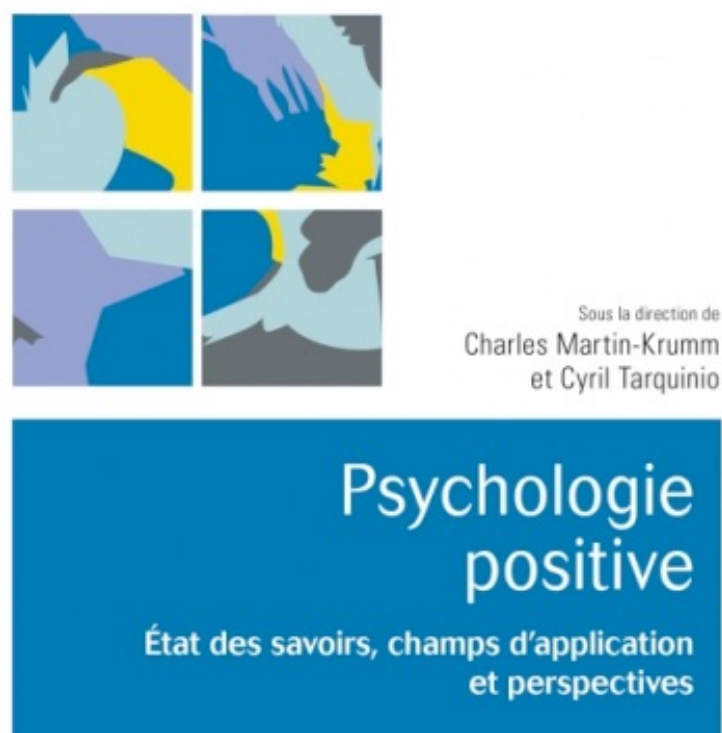
In this section, I would like to talk about this book, which is not directly about hypnosis. But speaking of hope in my presidential letter, it seems to me that the association of positive psychology with hypnosis is a good one. Positive psychology which focuses on resour-

ke a new ideology of it. Each chapter is completed with a load of references from the best peer journals or books on the subjects. A very informative and stimulating book.

Review of the Journals

Hypnoses et Thérapies brèves

The 54th issue of the journal, focuses on the use of hypnosis in geriatrics. For a long time, research and papers were focusing on the utilization of hypnosis with adults, then later on with children and adolescents. There is a growing interest in utilizing hypnosis with the older generation, not only because it's useful as we all know, but also due to the growing demographics of this age. In this issue, the reader will find also articles on the use of hypnosis for social phobia, gynecology, pain, and an interview with Gary Elkins among others. This issue is as rich as ever and stimulates the readers in numerous ways.



DUNOD

ces, competencies, motivation, all grounded in the best research possible, is in phase with our vision of hypnosis giving hope to the patients, utilizing their resources, skills, and aptitudes. This book under the direction of C-M Krumm, president of the French Speaking Association of Positive psychology, and Cyril Tarquinio University professor in Metz, gives the latest scientific information about our knowledge in this field. It covers numerous domains, health, and also education and work. However the authors are conscious of the limits of this discipline and do not want to ma-

Trances

Two years after its debut, this 8th edition of Trances, is published with a renewed presentation in three sections, a practical one, the main issue and the regular columns. The center issue is about "Joy" not such an easy subject especially when we face such painful cases, as the death of a child. There are also articles from Roxanna Erickson, an interview with L. Sugerman and more. Reading this issue will provide a gold mine for our reflection.

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Connection with The German Community

By
Marie-Jeanne Bremer



Image by F.C.

Whole again.

Wieder ganz werden: Traumaheilung mit Ego-State-Therapie und Körperwissen, von Silvia Zanotta; Carl-Auer Verlag, 2019

The introduction to this didactical well-structured book is already in itself a whole program where the author is pinpointing the philosophy and the theoretical frame to the work with Ego-States and body-awareness.

The approach of Silvia Zanotta rests on guidelines given by:

- **Milton H. Erickson's belief that solutions to human problems lie within the person, in the unconscious mind.**
- **Carl Rogers's concept self-actualizing possibilities in an unconditional accepting therapeutical setting**
- **Eugene Gendling's holistic mindful experiencing of focussing**
- **John and Helen Watkins's work with the Ego-State-Therapy**
- **Peter Levine's possibilities of somatic-experiencing for trauma-solution**
- **Maggie Philips's combining Ego-State-Therapy and somatic experiencing**

Before developing the theoretical aspects, the author introduces, by means of therapy-excerpts, the hypnosomatic approach in a vivid and a practically relevant way.

Two core factors are in the spotlight and are repeatedly highlighted all over the book: the shaping of a supporting therapeutic relation and the body-experiencing.

This repetition mirrors the necessity to ensure continuously a secure base in the relation, to foster regulation and co-regulation and to reiterate some messages such as «it's all over».

The second chapter gives an encompassing overview of the biological foundations and main theories for trauma resolution: the polyvagal theory of Stephen Porges, the triune brain, the inter-connection of the head, heart and gut-brain.

The results of this scientific work and research have important implications for the therapeutic process and emphasize the importance of the interpersonal neurobiology in therapy.

Silvia Zanotta knows in a masterful way how to explain complex interrelations and research in a clear language and how to link theory and practice.

She coins attachment as medicine. Attachment and cooperation are the basement for corrective experiences which are essential to trauma resolution, particularly with regard to ego-states who are acting destructively.

Ego State Therapy as relational therapy is very helpful and therapists have to foster reliable connections on four levels:

- 1) cooperation between client and therapist;
- 2) between the client and his/her various ego-states;
- 3) cooperation amongst the ego-states them-

selves and 4) cooperation between the therapist and the various ego-states. The reader finds a list of guiding principles for a good communication with harmfully acting or with blocking ego-states.

The author leads us through the topics of dissociation and preverbal trauma, of anger, shame and guilt.

I would like to stress particularly the well-documented chapter on shame. As a hidden emotion, shame is often underestimated or overlooked and hinders therefore a profound healing.

The discussion in this chapter covers, among others, some important sub themes: shame and culture, different aspects of shame, difference between shame and being humiliated, difference between healthy and poisonous shame and guilt.

Through all the chapters, we can appreciate numerous case-reports which illustrate the accurate, careful and caring approach of focussing on somatic perceptions and of combining this approach to Ego State Therapy.

Within the containing and respectful relation with the therapist, the client may observe, discover perceptions and modifications of these perceptions with the confidence that the body knows what it needs for healing.

The client is allowed to express with care the impulses of the body, facilitating by this way a pro-

found healing. Hypnosomatic Ego State Therapy and somatic experiencing enable that way a holistic care and a holistic healing.

And in the final chapter we find a broad repertoire of practical techniques from leading therapists. Thank you, Silvia Zanotta, for sharing your knowledge and expertise.



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Connection with Ego State Therapy Community

By
Silvia Zanotta

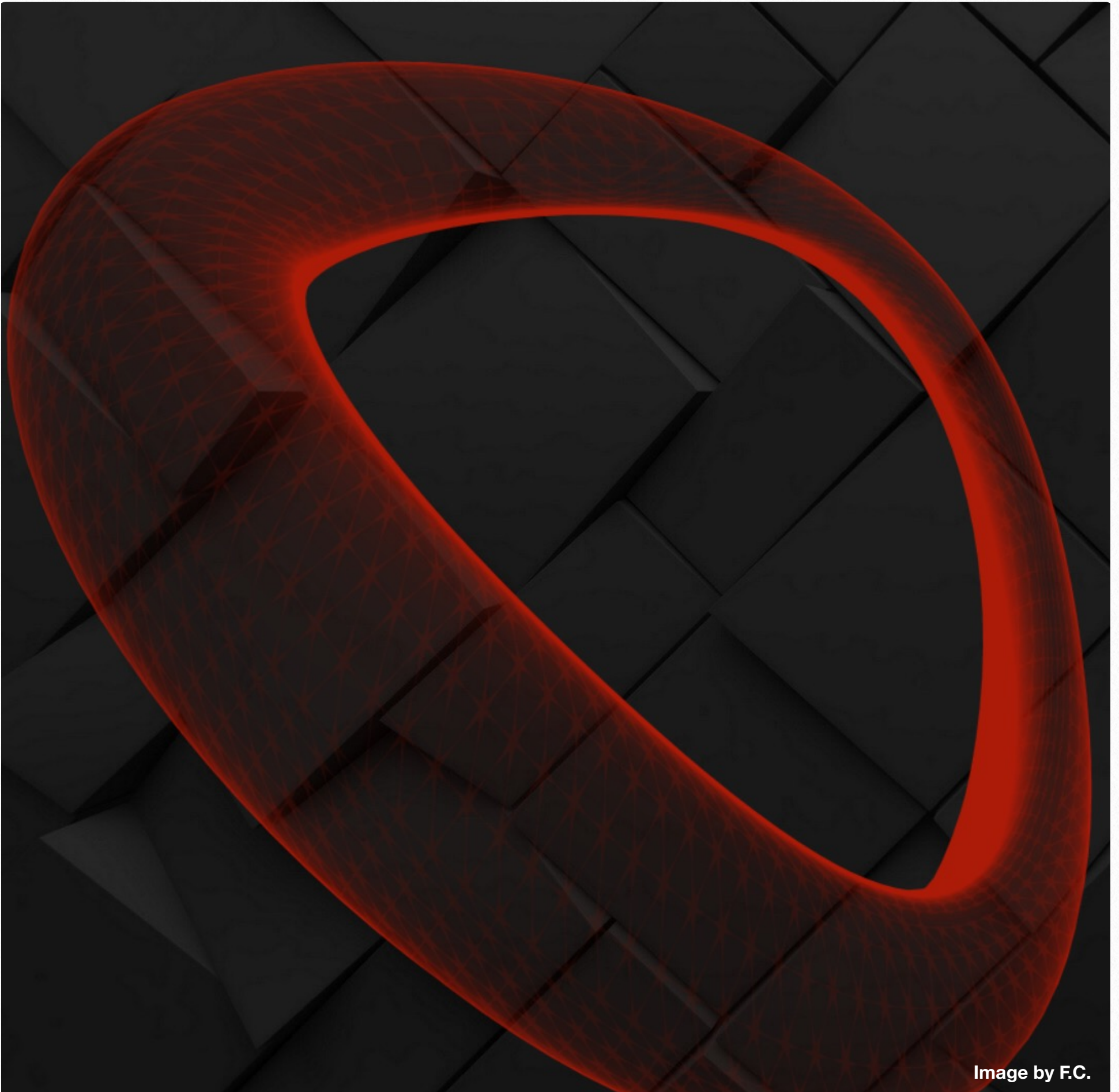


Image by F.C.

In this edition, I would like to present the Ego-State Therapy clinical case of “Michael” submitted by Elfie Cronauer. Along with Dr. Susanne Leutner from Bonn, Germany, Elfie Cronauer is a founding member and one of the leaders of Ego-State Therapy-Germany and an Ego State International board member. Elfie Cronauer works in her own practice as a psychodynamically oriented therapist for adults. She is certified as Therapist in Rogerian and Clinical Hypnosis. She is also EMDR consultant, certified as a specialist in Trauma Therapy (DeGPT), and she is trained in energetical work.

Elfie shares an engaging case study where she demonstrates her skillful handling of ambivalent attachment and transference issues, the addition of EMDR processing, and how she found and brought together two very different ego states as the youngster and protector parts.

The Case of Michael by Elfie Cronauer



Michael, a 39 year old engineer, came into my practice and told me with a friendly smile that he was afraid of speaking in front of a group. He had started a new administrative job a couple of months before we met. He liked his new position with its challenges and growing responsibilities. But, what was different from his former job, he was required to report the results from his section in front of a group of 12-15 colleagues four times a year.

His first report had been a few months ago. He had forced himself to overcome a strong feeling of being inferior, with insecure feelings like a child would have. When he presented this information to me, there was a lack of words, and Michael's humor had disappeared. Michael is a man not very tall and slim. He has a cleft upper lip, covered by a small mustache. In his childhood and adolescence he had to undergo 12 surgeries; during two of them (ages 7 and 17), he realized that he was not completely anesthetized, though he showed no arousal when he recalled these experiences. He married when he was 33 years old and he and his wife decided not to have children. Michael's target is: to feel less inferior and to be capable of talking in front of the group of colleagues.

Michael's history includes the information that he grew up with his parents. His brother, who was four years older, had a lot of problems during his schooldays, was addicted to drugs and in juvenile prison. His father seemed to be unremarkable and weak. So Michael became his mother's favorite; as he said, "She recognized me, but she did not love me.... she is a cold person, not interested in any relationship...". Due to his cleft upper lip, Michael was supposed to visit a school for di-

sabled children, but his mother insisted on a regular school and he became one of the best scholars.

When I suggested Ego State Therapy as treatment, he was interested and curious. A resourceful five year old child state emerged, the sunny boy he had been in the kindergarden at elementary school. His charming friendliness and his funny behavior was noticed by teachers and other adults. They were fond of him; he felt their sympathy and was happy. He characterized his childhood a very happy one. Another resourceful state emerged, an adolescent, age 16. In his adolescence he was the representative not only of his class but also of his level. He won the championship in pingpong in the town he lived in – thus fulfilling his mother's narcissistic ambitions of having at least one family member who was worth talking about. The contact with both resourceful states strengthened Michael. He joked and smiled and was fully recognizing our work. In the following sessions we tried to access and activate ego-states connected with his fear of presenting in front of a group.

