

ESH The Newsletter

Continuity and Innovation



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ESH

European Society of Hypnosis

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President's LETTER

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NEWS
from
CEPE

2021

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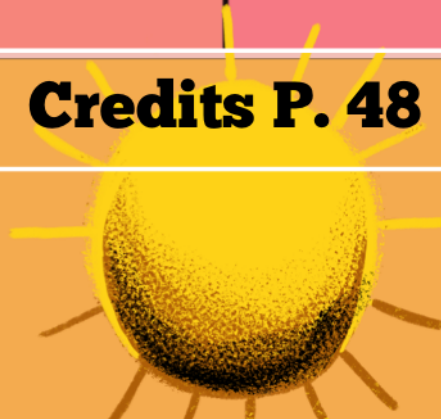
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President's Letter

Kathleen Long

It is amazing what a little sunshine can do for everyone. We are still under COVID restrictions in Glasgow but the mood is very different now that the sun has appeared. People having fun cycling and walking in the parks and enjoying barbecues in their gardens. There is some wildlife in the city out on show as well: the swans hatching their young and the ducks paddling furiously with their young chicks on the river Clyde. Glasgow is also a city that embraces change while remaining in touch with its roots. The river was once home to a major ship building industry producing many world-famous liners. The big ships have long sailed but the history of those days still remains.

The changes we have had to embrace in ESH have been equally inspiring. The virtual meetings between the ESH board and the Constituent Society Presidents has been enlightening and enjoyable for all those who take part discovering more about each other and offering suggestions to the board about how we can develop

them further. We have already had short presentations for some of the societies as well as from the chairs of the ESH committees on Research, CEPE and Media. Does your society have something to share with the board and the other Constituent Societies? If so, then please contact Central Office.

At the next joint meeting on August 9th, we will have a presentation from Ali, our ESH treasurer and president of THD, about the plans for the 2023 ESH Congress in Istanbul where we can all meet face to face again in one of the most beautiful and inspiring cities in the world. A city that has undergone many changes over the centuries rich in history and modernising with an energy that is impressive.

It is important that we also keep up the work of the social media presence of ESH. This is not a vanity project but a plan to increase awareness of hypnosis throughout Europe.

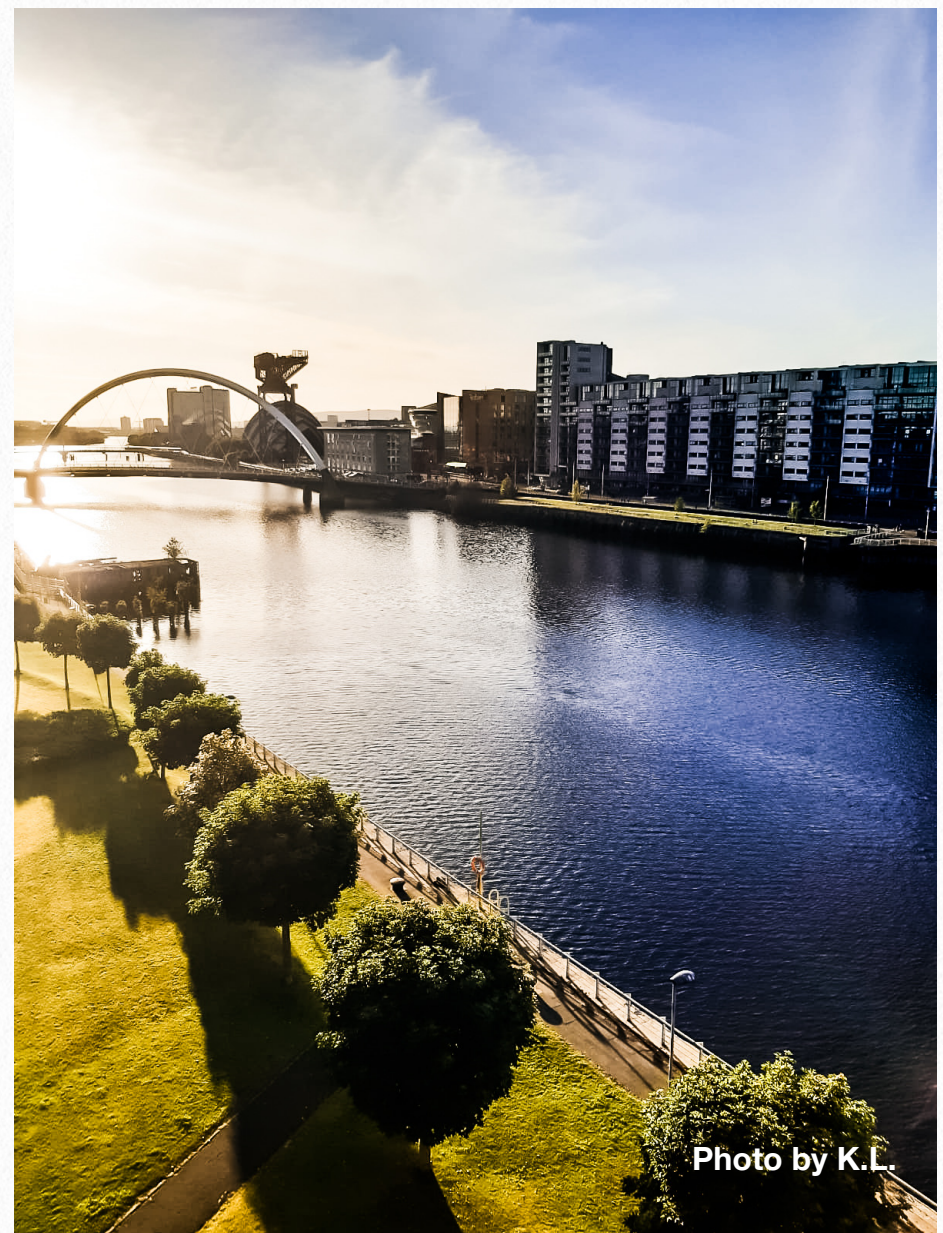
We are still looking for our member societies to send in photographs for our Instagram page telling the history of their society. If you can contribute to this page then please send your photographs to Central Office.

For those of you who are familiar with the history of ESH you will know it was founded in 1976 and became fully independent of ISH in 1990. A big change at the time and both societies have continued to flourish in their own individual way.

The changes have led to a co-operative relationship between ESH and ISH in areas like research and attending each other's Congresses. The ESH board hope to strengthen this co-operation to promote the benefits of hypnosis while retaining fully our own individuality

To everyone in our ESH family please enjoy the sunshine and realise that through your

hypnosis skills you are able to show your patients who are living in the darkness how to see the sun again, and to help them to embrace the changes they need to make.



Translated into French by Gérard Fitoussi

C'est incroyable ce qu'un peu de soleil peut faire pour chacun de nous. Les restrictions dues au Covid sont encore de mise à Glasgow, mais l'atmosphère est très différente maintenant que le soleil fait son apparition. On peut voir des gens s'amuser à faire du vélo et de la marche dans les parcs tandis que d'autres profitent de leurs jardins en faisant des barbecues. La faune est aussi présente dans la ville : les cygnes font éclore leurs petits et les canards pagayent furieusement avec leurs jeunes poussins sur la rivière Clyde. Glasgow est une ville qui embrasse le changement tout en restant en contact avec ses racines. La rivière abritait autrefois une importante industrie de construction navale avec des paquebots à la renommée mondiale. Les grands navires sont aujourd'hui du passé, mais l'histoire de cette époque demeure.

Les changements que nous avons dus adopter à l'ESH ont été tout aussi inspirants. Les réunions virtuelles du conseil d'administration de l'ESH avec les présidents des sociétés constitutives ont été instructives et agréables pour tous ceux qui y ont participé, permettant de mieux faire connaissance et de proposer des suggestions au conseil d'administration sur la manière dont nous pouvons développer davantage ces rencontres. Durant ces échanges, nous avons eu la présentation de certaines sociétés ainsi que celle des présidents des comités de l'ESH, chargés de la recherche, du CEPE et des médias. Si votre société souhaite partager avec le conseil d'administration et les autres sociétés constitutives, veuillez contacter le bureau central. Lors de la prochaine réunion conjointe du 9 août, nous aurons une présentation d'Ali, trésorier de l'ESH et président de la société turque THD, à propos du prochain congrès de l'ESH en 2023 qui se tiendra à Istanbul et où nous pourrons tous nous retrouver en présentiel dans l'une

des plus belles et inspirantes villes du monde. Une ville qui a connu de nombreuses mutations au fil des siècles, une ville riche d'histoire et qui se modernise avec une énergie impressionnante.

Il est important que nous maintenions également la présence de l'ESH sur les réseaux sociaux. Il ne s'agit pas d'un projet dû à notre vanité mais d'un plan visant à accroître la sensibilisation à l'hypnose dans toute l'Europe. Nous souhaitons toujours que nos sociétés membres nous adresse des photos pour notre page Instagram racontant l'histoire de leur institut. Si vous souhaitez contribuer à cette page, veuillez envoyer vos photos au bureau central.

Pour ceux d'entre vous qui connaissent l'histoire de l'ESH, vous savez qu'elle a été fondée en 1976 et est devenue totalement indépendante de l'ISH en 1990. Un grand changement à l'époque qui a permis aux deux sociétés de continuer à prospérer chacune à leur manière. Les changements ont conduit à une relation de coopération entre l'ESH et l'ISH dans des domaines tels que la recherche et la participation mutuelle aux congrès respectifs. Le conseil d'administration de l'ESH espère renforcer cette coopération pour promouvoir les bienfaits de l'hypnose tout en conservant pleinement sa propre individualité.

À tous les membres de notre famille ESH, profitez du soleil et réalisez que grâce à vos compétences en hypnose, vous êtes capable de montrer à vos patients qui vivent dans l'obscurité comment voir à nouveau le soleil et aussi de les aider à adopter les changements qu'ils doivent effectuer.

Translated into German by Stella Nkenke

Es ist doch erstaunlich, was ein wenig Sonnenschein bewirken kann. Zwar haben wir in Glasgow immer noch bedingt durch COVID viele Einschränkungen, aber seit dem die Sonne endlich rausgekommen ist, ist die Stimmung eine ganz andere. Die Menschen genießen wieder das Radfahren, Spaziergänge durch die Parks und Grillabenden in ihren Gärten. Auch die Tierwelt hier in der Stadt wird wieder sichtbarer: die Schwäne, brüten gerade ihre Jungen aus, während die Enten schon mit ihren Küken auf dem Fluss Clyde umherpaddeln. Auch wenn Glasgow eine Stadt ist, die offen für Veränderungen ist, bleiben die Ursprünge klar erkennbar. Der Fluss war einst die Heimat einer großen Schiffsbauindustrie, die viele weltberühmte Linienschiffe hervorbrachte. Die großen Schiffe sind längst abgefahren, aber die Geschichte jener Tage ist immer noch präsent.

