

ESH The Newsletter

Connecting ESH Constituent Societies



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GERARD FITOUSSI

President's LETTER

CONSUELO CASULA

Editor's LETTER



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Eulogy
Wilma Trasarti Sponti



Table of Contents

2	✓	President's Letter Gérard Fitoussi
4	✓	Translated Versions Gérard Fitoussi, Silvia Zanotta, José Cava, Fabio Carnevale
8	✓	Editor's Letter Consuelo Casula
10	✓	Connections
39	✓	Abstracts From Basel
50	✓	Eulogy of Wilma Trasarti Sponti
56	✓	Basel Congress Cancellation
59	✓	Calendar of Events
61	✓	Credits

President's Letter G rard Fitoussi



European Society of Hypnosis

ESH



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Image by F.C.

Dear Presidents, Dear Colleagues,

Summer is approaching and with it, hopefully, days of rest, days of joys, days of travel and

discovery. We are going through extremely challenging times. Before continuing, I, and the board, would like to extend our support to all of you in these difficult circumstances.

Some of you have lost loved ones, some of you are experiencing economic difficulties, complicated home lives, and work challenges. To all of you we share our deepest sympathy.

As you know, we have, after much deliberation, cancelled our conference in Basel. I would like to express our sincere thanks to the conference's steering committees and the three Swiss societies, SMSH, Ghyps and Irhys, who have worked hard for two years to organize this wonderful event.

However, we must now look to the future. And in the immediate future, we have to organize our COR meeting and elect the next BoD. As you can imagine, it will be an unusual election held through internet. But I am sure it will go smoothly and that we will select a new board that will lead us well over the next three years.

In the past several weeks, there have been many changes and I find myself moving between the notion that things will never be the same and on the other hand that life will resume as before. I would like to share some thoughts with you.

The first thought is that a "A Star is Born." Little over a month ago, like millions of

people, I had never heard of Zoom (I initially thought it was related to the camera). But suddenly everyone was talking about it—Zoom here, Zoom there!

This gave me pause. No matter how terrible a situation is, new unforeseen experiences and opportunities can arise in their wake. A lesson to remember, for us all.

The second thought I would like to share with you the words of Tristan Bernard, a French playwright and journalist. He said, 'When Gestapo agents were at his door, he turned to his wife, who was crying, and said "*Don't cry, we were living in fear, but from now on we will live in hope.*"' Like Tristan Bernard, with humility, let us turn again, and again towards Hope—an active hope.

Hope in humankind's capacity for resilience, hope in science and in the tremendous effort to find a cure for this virus, hope in technology, and hope in our institution, ESH, to continue to be a supportive link for all our members, to encourage a hypnosis that is ethical and professional, and hope to be together soon.

Thank you for the opportunity to be a part of this great board during these uncertain moment and wishing luck to our wonderful next president Kathleen Long.

Translated into French by Gérard Fitoussi

Chers Présidents, Chers Collègues,

L'été approche et avec lui espérons-le des jours de repos, de joie, de voyages et de découvertes. Nous devons faire face à des temps difficiles. Avant de poursuivre, j'aimerais avec l'ensemble du bureau vous adresser notre plus entier soutien dans cette période. Certains d'entre vous ont peut-être perdu des êtres chers, d'autres ont eu à faire face à des difficultés économiques, une vie de famille fragilisée et de nouveaux défis au travail.

A vous tous nous partageons nôtre plus profonde sympathie.

Comme vous le savez, après de longues délibérations, nous avons finalement été dans l'obligation d'annuler notre congrès de Bâle. J'aimerais exprimer nos plus sincères remerciements au comité d'organisation et aux trois sociétés Suisses, SMSH, Ghyps and Irhys qui avec ardeur et détermination, pendant près de deux ans, ont travaillé dur pour nous offrir ce qui aurait été un magnifique évènement.

Cependant, nous devons nous tourner vers le futur. Et le futur immédiat est l'organisation du COR et des élections du prochain bureau. Comme vous pouvez l'imaginer ce sera une élection inhabituelle, qui se fera de Internet. Une e-élection, lors d'une e-rencontre. Mais je suis sûr que tout se passera bien et que nous pourrons élire un nouveau bureau qui nous conduira à bon port durant les trois prochaines années. Lors des semaines passées, il y a eu de nombreux changements dans nos vies et j'ai oscillé entre deux extrêmes, l'un étant que rien ne serait comme avant et l'autre, à

l'inverse, étant que rien ne changera et que la vie continuera son cours comme avant. J'aimerais aussi partager avec vous quelques pensées.

La première, que j'intitulerai "A Star is Born." (Une étoile est née) en référence au film célèbre, est que, comme des millions de gens, je n'avais jamais entendu parlé de Zoom (si ce n'est en référence à un appareil photo). Et d'un seul coup, on ne parlait plus que de cet outil, Zoom ici, Zoom là!! Cela m'a amené à faire une pause et à me dire que, quelles que soient les circonstances et aussi sérieuse que soit une situation, il y aura toujours des opportunités et des expériences imprévisibles qui surgiront. Une leçon à conserver dans un coin de notre mémoire. La seconde pensée que j'aimerais partager fait référence aux propos de Tristan Bernard, journaliste et homme de théâtre français. Alors que des agents de la Gestapo venaient l'arrêter avec sa femme et que celle-ci pleurait, il se tourna vers elle et lui dit « Ne pleure plus, nous vivions dans la crainte, désormais nous vivrons dans l'espoir ».

Comme Tristan Bernard, avec humilité, tournons-nous à nouveau vers l'espoir, mais un espoir actif. Espoir en l'humanité et en ses capacités de résilience, espoir en la science et dans les efforts considérables effectués pour rechercher un traitement, espoir en la technologie et espoir dans notre institution, ESH, qui continuera à être un lien et un soutien pour tous ses membres, pour les encourager à pratiquer une hypnose éthique et professionnelle. Espoir enfin en nos retrouvailles prochaines. Merci, pour m'avoir offert cette opportunité de faire partie d'un extraordinaire Bureau durant ces temps troublés et je formule tous mes vœux à notre merveilleuse prochaine présidente, Kathleen Long.

Translated into German by Silvia Zanotta

ESHNL Brief des Präsidenten, Mai 2020

Geschätzte Vorstandsmitglieder, geschätzte Kolleginnen und Kollegen

Der Sommer rückt näher und damit, so hoffe ich, Tage der Erholung, der Freude, der Reisen und Entdeckungen. Wir erleben gerade extrem herausfordernde Zeiten. Zuerst möchte ich Ihnen allen auch im Namen des Vorstands unsere Unterstützung auch bei den herrschenden schwierigen Bedingungen zusichern. Einige von Ihnen trauern um Freunde oder Angehörige, andere leiden unter wirtschaftlichen Problemen, unter schwierigen Situationen zuhause oder bei der Arbeit. Ihnen allen möchten wir unser tiefstes Mitgefühl aussprechen.

Wie Sie bereits wissen, mussten wir nach sorgfältiger Abwägung unsere Konferenz in Basel absagen. Ich möchte dem Organisationskommittee und den drei Schweizer Hypnosegesellschaften meinen aufrichtigen Dank aussprechen; sie haben zwei Jahre lang hart für diese wunderbare Veranstaltung gearbeitet.

Trotzdem müssen wir in die Zukunft blicken. Bald gilt es nämlich, das anstehende COR-Meeting zu organisieren und den nächsten ESH-Vorstand zu wählen. Wie Sie sich vorstellen können, wird diese Wahl üblicherweise mittels Videokonferenz statt finden. Ich bin mir aber sicher, dass dies gut klappen wird und der Vorstand für die kommenden drei Jahre gewählt werden kann.

In den vergangenen Wochen waren wir immer wieder mit Veränderungen konfrontiert. Ich selbst überlege immer wieder, ob es wohl nie mehr so sein wird wie vorher oder

ob das Leben bald wieder weiter geht wie früher. Lassen Sie mich einige meiner Überlegungen mit Ihnen teilen:

Die eine bezieht sich auf eine Neu-Entdeckung. Vor kaum einem Monat hatte ich, wie Millionen von Menschen, noch nie von Zoom gehört (Ich dachte zuerst, es hätte etwas mit Kamera zu tun). Und plötzlich war Zoom in aller Munde! Das hat mich innehalten lassen. Auch aus einer schlimmen Situation können neue unvorhergesehene Erfahrungen und Möglichkeiten entstehen. Eine wichtige Lektion für uns alle! Als zweites möchte ich mit Ihnen die Worte von Tristan Bernard teilen, einem französischen Theaterautor und Journalisten.

Er schrieb: "Als die Gestapo vor seiner Tür stand, wandte er sich an seine weinende Frau und sagte: "Weine nicht, bis jetzt haben wir in Angst gelebt, von jetzt an werden wir in Hoffnung leben."'" Lassen Sie uns dasselbe tun wie Tristan Bernard, wenden wir uns immer wieder der Hoffnung zu – und zwar aktiver Hoffnung.

Hoffnung in die menschliche Resilienz, Hoffnung in die Wissenschaft und in die grossen Anstrengungen, für diesen Virus Heilung zu finden, Hoffnung in die Technologie, Hoffnung in unsere Institution, die ESH; möge sie weiterhin unterstützende Verbindung für unsere Mitglieder zur Festigung der ethischen und professionellen Hypnose bleiben; Hoffnung schliesslich, dass wir bald wieder zusammen sein können.

Ich danke Ihnen, dass ich in diesen unsicheren Zeiten Teil dieses grossartigen Vorstands sein durfte und wünsche unserer wundervollen nächsten Präsidentin Kathleen Long viel Glück.

Translated into Spanish by José Cava

Estimados Presidentes, Estimados Colegas,

Se acerca el verano y con él, esperemos, días de descanso, días de alegría, días de viaje y de descubrimiento. Estamos pasando por tiempos extremadamente desafiantes. Antes de continuar, a mí y a la junta directiva nos gustaría hacer extensivo nuestro apoyo a todos vosotros en estas difíciles circunstancias.

Algunos habéis perdido a seres queridos, algunos estáis experimentando dificultades económicas, vidas domésticas complicadas y desafíos laborales. A todos queremos transmitir nuestra más profunda solidaridad.

Como sabéis, después de muchas deliberaciones, hemos cancelado nuestro congreso en Basilea. Quisiera expresar nuestro sincero agradecimiento a los comités directivos del congreso y las tres sociedades suizas, SMSH, Ghyps and Irhys, que han trabajado arduamente durante dos años para organizar este gran evento. Sin embargo, ahora debemos mirar hacia el futuro. Y en el futuro inmediato, debemos que organizar nuestro COR y elegir la próxima junta directiva. Como podéis imaginar, será una elección inusual que tendrá lugar en una e-reunión, por internet. Pero estoy seguro de que todo funcionará correctamente y de que seleccionaremos una nueva junta que nos guiará bien en los próximos tres años.

En las últimas semanas han habido muchos cambios y me encuentro moviéndome entre la sensación de que las cosas nunca volverán a ser iguales y, por otro lado, que la vida se reanudará como antes. Me gustaría compartir algunos pensamientos con vosotros:

El primero es que "Una estrella ha nacido". Hace poco más de un mes, como millones de personas, nunca había oído hablar de Zoom (inicialmente pensé que estaba relacionado con la cámara). Pero de repente todo el mundo estaba hablando de eso: ¡Zoom aquí, Zoom allí!

Esto me hizo pensar. No importa cuán terrible sea la situación, pueden surgir nuevas y sorprendentes experiencias y oportunidades. Una lección para recordar, para todos nosotros.

El segundo pensamiento que me gustaría compartir son las palabras de Tristan Bernard, un dramaturgo y periodista francés. Dijo: 'Cuando los agentes de la Gestapo estaban en su puerta, se volvió hacia su esposa, que estaba llorando, y le dijo: "No llores, vivíamos con miedo, pero a partir de ahora viviremos con esperanza". Como Tristan Bernard, con humildad, volvamos una y otra vez hacia la Esperanza, una esperanza activa.

Esperanza en la capacidad de resistencia de la humanidad, esperanza en la ciencia y en el tremendo esfuerzo por encontrar una cura para este virus, esperanza en la tecnología y esperanza en nuestra institución, ESH, para continuar siendo un punto de apoyo para todos nuestros miembros, para promover una hipnosis ética y profesional, y esperanza de poder estar juntos pronto.

Gracias por la oportunidad de ser parte de esta gran junta directiva durante estos tiempos de incertidumbre y le deseo suerte a nuestra maravillosa próxima presidenta Kathleen Long.

Translated into Italian by Fabio Carnevale

Cari presidenti, cari colleghi,

L'estate si avvicina e con essa, è lecito sperare, giorni di riposo, gioie, viaggi e scoperte. Stiamo attraversando tempi estremamente difficili. Dunque, prima di tutto, io e il Consiglio Direttivo vorremmo esprimere il nostro sostegno per tutti voi in questo momento così arduo. Alcuni di voi hanno perso i propri cari, altri stanno vivendo difficoltà economiche, familiari e lavorative. A ciascuno di voi va la nostra più profonda vicinanza.

Come sapete, dopo molte discussioni, abbiamo annullato il Congresso di Basilea. Desidero esprimere i più sinceri ringraziamenti ai Comitati organizzativi del Congresso e alle tre società svizzere, SMSH, Ghyps e Irhys, che hanno lavorato duramente per due anni con l'obiettivo organizzare un evento memorabile. Tuttavia, ora dobbiamo guardare al futuro.

E nell'immediato, siamo chiamati ad organizzare la riunione del COR per eleggere il prossimo Consiglio Direttivo. Come potete immaginare, si tratterà di un'elezione insolita durante un meeting su internet. Eppure, sono sicuro, tutto andrà bene ed avremo un nuovo Consiglio capace di guidarci per il meglio durante i prossimi tre anni.