Usually charming and curious, Michael was rapidly overwhelmed, startled and could hardly speak. He shook his head several times, breathing and muttering, and his whole expression reminded me of a deep shame. I tried to intensify the contact to his resourceful states, but did not succeed.

Walking a few steps and reorienting him into the present was a possible option after a while. He spoke about the young man he had been, between

ages 16 -18, when he felt absolutely uninteresting to any woman. All the other guys, even the impolite and nasty ones, had girlfriends except himself. He refused to go to parties at that time to prevent himself from frustration and disappointment. His joking attitude failed. He considered himself as ugly and was convinced that he would never be in a loving relationship. In a slight trance he created a relationship that would never be in a loving relationship.

In a slight trance he created a relationship between the adult Michael and the youngster, who felt so inferior and uninteresting. He saw himself walking with the young, lonely and desperate single man, talking to him about building up a relationship, telling him, that he now was married. He promised to take care of, and to get into contact with his "youngster" as often as possible.

The next session was cancelled by Michael. He pretended not to have time, due to his work. I wondered if he was ashamed of having lost control in my practice, coming into contact with the youngster, who felt so miserable and weird, "in front" of a woman, me, the therapist. When he showed up for the next session, smiling, joking, he asserted, that he had had no problem to build up a relationship to his youngster. Everything was "okay". He felt, that his inner system, his resourceful ego-states and the young man knew and respected each other and that he felt somehow calmer.

Michael was surprised when he realized how he must have pushed aside the sad time and suffering of his adolescence. He seemed to be more

wholehearted and more empathetic. We then focused on his aim again. He was concerned about his fear of presenting and feeling small in front of his colleagues and I decided to use EMDR with the following target: An image in the future, where he is obliged to present the results of his group. His resourceful states were supporting, his youngster felt connected as well. The EMDR processing was fine and the Subjective Unit of Discomfort (SUD) dropped from an 8 to a 3. When I asked him for the reasons that were bringing up at 3, he confessed: “your attendance”.

Michael told me that he always tried to control the person vis-à-vis his protector self. This was an ego state that had existed “since ever”. His function was to observe, to control by bringing up a friendly atmosphere, jokes, and so on. My presence seemed less of a problem after that, and the SUD in the EMDR processing descended more. We could understand together how crucial it was for this ego state to control and thus protect younger, traumatized parts from his iatrogenic traumatized parts. Again, the next session was cancelled by him. Meanwhile he was eager to buy a house and to move and free himself from a controlling neighbor. She inspected his letter post and he feared that I might send my bill to his home address and he might be humiliated by her noticing that the sender was a psychotherapist. Furthermore, he had called his mother himself, (instead of waiting for her monthly telephone call), and told her that he could only meet her on one special day during Christmas time. His mother was startled. He never had dared before to set his boundaries. I also asked him, how his job was going. Had our Ego-State Work and EMDR processing helped

him in a way there? “Oh“, he said, „now that you are mentioning it...I have been talking in front of a group ...mm...I never thought about it...it was okay, there was no problem“.

The next session again was cancelled. He left a message on the answering machine that he would come back after having moved. A couple of months later, he left another message. I wonder if he will show up again?



Image by F.C.

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Connecting With ESH Basel Congress

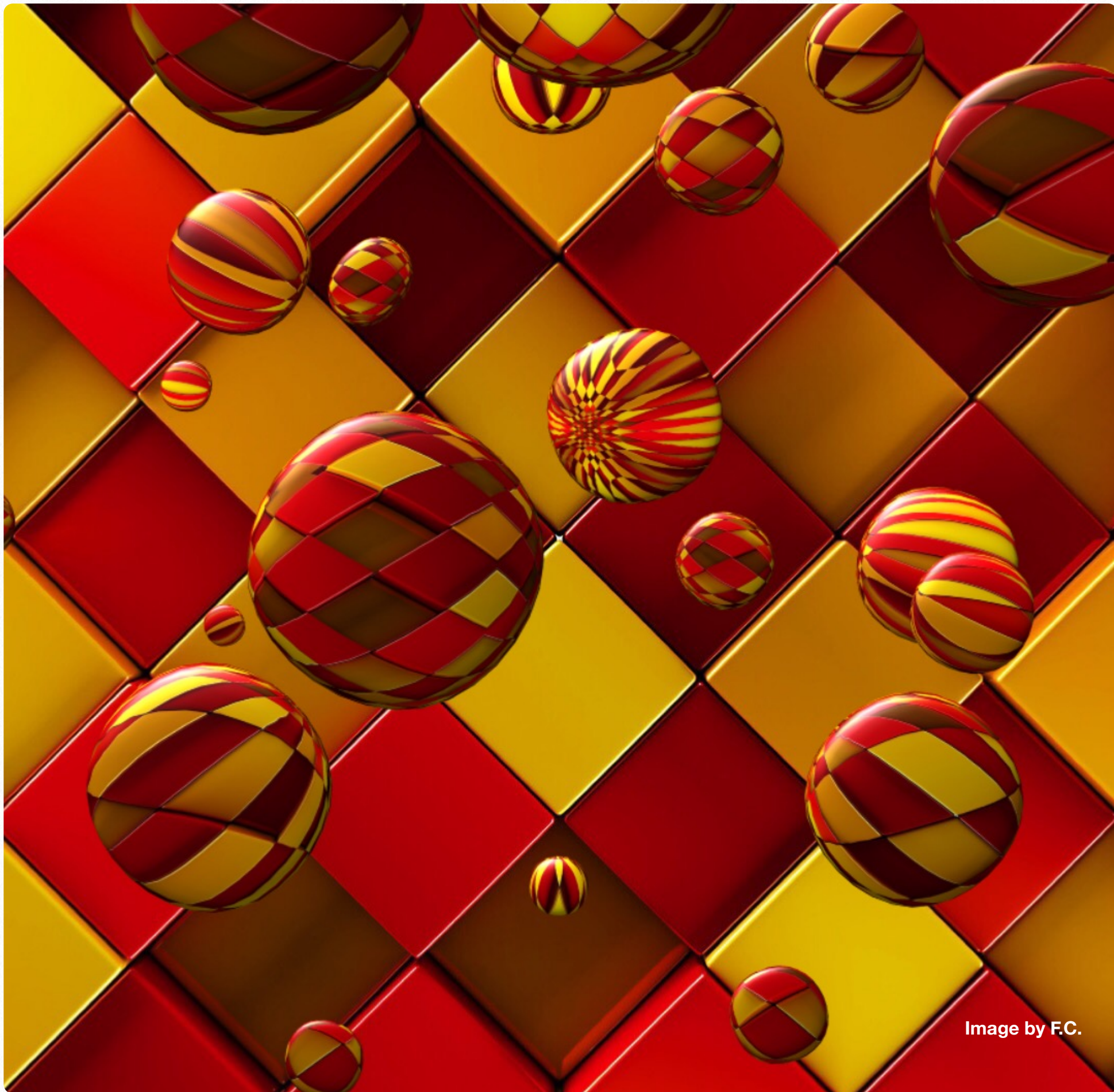


Image by F.C.

Interview with Eric Bonvin

By
G rard Fitoussi



After an initial training in social and cultural anthropology, Eric Bonvin was trained in human medicine, and became interested in different medical practices in our society and in other cultures. His medical training allowed him to study and compare, more specifically, the relational dimensions of different therapeutic practices (anthroposophical medicine, classical homeopathy, Chinese energetic, naturopathy, sophrology, medical hypnosis, various psychotherapies etc.). He chose to specialize in psychiatry and psychotherapy in his clinical and institutional practice, and in addition to researching therapeutic relations in the field of anthropology. He completed his doctoral dissertation at the University of Lausanne on "La psychiatrie de liaison au centre des grands br l s" while specializing in psychiatry and family psychotherapy and syste-

mic. In this field he contributed to the development and diffusion of the practice of medical hypnosis in Suisse Romande, creating and directing the Institut Romand d'Hypnose Suisse (IRHyS) as well as being vice-president of the Soci t  M dicale Suisse d'Hypnose M dicale (SMSh) from 2002 to 2010. In parallel to his specialization and medical practice, he organized instruction in parallel medicines at the faculty of biology and medicine of the Universit  of Lausanne from 1995 to 2008. In 2011 he was appointed professor of psychiatry Department du Centre Hospitalier Universitaire Vaudois - DP-CHUV (planning in mental health, clinical governance, and the ethics of healthcare) and in the department of training and research at the Faculty of Biology and Medicine - FBM (complementary medicines) of the University of Lausanne - UNIL.

After directing the Psychiatric Institutions of the Valais Romand and the Centre Hospitalier du Chablais, he is today the Directeur general of the Hôpital du Valais (HVS). Within the course of his academic activities, he presides over the Commission of complementary medicines FBM-CHUV and teaches at the University Paris VI – Centre hospitalier de la Pitié-Salpêtrière (DU d'Hypnose médicale). In addition, he presides over the Board of the Foundation of the Institut de Recherche en Ophtalmologie (IRO) in Sion, since July 1st 2017. He has a regular clinical practice in the field of psychiatry and psychotherapy.

Can you tell us, Professor Bonvin, what you are expecting for the next congress in Basel ?

That this congress will be like the image of the bridge in the promotional flyer that advertises the congress. «The bridge in the middle» that was built centuries ago to bring closer two rival cities, that today are one, the city of Basel. That we can do the same with all the different professions, the different trends, the different methods that refer to hypnosis and unite them under the banner of human relation that cures and heals, simply by connecting. That it will be the congress of maturity, openness and liberty!

How do you see the uses of hypnosis in the medical world and more specifically in Switzerland?

Like numerous other countries, there is a new infatuation for hypnosis in Switzerland, and specifically in large major hospitals and socio-health

institutions. It's gratifying. However, we shouldn't misunderstand this craze. It's the results, in my opinion, of the desire to give back a place to the human condition, to make it at the heart of a medicine that is reifying and which gave itself up to the songs of the sirens of the economic productivity and made objects of its actors. We need to be careful that hypnosis continues to be a way of taking care of the human condition without making of it another technique of high profitability in the market of medicine.

You asked that health's professionals, not only doctors or psychologists, could be trained in hypnosis, getting it out of «alcove of psychotherapies». Was your wish heard?

Yes, certainly. We have noticed wonderful developments in this way where we are doing this in all health social and health institutions. At the request of patients and professionals, the three largest hospitals in Switzerland are giving classes in hypnosis. In the establishments I'm in charge of we have been teaching it with success for many years to all the health professions involved in patient care, from the paramedics to the surgeon, doctors, psychologist as well as all healthcare professions and technicians involved in medical care.

During the first congress in Paris, in 1889, one question was asked about the side effects and dangers of hypnosis, up to the point that some of the congressmen wanted only doctors to *be allowed to do hypnosis. They wanted also that all other ways of practicing hypnosis by non-doc-*

tors to be forbidden, whether in private or in public, like stage hypnosis. It was even mentioned that if the hypnotic technics were known by the lay man, they would use it «*to satisfy their vices and their immorality*». Even if this kind of belief was reiterated from time to time in medical society, it never succeeded because of the lack of factual information that could prove it. 130 years after, we know that hypnosis is not dangerous and that's there is not about any power coming from the hypnotist.

We can say that the hypnotic experience is a natural modality of all human beings and that they are their own expert. If that modality potentiates health care and allows a patient to find relief from their sufferings, then let's allow anyone involved in a health care situation to practice in it and not only in the presence of a doctor or a psychotherapist.

A referendum in May, 2009 decided in the federal Constitution (art.118a) that «The Confederation and the Cantons will provide, within the limits of their respective competencies, to take into account complementary medicines». Where do we stand ten years later? The faculty of medicine has tried to integrate them, within the boundaries of Evidence Based Medicine and the health market is very fond of the ones that are in vogue. Today, the one that is in fashion and being promoted, is a probiotic food helpful for the intestinal microbes.

Before the referendum, a study about the expectations of the population regarding the Swiss health system showed that the concern was not

only about complementary medicine but also about the qualitative improvement of the doctor-patient relationship and the collaboration between the different professionals.

It's a concern that the development of complementary medicine too oriented toward the technical or scientific aspects of their specialty will once again create a new competitiveness between specialties without answering the need of the population about the quality of the relationships and the cooperation of the different people involved in patient care. This is also true for hypnosis. If the legal frame gives a new opportunity, we have to be careful to develop a real culture of cooperation between professionals and with our patients before we engage in a fight with the valuation goal as first objective. If this legal framework is an opportunity for a beautiful openness, let's be careful to infuse a truly collaborative culture between professionals and with our patients before fighting for the sole financial recognition of this practice.

Is hypnosis still a member of complementary medicines, while the scientific proofs showing its usefulness in different indications like pain are published in peer review publications?

Hypnosis has its origins in the modern medicine of the XIX century and it's still a part of it. In my opinion, the problem is not how the patient sees hypnosis in relation to modern medicine. The problem is that modern medicine denies more and more the individual perceptions felt by the

patient. A practice like hypnosis allows these perceptions to integrate in a caring relationship. We need to take into account the individuality of each patient, of their own personal universe of perception: this is what is worth fighting for and not for the hypnosis method itself. To acknowledge patient's perceptions will lead naturally to the recognition of hypnosis but not the opposite.

What do you think of applying Evidence Based Medicine to hypnosis ?