Auch die Veränderungen, die wir in der ESH zu bewältigen hatten, waren spannend. Unsere virtuellen Treffen zwischen dem ESH-Vorstand und den Präsidenten der Mitgliedsgesellschaften waren sehr interessant für alle Teilnehmenden. So konnten wir mehr übereinander erfahren, Vorschläge entgegen nehmen und Überlegungen anstellen, wie wir sie weiter entwickeln können. Wir durften bereits kurzen Präsentationen von einigen Gesellschaften hören, sowie von den Vorsitzenden der ESH-Ausschüsse für Forschung, CEPE und Medien. Wenn auch Ihre Gesellschaft etwas mit dem Vorstand und den anderen Constituent Societies teilen möchte, dann kontaktieren Sie bitte das Central Office. Bei unserer nächsten gemeinsamen Sitzung am 9. August wird Ali, unser ESH-Schatzmeister und Präsident der THD, einen Vortrag über den ESH-Kongress 2023 in Istanbul halten. Es wäre

schön, wenn wir uns alle dort wieder sehen könnten. Istanbul gehört zu den schönsten und inspirierendsten Städten der Welt. Eine Stadt, die im Laufe der Jahrhunderte viele Veränderungen erlebt hat, reich an Geschichte ist und durch eine inspirierenden Energie besticht. Es ist wichtig, dass wir die Arbeit der Social-Media-Präsenz der ESH weiter aufbauen. Dies ist kein Eitelkeitsprojekt, sondern unabdingbar, um das Bewusstsein für Hypnose in ganz Europa zu erhöhen. In diesem Zusammenhang würde wir auch gerne auf der neuen Instagram Seite die Geschichte ihrer Gesellschaft erzählen. Wenn Sie etwas zu dieser Seite beitragen möchten, dann schicken Sie bitte Ihre Fotos an das Central Office.

Diejenigen, die mit der Geschichte der ESH vertraut sind werden wissen, dass sie 1976 gegründet wurde und 1990 vollständig unabhängig von der ISH wurde. Das war eine große Veränderung zu dieser Zeit, und beide Gesellschaften haben sich auf ihre eigene Art und Weise sehr gut weiterentwickelt. Es besteht eine kooperativen Beziehung zwischen ESH und ISH in Bereichen wie Forschung und gegenseitige Teilnahme an den Kongressen. Der Vorstand der ESH hofft, diese Zusammenarbeit zu verstärken, um die Vorteile der Hypnose weiter zu fördern. Gleichzeitig wollen wir unsere eigene Individualität bewahren.

An alle in unserer ESH-Familie: Genießen Sie den Sonnenschein und machen Sie sich bewusst, dass Sie durch Ihre Hypnosefähigkeiten in der Lage sind, Ihren Patienten, die in der Dunkelheit leben, zu zeigen, wie sie die Sonne wieder sehen können, und ihnen dabei helfen, die notwendigen Veränderungen dafür anzunehmen.

Translated into Spanish by José Cava

Es asombroso lo que un poco de sol puede hacer por todos. Todavía estamos bajo restricciones de COVID en Glasgow, pero el estado de ánimo es muy diferente ahora que ha aparecido el sol. Hay gente divirtiéndose en bicicleta y paseando por los parques y disfrutando de barbacoas en sus jardines. También hay algo de vida salvaje en la ciudad: los cisnes que incuban a sus crías y los patos que nadan con brío con sus polluelos en el río Clyde. Glasgow es también una ciudad que abraza el cambio sin dejar de estar en contacto con sus raíces. El río fue una vez el hogar de una importante industria de construcción de barcos que producía muchos transatlánticos de fama mundial. Los grandes barcos han navegado durante mucho tiempo, pero la historia de esos días aún permanece.

Los cambios que hemos tenido que adoptar en ESH han sido igualmente inspiradores. Las reuniones virtuales entre la junta de la ESH y los presidentes de las Sociedades Constituyentes han sido enriquecedoras y agradables para todos los participantes, ayudando a descubrir más sobre cada uno y permitiéndoles dar sugerencias a la junta directiva sobre cómo podemos desarrollar más sus sociedades. Ya hemos tenido presentaciones breves para algunas de las sociedades, así como de los presidentes de los comités de Investigación, CEPE y Medios de la ESH. ¿Su sociedad desea compartir algo con la junta y las demás Sociedades Constituyentes? Si es así, comuníquese con la Oficina Central. En la próxima reunión conjunta el 9 de agosto tendremos una presentación de Ali, nuestro tesorero de ESH y presidente de THD, sobre los planes para el Congreso de ESH 2023 en Estambul, donde todos podremos encontrarnos cara a cara nuevamente en una

de las ciudades más hermosas y inspiradoras del mundo. Una ciudad rica en historia, que ha sufrido muchos cambios a lo largo de los siglos y que ha ido modernizándose a un ritmo impresionante.

Es importante que también mantengamos el trabajo de presencia de ESH en las redes sociales. Este no es un proyecto vanidoso, sino un plan para aumentar la conciencia sobre la hipnosis en toda Europa. Todavía estamos buscando que nuestras sociedades miembros envíen fotografías para nuestra página de Instagram contando la historia de su sociedad. Si puede contribuir a esta página, envíe sus fotografías a la Oficina Central.

Para aquellos de ustedes que estén familiarizados con la historia de ESH, sabrán que se fundó en 1976 y se independizó completamente de ISH en 1990. Un gran cambio en ese momento, que ha permitido que ambas sociedades hayan continuado floreciendo cada una a su propia manera. Los cambios han llevado a una relación de cooperación entre ESH e ISH en áreas como la investigación y la asistencia a los Congresos de ambas sociedades. La junta directiva de la ESH espera fortalecer esta cooperación para promover los beneficios de la hipnosis manteniendo plenamente nuestra propia individualidad.

A todos los miembros de nuestra familia ESH, disfruten del sol y tengan en cuenta de que a través de sus habilidades con la hipnosis pueden mostrarles a sus pacientes que viven en la oscuridad cómo ver el sol nuevamente y ayudarles a hacer los cambios que necesitan hacer.

Translated into Italian by Fabio Carnevale

È incredibile quello che un po' di sole può fare per tutti. Sebbene qui a Glasgow siamo ancora soggetti alle restrizioni dovute al COVID, l'umore è molto diverso ora che è tornato il sole. La gente torna a godersi un giro in bicicletta o a piedi nei parchi e tornano con i barbecue nei giardini.

C'è anche un po' di fauna selvatica in città: i cigni assistono alla schiusa dei loro piccoli e le anatre nuotano con vigore insieme ai loro piccoli pulcini sul fiume Clyde.

Glasgow è una città che abbraccia il cambiamento pur rimanendo in contatto con le proprie radici. Il fiume era un tempo sede di un'importante industria di costruzione navale che produceva molti transatlantici famosi in tutto il mondo. Grandi navi che hanno navigato a lungo e che hanno fatto la storia.

I cambiamenti che abbiamo dovuto abbracciare nella ESH sono stati ugualmente stimolanti. Gli incontri virtuali tra i membri del Consiglio Direttivo ed i Presidenti delle Constituent Societies sono stati illuminanti e divertenti per tutti i partecipanti che hanno offerto al Board suggerimenti per migliorare sempre di più.

Abbiamo già svolto brevi presentazioni relative ad alcune delle Società Costituenti e delle commissioni ESH per la Ricerca, il CEPE ed i Media. Qualora le vostre Società abbiano qualcosa da condividere con il Board e le altre Società Costituenti, potete contattare l'ufficio centrale. Al prossimo incontro congiunto del 9 agosto avremo una presentazione da parte di Ali, il nostro tesoriere ESH e presidente di THD, relativa ai progetti per il Congresso ESH 2023 a Istanbul, dove potremo

incontrarci di nuovo faccia a faccia in uno dei luoghi più belli ed evocativi del mondo. Una città che ha subito molti cambiamenti nel corso dei secoli, ricca di storia e capace di modernizzarsi con un'energia impressionante.

È importante che continuiamo anche ad incrementare la presenza della ESH sui social media. Non si tratta di vanità, ma di un piano per aumentare la conoscenza dell'ipnosi in tutta Europa. Per ciò stiamo ancora chiedendo che le nostre società inviino fotografie che raccontino la storia dell'ipnosi in Europa per la nostra pagina Instagram. Chiunque voglia contribuire a questa pagina, può inviare le proprie fotografie all'Ufficio Centrale.

Per quanti di voi abbiano familiarità con la storia della ESH, è noto che sia stata fondata nel 1976 e come sia divenuta completamente indipendente dalla ISH nel 1990. Si trattò di un grande cambiamento ed entrambe le società hanno continuato a prosperare a modo loro.

I cambiamenti hanno portato a un rapporto di cooperazione tra ESH e ISH in aree come la ricerca e la partecipazione reciproca ai Congressi. Il consiglio della ESH è impegnato a rafforzare questa cooperazione per promuovere i benefici dell'ipnosi pur mantenendo pienamente la nostra individualità.

A tutti nella nostra famiglia ESH, auguro di godere dei benefici del sole e di realizzare come attraverso le conoscenze ipnotiche sia possibile mostrare ai pazienti che vivono nell'oscurità un modo per vedere di nuovo il sole, aiutandoli ad abbracciare i cambiamenti cui aspirano.

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Editor's Letter

Consuelo Casula



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European Society of Hypnosis

Image by F.C.

This ESHNL arrives not only with the summer but also with the good news regarding the weakening of COVID 19, at least in most European countries, and the consequent regaining of the freedom to go out, visit friends and relatives, and maybe even organize face to face meetings.

This issue is full of interesting articles and interviews, starting with the letter from our president Kathleen Long, reminding the ESH CSs of the importance of online meetings which each time see a greater number of participants. The next meeting is scheduled for August 9th. You can also read two interviews, one from Randi Abrahamsen with the German dentist Thomas Wolf, and one with our President Elect Gérard Fitoussi, who, as sole author, wrote an extraordinary Encyclopedic Dictionary of Hypnosis, (Anfortas Editions).

In this ESHNL, I spot a stroke of serendipity that I enjoy noticing in almost each ESHNL. Peter Naish delights us with his usual column on research speaking of the length of the horses' teeth which indicate the age of these animals. While Peter explains for non native English speakers the meaning of the English saying, "Don't look a gift horse in the mouth", the dentist Tomas Wolf interviewed by Randi talks about horses and in particular the passionate research work he and his wife are doing on a concept in which hypnosis and riding therapy can be combined. What a wonderful coincidence!

Another coincidence in this issues is that while Giuseppe De Benedittis informs us of the resumption of negotiations with the WHO for

the recognition of hypnosis in the treatment of pain, interrupted due to COVID, Stella Nkenke summarizes a study by Ernil Hansen, Professor Emeritus of Anaesthesiology at the University of Regensburg, published in the impact factor British Medical Journal, on all the positive effects of therapeutic suggestions during surgery.

