

ESH The Newsletter

Continuity and Innovation



Editors
Consuelo Casula
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BoD 2020-2023 Short Biographies

CONSUELO CASULA
Editor's LETTER

KATHLEEN LONG
President's LETTER

C O N T I N U I T Y I N N O V A T I O N

Interviews
Per Nilsson

EULOGY
Dabney Ewin
Ernest Rossi

2020

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President's Letter Kathleen Long



I was so looking forward to the Congress in Basel I wanted to tell you all how honoured I am to be the ESH President.

Then COVID 19 arrived and everything changed. It is an ill wind that blows no good and perhaps COVID has taught us all a lesson in what is important in life and how fragile our reality really is.

Health is more important than wealth or fame and family and friends are more important than possessions or position.

“The Three Wishes” was one of my favourite fairy stories. I used to think how foolish the woodcutter was to use three wishes and only end up with some food on the table. The story has a surprisingly happy ending with the contented woodcutter and his wife enjoying a good supper.

The truth is if we have somewhere safe to lay our heads, enough to eat and someone to care about us then everything else is just window dressing.

Maybe the woodcutter and his wife were not so silly after all.

If I had three wishes for ESH then:

My first wish is to create effective communication between the ESH board and the constituent societies and to encourage bonds of friendship between constituent societies. Together we can share ideas on recruitment, research,

education and much more. The meetings between the ESH board and the ESH Constituent Societies, every four months, will enable us to take advantage of the richness of experience within our great organisation

My second wish is that we can realise our new ESHNL ethos of ensuring continuity whilst innovating.

With nearly 14,000 clinical professionals proud to belong to the ESH we have a responsibility to share the message about the efficacy of hypnosis to future generations of clinicians and patients.

We have already started to do this with greater involvement in social media, a more responsive website and involvement in collaborative research as well as our own research project.

My third wish is to do a good job as President of ESH and I thank you for your trust in me.

I promise you that I will work hard to make the ESH the best it can be. I can only do that with the support of the Constituent Societies and the board.

We have an excellent mix of skills on the new ESH board and I look forward to working with them over the next three years. Three wishes are just a start and there will be many more over the next three years created in partnership with our constituent societies.

I thank the departing board members Michael and Shaul for all the hard work they did on behalf of ESH and welcome Marie-Jeanne and Stella to the new ESH board.

The continuity of the board comes from those who were re-elected and I hope the innovation comes from our new ways of working through social media, research and video conferencing.

Stay safe until we all meet again in Istanbul at our 2023 ESH Congress.

Translated into French by Gérard Fitoussi

J'avais tellement hâte de nous retrouver au Congrès de Bâle que je voulais vous dire à quel point, je suis honoré d'être le président de l'ESH. Puis la COVID 19 est arrivé et tout a changé. C'est un vent mauvais qui n'apporte rien de bon mais peut-être que COVID nous a enseigné à tous une leçon sur ce qui est important dans la vie et sur la fragilité de notre réalité. La santé est plus importante que la richesse ou la célébrité et la famille et les amis sont plus importants que les biens ou la position que nous occupons.

L'histoire des Trois Vœux était l'une de mes histoires de fées préférées. J'avais l'habitude de penser que le bûcheron était insensé d'utiliser les trois souhaits pour ne se retrouver qu'avec seulement de la nourriture sur la table. L'histoire a une fin étonnamment heureuse, le bûcheron satisfait et sa femme appréciant un bon souper. La vérité est, que si nous avons un endroit sûr où reposer notre esprit, suffisamment à manger et quelqu'un qui se soucie de nous, tout le reste n'est qu'apparence. Peut-être que le bûcheron et sa femme n'étaient pas si idiots après tout.

Si j'avais trois souhaits pour l'ESH, ce serait les suivants: Le premier est de créer une communication efficace entre le conseil d'administration de l'ESH et les sociétés constituantes et encourager les liens d'amitié entre les sociétés constituantes. Ensemble, nous pouvons partager des idées sur le recrutement, la recherche, l'éducation et bien plus encore. Les rencontres entre le conseil d'administration de l'ESH et les sociétés constituantes, tous les quatre mois, nous permettront de profiter de la richesse des expériences au sein de notre grande organisation

Le second est que nous puissions réaliser notre nouvelle philosophie, assurer la continuité tout en innovant. Avec près de 14 000 professionnels fiers d'appartenir à l'ESH, nous avons la responsabilité de partager le message, concernant l'efficacité de l'hypnose, avec les générations futures de cliniciens et avec les patients. Nous avons déjà commencé à le faire avec une plus grande implication dans les médias sociaux, un site Web plus réactif et une implication dans la recherche collaborative ainsi que dans notre propre projet de recherche.

Mon troisième souhait est de faire du bon travail en tant que Président de l'ESH et je vous remercie de votre confiance. Je vous promets de travailler dur pour faire le meilleure possible de l'ESH. Je ne peux le faire qu'avec le soutien des sociétés constituantes et du bureau. Nous avons un excellent mélange de compétences au sein du nouveau conseil d'administration de l'ESH et j'ai hâte de travailler avec eux au cours des trois prochaines années. Trois vœux ne sont qu'un début et il y en aura beaucoup d'autres au cours des trois prochaines années, en partenariat avec nos sociétés constituantes.

Je remercie les membres sortants du conseil d'administration, Michael et Shaul, pour tout le travail acharné qu'ils ont accompli au nom d'ESH et souhaite la bienvenue à Marie-Jeanne et Stella dans le nouveau conseil d'administration de l'ESH. La continuité du conseil vient de ceux qui ont été réélus et j'espère que l'innovation viendra de nos nouvelles façons de travailler à travers les médias sociaux, la recherche et les vidéoconférences. Restez en sécurité, jusqu'à ce que nous nous retrouvions tous à Istanbul lors de notre congrès ESH 2023.

Translated into German by Stella Nkenke

Ich hatte mich so auf den Kongress in Basel gefreut, um mich bei Ihnen für Ihr Vertrauen zu bedanken und um Ihnen zu sagen, wie sehr ich mich geehrt fühle Präsidentin der ESH zu sein. Und dann kam COVID 19 und alles war plötzlich ganz anders. „It is an ill wind that blows no good“ und vielleicht hat COVID uns allen eine Lektion darüber erteilt, was im Leben wichtig ist und wie zerbrechlich unsere Realität tatsächlich ist. Gesundheit ist wichtiger als Reichtum oder Ruhm, und Familie und Freunde sind wichtiger als Besitz oder eine gute Position. Das Märchen „Die drei Wünsche“ war früher eines meiner Lieblingsmärchen. Ich dachte immer, wie töricht der Holzfäller sei, drei Wünsche zu benutzen nur um etwas zu Essen auf den Tisch zu bekommen. Aber das Märchen hat ein überraschend glückliches Ende, und der zufriedene Holzfäller und seine Frau genießen ein gutes Abendessen. In Wahrheit ist es so, wenn wir einen sicheren Ort haben an dem wir uns wohl fühlen, Essen haben und jemanden, der uns umsorgt, dann ist alles andere nur Augenwischerei. Vielleicht waren ja der Holzfäller und seine Frau doch nicht so dumm. Wenn ich jetzt drei Wünsche frei hätte würde ich mir für die ESH folgendes wünschen: Mein erster Wunsch wäre, ein lebhafter Austausch zwischen dem ESH-Vorstand und den Mitgliedsgesellschaften sowie gute Beziehungen zwischen den einzelnen Mitgliedsgesellschaften. Gemeinsam könnten wir nicht nur Ideen zur Neuanwerbung, sondern auch zur Forschung und Ausbildung teilen. Die Treffen, die alle vier Monate zwischen dem ESH-Vorstand und den ESH-Mitgliedsgesellschaften stattfinden, geben uns die Möglichkeit, aus dem reichen Erfahrungsschatz innerhalb unserer Gesellschaft zu schöpfen.

Mein zweiter Wunsch wäre, unser neues ESNL-Ethos zu verwirklichen: wir wollen Kontinuität gewährleisten und

dabei gleichzeitig für Innovation sorgen. Mit fast 14.000 klinischen Fachleuten hat die ESH auch die Verantwortung das Wissen über die Wirksamkeit der Hypnose an künftige Generationen von Klinikern und Patienten weiterzugeben. Die ESH hat bereits damit begonnen, über eine stärkere Beteiligung an sozialen Medien, über eine reaktionsfähigere Webseite und mit der Beteiligung an gemeinschaftlichen Forschungsprojekten und einem eigenen Forschungsprojekt. Mein dritter Wunsch wäre als Präsidentin der ESH gute Arbeit zu leisten und ich möchte mich für Ihr Vertrauen bedanken. Ich verspreche besonders hart daran zu arbeiten, um das bestmögliche aus der ESH zumachen. Das kann mir nur mit der Unterstützung der konstituierenden Gesellschaften, sowie mit der Hilfe des Vorstandes gelingen. Ich freue mich besonders auf die gute Zusammenarbeit in den nächsten drei Jahren, da mir mit dem neuen ESH Vorstand Kollegen/Innen mit ganz unterschiedlichen Qualitäten und Fähigkeiten zur Seite stehen. Drei Wünsche sind nur der Anfang und in den nächsten drei Jahren werden gemeinsam mit unseren Mitgliedsgesellschaften sicherlich noch viele weitere Wünsche entstehen. Ich danke den scheidenden Vorstandsmitgliedern Michael und Shaul für all die harte Arbeit, die sie im Namen der ESH geleistet haben und heiße Marie-Jeanne und Stella im neuen ESH-Vorstand herzlich willkommen. Die Kontinuität im Vorstand wird von denen repräsentiert, die wiedergewählt wurden. Und ich hoffe, dass die Innovation auch durch unsere neuen Arbeitsweisen mit sozialen Medien, der Forschung und den Videokonferenzen initiiert wird.

Bleiben Sie gesund bis wir uns alle auf unserem ESH-Kongress 2023 in Istanbul wieder treffen.