Nelle ultime settimane ci sono stati molti cambiamenti e mi trovo ad oscillare tra l'idea che le cose non saranno mai più le stesse e, d'altra parte, che la vita riprenderà come prima.

Vorrei condividere con voi alcune riflessioni. Il primo pensiero è che "E' nata una stella". Poco più di un mese

fa, come milioni di persone, non avevo mai sentito parlare di Zoom (inizialmente pensavo fosse un'app per la fotocamera). Ma improvvisamente tutti ne parlavano: Zoom di qua! Zoom di là! Questo fatto mi ha indotto a pensare che non importa quanto sia terribile una situazione, nuove esperienze e opportunità impreviste possono sorgere in ogni momento. Una lezione da ricordare, per tutti noi.

Il secondo è che vorrei condividere con voi le parole di Tristan Bernard, un drammaturgo e giornalista francese che, quando gli agenti della Gestapo arrivarono alla sua porta, si voltò verso sua moglie, che stava piangendo, e disse: "Non piangere, vivevamo nella paura, ma d'ora in poi vivremo nella speranza".

Come Tristan Bernard, con umiltà, ci rivolgiamo sempre di più verso la speranza, una speranza attiva.

Speranza nella resilienza dell'umanità, speranza nella scienza e nell'enorme sforzo di trovare una cura per questo virus, speranza nella tecnologia e speranza nella nostra istituzione, ESH, perché continui ad essere un punto di connessione fra tutti i nostri membri, incoraggiando un'ipnosi etica e professionale ed, in fine, speranza di incontrarci di nuovo molto presto.

Vi ringraziamo per l'opportunità di far parte di questo grande Consiglio Direttivo, durante questi momenti incerti, e auguriamo buona fortuna alla nostra meravigliosa prossima presidente Kathleen Long.

Editor's Letter

Consuelo Casula

EUROPEAN

SOCIETY OF

HYPNOSIS

Image by F.C.

This is the last letter of the 2017-2020 ESHNL. Three years to be remembered for the changes that occurred within the board and in the world. Carl Rogers says that acceptance is the condition of change we experienced. In accepting that change in the board has made the board stronger.

During the last 11 issues of the ESHNL, starting with commenting on the Manchester congress and finishing with announcing the cancellation of the Basel Congress due to the Corona Virus, this official ESH document showed the gradual developmental changes that occurred on the board.

It has been a privilege for me editing these ESHNLs with the creative collaboration of Fabio Carnevale, whom I thank from my heart, and with the faithful and generous collaboration of those who have committed themselves to update our readers in the professional world they represent: Silvia Zanotta the Ego State Therapy; Marie-Jeanne Bremer the German Community; Peter Nash the research; Marilia Baker the Ericksonian community. Thank to each of you.

Gratitude also goes to the translators of the president's letter: José Cava, Silvia Zanotta, and Fabio Carnevale.

My acknowledgment also goes to all the experts who participated in the interviews, allowing readers to get to know them, not only professionally but also in a slightly more personal way. In fact, even in this issue there are several interviews with friends and

colleagues who have opened their hearts with confidence.

Sometimes ESHNL honours the memory of those who have stopped suffering, as Wilma Trasarti Sponti, who left us on May 10th 2020. Wilma, a teacher and member of the Italian Society of Hypnosis, was a therapist, an empathic and charismatic lecturer and ESH board member 2011-2014.

As I write this letter, I feel nostalgia for the conference that will not take place. We devoted emotional and cognitive energies over two and a half years to what we wished to happen in Basel. Nostalgia for the scientific and the social friendly connections and for palpable emotions of the CoR, especially during the voting rite, when each of us participates in the pleasure and celebration of those who have been elected, and in the displeasure mixed with the disappointment of those who have not managed to join the board.

I wish good luck to those who intend to join the new board. Good luck also to all the CSs struggling to continue and evolve by managing the uncertainty of the moment, knowing that ... this too will pass, and we all become stronger than before.

Above all, I wish the new 2020-2023 board to make dreams and projects come true, and to President Kathleen Long to continue to be herself: authentic, passionate, creative and committed to devote her professionalism and humanity to the service of ESH

Connecting With the German Community

By Marie-Jeanne BREMER



Image by F.C.

Image by F.C.

With the spread of the Covid-19 pandemic and the resulting fear, a “pandemic of solidarity” developed. Simultaneously to the sanitary and political measures to contain the pandemic, many countries are taking aid packages to slow down the socio-economic effects of the lockdown.

International societies as well as national or local psychotherapeutic societies and private practitioners are increasing their offerings of informations about stress-reducing attitudes and techniques, free teaching webinars for front-liners staff or for therapists assisting front-liners staff, promotion of tele-health assistance. For some time already, the German M.E.G. Milton Erickson Society for Clinical Hypnosis e.V. has a well-designed and dynamic website with many contributions on hypnosis (www.hypnose.de). Since the outbreak of the pandemic, the M.E.G. Blog has been offering a podcast for “Self-Care in Coronavirus Period”. Experienced and well-known therapists share their trances for more relaxation, recovery, resilience. Their focus is on strengthening the immune system, promoting healthy habits and barrier-gestures, and activating health-promoting resources. You may find some of these trances also on the ISH-website. From these strengthening and comforting trances, I would like to highlight some specific ones. On the one hand there is the trance by Bernard Trenkle Trance-flu breathing. In this multilayered contribution, he quotes experiences with sick children and shares their images and resources. For example, a child imagines himself creating a taylor-made trap for the virus. Or a note about results of scientific research for expanding the acceptance of comforting suggestions: for instance, the positive effects of thinking of the best memories. A personal child-experience of the author helped him to address very specifically and carefully the reflexes of breathing, coughing, sneezing in a healing and calming approach.

On the other hand, we have to deal with uncertainty and uncertainty will surely accompany us for a long

time. Günther Schmidt deals with this aspect in his trance “Dealing with uncertainty and activating health-promoting powers”. As an understandable and useful part of us, fear may be a mobilizing resource for strength and for our ability to act; fear is allowed to have a place in our psyche and being calm when dealing with it contributes to stability, even in moments of danger or uncertainty. In addition to trance-work, therapeutic storytelling is most interesting in these uncertain times. Since our origins, we have experienced helplessness and insecurity, life-threatening experiences and crisis. Stories, dramas, fairy-tales or metaphors refer to this uncertainty of life and refers to our strengths, to our coping-strategies and resources. Our resources are not always accessible to our conscious mind, but they are saved in a world-wide repertoire of knowledge mediated by stories. “With stories through the crisis”, Stefan Hammel did share some of his stories in his Website (www.stefanhammel.de).

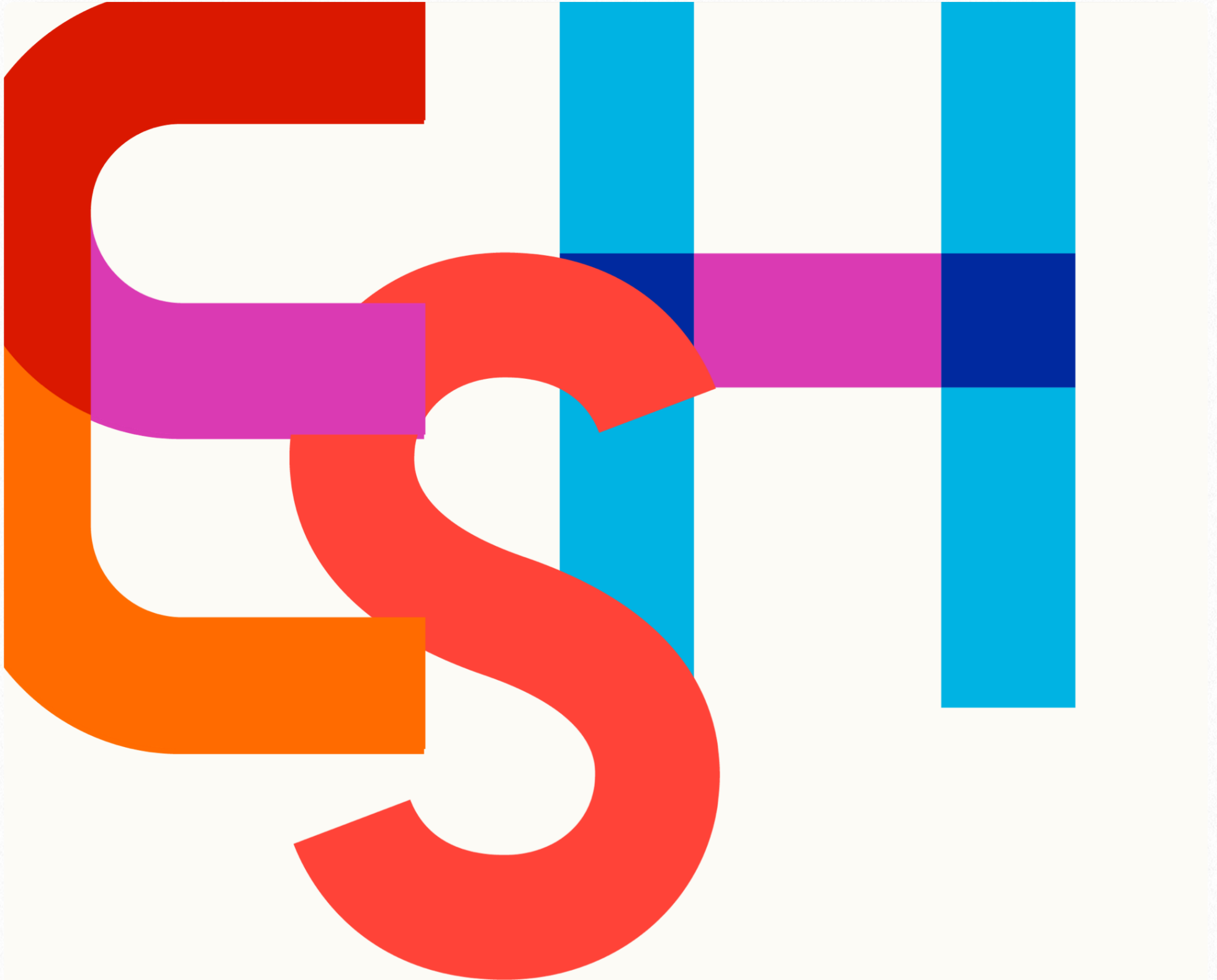
So, he was in good company with Consuelo Casula. Even if she does not come from the German-speaking corner, I still like to welcome her narrative and meaningful action during the strict lock down in Italy. From March 21 to 3rd May, she maintained the social connectedness by sharing every morning a therapeutic metaphor. (You can also visit the ISH-website and find her stories). On behalf of the Institut Milton H. Erickson de Luxembourg (IMHEL-Luxembourg), I would like to mention another way of assisting people online. Since schools were closed for several weeks and students are not familiar with home-schooling, one can imagine that the stress level is increased before exams. Our Institute organized free online courses specially tailored for students “Exams with confidence”. Maybe it will become a lasting project for the future.

The examples I cited are only a fraction of a wave of caring and solidarity amongst hypnotherapists. Thanks to all of them for sharing their knowledge and experience

12

Connection with Research

By Peter Naish



#EuropeanSocietyofHypnosis

Image by F.C.
Photo by F.C.

I write this as Europe tries to recover safely from SARS CoV-2. For several reasons, it is likely that the pandemic will leave an increased incidence of mental health problems in its wake and, especially for those patients who have had to be ventilated, there will almost certainly be more cases of post traumatic stress disorder (PTSD). There are several treatments available for PTSD, including cognitive behavioural approaches and eye-movement desensitisation and reprocessing (EMDR).

However, it is my understanding that EMDR practitioners find it difficult to treat the dissociating subtype of PTSD, because patients tend to slip easily into a flashback, rather than staying at a 'safe distance' as they visualise.

Hypnosis does not take issue with dissociation; in fact, an ability to generate a realistic subjective experience, removed from reality, is arguably at the core of what it is to be hypnotised. Rotaru and Rusu (2016) have conducted a meta-analysis of high-quality studies into the effectiveness of hypnosis in post-trauma treatment. It works, of course, and they report a very large effect size. Because statistical testing is not an everyday activity for many of us, I will just explain what is meant by an effect size; in many ways it is more meaningful than the commonly used probability score.

Let's suppose that you seem to have a better success rate than I achieve; perhaps this is because of something special that you do. However, it could just be by chance that you happened to help a few more people. A statistical test might show that the probability of the figures turning out like this by chance was only 1%; we

are 99% sure you really have got something good going on. The next question is: How good is it? Suppose that your average success rate with 100 patients is 75 improvements, whereas I achieve only 74.

We would have to say that your method's superiority, although real, is not so large as to get very excited about! Statisticians would say that it exhibits a very small effect size. In contrast, hypnosis does have an impact that we are right to be excited about.

I referred above to the fact that hypnosis facilitates the production of convincing experiences which, in terms of reality, should not be present. If we conceive of consciousness as being far removed from the senses, the processes that achieve these illusions are not too difficult to imagine. We would merely have to 'switch off' any contradictory information arriving from eyes or ears, and somehow insert imagined material at the conscious level.

However, two observations undermine this simple account. First, not everyone can achieve these convincing effects, so the process is not something simple, that any brain can perform. Second, research shows that consciousness is not generated by a unitary region of brain which might plausibly be isolated from the senses. Although not fully understood, it is clear that the production of conscious awareness involves activity across much of the brain, including regions that analyse information from the senses. If hypnosis enables us to change our experiences, it is as if it lets us tell our senses what they are to tell us.

