## ESH The Newsletter

Continuity and Innovation



October 2021

Editors

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EUROPEAN SOCIETY OF HYPNOSIS



KATHLEEN LONG
President's LETTER

CONSUELO CASULA Editor's LETTER

> EULOGY Maggie Philips

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## President's Letter Kathleen Long

I look forward to the autumn months with all the changes that they bring. The long summer days replaced by longer autumn nights that take us gently into the winter. Mother nature does this seamlessly and almost without us being able to notice when summer ends and autumn begins. It is the same every year but I still am enthralled by the beautiful changes to the trees as they turn from green to gold and the beautiful ambers and dusky browns of the hills and mountains in Scotland. The autumn, for me, is a time for reflection and looking to the future.

This autumn newsletter is also an excellent opportunity to look at how we are doing and to assess how well prepared we in ESH are for the future. A time to reflect on how well the ESH BoD are doing and an opportunity to look at the direction we are taking. At our last meeting with the constituent societies, we had a presentation from Ali who has been leading the preparations for our next Congress in 2023 in Istanbul on behalf of THD. The preparations are going well and there is an excellent early bird price which

we hope will encourage early registration for this exciting congress in Istanbul. There is palpable excitement about a face-toface Congress in 2023 where we can all meet up again and share our experiences. I would ask you to submit your proposals for workshops and presentations as soon as possible. If you submitted any proposals for Basel, please RESUBMIT them for consideration if you still want to present. If you missed Ali's presentation then you will find plenty of information in his article in this newsletter and of course all the information on the website. Ali will be presenting again next year at the joint meetings in the build up to Istanbul 2023. The CEPE committee has come on leaps and bounds under Randi's leadership and we continue to have several applications for the ESH Certificate. It is a useful addition for any of our CVs and I find that my own patients are reassured that I have an up-to-date certificate confirming that I have kept up my education in hypnosis. We will soon have a new research website and Peter is taking this forward with his usual drive and enthusiasm. Fabio who is in charge of media is driving ahead improving our presence on all the social media platforms including Facebook, Twitter and Instagram. Have you noticed the changing pictures on the website? Is one of them from your constituent society? If you would like one on the website then send us one in!

If you have an ESHC then send us a 1min video for the website saying that! Stella is also using her social media skills to come up with ideas for the future of our social media presence. Gérard is chair of the Constitution Membership and Ethics committee and I would encourage you to point any society who might be eligible for membership in this direction.

Marie-Jeanne is an enthusiastic member of several committees and is actively involved in the organisation committee for Istanbul 2023.

Of course, the newsletter would not be done so effectively and efficiently without Consuelo who unfortunately fractured her wrist recently. Despite this she has been working very hard and we are all relieved to know that she is healing well.

My President's reflection on the current ESH BoD is easily summed up in few words. There is harmony and hard work, there is enthusiasm and energy and more than ever there is a feeling of closeness too, and co-operation with, our constituent societies.

Our next joint meeting between the BoD and CS is Monday 6th December 2021 at 8pm CET. Professor Boris Ivnyev from Kiev will give a short presentation about gambling addiction.

Our next meeting is close to the festive season and if anyone has a warming winter tale or metaphor to tell then please let Nicola know at Central Office and we will schedule it into the meeting in December. We can also publish some of these in our December edition of our ESHNL.



# Translated into French by Gérard Fitoussi

C'est avec impatience que j'attends l'arrivée des mois d'automne avec tous leurs changements. Les longues journées d'été sont remplacées par les longues nuits d'automne qui nous mènent doucement vers l'hiver. Mère nature fait tout cela de manière délicate, sans que nous puissions presque remarquer cette transition de l'été à l'automne.

Bien que ce soit la même chose chaque année, je reste toujours fascinée par les magnifiques modifications de la végétation, les arbres passent du vert à l'or et les collines et les montagnes d'Écosse, des magnifiques ambres aux bruns sombres. L'automne, est pour moi, un moment de réflexion et de regard vers l'avenir. Cette lettre d'information d'automne est également une excellente occasion de faire le point sur nos activités et d'évaluer dans quelle mesure l'ESH est bien préparée pour l'avenir.

C'est un moment de réflexion sur le travail du conseil d'administration de l'ESH et d'examen quant à la direction que nous prenons. Lors de notre dernière réunion avec les sociétés constitutives, Ali, qui a dirigé les préparatifs de notre prochain congrès en 2023 à Istanbul au nom de la THD, a fait une présentation sur l'état d'avancement.

Les préparatifs sont bien avancés et le prix réduit de l'inscription précoce, encouragera, nous l'espérons, les inscriptions à ce congrès passionnant à Istanbul. L'excitation est palpable pour ce congrès en présentiel

qui aura lieu en 2023 et où nous pourrons tous nous retrouver et partager nos expériences.

Je vous demande de soumettre vos propositions d'ateliers et de présentation dès que possible. Si vous avez soumis des propositions pour Bâle, veuillez les SOUMETTRE à nouveau si vous souhaitez toujours faire une présentation.

Si vous avez manqué la présentation d'Ali, vous trouverez de nombreuses informations dans l'article qu'il a rédigé dans ce bulletin et, bien sûr, toutes les informations sur le site web de l'ESH.

Ali fera une nouvelle présentation l'année prochaine lors des réunions conjointes pour le congrès d'Istanbul 2023. Le comité CEPE a progressé à pas de géant sous la direction de Randi et nous continuons à recevoir plusieurs demandes pour le certificat ESH. C'est un ajoût utile pour nos CV et mes propres patients sont rassurés de savoir que j'ai un certificat à jour confirmant que j'ai maintenu ma formation en hypnose.

Nous aurons bientôt un nouveau site web de recherche dont Peter s'occupe avec son dynamisme et son enthousiasme habituels. Fabio, responsable des médias, s'efforce d'améliorer notre présence sur toutes les plateformes de médias sociaux, notamment Facebook, Twitter et Instagram. Avez-vous remarqué les changements de photos sur le site web ? L'une d'entre elles provient-elle de votre société? Si vous voulez en avoir une sur le site web, envoyez-la nous! Si vous avez

une ESHC, envoyez-nous une vidéo d'une minute pour le site Web!

Stella utilise également ses compétences en matière de médias pour renforcer à l'avenir notre présence sur les médias sociaux. Gérard est le président du comité des statuts, de l'adhésion et de l'éthique et je vous encourage à lui signaler toute société qui pourrait être éligible pour devenir membre. Marie-Jeanne est un membre enthousiaste de plusieurs comités et est activement impliquée dans le comité d'organisation d'Istanbul 2023.

Bien sûr, le bulletin d'information ne serait pas réalisé de manière aussi efficace et efficiente sans Consuelo qui s'est malheureusement fracturé le poignet récemment. Malgré cela, elle a travaillé très dur et nous sommes tous soulagés de savoir qu'elle se remet bien. Ma réflexion de président sur l'actuel CA de l'ESH se résume aisément en quelques mots, à savoir un sentiment d'harmonie, de travail acharné, d'enthousiasme, d'énergie et, plus que jamais, un sentiment de proximité et de coopération avec nos sociétés constitutives.

Notre prochaine réunion conjointe entre le CA et les CS aura lieu le lundi 6 décembre 2021 à 20h00 CET. Le professeur Boris Ivnyev de Kiev fera une courte présentation sur la dépendance aux jeux d'argent.

Notre prochaine réunion est proche des fêtes de fin d'année et si quelqu'un a un conte d'hiver ou une métaphore à proposer, veuillez en informer Nicola au Bureau central et nous le programmerons lors de la réunion de décembre. Nous pourrons également en publier quelques-uns dans notre édition de décembre d'ESHNL.

### **European Society Of Hypnosis**



# Translated into German by Stella Nkenke

Auf den Herbst mit all seinen Veränderungen freue ich mich immer sehr. Die langen Sommertage werden von längeren Herbstnächten abgelöst, die uns dann sanft in den Winter begleiten. Mutter Natur schafft diesen nahtlosen Übergang fast ohne das wir überhaupt bemerken, wann genau der Sommer endet und der Herbst beginnt.