Translated into Spanish by José Cava

Tenía muchos deseos de asistir al Congreso de Basilea para poder decirles a todos lo honrada que me siento de ser la presidenta de la ESH. Entonces llegó la COVID 19 y todo cambió. No hay mal que por bien no venga y quizás la COVID nos ha enseñado a todos una lección sobre lo que es importante en la vida y lo frágil que es realmente nuestra realidad. La salud es más importante que la riqueza o la fama y la familia y los amigos son más importantes que las posesiones o la posición.

Los Tres Deseos fue uno de mis cuentos de hadas favoritos. Solía pensar lo tonto que fue el leñador al usar tres deseos y solo terminar con algo de comida en la mesa. La historia tiene un final sorprendentemente feliz con el leñador contento y su esposa disfrutando de una buena cena. La verdad es que si tenemos un lugar seguro donde descansar, lo suficiente para comer y alguien que se preocupe por nosotros, entonces todo lo demás es solo decorativo. Quizás el leñador y su esposa no eran tan tontos después de todo.

Si pudiera pedir tres deseos para ESH:

Mi primer deseo sería crear una comunicación eficaz entre la junta directiva de ESH y las sociedades constituyentes y fomentar los lazos de amistad entre las sociedades constituyentes. Juntos podemos compartir ideas sobre captación de pacientes, investigación, educación y mucho más. Las reuniones entre la junta de la ESH y las sociedades constituyentes, cada cuatro meses, nos permitirían aprovechar la amplia experiencia de nuestra gran organización.

Mi segundo deseo sería que podamos implantar el nuevo espíritu de la revista de la ESH de asegurar la

continuidad mientras se sigue innovando. Con casi 14.000 profesionales clínicos orgullosos de pertenecer a la ESH, tenemos la responsabilidad de compartir el mensaje sobre la eficacia de la hipnosis a las generaciones futuras de clínicos y pacientes. Ya hemos comenzado a hacer esto con una mayor participación en las redes sociales, un sitio web más activo y la participación en la investigación colaborativa, así como en nuestro propio proyecto de investigación.

Mi tercer deseo sería hacer un buen trabajo como presidenta de la ESH y les agradezco su confianza en mí. Les prometo que trabajaré duro para hacer que la ESH sea lo mejor posible. Solo puedo hacer eso con el apoyo de las sociedades constituyentes y la junta directiva. Tenemos una excelente combinación de habilidades en la nueva junta con la que espero poder trabajar durante los próximos tres años. Tres deseos son solo el comienzo y habrá muchos más durante los próximos tres años que surgirán en asociación con nuestras sociedades constituyentes.

Agradezco a los miembros de la junta saliente Michael y Shaul por todo el arduo trabajo que hicieron en nombre de la ESH y les doy la bienvenida a Marie-Jeanne y Stella a la nueva junta de la ESH. La continuidad en la junta proviene de aquellos que fueron reelegidos y espero que la innovación venga de nuestras nuevas formas de trabajar a través de las redes sociales, la investigación y las videoconferencias.

Cúdense hasta que nos volvamos a encontrar en Estambul en nuestro Congreso ESH 2023.

Translated into Italian by Fabio Carnevale

Non vedevo l'ora di poter essere al Congresso di Basilea per potervi dire quanto sia onorata di essere la Presidente dell'ESH. Poi è arrivato il COVID 19 ed è cambiato tutto. Il vento infido del COVID ci ha, forse, insegnato ciò che è importante nella vita e quanto sia fragile la nostra condizione. La salute è più importante della ricchezza o della fama e la famiglia e gli amici sono più importanti dei beni o della posizione.

Una delle mie favole preferite è quella dei tre desideri. Da piccola pensavo a come fosse stato sciocco il taglialegna ad usare tre desideri finendo con l'avere solo del cibo in tavola. Eppure quella favola ha un sorprendente lieto fine, dal momento che il taglialegna e sua moglie si godono una buona cena felici e contenti. La verità è che se abbiamo un posto sicuro dove riposare, cibo a sufficienza e qualcuno che si prenda cura di noi, tutto il resto è solo apparenza. Forse, dopotutto, il taglialegna e sua moglie non erano così stupidi.

E allora, provo ad esprimere tre desideri per la ESH:

Il mio primo desiderio è quello di creare una comunicazione efficace tra il Consiglio Direttivo e le Società che compongono la ESH, incoraggiando legami di amicizia tra le varie Società europee. Insieme possiamo condividere idee su reclutamento, ricerca, istruzione e molto altro. Gli incontri tra il Consiglio direttivo e le Società Costituenti, con cadenza quadrimestrale, ci consentiranno di trarre vantaggio dalla ricchezza delle esperienze all'interno della nostra grande organizzazione.

Il mio secondo desiderio è che possiamo realizzare il nuovo motto della Newsletter, ovvero di garantire continuità e innovazione. Con quasi 14.000 professionisti clinici orgogliosi di appartenere all'ESH, abbiamo la responsabilità di condividere il messaggio sull'efficacia dell'ipnosi alle future generazioni di medici e pazienti. Abbiamo già iniziato a farlo con un maggiore coinvolgimento nei social media, un sito web più aggiornato e lo sviluppo di ricerche e collaborazioni attraverso il nostro progetto di ricerca.

Il mio terzo desiderio è fare un buon lavoro come Presidente della ESH ringraziandovi per la fiducia che avete riposto in me. Vi assicuro che lavorerò sodo per rendere la ESH sempre migliore. Ma posso farlo solo con il sostegno delle Società Costituenti e del Consiglio Direttivo. Abbiamo un eccellente mix di competenze nel nuovo Board e non vedo l'ora di lavorare con ciascuno di loro nei prossimi tre anni. Tre desideri sono solo l'inizio e ce ne saranno molti altri nei prossimi tre anni da realizzare in collaborazione con le nostre Società Costituenti.

Ringrazio i membri del consiglio uscenti Michael e Shaul per tutto il duro lavoro che hanno svolto per conto della ESH e do il benvenuto a Marie-Jeanne e Stella nel nuovo Board. La continuità del consiglio viene da coloro che sono stati rieletti e spero che l'innovazione provenga dai nostri nuovi modi di lavorare attraverso i social media, la ricerca e le videoconferenze.

Prendetevi cura di voi fino a quando non ci incontreremo di nuovo a Istanbul al nostro Congresso ESH del 2023.

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Editor's Letter
Consuelo Casula

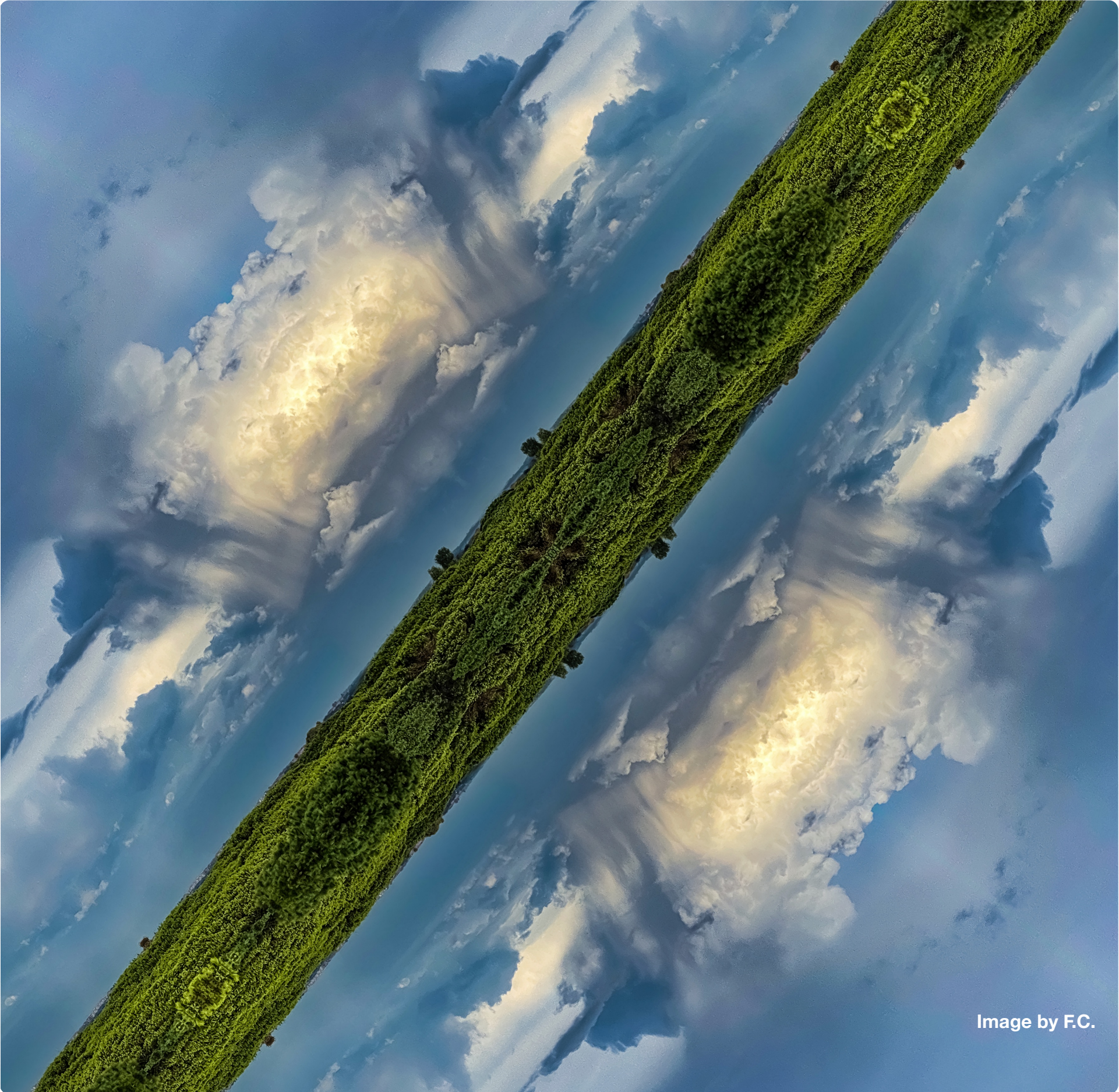


Image by F.C.

