

ESH The Newsletter

Continuity and Innovation



Editors
Consuelo Casula
Fabio Carnevale

KATHLEEN LONG
President's LETTER

CONSUELO CASULA
Editor's LETTER

MERRY CHRISTMAS

European Society Of Hypnosis

HAPPY NEW YEAR

Interviews
Alistair Dobbin
Murat Uslu
Rinaldo Perri

EULOGY
Aaron Beck



2021

TABLE OF CONTENTS

NEWSLETTER

ESH

CONTINUITY + INNOVATION

PRESIDENT'S LETTER P.2

TRANSLATED
VERSIONS

P.
4

P.11

RESEARCH
REFLECTIONS

P.8

EDITOR'S LETTER

RESEARCH P. 10

CEPE P. 14

FRENCH C&I P. 18

CASE REPORT P. 21

INTERVIEWS P. 25

BOOKS P. 39

Credits P. 52



President's Letter

Kathleen Long

In the last ESH newsletter of 2021 it is important to look back at what ESH has achieved in the past year before we rush headlong into 2022.

December is often a time when families come together and celebrate the links and common purposes that they have, and we should do the same as members of ESH.

I would like to thank every single member of my BoD for all their hard work and support in making this past year the success, I believe it has been. I would also like to thank Central Office for all the hard work that is done there behind the scenes.

I feel that one of our successes has been the ongoing meetings with the Constituent Society Presidents and Representatives. There continues to be a good attendance and input from the Constituent Societies and this is very much appreciated by the BoD.

The BoD is very keen to find out if the CSs meetings can be developed to make them as interactive as possible. To that end we sent out a short survey to all of our CSs to

ask for feedback. We received some very useful comments and the BoD will discuss these with the CSs and within the board itself.

During 2021 the BoD have been co-operating with ISH to ensure that we have a combined and powerful approach to the World Health Organisation about the efficacy of hypnosis where the research evidence is clear.

There is renewed interest in many countries in hypnosis and that, I believe, is thanks in no small part to the continuing efforts of those who are involved in research.

We are fortunate to have some eminent researchers amongst our members. Our social media presence has increased on Facebook and the BoD are keen to have a significant impact via our new Instagram page and presence on YouTube.

The ESHNL that is painstakingly put together each quarter has a new more vibrant look and I would ask that the CS distribute it to as many of their members

as possible. For these initiatives to be successful ESH needs significant input from the CSs. We are all rightly proud to be members of ESH and it is important that we continue to be the society that clinical hypnotherapy societies throughout Europe want to join.

One of the ways to do this is to ensure that we have a presence and profile that is easily accessible. Our much-anticipated Congress in Istanbul 2023 already seems much closer and the BoD are working hard to promote it and ensure its success on your behalf. Keep looking on the ESH

website Congress page for more news on the Congress.

We have much to do in the coming year and we all deserve a time when we can recharge our batteries to take on all the new challenges that await us. Our common goal as the ESH family must be to build a supportive network that grows in strength and nurtures each member of that family.

For all of you who are celebrating the Festive Season I wish you a fantastic holiday and loving times with your family and friends.



Translated into French by Gérard Fitoussi

Pour le dernier bulletin d'information de cette année 2021, il est important de revenir sur ce qui a été accompli l'année passée avant de nous précipiter vers 2022. Décembre est souvent le moment où les familles se réunissent, célèbrent les liens et les objectifs communs qu'elles partagent, et nous devrions en faire de même avec les membres d'ESH. Je tiens à remercier chaque membre de mon conseil d'administration pour leur travail acharné et leur soutien afin que cette année soit un succès, et je pense que cela a été le cas. Je tiens également à remercier le bureau central pour le travail important qu'il fait dans l'ombre. Je pense que l'une des réussites passées a été la mise en place des réunions avec les présidents et représentants des sociétés constitutives. La participation des sociétés constitutives est importante et leurs contributions très appréciées par le Conseil d'administration. Le CA aimerait savoir s'il était possible de développer ces réunions afin de les rendre aussi interactives que possible. Pour cela, nous avons envoyé un court sondage à tous nos CS pour leur demander leur avis. Nous avons reçu des commentaires très utiles et le CA en discutera avec les CS et au sein du CA lui-même. Au cours de 2021, le Conseil d'administration a coopéré avec l'ISH pour avoir une approche commune et forte auprès de l'Organisation mondiale de la santé à propos de l'efficacité de l'hypnose notamment lorsque les preuves de la recherche sont claires. Il y a un regain d'intérêt dans de nombreux pays pour l'hypnose et cela, je crois, est en grande partie dû aux efforts continus de ceux qui sont impliqués dans la recherche. Nous avons la chance de compter parmi nos membres d'éminents chercheurs.

Notre présence sur les réseaux sociaux a augmenté sur Facebook et le CA souhaite avoir aussi un impact significatif via notre nouvelle page Instagram et sur YouTube.

La newsletter de l'ESH qui est adressée chaque trimestre a un nouveau look plus dynamique et je souhaiterais que les sociétés la distribue le plus largement possible à leurs membres. Pour que ces initiatives réussissent, l'ESH a besoin d'une contribution significative de la part des CS. Nous sommes tous fiers, à juste titre, d'être membres de l'ESH et il est important que nous continuions à être LA société que les sociétés d'hypnothérapie clinique en Europe souhaitent rejoindre. L'un des moyens pour y parvenir est de s'assurer d'une présence et d'un profil aisément accessibles. Le Congrès si attendu à Istanbul en 2023 semble déjà proche et le CA travaille avec ardeur pour le promouvoir et assurer son succès. Pour plus d'informations à son sujet, continuez à vous informer sur la page de notre site web à l'onglet congrès.