Es ist jedes Jahr dasselbe, aber ich bin immer wieder fasziniert von dem wunderschönen Wandel der Bäume, wenn sie sich von Grün in Gold färben und von den Hügeln und Bergen in Schottland mit ihren Bernsteinund Dunkelbrauntönen. Der Herbst ist für mich eine Zeit der Besinnung und des Ausblicks auf die Zukunft.

Dieser Herbst-Newsletter bietet auch eine ausgezeichnete Möglichkeit zu reflektieren, wie gut wir uns in der ESH auf zukünftige Dinge vorbereitet haben, wie gut der ESH-Vorstand arbeitet und auch eine Gelegenheit die von uns eingeschlagene Richtung zu überprüfen. Bei unserem letzten Treffen mit den Mitgliedsgesellschaften hielt Ali, der im Namen der THD die Vorbereitungen für unseren nächsten Kongress 2023 in Istanbul leitet, eine spannende Präsentation.

Die Kongressvorbereitungen laufen bereits sehr gut an und es gibt auch einen ausgezeichneten Frühbucherpreis, der hoffentlich schon bald zu vielen Anmeldungen für diesen interessanten Kongress in Istanbul führen wird. Die Vorfreude auf einen "face to face" Kongress in 2023, bei dem wir uns alle endlich in persona wieder treffen und austauschen können ist gross. Wenn Sie Ideen für Workshops und Präsentationen haben, bitte ich Sie diese so bald wie möglich einzureichen. Falls Sie bereits für Basel etwas eingereicht hatten, könne Sie dieses selbstverständlich bei weiter bestehendem Interessen wieder erneut einreichen.

Wenn Sie Alis Vortrag verpasst haben, finden Sie viele Informationen sowohl in seinem Artikel in diesem Newsletter als auch natürlich alle Informationen auf unserer ESH-Website. Ali wird nächstes Jahr bei den gemeinsamen Treffen im Vorfeld von Istanbul 2023 einen weiteren Vortrag halten.

Das CEPE-Komitee hat sich unter Randi Leitung sprunghaft weiterentwickelt und wir haben erfreulicherweise weiterhin neue Anträge für das ESH-Zertifikat. Ich finde das Zertifikat ist eine wertvolle Ergänzung im Lebenslauf, so können meine Patienten sehen, dass ich mit einem aktuellen Zertifikat meine Ausbildung in Hypnose regelmässig auffrische.

Bald werden wir eine neue Forschungswebsite haben, Peter treibt sie mit seinem üblichen Elan und Enthusiasmus voran. Fabio, der für die Medien zuständig ist, kümmert sich um die Verbesserung unserer Präsenz auf allen Social-Media-Plattformen wie Facebook, Twitter und Instagram. Sind Ihnen die wechselnden Bilder auf der Website schon aufgefallen?

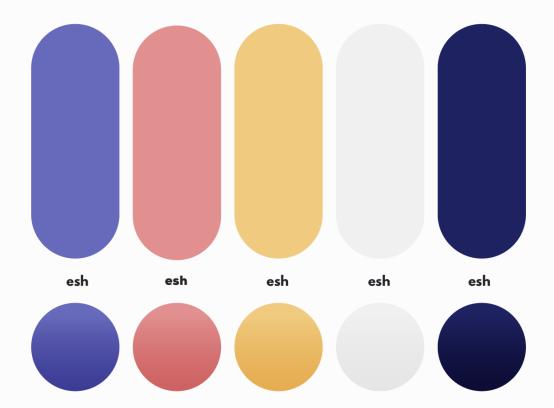
Ist vielleicht sogar eines davon von Ihrer Mitgliedsgesellschaft? Wenn Sie ein Bild auf der Website haben möchten, dann schicken Sie es bitte uns zu! Wenn Sie ein ESH Zertifikat haben, dann können Sie uns ein 1minütiges Video für die Website senden, in dem Sie davon berichten! Stella nutzt auch ihre Social-Media-Kenntnisse, um Ideen für die Zukunft unserer Social-Media-Präsenz zu entwickeln.

Gérard ist Vorsitzender des Ausschusses für Satzung, Mitgliedschaft und Ethik, daher bitte ich alle Gesellschaften, die für eine Mitgliedschaft in Frage kommen, sich an ihn zu wenden. Marie-Jeanne ist ein begeistertes Mitglied mehrerer Ausschüsse und arbeitet aktiv im Organisationsausschuss für Istanbul 2023 mit. Natürlich könnte der Newsletter ohne Consuelo, die sich leider kürzlich das Handgelenk gebrochen hat, nicht so effektiv und effizient erstellt werden. Trotz allem hat sie sehr hart gearbeitet, und wir sind alle erleichtert, dass es ihr gut geht.

Mein empfinden als Präsidentin gegenüber den derzeitigen ESH-Vorstand lässt sich leicht in wenigen Worten zusammenfassen. Es herrscht Harmonie und harte Arbeit, Enthusiasmus und Energie, und mehr denn je ein Gefühl der Nähe und Zusammenarbeit mit unseren Mitgliedsgesellschaften.

Unsere nächste gemeinsame Sitzung mit dem Vorstand und den CS findet am Montag, den 6. Dezember 2021 um 20 Uhr MEZ statt. Professor Boris Ivnyev aus Kiew wird einen kurzen Vortrag über Glücksspielsucht halten. Da unsere nächste Sitzung kurz vor den Feiertagen statt findet mag vielleicht jemand eine wärmende Wintergeschichte oder Metapher erzählen? Wenn ja, würden wir uns freuen diese in der Sitzung im Dezember einzuplanen. Lassen Sie sie bitte Nicola in der Zentrale zukommen. Wir können auch einige davon in unserer Dezemberausgabe von ESHNL veröffentlichen.

### **European Society Of Hypnosis**



# Translated into Spanish by José Cava

Espero con ansia los meses de otoño con todos los cambios que traen. Los largos días de verano reemplazados por largas noches de otoño que nos adentran suavemente en el invierno.

La madre naturaleza hace esto a la perfección y casi sin que podamos notar cuándo termina el verano y comienza el otoño. Es lo mismo todos los años, pero todavía me siento cautivada por los hermosos cambios de los árboles cuando pasan de verde a dorado y los hermosos colores ámbar y marrón oscuro de las colinas y montañas de Escocia. El otoño, para mí, es un momento de reflexión y de mirar al futuro.

Este boletín de otoño también es una excelente oportunidad para ver cómo lo estamos haciendo y evaluar cómo de bien preparados estamos en ESH para el futuro. Un momento para reflexionar sobre cómo de bien lo está haciendo la Junta Directiva de ESH y una oportunidad para mirar en la dirección que estamos tomando.

En nuestra última reunión con las sociedades constituyentes, tuvimos una presentación de Ali, que ha estado dirigiendo los preparativos para nuestro próximo Congreso en 2023 en Estambul en nombre de THD. Los preparativos van bien y hay un precio excelente por reserva anticipada que esperamos alentará la inscripción para este emocionante congreso en Estambul.

Existe una emoción palpable por un congreso presencial en 2023 donde todos podemos reunirnos nuevamente

cara a cara y compartir nuestras experiencias. Les pido que envíen sus propuestas de talleres y presentaciones lo antes posible. Si envió alguna propuesta para Basilea REENVÍELA de nuevo, por favor, para su consideración si aún desea presentarla.

Si no pudo asistir a la presentación de Ali, encontrará mucha información en su artículo en este boletín y, por supuesto, toda la información está en el sitio web de ESH. Ali lo presentará nuevamente el próximo año en las reuniones conjuntas preparatorias para Estambul 2023. El comité CEPE ha avanzado a pasos agigantados bajo el liderazgo de Randi y seguimos teniendo varias solicitudes para el Certificado ESH.

Es una adición útil para cualquiera de nuestros CV, y puedo comprobar que mis propios pacientes se sienten más tranquilos sabiendo que tengo un certificado que confirma que he seguido actualizando mi formación en hipnosis.