This Newsletter is the first of the new ESH board 2020-2023. We hope that this three-year period will be less turbulent than the previous one, despite the fact that Coronavirus disease is still present in our personal and professional life. This pandemic is putting us in contact with our limitations, uncertainties and fears and we have to enhance our hope and resilience.

The old headline of the ESHNL 2017-2020 was Connecting with... The new one is Continuity and Innovation. Our president, Kathleen Long, and the entire board are committed to giving their best to keep faith with these two fundamental concepts in every scientific field. Continuity without innovation might bring ...more of the same. Innovation without continuity might bring illogical leaps.

Also this ESHNL is aligned with these two concepts: you find the continuity of the editors, Fabio Carnevale and I, reassured by faithful collaboration of Josè Cava, Marie-Jeanne Bremer, Gerard Fitoussi, Peter Naish, Randi Abrahamson, Maria Sole Garosci and Marilia Baker. Concerning Maria Sole, she wrote a review of the latest Dan Short's book and a review of the Italian Society of Hypnosis international congress held in the amazing Paestum. The old city of Paestum is well known all over the world for the well-preserved Greek temples and the wonderful Tomb of the Diver, which fascinates the viewers with its elegant modern lightness.

Concerning Marilia I am very sorry to inform you that she decided to retire: her article on Ericksonian Foundation's Evolution of

Psychotherapy is her last one. We wish her a long life with joy and satisfaction for the many contributions she has generously made to both the Milton Erickson Newsletter and ours. Grazie Marilia.

Randi agrees to be in charge of the interviews, Peter of the research, Marie-Jeanne of German news. Stella Nkenke represents the innovation part. Stella will be in charge of the German translation of the president's letter; she will also write articles regarding the use of hypnosis in the medical field. I look forward to reading her articles.

Also Julie Linden is a new entry: she wrote a friendly eulogy of Dabney Ewin, and I reviewed the latest book written by her and Laurence Sugarman.

The exiting part of this first issue is also given by the reading of the bio of each board member, written in a friendly and light way. You will also know all the colleagues who won the ESH 2020 awards.

The sad part is that in the last months the hypnosis community lost two wise men whose contribution will last forever: Dabney Ewing and Ernest Rossy. The friendly eulogy of Dabney, from Julie Linden, shows the human qualities of the man as well as of the expert in hypnosis who devoted his life to the cure and care of his patients and the teaching of the secrets of our discipline to the younger generation. The eulogy of Ernest Rossi is made by Gérard. Many others will be presented in the next ESHNL issue.

Bio of the ESH Board 2020-2023



Image by F.C.

Kathleen Long



I qualified as a doctor 44years ago. My parents had positive expectations: they told me that anything was possible. I often wonder what it might have been like to have imagined being a sea lion trainer or

an astronaut. There is still time, but I would need to brush up on my swimming for the first and, despite the weightlessness in space, they might need a bigger rocket to accommodate my ample frame.

I have two children who work in healthcare and teaching and I hope that I have passed some of my parents' inspiration on to them. I hope they are passing it on to my five grandchildren and I am doing my best to pass it on to them whilst I babysit. I trained in hypnosis in 1982 and I recognised it as a way of helping people who did not have the encouragement and self-belief that my three sisters and I had. My reputation is for successfully helping people change with short sharp therapies.

When I was younger, I used to bring home wounded animals to help to recover. I remember one particular blackbird that I kept in my father's hat waiting for its broken wing to heal. One day one of my friends said to me 'do you never want to keep one as a pet' I replied 'no never. I want them to get better and set them free.' That's what I believe hypnosis does for our patients. It helps to heal them and sets them free.

Gérard Fitoussi



How difficult is it to present oneself, saying too little could be boring, saying too much could be seen as bragging.

Let's try. I'm a medical doctor and as far I can remember, my most enjoyable hobbies are reading and traveling.

They are both ways of encountering different cultures, traditions, habits, and people.

This is one of the reasons I so enjoy being on the ESH board working for the good of all with talented, open, and experienced colleagues. In this mandate, I would like, at Kathleen's side, to pursue the work we have begun and to be in more direct contact with our constituent societies, making ESH their institution.

I like to tell stories to my patients. Here is a short one I use when a patient wants things to move fast. One word can change everything and Time is always needed to better understand others.

Two friends meet. They seem in a hurry. One, let's call him Paul, says to his friend John: "I'm sorry I'm in a hurry, but tell me in one word how you are doing?" John answers: "In one word: FINE"

Paul a little annoyed responds: "When I said in one word, it was just a manner of speaking, how about in two words?"

Ah! Ok, says John: "In two words, NOT FINE"

So to all of you, whether it be one, two, three words or more, I wish you all the best.

Consuelo Casula



As I write these words, an old song of an Italian singer, Lucio Battisti, comes to mind. It says:

"You again? But shouldn't we have stopped seeing each other? And how are you? Useless question".

I am fine thanks. Happy to be still on the board of ESH.

In Manchester I knew that my duty to serve the ESH board as Past President would end at the ESH Congress in Basel

2020, which turned out to be the most phantasmagoric ESH congress ever due to the Corona Virus.

While I was planning what to do after Basel, John Lennon reminded me that: "Life is what happens to you while you are busy making other plans". So, here I am, again, engaged in the editing of the ESHNL with Fabio Carnevale, perhaps with greater wisdom based on the awareness of the cultural and natural changes that have taken place all over the world. So much so that we have decided to dedicate ESHNL to "continuity and innovation". Everything passes, everything changes.

I enjoy my work as a clinical hypnotherapist and I enjoy teaching.

In the last period, due to the Coronavirus disease, I have continued to teach through Zoom, learning to use the medium as a facilitator of psychological intimacy despite the physical distance. As well as dedicating my commitment to ESH, I continue the deliberate practice to improve how to help personal and professional women's empowerment, how to stimulate resilience and post traumatic growth, and create new therapeutic metaphors.

Ali Özden ÖZTÜRK



I am a Medical Doctor, certified hypnotherapist, hypnosis trainer and supervisor, certified acupuncturist, positive psychotherapist, family consultant and holder of European Society of Hypnosis Certificate (ESCH).

I am the President of Society of Medical Hypnosis (THD), Türkiye; and I have been serving the ESH since 2008 in various posts such as BOD member, Fiscal

Controller, the Chair of CEPE. Currently, I have been elected as ESH Treasurer. All this experience gave me the opportunity to see how ESH and its Constituent Societies make contributions to the promotion and improvement of the use of hypnosis in academic, scientific, clinical and medical settings. I believe that now ESH gave me another opening to improve this experience and to hand over this heritage to the next generations and to the future of ESH.

Also, my Society THD is honoured to be chosen to host 2023 ESH Congress in Istanbul. THD organizes an International Hypnosis Congress every year and we had hosted the 12th ESH Congress. So, I believe that my experiences in organizing international congresses and financial issues could provide benefits for the post of ESH Treasurer and ESH Congress in 2023. I was born under Conscious Hypnosis, and since then hypnosis has become my life. This is one of the reasons why I choose to become a Medical Doctor.

I enjoy sailing, and hypnosis is like a sailing adventure on the ocean. It does not matter how far you sail or how much you see, the ocean of hypnosis always offers you new experiences and great beauties to discover and to share.

Fabio Carnevale



I am 48 years old.

I'm father of two daughters aged 7 and 4.

I am a psychologist and psychotherapist. I consider hypnosis and hypnotherapy not only my job but also one of my great passions.

I am a teacher of the Italian school of Ericksonian hypnosis and psychotherapy in Rome, directed by prof. Loriedo.

I'm also Board Member of the Italian Society of Hypnosis.

In particular, I am interested in the use of hypnosis in cases of traumatic development, neglect and in the study of dissociative symptoms and their treatment through hypnosis.

I have also been practicing judo since 1978. I swim or run every day. I like composing electronic music. I have a lot of electronic stuff to play with. I also write novels and I like painting as well.

I take a lot of photographs of clouds, infact my Instagram page is full of sky.

It is an honor for me to take on the role of First Vice President of ESH.

And just like in the last three years, I will deal with the ESH Newsletter together with Consuelo Casula and I'll take care of ESH Social Media, as well.

Randi Abrahamsen



I am very happy to be re-elected and am looking forward to serving the ESH board for another period in the Research Committee and the Committee for Educational Programmes in Europe.

Hypnosis has been a great part of my life for 36 years. In fact, I wouldn't have been able to achieve what I have in my life if it hadn't been for hypnosis.

It has given me so many great experiences both with patients and colleagues.

I am a dentist with experience in various fields of dentistry: children, individuals with physical and psychological disabilities. I

am a private practice owner, and do voluntary work in the mountains of Nepal. I was a teacher and researcher at the University of Aarhus and published in international journals. My PH.D. was entitled: "*Effect of hypnosis on orofacial pain in a neurobiological perspective*". Recently, I decided to put all my experience and knowledge into a Danish book on hypnosis in dentistry, which was published last year.

In the Danish Society of Clinical of Hypnosis, I served as Board member and President, this is where I enjoy teaching and give supervision in hypnosis.

The enthusiasm that I experience with our participants fills my heart with joy and is promising for the future of hypnosis in our country.

Apart from hypnosis my interests are hiking and everything with water: sailing, open water swimming, scuba diving, and kayaking. I am a real Viking: I live by the seafront and jump into the sea almost every morning all year round.

Marie-Jeanne Bremer



Who am I?

My name is Marie-Jeanne Bremer, born and living in Luxembourg.

I am a member of the Milton H. Erickson Society-Luxembourg.

In my professional life, I am a psychologist-psychotherapist in a private praxis. A major concern of mine is having an attitude of “presence” in the relationship.