Evidence Based Medicine is a method that evaluates the rigor of the objectivity of the data from the scientific literature. It's an excellent method to evaluate the efficacy of a therapy on the object-illness (with cohorts of patients). It doesn't allow however to appreciate the impact on a living subject which is, by definition, subjective in nature.

Hypnosis has an effect on patients, which means on people who are enduring the illness, and not on an objective illnesses. Also what is important for me is not as much the evaluation that is done by the science of evidence on the practice of hypnosis, but what my patients feel, delivering and answering the expectations that they have with the relationship we are establishing.

In reference to Gregory Bateson who used to say that «it will not be useless that from time to time we remind ourselves that we are really mammals; and that its the epistemology of the «heart» (and not of reason) that characterizes all the non humans mammals». Can you

tell us in what way hypnosis is a part of the mobilization of the body and spirit?

The hypnotic experience is a sort of abandonment of our living body here and now, similar to the one we know when we fall asleep. Thoughts, reason or self-analysis puts us at a distance from the moment of life and gives only a pale reflection of it. This epistemology of the «heart» is an immersion in our animality and in the flow and energy of this wonderful experience of living.

On a more personal aspect, what was your first contact with hypnosis?

During my youth I was interested in hypnosis and did some sessions with an alternative practitioner without being really convinced. I discovered it again while working on my doctorate thesis which subject was about the psychological care of serious burns victims. I discovered that hypnosis could be very useful in places where no other experiential approaches could be, specifically sophrology which I practiced then. After this experience, I integrated hypnosis in my practice of social psychiatry and psychotherapy with patients suffering of severe chronic disorders.

How did you integrate it in your practice?

I integrated hypnosis early in my practice. I used it obviously during my work in the hospitals, in the burns center units and then at the social psychiatry unit of the Vaudois University Hospital Center. I had the opportunity to use it in complex health units, with multi-disciplinary approaches and needed to involve the perceptions that

patients and their relatives had problems such as acute psychotic ones. It's with those kinds of people that I was initiated to hypnosis. Then I worked in social psychiatry with people suffering with chronic perception disorders (psychosis, cognitive disorder of humor, or personality...).

I noticed very rapidly that the traditional contraindication regarding the use of hypnosis with psychotic disorders is not a reflection on the technique itself but on the ability of the practitioner in this particular field and the way he uses it. In other words, if I don't see any contraindication in using hypnosis with a patient suffering from acute or chronic psychosis then I use it. I may see a reason to use hypnosis for dental care in which I don't have any competency.

The same would apply to a dentist or an assistant who has a patient with psychosis. The dentist has no competency in the treatment of psychosis. Hypnosis allows me to take care of patients and not of illnesses, and there is no need to do a list of illnesses or symptoms for which it could be an indication. In other words, the only indication of hypnosis is that a person is waiting to be relieved and having «» with their illnesses, the care she is receiving, her existence, others or the world around her.

The only contraindication is the lack of clinical competency of the hypnotist in charge of that specific situation, regardless of his aptitudes in hypnosis. We stay in the framework that has been in place since Hippocrates, respecting the limits of our competencies and not harming the patient. From that moment, it appeared to me that the efficacy of hypnosis is mostly depen-

dent on the quality of the therapeutic relationship and not on the techniques or the competency of one expert.

Each caregiver, if he is integrating hypnosis into the strict framework of his profession, could develop better therapeutic interventions and improve the quality of the relationship he is establishing and therefore help his /her patients. It allows each profession to significantly improve the quality of what was being done before by discovering the competencies of each patient.

The power of hypnosis is always within the hypnotized patient and never in the hypnotist and because of this the therapist only provides the frame where this power can act by itself. The practice of hypnosis allowed me to work better as a psychiatrist and psychotherapist having full confidence in the competencies of my patients.

What were the first indications?

Persons with severe burns not only suffer terribly but have also perception problems such as acute psychotic ones. It's with those kinds of people that I was initiated to hypnosis. Then I worked in social psychiatry with people suffering with chronic perception disorders (psychosis, cognitive disorder of humor, or personality...).

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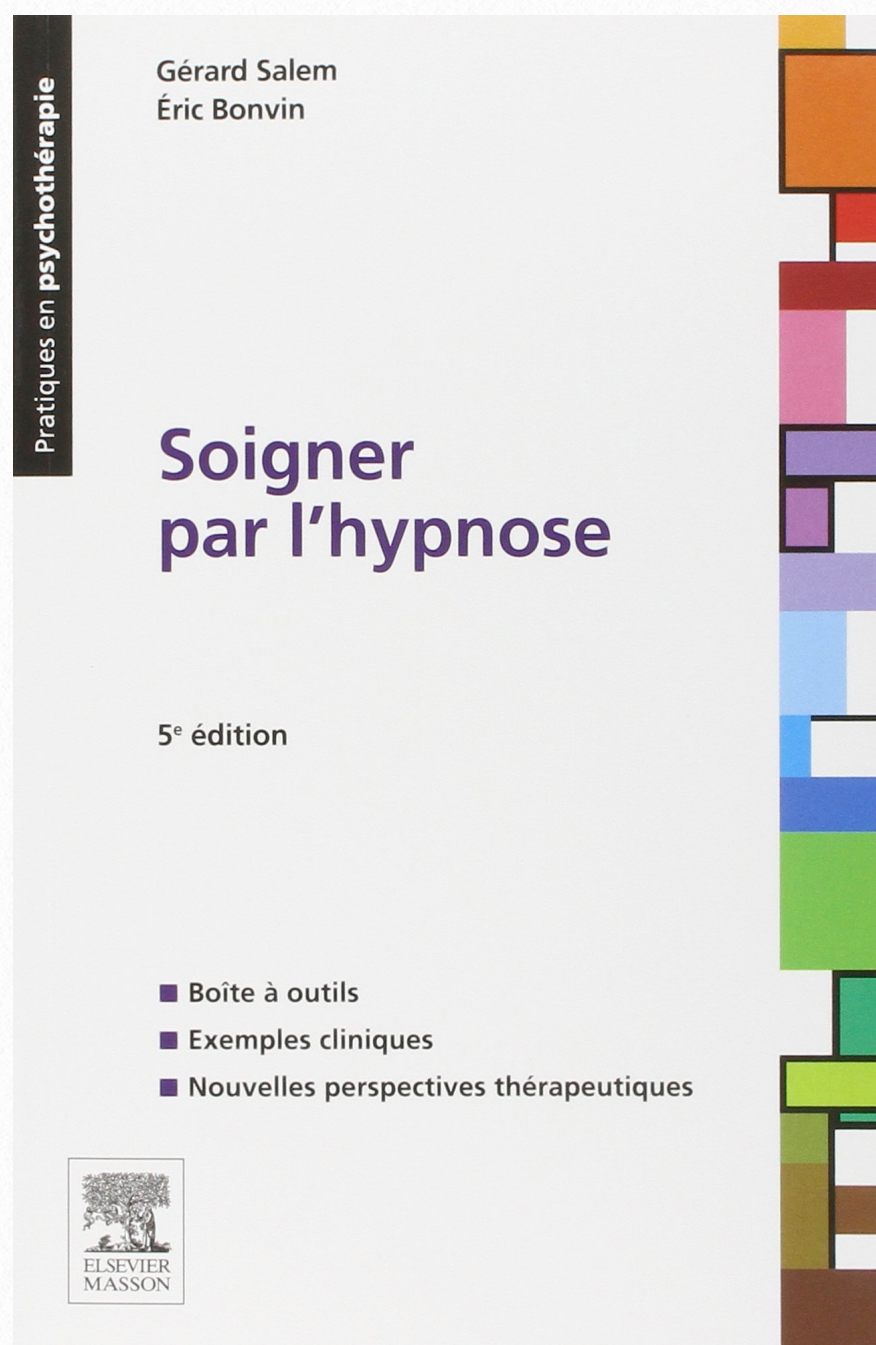
world around her. The only contraindication is the lack of clinical competency of the hypnotist in charge of that specific situation, regardless of his aptitudes in hypnosis. We stay in the framework that has been in place since Hippocrates, respecting the limits of our competencies and not harming the patient.

You wrote a book with Gérard Salem, who died recently. Can you tell us a little bit about this outstanding practitioner?

With all our years of teaching, we realized that the key moment in learning the art of hypnosis is when one dares to jump into the water and hypnotizes in a way that is different from what is in the books, or like another expert, but with your own unique resources in an alliance and trust with the patient. Gérard Salem had this extraordinary talent to stimulate others to jump into the water, and swim by himself, with his own style, knowing how to find a complicity with the hypnotized person.

I think that a whole generation of practitioners benefited from his talent. It's certainly this talent, which allows him to train so many practitioners from the health or social professions and help them to adequately practice hypnosis while staying in the limits of their competencies. It is with this spirit that we engaged in a plural way of teaching hypnosis therapeutically that I perpetuate within the hospital I'm in charge of.

What differences do you see between Mindfulness Meditation, sophrology and hypnosis which are pretty much the same for the gene-



ral public and even sometime for professionals?

These differences are not important for me. All these different ways of doing things cannot really show a specificity. Thousands of studies tried to compare numerous methods and techniques in regard of their specificity or of the importance of their results without being able to show a real difference.

Lots of these studies indicate very clearly that the technical aspects are of little importance in the efficiency of a therapy which is mainly due to nonspecific relationship factors and the extra-therapeutic context. In conclusion, I don't linger too much on the specificity of these techniques but more on the intentions that are behind their utilization and on the human qualities of the relationship that we are establishing with our patients.

What do you think of stage hypnosis?

In its own context and in the explicit purpose of a show, stage hypnosis doesn't bother me and I don't see any danger for therapeutic hypnosis.

When you talk with professionals, they tell you that stage hypnosis is 20% hypnosis and 80% show.

Stage hypnotists are mostly show men, and most of them respect this frame without going too far. We, as therapists, we should have the same consciousness of our own limits and remember that therapeutic hypnosis is only 20% ... and that above all 80% is the therapeutic relationship.

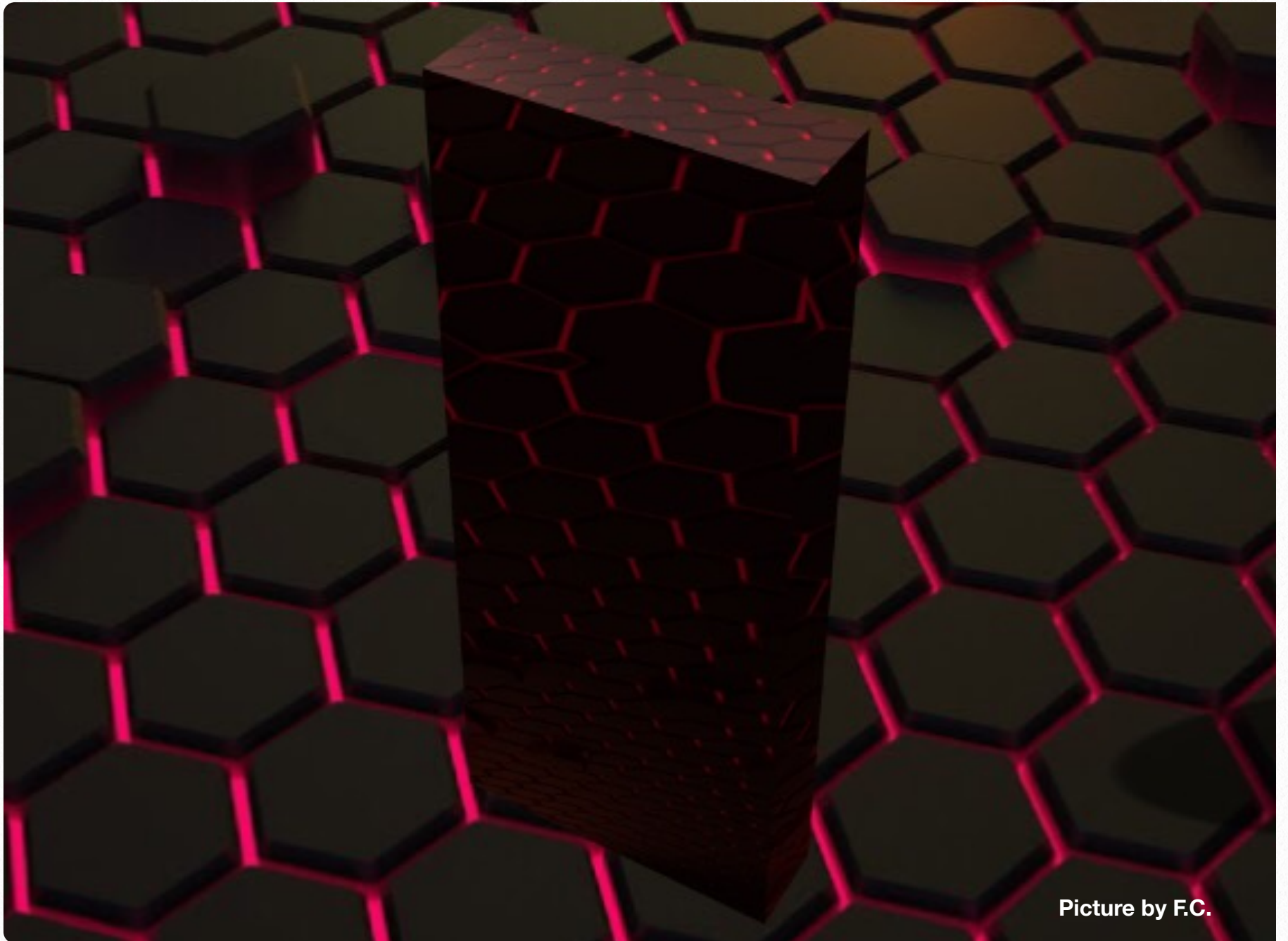
A last word for to invite and encourage our readers to come to Basel

The city of Basel, during the Renaissance, hosted, praised then repudiated and finally, in 1990, rehabilitated Paracelsus who practiced the cure by imagination and by relationship (magnetic one). It's the story of an extraordinary doctor, a pioneer, ahead of his time, but also the story of a city who was able to change her way of seeing things.