Pronto tendremos un nuevo sitio web de investigación y Peter lo está llevando adelante con su impulso y entusiasmo habituales. Fabio, que está a cargo de los medios, está impulsando la mejora de nuestra presencia en todas las plataformas de redes sociales, incluidas Facebook, Twitter e Instagram. ¿Ha notado los cambios de imágenes en el sitio web? ¿Es uno de ellos de su sociedad constituyente? Si desea tener una en el sitio web, ¡envíenosla! Si tiene un ESHC, envíenos un video de 1 minuto para el sitio web comentando sobre ello. Stella también está usando sus habilidades en las redes

sociales para generar ideas para el futuro de nuestra presencia en las redes sociales.

Gérard es el presidente del comité de Estatutos y Ética de la Asociación y le animo a que señale a cualquier sociedad que pueda ser elegible para convertirse en miembro.

Marie-Jeanne es un miembro entusiasta de varios comités y participa activamente en el comité de organización de Estambul 2023. Por supuesto, el boletín no se haría de manera tan efectiva y eficiente sin Consuelo, quien desafortunadamente se fracturó la muñeca recientemente.

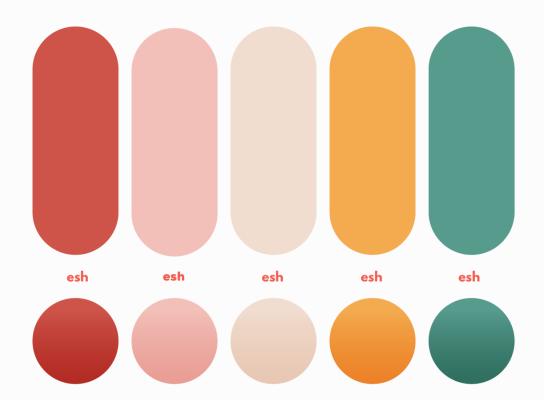
A pesar de esto, ha estado trabajando muy duro y todos estamos aliviados de saber que se está recuperando bien.

Mi reflexión como presidenta sobre la actual Junta Directiva de ESH se resume fácilmente en pocas palabras. Hay armonía y trabajo duro, hay entusiasmo y energía y más que nunca hay un sentimiento de cercanía y cooperación con nuestras sociedades constituyentes.

Nuestra próxima reunión conjunta entre la Junta Directiva y las sociedades constituyentes es el lunes 6 de diciembre de 2021 a las 8 p.m. CET. El profesor Boris Ivnyev de Kiev dará una breve presentación sobre la adicción al juego.

Nuestra próxima reunión está cerca de la temporada festiva y si alguien tiene un cálido cuento de invierno o metáfora que contar, por favor comuníqueselo a Nicola en la Oficina Central y lo programaremos para la reunión en diciembre. También podemos publicar algunos en nuestra edición de diciembre de ESHNL.

### **European Society Of Hypnosis**



# Translated into Italian by Fabio Carnevale

Attendo con trepidazione i mesi autunnali ed i cambiamenti che porteranno. Le lunghe giornate estive sostituite dalle lunghe notti autunnali che ci condurranno dolcemente nell'inverno. Madre natura muta in modo così tenue che quasi non ci rendiamo conto di quando finisce l'estate e inizia l'autunno. È così ogni anno, eppure sono ancora affascinata dai meravigliosi cambiamenti degli alberi che passano dal verde all'oro e dalle splendide ambre e marroni scuri delle colline e delle montagne in Scozia. L'autunno, per me, è un momento per riflettere e guardare al futuro.

Questa Newsletter autunnale è anche un'ottima opportunità per vedere come stiamo andando e per valutare quanto la ESH sia pronta al futuro. Un momento per riflettere su come stia andando il CdA di ESH e un'opportunità per guardare alla direzione che stiamo prendendo.

Durante il nostro ultimo incontro con le Società Costituenti, abbiamo avuto una presentazione da parte di Ali che guida, per conto della THD, i preparativi per il nostro prossimo Congresso del 2023 a Istanbul. L'organizzazione sta andando bene ed è stato stabilito un ottimo prezzo per la prenotazione anticipata che speriamo incoraggerà da subito la registrazione per il prossimo entusiasmante congresso a Istanbul. C'è la vivida speranza che nel 2023 il Congresso possa tenersi in presenza e che tutti possiamo incontrarci di nuovo e condividere le nostre esperienze. Vi chiedo di inviare le vostre proposte per workshop e presentazioni il prima possibile. Se avete presentato delle proposte per Basilea, vi preghiamo di rispolverarle e di valutare la possibilità di presentarle di nuovo.

Qualora non abbiate avuto modo di seguire la presentazione di Ali, troverete molte informazioni nel suo articolo in questa Newsletter e ovviamente tutte le informazioni sul sito web. Ali si presenterà di nuovo l'anno prossimo alle riunioni congiunte in vista di Istanbul 2023.

Il comitato CEPE ha fatto passi da gigante sotto la guida di Randi e continuiamo ad avere diverse domande per il certificato ESH. È un'utile aggiunta per qualsiasi nostro CV e trovo che i miei pazienti siano rassicurati dal fatto che ho un certificato aggiornato che conferma che ho continuato la mia formazione in ipnosi. Presto avremo un nuovo sito web di ricerca e Peter lo sta portando avanti con la sua solita grinta ed entusiasmo.

Fabio, responsabile dei media, sta portando avanti il miglioramento della nostra presenza su tutte le piattaforme di social media tra cui Facebook, Twitter e Instagram. Avete notato le immagini che cambiano sul sito web? Una è della vostra società costituente? Se desiderate che ne venga pubblicata qualcuna sul sito web, inviatele pure! Se avete un ESHC, inviateci pure un video di 1 minuto per il sito Web!

Anche Stella sta usando le sue abilità sui social media per trovare idee per aggiornare sempre la nostra presenza sui social media.

Gérard è il presidente del comitato etico e delle ammissioni alla ESH quindi vi incoraggio ad invitare qualsiasi nuova Società che possa essere ammessa fra le Società Costituenti.

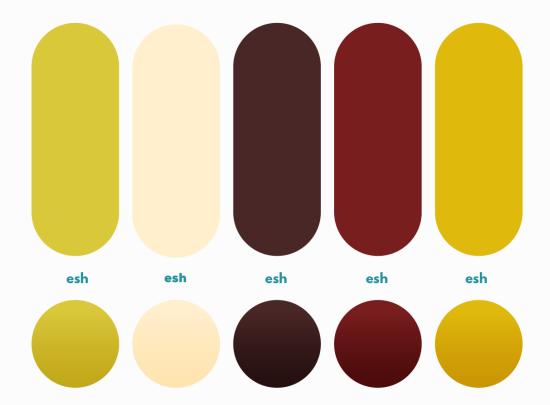
Marie-Jeanne è un membro entusiasta di diversi comitati ed è attivamente coinvolta nel comitato organizzativo per Istanbul 2023.

Naturalmente, la Newsletter non sarebbe stata realizzata in modo così efficace ed efficiente senza Consuelo che purtroppo si è fratturata il polso di recente. Nonostante questo ha lavorato molto duramente e siamo tutti sollevati di sapere che sta guarendo bene.

La mia riflessione in qualità di Presidente sull'attuale CdA di ESH si riassume facilmente in poche parole. C'è armonia e si lavora sodo, c'è entusiasmo ed energia e più che mai c'è anche un sentimento di vicinanza e collaborazione con le nostre Società Costituenti.