This is a lifelong learning process in the private as well as in the therapeutic context. In my profession, this attitude was shaped by the work of Carl Rogers and is completed by two further supports: hypnosis and training as a clown.

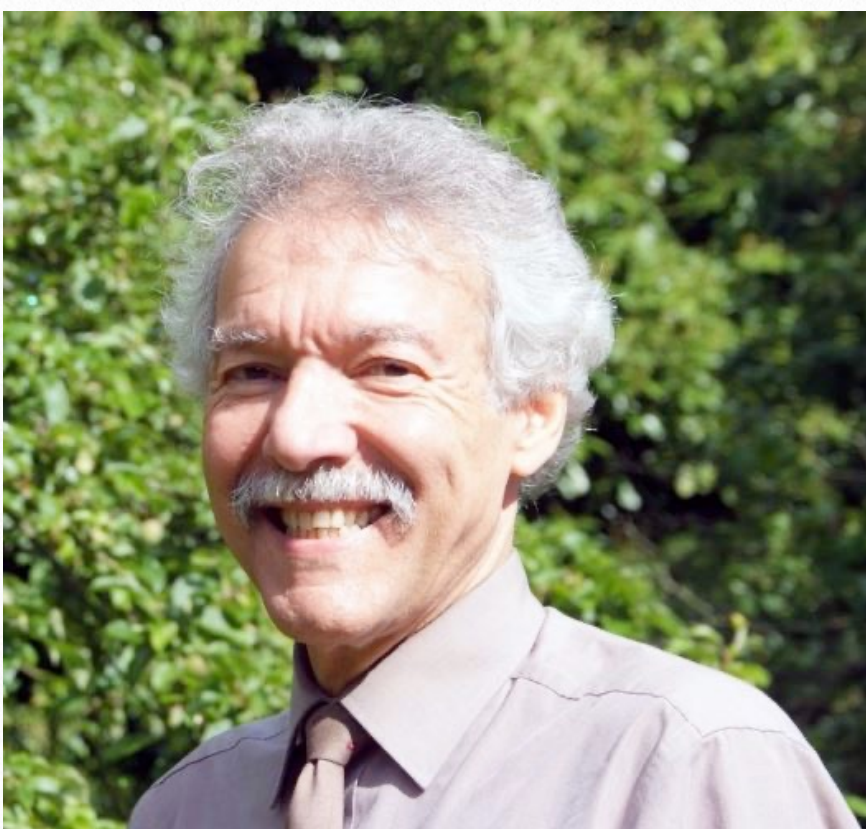
My inner clown is a facilitator for some therapeutic interventions and he easily captures the attention of the client.

With its ancestral roots, hypnosis has shown flexibility and has been able to extend its field of application during the last decades.

Now we have to meet new challenges e.g. a worldwide pandemic by implementing new tools, such as telehealth, which in return require refinement of ethical regulations.

Another challenge is promoting therapeutic hypnosis in a larger community on the one side and raising public awareness of the dangers of hypnosis in a non-professional or harmful context on the other side.

Peter Naish



Compared with some of my colleagues, I feel a beginner on the Board of Directors. My initiation was three years ago, and the time since 2017 seems to have been spent in learning how things are done. So, I am very grateful to those who voted for me, giving me another three years in which to get things done!

I obtained my doctorate in the University of Oxford, and it was there that I developed a serious interest in hypnosis, becoming a founder member of the new British Society of Experimental and Clinical Hypnosis. That society eventually merged with another society, to become the

present British Society of Clinical and Academic Hypnosis.

I served as Chair of Council in both organisations, and am currently President of the BSCAH. I have also been President of the Hypnosis section at the Royal Society of Medicine.

By the time of my presidencies, I had long left Oxford, working initially for our Ministry of Defence.

One opportunity to use hypnosis was with trainee pilots who were experiencing severe motion sickness. It proved a helpful component of their desensitisation programme.

Probably the largest influence during this stage of my career was to work with people suffering from post traumatic stress disorder (PTSD). From a scientific perspective, the symptoms are fascinating, but they are also very distressing and a challenge to treat. I was intrigued that people with PTSD are generally highly hypnotisable, so the use of hypnosis as a treatment became a long-term.

Stella Nkenke



I am very proud to be part of the ESH board. As a newcomer I am looking forward to learning from the rich experiences of the other board members. Being a general practitioner in Vienna I made the experience that medical hypnosis can offer great support for my patients.

However I think that medical hypnosis is something that is still underrated in the medical field. I see a clear need for more education in hypnosis and therefore we are

planning to offer a new curriculum for medical doctors in our society in Austria. Besides this, I joined the Sigmund Freud University of Vienna to teach medical students in medical hypnosis and communication. As a board member I will focus on supporting Randi Abrahamsen in the Committee on Educational Programs in Europe (CEPE).

It will be exciting for me to see what we can achieve in the next 3 years term. One aim could be to establish a common European curriculum.

For the ESH newsletter I will contribute a new section with cases on medical hypnosis. To start with I will share the experience of some of my cases. Since there are many colleges in our European society working in different medical settings with various approaches I would like to invite them to present and share also their individual approaches and practical experience with hypnosis in this section.

I am very much looking forward to exploring the continuity and am feeling curious about all potential innovations we will achieve.



EUROPEAN SOCIETY OF

ESH

HYPNOSIS

Image by F.C.

Interview with Per Nilsson, President of the Danish Society of Clinical Hypnosis

by Randi Abrahamsen



Born in 1949.

Graduated from Medical School 1975. General Practitioner in Nakskov 1980 to 2017. After retirement still practicing hypnotherapy. Danish Society of Clinical Hypnosis (DSCH) president 2005-13 and again from 2019. Interests: hypnosis, listening to classical music, gardening, walking in the forest.

Tell us about the Danish Society of hypnosis?

First of all, let me say thank you very much for the ESH Constituent Societies Award and for allowing me space in these columns.

In 1984 two hypnosis societies were founded in Denmark: Danish Society of Medical Hypnotherapy (DSMH), whose members were medical doctors, and Danish Society of Clinical and Experimental Hypnosis (DSCEH), whose members mainly were psychologists and dentists.

In 1999 the two societies were united and Danish Society of Clinical Hypnosis (DSCH) was founded.

In 2006 it became possible for authorized nurses, midwives, physiotherapists and other health professionals with at least 3½ years advanced education to obtain membership of the society.

The number of society members had been declining slowly but surely during a number of years, and is stabilizing in the last 3 years. Clinicians interest for our 2 years education program is discretely increasing, which makes me optimistic for the future.

To commit oneself to a 2 year education program however often seems to be a tough decision, so our society is planning a number of shorter courses to stand alone or serve as appetizers to learn more.

How is hypnosis accepted in Denmark and in which fields is it used?

As you can see from the list of professionals represented in our society, hypnosis is in Denmark used in treatment of pain problems, anxiety disorders, depression, stress, sleep disorders – only to mention a few.

In the public we still meet some misconceptions and prejudice concerning hypnosis. Stage hypnotists have contributed to this, and furthermore there is in Denmark a grey market of hypnotherapists which is a problem for the acknowledgement of hypnosis by health authorities, education institutions and to some extent the general public. We have to work with this!

Why did the Society choose to give the grant for the ESH research project?

Back in 2018 we heard rumours about the ESH research project. It caught our attention, because it would give our members a possibility to participate starting from their daily work with clients/patients. No research experience is needed, and the extra work is minimal. Results obtained outside institutions and labs might provide the evidence we need, when patients and clinicians ask, if hypnosis works. That is why we decided to support the project.

I recently included my first patient. The procedure is really simple and not in any way disturbing.

On a personal level, when and how did you start with hypnosis?

It was really a coincidence that I started using hypnosis. Back in the late nineteen-eighties I had a neighbour who was a dentist. He had learned a little hypnosis for treating pain and odontophobia, and one day he brought me a book, he thought I ought to read. Title translated to English was “The indirect Shortcut”, written by two psychologists, Maureen and Paul Röpke. Subtitle was “introduction to Milton H. Erickson”. I read it with great interest and

handed it back to him. In those days it became possible for GP's to get extra fees for psychotherapy, if they joined a group of colleagues and attached a supervisor. Maureen Røpke lived in our area, we made an appointment with her, and she became my supervisor and hypnosis teacher for 15 years. I learned a lot about the therapeutic relation – and human relations in general. I learned to watch for possibilities and resources instead of faults and deficiencies, to include spirituality, a little mystery and humour in my daily practice. In short I began to understand the meaning and value of utilization.

I too use hypnosis in pain management, depression, anxiety and other minor psychiatric disorders. However diagnoses can be stigmatizing. I think, that a hypnotic relation can be useful whenever life is tough.

Your best experience with a patient and treatment with hypnosis?

It's difficult to choose, but I think it must be JC, a 9 years old boy who was afraid of going to the toilet. It was the sound as he pushed the button and the water poured in the bowl, that scared him.

When he visited schoolmates, he had to pee in the garden.

A rather alert trance was induced, and I suggested that JC looked for a hypnotic companion to assist him. He rapidly found a racoon. "In what way can the racoon be helpful?" I asked. JC explains, that the racoon is an expert in crawling down in the bowl and further out through the drain to clean things up, so the water can flow freely.

I suggest that we bring the racoon out in fresh air, and in trance go for a walk in nature to a really noisy place – a large waterfall! With JC still in a light alert trance we walk together to the toilet – JC, the racoon and I. I ask, if he is ready, and when he nods, I push the button. JC looks a little scared, but thinks we should try once more!

Back in the office JC notices my computer. "It looks dull", he says, "let me show you how to play Minecraft!" It turns out, that he is an expert in Minecraft!

He immediately starts playing Minecraft at the following session. I am standing behind him and suggest, that JC's brain is a kind of a computer, and we are actually working on installing a new program.

"OK" he says and takes place in the hypnosis chair. Trance is induced with imagery of the racoon and the waterfall.