Nous avons beaucoup à faire dans l'année à venir et nous méritons tous un moment pour recharger nos batteries et relever tous les nouveaux défis qui nous attendent. Notre objectif commun en tant que famille ESH doit être de construire un réseau de soutien qui grandit en force et nourrit chaque membre de cette famille. Pour tous ceux d'entre vous qui célèbrent la saison des fêtes, je vous souhaite de merveilleuses vacances et des moments d'amour avec votre famille et vos amis.

Translated into German by Stella Nkenke

Im letzten ESH-Newsletter des Jahres 2021 finde ich es ganz besonders wichtig, auf all das zurückzublicken, was die ESH im vergangenen Jahr erreicht hat, bevor wir uns dann kopfüber ins Jahr 2022 stürzen werden. Der Dezember ist oft eine Zeit, in der Familien zusammenkommen und die Verbindungen und gemeinsamen Anliegen feiern, und das sollten wir als Mitglieder der ESH auch tun. Ich möchte jedem einzelnen Mitglied meines Vorstandes für seine harte Arbeit und seine Unterstützung danken, denn das hat das vergangene Jahr meiner Meinung nach so erfolgreich gemacht. Ich möchte natürlich auch unserem Zentralbüro für all die harte Arbeit danken, die dort hinter den Kulissen geleistet wird. Ich denke, dass einer unserer Erfolge die fortlaufenden Treffen mit den Präsidenten und Vertretern der Mitgliedsgesellschaften waren. Deren zahlreiche Anwesenheit und die tollen Beiträge der Mitgliedsgesellschaften weiß der Vorstand sehr zu schätzen. Der Vorstand ist auch daran interessiert, dass die Sitzungen mit den Constituent Societies möglichst interaktiv gestaltet werden können. Zu diesem Zweck haben wir eine kurze Umfrage mit der Bitte um Rückmeldung an alle unsere CSs verschickt. Wir haben einige sehr nützliche Kommentare erhalten, und der Vorstand wird diese mit den Mitgliedsgesellschaften und im Vorstand selbst diskutieren. Im Laufe des Jahres 2021 hat der Vorstand auch mit der ISH zusammen gearbeitet, um sicherzustellen, dass wir gegenüber der Weltgesundheitsorganisation einen kombinierten und schlagkräftigen Ansatz in Bezug auf die Wirksamkeit der Hypnose haben, für die es eindeutige Forschungsergebnisse gibt. In vielen Ländern ist das Interesse an der Hypnose wieder erwacht, und ich glaube, das ist nicht zuletzt den anhaltenden

Bemühungen derjenigen zu verdanken, die in der Forschung tätig sind. Wir sind in der glücklichen Lage, einige herausragende Forscher unter unseren Mitgliedern zu haben. Unsere Präsenz in den sozialen Medien hat auf Facebook zugenommen, und der Vorstand ist bestrebt, über unsere neue Instagram-Seite und unsere Präsenz auf You Tube eine deutlichere Wirkung zu erzielen. Der ESHNL, der jedes Quartal sorgfältig zusammengestellt wird, hat ein neues, lebendigeres Aussehen und ich möchte alle Mitgliedsgesellschaften bitten, diesen an so viele ihrer Mitglieder wie möglich weiter zu leiten. Damit diese Initiativen erfolgreich sein können, braucht die ESH einen bedeutenden Beitrag der CSs. Wir sind alle zu Recht stolz darauf, Mitglieder der ESH zu sein, und es ist wichtig, dass wir weiterhin die Gesellschaft sind, der die klinischen Hypnotherapiegesellschaften in ganz Europa beitreten wollen. Eine der Möglichkeiten, dies zu erreichen, besteht darin, dafür zu sorgen, dass unsere Präsenz und unser Profil leicht zugänglich sind. Unser mit Spannung erwarteter Kongress in Istanbul 2023 scheint schon viel näher gerückt zu sein, und der Vorstand arbeitet hart daran, ihn in Ihrem Namen zu fördern und seinen Erfolg zu gewährleisten. Auf der Kongressseite der ESH-Website finden Sie weitere Neuigkeiten zum Kongress. Wir haben im kommenden Jahr viel zu tun und wir alle verdienen eine Zeit, in der wir unsere Batterien aufladen können, um uns all den neuen Herausforderungen zu stellen, die auf uns warten. Unser gemeinsames Ziel als ESH-Familie muss es sein, ein unterstützendes Netzwerk aufzubauen, das an Stärke gewinnt und jedes Mitglied dieser Familie fördert. Allen, die die Festtage feiern, wünsche ich fantastische Feiertage und schöne Momente mit ihrer Familie und ihren Freunden.

Translated into Spanish by José Cava

En el último boletín de ESH de 2021, es importante recordar lo que ESH ha logrado en este año que acaba antes de apresurarnos hacia el 2022. Diciembre es a menudo un momento en que las familias se reúnen y celebran los vínculos y los propósitos comunes que tienen, y debemos hacer lo mismo como miembros de ESH. Me gustaría agradecer a cada miembro de mi junta directiva por todo su arduo trabajo y apoyo para conseguir el éxito que creo que ha sido este año. También me gustaría agradecer a la Oficina Central todo el duro trabajo que se ha hecho allí, detrás del escenario.