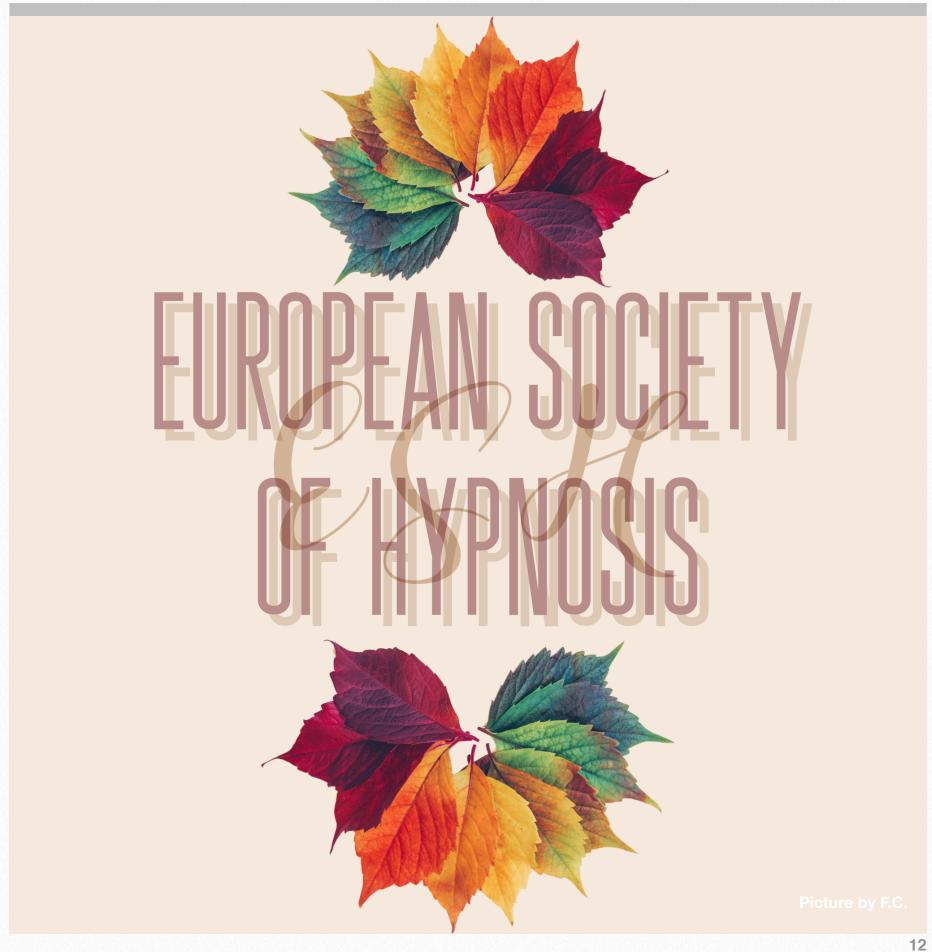
Il nostro prossimo incontro congiunto tra CdA e CS è lunedì 6 dicembre 2021 alle 20:00 CET. Il professor Boris Ivnyev di Kiev terrà una breve presentazione sulla dipendenza dal gioco. Il nostro prossimo incontro è vicino alle festività natalizie e se qualcuno ha una favola invernale o una metafora da raccontare, lo faccia sapere a Nicola all'Ufficio Centrale così che possiamo organizzare al meglio l'incontro. Pubblicheremo anche alcuni di questi eventuali racconti nella edizione di dicembre della nostra ESHNL.

### **European Society Of Hypnosis**



# 12

# **Editor's Letter**Consuelo Casula



I share our ESH president Kathleen Long's opinion that autumn is a time for reflection and looking to the future, a season where, in a natural way, trees drop the leaves, that are no longer necessary, to lighten the branches allowing them to better withstand the cold winter and to make room for future spring shoots.

I also share with our ESH president the feeling regarding the collaboration both within the board and with our constituent societies. Harmony and hard work, enthusiasm and energy, a feeling of closeness and reciprocal trust make up the glue of the group making everything easier. I believe this ESHNL is a demonstration of this collaboration.

Gérard Fitoussi with continuity and innovation brings us some news on recent journals and books publications from the French Hypnotic community, while Randi Abrahamsen, for this issue only, delegates her usual role of interviewing a dentist to me. Tom Wolf, after he was interviewed by Randi in the previous ESHNL June issue expressed a desire that Randi should be interviewed after him. To satisfy his request, I proposed the interview to Randi, and she kindly accepted.

Her answers give a picture of a woman who over the years has exercised several of her gifts. Not only those of a dentist who uses hypnosis to relieve pain and anxiety in someone facing dental surgery, but also those of a teacher at University, hypnotic societies and congresses. Her gifts extend also to being a researcher and a writer, she recently published a book on hypnosis in dentistry; a natural and charismatic leader, she has been president of the DSCH society and now chair of CEPE.

She is also a woman devoted to volunteering since she was young. From this interview the reader can also discover her loving kindness accompanied by her humility: personal skills that we board members have admired since she joined the ESH board in 2017.

This issue offers an interesting reflection on research written by Peter Naish who presents the results of some research on the perception of hypnosis by the general public. Not too bad, as it turns out!

Fortunately, most people have quite a positive view of therapeutic hypnosis with only a small proportion of respondents believe that hypnosis is dangerous.

The most interesting aspect of Peter's article is that as hypnotherapists and ESH members we should do more to spread best practice in hypnosis, especially in pain therapy. Peter also invites us all to send him articles to be published in the ESH Journal Contemporary Hypnosis.

Regarding the dissemination of best practice used by the experts in hypnosis, the article written by Marie -Jeanne Bremer summarizes for us what Mark Jensen, the editor of *Handbook of Hypnotic Techniques, Vol. 2* has put together, underlining the importance of the flexibility of hypnotic treatment.

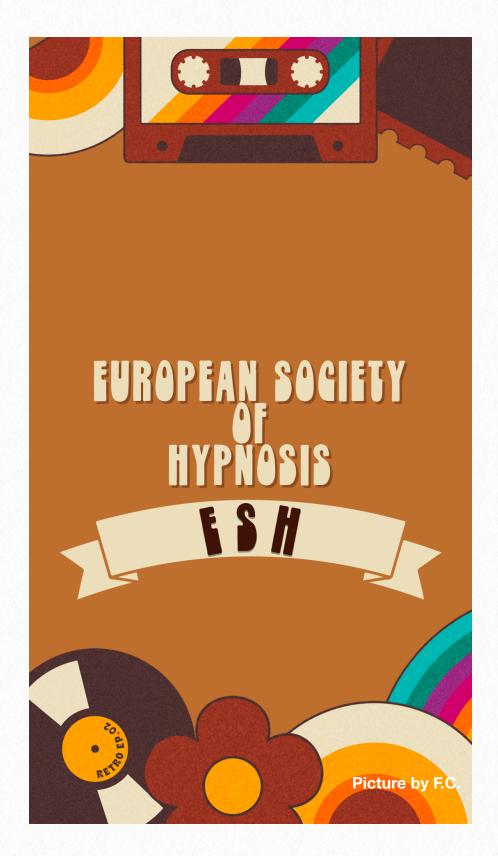
In Marie -Jeanne's article you will find hints on structured scripts and protocols, necessary skills and useful therapeutic guidelines, reminding the reader that a hypnotic communication-journey is structured by carefully listening to what the client is telling us. Careful observation of the client's reactions, integrated with the awareness of our own body-sensations and emotions, are as important as our cognitive analysis.

The last contribution of this multicoloured autumn issue comes from Ali Özden Öztürk, our ESH Treasurer, and the President of the Turkey Society of Medical Hypnosis (THD), host of the Istanbul congress 26 - 29 October, 2023.

Ali presents some of the advantages of super-early-registration and focuses on the main theme of the congress underlined by its motto: "Hypnosis Food for Body and Mind: an Integrated Approach to Healing". During the ESH Istanbul congress participants will be invited to discuss together how to use hypnosis to achieve a systemic approach in

Medicine, Dentistry and Psychology integrating mind, body, and soul to reach a unique wholeness.

Looking forward to see you all at our next online meeting between the BoD and CSs, Monday 6th December 2021 at 8pm CET, I wish you a lovely autumn.



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### **Research Reflections**

### By Peter Naish

A large proportion of hypnosis research concerns the neural mechanisms or psychosocial processes that lead to the phenomenon, and the remaining publications report the results of therapeutic interventions which have used hypnosis. These two broad topic areas tend not to be of great interest to members of the opposite community.