After a few minutes JC raises his hand. I ask if he wants to say something? “Yes! You talk too much! I am programming!” I suggest, that he takes his time, and after another few minutes in silence he gets up, walks slowly to the toilet and pushes the button himself. When the parents arrive to pick him up, he says “by the way! I’m going to pee”. He walks to the toilet, closes the door, and the sound of the pouring water is clearly heard. No problems since.

Your best experience with teaching hypnosis?

I am not able to point out one single experience here. I was part of the group designing our 2 years education program 16 years ago. I have participated in the work adjusting the program currently, and I have been a teacher on the courses ever since. It has been such a pleasure to see many students getting skilled and dedicated to hypnosis.

About European Society of Hypnosis, any ideas or wishes for the future?

DSCH is proud of being a European Certificate of Hypnosis Accredited Training Society.

The ESHC is a very important quality assurance instrument in the process of convincing health authorities, educational institutions and patients of the possibilities and values of hypnosis. In my opinion it is essential, that we have common European standards.

I am pleased to see, that the national accredited training societies have got a more central position in the evaluation process.

These are tough times, and I am worried that it might be difficult for members to obtain sufficient training for approval and renewal. We will have to think in new ways and use the online format extensively.

ESH has an important role in coordinating such activities, sharing experiences and facilitating communication between constituent societies and the ESH board. ESH must keep track and have the courage to make plans for the post corona era.

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Research Reflections

By
Peter
Naish



As is well known, hypnosis is a very beneficial vehicle for the treatment of pain, both acute and chronic. Moreover, its effects seem to be established quite quickly, so do not require the patient to undergo long training. Another highly

successful application of hypnosis is in the treatment of functional gastro-intestinal disorders (FGIDs), including irritable bowel syndrome (IBS). A recent review article (Vasant & Whorwell, 2019) gives a very good account of relevant research and

reinforces the claim that hypnosis, properly applied, is an excellent treatment. This paper is an 'open access' publication, so anyone can access it and read it. Given the clarity of the writing I can well recommend downloading the pdf. It is claimed in the paper that supplementary materials are available, including scripts showing possible suggestions that can be used. However, neither online nor in the downloaded paper could I see these, so perhaps one has to ask the authors.

There is one slightly negative issue raised in the FGID paper: the recommended treatment requires twelve weekly one-hour sessions of face-to-face hypnosis, together with a requirement for the patient to practice at home.

As the authors point out, twelve hours of therapy is not cheap, although when used with people for whom no other treatment has been effective it is probably money well spent. Nevertheless, it is interesting to consider why the impact of hypnosis seems to be rather slow in this context. Since a departure from the normal range of gut flora has been suggested as a driver of these conditions, one could speculate that it takes time for a better microbiome to develop.

However, this issue has been addressed by Peter et al. (2018) who obtained significant improvement in IBS symptoms in patients treated with hypnosis (in their case using only ten sessions of group hypnosis) but did not observe any statistically significant changes in gut bacteria populations.

It is perhaps difficult for people trying to benefit from hypnosis, when the looked-for changes are not easily accessible to introspection. With pain, any tendency to lessen the unpleasant feelings quickly becomes obvious, so there is immediate reinforcement of whatever it was that a patient did in their brain, to bring about the improvement.

Thus, they quickly learn to keep their brain in a state that produces comfort, although they would not be able to describe exactly what it was that they did. In contrast, with a condition such as IBS, although sometimes accompanied with pain, there is overall less access to quickly changing markers for the problem, markers that would have signalled to the patient that s/he was beginning to do the right thing.

The treatment is termed gut-focused (or gut-directed) hypnotherapy, and it employs metaphorical imagery to represent the

desired outcome. Thus, the gut, in the desired state, can be thought of as a smoothly flowing river. A patient with constipation can imagine their 'river' as having blockages, such as fallen trees, and they are asked to visualise clearing the debris. In contrast, a patient with diarrhoea can picture a river that flows too fast, and is in need of controlling weirs. Although the meaning behind such imagery is obvious, it perhaps takes time to develop a connection between image and control system.

Ten to twelve weeks of hypnosis practice, together with homework, sounds quite an intensive course. It is a reminder that Mindfulness meditation is generally something which practitioners engage in regularly and possibly for years.

The result of such long-term practice seems to be greater accessibility to mental processes that often lie outside conscious awareness. Conceivably, this ability might make it easier for a patient to exert control over IBS.

I know of no relevant studies using long-term meditators, but when mindfulness is used therapeutically it is often employed after brief training (like hypnosis). This

approach was used by Garland et al. (2012) who gave their patients only eight sessions - it's getting shorter! The treatment produced significant improvement, but seems to have been achieved by teaching patients to change their appraisal of abdominal sensations, rather than trying to impact the sensations themselves, as is done with hypnosis. Is one better than the other I wonder?

I will conclude with a further exploration of mindfulness/hypnosis differences. It is something I have touched on before, but there is another readily obtainable paper on the topic, although in this case I would say that the written material is less accessible. However, if this is a topic which interests you (and it is intriguing) you might try Lush & Dienes (2019). Their paper addresses the observation that consciousness behaves like the final scene of a play, where earlier scenes take place with the curtains drawn across the stage.

Even a decision to perform a simple action appears to be made after brain activity is observed, showing that the necessary preparations for the action have already been initiated. This implies that decisions are made outside conscious awareness, but are presented to consciousness in

such a way as to give us the illusion of making the decision with full awareness. An implication is that our sense free will is also an illusion. Needless to say, this whole area is controversial, but it doesn't change the results obtained when testing hypnotic 'highs', hypnotic 'lows' and mindfulness practitioners. In terms of my theatre analogy, it is as if Lows get to see the last scene, whereas Highs don't have the curtains open until the final scene is well advanced. In contrast, the regular meditators seem to peep behind the curtains and have a sneak preview much sooner.

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French Continuity and Innovation

By Gérard Fitoussi



Photo by F.C.

In France as elsewhere, life has been suspended due to the COVID19 pandemic. But little by little, it resumes its course with the usual precautions. This is how congresses and symposia timidly but stubbornly reopen.

The CFHTB is organizing its biannual forum in Luxembourg in May 2021 with the theme "Hypnosis at the crossroads of cultures". Many of the speeches will be in French and German. It will hopefully be a good time to reunite.

A little before Claude Virot, with Émergences is organizing the St-Malo congress in February 2021 with the theme "Hypnosis & Pain" which is also becoming essential.

In the publications, I want to signal the french translation of the book written under the direction of Prof. de Benedditis, The Blue Book, which I had the honor to preface. In this book, Prof. de Benedittis and his team summarize what we know in the field of hypnosis and the link with factual knowledge, validated by the EBM.

The book, in a relatively limited number of pages, will be useful to all professionals but also to the general public. It provides precise information on what can be expected from a hypnotic intervention.

He does not hide any of the benefits but also points out the questions that we still have. I am very happy that this book, thanks to Anfortas editions, is available to the French-speaking public.

Regarding journals publications, *Hypnose et Thérapies Brèves* devoted a special issue to COVID. It will help caregivers address the various questions they are asking themselves and that their patients are asking.

TranSES

It is evolving to become the *Journal of Hypnosis and Health* and offers in addition to feature articles, other more practical ones related to the experiences of practitioners.

This latest issue is devoted to Therapeutic Communication, that is so essential in relationships with others.

In *Fear in the West*, Jean Delumeau writes "In early modern Europe, camouflaged or overt fear is present everywhere" (Jean Delumeau, *La peur en occident*, Ed Pluriel Poche, 2020.p.49).

To paraphrase it, I would say that at the beginning of the 21st century, it is no longer fear that is present everywhere but anxiety, this fear without a specific object, this

vague, generalized fear that relates to everything and nothing.

Already Ambroise Paré, in the 16th century warned against "fear in a period of pestilential fever" and emphasized that one should not give in to it but that on the contrary "one must be happy, in good and small company, and sometimes hearing and singing and playing musical instruments and sometimes reading and hearing some pleasant reading".

So let us follow Ambroise Paré's salutary advice, may joy and hope guide us in this period in which we will overcome these trials as we overcame the much more serious ones of the past. When the plague was spreading in European cities, our elders did not know its cause or the mode of spread, there was no treatment available to them and mortality was around 40 to 60%.

Fortunately, we are facing nothing like it with COVID 19. For instance as of

September 14, 2020, in France, 97% of the Covid tests carried out are negative.

So of course, let's remain vigilant but put things in context.

See you soon.