Siento que uno de nuestros éxitos han sido las reuniones que mantenemos con los Presidentes y Representantes de las Sociedades Constituyentes (CSs). Continúa habiendo una buena asistencia y participación de CSs que la junta directiva agradece mucho. La junta directiva está muy interesada en averiguar si las reuniones con las CSs se pueden realizar de forma que sean lo más interactivas posible. Con ese fin, enviamos una breve encuesta a todas nuestras CSs para solicitar comentarios. Recibimos algunos comentarios muy útiles y la junta directiva los discutirá con las CSs y dentro de la propia junta. Durante 2021, la junta directiva ha estado cooperando con la ISH para garantizar que tengamos un enfoque combinado y fuerte con la Organización Mundial de la Salud sobre la eficacia de la hipnosis, donde la evidencia de la investigación es clara. Hay un interés renovado en muchos países por la hipnosis y eso, creo, que se debe en gran parte a los continuos esfuerzos de quienes están involucrados en la investigación. Tenemos la suerte de contar con algunos investigadores

eminentes entre nuestros miembros. Nuestra presencia en las redes sociales ha aumentado en Facebook y la junta directiva está muy deseosa de tener un impacto significativo a través de nuestra nueva página de Instagram y presencia en YouTube. El boletín de la ESH que se realiza con gran esfuerzo cada trimestre tiene un aspecto nuevo y más vibrante y les pido a la CSs que la hagan llegar a todos los miembros que les sea posible. Para que estas iniciativas tengan éxito, la ESH necesita una participación significativa de las CSs. Todos estamos orgullosos de ser miembros de ESH y es importante que sigamos siendo la sociedad a la que las sociedades de hipnoterapia clínica de toda Europa quieren unirse. Una de las formas de hacer esto es asegurarnos de que tenemos una presencia y un perfil de fácil acceso.

Nuestro tan esperado Congreso en Estambul 2023 ya parece mucho más cercano y la junta directiva está trabajando duramente para promoverlo y asegurar su éxito. Para obtener más información sobre el Congreso puede seguir buscando en el sitio web de la ESH, en la página del Congreso.

Tenemos mucho que hacer el año que viene y todos merecemos un momento en el que podamos recargar las pilas para afrontar todos los nuevos retos que nos esperan. Nuestro objetivo común como la familia ESH debe ser construir una red de apoyo que fortalezca y nutra a cada miembro de esa familia. Para todos los que están celebrando este período festivo les deseo unas vacaciones fantásticas y entrañables con su familia y amigos.

Translated into Italian by Fabio Carnevale

Nell'ultima Newsletter ESH del 2021 è importante voltarsi a guardare ciò che la ESH ha ottenuto nell'ultimo anno, prima di dirigerci verso il 2022.

Dicembre è spesso il momento in cui le famiglie si riuniscono e celebrano i legami e gli obiettivi comuni. Come membri della ESH dovremmo fare lo stesso. Vorrei ringraziare ogni singolo membro del Board per il duro lavoro e il contributo offerto con l'intento di rendere quest'anno il successo, che credo sia stato. Vorrei anche ringraziare il Central Office per il grande lavoro svolto dietro le quinte.

Ritengo che uno dei nostri successi più grandi siano stati gli incontri in corso con i presidenti ed i rappresentanti delle Società Costituenti. Continuano ad esserci una buona partecipazione e molti input da parte delle Società Costituenti e questo è molto apprezzato dal CdA.

Il Board è molto interessato a scoprire se gli incontri con le CS possano essere migliorati perché siano sempre più interattivi. A tal fine abbiamo inviato un breve sondaggio a tutte le nostre CS per chiedere un feedback. Abbiamo ricevuto alcuni commenti molto utili e il BoD ne discuterà con sia con le CS che all'interno del Consiglio stesso. Durante il 2021 il Board ha collaborato con ISH per garantire un approccio combinato ed efficace nei confronti della Organizzazione Mondiale della Sanità riguardo la efficacia dell'ipnosi, presentando evidenze scientifiche chiare.

C'è un rinnovato interesse in molti paesi per l'ipnosi e questo, credo, è dovuto in gran parte ai continui sforzi di

coloro che sono coinvolti nella ricerca. Siamo fortunati ad avere alcuni eminenti ricercatori tra i nostri membri. La nostra presenza sui social media è aumentata su Facebook e il BoD desidera avere un impatto significativo tramite la nostra nuova pagina Instagram e la presenza su You Tube. L'ESHNL, che viene prodotta con cura ogni trimestre, ha un nuovo aspetto più vivace e mi piacerebbe che le CS la distribuiscano al maggior numero possibile di membri. Affinché queste iniziative abbiano successo, ESH ha bisogno di un contributo significativo da parte delle CS. Siamo tutti giustamente orgogliosi di essere membri di ESH ed è importante continuare a essere una Società a cui le Società di ipnoterapia clinica di tutta Europa vogliono aderire. Uno dei modi per farlo è assicurarci di avere una presenza e un profilo facilmente accessibili.

Il nostro tanto atteso Congresso a Istanbul 2023 sembra già molto più vicino e il BoD sta lavorando duramente per promuoverlo e garantirne il successo.

Ulteriori notizie sul Congresso possono essere reperite sul Web ESH.

Avremo molto lavoro da fare nel prossimo anno e tutti meritiamo un momento in cui ricaricare le batterie per affrontare tutte le nuove sfide che ci aspettano. Il nostro obiettivo comune come famiglia ESH deve essere quello di costruire una rete di supporto che cresca in forza e nutra ogni membro di questa famiglia. A tutti voi che state celebrando le festività natalizie auguro una fantastica vacanza e momenti d'amore con la vostra famiglia e i vostri amici.

Editor's Letter

Consuelo Casula



EUROPEAN SOCIETY OF HYPNOSIS

Happy New Year!

LOVE AND PEACE

Picture by F.C.

This issue is rich in inspiring contents, suitable for the December holidays, where we have more time not only for family and friends but also for reading. Those looking for continuity will find familiar names such as Peter Nash, Gérard Fitoussi, Randi Abrahamsen, Stella Nkenke and Marie-Jeanne Bremer, our usual contributors to the ESHNL. In addition there is the President's Letter (PL) in which Kathleen Long takes stock of the year that is about to end and makes a wish for the year to come. Peter, for his part, proposes a new reflection on a research comparison between hypnosis and Mindful Meditation (MM) with particular reference to pain tolerance, where the hypnosis group performed better than the MM's group. Peter would also like to engage the ESHNL readers in research by inviting you to ask your patients to complete a questionnaire on what it works in hypnosis. He also invites us to propose articles for ESH Journal, Contemporary Hypnosis, of which he is the editor.