And without any doubt, this congress will be impregnated with this Basel culture that knew how to build bridges between cultures, beliefs, era, and human beings.

Connection with Research Field

By
Randi Abrahamsen



Picture by F.C.

I would like to introduce the readers of ESH newsletter to a remarkable research in Denmark. This article is based on an interview with a young psychologist, a keen Danish researcher Jonas K. Lindeløv, - psychologist, PH.D. Assistant Professor, Department of Communication and

Psychology, at Aalborg University, Denmark- who conducted a high quality study on hypnosis used for people with brain-injuries.

The study: Improving working memory performance in brain-injured patients using

hypnotic suggestions showed amazing results on memory tasks. Results were published in the prestigious journal *Brain* in 2017. Brain injury constitutes the second- and third-largest health-related cost in the world. Various treatments have been tried in this area, but with small effects. This study could therefore be promising for patients with brain-injuries.



Interview with Jonas Lindeløv on how hypnosis can help patients with acquired brain-injury.

The idea for the research

Jonas got the idea for the study while he was a psychology student working in rehabilitation, and he noticed how difficult it was for patients with brain-injuries to concentrate and remember simple instructions. They were, for example, easily fatigued when they had to follow a few instructions from a physiotherapist.

This was a problem underlying all rehabilitation. Various treatments have been tried in this area, but with very little effect.

Jonas was interested in doing a study in mindfulness, but his supervisor Professor Mogens Overgaard, who was very interested in the way hypnosis can be used as a tool to change consciousness like with the Stroop-test, suggested hypnosis.

At first, Jonas was a bit reluctant and skeptical, but after looking into the evidence of hypnosis in other areas like pain, he decided to give it a try.

A pilot study with great effect

Four patients with brain damage were given four sessions of hypnosis and improved remarkably after treatment on different parameters. Patients informed that they were not so easily fatigued and

had the energy to participate in social life again. They could remember what to buy in the grocery store etc. To the researcher the magnitude of the effects was a big surprise. An active control group had no similar improvement, but after a cross over to the treatment with hypnosis, the control group had the same amazing effect.

This gave Jonas and colleagues confidence that it was indeed the hypnotic suggestions that caused the effect. The way was paved for a larger study.

The Study

A Randomized Controlled Trial with 68 patients with acquired brain injury was then performed. Patients were stratified into three groups: A: a targeted hypnosis group, B: an active (non-targeted suggestions) control group, and C: a passive control group.

The targeted hypnosis group received suggestions about enhancing working memory functions through the instantiation of pre-injury working memory ability in the present using age regression and visualizations of brain plasticity.

The non-targeted suggestions contained no explicit mentioning of brain injury or working memory-related abilities. Patients were tested on the Working Memory Index (WMI) and the Trail Making Test before and after each procedure.

All three groups initially performed below the normal population. After four weeks with one weekly hypnosis session, there was a break of 7 weeks and the treatment was repeated in group A and a cross over was made for group B also to receive targeted hypnosis.

The most important finding

Again a remarkable effect was found. Targeted hypnotic suggestions had a positive and long-lasting effect on working memory performance in patients with brain injury.

The intervention groups improved substantially to the population mean. Results imply that between half and two-thirds of patients will be moved from cognitively impaired population to the healthy or better-than-healthy population.

The future

The research team was very surprised over their amazing results, but Jonas was worried about bias and is still trying to keep the results tight. Therefore, he does not want to recommend the treatment until the study has been repeated in a different setting and with different hypnotherapists.

He is now repeating a larger scale study including not only brain injuries, but also patients suffering from long lasting post-commotional symptoms.

The study will also include more daily life measurements. Jonas hope to finish this study within a year.

To read more:

Lindeløv, J. K., Overgaard, R., & Overgaard, M. (2017). Improving working memory performance in brain-injured patients using hypnotic suggestion. *Brain*, 140(4), 1100- 1106. <https://doi.org/10.1093/brain/awx001>.

Look at Jonas homepage: www.lindeloev.net. Here you can find interview data from the article, preprint on another article Cognitive Rehabilitation Following Mild Traumatic Brain Injury using Hypnotic Suggestion, and case reports.

Checking research findings

By Peter Naish



When checking research findings, it is a pleasant experience to find a paper that supports or extends one's own ideas and results. So, I was pleased to find Lovern, J. (2012) Posthypnotic state changes and flashbacks: Analogous processes? which

was published online at <http://dx.doi.org/10.1080/15299732.2012.678469>

The author discusses the processes that may take place when a posthypnotic suggestion is activated, arguing that the trigger must in some sense reactivate enough of the hypnotic state to make the suggestion a reality.

In an analogous way, he suggests that something similar takes place when a flashback is triggered. Flashbacks are highly realistic hallucinations of a trauma scene, so it is not unreasonable to propose that they are generated in much the same way as vivid hypnotic hallucinations.

This does, of course, imply that common mechanisms underlie both hypnosis and the symptoms of PTSD. Lovern lists the parallels that I have mentioned in previous Newsletters, and also touches on neural activity that seems to be associated with both conditions.

The anterior cingulate cortex is often cited as having an active role during hypnosis but in PTSD, while some patients also appear to display more activity in the region, others show reduced activity. This is disconcerting! However, there are two issues which may explain the anomaly:

one relating to PTSD and the other to the role of the cingulate. First, PTSD patients are not a homogenous group; some experience a great deal of dissociating, while others do not.

Since dissociation is commonly linked with hypnosis, it will come as no surprise to learn that the dissociating patients are those who perform as if hypnotised, showing raised activity in the cingulate. This region of the brain is complex. It runs around the inner surfaces of the cortices, where the two hemispheres touch together.

It has several sections involved in different roles, from motor and homeostatic control to expectation, reward and punishment and the emotional aspects of these. Some regions seem to have multiple roles, depending upon the tasks being undertaken by the rest of the brain and this makes it difficult to identify functions and locations with precision.

One thing is clear, the cingulate is involved in assessing saliency, meaning that it can recruit different brain regions, to handle whichever task or stimulus is judged the most important. This ability to be selective in what brain areas are allowed to be involved may explain hypnotic phenomena

such as pain control or the ability to lift an arm while having the subjective experience that it is happening by itself. Perhaps something similar happens when a traumatic memory is replayed, without the simultaneous knowledge that it is a memory and not something currently happening.

The worst aspect of flashbacks is that, although they are not real, they generate very real fear and that, in turn, has a very real impact; it is relevant that the cingulate has significant connections with the insula and amygdala, both being regions that are involved in emotions.

Anyone familiar with hypnosis will know that it is capable of producing good emotions, based upon unreal experiences – think of the people who didn't want to come back from the lovely beach they were enjoying.

This ability to generate good emotions, with the associated feelings of wellbeing, makes hypnosis a powerful tool in the treatment of PTSD.

In fact, initial treatment can be more subtle, simply breaking into the frightening hallucinations and adding ameliorating

imagery to the previously wholly frightening scene. This can be contrasted with the popular, non-hypnosis treatments. These force people to keep watching the unmodified horror of the event (as in EMDR) or attempt to change the patient's views of it by CBT.

Neither approach is very patient friendly, so there are drop-outs from treatment. As Lovern observes, it is unfortunate that hypnosis is not used more widely in the treatment of PTSD.

For those of you who read English, I do hope you enjoy my comments on recent research and find the material interesting. It is certainly pleasant sometimes to have research papers pre-digested, because the originals are often quite heavy going.

However, there is something even better than that – to have the original author tell you about the research and to answer your questions.

That is just one of the reasons why congresses are such wonderful events; there are so many excellent researchers prepared to present and explain their work. So, I do urge you to attend the ESH event, in August next year in Basel.

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Connection with roots of ESH and hypnosis

By
Consuelo Casula



Image by F.C.

With the idea of exploring the future of hypnosis I bring you back to the past in search of our ancestor masters. In this column I have carried out two interviews: one with the daughter of Peo Wikström, Katarina, enriched by contributions of Peter Bloom, Susanna Carolusson, Albrecht Schmierers, and Nicole Ruysschaert, whom I thank from my heart.

Those who wish to read other interviews with Peo can go to

http://ishhypnosis.org/images/newsletters/NL_Archives/1999OctVol_23No_002.pdf. and to <http://esh-hypnosis.eu/wp-content/uploads/2010/07/ESH-Newsletter-2006-2.pdf>.

The other interview is with the grand daughter of Enzo Bonaventura, Rachel Bonaventura Snir. Peo Wikström is well know in the ESH community, Enzo Bonaventura is well know in Italy and Israel.

Interview with Katarina, daughter of Per-Olof Wikström.

ESH is very grateful to your father Per-Olof Wikström - called Peo by Kay Thompson who found difficult to pronounce Per-Olof - because ESH was born from an idea that your father and other European colleagues presented at the ISH congress in Philadelphia in 1976 to create the European Section of the International Society of Hypnosis. During the conference in Malmö in 1978, organized by the Swedish Society of Clinical and Experimental Hypnosis, together with the Swedish Society of Medical Psychology, partly sponsored by the ISH, and partly by the University of Lund, Per-Olof Wikström said it would be important to create an European society with the intent to build bridges between the old world - represented by the European societies of ESH- and the new world - represented by the ISH which in those years consisted predominantly of American societies. His phrase was transformed into "Building Bridges of Understanding" by Peter Bloom and became the

motto of the ISH. For many years Per-Olof Wikström was also editor of the journal of the Swedish Hypnosis Society – Hypnos – that was chosen to be the official journal of the European Society of Hypnosis from 1989. He was the first ESH president 1978/19818 with Dietrich Langen (Germany), and in 1981 he received the ESH fellowship award.

Dear Katarina, thank you for sharing with us your experience as the daughter of one of the pioneers in using hypnosis in dentistry and one of the fathers of ESH, starting from what you say that ESH was his third child: Were you not jealous of the attention he paid to this third child?

No, I was not jealous. He was a great dad with a lot of humor who loved to be with his family. He was a happy and hardworking dad with lot of energy. He loved adventures and did not worry about most things in life. He loved to joke...Many friends and colleagues can recall his dog-alike bark at unexpected times. He had a large interest in music and was playing trumpet, piano or any of five other instruments in a quite

famous orchestra, Harry Arnolds, Malmö, while he attended school- Encl. pic.

He was devoted to helping his patients, but also to writing and publishing and sharing his findings of his hypnosis work in books and professional journals. He loved progress, to discover more and to push the boundaries within his profession. He received many awards and appreciations.

He was first in Sweden to introduce laughing gas/nitrous oxide to be used in dental surgeries.

He had the loveliest, best devoted dental nurse, Getrud Wiksell, who also worked with hypnosis

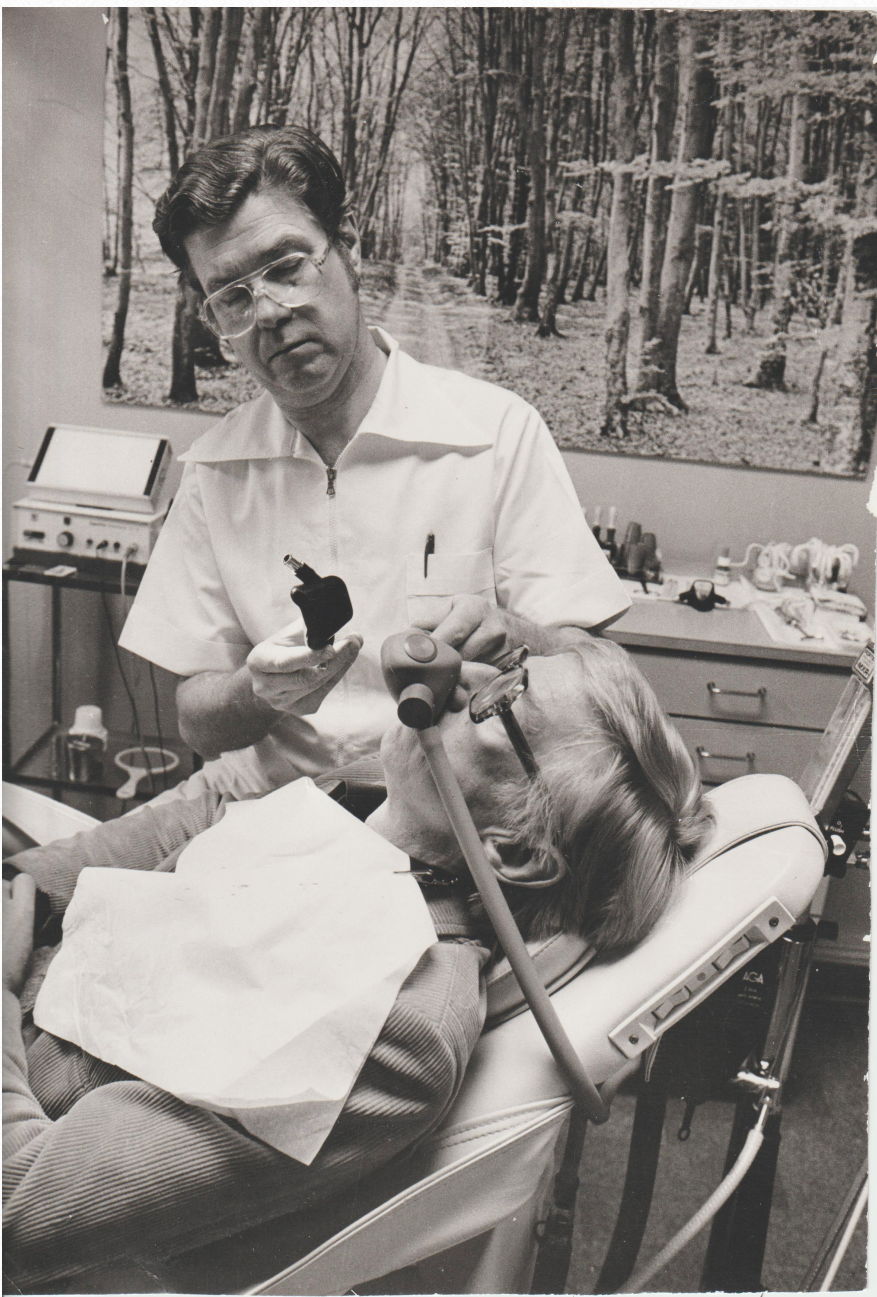
and had her own successful work with patients. They were a great team and we all loved her. Always at least one woman behind a famous man. Right?