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Congress Reviews

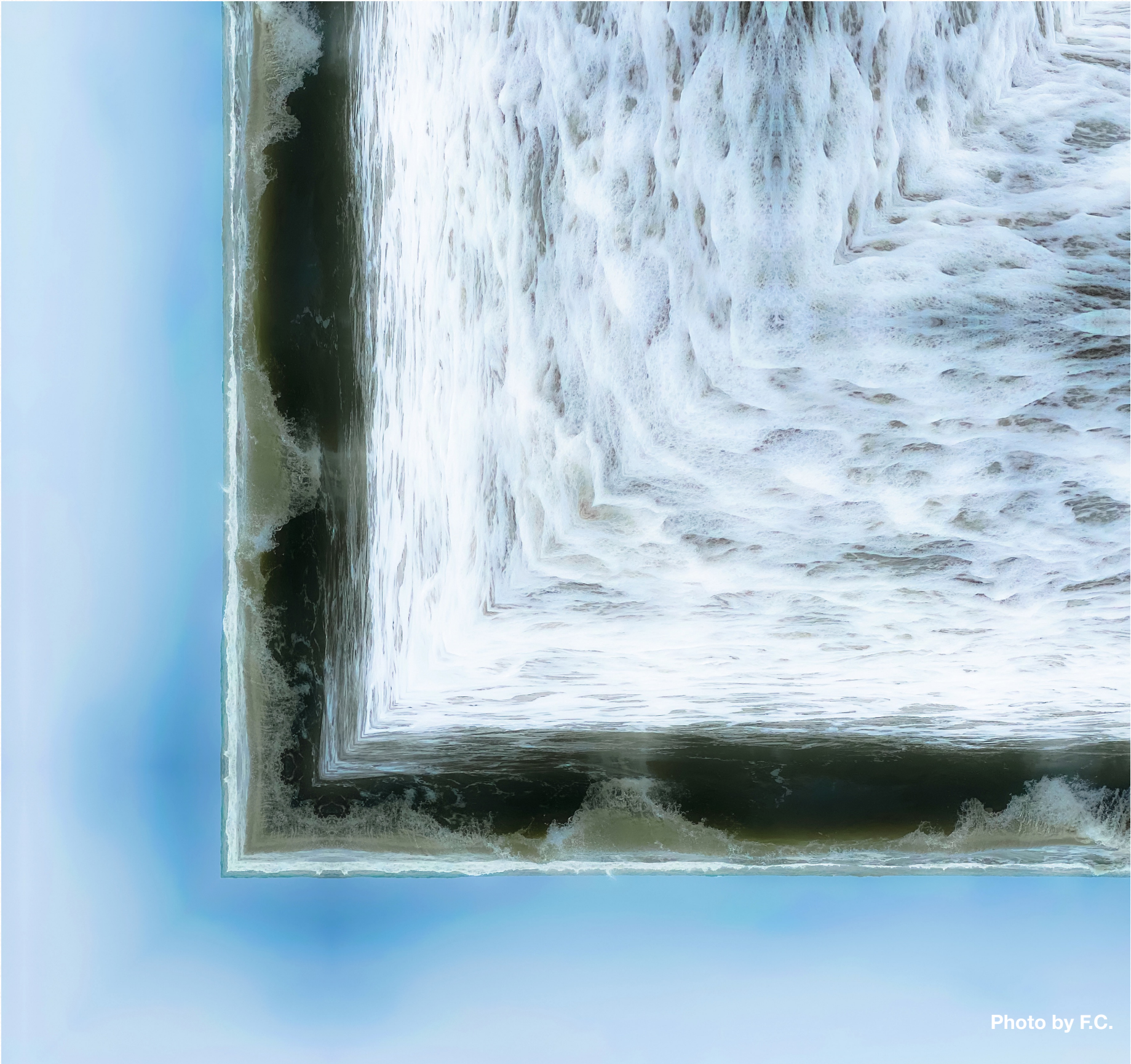


Photo by F.C.

XIV Italian Society of Hypnosis International Congress

Strategies of Induction and Deepening: the Variations of Consciousness in the Ericksonian Hypnotic Process

24-27 September 2020, Paestum, Italy

by Maria Sole Garosci

The curtains of the XIV SII Congress have just closed, in the wonderful Italian context of Paestum. The venue has been a perfect meshing of innovation (both presenters and attendees have been given the possibility of participating online and/or in presence), and continuity. It was one of the very few events that have been organized within, and valuably respecting, the COVID-19 restrictions. The Pre-congress was a theatre of an online class held by Jeff Zeig whom, according to his concrete and high educational standards, presented a very evocative invited lecture on experiential psychotherapy, conducting a stunning live session. His capacity of editorially commenting on the process, together with explaining what was going on in the mind of the therapist while interacting with the client was an example of extraordinary teaching talent.

Other exceptional international guests have been Norma Barretta, undoubted exponent of Milton Erickson's legacy, and Guillem Feixas, Barcelona University, Spain. Norma and her daughter Jolie introduced a creative way of utilizing chakra co-related sounds in therapy, performing an interesting live session. Feixas introduced an innovative assessment model

designed to explore internal systems and individual constructs. Of relevance, the adjunct use of virtual reality. Of the many events that gave great texture to the venue, it is remarkable to notice the amplitude of co-related topics that were covered. Under the hat of induction and deepening strategies, presentations addressed: post hypnotic suggestions, Camillo Lorigio, deliberate practice of the therapist, Consuelo Casula, complex regional pain syndrome, Stella Nkenke, Self-Hypnosis, MS Garosci, hypnosis' new possible frontiers, Giuseppe De Benedittis, the art of induction, Brigitte Stubner, the violation of selective limitation, Fabio Carnevale, Imagery in sports' hypnosis, Michele Modenese, the Ericksonian child, Laura Fasciana, and infertility, Nico Rago and Fabiana Di Segni. Last but not least, on Sunday Giovanni Madonna gave a wonderful interpretation of the healing process read through batesonian lenses.

Overall a highly formative experience that has given ample space on one side to the techniques and processes of hypnotic therapeutic intervention and on the other to the therapist, who can't fail in always being thoughtfully aware of his role, his limits and his strengths.



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Book Reviews



Photo by F.C.

Hammel Stefan; Weinspach Claudia and Vlamynck Astrid.

Ängste entzaubern-Lebensfreude finden
Disenchanting fears - finding joy in life



By Marie-Jeanne Bremer

The title already gives the orientation: it is a profoundly solution-focused work which is diving into the roots of Ericksonian hypnosis and connecting with newer approaches such as Energy psychology. On your journey through the 9 different therapy fields, you meet well-known and perhaps less well-known ideas and tools. Between breathing and tapping techniques, healing metaphors, you suddenly meet a heart bouncing ball (Weinspach), a greeting to the

brain or a request to the staff in the fear-center (St. Hammel); maybe, you cross the bridge of light for the transfer of resources or you get inspired by the philosophy of bonding and polyvagal theory (A. Vlamynck); and in the final chapter you find useful exercises from systemic therapy. Weinspach starts with the chapters on hypnosis and utilization reminding that various hypnotic phenomena characterize dysfunctional fear and constitute a problem trance: time distortion, age regression and progression, amnesia of the experience of competence, sensory changes. These phenomena are the starting point to “counteract every trance phenomenon with a phenomenon within the framework of a solution trance and combine it with forgotten competencies”.

Erickson’s influence is also apparent in the work of Stefan Hammel’s therapeutic greetings, therapeutic modelling and therapeutic storytelling. He defines these approaches as forms of alert-hypnosis. Therapeutic greetings are ultrashort messages with implicit suggestions to the unconscious and they can be combined with therapeutic modelling or storytelling.

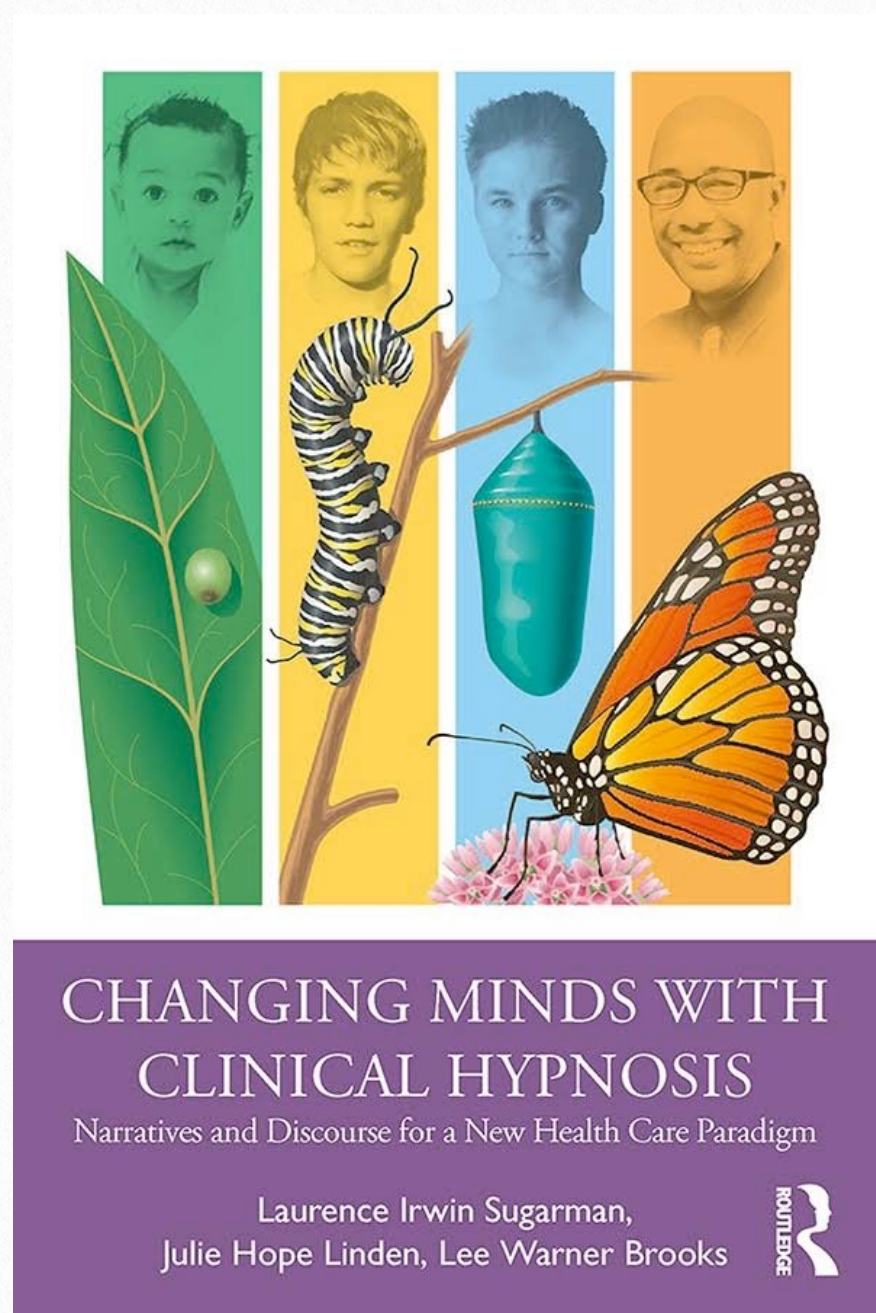
Neuro-linguistic-programming NLP is inspired by Erickson. A Vlamynck shares some techniques which can be implemented without prior NLP knowledge. In the chapter on Bonding Therapy, she deals with the relational side of anxiety and illustrates some exercises of bonding and of Energy Psychology with photos.