Randi introduces us to the new CSs that have been recognised as Training Societies and some new colleagues that have achieved the ESH Certificate. She also updates on the CEPE projects. Also Gérard updates us on recent French publications, including the latest book of Claude Viroit. Stella has written about a successful case of a woman who asked for hypnosis to prepare her for a pain free delivery of her second child, in order to have a better experience than the painful first confinement. Marie-Jeanne has kindly written a review of the English translation of my Italian book on Metaphors.

You can also spend your free time in the company of three interesting colleagues interviewed respectively from me - an Italian psychologist, cognitive psychotherapist and researcher, Rinaldo Perri; from our president Kathleen - an English GP and researcher, Alistair Dobbin, and from Randi - a Turkish dentist who, in addition to dedicating himself to children dental care, teaches his hypnodontic practices and published a book (in Turkish). This December issue offers also information regarding the Ericksonian Techniques Manual edited by Dan Short which can be found on the internet already translated into several languages.

In this issue there is an eulogy for Aaron Beck, written by Gérard Fitoussi.

I omitted to credit Kathleen Long in the previous October 2021 issue as the author of the eulogy on Maggie Phillips. Thank you to those who pointed it out and apologies to all the readers. As Kathleen says in her PL, December is a bridge between the old finishing year and the new one coming. It's time to openly express my deep gratitude to all friends and colleagues who have helped me so far. First of all, Fabio Carnevale, the co-editor, responsible for the visual enrichments of each NL, who always finds the most appropriate images to compliment the season. Another heartfelt thanks go to the translators, in particular to José Cava, the only non-ESH Board Member. A special thanks goes to all the colleagues who have agreed to be interviewed, dedicating time and energy to share with us their creative involvement in the world of hypnosis, showing us their personal views. To each of you, Happy New Year 2022.

10

Research Reflections

By
Peter
Naish

In the UK it is quite common for an examination question to begin with the words, “Compare and contrast...” if it was a history exam it might continue, “... the military strategies of Scipio and Hannibal.” I think we often meet such questions associated with hypnosis, especially asking how well it works compared with another form of therapy. A less frequent comparison, but nonetheless important, is the mechanism by which it works, and whether that differs from other treatments. A frequent contender for comparison is mindfulness meditation (MM).

In my experience people often assume that hypnosis and MM are very similar, perhaps because a person who is meditating looks, superficially, rather like a person experiencing a hypnotic induction. In fact, they are effectively opposites (Lush, Naish & Dienes, 2016). Our experiments built upon the old studies of Libet, who asked people to indicate the exact time when they decided to make a

simple action. He showed that people produced electrical brain waves, indicating that they were preparing to make an action, before they claimed to have decided to act. This has been taken to mean that conscious awareness comes relatively late in the sequence of activities the brain undertakes.

We carried out a related experiment, using people who were highly hypnotisable (‘Highs’), people low in hypnotisability (‘Lows’) and people who regularly practiced MM. Note that they were all tested in their normal waking state; no one was meditating or hypnotised. The meditators were extremely quick with their self-awareness, Lows were a little slower and Highs were the slowest of all.

The differences were not large, the Highs being in the order of 175 milliseconds slower to respond than the MM group, but in the context of brain processes this is a significant duration and gives us a clue as

to what might be happening. We know that meditators practice observing their thoughts and experiences while not interacting with them – just a passive observation of what takes place. It would seem that this practice has made them very good at detecting the onset of a thought as it occurs. To compare and contrast this with the Highs I will use the concepts of top-down and bottom-up processing.

Normally, our experiences are dictated to a large extent by the information arriving through our senses. The type of processing these stimuli receive is, at least initially, bottom-up; each stage takes input from the previous process, and the output is determined by the input. For familiar stimuli this is a very rapid process, but it loses effectiveness when input information does not precisely match previously learned experiences.

This is where top-down processes come into play, adding contextual information and influences from other concepts and experiences. These two processes work seamlessly together, eventually generating the neural activity which gives us a

conscious experience. Importantly, the relative contributions of those processes can vary, and when, for example, a hypnotised person finds themselves relaxing on a sunny beach (when actually sitting in a clinic) we may presume that the experience is generated entirely by top-down processes.

It seems reasonable to hypothesise that the non-evaluating approach of meditators means that they tend to use less top-down processing. For meditators, stimuli (at least when meditating) do not require a complete meaning to be attributed to them, so to observe the arrival of bottom-up information is sufficient. Highly hypnotisable people, we may surmise, are far more inclined to use top-down processing and, as a consequence, take rather longer for material to reach consciousness.

How do these proposed styles influence behaviour in practice? Grover et al. (2021) examined the effectiveness of both meditating and hypnosis in helping people to tolerate pain. The researchers induced innocuous pain with what is known as the cold pressor task. This requires people to

immerse a hand and arm in a bath of ice-cold water. That quite soon becomes very painful; a measure of painfulness is gained by timing how long people can tolerate the discomfort, before removing their arms from the water. The meditators were given a twenty-minute session of mindfulness training, which included focusing on their breathing and observing sensations with 'non-judgmental attentiveness'.

The people assigned to the hypnosis group also received a twenty-minute session, including an induction and suggestions of a favourite place. In the latter it was suggested that they could imagine placing their arm in cool (note the avoidance of the word 'cold') water and feeling confident that they could perform the task.

As a result of their preparations, both groups were able to keep their arms in the water for longer than a control group who received no form of training. Questionnaires were used to assess the participants' feelings and evaluations of the situation. The hypnosis group performed better in rating the sense of threat from the situation to be lower than did the MM group. Moreover, they were

better able to perceive the situation as simply a challenge. Both these measures (i.e., lower threat and higher challenge) were associated with greater ability to tolerate the pain.