Growing up in Stockholm, we had a separate patient room in our home, for hypnosis training and for dad's patients suffering from severe dental anxiety, which allowed them to start the hypnosis training before having to deal with sitting in the dental chair at the dental office. Already in the 70-ies his dental office was decorated with a large nice exotic panorama wall and he often used music as part of his sessions.

My brother and I, had a warm and loving childhood. Both my mom, Maina, dad and I have always had a strong interest in people and desire to help, if possible.

Our house was always open to friends from all over the world, hypnosis and dentistry colleagues. My mother loved to entertain and to support dad until she unexpectedly passed away, in 1975.

Dad's work did take him away, but was also exciting due to all the wonderful people I met as part of the family of Hypnosis; Arne Mellgren, Kay Thomson, Franz Baumann, Peter Bloom, John Hartland, Kurt and Britta Swedhner, Lars-Eric Uneståhl, Basil Finer, Ture Arvidsson, Peter Blythe, just to mention a few, but there was many many more. Many whom I have had the privilege to meet again later in life as well and to visit in their home. Both my daughter Alexandra and I have had the privilege to be part of several congresses. My dad loved the congresses, the exchange of ideas and the many friends. In the



early days, I occasionally was a guinea pig for dad, but after a short time, only Lars-Eric had my trust to hypnotize me and dad's dental colleague checked my teeth. Dad explained it like the feeling just when you are about to fall asleep, which was true for me and a good explanation.

Give us some information about yourself and your background.

I have never worked in the field of hypnosis but share my parents strong interest in helping people. I do have a strong sense of the subconscious, which was very helpful in my job for many years, as an assistant nurse in the cardiac intensive care unit in Stockholm. I later took a different route and studied economics at University of Washington, USA, and later M.Sc. in leadership for sustainability.

For many years I was a national team rower and used mental training from Lars-Eric Uneståhl, our dear friend and long time business partner of dad. With my training in sustainability I lead changes in organizations, in my small pursuit to strive for a better and kinder world. I run a small consultancy, Sustainability@BoardLevel with a colleague in Vienna.

Tell us more about your father, about his contribution

Dad was recognized for his ISH motto and vision; "Building bridges of understanding", but also music, rhythm and trance. It was important to build friendship bridges that last, sustain and would allow for deep relationships.

The Swedish association for Clinical and Experimental Hypnosis started summer of 1966. Dad held courses with Lars Eric Uneståhl during the 60-ies and initiated the first ESH congress in Malmö 1978, and was the first chairman. He was also editor of hypnos magazine, official channel for over 30 European associations. His column was called "We and the world". Which was a summary of dad's engagement over decades

What do you think is the greatest contribution your father gave to the use of hypnosis in the dental field?

Dad was recognized for his work in music and trance. Already in 1973, dad emphasized various technics to allow for positive inner pictures. Deepening trance by combining various inner experiences including humor. The article from 1977, Auditorial distraction and music hallucination in dental practice, was a start for the research and scientific articles by others. ex. Ernest Rossi with Ultradian rhythms.

Rossi was also later an inspiration for dad's successful in rehabilitation of his strokes. HypnosNytt #1, 2006. "A case of hypnotherapy in recall of bodily functions after a stroke".

Stefan Fransson, dear friend and author of HypnosNytt, summarizes dad's personality in a "musical hallucinative suggestion" of AIDA Attention-Desire-Action incl. rapid inductions, which he taught in his courses.

Per-Olof's work with international bridge building opened possibilities and access for the most recognized speakers and researchers to come.

New paths and ways of thinking were established for younger generations to join and come through. Many Swedish dentists and doctors have joined the associations. He was very active to the very end with Hypnosis, at the age of 86 yrs. I believe he was co-editor for the Swedish journal, Hypnosnytt until he passed away in May of 2012.

Contribution of Peter Bloom

Peo gave me a carved wooden blackbird just like one he had when he visited our home in Swarthmore, Pennsylvania, many years ago. He and I set our birds on shelves in each of our homes in such a way that they would always be looking toward each other. I see it now on my book shelf, looking east toward Sweden, and will keep it forever. We were close friends with a trusting relationship.

When it became difficult to hold separate sections and meetings of the emerging ESH organization during the ISH meeting, he put his energy and talent into creating a separate ESH meeting and the rest is history. I think his leadership throughout his lifetime was his most important contribution and greatest international contribution to ESH.

Contribution of Susanna Carolusson

Research tells us that the clinician's view of what has been effective is not always corroborated by the patients themselves, who often have a different answer. So I will give you a patient perspective: Through my nephew who was Peo's dental patient, I was told that she, who had a fear of dentists, a severe dental phobia; when she first visited Peo, he convinced her she was safe, he would do nothing without her consent, and she trusted him to hypnotize her. His style was supportive, fatherly and a pleasure to experience. He used voice, words and touch to hypnotize her into a deep

safe trance. She could not really tell how he did it, but to her, it felt miraculous. Peo's version is that his favourite technique, not he, was the secret behind his successes. He used to stroke his hands from the shoulders of his patients, down the arms all the way out to the fingers, suggesting a release of all tension that way. Touch was powerful, and I believe that the professional kind of touch, given by a medical expert, dentist or physician, offered in a safe ethical respectful frame, is a wonderful way of calming down a patient. For psychotherapists touch or no-touch is often debated, but the way it was used and demonstrated by Peo, I believe is one of his long lasting clinical contributions. Although he seemed unaware of the personality factor, I am sure his friendly and generous character was an important part of the positive effects.

A second contribution was his chapter in the Swedish teaching book on his, that he co-authored with Bjorn Wormnes from Norway.

Contribution of Albrecht Schmierers

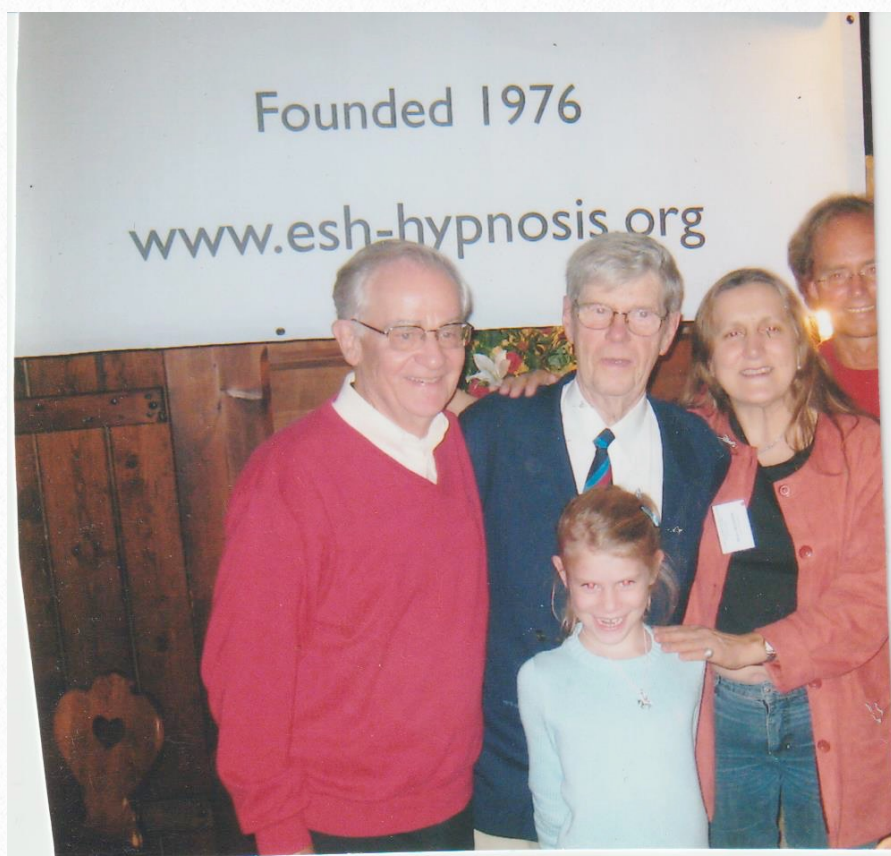
My personal opinion is that Peo's greatest contribution to the ESH was his ability to make friends with so many colleagues in the constituent societies, invite them to publish in the clinical and scientific journal *hypnos*, and build bridges of understanding between the different societies. Under his editorship he succeeded in engaging people to write, not only peer-reviewed academic articles, but also interesting reports from their national societies, write "Letters to the editor" and case reports. Peo was the one who made the Swedish Journal *hypnos* the European journal. No editor after Peo has had the time and energy to keep the journal on such a prestigious and at the same time popular level

Peo had the energy and enthusiasm to motivate about 50% of the Swedish dentists to take hypnosis seminars. He showed a special gagging kind of shock hypnosis that worked pretty well. He made hypnosis seminars exciting with his charm and humor, that drilled dentists liked to join and to learn.

Without Peo we would not have the ESH. He was very much opposing the American dominance and started the idea of ESH. He could make friends easily and made the necessary connections. And he was also a hard worker, in many boards, as editor of the newspaper for many years. He also spent a lot of his private money to travel to congresses all over the world.

Contribution of Nicole Ruyschaert

I remember Peo walking around and talking to all ESH and ISH congress participants in his kind and warm style – supporting and prompting to write for the ESH journal *hypnos*. I found it particularly nice to get postcards at Christmas time and just as a surprise at other times of the year. At ESH CoR meetings when I first attended them he was always so full of energy to defend and get the *hypnos* journal settled and continued – calling colleagues "friends" was at the base of what we now still cherish like in the preparation of the great Asian congress and the whatsapp group.



Interview with Rachel Bonaventura Snir grand daughter of Enzo Bonaventura

Enzo Bonaventura is one of the psychoanalyst pioneers in the field of psychoanalysis in Italy, where his book "The Psychoanalysis" (first published in 1938) is still published and studied at Universities. In this book he stresses the necessity to examine psychoanalytic ideas scientifically. Enzo Bonaventura was into Philosophy, developmental, social and occupational Psychology and rehabilitation of disabled children, a multi-faceted, interdisciplinary personality, and with open and experimental mind. On March 2019, the Municipality and the University of Florence dedicated the internal garden of the University venue of Via Gino Capponi to Enzo Bonaventura. He had studied and worked there until he was expelled following the racial laws of 1938. In Florence he was director of the laboratory founded by De Sarlo in 1903 destined to research scientifically every aspect of human behavior, thought and emotion, conscious and unconscious. (De Sarlo was expelled by the Fascists in 1923). Enzo Bonaventura moved to Israel and went to teach at the Hebrew University. In Jerusalem he founded and directed the first Psychology department in Israel.

In April 1948, he was murdered in an ambush whilst on a convoy of Medical staff and University faculty-members on their way to the university and hospital during the Israeli war of independence. E. Bonaventura used his scientific skills to study phenomena linked to inner experience. He believed Psychoanalysis and Experimental Psychology should collaborate, and in his 1915 paper, Experimental Researches on the Illusions of Introspection he stated that unconscious processes exist and effect human behavior; therefore we must - and can examine them scientifically.

Helly, thanks for accepting to being interviewed on your relationship with your grandfather and regarding what you have discovered about his studies.

It is my honor and pleasure to be interviewed about my grandfather. I think the tragic circumstances of his life (stemming from the political tragedies of the 20th century) prevented him from having the acknowledgement he deserved, and prevented us from realizing his contribution, so to me this is a perfect opportunity to repair history's losses.

First of all, how have you discovered that your grandfather was Enzo Bonaventura, the famous author of an Italian book on Psychoanalysis?

From childhood I only knew that he taught Psychology: My grandmother never spoke about him, and my father, who was only 12 when my grandfather was killed - knew nothing. Also in my psychology studies, in the 1980's, I never heard about him. But my grandmother left me his book, "The Psychoanalysis", the only book that was translated from Italian.



When I read it I was surprised to see how innovative and relevant his ideas were today although written in the 1930's. This brought me to look for more material written about him and by him, and to learn Italian so I could read about him.