This reminds me of the story about a dictatorial government minister, who is alleged to have said to a nervous adviser, “When I want to hear your opinion I will give it to you!” Can something like that really happen in the brain? Well, consider the following; it gets a bit complicated, so please bear with me!

Our vestibular system (the balance organs) are associated with our ears, so are in our heads and dependent upon which way our heads are facing. If you are standing in a vehicle, which begins to move forward, in the direction you are facing, then vestibular activity signals the acceleration, and a reflex action (so no thinking required) causes you to lean forward slightly, so that you will not fall over.

Suppose though that you turned your head, with your chin over one shoulder. The same vehicle movement would now impact the balance system in a different way, but the system is very sophisticated, and registers the fact that your head is turned, so you are still able to keep your balance.

Now, this is the tricky bit. Just suppose that, although you had turned your head, the original, forward moving pattern of vestibular activity occurred.

Because your head was turned, this would be interpreted as movement to the side, as if the vehicle was suddenly skidding sideways. This would cause you to lean the wrong way and perhaps fall over. To research these processes it is not necessary to hire a bus! The vestibular system can be stimulated electrically, and the

same ‘leaning the wrong way’ effect can be observed when the head is turned. So, what would happen if you tried to imagine vividly that your head was turned, even though it was still facing the front? Santarcangelo et al. (2010) tried that, and people who were highly hypnotisable actually leant the wrong way.

The above reveals a remarkable degree of ‘intrusion’ into processes that would normally be assumed to be automatic and beyond any kind of central control.

There is also an interesting contrast with the ability of hypnotic highs to self-monitor; they are not very good at it. In an experiment that tested people’s accuracy, when trying to detect the moment that they intended to act, it was found that highs registered their intentions rather late. In contrast, people who practiced Mindfulness meditation (who tend to be lows) were quick to notice a change in their readiness to act (Lush, Dienes & Naish; 2016).

The situation is reminiscent of the uncertainty principle of quantum physics, where the more precise one’s knowledge in one dimension, the less exact it will be in another. So, at one extreme we seem to have the lows, who are better at observing the activities of their brains, but poor at making their brains ‘perform tricks’.

At the other end of the spectrum, highs appear to be remarkably good at forcing their brains to behave in line with their imaginations, but they seem to be out of touch to some degree.

Perhaps the situation for highs is to be expected. We all engage in a mix of bottom-up and top-

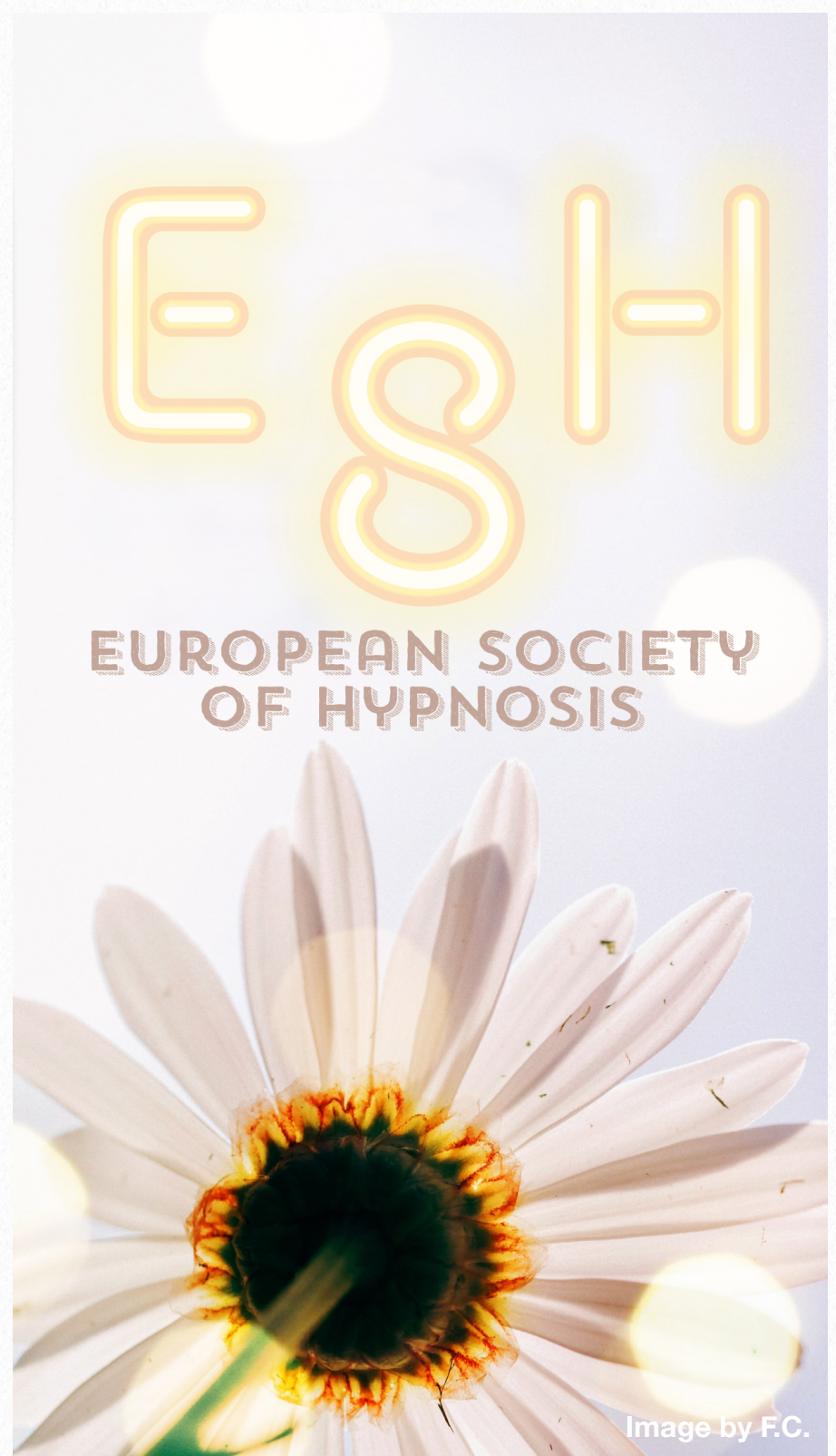
down processing. In other words, the analysis of stimuli from our senses is partly driven by that basic, sensory information (bottom-up) and partly by prior expectations and experiences (top-down). The highs are remarkably good at the latter, even being able to use top-down mechanisms to generate results which in no way match external reality.

The downside of this ability is that it becomes difficult to determine with precision whether a situation is objectively just as it seems, or whether one has modified it in some way. An extreme example of that is to be found in schizophrenia and, as we know, hypnotic highs tend to produce elevated scores on measures of schizotypy.

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16

Connection with Ego State Therapy Community

By Silvia Zanotta



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Image by F.C.

So far, studies on the efficacy of Ego State Therapy are rather sparse. Therefore, we are proud to present this Swiss study on the efficacy of Ego State Therapy on relationships and self-esteem by Denise Moser. Denise Moser is a member of Ego StateTherapy Switzerland and also author of a story book in German illustrating ego states personality parts to children: Denise Moser: „Hand in Hand zu mehr Selbstvertrauen“, books on demand ISBN 978-3-7504-6160-4.

Denise Moser's master's thesis at ARGE Bildungsmanagement, Sigmund Freud Privat-University in Vienna, examines the extent to which relationships with related parties change during the course of the therapy process using the ego-state method.

Methodology

A quantitative study based on a semi-structured questionnaire was chosen for this work. A large number of clients using the ego-state method could be examined anonymously with the use of both closed and open questions. The open questions asked the clients to reflect upon which aspects of the therapy process had been particularly helpful and, additionally, whether they had experienced personal change or changes in relationships.

This aimed at describing the state of mind during and after the ego-state therapy more precisely, and in the clients' own words.

Based on the academic framework described in the thesis, three different characteristics were examined: self-esteem, self-regulation, and feelings of trust / security in relationships.

The data was evaluated with use of the quantitative content analysis-method.

Selection of respondents

A total of 50 of Denise Moser's former, current and new clients received the questionnaires between late October 2019 and late November 2019. The measurements were carried out at two different times (pre- and post-examination). Six clients, who were new to ego-state therapy, agreed to participate. The preliminary examination was carried out in October 2019, and the follow-up examination in February 2020. 22 persons who had been in therapy for a few weeks and eight who have completed therapy, were asked about their condition during and after ego-state therapy.

Discussion of the results

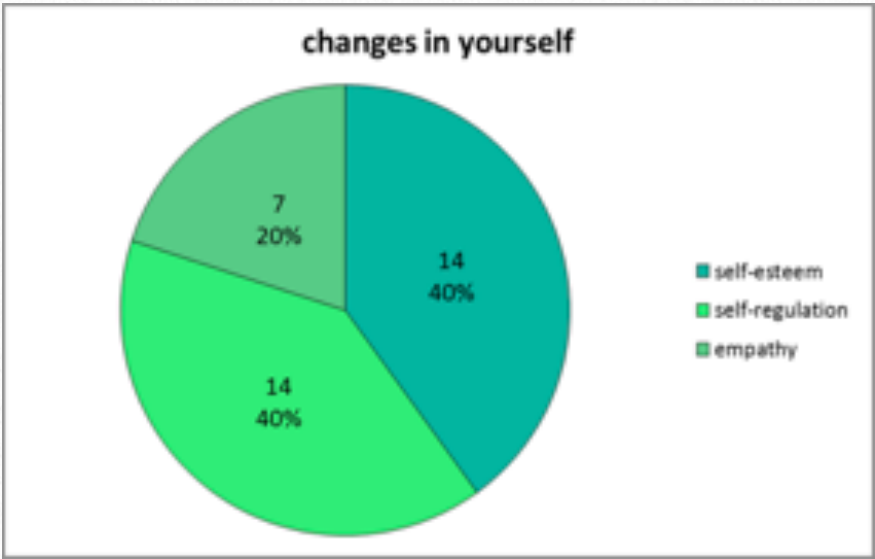
The question of this work "To what extent do relationships with related parties change during the course of the therapy process, due to the work with inner personality parts?" can be answered as follows:

Hypothesis 1

Ego-state therapy promotes stabilization, self-regulation and self-esteem, which in turn has an impact on behaviour in interpersonal relationships (Zanotta, 2018, p. 17).

The answers to the open questions showed that the self-esteem increased in 14 people when they were treated with ego-state therapy. At the same time, they became better at asserting themselves in relationships. These clients replied that they were deliberately seeking out more time for themselves, generally acted more willfully, and became more able to lead a self-determined life. Five people specified that they felt happier and more content as a direct result of the withdrawal

from normal activities. 14 of the respondents specified that they were better able to regulate themselves, and thus felt calmer in their daily life. They experienced better thought control and were more relaxed when dealing with other people. In addition, these clients experienced an increased ability to cope with disappointments, they made use of learned strategies for difficult situations, and were better at acting. Overall, this helped them deal with stress and made them more balanced.



Hypothesis 2

When clients train new interaction patterns through mindfulness training and ego-state therapy, they can open up to social contacts again (Zanotta, 2018, p. 59).

The stabilization exercises (mindfulness training) heightened the self-esteem in two clients. These clients stated that they were better at setting boundaries and at clearly expressing their own opinion. Nine people stated that the exercises had improved self-regulation. They felt calmer and safer as a result of having learned strategies for dealing with difficult situations. The corrective experiences (ego-state exercises) led

to more self-esteem in one person, who specifically noted that it was new to be able to act more self-determined. Four people indicated that the interventions improved self-regulation. They felt calmer inside and felt that the exercises helped them in their everyday life.

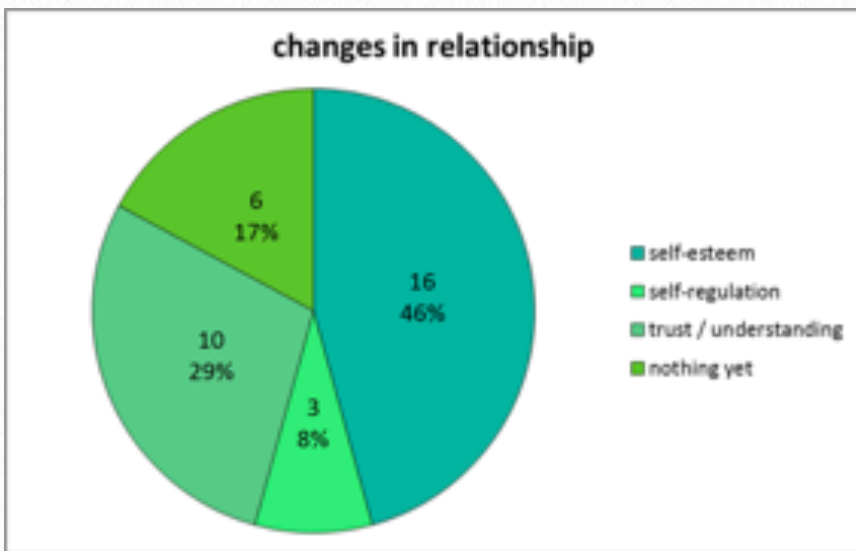
Eleven clients replied that the exercises with specific focus on the injured parts had led to more trust in others, and more understanding for themselves and others. They felt less exposed, were better able to understand their own feelings and to feel safe in themselves. These respondents also replied that they had become better at accepting their inner parts and that they had gained new insights about themselves.

Intervention * Why crosstab				
Intervention	Why			Total
	Self esteem	Self-regulation	understanding / empathy	
Relationship work	0	2	3	5
Stabilization exercises	2	9	0	11
Correcting experiences	1	4	11	16
Psychoeducation	0	0	2	2
Total	3	15	16	34

In accordance with previous studies on the ego-state method, the answers to the open questions tend to show that there was an overall improvement in the clients' mental health.