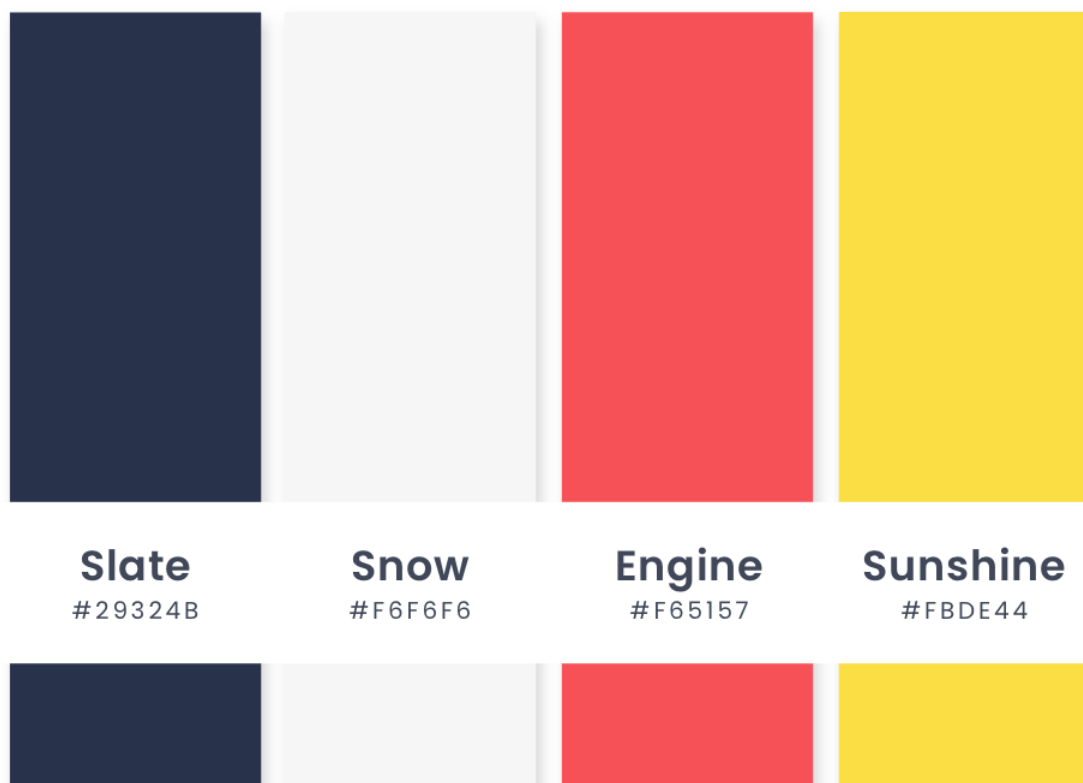
This publication in the prestigious English journal offers another confirmation of the effectiveness of hypnosis in the field of pain therapy. Marie-Jeanne Bremer's contribution invites us to savor the digital "Appetizer" for the "Preforum" offered by CFHTB, anticipating the complete full tasty and nutritious meals, including breakfasts, lunches and dinners, that can be enjoyed live, hopefully, during the next joint CFHTB and IMHEL conference to be held in 2022 in Luxemburg.

This issue also has two short cases, one from our president Kathleen Long, the other from Shaul Navon, and finally, a review of the Michael Yapko's latest publication *Process-Oriented Hypnosis. Focusing on the Forest, Not the Trees*, published by Norton & Company, which I personally recommend for its innovative and stimulating ideas. As Roxanna Erickson Klein writes in Advance Acclaim of the book, "Michael Yapko has explored an element that has become identified as a core Ericksonian approach, the tailoring... He has taken it and turned the whole picture upside down and inside out. And in so doing he may have arrived at the most Ericksonian of all approaches ... looking at the forest and working within the context of the bigger picture."

Research Reflections

By
Peter
Naish

European Society of Hypnosis COLOR PALETTE



My articles belong to the non-translated group in the Newsletter. I know many of you have excellent English skills, but I sometimes wonder just how many try to

read my contributions, and whether they find them interesting or useful. Any feedback would be gratefully received!

I don't think the United Kingdom is particularly known as an equestrian nation, but we have two horse-related expressions; perhaps they exist in other languages too. The first is, "Don't look a gift horse in the mouth." The reasoning behind this is that horses' teeth grow longer with age. If one were buying a horse, it would be reasonable to check to see if it was getting old, but when given any gift (not only a horse) it is impolite to check its quality. The other saying is, "He is getting a bit long in the tooth!" This is used for people, not horses, but you can see the analogy! Well, all this preamble is to help non-native speakers understand me, when I write that I am getting a bit long in the tooth. I don't want the dentists among you forming a delegation to inspect my dentition!

An advantage of having lived for a relatively long time is that one can see research evolving, with some theories passing the 'survival of the fittest' test, some evolving and others becoming extinct. It doesn't seem so very long ago that there was fierce debate in hypnosis circles, concerning whether or not hypnosis could be called an altered state of consciousness. These became known as the State Wars. As so often seems to be the case, after wars have faded into

history one wonders what all the controversy was about, but in the case of hypnosis the issue had come close to an argument as to whether or not hypnosis was real. Naturally, people who successfully used hypnosis therapeutically were inclined to exasperation and indignation, when members of the scientific community insisted that there was nothing special happening. Some researchers went so far as to claim that people merely put on a 'hypnotic act' to be compliant with the wishes of the person hypnotising them. This was not entirely unreasonable, since social psychologists had demonstrated that many of us are very compliant: we don't like to seem 'difficult' or 'different'. Continuing research softened this theory, with researchers conceding that some people were able to adopt mental strategies that would convince themselves that their 'act' was really happening. Thus, this was not simply something based on social psychology; it involved cognitive processes too. As a result, theories of this sort were referred to as socio-cognitive.

There was other, quite separate research that demonstrated a remarkable degree of similarity between the experiences of a highly hypnotised person and someone suffering from schizophrenia. It always

struck me as illogical that, in spite of the similarity, no one claimed that schizophrenia was a socio-cognitive phenomenon. If attempts were being made to explain schizophrenia in neurological terms, then why should hypnosis not receive similar explanations? The problem for hypnosis was that it did not produce unique effects (at least, not in the laboratory). It had been shown that low-hypnotisable actors, without any special training, could convince an experienced hypnotist that they were deeply hypnotised. However, there was one exception: actors did not know about time distortion. The fact that many people greatly underestimate the duration of their hypnosis, appears to be a real effect specifically brought about by being hypnotised. It is as if their inner clock runs slowly.

There was a British researcher in those days, who devised an interesting idea that would go some way to explaining consciousness, and specifically account for the symptoms of schizophrenia (Gray, 1995). With great prescience, Gray proposed that the brain operated a test-and-predict cycle. It would repeatedly analyse information from the senses, then compare the result with the predictions made during the preceding cycle. Any

mismatches between what the brain calculated was going to happen next, and what actually occurred would attract attention and form the content of consciousness. Gray believed that many of the symptoms of schizophrenia could be explained by errors in the comparison process. Interestingly, the proposed cycle rate (about ten per second) was close to the 'tick rate' that had been claimed for our inner clock; it made sense to assume that they were one and the same. In hypnosis, where a person shifts attention away from the real world, and generates their own consciousness, there is no need to perform such frequent updates; the clock can run more slowly (e.g. Naish, 2001).

The passing years have brought many advances in the science, and hence changes to the theories. The results of numerous brain-scanning studies have forced a far wider acceptance that the brain really does do something significantly different in hypnosis. Perhaps the largest shift is in our understanding of brain function and consciousness. Gray's test-and-predict is no longer seen as something done once, when all the processing is completed. Rather, it is an integral part of every level of analysis, with the brain continually striving to minimise

the degree of mismatch at each stage (e.g. Clark, 2013). This has made my ideas about the slow-running clock look very implausible. So now I see it as a possible consequence of the shift towards the right hemisphere during hypnosis (Naish, 2010); there is evidence of a timing mechanism being based in that hemisphere (Lewis & Miall, 2003). Moreover, patients suffering from Parkinson's disease show a pattern of timing errors somewhat like those produced by hypnosis. In the early stages of the disease, it is sometimes more advanced in one hemisphere than the other, leading to 'hemi-parkinsonism'. These patients exhibit timing errors only when it is the right hemisphere which is affected.

Hypnotic timing errors began as a somewhat inconsequential observation, which became interesting only because they helped to convince sceptics that hypnosis was more than a simple social phenomenon. Whether or not my current ideas (Naish, 2014) concerning the cause of the time shortening are correct, in the scientific world hypnosis has largely gained the recognition it deserves, so timing phenomena can return to their inconsequential status. One very large unresolved issue remains: whether we see hypnosis as an altered state of consciousness or not, we still have very

little understanding of consciousness itself.

Just a final comment concerning time: hypnosis is not the only means of making time past seem very short. Getting long in the tooth has the same effect!

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Continuity and Innovation in Committee for Educational Programs in Europe (CEPE)

By
Randi
Abrahamsen



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CEPE has six board members: Ali Özden Öztürk, Gérard Fitoussi, Kathleen Long, Peter Naish, Stella Nkenke and the chair, Randi Abrahamsen. We endeavor to serve

our Constituent Societies and inspire to high standards of training and education in hypnosis. ESH has set standards for education, and gives accreditation to

Constituent Societies that meet those standards. We also grant the European Society of Hypnosis Certificate to members of our Constituent Societies. We are working to increase both the number of accredited societies and the number of certificate holders.

With this growing accreditation and certification, we hope to promote the use of hypnosis within health care systems across Europe, in a way that will make our members stand out from the members of lay hypnosis societies.

In this period, we have had long discussion of the eligibility criteria for ESH certificate holders.

It is difficult since some societies accept only medical doctors, dentists, psychologists and psychotherapists, whereas other societies also accept other health care professions such as nurses, midwives and physiotherapists. We have decided the ESH certificate will be granted following the regulations of the applicant's Constituent Society and will only be valid in the country, where it is issued.

Another problem is that some people after completion work beyond the field in which they qualified. To prevent this problem the ESH certificate applicant must give a sworn statement, that they will use hypnosis only within the area of their health profession. To give you an example with the use myself.

I am a dentist. I should only use hypnosis within dentistry for problems that I would work with or without hypnosis. I could work with pain or bruxism but I should not treat depression.

Accredited Societies:

Our new Italian Society **SIPMU** has been welcomed as an accredited Society.

Accreditation has to be renewed every third year. In 2021 we have renewed three societies from Germany -**DGH**, **DGZH** and **MEG**- and the French: **L'Eveil**.

We hope that more societies will apply for renewal and would like to welcome more of our Societies to apply for the ESH accreditation. For details of our application procedure please see our website or contact Central Office.

Holders of the European Society of Hypnosis Certificate:

In 2021 renewal has been granted to: Paul Lim, Raj Jayawardena, Peter Stimpfle, Rachel Bonaventura Snir, and Philippe Rayet. We congratulate them all. 76 certificate holders are overdue with their renewal; we hope that they will renew soon.

We encourage society members to apply for the certificate. For the application form please look at our website. Fill out the form and send it to your Constituent Society.

As an ESH Certificate holder you can give permission to have your name on our webpage and receive a free electronic Copy of the journal Contemporary Hypnosis and Integrated Therapy.

The price of the ESH certificate is 50 euros valid for three years. For the renewal 60 Creditation Points have to be collected.