On the basis of these data, it would seem that a top-down change of perception was more effective than trying to be non-judgmental about the perception. As the authors point out, the situation in their study was not the same as for a person with a clinical condition, suffering chronic pain.

Additionally, a twenty-minute training session was doubtless insufficient to enable people to become fully competent meditators; the meditators tested in the Lush et al. study were all experienced, with a minimum of three years regular practice. It is likely that the hypnosis group in the pain experiment would also benefit from rather more practice, but a great advantage of hypnosis is that its effects are achieved relatively quickly.

This is perhaps because, for many people, increasing the use of top-down processing is not too difficult; it is merely doing rather more of a process that is already in regular

use. In contrast, to stand back from our sensations is for most of us an alien concept. This suggests that hypnosis should be our tool of first resort. However, because experience in mindfulness seems to provoke processes which are effectively the opposite of hypnosis (meditators tend to be Lows) it is probably worth asking a patient whether they are a meditator. If they are, that would probably be a better tool to use.

References

Grover MP, Jensen MP, Ward LC, et al. (2021). An experimental investigation of the effects and mechanisms of mindfulness meditation versus self-hypnosis versus an attention control on cold pressor outcomes. *Mindfulness*, 12, 923 – 935.

Lush P, Naish P & Dienes Z (2016). Metacognitions of intention in mindfulness and hypnosis. *Neuroscience of Consciousness*, 1 – 10, doi: 10.1093/nc/niw007



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

By
Randi
Abrahamsen



Picture by F.C.



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

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



News from Committee for Educational Programs in Europe (CEPE). December 2021.

By Randi Abrahamsen

Getting closer to the December holidays and the return of the brighter days, I hope those who celebrate the festivities have a good time and a prosperous and happy New Year. We are still facing difficulties with the Covid 19 in our countries, hopefully it will be better days again as soon as the light comes back.

New accredited Societies:

CEPE has welcomed the Russian Society AEFCH as an accredited Society. The following societies have renewed their accreditation: The Austrian ÖGATAP, the Swedish SSCH, and the Hungarian HAH. 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

We welcome the following certificate holders: Benedicte Chevereau, Elda Bonora, Cecilia Eliasson, and Markus Eliasson. A renewal of the Certificate has been granted to the following: Nicolas Drouet, Phillipe L'huiller, and Martin Malmstrøm.

CEPE still encourages 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.

We know that during Covid times, with all the cancellations of congresses and training courses, it has been difficult to collect the CP for the renewal: for this reason, the deadline to collect CP has been extended. As an ESH Certificate holder you can, with your permission, have your name added to the web page 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 accreditation points have to be collected.

CEPE projects

We are still working to create the database on education to inspire our Constituent Societies. The web page is a work in progress and is taking a bit longer than we had hoped.

Another new project is to have educational videos available for our certificate holders. Please never hesitate to let us know if you have any suggestions or proposals to improve our work in CEPE.

In the board we now cover most European languages, so it doesn't always have to be written in English. Remember we are here for you.

18

French Continuity and Innovation

By Gérard Fitoussi

EUROPEAN SOCIETY

Essai

OF HYPNOSIS



Picture by F.C.

At the end of the year 2021, when it is fashionable to remain cautious, the hope of a normal life is reborn and spirits are moving towards the end of the year and its celebrations.

Few events have occurred in recent months except for the resumption of some congresses such as in Biarritz for example. News for 2022 is much better and will see the CFHTB general assembly held in January with a new board, and the CFHTB Forum in Luxembourg (May 2022) which will give a real kick-start to a return of an almost normal life. Publishing houses remain very active with several books published.

Dan Short, *From William James 1842-1910 to Milton Erickson 1901-1980, Caring for the Human Conscience*, Satas 2021, Ed Française.

In the translation of this work, Short offers us an original book by looking at the influences that marked Milton Erickson. Erickson spoke very little of the authors who influenced his thinking.

There are a few quotes here or there. Despite Erickson being an avid reader there were not many book clues to his influencers. Dan Short has focused

particularly on the influence of William James, one of the fathers of the little-known pragmatism, which is almost unknown in the French-speaking world. It is a double discovery that Short invites us to do, firstly of James and secondly of his influence on Erickson. Both rejected positivism, and behaved "like independent experts".

They both believed that free will always leaves room for hope "that the situation can improve and that we participate" in one way or another in the implementation of the change". Going back in time, we meet Alexander Bain, Bergson, Darwin, Myers, Schopenhauer, Swedenborg and even Spinoza. This is a book that nourishes and stimulates reflection. A book that can be read again and again...

Richard Hill & Ernest L. Rossi, *La technique des mains en miroir, Manuel du praticien*, Satas, Ed 2021.

This book written by R. Hill and E. Rossi, goes back in detail on the famous technique of the mirrored hands of Rossi. It underlines its genesis with a tribute to D. Cheek. Rossi writes that this technique allowed him to "find a way to do what people were doing with hypnosis without calling it hypnosis, without calling it

magnetism, without even calling it suggestion". For all those who want to better understand Rossi's thought and the protean implementation of his technique, this book is an essential read.

Christiane Steffens-Dhaussy, *Accompanying death and mourning, a practical approach for the hospital environment*, preface Evelyne Josse and Marco Klop, Satas Ed 2021.

The author explores the different emotions and steps that families and caregivers face in grieving. It considers the many possible situations, mourning for a loved one, a child, a newborn, circumstances that occur, accident, illness, violent death, so many different situations that require the presence and support from caregivers. Caregivers who are also tested.

Without emphasis, but in a didactic and precise manner, the author allows us to better understand what is at stake and how to strengthen the capacities of the carers to support families.