This is unfortunate, and is something that I try to combat in my Newsletter articles, indicating what each can learn from the experiences of the other. However, there is one group that is excluded from this dichotomy – the general public. What are their perceptions of hypnosis? This should be of interest to both clinicians and research scientists.

For the former, public perceptions will impact not just the numbers seeking help via hypnosis, but also their expectations of what the process will involve, how likely it is to work and so on. If scientists believe

that a large proportion of what happens in hypnosis is determined by expectation, then they certainly need to know what is expected!

There has been rather little research directly addressing the issue of public perceptions, but an interesting review article has gathered together what information is available. Krouwel, Jolly and Greenfield (2017) collated the results from the best conducted studies published over a twenty year period, and describe some interesting findings.

For example, one report found that a small proportion of respondents believed that hypnosis was dangerous, because it made a person vulnerable to demonic possession!

I found that interesting, because not so long ago I used hypnosis to help someone recover from the belief that she already was possessed by a demon. Fortunately, most people have quite a positive view of therapeutic hypnosis.

The majority would be prepared to use it, believing it to be effective in the case of psychological problems and for pain. There is also clear evidence that people would prefer to see a hypnotist connected to the medical or psychological professions, either by qualification, or by referral from a professional.

The ESH would endorse this preference, of course, but among the public the caution may be driven more by issues of trust, rather than competence.

Thus, the public tends to believe that the hypnotist has some level of power and that the hypnotised person loses a degree of awareness.

However, they also believe that cooperation is required; hypnosis cannot be imposed against a person's wishes.

In spite of the derivation of the word 'hypnosis', the majority of people do not consider it to be related to sleep. They appear to believe that it is an altered state

of consciousness, but are unclear as to what that state is.

In this respect they are probably aligned with the majority of scientific opinion. Where they differ markedly from the science is in a widespread belief that hypnosis can enhance access to memories, including memories of past lives.

This is concerning. In the case of past lives, it renders people open to exploitation through bogus therapy; regarding the idea of enhancement, this is a dangerous precursor to generating false memories.

As a report from the British Psychology Society put it: Hypnosis does not have any special property for enhancing memory in therapy ... using hypnosis in this way carries a real risk of producing substantial pseudo-memories ... some can be so plausible as to beguile the therapist and client alike into accepting them as accurate. (Heap et al., 2001).

So, we need to do more to educate the public about hypnosis, but overall, the perception is reasonably accurate and positive.

Krouwel M, Jolly K & Greenfield S (2017). What the public think about hypnosis and hypnotherapy: A narrative review of literature covering opinions and attitudes of the general public 1996–2016. Complementary Therapies in Medicine, 32, 75-84.

Heap M, Alden P, Brown R, Naish P, Oakely D, Wagstaff G & Walker L (2001). The Nature of Hypnosis. British Psychology Society, St Andrews House, Leicester.

#### What Have You Discovered?

Therapy is often a voyage of discovery – and not just for the patient! For the therapist new insights and approaches can develop, fresh ideas concerning aetiology and treatment. If you have been using hypnosis for a reasonable length of time it is likely that this has been your experience. If that is the case, then your colleagues would like to hear about it.

Our journal, Contemporary Hypnosis, publishes papers on research, treatments and theories.

We even publish reports of treatments that do not work; these can be valuable to others, either to avoid the same pitfalls or in formulating theories as to how and when hypnosis is successful. If you have never published before, or feel that your English is not quite good enough, don't be deterred; send me a rough draft of what you would like to convey, and I will tell you whether it is the kind of thing we publish and help you to get it into the right format.

Remember: Contemporary Hypnosis is your journal – not just for reading, but for contributing. Get your manuscript to me, and let's get your name in print.

Send to: peter.naish@open.ac.uk



## 18

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

By Randi Abrahamsen





## 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
- Receive a discount on ESH congresses
- Participate at special events at ESH congresses
- Join the ESHC holder list on our website
- Add ESHC to your CV and Logo

# European Society of Hypnosis (ESH) Committee for Educational Programs in Europe (CEPE)

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

The European Society of Hypnosis Certificate (ESHC) is awarded by ESH to professionals who have gained expertise in their field and are committed to the highest professional standards. The certificate is renewable every three years, to encourage that holders have maintained their professional development. 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

Paradamanta and analysis and the constituent Society or ESH

Read more at our webpage www.esh-hypnosis.eu



## 21

## French Continuity and Innovation

**By Gérard Fitoussi** 



#### I. Journal

- 1) Revue Hypnose et Thérapies Brèves Août 2021i.
- i. August's special issue is dedicated to family therapy and a tribute to Mony Elkaïm, pioneer of family therapy in Europe and also pioneer of Michael White's work and narrative therapies
- 2) Revue de la santé et de l'hypnose. 4 Numéros
- i. The Journal Transes changes format and name from number 13. It becomes La Revue de l'hypnose et de la Santé, thus broadening its scope. We find a special issue on spirituality and care in number 13, a Covid file in number 14 and in number 16 a file on Diagnosis.

#### II. Book review

- 1) Claude Virot,
- i. Claude Virot, past-president of the ISH, well known in France and president of the Institut Émergences, gives us in *Hypnose et Auto-Hypnose* (Ed. Robert Laffont) his reflections about hypnosis. He shares with us the journey that led him to the practice of hypnosis and offers sound advice for his readers

ii. Under his leadership, let us underline the creation of a directory of hypnosis professionals, Hypnosante.com, which lists all health professionals in a national directory.

#### 2) Mark Jensen

i. Mark Jensen, president of the ISH, publishes Hypnotic Techniques Vol.2, with several masters in hypnosis who share their knowledge and their daily practices with their patients (see Marie-Jeanne comments in the following pages of this ESHNL).

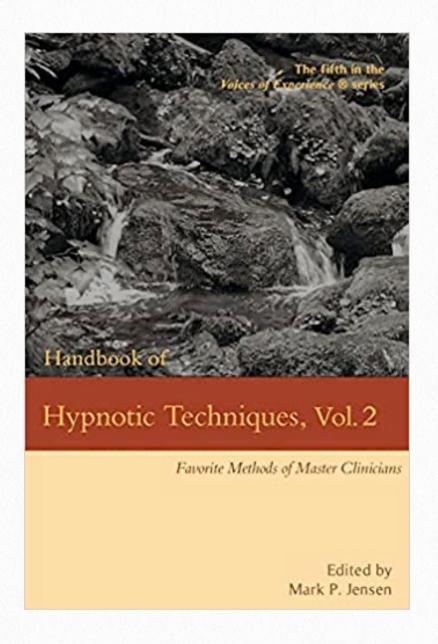
#### III. Associations

The CFHTB (French-speaking 1) Confederation of Hypnosis and Brief Therapies) has implemented several actions, the launch of a communication plan, with the production of six videos, broadcast on You Tube, each focused on a different theme. The establishment of a scientific council, led by Dr Charles Joussellin, and the launch of a research program, in partnership with world-class laboratories, endowed with an amount of 15,000.00 euros. The first laureate, selected by a jury chaired by Prof. Castelnau, is Ms. Alice Icard, from the University of Liège. We send her our congratulations

2) Finally, the Hypnosium-Pays Basque Institute of Biarritz, under the direction of Dr. Hugues and Frédérique Honoré, is celebrating its ten years of existence and will bring together at its conference in Biarritz many personalities from the world of French-speaking

hypnosis to celebrate this event. This will be one of the first face-to-face meetings since the start of the Covid pandemic where we will be able to meet our colleagues, we were looking forward to it. And we wish Hypnosium a Happy birthday and a long life.





24

### Continuity and Innovation in the Hypnodontic

By Consuelo Casula



#### Interview with Randi Abrahamsen



I follow the request of Thomas Wolf, the latest dentist you interviewed in your usual ESHNL column dedicated to these professionals, who expressed the wish that you were the next interviewee. I like to take this honor to allow our readers to get to know you better. I would therefore start by asking you what do you think is essential the members of ESH's CSs should know about you? Then I will allow myself to enter into the merits of some

## aspects of your personal and professional life.

I am very happy to be part of the ESH Board although I really miss the meetings in person where we discuss and develop new ideas. I am always curious to learn new things from other societies. Closeness at a personal level and getting new friends is important to me. We can learn so much from networking with each other. Looking back at my life I have always loved board work ever since I was the president of our dental student society at the University and board member of the International Association of Dental Students.

