

May 27, 2020

Dear Dr. Gerard Fitoussi ,President of ESH, Friends and Colleagues,

The coronavirus pandemic and social distancing policy have placed the Israeli Society of Hypnosis (IsSH) members who used hypnosis during psychotherapy in a new and unfamiliar position. Some of the patients who were ambivalent toward the therapy or had some technical issues were unable to proceed with the treatment and dropped out. The patients who stayed in therapy had to be treated through online videoconferencing. Most of our members stopped using hypnosis in therapy out of responsibility toward the patients, because they were not confident about their mastery in using hypnosis online.

The IsSH has asked me to fill this gap and help our members bypass the technological, physical, and psychological barriers for treating distant patients using hypnosis.

I have used online hypnotic psychotherapy with remote patients for more than a decade. As a senior member of the society and past president, I accepted the challenge and presented an online (Zoom) lecture that now is used as practical guidance for our society members.

The presentation included some practical recommendations for Zoom/Skype teleconferencing but mostly referred to subjective and intersubjective factors that have to be addressed during online hypnotherapy for creating and developing an adequate, safe and therapeutic space.

Specific hypnotic techniques and strategies were also presented and discussed.

The enthusiastic feedback I received from our clinicians clarified that the lecture was a significant and timely contribution to IsSH members.

The understanding is that online hypnotherapy that erupts into the consciousness of most therapists during the pandemic will stay with us even after the pandemic passes, gradually developing among the clinicians and their patients. Our ability as professionals to be flexible with the therapy models we use with our patients will define our relevancy as specialists in the mental health arena.

I hope our experience will inspire additional societies to help hypnotists overcome the difficulties and discover the advantages of online hypnotherapy.

Joseph Meyerson, PhD

Clinical and Medical Psychologist

Co-President, Israeli Psychosomatic Society

Past President, Israeli Society of Hypnosis

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