Database on Education:

We have since 2019 been working on a database of education programmes, following the idea of Doctor Ali Özden Öztürk, to inspire our constituent societies to develop hypnosis training of high standards.

We have information from **THD** Turkey, **DSCH** Denmark, **IsSH** Israel, **ÖGATAP** Austria, **DGZH** and **DGH** Germany, and **IPNOMED** Italy.

This information will hopefully soon be found in a protected area of our website. We encourage other Constituent Societies to share their curriculum.

Please let us hear if you have any suggestions or proposals for improvement. In the board we now cover most European languages, so it doesn't always have to be in English. Remember we are here for you.



Become a holder of the European Society of Hypnosis Certificate today.

ESH works to increase the knowledge of the evidence-based hypnosis within the healthcare systems in Europe. ESH encourages Constituent Societies to become **ESH Accredited Training Societies** and follow a common pool of high professional standards in hypnosis training to make a difference from lay hypnosis training.

As an ESHC holder you can:

- Network with colleagues
- Get free electronic copy of Contemporary Hypnosis and Integrated Therapy (CH&IT) Journal
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- Join the ESHC holder list on our website
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European Society of Hypnosis (ESH) Committee for Educational Programs in Europe (CEPE)

We hope to see more ESHC holders among ESH Constituent Societies.

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We believe that having more ESHC holders in ESH Constituent Societies will serve as a clear indicator that the clinical use of hypnosis is recognized and respected across Europe.

The website list will assist patients/clients looking for hypnosis treatment to find appropriately qualified and certified professionals.

Minimum Training Requirements for European Society of Hypnosis Certificate

Level 1 Basic Training

- 50 hours of Basic Theoretical Hypnosis Training
 - 50 hours of Supervision in hypnosis applications.
-

Level 2 Advanced Training

- 100 hours of Further Hypnosis Training including courses, conferences, workshops and online learning etc. in hypnotic applications and techniques
 - 2 years of Clinical Work Experience in hypnosis.
-

Apply for the certificate through your Constituent Society or ESH Central Office mail@esh-hypnosis.eu

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French Continuity and Innovation

By Gérard Fitoussi

E U R O P E A N

E S H

S O C I E T Y O F H Y P N O S I S



Picture by F.C.

Life is gradually resuming its rights and if some congresses are postponed to 2022 such as that of Emergences in St-Malo, Miméthys in La Baule or the CFHTB forum in Luxembourg, others such as the Hypnosium congress will be held in September in Biarritz.

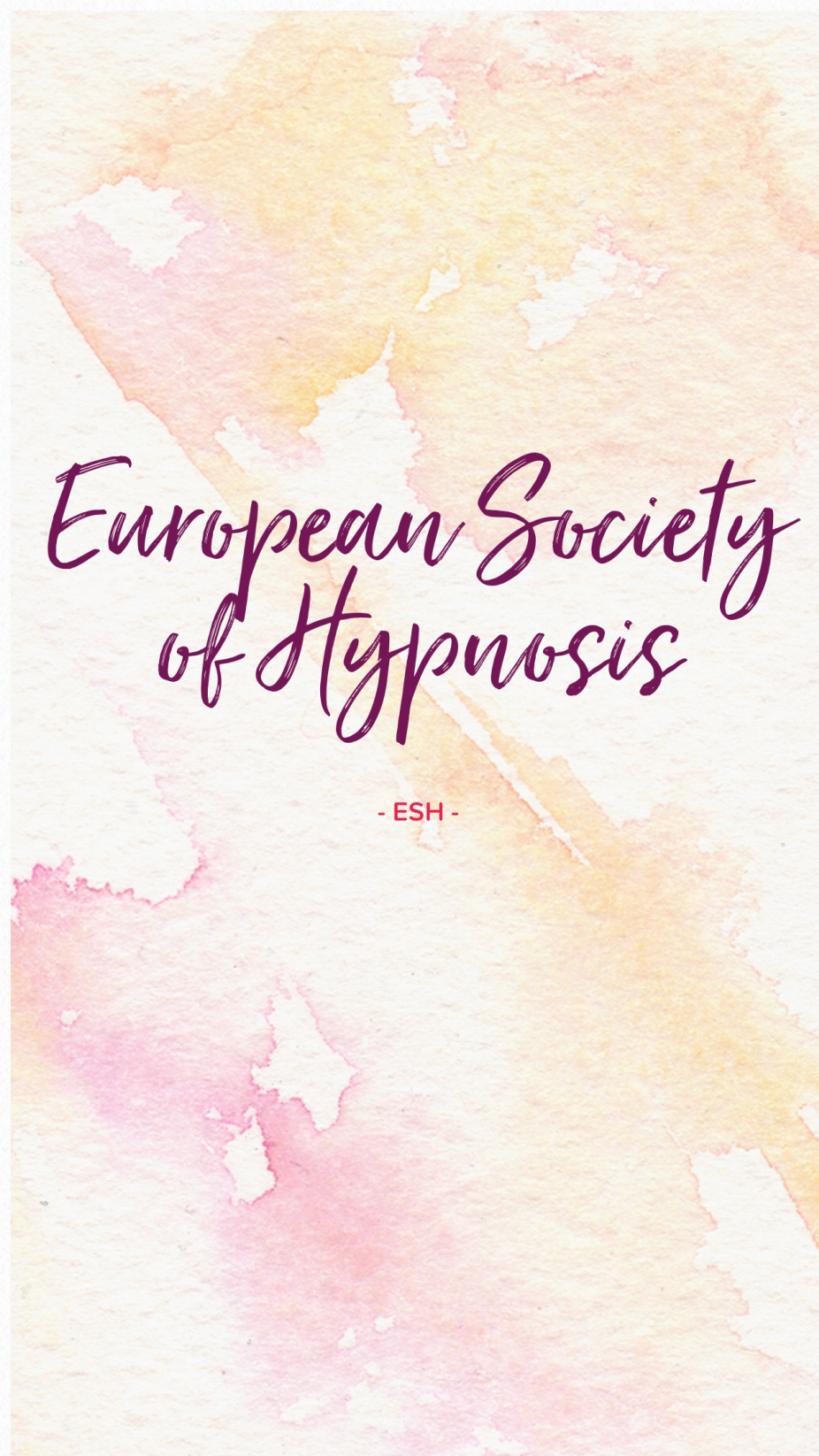
Many projects are underway at the CFTHB, the establishment of a research prize endowed with 15,000 euros which has already received proposals from several candidates, the transformation of the CFHTB into a learned society (Société Savante) with the establishment of a scientific council headed by Charles Jousselein.

In the field of publishing, a book published by Dunod, *17 Case studies in Hypnotherapy*, where the reader will discover individual case studies accompanied by a bibliography.

There is also a chapter dedicated to the uncertainty due to the Covid pandemic and its management.

Finally, at Anfortas editions, I had the pleasure of publishing the *Encyclopedic Dictionary of Hypnosis* (see interview with Consuelo Casula).

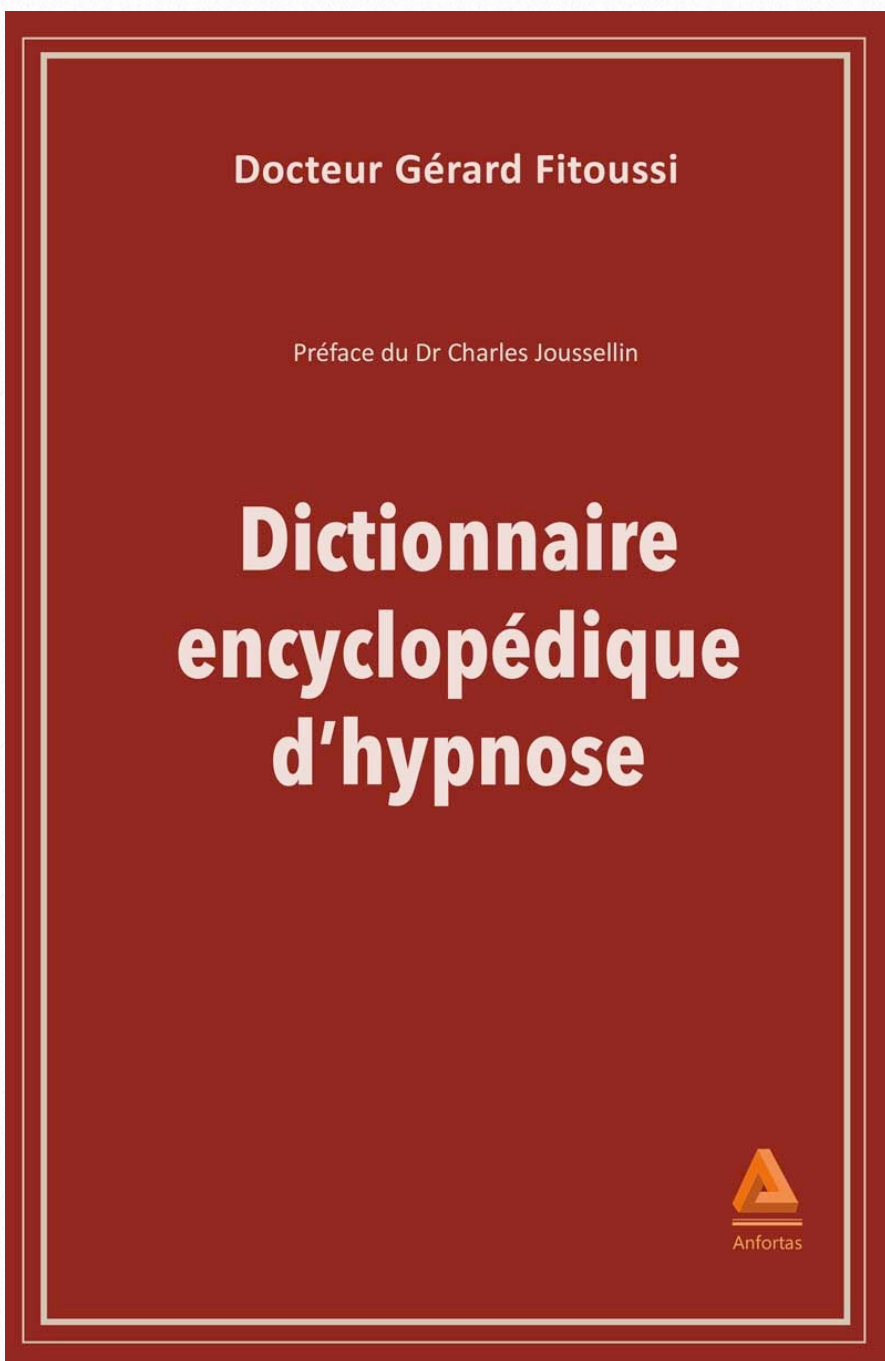
The journal *Hypnose et Thérapie Brèves* (May 2021) reviews the work of François Roustang and proposes articles on the phobia of flying and on the value of hypnosis in trauma.



Interview with Gérard Fitoussi

By Consuelo Casula

You have just published the Dictionnaire encyclopédique d'hypnose. So far, what feedback have you had?