I like to merge different points of views, qualities and cultures together. I am a persistent hard-working woman aiming for the goal. I am always curious to learn and understand what is behind a strong opinion. I have a Diploma in Project management, so I find it interesting to work with obstacles and solve them. Instead of looking back and be stuck in the past I like to work for a common future pacing to come true.

I have the impression that I have always seen you actively participating in ESH conferences, where you have presented several important works over the years. What was the first ESH congress you attended, and what was the theme that

## has been close to your heart over the years?

My first ESH congress was in Gozo-Malta in 2005. At that time, I only knew one other dentist in Denmark, who worked with hypnosis. I remembered how I travelled all by myself and arrived late at night with a delayed ferry on Gozo. I was amazed to meet the variety of people in the hypnosis society and at the same time feeling a bit alone because everybody was hugging and seemed to know each other well. I had very pleasant lunch conversations several times in the company of a nice elderly man, who was mostly sitting alone. He was talking about the loss of his wife. Later I realized that he was John Watkins!

As a dentist I discovered in my first congress, that there are two ways of doing hypnosis. One is the more authoritarian way, where the dentist brings the patient with dental anxiety into hypnosis and performs the dental treatment in a trance. The other way is dearer to my heart. The Ericksonian way where you help the patient with hypnosis to develop resources to overcome the dental anxiety. On the long term this will help the patient to overcome the anxiety and be able to have dental treatment anywhere, whereas the

treatment in hypnotic trance will make the patient dependent on the dentist.

My themes have always been chronic pain, patients are difficult to help within the usual treatment and they often suffer from severe side effects of medication. Another valuable aspect is the use of hypnosis in dental anxiety especially with children. Children are dear to my heart; it is so amazing how quickly they can incorporate hypnotic suggestions and develop skills to overcome their anxiety.

Attending hypnosis congresses, I have always been eager to learn new methods and pick up new phrases that I can adapt to my profession.

You have also presented your works at ISH conferences, and also in Iran, Istanbul, Budapest, just to name the most significant ones, which highlight your commitment not only in the practice of hypnosis but also your dedication to teaching. What is the added value that hypnosis offers to those who carry out your profession?

Dentists often find it overwhelming to treat people with dental anxiety. It is so much more giving to use hypnosis to help people overcome their dental anxiety and cope with treatment. So much more satisfactory involved than just to make a nice crown. I find that the use of hypnosis and hypnotic communication makes the working life of a dentist much easier. I do my best to spread this knowledge among colleagues.

I feel it is very important to open the eyes of the health care system for the use of hypnosis. I have presented my research not only at hypnosis congresses but also at International Pain Congresses I feel lucky and proud that with my research in hypnosis I was able to present solid evidence for the use of hypnosis in chronic orofacial pain.

Especially my fMRI research on the painrelieving effect of hypnosis has contributed to greater acceptance of hypnosis among the dentists. I think until now I am the only dentist who have two research articles published in the International Journal "Pain."

You also teach not only in the Danish Society of Clinical Hypnosis, DSCH, of which you are past president, but also, as I said before, in various congresses you attend. What does teaching mean for you, what deep value does it allow you to transmit to your students, and what satisfaction do you derive from it?

I was teaching at the university and most my dental students knew I was working with hypnosis. Usually once yearly I give a lecture on the use of hypnosis in dentistry. I am so pleased when I meet some of my former students at our DSCH hypnosis training. I love teaching hypnosis and try to teach hypnosis in a less complicated way and put ethics and values into the teaching. I love it and feel humble, when I receive a mail like this from a participant, a dentist treating a 12- years old boy with needle phobia and dental anxiety with two hypnosis sessions. She said: "I am so happy with this fantastic tool you have taught us. Now I am able to help children overcome their anxiety". Just think about how many more children can be helped with their dental anxiety for each dentist who learn hypnosis.

To me it was a bit challenging to teach in a foreign language and often you don't have time to get really acquainted with people. It therefore warmed my heart the first time when I met a participant in my workshop, who told me years after, that my teaching had made a great difference for him in his daily practice as a dentist. The use of hypnosis made it much easier and playful.

You recently published a book. Can you describe what it is about, who it is for, if

#### you are satisfied with the welcome it has had so far, and if you think there will be an English translation?

My book is a beginner's book in hypnosis in dentistry. I missed a Danish book like this, when I first started to train in hypnosis 37 years ago. The book is in 5 sections. The first part is about how to get started in hypnosis including the neurophysiology background. Section two is about dental phobia; section three describes treatment of chronic pain. Section four introduces hypnosis for various conditions within dentistry introduced such as bruxism, pain during operations, saliva flow, inflammation and sugar addiction. Section five is devoted to children with dental anxiety, gap reflexes, thumb sucking, and bruxism. In each section you will find a background of the problem, the evidence of hypnosis together with hypnosis scripts and case illustrations. We dentists like to have guidelines, I tried to meet this wish. It is written for dentists, but it could also be of great interest for other professions. Since it has good description for example the background of dental phobia, I hope dentists would buy it out of curiosity and get interested in learning hypnosis. It is a great advantage to teach hypnosis now, when the participant has read the book.

My book came out just when my editor retired and the COVID 19 hit the world, so there was no reception and the promotion tour was cancelled. It received great reviews, so I hope it would still sell.

I would be very happy to see it translated into English or other languages.

As far as I know, you have dedicated yourself to volunteering, offering help to populations that have difficulty accessing dental care. When and how did you start this noble caring activity? In which countries have you offered your time, your skills and your care free of charge? What did volunteering give you? What did it teach you that you couldn't have learned otherwise?

Ever since I was young, I always wanted to do voluntary work. My first voluntary work was at a hospital in the poor part of Cairo in Egypt. Later I worked in Greenland (employed by the Danish government) where we were sent by helicopters to small remote villages bringing all the equipment and working under primitive conditions. I have been in Nepal twice in two different schools. My daughters' school supported a school in a remote village in the mountains. I agreed to offer them dental service. I could borrow some



equipment, but had to collect money for material, local analgesia, tooth brushes and toothpaste. My husband assisted me and we used our vacation on these trips. It is a bit challenging to work under these primitive conditions. I learned a lot from not being able to speak with people, especially to communicate with body language. I remember a little 4year old girl with a very bad tooth, I had to extract. A little tear came in her eye, when we first started, but I was able to comfort her and she was very brave during the extraction. After lunch she suddenly came back and pointed at a bad tooth on the other side, she wanted extracted. She had found out that it helped her pain. As a dentist you really feel you help people and make a difference, when you work under these conditions. I also learned a lot from the Nepalese people, their kindness, they help each other and are content with what they have and reuse everything (a sustainability we could learn from). Due to an operation and later Covid -19 I haven't been back. I have a bad conscience about that. Nowadays I do voluntary work in my community as a night watch sitting with dying people.

During your presidency of the DSCH (2014-17), what goals did you set yourself and how did you achieve them? Which leadership skills emerged spontaneously and which ones did you have to hone? What important lesson have you learned from this experience that can be useful in other contexts in which you exercise your leadership?

Except from a few years when my children were small, I was on the board for twenty years until I joined the ESH board in 2017. I became president in DSCH in a difficult time with decreasing numbers of member and less people attending courses, and fees hadn't been collected.

My goals were to engage more people in hypnosis, make our education more flexible, have a yearly two days meeting

with time for networking, more workshop holders from outside of Denmark, encourage to have more research in hypnosis in Denmark, and get an automatic system for member administration. With the automatic system we would have more time for brainstorming and innovation in the board. We had to be careful and still develop the things that were working well in the society while at the same time getting new ideas to seed the future. I learned from this time to set up ideas and schedule the smaller goals instead of just keep on discussing, how to get there. In the innovation phase it was good to discuss different ideas, but after everybody had been heard, we had to come to a conclusion and proceed towards our aim. Running a dental practice with around 10 employees had given me some leadership experience, but I think my leadership skills were developed further during this period. It has to be a teamwork, where you can rely on the skills of everybody on the board.