Look out for a stimulating chapter on the Covid pandemic and its specificities, such

as the closure of places of support when they were most needed, meeting places, places of worship, and also the solitary death in particular of our elders which will remain an indelible stain on this period.

Pascale Chalmi, *L'autohypnose, facile et ludique, pour l'enfant et ses parents*, Collection Enfants heureux, Parents zen,. Préface Professeur Pierre Castelnau

This book is addressed to parents by opening the doors to show them how to speak and communicate with their children using simple but never simplistic words. The book offers many tales, metaphors and tips and is rich in the experience of its author Pascale Chalmi.

He accompanies parents and children to allow them to feel safe and to be able to explore the world that will be theirs.

The preface by Professor Castelnau and the foreword by Frédéric Lenoir underlines, if necessary, the high quality of the comments made in this book.

21

A Case Report, Birth and Time progression

By Stella Nkenke



ESH

*European Society of
Hypnosis*

MERRY CHRISTMAS

For centuries, suggestive speech patterns have been known in traditional obstetrics. In modern hypnotherapy, the effects of anxiety and pain reduction during childbirth have been numerous described and supported by a large number of scientific studies. Although hypnotic support of childbirth brings extraordinary benefits, it is still far too little established in modern obstetrics. This is all the more astonishing because hypnosis is not associated with harmful side effects for either mother or child, and the normal course of childbirth is only supported, not hindered. Moreover, hypnosis also offers many facets that drugs cannot provide at all.

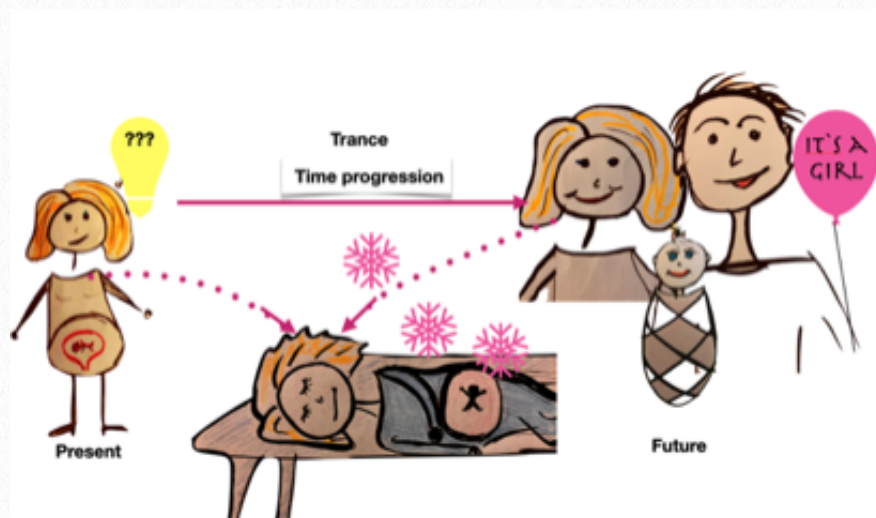
When a patient informs the doctor or midwife before delivery that she would like to give birth with the support of hypnosis/self-hypnosis, she is often met with incredulous looks.

The birth of it first child was so painful for her that only two words remained in her head: Never again! But since she didn't want an only child either, she was now standing there, heavily pregnant, desperate and full of fear. Mrs. K., 32 years, a singer, was expecting her second child in one week and her fear of the birth was growing every day, so she had great hope to get support through hypnosis in the last second. Until now, she had managed to push the thought of giving birth well in front

of her, but now she could not. She had brought books about hypnosis and birth with her, but she didn't know how to use what she had read for herself. Information alone is useless. Or as Jeff Zeig likes to say: Hypnosis is not about information it is about experience and our job is to build the bridge between the land of knowing and the land of realizing. Since the patient had already had many practice contractions, the first thing we did was to see what would do her good to be able to bear them better.

Few pregnant women even know techniques to cope better with the pain. In an initial trance, a technique was offered to manage the pain of the exercise contractions that were already present. Mrs. K. was able to get involved with it very well, she rejected the offer to direct her focus somewhere else, she wanted to stay close to what was happening. When asked what could be beneficial to make the contractions less unpleasant and to change them in such a way that they could be easily endured. Mrs. K. saw small pink snowflakes floating gently on her body where she could use them best. These were not only pleasantly cool, but as they melted on the skin, they released a kind of numbing fluid that could spread and work deep into the body as well.

Since time was limited, another trance followed immediately with the most important topic for her, the fear of childbirth. The fear of childbirth was so much in the foreground for her that she could no longer see the beautiful things behind it, why she was willing to go through with this all again. Her thoughts always stopped at the time of the delivery and her two words "never again" were always in mind. Therefore, I tried to bring her closer to her goal again, the time after delivery.



A good goal often helps to find resources or triggers motivating fantasies. To be able to use the goal as a motivating experience, talking about it is not enough. Again, the experience and the concrete experience with as many sensory modalities as possible is crucial. In a trance I therefore suggested to her that she should travel a few weeks into the future when everybody was safe and well. She could see herself

with her husband and their little newborn daughter, all happy together at home. She said her daughter had bright blue eyes and very little hair. Mrs. K. seemed visibly more relaxed and happy about it, breathing more calmly. In reference to the story of „The little prince: To see clearly, it often needs a change of perspective only", I asked her to look backwards in time from her current image in the future to see what exactly happened before they arrived home happy and healthy. Thus, in a trance, she experienced her birth step by step backwards, from a different perspective with the knowledge of a happy outcome. She saw herself lying sideways in the labor room, breathing with the pink snowflakes, completely at peace and focused at the same time, so that the fluid also spread to where it was most important. She said this state was like singing, actually like singing in the other direction. When I asked her what she meant, she explained that her current state was relaxed and also focused at the same time, just like when singing.