The Dictionary was published by Anfortas editions in April 2021. I am very honored to have my works published from the same house that published works like *The Blue Book*, edited by Professor de Benedittis. Initial feedback has been positive, though

it is still early days. Off the record a qualified person told me that "this is the most important book in the last twenty years in the field of hypnosis", and another professor of medicine "Someone had to do it, and you did it, we are going to recommend it to all our students "

Starting from the title, this book applies to hypnosis two concepts loaded with French culture such as the encyclopedia associated with the French Denis Diderot and Jean Baptiste D'Alembert - authors of the *Encyclopédie ou Dictionnaire raisonné des sciences, des arts et des métiers* (1751-1780), and such as the dictionary of Jean Laplanche and Jean-Bertrand Pontalis - fathers of the *Vocabulaire de la psychanalyse*, published in 1967. You seem to be their cultural heir. What prompted you to write this work, where its content circulates old and new information in the fascinating world of hypnosis, following a precise procedure and a rational method that guide readers into the realm of hypnosis?

Consuelo, you honour me by placing my work and I within this lineage of French scholars. In short, I was compelled to write this book out of necessity. As a practitioner of hypnosis, I realized early on that there's

not enough reliable information relating to hypnosis beyond what one finds on the internet.

How did you come to conceive the idea of such a complex work of exploration and systematic research in the world of hypnosis? Who inspired you?

I have been collecting documents about hypnosis for the last twenty years out of interest, but with no intention of doing anything with them. Once I began working on the dictionary, I started to group them by themes, and more actively researched and re-read work related to hypnosis. As the project developed, I discovered new topics that sparked my interest: Who was such and such a person? How did hypnosis come about in this or that country? Where is the reference of this Erickson story? What do we know about stage hypnosis? What do we know about the stage hypnotist? How do we respond to our patients who ask us for help accessing "past lives"?

It became clear that I needed to find reliable references for each of these questions and many others that the reader could draw upon. The dictionary is just a start and is intended as an entry point.

How much time have you devoted to this endeavor? What did you learn while writing it, about yourself, about hypnosis, about the art of writing?

The writing in the strict sense took two years to complete. I found myself, like many of us, confined due to the Covid pandemic and applied the Ericksonian instructions for «utilization». So I "used this available time" to make it as productive as possible. From the start, I was supported by my mentor, Charles Jousselein, who encouraged me to write the Dictionary, and by my editor, Franck Senninger, who immediately trusted me and offered me a contract. I couldn't back down then. I was in a sympathetic grip, forced to "deliver."

I would also like to thank you Consuelo for agreeing to write the postface and for expressing your interest and enthusiasm for this book.

This sort of text is also the result of decades of reflection on hypnosis, its history, its transmission, and its different modalities. Through this process, I discovered I take an equal amount of pleasure from researching as I do writing.

I enjoy exploring a subject, sorting and organizing all the information, and presenting a concise and clear summary that will be of use to readers. My respect and admiration also goes to the historians and researchers who have spent their lives in producing information about hypnosis.

Who are the ideal readers, the recipients of this book? What do you promise readers will find? Do you recommend a particular way to read it?

The ideal reader is what has long been called the "honest man," someone who is curious and seeks to go beyond his certainties. I imagine this reader as newcomers to hypnosis—students and patients. Also those who are keen on the subject such as health professionals, policymakers, journalists, librarians, and teachers, among others.

I would like you to share your method with our readers, from the idea to the realization, from the research of the sources, to the selection of the most relevant information, to the discarding what you did not consider useful or relevant.

If I am honest, there was no preconceived method, I began by following my desires

and curiosities and little by little the book started to come together. Certain people, themes, and concepts emerged from the research and became essential to address including those I did not initially suspect when I embarked on this adventure. These are what I call cross-cutting themes: hypnosis and religion, hypnosis and comics, hypnosis and literature, hypnosis and cinema...

What I found innovative and stimulating is that you did not limit yourself to presenting authors, theories, hypnotic practices applied to medicine, psychology, body and soul therapy, but you went in search of the presence of hypnosis in the world of art, cinema, literature. How did you come up with this original idea?

As I noted above, these themes imposed themselves on me. I am also an avid reader of literature and I have always been drawn to authors like Honoré de Balzac or Edgar Allen Poe and stories like Dracula, Dr Jekyll and Mr. Hyde, which I never suspected were related to hypnosis. And then, there was my childhood memory of a comic strip, "*Mandrake the Magician*", which some readers may remember. I was fascinated by its hero, Mandrake, dressed in a tuxedo, living in his mysterious estate

Xanadu, accompanied by his sidekick, Prince Lothar, also atypically dressed in leopard skin, and who roamed the world, righting wrongs, using a method I would now call hypnosis but which I did not recognize at the time. Mandrake stopped the bad guys with a gesture of his hand or a look, aiding their victims, helping them recover previously forgotten memories. This comic lodged in a corner of my memory resurfaced when I started writing this dictionary. As I wrote about «*Mandrake the Magician*» I wondered if hypnosis had influenced other fields of culture, and society such as film, music, and many more.

As far as I know, this is the first encyclopedic dictionary that has ever been dedicated to hypnosis, there is no similar book in any other language: it is published in France where there is a large community of hypnotists and where you are well known, since you are the president of the French Confederation CFHTB. You are also very well known in the ESH community as you are its President Elect. I have the impression that this one dictionary-encyclopedia will have the same fate as the aforementioned one, as it provides the necessary cultural background for

future generations of hypnotists and gives pearls of wisdom and knowledge to its experienced colleagues. Do you think there will be translations into other languages like English and German to make it accessible to a larger community of hypnotherapists? Are you receiving proposals or will you move to promote it?

I wrote this dictionary, out of humility, because there is already such a vast literature on the topic of hypnosis. I undertook this project because there lacked a text that gathered all of these sources together, wished there was one, and imagined it might be of use to others. During the process of writing and consulting my colleagues, I realized that such a dictionary does not exist in French or in any other language. I am still awaiting feedback from readers, but would be very happy if the Dictionary were translated as I deeply believe it would be of use to all hypnosis enthusiasts.

Now that your book is no longer yours, but belongs to all those who will read it, use it, make it their own and spread it each in their own way, what are your projects.

Currently, I of course continue to participate fully in the activities of the ESH. I am also the president of the CFHTB until January 2022. We have launched multiple projects, the White paper, and a research prize with a fund of 15,000 euros. We are also in the process of constituting a scientific council and establishing an Inter University Diploma (IUD), and I hypothesize initiatives will be accomplished by the end of my term.

On a more personal level, I'd like to publish a collection of interviews I have

carried out since 2017 with some of the most prominent individuals in the field of hypnosis in France, Europe and Internationally.

This volume would trace the history of hypnosis over the last thirty years through these practitioners life histories, individual itineraries, and relationships to hypnosis, more broadly.

Finally, this is kind of my secret garden, I would like to return to studying philosophy.

But this is another story.



26

Continuity and Innovation in the Hypnodontic

By Randi Abrahamsen



ଆନୁରୋଧେନ
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ESH

Picture by F.C.

2021

Interview with the German dentist Thomas Wolf

Thomas G. Wolf has a Doctorate on acute pain relief using self-hypnosis, and since 2018 is Senior Physician at the Department of Restorative, Preventive & Pediatric Dentistry of the University of Bern (Switzerland). He is also the President of the German Society for Dental Hypnosis (DGZH), Chairman of the Scientific Advisory Board of German-speaking Hypnosis Societies WBdH and much more...Please introduce us to your research in hypnosis?



Hypnosis was the subject of my doctoral thesis, because I had gained my first experience of using self-hypnosis in acute pain elimination as an undergraduate. At that time, in a clinical randomized controlled trial, we found that self-hypnosis can modulate pain in the dental setting. We found that there were changes in both sympathetic and parasympathetic activity under hypnosis. The pain perception of the dental nerve can also be altered. Accordingly, it was possible to raise the pain threshold under hypnosis in all our patients studied. Thus, when using a steadily increasing electrical pain stimulus, the point at which it was evaluated as painful came later in subjects under hypnosis.

Furthermore, we observed that a standardized reproducible pain stimulus was perceived as significantly less painful under hypnosis, despite interindividual differences in pain perception (Wolf et al., 2016a), even though local anesthesia was superior to self-hypnosis as the gold standard for acute pain elimination (Wolf et al., 2016b). Further studies dealt with the fear of patients. Visiting the dentist is often accompanied by apprehension or anxiety. People who suffer from specific dental phobia, i.e., a disproportionate fear of dental procedures, show psychological and physiological symptoms that make dental treatments difficult or impossible.

Therefore, hypnosis is often used in dental practice, either adjunctively or in place of sedation or general anesthesia, for both pain and anxiety reduction.

The alternative treatments, such as medications, are often associated with risks and side effects. We conducted the first study to examine the effects of brief dental hypnosis on the fear-processing structures of the brain in dental phobics (DP) using functional magnetic resonance imaging (fMRI), (Halsband & Wolf, 2015), an fMRI event-related design, using symptom provocation. The stimuli were animated audio-visual presentations, designed to elicit strong phobic responses during scanning. Control videos showed the use of familiar household electronic devices. In the DP group, main effects of the fear condition were found in the left amygdala and bilaterally in the anterior cingulate cortex (ACC), insula, and hippocampus (R<L).

During hypnosis, DP showed significantly reduced activation in all these areas. The results showed that anxiety-inducing stimuli, such as dental surgery, endodontic treatments, or inadequate anesthesia, can be effectively reduced under hypnosis. Our study provided scientific evidence that hypnosis is a powerful and successful

method for inhibiting the fear circuit response. Currently, we are conducting several studies, primarily examining the personality and attachment styles of hypnotic dentists. Other studies are concerned with continuing the research on anxiety and pain reduction or elimination.

Do you have any piece of advice for dentists who dream of doing research in hypnosis?

Currently, there are numerous guidelines in dentistry that are evidence-based. If nothing else, it is clear here that there is still an enormous need for good hypnosis studies. Evidence in numerous disciplines, as well as in dentistry, is necessary to give hypnosis the character trait it deserves: a scientific method described as increased focused attention, concentration, and inner absorption, that extends to various aspects of the hypnotist's personal consciousness. To describe this complex phenomenon with cognitive, biological and social aspects, to study it and to present the positive effects is essential to bring the successful therapy of hypnosis to more people and to convince people as patients as well as therapists that it is a successful therapeutic option worth learning.

I invite everyone to do so and would be very happy if interested people, still inexperienced in research, contact me to discuss and start joint research projects. Because we know that only together, we are strong!

You are the president of German Society for Dentists / Deutsche Gesellschaft für zahnärztliche Hypnose (DGZH). Please tell a little about your society?

DGZH e.V. was founded in November 1994 as a non-profit society with focus on three aspects:

1. Promotion of continuing professional education and training: establishment and supervision of the training regional offices and in-service quality circles; definition of contents and provision of scripts for DGZH-certified curricula.

2. Promotion of scientific work in the field of hypnosis: promotion of selected projects in the field of hypnosis and the awarding of a scientific prize; presentation of scientific work at the scientific symposium during the annual meeting and in the association's own journal DZzH (German Journal of Dental Hypnosis); establishment of a Scientific Advisory Board to review scientific papers; cooperation with other hypnosis societies.