You have been part of ESH board since 2017, in Manchester, and have since taken on important roles as chair of research (member of research committee and chair of CEPE). In the field of research, thanks to you, the DSCH has awarded ESH a grant to

## promote research. Would you like to talk to us about how the research is going?

So far, we have had interest in the research project from Denmark, DZGH (Germany) and the French society Emergences, Finland, the Turkish Societies THD and KUDD-CAHA, Luxembourg, and BSCAH in UK. But COVID-19 canceled it all and since then we haven't heard from all the societies. Some countries had difficulties in getting the project through at universities or through the health ethics committee and the project stalled. We will soon have data from a few countries to start analyzing data for the pilot study. We hope that this will encourage other Societies to participate. Even if you find only one or two clinicians in a society it would make a bit difference.

As chair of CEPE you are highlighting the importance of the ESH Certificate, pointing out the advantages both for ESH CS who ensure the training of their members, and for individuals who are committed to using their knowledge in hypnosis in their field of expertise, to respect the ESH code of ethics and to keep updating. I have witnessed your hard work, and that you as a Chair and the other members of your committee, have achieved a lot. Thank you all. Can you share with us the most salient

aspects of your commitment? What goal do you intend to achieve by 2023, when the new ESH board will be elected during the Istanbul conference (which we hope can be done face to face).

We have to keep on informing people about the ESH certificate, so that it reaches the clinicians out there. I find it very important with our ESH Certificate to make a difference to the lay community of hypnosis. Thanks to Fabio Carnevale we now use the social media and I have had a chance to talk about the ESH certificate at the joint Board – Constituent Society meetings.

The renewal of the certificate is also a problem just now, since congresses and hypnosis training were cancelled and people were not able to collect their Credit Points. We are working on a helpful solution for this. My aim is to get more ESH certificate holders and I want more societies to become accredited.

Finally, let me ask you how do you imagine the future of ESH, what is your dream? What do you plan to do to make this dream come true?

It is my hope that ESH can help to form the future for hypnosis in Europe. My dreams are that hypnosis can be the first choice within the health care system, that all health educations have hypnosis on their curriculum, all universities have a master's degree in hypnosis, and hypnosis is accepted by insurance companies.

In ESH we need to exchange ideas, support and learn from each other. We have different professions and different cultures, but we can learn from countries where hypnosis education is accepted by their government and for example the big hospital project with hypnosis in Geneva.

When we unite our forces, I think we can go far expanding hypnosis. I hope I can stay on the board, set up goals for the dreams and work for them.

Thanks a lot dear Randi for this inspiring interview.



## 32

# Hypnotic tools for raising flexibility in hypnotic treatment.

## By Marie-Jeanne Bremer



The Mark P. Jensen in his latest *Handbook* of *Hypnotic Techniques, Vol 2* starts with following observation: controlled clinical trials support the conclusion that highly standardized and manualized hypnotic

treatments are effective on average, but treatment responses are variable. Convinced that individually tailored tools enhance efficiency he invited eleven experienced senior clinicians around the idea of raising flexibility in hypnotic treatment, flexibility that is enhanced by having a backpack filled with a large variety of tools. These master clinicians share their preferred tools by guiding the reader through very different and complementary techniques, connecting practice with theoretical considerations and scientific knowledge, and by valuing curiosity and wondering.

Their vignettes and demonstrations remind us of a fascinating choreography, of a "pas-de-deux" where the therapist lets himself or herself be guided by the client before adopting a specific approach or treatment.

Step by step, by sensitive observation and heightened awareness, the clinician evaluates the quality of the rapport and attunement, and makes sure that the client is in his safe place or safe haven before continuing the therapeutic process. The challenge to respect both flexibility and therapeutic accuracy is largely met.

Some authors share structured scripts and protocols, and remind us of necessary and useful skills and therapeutic guidelines. Others lead us through a hypnotic communication-journey which is structured by careful listening to and

awareness of the client's reactions, and to their own body-sensations and emotions, which are just as important as the cognitive analysis.

With an experiential touch and with the focus on the mind-body connections, Laurence Sugarman and Julie Linden open the journey which will immerse the reader in discovery or rediscovery of highly transformative tools and strategical comments highlighting the relational aspect of hypnosis. Their definition of mind is the following: "an embodied and relational system that emerges from a complex, dynamic and evolving system of information energy flow within and between people."

Although this view is also implicit in most of the chapters, some authors emphasize this aspect in a deeper way. So does Kevin Hall in his contribution "Five Principles of Interpersonal Alchemy for Enhancing Rapport." One of these principles is the importance of thermoregulation, referring to the hypothesis that social and physical warmth activate the same neural circuits. Therefore, some of his metaphors suggest appropriate temperature to enhance rapport.

Kathleen Long masters perfectly the grammar and choreography of hypnotic interpersonal communication for "finding the pearl." She notes that there is often "a very specific issue anchoring a negative state" which may last over decades. Finding this specific issue is "finding the pearl," and clears the way to healing. Two clinical examples illustrate how her therapeutic presence and her precise way of observing and communicating guided her to the pearl in less than half an hour.

Patients in these examples were stuck in their problems. This Handbook offers the reader many techniques for moving out of stuck situations. For Rubin Battino, in his chapter on guided imagery and hypnosis, patients who come to see a psychotherapist, are stuck in some way and need help to move on. One piece of advice he offers is to avoid the word "problem"; concerns, troubles or difficulties are easier to handle.

Shaul Navon addresses situations where patient and therapist are stuck in the therapeutic process. An either-or perspective exacerbates the symptom side; let's call this side "X" which cannot exist without "non-X." So, the symptom-side has a complementary relation to the non-symptom-side. This premise is

underlying the "dual track paradigm" with techniques of brief therapy, specifically the "illness/non-illness model" designed by S. Navon, that leads the client out of a narrow and monoideistic view allowing the possibility of choice.

Richard Hill with the specific technique of Mirroring Hands and Ran D. Anbar & Rebecca N. Cherry with Ideomotor and Visualization Techniques describe different applications of techniques based on ideodynamic responses, by eliciting communication with the unconscious. These two contributions reflect a contrasting way of the therapist's presence. The clinician using the technique of Mirroring Hands has a function similar to that of a midwife, relying on the conviction that the inner work emerges in the patient when he or she is focusing on her/his hands, while thinking on his/her concern. Though the responsibility for change remains essentially in the hands of the client, the therapist, with the knowledge of natural rhythms and cycles, has to be deeply engaged in a sensitive, observing and, if necessary, reassuring presence. On the other side, Anbar and Cherry have a greater physical presence while working with the Arm Strength Test, Finger

Motions, and the Chervil Pendulum, and by constantly verifying the therapeutic process with their specific mode of questioning. In each case, authors offer protocols and structured scripts for addressing different goals.

Enhancing Resilience is the aim of the technique described by Consuelo Casula. She notes that resilience is a lifelong process with anti-fate effect, and proposes a clear structure of a Resilience Intervention based on three therapeutic pillars: a secure therapeutic attachment, a retrospective view and epistemic emotions as hope, curiosity and trust. Eliciting these emotions help the client enhance his or her competence of emotional self-regulation.

Ali Özden Özturk invites the reader on a journey of Sailing to resources with the Life Wind by the AUCH method: Awareness Under Conscious Hypnosis, "aiming to increase conscious awareness of therapeutic problems, solutions and resources in both the client and the clinician." You may be confident in the captain's competence and enthusiasm. In a very structured way Özden Özturk accompanies the reader through the different goals and steps of AUCH.