In order for a tone to emerge from the center of her body through proper breathing when singing, only the muscles that are really needed at that moment must be used and the vocal cords must have just the right tension so that the tone can become beautiful and soft, and make a

sound that does not sound forced. Just as the sound develops, she can see her baby daughter slowly pushing down through the birth canal from the center of her body through the contraction of the right muscles.

Mrs. K. gave birth to a perfectly healthy daughter four days later and reported the following about what she called her "beautiful birth."

She had succeeded very well in transforming the pain of labor into a feeling of pressure, and she had been able to breathe much more calmly than during her first birth. As soon as she no longer tried to flee from the pain, but to work with it, everything was much easier.

She had also been able to work very well with her inner image also always singing backwards and sliding out and not pressing out her daughter.

She felt that her body and her unconscious actually knew best and that she could trust them. When she thought that now all the rehearsed things were no longer required, that she had no more

need of them, a few minutes later her little princess was born.

The father also reports that from the outside it was a beautiful experience that their daughter was given such a relaxed birth.

He goes on to describe that his wife had lain completely still on her side throughout the birth, she had not moaned once during the contractions, so no one had expected that the time had actually come, suddenly everything went very quickly and the baby was born.

Even though birth preparation has long been one of the successful fields of application of hypnosis, the method has unfortunately not yet taken the place in practical birth preparation that it deserves.

Maybe if we look into the future where hypnotherapy will be part of a lot deliveries we only have to change the perspective and look back to see the steps that were taken and needed to make this dream come true...

Interview with Alistair Dobbin

By
Kathleen Long



Tell me a little about your background growing up

Hi Kathleen, I grew up in London my parents moved from Glasgow before I was born. When I was thinking about a career, I had a friend who lent me the Interpretation of Dreams by Sigmund Freud. It amazed

me to read about the unconscious, so I thought I would like to do Psychoanalysis. For some reason someone said I would have to study medicine first and I became a doctor.

Where did you study and what path did you take after qualifying as a doctor?

I studied medicine at the Royal Free Hospital. Found it all very interesting. When I got to psychiatry (Colney Hatch Lane, Friern Barnet, where all the alcoholics used to go to dry out, hence 'down the Hatch') I was disappointed by the emphasis on medication. It was an interesting place though. They had a sort of middle-class annex where people smoked weed (including some staff) they used LSD abreaction and did group therapy. In the main hospital it was all antipsychotics and no therapy. I did my house jobs and didn't get accepted for the jobs I applied for. And I ended up doing agency work for a couple of years, the pay was astronomical, and the jobs were pretty

good. I worked for 6 months in the Royal Marsden in London.

When did you first become interested in hypnosis?

I spent two years in General Practice in Australia and came back to the UK and became a trainee General Practitioner (GP). I forgot why I had gone into medicine! But I was amazed at the degree of emotional distress in GP. Then one day in the late 80's I saw a flyer for a weekend hypnosis course run by the British Medical and Dental Hypnosis Society (Scotland). Once I was on the course it was like I recognised my old self. On the Monday I put a lady with chronic pelvic pain (who had gone through a revolving door of specialists and GPs for 20 years) in an altered state (PMR) and read out a Hartland Ego Strengthening Script. After I finished, I counted her out of trance she set up and said 'the Pain is gone'. That was it, I was hooked.

As a past president of BSMDH(S) what made you decide to move more towards research?

I loved being a GP, despite a one in three rota (one in two whenever a partner was on holiday) I felt a strong bond with my

patients working in a poorer area of Edinburgh. We had the highest level of drug addiction in Scotland (this was the time of the movie Trainspotting) and many of them, young men and women, with small children, died in the AIDs epidemic. But throughout it all I became more and more curious about why some people coped with appalling problems but stayed happy and outgoing while others sank into despair. I suspected it was more than a chemical deficiency or a structural genetic or 'personality disorder'. I was very influenced by a number of people who used to come to BSMDH/BSCAH meetings, Irving Kirsch, John Gruzelier and particularly Lars Eric Unestahl, along with a host of others. I was particularly interested in age regression, learned this from a number of amazing practitioners, Clare Frederick, Maggie Phillips, Emanuel Kyermateng, John Watkins, Dabney Ewin. I have always read widely, very influenced by the Positive Psychology movement and great research on resilience by Barbara Fredrickson and a number of neuroscience researchers. In 2010 I stumbled on a researcher in McGill University, Fred Philippe who had formed a new theory of memory. Both myself and my partner, Shelia Ross PhD, became very interested in this theory which seemed to be a good fit for the patients. We were treating and

observing. We ran an experimental study of the outcomes of using mental training, which validated Fred Phillipe's theory, and supported our own clinical work. The key is that Resilience, which protects us from emotional distress, that is, anxiety and depression, and at the same time promotes recovery, is created by networks of episodic memories operating outside awareness, but only if they are self-determining, that is, needs satisfying rather than needs thwarting. Fred Phillipe had shown this before our joint study; and in our joint study we showed that these networks can be changed with recorded materials, making them more needs satisfying, increasing positive emotions and flipping people into a state of resilience by changing their memory networks. We have called this Positive Mental Training: it is a basically synthesis of NLP (with an emphasis on reappraisal), and mental training delivered in an altered mental state brought on by applied relaxation. Barbara Fredrickson's paper on Resilience after 9/11 showed that Resilience comes down to access to Positive Emotions under stress, but as she said in the paper '...emotions cannot be instilled directly...' so we knew they were the basis of resilience but had no means of creating them out with normal experiences. Together with Fred we

showed where they come from (memory networks) in 2010 when our joint research was done. The research is well demonstrated in <https://vimeo.com/255287474>.

What was it you set out to do when you started your research project?

The research study was to ascertain how memory influences our wellbeing. Shelia Ross PhD and I wrote a paper in 2019 on our research and outcomes 'How Memory Structures Influence Distress and Recovery?' Dobbin & Ross (open access on Frontiers in Psychiatry.)