Give us some information about your background, your studies and how you decided to improve the knowledge of your grandfather's experiments on illusion of introspection, and memory changes.

I am a clinical psychologist practicing since 1987 and a Hypnotherapist since 2002. My experience brought me to believe in integrating psychodynamic ideas with practical techniques

such as CBT and hypnosis long before I read my grandfather's writings. When I read him I realized that unconsciously I was following his path. I felt it was my mission to bring him to light.

Looking at the heading "Experimental Researches on the Illusions of Introspection", this is the exact essence of integration: accepting the unconscious as a significant and researchable aspect of humanity.

The experiments described in this paper not only prove that complex unconscious processes can be demonstrated and researched scientifically, but they also give us practical tools for clinical practice.

What is so interesting in your discoveries that you will present them at the Basel ESH Congress, August 2020?

In Basel I will present some of Bonaventura's experiments on memory-changes and illusions of introspection, both for the originality of the methods he applied for the research of the unconscious, and for his findings.

I will also discuss his conceptualizations, their relevance for clinical practice and research today, and demonstrate some applications of his ideas in my clinical practice of psychotherapy and hypnotherapy.

You previously said to me that Bonaventura's ideas are relevant today for both research and clinical implications, especially for hypnotherapy with PTSD and early trauma. Can you tell us more about these interesting

ideas and why it is so relevant for both research and clinical implications

In his experiments Bonaventura demonstrated how memories evolve and eventually change while the subject (or patient) believes his memories are genuine. He introduced the concept of "unconscious directive ideas" to describe the process of these changes.

Considering PTSD and early trauma, by utilizing these concepts we can help our patients see how the themes they remember could be "directive ideas" that caused certain memories to remain and others to disappear or change. Then we can help them rearrange their themes in a manner that is not necessarily less true, yet can be much less painful and enable better adjustment.

Bonaventura's concepts are simple to understand and therefore can be discussed with patients, understood and accepted by them.

As for research, his experiments are described in detail and can easily be replicated both in laboratory and in clinical research.

This could verify and improve our understanding of his findings, and demonstrate how complex unconscious processes can be examined scientifically without reducing them to technicalities.

Can you give us a preview of what the main content of your presentation will be and what you think it will be interesting for the ESH community?

The main content of my presentation will be to bridge Bonaventura's findings and conceptualizations from 1915 with a clinical method for psychotherapy and hypnotherapy applicable in 2020, mainly for PTSD and early-trauma patients. Apart from the historical narrative, the method suggested is simple to apprehend and apply even in short-term treatments, yet it gives place for compound unconscious processes in a manner that can be discussed, demonstrated and worked-through in therapy.

Thank you for your inspiring contribution, and I look forward to hearing your presentation in Basel.



Connection with the DGZH congress in Berlin 29.8.19 – 1.9.19

By
Shaul Navon



Berlin - Photo by F.C.

Since the DGZH congress was mainly in German language, I can give a short review of the workshops offered in English by the ESH board members and Mark Jensen, ISH President -Elect.

Randi Abrahamsen in her workshop Hypnosis for patients with orofacial pain has presented a mixture of theories focused on various methods to control chronic pain and made several interesting hypnosis demonstration

Fabio Carnevale in his workshop Hypnotic phenomena as psychosomatic events: A metaphoric perspective of utilization has provided theoretical information and practical demonstrations related to different hypnotic phenomena and their use in the clinical field.

Consuelo Casula in her workshop The embedded Ego-Strengthening messages of a metaphor has told several metaphors demonstrating in an elegant way and wisdom how metaphors can be utilized in hypnotherapy.

Gerard Fitoussi in his workshop The place of the dentist in smoking addiction. What to do and how? has presented several tools, advices and recommended several strategies, including hypnosis for smoking cessation.

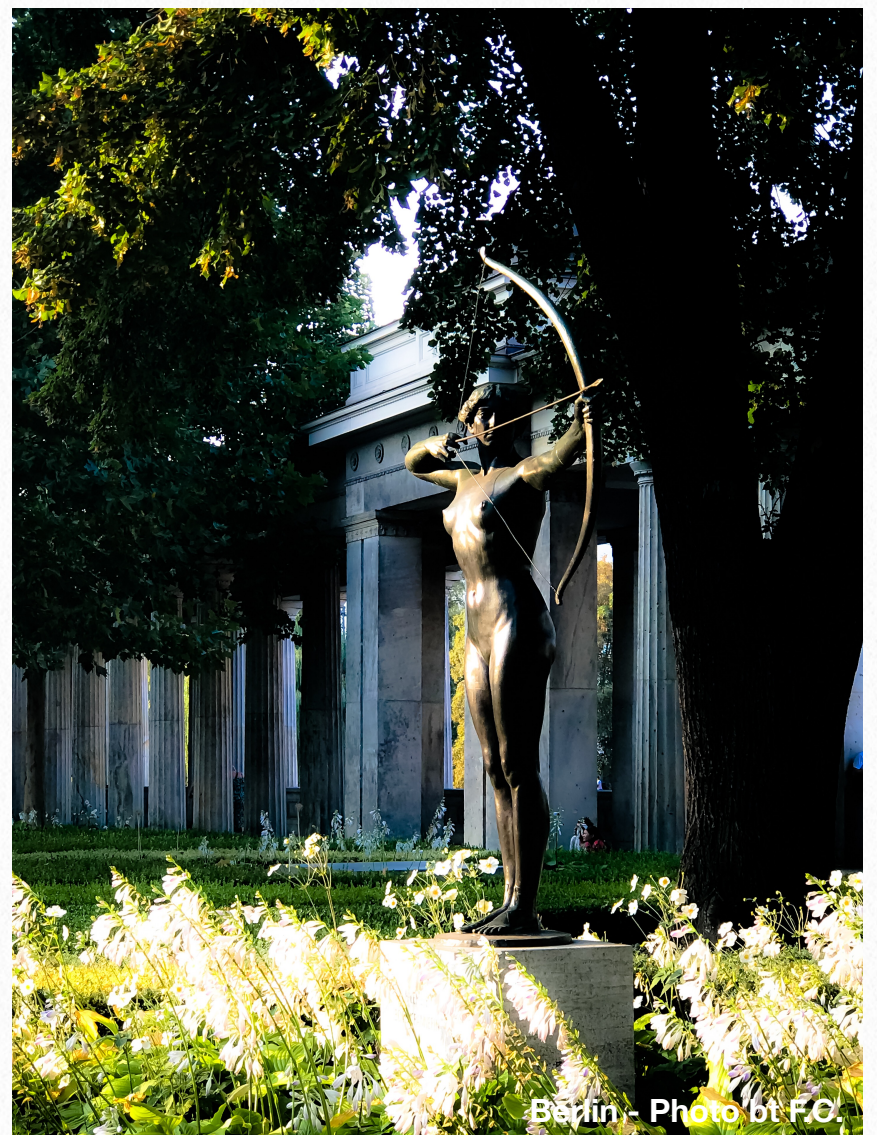
Shaul Navon in his workshop Two are better than one: Dual-Track interventions in hypnotherapy has provided clinical conceptualizations and demonstrated the efficacy of his original model of intervention based on 5-hypnotherapy interventions.

Ali Ozturk Ozden in his workshop Hypnoanaesthesia in surgeries and the basics of AUCH Method: Awareness Under Conscious Hypnosis has showed interesting

videos of surgery under hypnosis and discussed the use of hypnosis in medicine.

Michael Schekter in his workshop What you always wanted to know about age regression has demonstrated beautifully age regression techniques with exercises and via video session with a patient who had mental trauma

Mark Jensen in his workshop The hypnotic reflective listening technique: Enhancing efficacy for behavior change has provided a description of his model and made demonstrations of his strategies for behavior change.



Berlin - Photo by F.C.

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Connection with the Milton Erickson Foundation

By

Marilia Baker

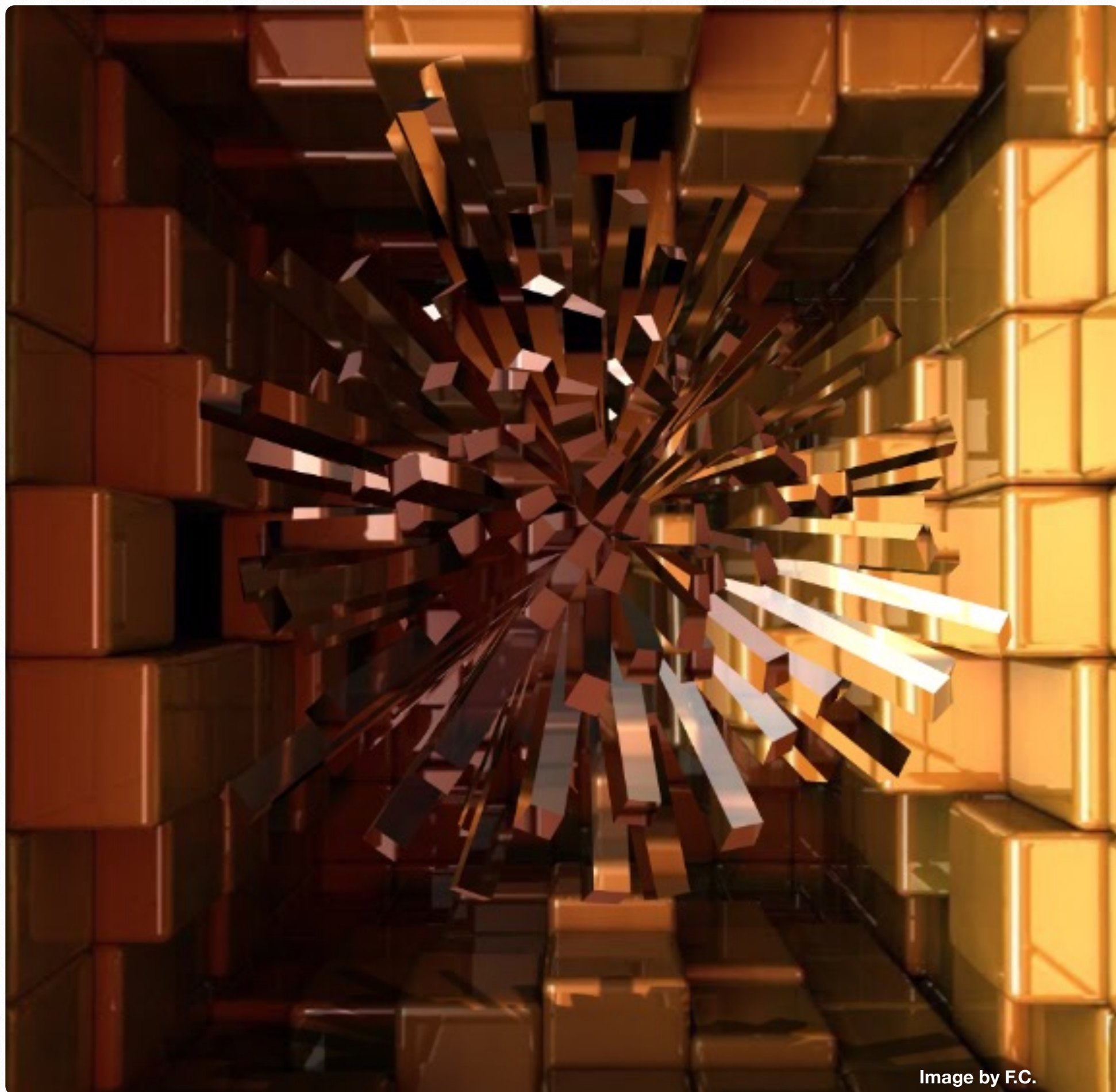


Image by F.C.

It is with immense pleasure that I present to you the engaging interview below, conducted by Dan Short with Jeffrey Zeig, founding director/president of the Erickson Foundation. The Foundation is celebrating 40 years since it was established in 1979, while Erickson was still actively practicing as a clinician and teacher. The first Erickson congress took place in Phoenix, December 1980. Throughout these past four decades, the Erickson Foundation - whose two of its Board of Directors are the Europeans Camillo Loredio and Bernhard Trenkle - has advanced the development and expansion of the fields of hypnosis and psychotherapy. The Foundation has also promoted many international gatherings, including the Evolution of Psychotherapy conferences, to further not only Milton Erickson's therapeutic methodologies, but also to honor the relevant pioneers and proponents of diverse theoretical and clinical practices. Jeff Zeig ponders and expands on those pioneers throughout the interview with Dan Short.

Both Jeff and Dan are well known to European professionals through their lectures, workshops, and publications. The most recent by Zeig is a group of four books, part of his Empowering Experiential Therapy Series published by The Erickson Foundation Press (2019). Dan Short's William James and Milton Erickson. La cura della coscienza umana was published by FrancoAngeli (2019). Dan will be on his Italian book tour to present his work from November 12th through to the 19th November.

This year the Foundation will be welcoming health sciences professionals and students from around the world to the 13th International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, to take place December 12th through the 15th December in Phoenix, Arizona at the Hyatt Regency. Keynote speakers are: Robert Dilts, Roxanna Erickson-Klein, Stephen Gilligan, Steve Lankton, Scott Miller, Bill O'Hanlon, and Michael Yapko.

Please check details at www.ericksoncongress.com.

There is still time for ESHNL readers to register for this entrancing Ericksonian International Congress, to meet your worldwide colleagues, and enjoy beautiful Arizona!