3. Education of the public: information about scientific work and research reports at conferences and in the media; publications about mental health and hypnotherapy in print media for a wide variety of audiences; presentation and education about dental hypnosis in the context of the "Gentle Dentistry" day of action.

The DGZH currently has almost 1300 members, mainly dentists, but also physicians and psychologists as well, as a few members in healing assistant professions, such as nurses or dental assistants. There are currently three curricula, the so-called Z-Curriculum for dentists, physicians and psychologists, the Children's Curriculum, which is specially adapted to the needs of children's dental treatment, and the H-Curriculum for assistants or non-dental employees of a dental practice as training for hypnosis assistants. All curricula consist of 6 weekend courses. In addition to a trainer training with speakers, which is specially oriented to the needs of the curricula, a large hypnosis congress is held annually in March and September in Berlin (Germany) (www.hypnose-kongress-berlin.de).

How did your society deal with all the restrictions and changes during Covid 19?

Unfortunately, the SARS-CoV-2/COVID-19 pandemic meant that numerous training events nationwide had to be cancelled, and the hypnosis congress in Berlin (Germany) in 2020 was postponed to 2021. However, we have conducted a digital seminar series where speakers, primarily hypnosis trainers from our society, have agreed to lecture on exciting topics in hypnosis such as breathing, fear of dental treatment, or energetic psychology for anxiety relief and trance induction in (pediatric) hypnosis dental treatment. Currently, we hope that this year's congress in September 2021 in Berlin can take place as a face-to-face event, albeit possibly under distance and hygiene rules. Let's all keep our fingers crossed together that the pandemic situation will allow it!

Please tell a little about yourself, e.g. interests and family life?

I have been on the DGZH German Society of Dental Hypnosis board for 9 years, 6 of those as president. I would like to run for president a third time this year with a board team to set the course for the post-

pandemic future. As much as I enjoy hypnosis, my passion also lies in health policy. I am involved in the federal board of the largest dental professional association in Germany, the FVDZ Free Association of German Dentists. On one hand, I am responsible for continuing education and training as head of the academy and director of two congresses. I am also accountable for international relations and a member of the German delegation in various committees of the European Regional Organization of the FDI World Dental Federation (geographical Europe), the FDI World Dental Federation itself, as well as the CED Council of European Dentists, the association of the member states of the European Union.

Since I work professionally, both in Bern (Switzerland) and frequently in Germany, I can combine my work and private life very well. Like me, my wife Lisa comes from Saarland, the most beautiful German state in the world (☺), which borders France and Luxembourg in southwestern Germany. We are expecting a son in a few weeks and are full of anticipation. Little sister Helena (2.5 years) is also very much looking forward to her sibling. I was able to quickly win my wife over to hypnosis. As a certified riding therapist, master of horse management and social pedagogue, she

immediately recognized the potential of hypnosis in her businesses and she is currently working with me on a concept in which hypnosis and riding therapy can be combined. This also applies to the children and young people who live in a youth welfare facility on our farm, where they are cared for around the clock by educators and social pedagogues. In addition to numerous offers such as breeding and sale of horses, riding lessons and cross-country rides are offered at our equestrian facility.



Children's birthday parties, pony rental and boarding of horses complete the offer. In order to offer farm vacations in the future, we are currently working on the construction plans to expand our capacity for guest rooms. We would be pleased to welcome in the future also one or the other from the European hypnosis scene on our Weilerhof at the Bostalsee in the northern Saarland (www.weilerhof-bostalsee.de).

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

I encountered hypnosis in the 2nd semester (first year) of my studies. A fellow student told me that he was doing hypnosis training at the Center for Applied Hypnosis in Mainz (Germany) with Götz Renartz (physician, specialist in psychiatry and psychotherapy). While he dropped out after the introductory curriculum at that time, I decided to work as a helper at the center and attended all the seminars that were available, some more than once. Thus, over nearly five years, I have experienced well over 500 hours of training in addition to my dental studies. On the recommendation of Götz Renartz, I met Albrecht Schmierer, the founder of dental hypnosis in Germany and founding

president of the DGZH German Society of Dental Hypnosis. After a two-week internship in his dental practice in Stuttgart (Germany), he offered me the opportunity to help in the congress organization at the International Hypnosis Congress in Gozo (Malta). I was there more than 10 times a year in the two weeks before Easter. I was so fascinated by hypnosis that I really wanted to do a doctoral thesis with hypnosis and even today I still want to further research the effects of hypnosis.

How have you integrated hypnosis into your daily work as a dentist?

Patients are regularly referred to me for treatment with hypnosis at the Department of Restorative, Preventive and Pediatrics Dentistry at the University of Bern in Switzerland, both internally from other university clinics and from external colleagues in private practice. At the first appointment, all my patients generally undergo an examination and consultation. There, the patient's order is clarified and the patient's needs and wishes are sounded out, the patient is clinically examined and the treatment needs are documented. If hypnosis is desired, the process of hypnosis is explained and questions about it are clarified. This appointment usually takes about 30-45 min.

I like to use the three-word induction, the patient can think of three words associated with a relaxed place or state until the next treatment appointment. On the second appointment, the actual treatment day, three-word induction and various turbo-induction techniques are then used to lead the patient into a trance in about five minutes and start the dental treatment. The patient is trained to be able to perform the trance independently. Depending on the patient's wishes, the hypnosis is guided during the follow-up appointments. The regular feedback from the patients is deep gratitude and joy for the next treatment appointment, even if this may be hard to believe for one or the other. I can only warmly invite and motivate everyone to experience and enjoy dental treatment under hypnosis.

Your best experience with a patient and hypnosis?

Oh, there are many...I was already allowed to hypnotize patients during my studies...however, my residents who supervised me were not always as pleased as I was. Because the patients did not react under hypnosis to the speech of the residents, but only when I gave them suggestions and talked to them. My supervisors were not infrequently very surprised and, above all, quite irritated. To

be allowed to have my first clinical experience with hypnosis during my studies was a great privilege, which the professor of the clinic at the time thankfully allowed me to have because of my training. That was a lot of fun.

Do you have any advice for a young dentist who is just starting to learn hypnosis?

Use what you have learned immediately with patients, and try different techniques. It is best to start with simple trances, accompanying dental treatment. Turbo induction and three-word induction are best for hypnosis without wasting time. Treatment of patients without any anesthesia (e.g., tooth extractions) or with gag reflex should be done only with a fair amount of experience. For the beginning, successes are formative and very helpful to continue using hypnosis.

What do you think about the certificate of the European Society of Hypnosis?

I think a designated certification as a mark of quality for performed education or training is very good. However, it is still difficult for patients to recognize and judge which certification is actually serious. I

wonder why have so few applied for the ESH certificate so far!

What do you think about the research project of the European Society of Hypnosis?

This is a great idea and I hope that with this project data will be successfully collected and published, which is essential. Hypnosis research is absolutely important and necessary! I hope that many colleagues support the project.

Do you have any ideas or wishes for the future of European Society of Hypnosis?

I am already looking forward to attending the next ESH congress in person, and to see all my colleagues and friends again soon. Otherwise, I would like to see even more joint research projects that will allow us to connect even better internationally. And at the next ESH Congress I am looking forward to good conversations, a great gala evening and beautiful moments among friends.

Which other European dentist would you like to read an interview with in our ESH Newsletter?

Randi Abrahamsen

Continuity and Innovation in Hypnosis in Medicine



The positive effect of therapeutic suggestions during surgery. A Study by Ernil Hansen published in the British Medical Journal.

By Stella Nkenke

Ernil Hansen, Professor Emeritus of Anaesthesiology at the University of Regensburg, is committed not only to the teaching but also to the research of hypnosis.

Hansen already attracted attention with his publications on placebo/nocebo, in which he demonstrated the high value of hypnotic communication in medical settings.

Now, with another research project published in the prestigious British Medical Journal, he has shown that suggestion is not only effective in awake patients, but can also have positive effects on patients during general anaesthesia.

At this year's Milton Erickson Society Congress in March 2021, he impressed with his presentation on this study.

"If hypnosis means getting in touch with the unconscious, then the question arises whether consciousness sometimes rather

interferes and thus unconscious patients can perhaps be reached even better." In his multicenter study, 385 patients undergoing one/three hours surgery under general anesthesia were divided into two groups.

During anesthesia, the intervention group received a text with suggestions played through earphones, whereas the control group received headphones without text.

Themes of the suggestive text included well-being, self-healing powers, and guidance by the medical team. The word pain did not appear. Here is an example from the text:

As your mind is resting your body can concentrate fully on self-healing and self-protection.

All of your organs, your heart and your blood vessels, are working together to ensure wellbeing, safety and healing... And while your treatment here proceeds steady and thoroughly well, everything is getting prepared for your optimal further care in the recovery room and at the nurse's station...You can retreat to a safe inner place of well-being and relax and gather strength...

Patients who listened to the text had significantly less pain in the 24 h postoperatively and needed one-third less opioids compared to the control group.

The number of patients who did not need any analgesic postoperatively increased. Fewer antiemetics (for postoperative nausea) were also needed.

Although the study specifically demonstrates effects on pain, nausea, and medication requirements, the text is also expected to have other broader effects, such as on wound healing and immune response, which are far less rapid and not well measurable.

Professor Ernil Hansen asks how far these suggestions during anaesthesia are comparable to hypnosis. "In both cases, you ultimately reach the unconscious."

Hansen emphasizes what he sees as the implication of this study: that physicians become more open to therapeutic suggestions and communication, and thus more patients may experience the benefits of low-cost, non-pharmacologic support to

relieve postoperative pain and to accelerate healing.

In general, the behaviour in the operating room should change. Knowing that patients respond to spoken words even under general anaesthesia, conversation with negative suggestions should also be avoided.

The medical staff and surgeons should also be trained in therapeutic communication, and as surgeon or anaesthetist, one should talk to the patient and give therapeutic suggestions before, during and after surgery.

The sound recording used in the study was only for standardization of the study, the even better effect stem from the doctor who can respond individually to the patient's situation.

These impressive results confirm that we, as hypnosis societies, should continue to work together to get hypnosis to be a recognized method and put it more into the medical context. For this we need scientific evidence through studies and well-noted publications.

Discovery Day for the 12th Forum of the CFHTB: “At the crossroads of cultures”

By
Marie-Jeanne Bremer



Initially scheduled for 2021, the Forum of the CFHTB had to be postponed to 2022 due to the pandemic. But a missed opportunity is the perfect one for another event. And so, the organizing committee

decided to offer a digital “Appetizer” for the Preforum: a “discovery day”, allowing to discover the teachers of the Preforum without being faced with the frustrating situation of having to make a choice.

The hitherto enrolled had the chance to appreciate the diversity of the speakers, who, with all due respect for the teachings of Milton H. Erickson, incorporate their own experiences, new research results as well as cultural components. Thus, illustrating the adage of Jacques Derrida “no one should repeat like a parrot the teaching of a master”.