In conclusion: I invite you to accept the authors encouragement to use ideas from the wealth of these different approaches.

Laurence Irving Sugarman, Julie Hope Linden, Lee Warner Brooks.

Changing Minds with Clinical Hypnosis. Narratives and Discourse for a New Health Care Paradigm.

Routledge 2020.



By Consuelo Casula

The solidity of the scientific background and the experiential knowledge of Laurence Sugarman and Julie Linden, as well as the poetic presentation of their clinical cases by Lee Brooks, make this book inspiring to read, compelling, and interesting to consult.

The book provides an evolved understanding of hypnosis with an integration of recent studies on neurobiology, polyvagal theory, biopsychosocial

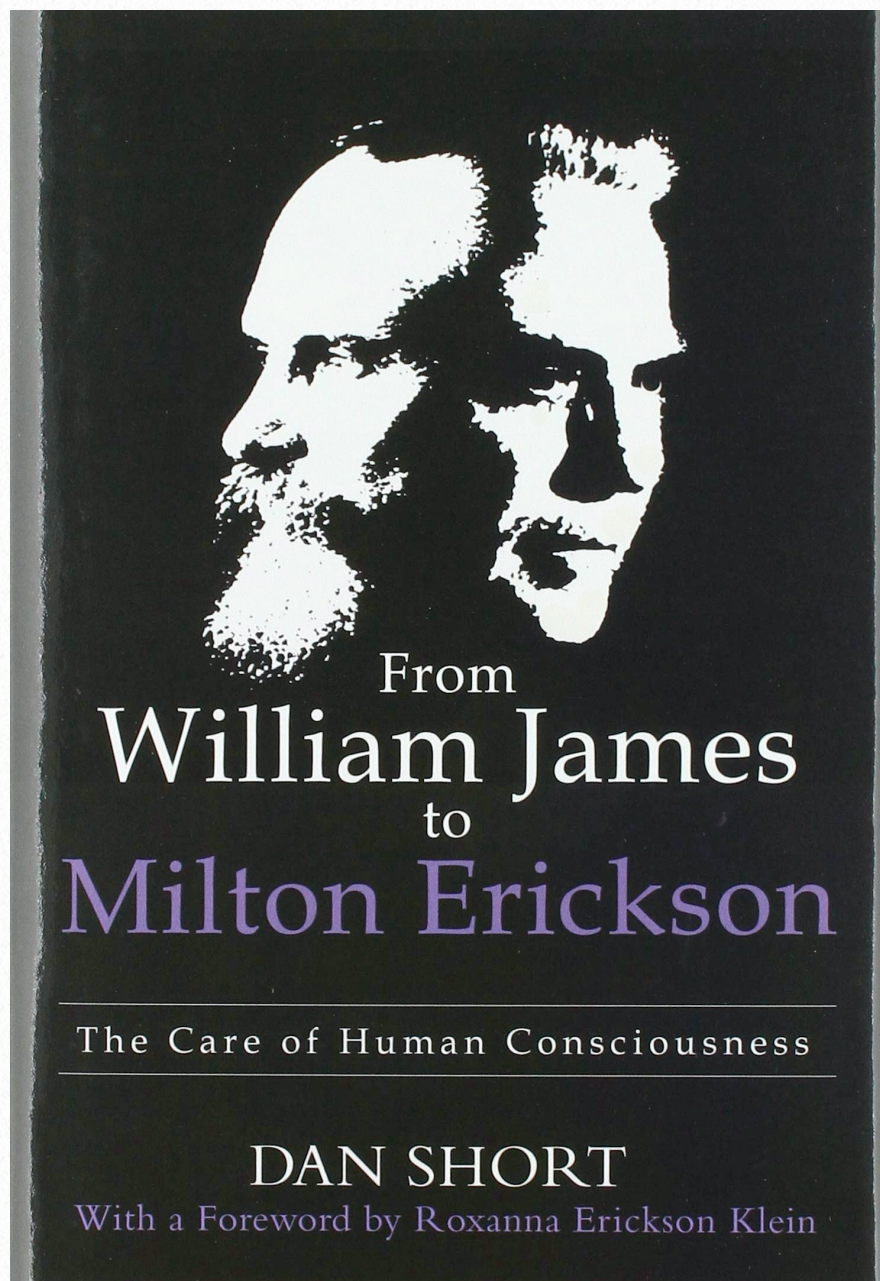
model, genomics and therapeutic processes. This integration helps readers to recognize the therapeutic power of hypnosis by making them understand its effectiveness based on authentic rapport and communication skills that facilitate mind's plasticity.

According to the authors, hypnosis is a discipline for cultivating change, a skill set for disrupting patterns of information and energy flow in our minds. Hypnosis is an intentional interpersonal skill set for influencing the process of psychobiological change called trance.

Hypnosis utilizes trance as a process of psychobiological plasticity or change, a process of developing malleability, agility and resilience of mind. Mind is a system, embodied, liminal, and engages in an ongoing discontinuous chronological dance, understanding retrospectively and healing progressively. Because it utilizes the power of hypnotic interventions on the communication and the relationship between therapist and patient, clinical hypnosis is a skill set for ethical influencing psychobiological plasticity. Therefore, the new health care paradigm is based on focused attention on the person in care, who feels felt, trusts the therapist and becomes more open to novelty.

The promise of the title is fully maintained. This is a book to be savored bit by bit to facilitate the integration of information, suggestions, and operational indications on changing mind with clinical hypnosis. The two main authors experts on hypnosis, Laurence Sugarman and Julie Linden, with the writer Lee, manage to change the readers' mind while learn how to change minds of their patients utilizing the teaching lessons of this masterpiece.

Dan Short: From William James to Milton Erickson: the Care of Human Consciousness, Foreword by Roxanna Erickson Klein, Archway Publishing 2020



by Maria Sole Garosci

“Moving from the psychological insights of William James to the clinical outcomes achieved by Milton Erickson, we encounter striking similarity.” These words, that recur several times and in different contexts throughout the text, represent its vital core. They bring to life the main theme: William James and Milton Erickson are, indeed, profoundly connected.

Dan Short, with his groundbreaking and intellectually stimulating pages, encourages reflection, thoughtful analysis and creative

comparison. The care of human consciousness and the realization of one’s personal potential are the fil rouge of the book. Short’s poetic literary style highlights for first time ever how Jamesian pragmatism finds embodiment and thrives in the Ericksonian principle of utilization: themes proposed in the mid 1800s by James, come alive with concrete life almost 100 years later. Complementary and corresponding principles that no one had yet enucleated, become stunningly evident.

How is it possible to take care of human consciousness?

Moving from James to Erickson, Short shows us how it can grow and develop only through constant interaction with the new, while it implodes if nailed to a wall of silence and immobility.

How can the realization of human potential take place?

In terms of actualization of the Self in all its dimensions: social, contextual and hereditary. That is, allowing each individual to reach its best practical application. The unconscious mind has unquestioned importance in the problem-solving challenge, with its ability to process multiple streams of consciousness different by quality from those known by the conscious mind.

These are some of the core themes that run through the book, well exemplified by clinical examples drawn from both Erickson’s and James’ literature. This book is a not-to-miss-read if you want to cultivate your knowledge on creative and effective therapy while delicately tickling and nurturing your unconscious mind

Continuity and Innovation within Milton Erickson Foundation

By

Marília Baker



Photo by F.C.

Dear colleagues of the ESHNL,

The great news of continuity from this side of the Atlantic, or, more precisely, from this side closer to the Sea of Cortez, Gulf of California, is the Evolution of Psychotherapy Conference, December 9-13. The innovation lies in the fact that it will be fully online conference. As stated by the Erickson Foundation, “the Evolution of Psychotherapy Conference, has attracted, since its first one in 1985, worldwide attention as the most respected gathering of top expert practitioners in the field of psychotherapy”.

Keynote presenters include: Aaron T. Beck, Noam Chomsky, John Gottman and Julie Gottman, Rob Kapilow, Alanis Morissette, Martin Seligman, Derald Wing Sue, Irvin Yalom, and Philip Zimbardo.

In addition, there are more than 40 invited faculty who will participate in point/counterpoint discussions; state-of-the-art addresses; workshops; clinical demonstrations; dialogues; panels, and conversation hours. The Evolution of Psychotherapy Conference – the official meeting of the Milton H. Erickson Foundation is, par excellence, an exceptional experience...

Jeff Zeig, the Erickson Foundation founder and director, invites our ESHNL colleagues to further explore the possibilities by completing the application form: “The Evolution of Psychotherapy Conference will be virtual this year.

We want to combine safety, convenience, and cost savings. The conference, December 9-13 will also hold a pre-conference on December 8 and a post-conference on December 14.

See the program at www.evolutionofpsychotherapy.com. Register early for savings, and know that you can cancel without penalty. Registrants will have access to an archive of approximately 200 programs from the conference for all of 2021!”

www.erickson-Foundation.org

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Eulogies



Photo by F.C.



Dabney Ewin, MD

December 7, 1925 - June 24, 2020

By Julie H. Linden

It was early spring in 1975 when the director of Thomas Jefferson University Mental Health Center asked if anyone was interested in consulting with the new burn center in Philadelphia. I was intrigued, said yes, while my colleagues demurred. My boss explained that if I was going to work with patients who had suffered burns, I ought to use hypnosis. So, I would also need to learn from someone with expertise of using hypnosis for people with burns. Thus began my long association with Dabney Ewin.