An Interview with Jeff Zeig

by Dan Short



The Erickson Foundation, which you founded, has acted as a vehicle for education, as well for the spread of Ericksonian institutes around the world. Could you tell us something about your original plans for the Foundation, 40 years ago?

To tell you the truth, I did not know it would become so robust. I couldn't have predicted that it would become integral to the incredible interest around the world in learning about Erickson's contributions. But the Erickson Foundation is not solely dedicated to the work of Milton Erickson. The Foundation is a psychotherapy organi-

zation that began in 1980 to help organize Ericksonian congresses. But then, in 1985, I organized the first Evolution of Psychotherapy conference, which brought together 26 distinguished leaders of different schools of psychotherapy.

The first Evolution of Psychotherapy conference was a seminal event, timed to coincide with the hundredth anniversary of psychotherapy's conception. Some of the leaders of various schools of psychotherapy met for the first time at that conference. For example, I saw 78-year-old Joseph Wolpe walk over to 83-year-old Carl Rogers to say hello. The titular founder of behavior therapy and the titular founder of humanistic therapy recognized that they had never met before.

The first Evolution conference was designed around the schools of psychotherapy. It provided a forum in which leaders could talk about their developments and be honored for what they had offered to the field. Since then, the underlying theme of Evolution conferences is consilience: Finding the commonalities that make psychotherapy work. It is my belief, my hope, and my continued goal that the Evolution conferences continue to serve as a vehicle for the integration of psychotherapy.

According to some historians, psychotherapy began in 1885 when Freud became interested in the psychological aspects of medicine. Up until World War II, there was a tight therapeutic community, based on understanding the Freudian, Adlerian, or Jungian perspective.

But after World War II, when Europe was decimated, psychotherapy found a new home in the United States. There was a proliferation of different

schools and streams of psychotherapy, including the humanistic school, the behavioral school, the family system school, the cognitive school, and now affective neurobiology. So, after World War II there was a wild proliferation of approaches, by some estimates there are currently more than 800 different schools of psychotherapy. But after so much expansion, I believe that there needs to be some contraction. We need to search for integrative principles that help explain what makes psychotherapy work. I hope that the Foundation has been instrumental in that endeavor.

What do you see happening in the field of hypnosis?

The United States used to be the most fertile bed for interest in hypnosis. Today, the interest and growth has shifted to other countries, including Italy, France, and Germany, as well as other European countries which are bringing a new vibrancy and life to hypnosis. The European audience in France and Germany is especially strong, and in these countries as well as others, there are more developments and experts. Over the course of its history, there has been a mercurial rise and fall in interest in hypnosis. Because of this, I imagine that people in the U.S. will once again be stimulated into learning about it.

Of all the people that you have met, who has inspired you most?

When I think of all the master therapists that I have been fortunate enough to know and study with, Erickson has been the one who has spoken most deeply to me. He was instrumental in

helping me improve who I am as a person and as a professional. Of course, I will never be his equal in experiential wizardry, but I have trained myself to be less left-hemisphere dominant, operating instead from the right-hemisphere, which enables me to be more evocative.

I also had the good fortune to spend time with Carl Whitaker, who conducted consultations with me as I met with families. And, I learned a lot from Viktor Frankl. In fact, I use logotherapy regularly in my practice. I've had exceptional training in gestalt therapy because I attended a doctoral program that was influenced by Joan Fagan and Norma Shepard who are first-generation students of Fritz Perls.

I have a background in transactional analysis and was a clinical member of that society at one time. I also had a year of training with Bob and Mary Goulding who profoundly influenced me in understanding parts of the human psyche. I developed a great rapport with Salvador Minuchin, whom I adored. I am now the curator of one of Minuchin's archives.

If you go to psychotherapyvideo.com you can see some of Minuchin's clinical work. It was his wish to make his archives available to people around the world. But of all these individuals, Erickson has been the most profound influence on me both personally and professionally. His precision, his humanism, his way of orienting toward, his strategic nature, his evocative experiential way of approaching things, his basis in utilization, are all things that have intrigued me. To this day, I continue to learn a lot from Erickson.

What are some of the resources available to people who wish to learn more about Erickson?

We have an expansive archive at the Erickson Foundation with hundreds of hours of audio and video recordings of Milton Erickson. And we are just at the cusp of being able to launch this resource on the internet for the professional world, so that people will have the opportunity to see footage of Dr. Erickson doing teaching seminars in the latter half of the 1970s. We also have videos of me discussing Erickson and offering my perspective on his work.

The best video of Erickson that we have is titled, “The Artistry of Milton Erickson.”

It is available in several language on our store at: <https://catalog.erickson-foundation.org/>.

For those who visit Phoenix, we offer tours of the Erickson Historic Residence, so that people can see where Erickson lived and worked the last decade of his life. The Erickson children have been especially active in developing the historical residence as a museum, so that visitors get a feel for the modest way in which Erickson lived and practiced.

The Erickson Foundation has also published the Collected Works of Milton H. Erickson, which is a 16-volume set of the written work completed by Erickson across five decades. This resource

can be found at the Foundation’s web store. In addition to these resources, I am the author of several books on Ericksonian hypnotherapy. I have written four books that are the corpus of what I teach, including one on hypnotic induction, one of the Ericksonian model of brief psychotherapy, one on therapist development, and one on the evocative nature that I think is essential to skillful psychotherapy.

I know that you are currently working on a biography of Milton Erickson. Could you tell us more about this important project?

Over the years, I have conducted 200 interviews with colleagues of Milton Erickson. I have also interviewed all eight of his children and three of his siblings. Before Erickson died, I spent a significant amount of time with him, seeking to know and understand him as best I could. Jerry Piaget, who is one of the leaders in promoting psychotherapy education, has provided a grant, which is helping to make it possible for me to write the Erickson biography.

When I first met Erickson in 1973, he seemed that he just took all of this wisdom off the top of his head. He just seemed to be so complete. But as I came to know him, I realized that he was very diligent about crafting what he would say and do and how he would be in therapy.

He worked hard to develop his incredible skills; his remarkable perceptiveness, his ability to com-

municate with such loving precision, as well as his impressive ability to overcome adversity.

While seeking to utilize all of his limited faculties, he tried to make other people's lives a little bit better. Erickson suffered from the degenerative effects of post-polio syndrome, but he was still an inspiration. If you had limitations, he certainly had more. If you had pain, he certainly had more. Yet he was laughing all the time. It seemed that he wanted to make the world a better place by virtue of his presence on this planet.

When I first visited Erickson, my thought was that he would train me to be a better psychotherapist, but in a sense, I was wrong. It became apparent to me early on that the time I spent with him was an experience about life and learning to be a better Jeff Zeig. It was not about being trained to be a better therapist.

Without knowing Erickson and experiencing him, I wouldn't be here today. I actually don't know how my life would've turned out had I not spent those years in the '70s traveling to Phoenix to see Erickson. In fact, I'm living in Phoenix because I moved here 40 years ago to be closer to him.

Now my desire is to encapsulate the inspirational spirit of Erickson on the written page so that people around the world can experience him.

Thank you Jeff. I am grateful for your insights and for what you have done through the work of the Erickson Foundation.



Image by F.C.

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3 Reason Why

This issue ends with three good reasons to attend the ESH conference in Basel 2020 written by several colleagues.



Image by F.C.

Shaul Livnay

First of all, what a great opportunity to visit a beautiful City whose site is a meeting between 3 countries.

A further opportunity to meet beloved colleagues from all over the world. I for instance, as an Israeli can freely mingle with my colleagues from Iran.

Each Congress enables me, as a clinician in private practice to get updated about the latest research advances. Auf widerluge in Basel!

Mark Jensen

Meet with valued international friends and colleagues in the field to catch up.

Connect with new people from all over the world expert in the field of hypnosis.

Learn new clinical skills from renowned experts at the many planned workshops.

Learn about the latest exciting research findings about the effects and mechanisms of clinical hypnosis.

Katalin Varga

Enrich your professional experience (both input and output sides).

In heart of Europe.

Meet friends, "hypnosis family members".

Bernhard Trenkle

There are 2 or 3 congresses in the world of hypnosis you should not miss: ISH every three 3 years and ESH every three years. There you always have very wide and fascinating spectrum of hypnotic applications presented by top international teachers from all over the world. The third congress is the International Erickson Congress organized in Phoenix also taking place every 3-4 years.

Basel is the city of museums. It has an incredible variety of museums.

Basel is a perfect location directly at the point where Switzerland, France and Germany are touching each other. It is easy to travel there from most parts of Europe. And you even can choose a hotel in France or Germany and travel with local trains to Basel every day.

INVITATION TO BASEL 2020

Dear Presidents of ESH Constituent Societies and colleagues,

One of the most important events for the European hypnosis community is the ESH Congress every three years. A moment when we can meet with you and share the latest and the most up to date techniques and research findings. Also, we can share well established hypnotic methods or simply enjoy being together.

Thanks to the committee in place, this Congress will allow you to participate in an exciting event with prestigious keynote speakers and renowned trainers. A particular effort is being made, to facilitate communication: during the three days, in the plenary room all communications, keynote speaker's presentations, sessions and other oral presentations will be simultaneously translated into English, French and German. In the other rooms, each day parallel workshops, sessions etc. will be available in these three languages.

"Building bridges and travelling crossroads" is the slogan of this congress. It reminds us that hypnosis is a way of going beyond, not staying with the obvious, finding new ways and directions to overcome stalemate and obstacles. In 2020, Basel is the place to be. This multilingual city is renowned for its long and important history, for learning, being a refuge for Erasmus of Rotterdam, Paracelsus, among others, and for its rich cultural environment with more than 40 museums, like the amazing museum Kunstmuseum or the Beyeler Foundation.

I ask you to inform and invite all the teachers and members, who want to share their ways and their discoveries, to send in their abstracts by using our site www.esh2020.ch. Please also invite your members to write in now to profit from the earlybird price for members of ESH Constituent Societies, who are all members of ESH. This is your Congress. Its success depends on your participation. Also, a numerous participation will show how much medical hypnosis practiced today (in a serious and ethical way) can be considered a force to be reckoned with, when taking into consideration the well being of our patients.

I'm looking forward to seeing you on August 26-29, 2020 in Basel and to share with you what I can imagine today as a fulfilling and wonderful experience.

Gérard Fitoussi

President of ESH

**Keynote speaker's
presentations,
sessions and other
oral presentations
will be
simultaneously
translated into
English, French and
German.**

Calendar of Events

10TH ANNIVERSARY TRI-LEVEL PAEDIATRIC-SPECIFIC HYPNOSIS SKILLS

Paediatric Clinical Hypnosis
Skill Development Workshops and 10th Reunion! –
Weaving a Tapestry of Paediatric Hypnosis: Connecting a Community
National Paediatric Hypnosis Training Institute (NPHTI)

Date: 26th – 28th September 2019

Location: Minneapolis, Minnesota, USA

Website: www.NPHTI.org (for Brochure and Registration information).

BSMDH SCOTLAND: ERICKSONIAN WEEKEND WITH JEFF ZEIG AND FABIO CARNEVALE

Date: 5th – 6th October 2019

Time: 09:00 – 17:00

Venue: Stirling Highland Hotel, Stirling, Scotland

Invited Speakers: Jeff Zeig and Fabio Carnevale

Language: English

Registration Website: www.bsmdhscotland.com

Email: mail@bsmdhscotland.com

SOCIETY FOR CLINICAL AND EXPERIMENTAL HYPNOSIS 70TH ANNUAL WORKSHOPS & SCIENTIFIC PROGRAM

Dates: 16th - 20th October 2019

Venue: Ace Hotel, New Orleans, LA

Introductory, Skills and Advanced Workshops plus Scientific Program

Hotel reservations now open. Conference registration to open in June

Details: <https://www.sceh.us/2019-new-orleans>

SOCIEDAD HIPNOLOGICA CIENTIFICA VI INTERNATIONAL SYMPOSIUM ON HYPNOSIS AND PAIN MANAGEMENT

Date: 19th October

Venue: Universidad Rey Juan Carlos, Madrid

THD:12TH INTERNATIONAL CONGRESS OF MEDICAL HYPNOSIS

Dates: 24th – 27th October

Times: 09.00 – 19.00

Venue: Istanbul Medipol University, Kavacik South Campus, Istanbul, Turkiye

Invited Speakers: ESH BOD Members

Language: Turkish

Translations: English

Fees: Congress registration is free for ECH (European Certificate of Hypnosis) Holders

Early Bird – Before 1/10/19

ESH/ISH Member 150 Euro/ Non-Member 200 Euro/ Student 100 Euro

Standard – After 1/10/19

ESH/ISH Member 200 Euro/ Non-Member 250 Euro/ Student 100 Euro

The registrants should have undertaken, or undertaking, a professional qualification in Medicine, Dentistry, Psychology, or Psychotherapy recognised by the appropriate relevant National Authorities eg. Health Body, Education Body

Registration

Website: www.medicalhypnosiscongress.org.tr

Email: auchozturk@gmail.com/

info@medicalhypnosiscongress.org.tr

Telephone: +905414476673/ +905055631331

(Whats App)

SII: 'RAPPORT: LA RELAZIONE IPNOTICA CHE CURA'

Dates: 7 – 10 November

Venue: Hotel Golden Palace, Torino, Italy

Invited Speakers: Katalyn Varga, Dan Short, Camillo Lorio, Giuseppe De Benedittis, Consuelo Casula

Language: Italian (some Workshops in English)

Translations: No

Registration Website:

www.societaipnosi.it/congressosii2019/

Email: ipnosii@gmail.com

Tel: +39 06 85 48 205

Fax: +39 06 85 48 205

Cell: +39 392 9944240

DGH: 'HYPNOSE – SCHMERZ, LASS NACH!' / 'HYPNOSIS – PAIN, SLOW DOWN!'