With a captivating presentation on Kamasutra, Joëlle Mignot, psychologist and sexologist, opens the session and takes us on a journey through the different axes of this Indian collection on the Art of Loving, written in the 6th and 7th centuries.

Far from being reduced to “technical positions” the work deals with all the dimensions of love in its erotic, relational and spiritual facets and reflects a way of being in the world and in the cosmos. It also conveys values such as freedom in sexuality and reciprocity in pleasure. Women enjoyed a certain freedom, but this changed with the Muslim conquest and British colonization.

As the Kamasutra is a work full of metaphors, it is an ideal tool for education in sexology and can be integrated perfectly into hypnosis to awaken

sensuality, the search of pleasure and stimulate the imagination.

The psychiatrist Hugo Dubos deplores the limits of the models of psychotherapy which give a leading place to the psyche: cognitions, thoughts, beliefs, imagination. He is very much inspired by the new body-focused therapies integrating largely the polyvagal theory of Stephen Porges, which allow the person to feel safe and to resynchronize in a much faster way the body’s sensoriality and proprioception with emotions and psyche.

And so he suggests to go beyond a model based on the Cartesian adage “I think therefore I am”, in favor of a model “I feel, therefore I am”.

Inspired by the body as metaphor, Claude Virot, psychiatrist, offers to hypersensitive people a script for “a protective envelope”. For this technique, he uses what the skin already knows perfectly well: protect, filter and differentiate between interior and exterior.

Letting the person choose between a “bubble” or a kind of “second skin, for example an aura”, which is in an adaptable and filtering material which can be spread gently, he encourages the person to take

care of this envelope so that it remains complete, protective and alive.

And in teleconsultation, does the body have a place? Of course, in the opinion of the psychologist Sophie Cohen. Discover the rhythms of the client; make him move, recommend him to stand up and feel his feet on the ground or generate moments for laughter: these are only some of her ideas shared in the conference. And the therapists' place?

The author evokes the "pleasure of immersing oneself in the relationship", in the faculty of listening, observing and feeling with one's body as a therapist what the client does not feel. The picture of Magritte, "The Healer", illustrates in a metaphorical way the place of the therapist's body.

One of the characteristics of this image consists of the representations of the thorax by a cage for birds symbolizing the quality of the therapist's presence which makes it possible to be in resonance with the client.

"Tell stories and immediately create a state of curiosity and receptivity in the listener", is what Ilios Kotsou, a psychiatrist, does with his rich repertoire of stories,

metaphors and quotes. He brings us into very diverse scenarios which illustrate the mechanism of attempted solutions that create or maintain the problem; or the need to get out of a mechanistic logic or to realize interdependence and to navigate a complex world. I like very much his idea that in these moments of crisis we must remember that we are "des êtres de récit" or "beings made of stories". And this reminds me a French-Algerian storyteller, Naceur-Charles Azeval, for whom the stories told by his mother protected him in the years of misery and poverty.

Yves Doutrelugne, general practitioner, takes a quite different angle on the therapeutic relationship by highlighting the paradox of benevolence. Too much benevolence can be a barrier to change, while provocation may mobilize.

After referring to cases of François Roustang and Milton Erickson who paradoxically have helped the person by the absence of a proposal for help, the speaker summarizes the principles of the provocative therapy by Frank Farrell which requires great involvement from the therapist, his empathy and the deep conviction that the client has the capacities and resources for change.

Provocation must never be directed against the person: it addresses symptoms, ideas or erroneous beliefs. Examples from the personal practice from Doutrelugne wonderfully demonstrate his humour, the reframings and the effectiveness of the therapist's low position.

Hypnosis at the crossroad of cultures: what other speaker would have been better placed than Teresa Robles from Mexico to close the Discovery Day, with her multiple roots anchored in psychoanalysis and in Ericksonian hypnosis, with her knowledge of psychology and anthropology and with her curiosity in science.

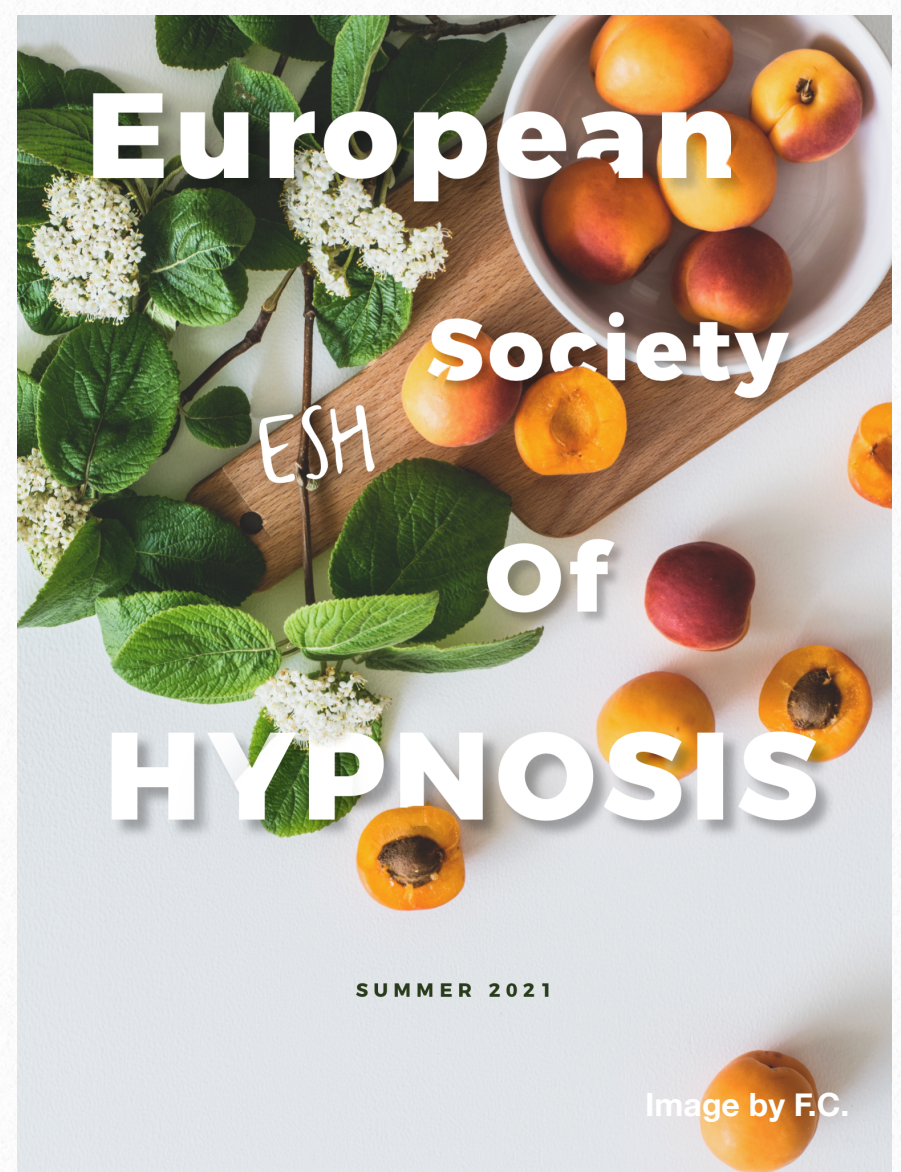
All the facets treated or mentioned in the previous interventions are included in her contributions: the place of the body in the relationship with oneself, with the other, with the world and the universe; interconnectedness; hypnotic phenomena such as dissociation and reassociation; importance of storytelling; the power of imagination; the presence of the therapist.

She coined the concept of "Universal Wisdom", defined as: "in the same way

that all information about each person is in its DNA, the information of the Whole Universe is present in each person".

To heal suffering and trauma she suggests entrusting the work into the hands of the universal wisdom during a protected trance.

These were some appetizers from the Discovery Day. But appetizers are not the full meal. We invite you to share with CFHTB and IMHEL this meal in 2022.



Two Cases Report

Case 1

By Kathleen Long

As I wrote in my president's letter, many changes have taken place in Glasgow over many years and the people have changed with them. Contrast this with the rapid dramatic changes and adaptations we have had to make in our everyday lives over the past year and the adaptations that we have had to make and it is no surprise that many of our patients are finding it extremely challenging. Loss of freedom, loss of financial security, loss of loved ones and much more and all in a very short time. I have returned to seeing patients in General Practice after a break of several months and have found even using the computer system challenging.

I recently saw a patient who told me that they could not cope and even the thought of leaving the house was terrifying for them. This patient was unable to recognise herself anymore as she had previously been a very capable person with a

responsible job in teaching. She was proud of her achievements in teaching and loved her job. Her fear was basically a fear of dying from an underlying condition which if managed carefully will allow her to live a long life. She had unfortunately been admitted to hospital during the peak of COVID pandemic and had been terrified as she spent several days in the hospital attached to monitors whilst doctors tried to find out what was wrong with her.

The diagnosis was made and she was discharged from the hospital. There were a few simple rules she needed to follow to keep herself healthy. I asked her how she ran her classroom. Was there discipline? Were there rules for the children in order that they could develop skills to learn and flourish? She replied of course there were. I asked her if she was good at making schedules and protocols and following them. She agreed that she was.

I then asked her to pretend that I was the teacher and she was the pupil. I told her

that there were some rules that she needed to follow that would ensure that she would live a long and healthy life. She needed to have her blood checked regularly, she needed to take a supplement regularly and she needed to think about all the positive things that were going on in her life. Lastly, I asked her to look in the mirror just before she went to bed and imagine how much her pupils were looking forward to being taught by her again and how much she was enjoying and taking pride in teaching them again. This simple dissociation technique resulted in a changed her whole-body language and she smiled and thanked me for my help. The mirror technique will ensure that the changes continue. I thank all my hypnosis teachers every day for the skills they have taught me over the many years that I have been doing hypnosis. Hypnosis allows me to be resilient and to bring sunshine back in to my patients' lives. Hypnosis allows me to give them simple skills that help them cope with the rollercoaster of life, and to help them focus on the wonderful things around them that they often fail to see when they are in their own negative trances.

Case 2

By Shaul Navon

An 80th year old man came to my clinic. He had difficulty in walking due to

peripheral vascular disease in both legs for the last 14 years. A cane for walking aided him. His walking had reached the point where, even though he could walk on grass (since he knew that even if falls, he would land safely on the grass), he was practically paralyzed when it comes to walking on asphalt.

In a single hypnotherapy session, I gave him to grasp in his right palm an Acupressure Karela Roll Wooden, which is used to stimulate acupressure points, which activate blood circulation, tiredness and freshness. It is made up of standard wood. After he was in trance, I told him: *"Hold the wooden roll which will help you when you'll go to the park near your home. You will walk safely on grass and on asphalt and you will be able to walk from grass onto asphalt, and back onto grass, many times, to know that you are the same person who walks on grass and the same person who walks on asphalt. You will see if you will need your cane or not. From now on you'll be able to walk normally holding the wooden roll in your right hand"*. The next day he called me and told me that he walked on asphalt without any difficulty and walked from grass onto asphalt and back onto grass normally.