To cure all presenting problems in an average of four therapy sessions is the goal of Patrick McCarthy. His toolbox contains around ten modules precisely illustrated which address a series of issues that the patient can also apply in autohypnosis. He enriches the concepts of a Safe Place by the "Special Place of Bliss" where the patient or listener has the possibility to remove his or her worries from a backpack and to experience a "state of bliss."

The journey through the *Handbook of Hypnotic Tools, Vol 2* ends with *Automatic Writing* by Dan Short. This method is particularly helpful when patients are struggling with irrational behaviors and where a "skillful assessment of implicit emotions, attitudes or subconscious intentions is needed." The technique starts in a simple way: the client is invited to tear a sheet of paper in sixteen pieces, and rapidly write a word on each piece of paper. You will learn about all the other steps by reading the full article.

The tools you discover in the handbook are all wonder-full, finely grounded and polished. I wish you a lot of enthusiasm in integrating them in your practice.

## 36

# Welcome to ESH 2023 Istanbul

#### By Ali Özden Öztürk



Dear Colleagues,

We are very pleased to invite you to the XVI ESH Congress organized under the cooperation of the Society of Medical Hypnosis (THD) and the European Society of Hypnosis (ESH).

The Congress will take place in Istanbul, Turkey on 26 - 29 October, 2023 hosted by THD.

We are delighted to be encouraged by ESH to create a common platform and network to share and improve the knowledge and experience of hypnosis in an international dimension.

The motto of the Congress is: "Hypnosis Food for Body and Mind: an Integrated Approach to Healing".

It can be said that mind, body, and soul constitute a unique wholeness while interacting, connecting and changing each other. So, the healthier the balance among them, the healthier the entity is. Hypnosis can provide an integrated approach to achieve this balance while bridging each variable in a harmonious and peaceful way. So, we would like to discuss together the use of hypnosis to achieve an integrated approach in Medicine, Dentistry and Psychology.

Our congress has been awarded ESH Certificate (ESHC) Credit Points by ESH. The amount of ESHC Credit Points will be announced later when the congress draft program is ready. The Congress Scientific Committee has already started to work on the congress program and the scientific content. As you may know, ESH 2020 Basel Congress was unfortunately cancelled due to Covid-19 pandemic.

However, I have some good news for you. The abstracts that were submitted to Basel Congress can be resubmitted to 2023 ESH Istanbul Congress. All you need to do is to visit the congress website when the abstract submission is started in the upcoming months. We will inform you when the abstract submission starts.

I also want to give some other good news about the congress registration fee. ESH CS Presidents, ESHC holders, ESH Members, ISH Members and Students will receive a special discount on the congress registration fee. Please visit the congress website for further information https:// esh2023.org/ and please do not miss the Super-Early-Bird registration which is available between 09/08/2021 and 31/12/2021. If you are asking for more, there is more of good news. You do not need to send us any payments for the time being. At the moment, it is sufficient to complete your registration on the congress website to take advantage of the Super-Early-Bird rates. We will inform you how and when to make your payments later on.

About the Congress Venue and Istanbul:

2023 ESH Congress will be held in Istanbul. We will do our best to meet face to face. However, we are also considering

the possibility of holding the congress online or as a hybrid event (on-site and online together). Time will show the best and the most possible option but our desire is to meet physically.

Maybe most of you have already visited Istanbul. Istanbul has been the crossroads of civilizations throughout history, and is the only city bridging Asia and Europe. Its cultural heritage, unique geography, natural assets, and the Bosporus, turn Istanbul into an unmatched destination and an opportunity to make unforgettable memories and great experiences.

Istanbul is a modern metropolitan city gathering people from different cultures and backgrounds. Hosting many cultural and art events with many museums, theatres, concerts, operas and ballets, Istanbul was elected as the European Capital of Culture in 2010.

Accommodation, food and beverage are also very affordable in Istanbul.

By taking into consideration all these assets that are supported by modern congress centers, transportation, and first-class accommodation facilities it can be

said that Istanbul is among the top destinations for international congresses and for tourist visits.

To know more about Istanbul, you can visit www.howtoistanbul.com

Istanbul has two international airports, the new Istanbul Airport and Sabiha Gokcen Airport. Besides, Istanbul has a very broad range of public transport available (boats, subways, buses, metro-buses, tramways, funiculars) and also a very broad range of accommodation types: from 5-stars luxury hotels to the budget hostels.

We would like to see you all there so we can enjoy the beauty of Istanbul in October 2023 together.

We look forward to welcoming you in Istanbul in 2023.

Dr. Ali Özden Öztürk, MD

**ESH Treasurer** 

Society of Medical Hypnosis (THD)

President

## 39

## Maggie Philips Eulogy

The world of psychology and hypnotherapy has lost a great teacher, author and therapist in the passing of Dr Maggie Phillips PhD. Maggie was proficient in many therapies including, EMDR, TFT, Transactional Analysis, Ego State therapy and had studied Ericksonian techniques and medical hypnosis for well over 30 years.

A lot of her work was dedicated to helping people with chronic pain, trauma and PTSD. Despite her wealth of knowledge, she was always looking for more ways to push the boundaries to help people heal and added Somatic Experiencing to her extensive repertoire of therapies, teaching with the creator of this technique Peter Levine with whom she also wrote *Freedom from Pain*.

Maggie was director of the California Institute of Clinical Hypnosis and past-president of the Northern California Society of Clinical Hypnosis and she served on many academic faculties throughout her long career.

She was also a Fellow of the International Society for the Study of Dissociation (ISSD), and a Fellow of the American Society of Clinical Hypnosis. Her reputation as one of the best-known therapists preceded her wherever she went and at the many European and International Congresses that she attended, Maggie's workshops were a must and would be full to overflowing with attendees disappointed if they did not manage to get a place. She was in great demand during her career and led workshops on hypnosis, psychotherapy, the effects of childhood trauma, and reversing chronic pain in the U.K., Germany, Scandinavia, France, Japan, China, and Malaysia, and was a passionate advocate of energy therapies in mind-body healing.

Maggie was a generous teacher and you always came away with new ideas and a new energy to apply them as soon as possible.

Maggie's passing will be felt around the world by all those who knew and learned from her. The world of pain and trauma was changed for many by Dr Maggie Phillips PhD and her loss will be keenly felt by therapists and patients alike. Rest in Peace, Maggie, and thank you.

### 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/

#### SPECIALIST MODULE - HYPNOSIS IN FUNCTIONAL

**BOWEL DISORDERS** Date: 09 October 2021 Time: 10am - 4.30pm

**Venue: Virtual** 

**Invited Speakers: Dr Peter Whorwell and others** 

Language: English **Translations: No** 

Fees:

ESH Constituent Society: 125

Non-Member: 125 **Registration Website:** 

Book Event - BSCAH - British Society of Clinical and

Academic Hypnosis

Email: natoffice@bscah.co.uk Telephone: 07702492867

HYPNOSIS TREATMENT OF GASTROINTESTINAL **DISORDERS: CURRENT STATUS AND FUTURE** 

**PROSPECTS** 

Date: 11 October 2021 Time: 7:00 pm - 9:00pm

**Venue: Virtual** 

Invited Speaker: Dr Olafur S. Palsson, Professor of Medicine, Division of Gastroenterology and Hepatology, Center for Functional GI and Motility Disorders in North Carolina, USA.

The lecture will be followed by a Q&A session.

This webinar will help you:

Learn about current applications to the use of hypnosis in GI disorders

Familiarise yourself with the empirical evidence to support the application of hypnosis in gastroenterology.

This webinar will be available for registered delegates for 30 days after on Zoom. The link will be sent 24 hours after the webinar takes place.

Join in the conversation online using #RSMHypnoPain

Follow us on Twitter: @RoySocMed

Visit the Hypnosis & Psychosomatic Medicine Section homepage to view all upcoming webinars, series, events and prizes.

#### 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.wholSHwho.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 wholSHwho platform. Also if you are moderator planning a symposium and want to identify potential co-presenters, you could use the wholSHwho platform to identify theseindividuals. Of course, there are many more possibilities for encouraingnetworking in our community (and getting information about you to otherlike-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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