The self-esteem improved in 16 people. They replied that they could better serve their own needs. Three people had broken off contact with people who did them no good.

Ten people stated that therapy with ego states increased mutual understanding and trust in their relationship, and that interaction had become more loving and closer. Three clients were more relaxed which was also noticed by their partner.



In the answers to the closed questions of the comparison group, a slight trend towards improving self-regulation can be observed. Five clients replied that they felt calmer, more balanced, and that they were more able to relax. Two said they were more likely to cope with stress and strain, and four said they were better at relaxing. Four people replied that they were a little more able to acknowledge their own feelings. One person had more trust in other people, and two experienced less fear of the future. One client was more able to enjoy spending time with other people.

Hypothesis 3

"If there is a secure, respectful relationship with therapists, then new, correcting experiences can be made that also affect relationships outside." (Zanotta, 2018, p. 17 ff).

The results of the survey of this research suggests that this hypothesis could be correct. According to the answers to the open questions, 23 sufferers appreciated psychotherapeutic help because someone listened to them and took them seriously. They were able to open up, received support and

were allowed to take their time. They also felt understood and safe, and they appreciated that they could just cry.

According to the clients' replies, they generally developed a higher degree of understanding and compassion for themselves in therapy. As a result, they reacted more calmly overall and also in conflict situations with other people. When evaluating the closed questions, the mean values show a tendency towards more conflicts in relationships during the course of the therapy process. The open questions also indicate that those affected are increasingly differentiating themselves and become better at standing up for their needs. This, in turn, can lead to intensified conflicts in relationships.

Further research

This Research is limited and therefore this work has been established as a preliminary thesis for further study into the subject. Based on the survey of current and former clients from the writer's own psychotherapeutic practice, this research was restricted to include six preliminary and follow-up surveys during the course of 6 to 12 therapy sessions. Further studies involving a larger number of clients over a longer period of time would allow better contrasting of test results regarding for example the duration of the therapy and the effects.

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Interview with Gérard Fitoussi

by Consuelo Casula



2019 and 2020 have been two surprising years for you. In 2019, after the resignation of the ESH president Martin Wall you took his role. According to the ESH Constitution, that role should have gone to the vice president,

Asa Fe Kockum, but she also resigned, so you, as second vice president, found yourself ESH president, after having been on the board for 18 months. I guess it was a surprise for you. But as John Lennon says, life happens while you're busy making plans. How did you experience this sudden and unexpected change? How has your personal and professional life changed?

As you noted, becoming president was very unexpected and far outside the scope of what I had expected. When I was first elected to the board, my idea was to learn and absorb as much as I could and to contribute my experience when it was helpful to do so.

But mostly, I joined the board interested in understanding how this “big machinery works”, and how to integrate a team of people I didn’t know very well, but who already had much experience of the ESH. When I took on this new position, the terrain felt very new, but I also didn’t have the time to think too deeply about it. A job needed to be done, and we needed to come together as a team without exacerbating already existing wounds.

Since you took over the ESH presidency the board has experienced further changes, such as the entry of Ali Özden Öztürk, who had already been a board member 2011/2014, and Shaul Navon. How was your experience in welcoming these two new board members?

I loved it for different reasons. First, Ali and Shaul brought their distinctive interests and strengths to the board. Second, their countries of origin, Turkey and Israel, respectively, are both dear to me. It goes to show that we—as persons and professionals—can work and work well together beyond our political, cultural, social differences. Third and lastly, because of them I was no longer the “newest member!”

Furthermore the ESH board atmosphere changed a lot. As we know from resilience’s studies, we become stronger after a trauma. Thus the board got stronger and we could experience a collaborative, confident and above all serene atmosphere. Please share with us your secret in obtaining such a big change, what was the alchemy that generated and still maintains a way of working concentrated for the well-being of the group in order to accomplish our mission of helping ESH CSs.

Thank you for sharing this with me. I didn’t realize it at the moment, in order to recognize change you have to be aware of how it was ‘before’. I always aim to be respectful of the people around me, their ideas, and of the different perspectives they bring to our collaborative work. Always remembering that we are coming together to do our best and

accomplish something, but that we are also human and have our share of difficulties, challenges, and failures. I try not to ‘sweat the small stuff,’ as they say in English, preferring to ‘look to the solutions rather than at who created the problem” (In French we say, *‘il vaut mieux régler le problème plutôt que des comptes’*). I try also to never pretend to know more than I do and to acknowledge when I need help. I keep in mind Montaigne’s wise words, “No matter how high you are, you are only sitting on your ass (bottom).” (Montaigne, *«Et sur le plus haut trône du monde, on n’est jamais assis que sur son cul»* III, 13.) Finally, I believe that despite the experience of grief, loss, and difficulty, joy is always better than sadness.

While you were engaged in the presidency of ESH, fate calls you again, for another presidency, and you have been elected president of Confederation Francophone Hypnosis and Therapy Breve. Tell us something about the commitment and the challenge of being president of CFHTB.

Again, it was unexpected, and a great honour, to receive the vote from all the French speaking institutes. As you know, the life of hypnosis in French speaking countries is extremely dynamic with many private institutes and over a dozen universities providing training. CFHTB includes France as well as Switzerland, Belgium, Morocco, Luxembourg, and perhaps soon Canada. The two major challenges we are facing are how to encourage the development of hypnosis through various trainings and debating who should be recognised as hypnosis practitioners. Currently, and this is not specific

to France, there is almost no regulation of hypnosis practitioners. Today, without any health degree, almost anyone can participate in a short-term training program with a non-CFHTB affiliated organisation and open a practice as a hypnotherapist. In the next few years, this is one of the challenge we have to face.

What is your main outcome you would like to achieve?

It would be wonderful if we could widely promote the White Paper on hypnosis in the next two years, and receive more institutional recognition.

How long it will last your presidency?

The term of a CFHTB presidency is two years, and will come to an end in January 2022. Thanks to Régis Dumas, my immediate predecessor, the CFHTB is in good order. He launched several projects as president that I will continue to pursue (Régis will also remain on the board). These projects include increasing the influence of the CFHTB in the French-speaking world, receiving new members, and improving the CFHTB's presence in the international sphere. I would like to recognize Patrick Bellet's great idea of producing the White Paper (Livre Blanc), which we would like to present to all individuals responsible for making health related decisions including politicians, social security administrators, medical professionals, universities, patients associations, and the media. We have a lot of work to do ahead of us.

How do you integrate these two presidencies?

It was not easy, but in both institutions, I have had the privilege of being surrounded by smart, dedicated people who had a similar vision as to where we wanted the organisation to go. I could count on them. Taking on both of these presidencies simultaneously also required much reflection and discipline on my part and the comprehension of my family because these roles required much of my attention and time.

During the CoR election you propose yourself to become ESH President-Elect. It will be interesting for you having three years to prepare yourself to become what you have already experienced for 18 month.

Yes, it will be great, if elected, to step back and take some time to reflect on the last 18 months. I am also ready to be at the service of the institution and to work with the new board in whatever capacity I can.

What was the push that made you decide to propose yourself as ESH President Elect?

I knew about the ESH when I was elected in Manchester in 2017. But I knew it as far-away distant institution. After spending time on the 'inside', I discovered all of its various projects and its diversity as well as making some wonderful European friends. For some of them, ESH is a very important landmark (point of reference), an institution they count on. In some European countries, the ESH is a very important source and support to help them legitimate the use of hypnosis. Through this process, I also discovered many great people with their differences, which is, of course, the very essence of Europe. I would like to continue to

strengthening the ESH and to extend its geographical reach. Many European countries remain outside the ESH and it seems important to me to show them and help them consider the importance of joining this great European team.

What contribution do you plan to give to the incoming president Kathleen Long and the board with your new role projected to the future but with the awareness that your contribution is also based on the experience of being the president of CFHTB.

As I said previously, I have had the privilege to work with a strong board. Kathleen, our President-Elect, is full of ideas, energy, and joy. She is dedicated to this work and a wonderful team player. It will be a privilege to work with her in whatever capacity she would like me to. I will be happy at her side and support her vision for the CFHTB.

You are a medical doctor, how did you experience this lock down period caused by Corona Covid 19?

It has been real change in how we understand life. Suddenly, for the first time, the whole world face a common enemy, simultaneously. Everyday, we receive reports from across Europe, Asia, the Americas, Africa, and Australia.

There are important lessons to be learned from how each country adjusts to this pandemic culturally, politically, and socially. One of my concern is that we will fall into what I call a '*medico-cracy*' (Power of medical institutions).

Even as I am a doctor—or perhaps because of it—I fear that the laws and regulations taken in the name of health safety will have potentially long term political consequences. The line is thin and we must be wary of restrains on our liberties. We must tread carefully in this moment. In one of H.G. Wells's novels one character, a doctor, states:

“Science is young yet. It's got to keep on growing for a few generations. (...) We hardly know enough yet to take over the management, you know(...) But the time is coming. (...) Some of us have sort of fancy that in time we may know enough to take over a little more than the ventilation and drains.” (Herbert George Wells, «Une histoire des temps à venir», A Story of the Days to Come, trad Henry D. Davray La Bibliothèque électronique du Québec, «Collection Classiques du XXe siècle», Vol 192, version 1.0, 1899. p.198).

We must tread carefully because once the magic words are said, once something is considered a “public health problem”, it's very difficult for people not to comply. To not comply, one risks being labeled bad.

On a more personal note, this pandemic has made me appreciate the simple pleasures of what now appears to be, I hope only momentarily, a past life: walking through the streets, strolling through the parks, browsing a bookstore, meeting up with friends and family. These are simple and essential parts of our life. It is a reminder to reframe those concerns, anxieties, and worries of only a few months ago.

What reflection and what new learning you have already internalized from Corona Virus pandemic?

Last month, I lost my dear father, Joseph, to the corona virus. The last few weeks before his death, “Papy Jojo” as everyone used to call him, was alone. We were forbidden to be at his side during his last moments, it was really terrible. This experience of my father’s death as well as the fact that my children are scattered and isolated across the world has reinforced for me the importance of being together in person. Skype, Zoom, and the telephone can never replace the sense of closeness, the sense of being together in the same room, sharing the same moment.

Finally, I would like to thank all the great women and men—the writers, musicians, filmmakers, and painters—whose art accompanies us during these days. These collective works make up what we call Culture. In these moments of confinement, culture becomes essential. Depending on our inclinations, we have all turned to reading, to music, to writing. These works of fiction, philosophy, and history accompany us through these difficult times: to reflect, to think, and to understand. Someone once said, “If you think culture is not essential, try ignorance”. I prefer culture.



Interview with Kathleen Long

by Consuelo Casula



Photo by F.C.

The board 2017-2020 will be remembered for its resilience. It had to cope two crisis: the resignation of both the ESH President, Martin Wall, and the Vice President, Asa Fe Kokum, in February 2019, and the cancelation of the ESH Basel Congress.

How did you experience these important changes as president elect?

I think if our hypnosis experience teaches us anything it teaches us how to be resilient and we have certainly needed to call on that resilience over the last three years. One of the biggest challenges was to re-establish Central Office whilst keeping in contact with all our Constituent Societies.

I am a firm believer that the organisation is made up of all its constituent parts and no one person is more important than the whole part. That includes me.

If I accept a role and for some reason cannot see it through then I realise that there are many who would only be too happy to assume my role. I believe it is a privilege and a huge responsibility to hold a very visible and accountable position within ESH

The BOD is responsible to the Constituent Societies who make up ESH and without whom there would be no ESH.

Reassuring our CS in times of uncertainty I hope demonstrated not only my own commitment to

ESH but the strength of this BOD. We have now established a new Central Office in Glasgow which after a lot of hard work is functioning well. Our new secretary, Nicola McIntyre, is enthusiastic and has learned her role very quickly. I had hoped that you would all meet Nicola in Basel but her formal introduction will now be at our congress in 2023.

Our Constitution meant that when Martin and Asa resigned Gérard Fitoussi as Second Vice President took up the President's role. I had known Gérard for only a short time but in that time was impressed by his commitment to ESH and his lovely affable personality. He accepted the role and I think has done a great job for ESH.

The COVID 19 pandemic has been tragic for so many thousands of people throughout the world and my thoughts are with those who have lost loved ones, included Gérard who lost his father. Our Basel Congress was quite rightly cancelled but I think we all hoped that somehow against all the odds we might manage to still go ahead with it.

The reality was that we needed to put the safety of our members first and it was with great disappointment that the Congress Committee after nearly three years of work took the decision to cancel it. Mike Schekter, our ESH treasurer and Congress Chair, has been very pragmatic about it. It was a great achievement to have three societies work in collaboration to hold the ESH congress.

The generosity of the three Swiss societies, SMSH, Ghyps and Irhys, both with their time and their agreement to absorb considerable

financial losses cannot be overestimated. The silver linings for all of on the Congress Committee was that it was an enthusiastic group of dedicated people who managed to organise a superb Congress. The Congress Committee was an excellent example of co-operative working between the three Swiss societies and the ESH BOD.

The board, after a period of disorientation, recovered and became stronger than before, more collaborative, cohesive and creative. In your opinion what were the most relevant factors that provoked this resilient evolution of the Board?

We all had a single focus and that was ESH. It is in many ways a board that has only one interest and that is ensuring the success of ESH. There are no egos, just a strong determination to make ESH the best it can be and to keep pushing forward.