In a one-year follow up, he reported that he could use alternately a cane and the wooden roll when walking on asphalt.

Continuity and Innovation in Writing Books

By
Consuelo Casula

An abstract background featuring a large, vibrant sphere with a rainbow-colored gradient. Surrounding this central sphere are several smaller, solid-colored spheres in shades of blue, yellow, and red. The word "FRESH" is written in large, bold, white, sans-serif capital letters, appearing three times stacked vertically across the image. The overall aesthetic is bright, colorful, and modern.

Image by F.C.

EUROPEAN SOCIETY OF HYPNOSIS

SUMMER 2021

Michael Yapko

Process-Oriented Hypnosis: Focusing on the Forest, Not the Trees.

W.W: Norton & Company, 2021

Michael Yapko's generous creativity has given rise to his newest book which addresses an innovative and challenging topic: *Process Oriented Hypnosis: Focusing on the Forest, Not the Trees.*

With his recent books, *The Discriminating Therapist* (2016) and *Taking Hypnosis to the Next Level* (2018), Yapko has developed a new vision for the modern psychotherapist's practice of therapy as well as a broader application of Ericksonian hypnosis.

The first part of the book presents the conceptual and practical foundations of process-oriented hypnosis.

These are well illustrated by interesting cases and examples of suggestions that highlight the merits of utilizing attention with intention while aiming the hypnosis session at the bigger "forest" of problems rather than just the "trees" of specific symptoms.

In the second part of the book, Yapko offers generic hypnosis session structures and full session transcripts as detailed examples of ways to address repetitive clinical issues.

These include the client's intolerance of ambiguity, negative expectations, inability to make meaningful discriminations

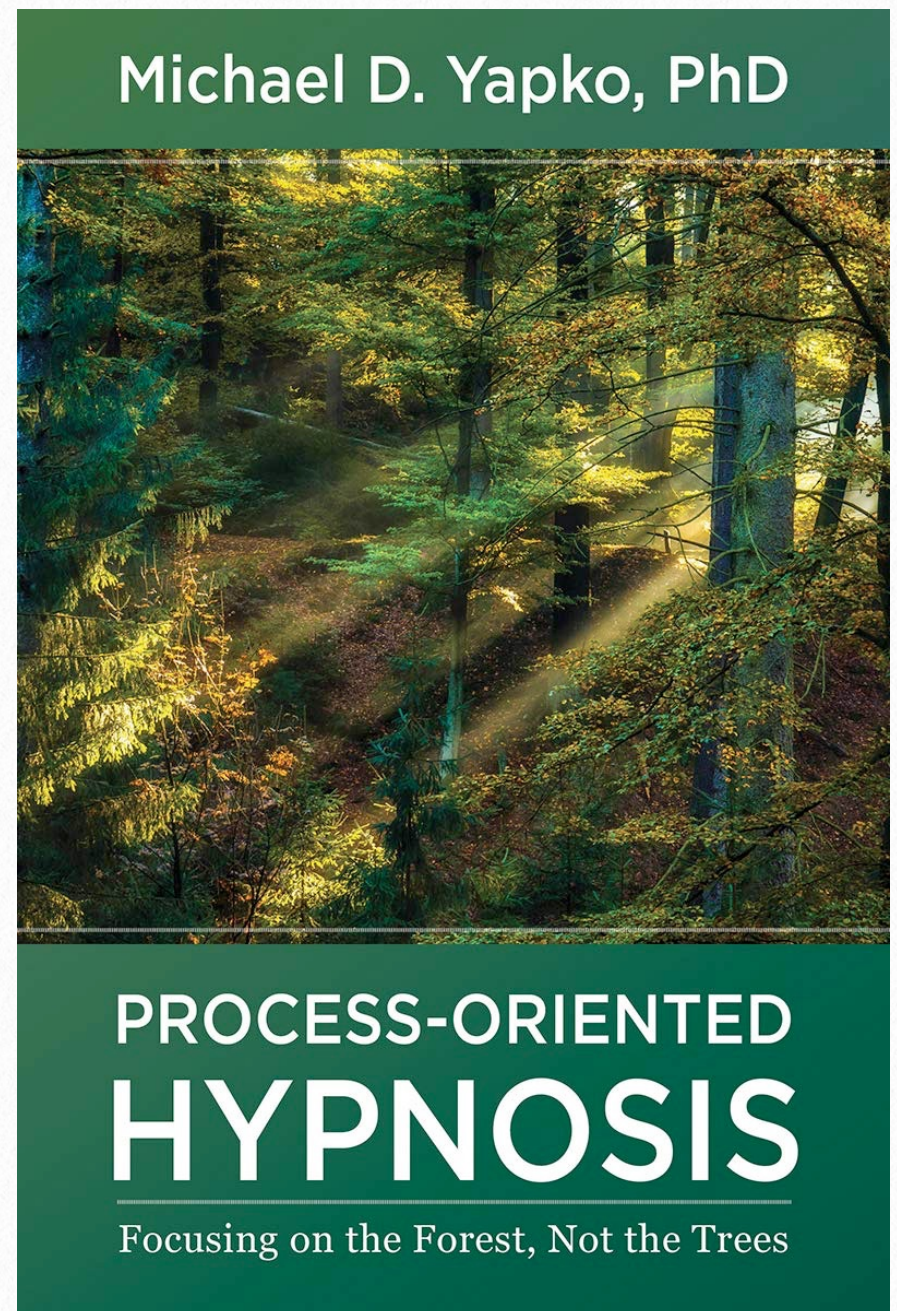
(distinctions), acting out self-defeating impulses, and more.

The main purpose of this book is to help the reader understand when and how to respectfully invite the patient to move from analyzing the "why" of his problem to the greater challenge of how to change the process - the how - the how the problem is maintained.

The purpose of this book is also to help the reader recognize when to stop following patients through the confusing maze of their past memories and current perceptions, overwhelmed by details that have no relevance to actually solving the problem, to adopt a broad perspective of the whole system.

Yapko's well-deserved excellent reputation for his ability to share his knowledge through lectures, workshops and publications is reinforced by this original book.

It is highly recommended reading for all hypnotherapists and clinicians who wish to integrate into their work a process-oriented treatment approach.



Calendar of Events

XV CONGRESS OF THE ITALIAN SOCIETY OF HYPNOSIS (SII)

Date: 07-10 OCTOBER 2021

Venue: Alghero + Online

Registration website:

<https://www.societaipnosi.it/congressoipnosi2021/>

12TH FORUM DE LA CFHTB – HYPNOSIS AT THE CROSSROADS OF CULTURES

Date: 1 - 15 MAY 2022

Invited Speakers – Teresa Robles, Jean Becchio, Joelle Mignot, Claude Virot, Yves Doutrelugne, Sophie Cohen, Ilios Kotsou, Bruno Dubos, Julien Betbeze

Language and Translations – French-German

Fees Until 15th July 2021 470 Euros

After 15th July 2021 500 Euros

On site Registration 530 Euros

Registration Website – www.cfhtb-luxembourg2022.org

Email – cfhtb-luxembourg@agence-mo.com

Venue – Luxembourg – European Convention Centre

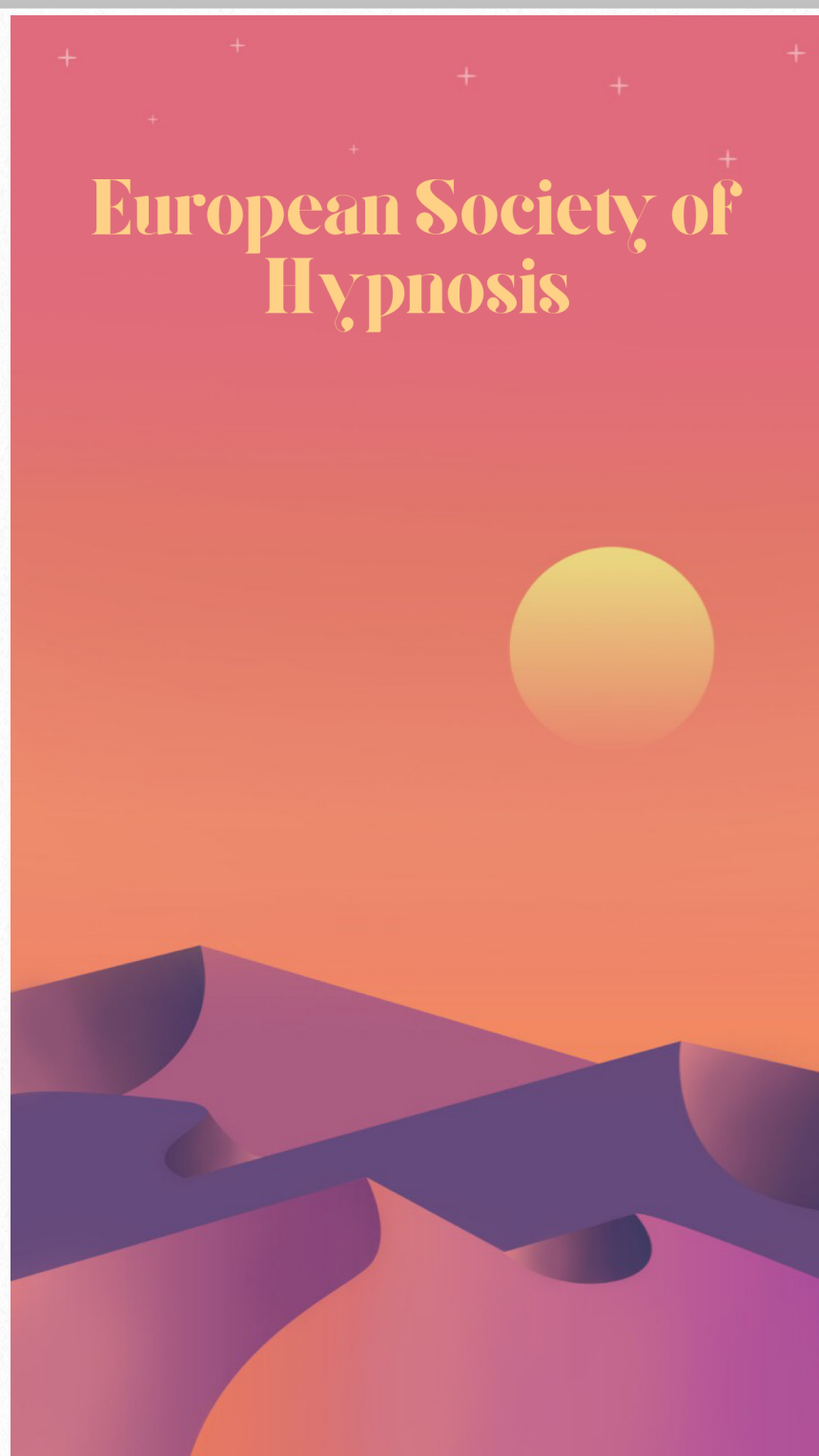
XXII WORLD CONGRESS OF MEDICAL & CLINICAL HYPNOSIS – COOPERATION IN HYPNOSIS

Dates: 8th - 11th JUNE 2022

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

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