Dabney Ewin was the person who fit that description. He was a surgeon, trained in psychiatry. He possessed a blend of medical knowledge and compassion I had rarely encountered. He was also avid about the place of hypnosis in the medical community. I read everything I could that Dabney had written, and our office compiled a team to organize research on working with victims of severe burns. Dabney assisted us every step of the way: outlining what he had learned in the emergency room over his career. He taught us that the burned patients were in trance, awaiting someone to take charge. He shared the language of suggestions that



allowed patients to reduce burn depth and manage the experience of pain. His passion about hypnosis inspired me as I imagine it had many medical

students before me. Dabney was a warm, generous spirit who spoke simply and with common sense. Authentic, with integrity to his core, he believed a person's word began with the trust of their handshake. He consistently demonstrated respect for others whether he was navigating organizational politics, teaching the history of hypnosis, or questioning a colleague about his work. He seemed to take everyone under his wing for both tutelage and safe-keeping. Dancing with him over the years, something he dearly loved, he smoothly led with ease. Perhaps my favorite memory was of a long drive from a workshop in Vermont to my home in Maine, where I had invited Dabney for a lobster dinner. We talked for hours. I marveled at his inquisitive mind, the deep capacity for empathy, and his endless ability to link his knowledge of history to the present. And, like the southern gentleman we all knew him to be, even with his lifetime of experience, he claimed that it was the best lobster he had ever eaten.

ESH, ISH and the rest of the hypnosis world will miss this prodigious and kind figure. His memory lives on in the skills he taught each of us - especially those of respect, rapport and care.

Ernest Rossi

March 26, 1933 - September 19, 2020

By Gérard Fitoussi,

It is with great emotion that we learn of the passing of Ernest ROSSI. With him passes away a major figure of hypnosis of recent decades. Ernest Rossi rubbed shoulders with the greats before he was one himself. David Cheek, who trained him in careful observation, then M. Erickson, whom he discovered through a book and whom he first met as a patient. Since then, E. Rossi never stopped exploring the lineaments of hypnosis, and the body-mind links,

integrating multiple approaches, psychological, biological, genetic and quantum.

His creative, fertile and rigorous spirit will leave his mark for all the practitioners who have known him directly but also for all those who apply his different methods and tools including the famous technique known as "Rossi's hand technique". In 2008, he was recognized for his major contribution in the field of psychotherapy by the American Society of Clinical Hypnosis (ASCH). He will leave many works to our consideration, some of which have been translated into French, including *The February Man* with M Erickson, and *Psychobiology of healing*. Like all the giants who are leaving, Rossi will stay with us and will continue to irrigate our minds with his work and his genius.

We extend our sympathy and thoughts to his wife Kathryn, his family and his friends.



Calendar of Events

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

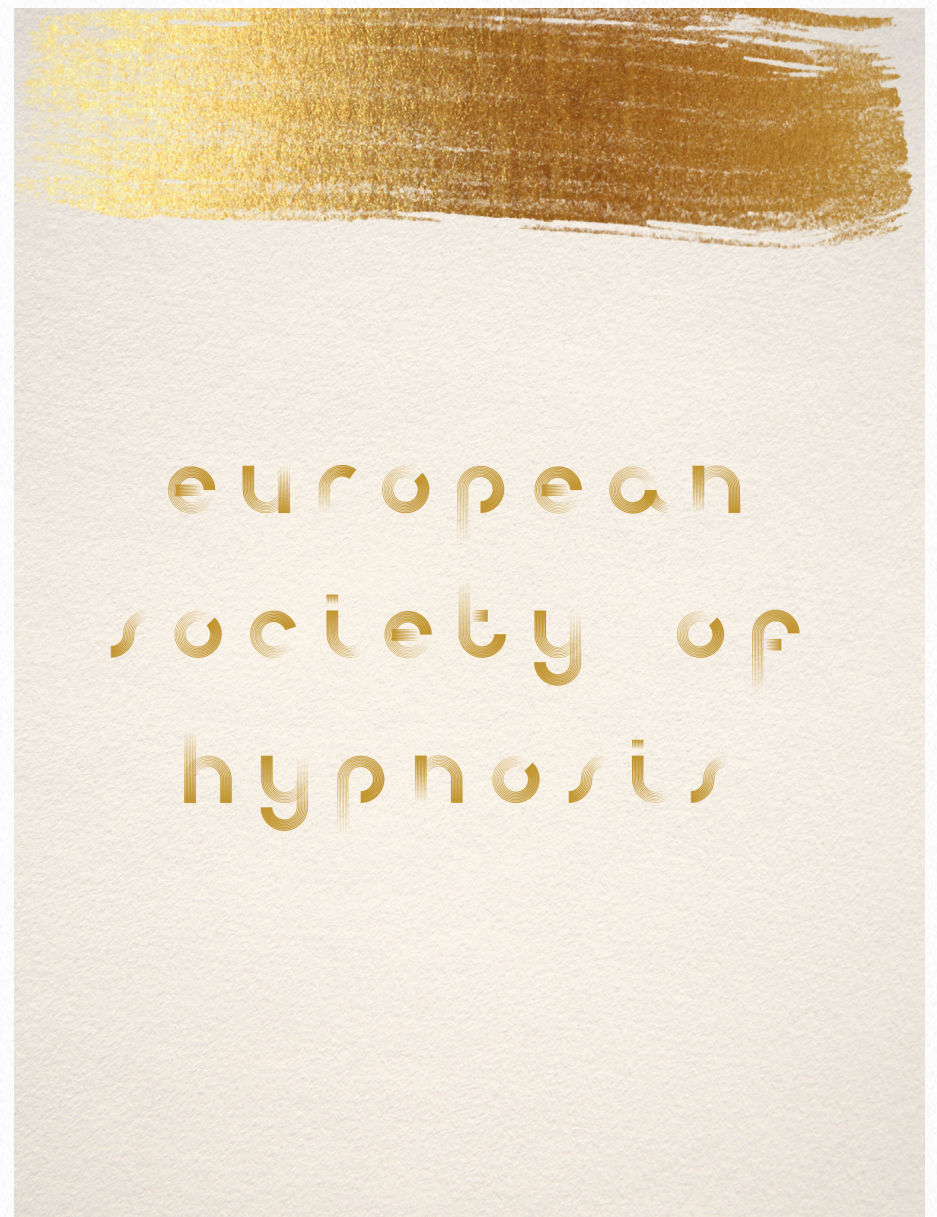
XXII WORLD CONGRESS OF MEDICAL & CLINICAL HYPNOSIS – COOPERATION IN HYPNOSIS

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



ESH AWARDS 2020

HONORARY MEMBERS

FOR THOSE PERSONS WHO HAVE MADE AN OUTSTANDING CONTRIBUTION TO THE FIELD OF HYPNOSIS.
BURKHARD PETER FOR HIS TREMENDOUS WORK IN RESEARCH AND IN PUBLICATIONS, SPREADING THE
KNOWLEDGE OF CLINICAL HYPNOSIS NOT ONLY IN HIS OWN COUNTRY BUT IN ALL ESH COMMUNITY.

FELLOWSHIP

FOR THOSE PERSONS WHO HAVE MADE AN OUTSTANDING CONTRIBUTION TO THE ESH.
SUSANNA CAROLUSSON FOR HER EXPERTISE IN CLINICAL HYPNOSIS, AND FOR HER CONTRIBUTION TO THE FIELD
OF HYPNOSIS WITH HER TEACHING AND WRITING.

SUSY FISHER-SIGNER FOR HER EXPERTISE IN CLINICAL HYPNOSIS AND FOR HER CONTRIBUTION TO THE FIELD OF
HYPNOSIS WITH HER TEACHING AND WRITING.

FRIENDS

A SPECIAL AWARD - A GIFT OF THE BOARD - FOR PERSONS WHO HAVE HAD A SPECIAL ROLE IN ASSISTING THE ESH
AT A CRITICAL JUNCTURE.

ALI ÖZDEN ÖZTÜRK AND ALI ESREF MUEZZINOGLU OF THE THD, TURKISH SOCIETY OF MEDICAL HYPNOSIS
FOR HAVING ORGANISED NATIONAL AND INTERNATIONAL CONGRESSES INVITING THE ESH BOARDS TO PRESENT
THEIR WORK AND TO HAVE THEIR BOARD MEETING ONSITE

CONSTITUENT SOCIETIES AWARD

FOR CONSTITUENT SOCIETIES WHO HAVE DEMONSTRATED COMMITMENT TO HAVING HYPNOSIS ACKNOWLEDGED
IN THEIR OWN COUNTRY AND THUS ENHANCING THE REPUTATION OF HYPNOSIS AND ESH.

BSCAH, BRITISH SOCIETY OF CLINICAL AND ACADEMIC HYPNOSIS,
FOR HAVING ORGANISED THE MANCHESTER XIV ESH CONGRESS IN 2017 AND GENEROUSLY HAVE OFFERED THEIR
INCOME TO THE ESH.

HAH, HUNGARIAN ASSOCIATION OF HYPNOSIS

FOR THE CONTINUOUS COMMITMENT IN DOING SCIENTIFIC RESEARCH IN THE FIELD OF MEDICAL HYPNOSIS AND
PRESENTING THEIR RESULTS TO THE ESH CONGRESSES, AND FOR HAVING ORGANISED, IN 2013, THE
“INTERNATIONAL CONFERENCE ON HYPNOSIS IN MEDICINE (ICHM)”, AND, IN 2019, “HYPNOSIS: NEW
GENERATION”.

DSCH, DANISH SOCIETY OF CLINICAL HYPNOSIS

FOR THE GENEROUS GRANT GIVEN TO ESH FOR SPONSORING THE ESH RESEARCH PROJECT.

THE THREE SWISS SOCIETIES, SMSH - SWISS MEDICAL SOCIETY FOR HYPNOSIS-, IRHYS - INSTITUT ROMAND
D'HYPNOS SUISSE-, AND GHYPS - GESELLSCHAFT FÜR KLINISCHE HYPNOSE SCHWEIZ SOCIÉTÉ MÉDICALE
FOR HAVING WORKED FOR ALMOST THREE YEARS FOR THE EXCELLENT ORGANIZATION OF THE XV ESH
CONGRESS IN BASEL AND, AFTER THE CANCELLATION DUE TO COVID-19, FOR THEIR GENEROSITY IN TAKING ON
ALL EXPENSES INCURRED UP TO CANCELLATION.

ONLINE
CEREMONY

VIDEOS AVAILABLE ON YOUTUBE ESH CHANNEL



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

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