Periods of destabilisation often bring us closer to the really important things in our lives like our families and friends. I think the same had happened with the ESH BOD. The members of this BOD are very supportive of each other and our focus is on building stronger bonds with our CSs and increasing the visibility of ESH so that also ESH becomes stronger.

Our new website, which was founded by the Manchester Congress, and ESH's increased presence on social media has been masterminded by Fabio Carnevale. This has improved our brand recognition. The daunting task of ensuring our ESHNL is accurate, interesting, and goes out on time almost

effortlessly, it seems, put together by Consuelo Casula, our past president.

We also had a fantastic donation from our Danish Society of Clinical Hypnosis which has allowed us to push forward on Research led by Randi Abraham and Peter Naish. Ali and Shaul are in the process of improving the information about ESHC (previously ECH) and making it the centrepiece of CEPE. I think the strength of this BOD is that not only do people have a defined role within the board but they are also good at it and full of enthusiasm for their roles.

After the resignation of the ESH president and vice president, the secretary Christine Henderson also resigned. You immediately found a valuable resource for ESH in Nicola, your trustful assistant. So that you had to help Nicola get into her new role and learn the ESH dynamics with the various CSs. What are the most significant moments for what concerns this handover?

It was a very difficult time for ESH Board and myself personally because it was so stressful. Trying to get hold of all the information we needed to keep things running as smoothly as possible. This was not just information about our Constituent Societies but also about banking, accounts, CEPE and all the many behind the scenes processes that keep ESH running smoothly.

I managed to persuade Nicola McIntyre to help out with the transfer of information and setting up of all the systems we needed. She initially did this with no payment because she saw it as her

temporarily assisting me to keep ESH running. Nicola was happy to help me initially but it was not long before she was able to run the show. I knew that once she became confident in what she needed to do she would be able to take over the role and to run the office efficiently and with her usual calm. I have known Nicola for over 15 years and her quiet nature and determination have always impressed me. She accepted the post of secretary to ESH and I believe we are very lucky to have her.

What feedback did you receive from the CSs regarding Nicola's collaboration?

The feedback from our CSs is that Nicola always gets back to them and is helpful. She is well-organized, efficient, and calm. I am disappointed that our members will not be able to meet her in Basel. We have a saying in our family 'everyone needs a Nicola' and ESH have her now!

You gave your contribution not only as President Elect but also as chair of the Constitution, Ethics and Membership Committee (CEM) and you worked to submit the changes in the ESH Constitution and Regulation to the approval of the COR.

The Constitution, Ethics and Membership Committee is responsible for vetting new membership applications and ensuring that when they are presented to the board of ESH all the information needed is there. The CEM makes recommendations to the BOD about the applications and normally these would be accepted, but the BOD can send the applications back to CEM for further information when required. CEM is responsible for

scrutinising the training, membership, constitution and ethical code of applying societies.

We also look at the Constitution and Regulations of ESH and review them when necessary. The review of the Constitution and Regulations has been one of the CEM committee's biggest tasks over the last 3 years. It took longer than expected because of all the time spent in making sure Central Office was up and running smoothly.

What are the most significant changes your committee has worked on?

The most significant work we did over the past three years has been a review of the ESH Constitution and Regulations. The ESH BOD felt that we should try to simplify the Constitution and we were well on our way to doing when we realised that we were faced with a new situation. When Gerard became acting President, we realised that the next BOD would have no elected Past President. The Past President's role we felt was important because they bring a minimum of six years' experience to the BOD.

It is a change which we hope the CSs will accept. I have served with two past presidents now, Nicole Ruysschaert and Consuelo Casula, and have found their advice adds considerable value to the BOD. The review of the Constitution and Regulations must be accepted by a two-thirds majority of the Constituent Societies and the Constitution will be sent out so that Constituent Societies have plenty of time to read the proposed changes and decide if they want to adopt them.

What are the most salient moments for you in this three-year period, those that will remain in your heart and mind, personally and professionally?

I think the people on the Board have been fantastic to work with and we all pulled together when we needed to. The kindness generosity and respect shown to the BOD when we have visited the different Constituent Societies have been overwhelming and humbling.

It has reinforced for me the esteem the BOD of ESH is held in and how important ESH is to those Constituent Societies and their members. I have met so many kind and wonderful therapists from so many countries that I will always be grateful to ESH for those opportunities. I have learned so much from the many excellent practitioners that I have met over the last three years.

I still get very excited when I come across a new technique or someone using an old technique in a different way. I have also been very surprised by how well my own hypnosis workshops and lectures from my General practice experience have been received.

I remember giving a workshop and one of the attendees who was initially sceptical about a technique I was demonstrating said to me. "Have you written a book?" I said no and he said "well you should!" I now think I might!

When the decision was made to cancel the Basel conference what was your reaction?

I think my first reaction was sadness that all the preparation and hard work done by the three Swiss societies over the last three years would not come to fruition. They had put so much effort into organising what would have been a superb ESH Congress with so many excellent speakers, workshops and keynotes. The Congress committee worked well together and the decision was so difficult to make but the safety of our members was paramount.

We all realised that this COVID 19 Pandemic was going to take some time to get under control and the confidence in travelling abroad for large gatherings would be dented for some time to come. The other consideration was the large numbers of people dying during this pandemic affecting almost every country in Europe. Many of our members may have lost loved ones or may have been ill themselves.

The disappointment from everyone on the Congress committee was palpable. The pragmatic approach taken by the three Swiss societies who lost a considerable amount of money just planning the Congress was impressive.

What do you think you will miss most from a congress on which the Board had invested heavily since Manchester 2017, which was cancelled about a month ago due to the pandemic?

The first thing is meeting all the people both known and unknown that I always look forward to seeing. The lectures and workshops and the fantastic learning experiences that I always have at ESH's Congresses.

Meeting all the CoR delegates at the CoR meeting and having the opportunity to talk about what the BOD has been doing. Listening to the CoR delegates giving us their opinions and asking questions of the BOD to hold us to account. The gala dinner, the awards, the fun, the long conversations, the camaraderie and last but not least seeing Basel and spending time in one of the top ten places to live in the world. I'll miss everything!

Are you overall satisfied with the trend and the results of this three-year period which is about to end with an online COR meeting?

I think the board have worked hard to try and make as much information available to the Constituent Societies as possible. In some ways the Constituent Societies will have much more time to look at the work of the board and to comment on that work than they have had in previous times.

I hope the CSs understand that the board have worked extremely hard to keep ESH on a forward path through difficult times. I know ESH will continue to grow and be the stronger for it. 'Between stimulus and response there is a space. In that space is our power to choose our response' (Viktor E. Frankl). I think the ESH BOD responded well.

When doing the election via email there will be the strangest handover from a ESH President who applies to be elected President Elect and you who as president elect will officially become the ESH president from 2020 to 2023.

It will be like a work from science fiction. I hope to be more than an on line President and while I will miss a handover hug from Gerard, I am sure that the elected ESH board 2020 will meet soon even if it is with masks on!

I will miss the opportunity to thank the CoR delegates for having enough faith in me to elect me as President. I wanted to say thank you face to face.

How do you think the online election experience will go? What do you think all delegates will miss most?

I hope it will go well. We have and continue to work hard to make it a success. It is something we have never done before so it will be a new experience for everyone.

I think the participants will miss the human contact most. The ability to shake each other's hands, to hug each other and ask questions about each other's lives and work while we are waiting for the meeting to start.

I think it's as simple as we will just miss being in each other's company and not meeting the new delegates at the CoR.



European Society
of
Hypnosis

Image by F.C.

Connection with ESH Constituent Societies



Interview with Andreas Kollar

By Stella Nkenke



Who are you? What kind of training do you have? Tell me something about yourself.

My name is Andreas Kollar, I'm 38 years old and a clinical psychologist. I have been President of the Milton Erickson Society for Clinical Hypnosis and Brief Therapy Austria (MEGA) for over two years now, and have been on the board for five years. Until recently I was employed in an acute psychiatric day clinic, where I was allowed to work with people with different diagnoses and thus got to know the incredible advantages of hypnotherapy on the one hand, but also of the hypnosystemic concept on the other.

Now I am employed here at the MEGA. The Milton Erickson Society for Clinical Hypnosis and Brief Therapy Austria is an association that offers different curricula, including clinical hypnosis and Ego State Training, supervision and other classes. We are currently working on expanding and improving our current offer.

Was hypnosis something you always wanted to do or how did you get into hypnosis?

I had actually started with psychoanalytical training after the clinical psychology training, but I soon realized that it was too much oriented

towards pathology. I came to hypnotherapy through a difficult personal situation of my own, where I realized how valuable it is to be able to use resource focused procedures. It was especially the trust in my own inner competence that strongly attracted me. And so, I finally came to hypnotherapy.

Is there also someone who has particularly shaped or inspired you in your training as a hypnotherapist? What inspired you most about hypnotherapy?

There were of course several people who inspired me, especially Gunther Schmidt with his therapeutic wisdom. I am particularly fascinated by the resource orientation and the principle of utilisation.

This enthusiasm for Gunther Schmidt has lasted until today, you are currently writing a book together with him. What is it about?

It is the summary of his life's work and the connection between hypnotherapy and hypnosystemics. From my point of view, a hypnotherapy approach in which all facets are not yet fully developed.

Besides the training in hypnotherapy you have completed many other trainings from Brainspotting to EMDR, neurofeedback and much more. How often do you use hypnosis in the treatment of your patients?

I consistently work hypnotherapeutically, every conversation always takes place on the level of

hypnotic communication, at least that is my intention: hypnotherapy at all times in every conversation, always!

We are sitting here today in the beautiful and spacious premises of the MEGA - completely alone and sitting at a much greater distance than usual. How does the current situation in Austria with the restrictions caused by Corona Virus, which has now turned normal life completely upside down for six weeks, affect your professional field? Are there also things that have developed positively during this time?

The effects on our association are enormous, as the normal seminar business has been completely stopped. We have started to offer online seminars and are excited about the great experiences. It is definitely an enrichment that we want to keep for some areas. The MEGA would already have big financial problems if we had not reacted so quickly.

Apart from the organisational changes, are there any new other ideas?

Yes, we have been planning for some time to finally offer training for doctors and medical staff. I think that this crisis will make it even clearer that communication in hospitals is very important and that hypnotherapy is also an important supporting element for the psyche of the staff in such difficult times. So, we will be working on offering a curriculum for medical hypnosis as soon as possible.

You are a very young President at 38 years old. How did this come about?

Out of a crisis, actually. The MEGA had gone through various difficult situations in the last few years, also from a financial point of view. Since I was already active on the board, I realised that I would only be willing to continue in a leading position of the association.

Luckily, I am supported by a very competent board of directors. And especially with the great contributions of Stefan Wiesel-Severin, we have now managed to change many things for the better. We have restored our financial basis to its former strength and the atmosphere is very pleasant once more.

The MEGA belongs to the oldest hypnosis associations in Austria. How many members are there in the MEGA and with which professional backgrounds?

Yes, the MEGA has been existing for 31 years and last year we celebrated our 30th anniversary in the form of a wonderful congress, which took place here in Vienna. It was a great event that we enjoyed very much with very positive feedback from participants from Austria, Germany and Switzerland. We have about 400 members with most of them psychologists, psychotherapists and doctors.

Are further congresses of MEGA planned?

In the current situation it is unfortunately a bit difficult to plan, but we would be very happy to

organise further congresses here in Vienna. Vienna is a great city to hold congresses with a wonderful atmosphere and many possibilities. Our next anniversary would be in 2024: 35 years of MEGA...but fortunately we still have a lot of time until then. A congress is for me an opportunity not only to exchange ideas with other professionals, but it is also an enrichment through the social events and the many connections you can make. That's why it's definitely a must for the future.

And how do you see the connection between ESH and MEGA?

Since we first had to take care of our internal structure in the last few years in order to be regionally effective again and to be a contact platform for the members on site, I can speak with a clear conscience for our association that we are now ready for the next steps.

Through the congress we have shown that we can be successful on a supra-regional level.

We are also strengthening our cooperation with Germany, where we are again present at conferences there and are looking for a good relationship.

And now we are actually looking to strengthen our cooperation beyond the borders, which naturally offers closer contact with ESH. Even if the congress unfortunately cannot take place in Basel, maybe its topic „building bridges“ is still active in some unknown ways.

EUROPEAN SOCIETY OF HYPNOSIS

Connection With A Congress
That Will Not Be Held



Image by F.C.

Interview with Tony Rousmaniere

By
Consuelo Casula



I would have loved to follow your pre-congress workshop. As the Basel congress has been canceled I am happy with this interview. Please tell our ESHNL readers something about you that is not written in your official bio and CV.

I collect outcome data from my clients and present it in aggregated and de-identified form on my website at www.drtonyr.com. This lets future clients see the range of how well “average” clients may expect to do in therapy with me. The data includes the % of my clients that improved and the % that deteriorated.

You are a therapist, supervisor, trainer, which of these activities you like best and for what reason.

My favorite is being a therapist for the joy of helping people grow and heal, and the challenge of the work.

In your experience as a therapist, supervisor, trainer, how much value you give to countertransference, therapeutic alliance and technique?

I give 100% value to all three, because all three are important with each client. If a therapist is weak in any of these, it will hold therapy back. In fact, I think it is impossible to fully separate these three, as they affect each other throughout therapy. In other words, to perform good techniques, a therapist must also be able to manage their countertransference, and also sustain a good therapeutic alliance. This is one of the reasons that learning therapy is hard!

You value learning from experience and above all from reflection on mistakes. Can you share with us the mistake you learned the most from?

Oh there are so many, it is hard to pick one! As a therapist, a mistake I have made is pushing clients to work on challenging topics too quickly. The mistake is that I wasn't correctly understanding where the client was psychologically.