Dates: 14 – 17 November 2019

Venue: Best Western Premier Park Hotel, Bad Lippspringe, Germany

Invited Speakers: Prof. Jensen, Prof. Bongartz, Prof. Revenstorf, Dr Honig and many other national and international lecturers

Language: German (some Workshops in English)

Translations: No

Fees: 320/370 Euro – Members

410/460 Euro Non-Members

Registration Website: www.dgh-hypnose.de

Email: info@dgh-hypnose.de

Tel: + 49 25 41 88 07 60

DE LA TRANSE CHEZ L'ENFANT ET L'ADOLESCENT AU TRAVAIL DE LA TRANSE CHEZ L'ADULTE : L'ENFANCE DE L'ART

Dates: 23-24 November 2019

Times: 09:00 – 18:00 - 09:00-17.00

Venue: Paris

Guest Speaker: Laurence Sugarman

What is different about using hypnosis with children and adolescents? What does exploring hypnosis with young people teach us about using hypnosis across the lifespan? Children are in the business of

building their mind-body systems. Hypnosis with children and adolescents goes beneath and beyond the presenting problem and diagnosis.

It is an investment in a promising startup. The emphasis is nurturing those unique connections that drive mastery, self-efficacy and resilience. That clinical attitude applies not only to children, but to all who have ever been children. In this experiential workshop, we will review video recorded examples, draw on our clinical experience, and role-play our way toward a real-world application of hypnosis with young people and adults. We will focus on (1) recognizing the spontaneous trance the child brings to the encounter, eliciting and utilizing it to drive neuroplasticity, (2) identify and demonstrate four basic skills that cultivate trance naturalistically during conversational hypnosis, (3) role-play conversational hypnosis to provide more resources for beneficial change, and (4) utilizing the person's strengths and skills responding to development challenges in the context of coping with illness for children of any age

Language: English

Translations: French

Fees: before 15th September – For ESH Members 250 Euros For SFH Members 280 Euros For non-members 310 Euros

after 15th September - For ESH Members 300 Euros For SFH Members 330 Euros For non-members 360

Registration Website: www.hypnose-sfh.com

THE IMPACT AND MANAGEMENT OF CHRONIC STRESS AND THE DAVID WAXMAN MEMORIAL LECTURE

Dates: 9th December 2019

This afternoon meeting will raise awareness of the impact of chronic stress on health and well-being. With presentations from a number of high-profile speakers including John Gruzelier and Angela Clow, you'll have the opportunity to take part in small group discussions and receive whole group feedback. Covered topics will include cortisol, a steroid hormone, the use of self-hypnosis in strengthening immunity and hypnotic induction techniques

Time: 3pm-11pm

Location: Royal Society of Medicine, London

Website:

<https://www.rsm.ac.uk/events/hypnosis-and-psychosomatic-medicine/2019-20/hyn01/>

THE 13TH INTERNATIONAL CONGRESS ON ERICKSONIAN APPROACHES TO HYPNOSIS & PSYCHOTHERAPY

Help Clients adapt and overcome through hypnosis – derived techniques- no matter what your clinical orientation!

Advance your clinical practice through 7 keynotes, 96 workshops, 22 clinical demonstrations, and 102 developers of Ericksonian methods, techniques and ideas.

Date: 12th – 15th December 2019

Location: Phoenix, Arizona, USA

Website:

<https://catalog.erickson-foundation.org/sales/ic19-online-marketing-76457>

24TH WORLD CONGRESS OF THE INTERNATIONAL ASSOCIATION FOR CHILD & ADOLESCENT PSYCHIATRY AND ALLIED PROFESSIONS

Dates: 20-23 July 2020

Venue: Singapore

The theme of this year's congress, "Starting from the Beginning – Laying the Foundation for Lifelong Mental Health", rightly places an important emphasis on early identification, illness prevention and health promotion over a lifespan. The 4-day Con-

gress programme promises to be packed with interesting talks, symposiums and panel discussions, serving as an excellent platform where experts and practitioners from across the world share their knowledge and experience with the aim of improving child and adolescent mental health globally. The Congress expects to attract almost 2,000 regional and international child and adolescent mental health professionals, researchers, academics and caregivers. Locally, the Congress is supported by the Ministry of Education, the Ministry of Social and Family Development as well as major hospitals in Singapore.

Website: www.iacapap2020.org

Email: secretariat@iacapap2020.org

Telephone: +65 6411 6671

15TH ESH EUROPEAN CONGRESS OF HYPNOSIS BUILDING BRIDGES AND TRAVELLING CROSS ROADS

Dates: 26th - 29th August 2020

ESH Societies: HypS, IRHyS and SMSH

Venue: Basel, Switzerland

Language: English

Registration Website:

<https://organizers-congress.org/frontend/index.php?sub=113>

TRAINING IN EUROPE

Hypnosis training in Europe is organised by the Constituent Societies. To learn more about their training, please contact them direct.

SMSH (2019 Oct. 18th) Villa Alta, parco della Clinica di Riabilitazione, NOVAGGIO

Strategie ericksoniane nella gestione delle emozioni

Teacher: Consuelo Casula

The training day will be dedicated to managing the emotions of both patients and the therapist. In particular, starting from the introduction on the theory of emotional intelligence, we explore the functions and characteristics of the main emotions such as anxiety, anger, displeasure, fear, disappointment, guilt, shame, mourning. Through demonstrations and exercises some Ericksonian techniques will also be proposed, useful for: exploring positive / evolutionary antidote emotions of negative / limiting ones; to break down and recompose images and cognitive associations connected to dysfunctional emotions to recover the constructive function of emotions; displace and relocate feelings connected to emotions to balance their intensity; reorienting past emotions in the present to recognize what has been learned from the experience; making projections in the future based on the recovery of emotions of trust, hope, a sense of self-efficacy.

COSTS :

Membri : Fr 400.00

Non Membri: Fr. 450.00

Società svizzera d' ipnosi medica SMSH SSIM, V.Greising, Dorfhaldenstr. 5, 6052 Hergiswil, Tel. 041 281 17 45 www.smsh.ch – mail: info@smsh.ch

BSCAH – UK (2019 / 2020)

Lancs & Cheshire Foundation Training 2019

Module 1: 28/29th Sept 2019

Module 2: 26/27th Oct 2019

Module 3: 30th Nov/1st Dec 2019

Advanced Diploma/Graduate Certificate, BSc Conversion course in Clinical Hypnosis, Communication Skills & Related Techniques.

Dates: 27.09.19 – 28.09.19 / 23.11.19 – 24.11.19 / 07.02.20 – 08.02.20 / 06.03.20 – 07.03.20

Times: 09:00 – 16:30

Venue: Birmingham City University

Language: English (sorry no translations)

Fees: £2,400

Registration website: <http://www.bscah.com/>

Email: bscahmidlandsbranch@outlook.com

Tel: +44 (0) 7702492867

SSCH – Sweden

Western Region/Göteborg

Supervision and Teacher programme, imagery as Adjunct. Small groups proving space for individual needs.

Dates: 2019 / 2020: 8/9 Feb, 8/9 Mar, 6/7 Apr , 24/25 May plus 12 x 2 days until December 2020

Times: Friday 14:00 – 17:00, Saturday 09:00 – 14:30

Teachers: Susanna Carolusson, Stefan Fransson, Goran Skarman, Lars Waxberg, Roxana Furberg

Language: Swedish

Fees: 34,000 SEK per year. Membership of an ESH Constituent Society is mandatory.

Email: susanna@carolusson.se

Tel: + 46 705 970 007

Download: ESH appl ECP2019-2020,SSCH,Superv

SSCH – Sweden

Western Region/Göteborg

Ego State Therapy – Advanced Level

Dates: 2019 / 2020 17/18 May plus 7 x 2 more weekend days for Psychologists and Psychotherapists

Time: 09:00 – 18:30

Teachers: Susanna Carolusson, Sofia Strand, Hedda Sandemose, Say Teen Redman, Ulla Byegard **Language:** Swedish

Fees: 34,400 SEK Membership of ESH Constituent Society is mandatory

Email: susanna@carolusson.se

Tel: + 46 705 970 007

Download: EST2019,ECP application

Association Of Clinical Hypnosis

Clinical Hypnosis – 3 Block of the Programme

Invited Speaker: Susanna Carolusson

Language: English: Russian

Fee: 25,000 Rub

Registration Website: psy.education

Email: svetlana.hetrick@gmail.com

Tel:+7921 9990403



Berlin - Photo by F.C.



NOW CALL FOR ABSTRACTS!

15th ESH Congress of Clinical Hypnosis and Research

BUILDING BRIDGES AND TRAVELLING CROSSROADS

26–29 August, 2020 Basel, Switzerland

KEY SPEAKERS OF ESH2020

PRE-CONGRESS WORKSHOP SPEAKERS

Prof. Eric BONVIN, CH
Tony ROUSMANIERE, PhD, US
Prof. Bruce WAMPOLD, US
Dr. Philip J. ZINDEL, CH

CONGRESS KEYNOTE SPEAKERS

Dipl.-Psych. Consuelo C. CASULA, IT
Dr. Régis DUMAS, FR
Prof. Marie-Elisabeth FAYMONVILLE, BE
Prof. Mark P. JENSEN, US
Dr. Veit MESSMER, DE
lic. phil. Susy SIGNER-FISCHER, CH
Dipl.-Psych. Bernhard TRENKLE, DE



IRHYS
Institut Romand d'Hypnose Suisse



WWW.ESH2020.CH



15th ESH Congress of Hypnosis

Building Bridges and Travelling Cross Roads

26 au 29 août 2020 – Bâle, Suisse

L'hypnose relie le corps et l'esprit, elle parcourt leurs interconnexions, leurs carrefours... Les avancées des neurosciences explorent les relations entre le cerveau et le corps, et répondent à nos questions : « Que se passe-t-il durant la thérapie ? Quelles nouvelles options peut-on développer grâce à ces découvertes ? »

Au congrès de Bâle, les conférenciers et intervenants hypnothérapeutes dialogueront avec vous au fil d'ateliers et de présentations donnés en anglais, français et allemand. Nous espérons que leurs méthodes et leur savoir-faire contribueront à développer votre propre créativité. Que ce soit par l'acquisition de nouvelles approches ou par la consolidation de vos propres méthodes, vous ferez bénéficier vos patients de votre participation. Les keynotes et sessions dans l'Amphithéâtre seront traduits simultanément dans les trois langues du Congrès : Français, Anglais et Allemand.

Contribuez au congrès ! Nous vous invitons à **soumettre un résumé** pour une présentation orale un atelier, ou un poster. Le délai de soumission est fixé au 31 octobre 2019. Vous trouverez plus d'information sur le site du congrès : www.esh2020.ch

NB. Vous pouvez dès aujourd'hui vous **enregistrer** comme participant et profiter du prix early-bird.

Nous sommes convaincus que vous vous sentirez comme chez vous en Suisse, sa situation centrale réunissant l'est et l'ouest, ainsi que le nord et le sud. Le réseau de transports publics très bien développé assure un excellent accès à Bâle et une mobilité dans la ville. Le centre de congrès étant situé au cœur de la ville.

Nous nous réjouissons de vous accueillir lors du 15^{ème} congrès d'hypnose de la Société Européenne d'Hypnose à Bâle en Suisse.

Pour plus d'information, prière de consulter le site : www.esh2020.ch



15. ESH Hypnose Kongress Brücken bauen und Wege kreuzen 26.-29. August 2020. - Basel Schweiz

Die Hypnose verbindet den Körper mit der Seele und benutzt deren Verflechtungen, die neurologische Forschung untersucht die Verbindungen zwischen Gehirn und Körper und antwortet auf unsere Fragen : Was passiert in der Therapie ? Welche neuen Möglichkeiten ergeben sich aus den Entdeckungen ?

Auf dem Baseler Kongress werden Sie mit Hypnotherapeuten in Vorträgen und Workshops auf deutsch, englisch und französisch ins Gespräch kommen. Wir hoffen, dass deren Methoden und praktisches Wissen dazu beitragen, Ihre eigene Kreativität zu entwickeln. Sei es durch Erwerben neuer Kenntnisse oder durch Konsolidierung Ihrer eigenen Methoden - Ihre Beteiligung kommt Ihren Patienten zu Gute.

Tragen Sie zum Kongress bei ! Wir bitten Sie, uns eine Zusammenfassung eines Vortrags oder eines Workshops oder ein Poster zu schicken. Die Anmeldefrist dafür läuft bis zum 31.Oktober 2019. Weitere Informationen finden Sie auf der Website des Kongresses www.esh2020.ch

Wir sind sicher, dass Sie sich bei uns in der Schweiz wohlfühlen werden, unsere zentrale Lage ermöglicht optimale Verbindungen von Osten und Westen, von Norden und Süden. Das gut entwickelte öffentliche Transportnetz macht Basel und Ziele innerhalb Basels leicht erreichbar. Das Kongresszentrum befindet sich in der Innenstadt.

Wir freuen uns darauf, Sie in Basel zum 15. Kongress der europäischen Gesellschaft für Hypnose zu begrüßen.

Sie finden alle weiteren Informationen auf unserer Website www.esh2020.ch

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