In other words, I wasn't “mentalizing” the client correctly. In my experience as a

supervisor, this is a very common mistake therapists make. I've focused a lot of my deliberate practice on improving my skills at correctly mentalizing my clients. As a supervisor, I can give you an example of a mistake from last week that stands out: I was guiding a trainee through using deliberate practice to help with a case that she is finding as challenging. I made the mistake of focusing on the trainee's countertransference when she wasn't yet ready, so it didn't make sense to her.

You are an expert on Deliberate Practice for Psychotherapists. What do you mean by that? What deliberate practice for psychotherapists consists of?

Deliberate practice is a term introduced by K. Anders Ericsson and colleagues in the science of expertise (Ericsson, Krampe, & Tesch-Romer, 1993).

Defined as “the individualized training activities specially designed by a coach or teacher to improve specific aspects of an individual's performance through repetition and successive refinement” (Ericsson & Lehmann, 1996, pp. 278-279), deliberate practice involves an intensive training process with repetitive skill-building exercises informed by expert feedback and performed throughout a professional career. Professionals from a wide range of fields, from music to sports to chess to medicine, rely on deliberate practice to achieve expert performance (Ericsson & Pool, 2016).

Scott Miller was the first psychologist to consider the potential benefit of deliberate practice for mental health training (Miller,

Hubble, & Duncan, 2007). More recently, other researchers have examined how deliberate practice can improve the effectiveness of psychotherapy supervision and training (e.g., Chow et al., 2015; Rousmaniere, Goodyear, Miller, & Wampold, 2017).

Of particular importance for psychotherapists, deliberate practice requires five processes that are not present in traditional CEU formats: observing your own work, getting expert feedback, setting incremental learning goals just beyond your ability, repetitive behavioral rehearsal of specific skills, and continuously assessing performance (Ericsson, 2006).

Is there a Deliberate Practice that all psychotherapists of any approach could benefit from?

Deliberate practice that focuses on the “common factor” skills of psychotherapy will benefit all therapists. For example: empathy, goal-focus, working alliance, etc.

Is there a deliberate practice that specifically hypnotists would benefit from?

I think hypnotists would benefit from practicing any of the skills they use with clients, particularly the skills that are hard to use with clients who are challenging or emotionally evocative.

Early in his career, Milton Erickson spent a lot of time preparing the inductions he intended to use with some particular patient: He carefully chose the words and phrases that would be effective with that particular person and less with another. This attention to the

words of therapeutic suggestions or trance inductions can also be part of deliberate practice?

Yes, deliberate practice could involve trying different words/phrases, different tones of voice or volume, different body language, etc. The goal of deliberate practice is to give the therapist many opportunities to try different variations.

On YouTube there is a video in which you, watching a session with one of your patients, keep repeating a phrase that you did not use during that session. Is this a clear example of deliberate practice? What is the purpose of repeating the same sentence many times, each time in a different way? Is it perhaps to help the doctor learn a way of expressing himself until it becomes a spontaneous automatism?

This is an example of how I have used deliberate practice to improve my skill in a specific technique while simultaneously improving my ability to be aware of my countertransference. The purpose of repetition is to make the skill easy or even automatic. Note that I was using slightly different words each time, as I want to build my ability to be improvisational instead of repeating the same exact words each time.

What advice can you give to a young who has just started being a psychotherapist?

The most important advice I give new therapists are 1) videotape some of your work with your clients, 2) get feedback on your work from a supervisor you trust, asking that supervisor to identify specific skills for you to improve, and 3) use deliberate practice to improve those skills.

What advice can you give to anyone like me who has been doing this job for many years and who perhaps has the presumption of being good enough?

Many research studies have shown that therapists do not automatically get more effective with time/experience. However, if you feel that you are already good enough as a therapist, then I would encourage you to collect outcome data on your clients, so you can learn more about how your clients are doing and possibly identify your own blind-spots. We all have blind-spots! It is nothing to be ashamed of.

In a nutshell what is the difference between a sufficiently good therapist and a really good therapist?

I think the difference is that really good therapists are constantly trying to identify their own blind-spots through the use of multiple methods, such as videotaping their sessions, getting supervision, collecting client outcome data, etc.

39

Abstracts From Basel

By

Michael Schekter

EUROPEAN SOCIETY OF HYPNOSIS



Picture by F.C.

I thought it would be interesting to collect in this ESHNL the abstracts of the precongress workshops and of other colleagues. I cannot share the reason why I selected these colleagues among many others, equally deserving and interesting: I don't want to anticipate a surprise. You will discover visiting the ESH webpage in August. In case you are interested in reading all the abstracts please visit www.esh2020.ch

Pre Congress Workshop's Abstracts

Bruce Wampold: How Expectations Created during Interpersonal Interactions Affect Health

Humans have evolved to heal by social means. There is evidence that the relationship between clinician and patient augments the effects of placebos. Relationship is critical to the success of all psychotherapies. As well, relationship between physician and patient is related to efficacy of medical procedures.

The relationship has two components: competence and warmth. Each contributes independently to creating patient expectations. Some clinicians, regardless of profession and treatment they've provided, produce better outcomes than others and the differences are accounted for, in a major part, by relationship variables. In this workshop, three theoretical

models are discussed of how a relationship is therapeutic.

Tony Rousmaniere: Deliberate Practice for Psychotherapists

How do the good become great? Practice! From musicians to athletes to surgeons to chess masters, professionals rely on Deliberate Practice to achieve expertise. Drawing from the Science of Expertise, this workshop teaches evidence-based methods to increase the effectiveness and efficiency of your professional development. The workshop includes experiential exercises for participants to try Deliberate Practice themselves.

The workshop includes:

- The theory and principles of Deliberate Practice
- How to use Deliberate Practice to enhance the development of your clinical skills
- How to assess the effectiveness of clinical skill development

This workshop is based on the books *Deliberate Practice for Psychotherapists*, *Mastering the Inner Skills of Psychotherapy: A Deliberate Practice Handbook*, and the edited volume *The Cycle of Excellence: Training, Supervision, and Deliberate Practice*.

Free videos and Deliberate Practice exercises are available here: www.dpfortherapists.com

Learning Objectives

1. Describe five principles of deliberate practice
2. List three major findings from the Science of Expertise
3. Describe a method for developing deliberate practice exercises

Eric Bonvin: L'hypnose, Prétexte à la Relation Thérapeutique

L'hypnose médicale n'échappe pas aux évidences relatives à l'ensemble des techniques thérapeutiques : comparativement aux autres approches thérapeutiques, cette technique ne révèle aucune efficacité spécifique.

Et pourtant, le patient qui y recourt en tire un bénéfice avéré, au même titre que s'il recourait à une autre méthode. Ainsi et comme les autres approches, l'hypnose médicale est prétexte à une relation humaine non-spécifique dont l'efficacité thérapeutique est évidente.

Partant des doctrines de l'hypnose médicale et de quelques expériences pratiques, cet atelier vise à démythifier l'effet de cette technique pour libérer et potentialiser toute la puissance thérapeutique de la relation humaine ordinaire et non-spécifique. Il s'agira en quelque sorte d'apprendre à désapprendre l'hypnose pour en révéler sa véritable efficacité thérapeutique qui se joue dans la relation humaine ordinaire.

J. Philip Zindel: Hypnose im Raum: Zwei hypnotische Techniken

Etwas vom Ersten, was sich beim Eintreten in die Trance verändert, ist das Raumerlebnis – eine Tatsache, die sich sowohl neurobiologisch nachweisen wie auch durch das subjektive Erleben bestätigen lässt. Die mittlerweile recht verbreitete „3D-Übung“ wie auch die Übung „Den Raum füllen“ beschäftigen sich mit der Nutzung der erstaunlichen Möglichkeiten der Arbeit mit dem Raumgefühl. Beide Methoden aktivieren unbewusste Ressourcen. Sie werden vorgestellt, demonstriert und auch im praktischen Üben erlebend kennengelernt.

Lectures and workshops

The Homo Hypnoticus is a Woman: Personality Styles of People Interested in Hypnosis. Burkhard Peter | MEG-Stiftung | Germany

It can be assumed that only those individuals who are interested in hypnosis will volunteer for hypnosis experiments and/or will practice hypnosis. Do these hypnosis-prone individuals differ from hypno-neutral, non-hypnosis-prone individuals? If so, could one then speak of a personality type, the homo hypnoticus?

Since 2010, our research group has been using the Personality Styles and Disorders Inventory (PSDI) to examine different samples from two pools, which essentially differed in whether there was an indication of hypnosis (HYP) during acquisition or performance or not (NON-HYP). All NON-HYP individuals, including STEM

students, had similar values in the personality styles of intuitive-schizotypal (ST), optimistic-rhapsodic (RH), and charming-histrionic (HI).

We focused our final exploration of relatively homogeneous samples of psychosocial occupational fields on these three personality styles by comparing 3 NON-HYP samples (N=1426) with 4 HYP samples (N=1048). Because each sample was made up of nearly $\frac{3}{4}$ female participants, we calculated two contrast analyses for each one; one for the contextual effect of HYP vs. NON-HYP and one for the gender effect female vs. male. The results are provided and links to the history of hypnosis as well as to schizotypal research are being discussed, especially with regard to the acceptance of hypnosis and hypnotherapy in human sciences.

Mental Empowering - how Hypnosis Helps you to Gain Impact on your own Life and your Context. Susy Signer-Fischer | Switzerland

Efficacy and self-efficacy are relevant themes throughout the whole lifespan of an individual and relevant for their mental, social and bodily health. The feeling of self-efficacy gives a person the courage to adjust their life in the face of altered circumstances and to change unhealthy patterns of behaviour. Self-efficacy is the opposite of passive helplessness and experiencing oneself as a victim.

The use of hypnosis can be an important support and source of inspiration in perceiving how self-efficient one is or isn't, and

strengthening and actually using the available options. Scientifically and theoretically based methods in hypnosis and self-hypnosis will be presented which can be used either with clients or in our daily self-care.

How to Deal with Dissociative Clients' Transference in Ego State Therapy Susanna Carolusson | Carolusson & Carolusson Ltd | Sweden

Theoretical and practical use of the concept "transference". Dissociation as a defence and denial of shameful aspects of trauma. Different ego states in various transferences, illustration of process.

I will present how I integrate "utilisation" of negative transference reactions, with psychodynamic understanding of such phenomena, in Ego State therapy as the choice with dissociative patients. Negative transference has its roots in early life trauma, abandonment, poor attachment and lack of basic trust, which influence future relations to authorities and love objects.

Therapists are tested and exposed to repetitions of traumatic relational patterns from the past, by projection. In such cases, the therapy process is all about validating activated traumatic experiences and suggesting imaginary corrective emotional experiences with "child states" in a safe relation. Format: Presentations and discussions, questions and answers.

“Island” Metaphor and the Hypnosis. Ali Özden Öztürk | Society of Medical Hypnosis (THD) | Turkey

“Island” metaphor can be an effective tool in hypnosis.

An island is surrounded by the world. And, each island creates a world in it. The island is affected by the wind and the sea. Yet, the island has its own dynamics and potentials to face the outer world and to cover an inner world. For instance, the rocky shore of the island is shaped by the wind and the sea. On the other hand, this high and sharp side of the island protects the island against devastating waves and winds.

In this presentation, I will present how to use “island metaphor” in hypnotherapy with AUCH (Awareness Under Conscious Hypnosis) Method.

“Island” symbolizes the body of the patient. Then, the dynamics and potentials of the island can help to maintain and to achieve the wellbeing of the patient.

AUCH is a state of consciousness created by specific induction techniques and suggestions; and it aims the psychological, physical and social well-being and health of the patient. AUCH has three main principles which are “Awareness, Differentiation and Feeling”. These principles are associated with the three main steps of AUCH©: “MAYA (Making Acceptance with Your Awareness), Induction and Auto-Hypnosis”.

Key Words: AUCH (Awareness Under Conscious Hypnosis), Medical Hypnosis, metaphors, resilience, Awareness, Consciousness

Muezzi Technique Ali Esref Muezzinoglu | Istanbul Medipol University | Turkey

Would it not be so nice to handle the main complaints of your patient within four to five sessions? If the question ends up in a yes for you, then here is a productive gift for your professional therapeutic utilization. Muezzi technique is a direct and quick hypnosis technique in the verge of excellence with a background of 45 years.

This technique covers authoritarian, parental, permissive, guidance and supporter approach. It helps the patient to remember and select the corresponding approach that is most suitable for the behavioral reaction to the troublesome moments in their life. The technique includes one or more leavening sessions.

The word leavening is used to describe the maturation of hypnosis concept in patient’s mind, as it happens during cheese production. In every session, after taking the verbal approval from the patient, the technique is usually performed by touching patient’s forehead, temples, arms and hands during induction and suggestion. The eye to eye fixation procedure during induction, creates commitment, attachment and trust on the patient’s side.

Overall this technique relies on both patient’s and therapist’s mutual learning process. Starting from the scratch patient learns the concept of hypnosis as well as the therapist’s therapeutic

approach. Similarly, the patient reaches a point of awareness about the information she or he does not know that she or he knows about self.

The technique includes intuitively crafted and intensely experienced word combinations. An example for the opponent words that increase patient's potential is "While your eyes get shut slowly, your consciousness will come open fresh!". In fact, the technique includes similar stages like most other hypnotic techniques; i.e. classical induction, direct or metaphoric suggestions, visualizations, patient's verbal approval and final repetitive suggestions for closure.

The most prominent item of a hypnotherapeutic support is to establish self-respect and empowering the ego strength of the patient. The technique asks the patient to repeat the suggestions after the hypnotherapist either audibly, in whispering mode or internally. The final targeted suggestion is given to conscious mind by the words; "While being in realization of me, leaving your self-responsibility to you...". Desire and wish to change help patient to change. The willpower for happy and colorful life together with attunement between patient and hypnotherapist is the secret of success of this technique.



Photo by F.C.

Connection with the Milton Erickson Foundation and the Ericksonians

By
Marilia Baker



Photo by F.C.

Joyce Mills on Therapeutic Metaphors and the Culture of Healing

In our real world, we perceive a horse as just a horse. Yet in the world of fantasy and mythology, with added wings, the horse becomes a Pegasus that can transport the beholder to all parts of the world in unlimited ways.

Dear colleagues of the ESHNL,

It is with immense pleasure that I present Joyce Mills to the constituencies of the European Society of Hypnosis. She is certainly well known to most of you, for she has presented, trained, and taught in England, Scotland, Ireland, France, Germany, Belgium, Switzerland, and in Turkey. In addition to lectures and workshops in Phoenix, where she is based, and throughout the U.S., Joyce has also trained therapists in Brazil, Canada, Mexico, Malaysia, and Indonesia. Most recently she has been teaching in China where she is invited back to continue training (program currently ministered online due to the pandemic).

For over 40 years, Joyce has been a shining light in the universe of Ericksonian approaches to hypnosis and psychotherapy, focusing most especially on children, adolescents, and their families. This universe has been greatly enriched by enveloping the therapeutic dimension with a multicultural focus, particularly gathered from Native American, Hawaiian, and other indigenous and ancient cultures.

*Joyce C. Mills, PhD, is a Licensed Marriage and Family Therapist, and co-director of the Phoenix Institute of Ericksonian Therapy in Arizona. An internationally acclaimed, award-winning play therapist, author, lecturer, and trainer, she is a Registered Play Therapy Supervisor, as well as the creator/founder of StoryPlay® a resiliency-focused, Ericksonian-based indirective model of play therapy. Joyce is the author of *Therapeutic Metaphors for Children and the Child Within*; *Reconnecting to the Magic of Life*; *Butterfly Wisdom*; *Little Tree*; *Gentle Willow*; and *Sammy the Elephant & Mr. Camel*. Most recently she shared and recorded *Comfort, the Bear – A story just for you*, adjusted to assure children during the coronavirus pandemic.*

(<http://www.storyplayglobal.com/>)



Joyce's contributions to the field have been many since the original publication in 1986 of *Therapeutic Metaphors for Children and the Child Within*, a groundbreaking book in co-authorship with Richard J. Crowley, PhD. Already in its 2nd, revised edition (2014), this masterwork, according to psychologist David A. Crenshaw, PhD "opened up new ways of thinking, being, and intervening in the healing process with children".

The impact of *Therapeutic Metaphors* has been remarkable and long-lasting. Mills & Crowley received the Clark Vincent Award for "outstanding contribution to the profession through a literary work".

In 1997, Joyce was granted the Play Therapy International Award for her "outstanding contributions to the field of Play Therapy and Child Psychology."

In 2014 Joyce was conferred a Lifetime Achievement Award by L' Association des Thérapies d'Ici et d'Ailleurs by president Isabelle Célestin-Lhopiteau, who emphasized Joyce's "great work and extremely valuable contribution to multicultural approaches in hypnotherapy." Her lifework has been featured in journal articles, book chapters, and interviews. A most especial one was conducted by ESH president Gérard Fitoussi, part of which I reproduce at the end as a conclusion to this portrayal.

Joyce Mills' work is multidimensional and multicultural. What follows are the principles of her therapeutic work primarily with children and adolescents, encapsulated by her StoryPlay® concept; plus a graphic illustrating the Six Roots of StoryPlay®.

What is a therapeutic metaphor?

Richard Nordquist says: "a therapeutic metaphor is a metaphor (or figurative comparison) used by a therapist to assist a client in the process of personal transformation, healing, and growth". Mills & Crowley further define metaphor as "a form of symbolic language that has been used for centuries as a method of teaching in many fields.

The parables of the Old and New Testaments, the holy writing of the Kabbalah, the koans of Zen Buddhism, the allegories of literature, the images of poetry, the wisdom teachings of

indigenous peoples, and the fairy tales of storytellers – all make use of metaphor to convey an idea in an indirect yet paradoxically more meaningful way.

This special power of metaphor has also been grasped by every parent and grandparent who, observing the forlorn features of the young child, seeks to bring consolation and nurturance by relating an experience to which the child can intuitively relate.”

Creating a culture of healing

Joyce comments in a recent article that “providing a culture of healing in the playroom is more than tending to the physical space. It is an environmental attitude, a mindset, that focuses on recognizing, utilizing, and nurturing inner strengths and hopes, as catalysts for healing through post traumatic growth. Culturally informed play therapists look beyond what is linear, and experience the journey.

By exploring the client’s world, their beliefs, traditions, stories, cultures of origin, and spirituality, we can expand our professional insights, deepen the therapeutic relationship and create culturally responsive play therapy approaches to inspire positive outcomes in the process of healing with our clients.”

What is StoryPlay®?

Joyce defines her model as a resiliency-focused, Ericksonian indirective model of Play Therapy, which provides client-generated solutions to life’s challenges, facilitating healing and personal growth. She contrasts the differences:

- For instance, in a directive model of Play Therapy, the therapist might offer to the child “Jessie, let’s take the doll outside and see where it goes” or,

- In a non-directive, child-centered model, the play therapist might say: “Jessie, you have chosen a doll from the box”...

- In an indirective model, the Ericksonian play therapist will offer: “Jessie, it looks like you know how to choose just the right doll for yourself”...

Which are the Six Roots of StoryPlay®?

1. The taproot – the anchor that ensures the healthy growth of new roots. Based on Ericksonian principles of hope, resiliency, strengths, and positive mindsets;

2. Transcultural wisdom & healing philosophies of indigenous peoples and ancient cultures;

3. Utilization of real life, mythic stories & metaphors, all of these emanating from Ericksonian teachings;

4. Inclusion of play in the therapeutic session: recognizing that play (and imagination) are essential for healthy development and healing;

5. The natural world: Joyce’s therapeutic approaches include all in what she has called our natural world library... StoryPlay utilizes “the seasons, the weather, leaves, feathers, shells, butterflies, animals, flowers, and even such annoying insects like flies, as

educational and healing instruments to facilitate transformational change”...

6. Creativity: As Joyce describes “At the core of all new ideas and problem-solving is the ability to use our creative, imaginative minds to generate transformational approaches with those with whom we work.”

To sum up Joyce’s outlook on life and work, I would like to share with you a couple of concise, and to-the-point responses Joyce Mills gave Gérard Fitoussi as they concluded their delightful interview for the CFHTB Revue Internationale d’Hypnose et Thérapies Brèves (Fitoussi, Gérard. “Joyce Mills.” Les Grands Entretiens. In: Hypnose et Thérapies Breves. Revue Internationale de Langue Française. Vol. 45 Mai/Juin/Juillet 2017; pp. 104-107.)

• **GF: Which are today your sources of inspiration?**

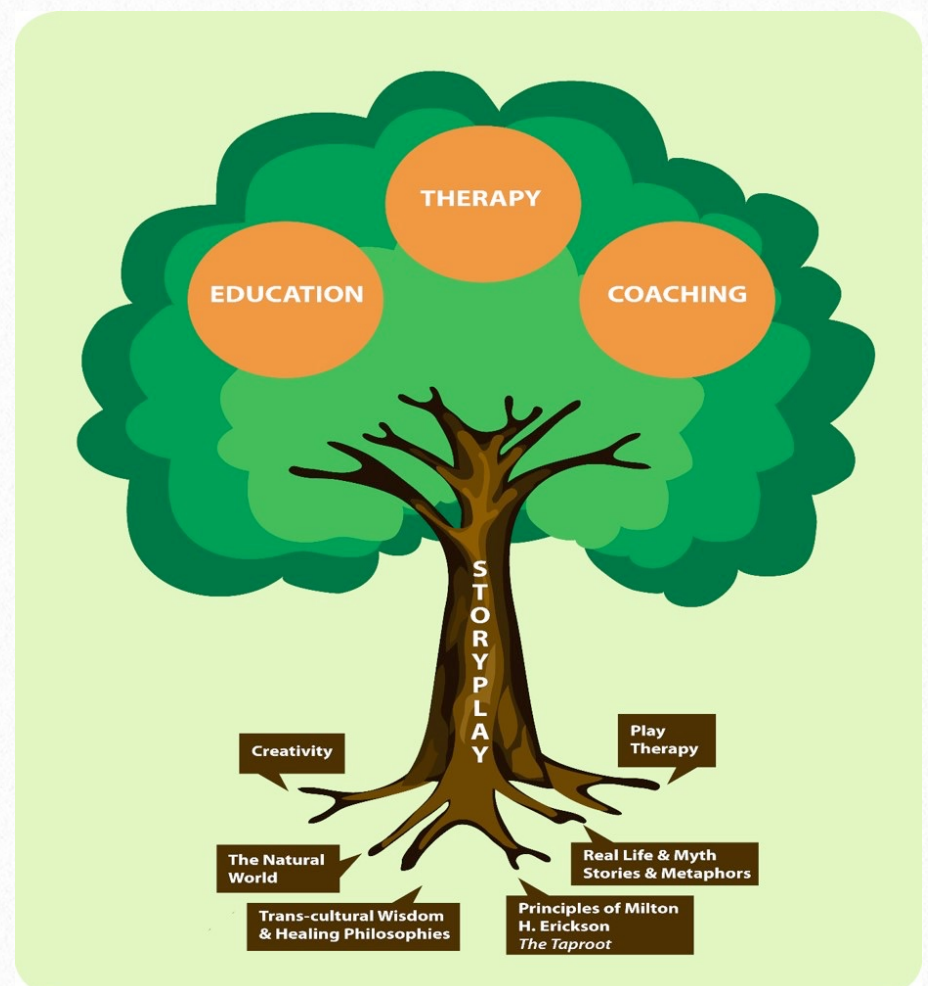
• JM: They are life itself, nature, children, the teachings of wisdom, art, poetry, music, rituals, friends, sharing stories and meeting people who overcame challenges while keeping hope. All these, just to name a few of those resources but also, and without hesitation: Paris!

• **GF: What message would you like to convey to the participants of your seminars?**

• JM: That they remember always to be present to the resources and gifts that each patient brings with him or her. To be connected to their internal resources and to nurture hope. That they should embrace life, creativity, and be ready to tell stories. That they be gentle with themselves, and to surround themselves with people whose interests, and life adventures will nurture their own heart. To walk through nature and observe all that surrounds them. That they remember to play, to discover, and to dance

For further information about Joyce Mills work and current training:

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Website: www.storyplayglobal.com

Eulogy of Wilma Trasarti Sponti



By Camillo Lorio

In a beautiful and terrible day of May 2020 Wilma Trasarti Sponti passed away leaving us a deep sense of loss.

Wilma was a very dedicated scholar of hypnosis and particularly of Ericksonian hypnosis. She was as well an experienced family therapist and able to combine both of these disciplines. She loved to teach to

the students and to work with patients with the same intense passion and humanity, offering them all she knew and all she felt with great generosity.

She has been an international presenter and a committed researcher. She also served as a member of the Board of the European Society of Hypnosis (ESH) as well as of the Italian Society of Hypnosis (SII).

Connecting with people without any form of distinction, creating friendship immediately, enriching all relationship with warmth, giving comfort whenever was needed, adding color and enthusiasm even in the more difficult situations were the qualities that made her the ideal interpreter of the symbolic bridge that links up the members of the international hypnotic community. We will miss her so much.

By Kathleen Long

When I first met Wilma, she gave me a look that I recognised immediately. It was the same look that I'd only ever seen on my grandmother's face. It said "be careful. I might look small but I will surprise you". I served on the ESH Board with Wilma 2011-14 and she surprised me every time I met her. She was stern sometimes and

very funny at other times and sometimes the two would co-exist in the one encounter when she was trying to figure out what made you tick. Wilma could be silent but was always thinking and listening.

She could give the impression that she was deep in thought and then she would suddenly say something that made you realise that not only she was paying attention to everything but that she'd reached her own conclusion on the matter in discussion. She had an extremely sharp intellect and it was never wise to underestimate her. I saw her teach and it was then that I saw her passion for her profession, her students and most of all her patients. She was an excellent lecturer and her expertise and enthusiasm for her craft pulled you in and made you pay attention.

Wilma had a smile that could light up a room and a laugh that could fill the same. Wilma was warm and caring and said exactly what she thought when you became her friend. That's what I loved about her. She was sometimes very frank but always told it like it is! It's something I found the Italians and the Scottish may have in common! Conversely if you were struggling, Wilma said exactly what you

needed to hear. I don't think that was her training. I think that's who Wilma really was. someone who dealt in reality but could wrap you in a warm blanket of caring, kindness and thoughtfulness. I missed her when she left the ESH Board. I missed her gravelly voice and her legendary smoking.

I scolded her for smoking too much and she in return scolded me for eating too much. That's what friends can do and still stay friends. We have a saying in Scotland that goes "there's guid gear in wee bulk". It simply means that good things come in small packages. Wilma may have been small but she was definitely the full package and more. RIP

And if I laugh at any mortal thing, 'Tis that I may not weep. Lord Byron

By Martin Wall

And it is Wilma's laughter that I will remember most, a laughter that seasoned her passionate engagement with the economic and social injustices of our world, a welcome counter to my often rather over serious approach to the same concerns.

I first met Wilma when I joined the ESH board Vienna in 2008. For the years that

she and I served on the board I had the delight of getting to know someone and to discover that our mutual interests spiralled out from hypnosis to encompass philosophy, politics and sailing all the more precious because the shared interests were illuminated rather than simply being confirmed. Wilma was an inspired and original therapist using hypnotic phenomena as guided by her patients rather than by protocols and mandates, and It was this intuitive understanding of the other that made her such a gifted teacher.

I was privileged to know Wilma and to share numerous 'smokes' outside restaurants and board meetings where her archetypal Italian heritage made me smile and believe that 'la vita è bella' Thank you Wilma - dance on

By Ali Özden Öztürk

Wilma Trasarti Sponti, a joyful and dignified friend and colleague

Wilma and I were ESH BOD members between 2011-2014. I had the chance to know Wilma better through our work in ESH BOD where she was a helpful, conscientious and great colleague. Moreover, she had a cheerful and joyful spirit spreading brightness and energy all



Consuelo CASULA



Nicole RUYSSCHAERT



Matthias MENDE



Gaby GOLAN



Kathleen LONG



2011 - 2014 BOD Members



Martin WALL



Wilma TRASARTI SPONTI



Ali Özden ÖZTÜRK



Denis VESVARD

around. I'm glad to have this opportunity to share just a few words about Wilma.

She was a great teacher and a wise friend always prepared to give you a hand with her words of encouragement and joy. She was always there with her bright smile whatever the challenge is.

She has left behind a very precious legacy for her family, friends, colleagues and students... A colourful and joyful legacy of

wisdom, kindness, compassion and humaneness...

We will remember Wilma with great affection for all her works, studies, helps and above all her great personality and dignified spirit.

I am very happy to have the chance to meet and to know Wilma.

Wilma, we're really going to miss you...

By Nicole Ruysschaert

Reminding Wilma I see blue colours and a smile looking for connection and interaction. I learned to know her during my time at the ESH Board of directors. She was an active member of the CEPE committee in the first years it started up together with Shaul Livnay, Mhairi McKenna, Matthias Mende, Claude Viot in 2008 – 2011. They initiated a draft for common standards of training in hypnosis in Europe for different professionals eligible for a European certificate of hypnosis. With her clinical experience and training experience in Italy she contributed her knowledge and experience to the committee. ESH was like a family for her and she found it particularly important to be part of it and commit herself to some tasks in the committees.

Despite a rather discrete presence, now and then she could affirm herself and take a position. Although cigarettes looked like a stable companion to her, she discretely left to smoke outside to keep smoke outside our meeting rooms.

I remember her as affectionate and emotionally committed, but the digitalization of society's interaction was not really her piece of cake. Trying to explain her some of the computerized systems we used within ESH BoD, required a lot of patience on my behalf. I am grateful for her willingness to volunteer some time at ESH a way of spending time and money for the benefit of the whole of the European Society.

By Bernhard Trenkle

Wilma Trasarti Sponti was a special colleague with an impressive personality.

So many great moments at congresses in Rome, Sorrento, Orvieto, Venice all also great private meeting in the house of Brigitte Stubner in Rome are coming to my mind.

Coming to an Italian congress and not looking forward to meet her was impossible. Wilma we will miss you and your smile will always stay in our hearts.

By Teresa Robles

Wilma left us on May 10th, She was an excellent systemic therapist and hypnotherapist from the Italian Society of Hypnosis, but above all, a great friend and International Teacher of the Ericksonian Center of Mexico. She traveled to teach Mexico on several occasions in different cities. We thank her from the heart for her teachings, and we fill her path with Light.

By Fabio Carnevale

First I met Wilma during my admission interview for the Italian School of Hypnosis and Ericksonian Psychotherapy, I was very nervous. When she arrived she smiled at me and made me sit in her room that smelled of wood and cigarettes and psychotherapy. And we talked a lot. Then, for no apparent reason for me then, she started talking about my ankles. A long talk about my ankles. She told me how much they would have been able to distribute the weight appropriately. About how strong and elastic they were. And I -somehow- sensed that it was a metaphor. A surprising and fascinating metaphor.

She came back to talk to me about my ankles four years later, the day I became a certified psychotherapist.

Pure seeding technique, which surprised me even more because I didn't imagine she remembered our first conversation. It moved me a lot and fulfilled me of gratitude.

Wilma was like that. Authentic. She knew deeply techniques and dynamics of complex systems and the fragility and the strength of human beings as well! We lost a woman, a teacher and an extraordinary psychotherapist.



ESH

European Society of Hypnosis

Image by F.C.

Due to the Corona crisis the ESH Congress of Hypnosis 2020 is cancelled

Dear Colleagues,

I am writing to you in behalf of the ESH Congress Committee and the Swiss steering committee following consultations with the three Swiss organizing societies.

In 2017 the three Swiss constituent societies SMSH, Ghyps and Irhys were entrusted with hosting the 15th ESH Congress in Basel, Switzerland. The planning included the choice and renting of the Swiss Congress Center in Basel, the establishment of a Steering committee, and a Scientific committee, the engagement of Organizers a professional conference organizer group, the hiring of a caterer for lunch and coffee breaks, as well as a hall for the Gala dinner, a contract with Auditorium networks to provide video recordings of the presenters, the establishment of a website for the Congress and an investment in publicity for the conference in collaboration with the ESH.

A large number of abstracts has been submitted

In response to the publicity relayed by our Constituent Societies and ISH, an important number of abstracts approximately 250 were received with propositions for a workshop or an oral presentation from European countries as well as the USA, Japan, Iran, India etc. Prestigious and varied keynote speakers prepared interventions proposing new viewpoints or research pathways. The Scientific Committee worked hard to evaluate these propositions and came up with a comprehensive program proposing medical and psychotherapeutic applications of hypnosis and presenting recent ideas and pathways in research. The program was completed by information about the successful use of hypnotic communication and therapeutic approaches applied today in the major University hospitals and others hospitals within Switzerland.

When the final program came out this year on www.esh2020.ch, the enthusiasm of the organizing team was high and we were looking forward to a highly informative congress. Unfortunately, this was not to last long due to the Corona virus and its devastating effects on world health, economy and restrictions on meetings and travel.

Impacts of the Corona virus

With the virus spreading, we spent many hours trying to find a suitable answer to the question “Can we present the Congress as programmed?” It became clear with time that the correct answer was NO! We must cancel. Our goal shifted to protect those who would come to speak and the Congress participants. We looked at alternate possibilities like choosing a later date. But the Congress center could not provide the dates which we felt would be possible for our participants. We also found that we would run into conflict with other hypnosis Congresses. Not yet vanquished, we spent time looking at the possibilities of an on-line live Congress or a recorded Congress using modern audio-visual technology and internet. With time, it became evident that this would not be possible, since we did not have the necessary skills to accomplish such a Congress and not enough time to learn them, also the additional financial costs and risks were too high.

So it is with great regret that I wish to confirm that the ESH 2020 Congress in Basel is officially cancelled. The three Swiss societies will assume our loss of 102'000 Swiss Francs.

Acknowledgement

I take this opportunity to thank all the members of the ESH Board new and old for their constant support in this undertaking with special thanks to Gerard Fitoussi, Dr. Kathleen Long, Consuelo Casula and our inventive website communications expert Fabio Carnevale.

I wish to thank the members of the Steering committee: Alexandra Mella, Director and Dr. Philippe De Saussure President from Irhys, Caroline Maroni President, Caroline Inauen Board member and Thomas Villiger member from Ghyps and Professor Dr. Peter Sandor President from SMSH, Dr Gerard Fitoussi, President ESH and Dr. Kathleen Long, Chairman of the ESH Board's Congress Committee for their enormous contribution in time, energy and know-how during these three years.

On behalf of us all, I wish to thank Prof. Dr. Peter Sandor, chairman of the Scientific Committee* as well as the other members of this committee for their competence and critics leading to the program which you can find on our website www.esh2020.ch at least until the end of this year. There you will be able to find information about the latest in hypnosis and the interests of presenters, who I am sure will inspire you or be useful for upcoming events in our Constituent Societies and elsewhere.

A special thanks to Organizers and especially Martina Speiser, senior project manager whose talents as a professional organizer and her warm generous personality gave us the necessary caring support all these years.

I wish to thank all our ESH constituent societies, the ISH, the Asian Society of Hypnosis and all those who have participated in some way or another to support this Congress through publicity during meetings, conferences, publicity in journals and in any other way.

Last but not least I take this opportunity to thank all those health professionals using hypnosis who by their participation through their well appreciated abstracts, and those members and health professionals who had already registered for their support. These abstracts will stay online on our site www.esh2020.ch until the end of 2020 at least. Please be assured that the registration fees which we have received will be fully returned by Organizers within a short time. This has been quite an adventure. It has served to bring our three hypnosis societies closer together and to be in communication with their colleagues around the world. We are looking forward to sharing with you now and in the future the promotion of ethical and efficient hypnosis methods and research in the years to come.

For the Steering Committee

Dr. Michael Schekter, Board member SMSH (Chairman)

*** Basel Congress Scientific Committee**

Prof. Dr. Peter Sandor, Chair of the Scientific Committee ESH2020; President SMSH, Baden, Switzerland

Prof. Dr. Chantal Berna Renella, CHUV Lausanne, Switzerland.

Prof. Antoine Bioy, Université Paris, France. Dipl. Psych.

Consuelo Casula, ESH Committee, Società Italiana di Ipnosi, Italy

Dr. Philippe de Saussure, President IRHys, Geneva, Switzerland

Dr. Gérard Fitoussi, Paris, France.

Dr. Alain Forster, HUG Geneva, Switzerland

Dr. Adriana Wolff, HUG Geneva, Switzerland

Prof. Dr. Claudia Witt, University Zurich, Switzerland

Dr. Philip J. Zindel, Binningen, Switzerland

lic. phil. Caroline Maroni, President ghyps, Zurich, Switzerland

Caroline Inauen MSc, Mandated by ghyps, Zürich, Switzerland

Dr. Philippe de Saussure, President IRHyS, Geneva, Switzerland

Dr. Michael Schekter, Chair of the Steering Committee ESH2020; SMSH, Lausanne, Switzerland

Calendar of Events

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 Congress 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

HYPNOSE- KONGRESS BERLIN 2020

10th – 13th Sept 2020

Dates:

Venue: Steigenberger Hotel, Berlin

Language: German

Translations: English workshops will be translated

Invited Speakers: Pre Congress on Sept 10th – Brian M Alman, Dr., Ph.D., California with 'Self-hypnosis Techniques for Challenging Situations' The entire program will be announced by March 2020

Fees: 150 Euro- 200 Euro per day

Website: www.hypnose-kongress-berlin.de

Email: mail@cwcongress.org

Telephone: 030 36284040

CLINICAL HYPNOSIS DAYS II SYMPOSIUM

Dates: 12/09/2020 - 13/09/2020, 9:00 am - 5:30 pm

Uskudar University and AMHA (Ankara Medical Hypnosis Association)

33 Speakers, 35 Presentations, 1 Workshop

Language: Turkish

Program Fee: 600 TL

Contact: uskudar.edu.tr

Telephone: 0216 400 22 22

14TH CONGRESS OF (SII) ITALIAN SOCIETY OF HYPNOSIS

Dates: 24th - 27th September 2020

Venue: Paestum

Language: Italian/English

Registration Website:

<https://www.societaipnosi.it/congressoipnosi2020/>

LUXEMBOURG HAS THE GREAT PRIVILEGE TO HOST THE 12TH CFHTB FORUM FROM MAY 19 TO 22, 2021

Topics of the forum: Ethics, research, neuroscience, mindfulness, anesthesia, pain, obstetrics, palliative care, stress, well-being, behavioral and personality disorders. Save the dates from 19 to 22 May 2021 and welcome in Luxembourg. www.cfhtb-luxembourg2021.org

XXII WORLD CONGRESS OF MEDICAL & CLINICAL HYPNOSIS – COOPERATION IN HYPNOSIS

Dates: 10th - 13th JUNE 2021

Venue: Krakov. Congress Centre of Jagiellonian University.

You can now send proposals for presentations, or you are also warmly welcomed to join our hypnosis family reunion meeting without presenting a talk or facilitating a workshop. Either way you will enjoy the congress in one of the most attractive cities in Europe.

Registration: www.hypnosis2021.com



We would like to invite you to join the new platform for networking in the hypnosis community world-wide: www.whoISHwho.com.

Please send us your CV, photo and if you have also your publication list to us at contact@whoishwho.com.

This platform will also be used for organizing ISH congresses more easily.

In the future, for example, if the planning committee needs to see the CV to learn about the experience of a potential speaker, his or her CV would already be easily available on the whoISHwho platform. Also if you are moderator planning a symposium and want to identify potential co-presenters, you could use the whoISHwho platform to identify these individuals. Of course, there are many more possibilities for encouraging networking in our community (and getting information about you to other like-minded people) for such a system.

You also can upload your profile yourself, which makes it easier for us. But please - do not hesitate to just send us things by email and we will do this for you.

ISH President

Credits

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European Society of Hypnosis



In Psychotherapy and Medicine

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ESH CONGRESS

XIV	2017	Manchester (UK)
XIII	2014	Sorrento (Italy)
XII	2011	Istanbul (Turkey)
XI	2008	Vienna (Austria)
X	2005	Gozo (Malta)
IX	2002	Rome (Italy)
VIII	1999	Noordwijkerhout (Netherlands)
VII	1996	Budapest (Hungary)
VI	1993	Vienna (Austria)
V	1990	Konstanz (Germany)
IV	1987	Oxford (UK)
III	1984	Abano Terme (Italy)
II	1981	Dubrovnik (Yugoslavia)
I	1978	Malm� (Sweden)