Where have you presented your research projects?

So far hardly anywhere formally. I presented it to a Mental Training Symposium in Sweden in Gavle in 2019, then there were no conferences for a while.

Well Alistair all that is about to change, I think. You were scheduled to present at our ESH Congress in Basel 2020 which was cancelled due to COVID and you now have presentations scheduled at both the ISH and ESH Congresses. How do you feel about that?

We are really excited to present our research to both ESH and ISH, I am sure the delegates will find huge resonances for what we all do as therapists. I can immediately see applications in various if not all hypnosis techniques and the potential to develop new applications and ideas. I think in the context of these conferences we will reach an audience who will 'get it'.

**You set up your own organisation in?
What exactly do you do there and how many others are involved?**

We set up a company, Positive Rewards, in about 2002 which initially made self-hypnosis materials. In 2010 we set up a charity, the Foundation for Positive Mental Health, we recorded a number of NLP type scripts and along with music and relaxation (Applied Relaxation) this really constitutes the therapeutic programme. In the 'Feeling Good' app we are a team of nine who look after developing and promoting the app and the programme.

How important do you think research is to the future of hypnosis?

This is hopefully one of the issues we can explore at the conferences.

What are your goals for the future?

Currently we are running a Resilience programme for the Scottish Government for all Health and Social care staff across Scotland.

This is a lot of work! Ideally, we would like the programme more widely used throughout Scotland and the world. There is an increasing recognition of the major role Adverse Childhood Experiences play in emotional distress (which comes down to how your memory structures interact with your environment) particularly in the Scottish Government, as chemical and 'personality type' theories are all but discredited in the Academic community. This has led to antidepressants more and more being discouraged recently. Our programme can be self-administered or supervised by clinicians, particularly primary care clinicians', and is also ideal for the new structures in mental health. Along with this comes the discrediting of diagnostic labels summed up in the new mantra.

Don't ask what's wrong with me, do ask what's happened to me.

Interview with the dentist Murat Uslu form Turkey

By Randi
Abrahamsen



Murat Uslu graduated in 1987 at Hacettepe University's Dental School. 2003 Hypnosis training Ali Eşref Müezzinoğlu, Ali Özden Öztürk, Tahir Özakkaş of Medical Hypnosis Society in Turkey. 2004 Member of THD. From 2008 to date individual member of ISH. 2014 certificate of medical hypnosis practice supervised by Hypnosis Association in Turkey. He has published several articles, a book on Hypnosis in Dentistry in Turkish "Diş Hekimliğinde Hipnoz", case studies, and 2021 book chapters on hypnosis. 2017 to date

Complemental Medicine Centre Adviser of Üsküdar University on hypnosis. Demonstrated use of hypnosis in gagging reflex, bruxism and pain control in different dental faculties. 2018 member of Ankara Medical Hypnosis Association, 2019-2021 president of AMHA.

Please tell us a little about yourself, for example interests, your dental practice, family life ect.

Thank you, so much dear Randi Abrahamsen, to give me an opportunity to give some messages about AMHA and me by this nice interview.

If I can succeed hypnoanesthesia at the patients with allergies, it would be great work for me. This idea still haunts me at the beginning of every day in my clinic. In 2003 I took my first lessons from Dr. Ali Özden Öztürk, Dentist Ali Eşref Müezzinoğlu and Psychiatrist Tahir Özakkaş at the hypnosis courses of THD. I became a member of THD.

Later I had learned from different authorities all around the world by attending congresses ISH 2009, ESH 2007 and 2011 and finally ESH 2019. Yapko, Barabasz, Bloom and Watkins, and Potter's books, The International Journal of Clinical and Experimental Hypnosis. Shaul Livney, Gaby Golan, Albrecht Schmierer, Veit Mesmer, Mathias Mende, Mike Gow, Cathleen Potter are people who impressed me as a dentist and changed my routine of my clinical life and communication style. Since 2003 – to date, I have a special interest in the treatment of anxious patients, children, gagging reflex and bruxism using hypnosis.

At the beginning I was using formal hypnosis, but today I always combine with Ericksonian hypnosis and mostly use as a communication art.

Since 2004 – to date, I have been teaching Hypnosis: Basic hypnosis, Bruxism and Hypnosis, Gagging Reflex and Hypnosis, Hypnotic Communication in Dentistry, Ericksonian Hypnosis, Hypnosis on Pedodontics.

After I got married, for a long time my lawyer wife Eda, remained skeptical about whether we were in hypnotic

communication. ☺ Always I used hypnotic communication as a part of my natural personality to train my children, two boys, 8 and 11 ages. My hobbies are dancing tango, waltz and Latin dances, playing tennis, riding bicycle with my family, reading, and collecting Turkish coffee cups.

You have published a book about hypnosis in Turkish. Please tell us about the content and who it is written for and how was the book welcomed in your country.

Uslu, M., (2015), *Diş hekimliğinde Hipnoz*, (Turkish book). With this book on Hypnosis in Dentistry I had a chance to explain a combination of both the realities of Classical /Formal Hypnosis and Ericksonian /Informal Hypnosis in dental practice as an art of communication. At this point this book is still unique in my country.

What is your best experience in teaching hypnosis?

I have a funny memory. At the Dentistry Congress I would talk about hypnotic communication, attention grabbing, expectation, pacing and leading etc., but people in the room were talking to each

other. Just before my speech I played a role like I am having heart attack. In a few minutes all the people turned to me, then I continued my speech with explanation about what I did and why.

You are the President of Ankara Medical Hypnosis Society/ Ankara Tibbi Hipnoz Dernegi. The society is one of our ESH new societies. Please tell us a little about your Society.

In 2017 I became a member of Ankara Medical Hypnosis Association. AMHA is located in the capital city and in the center of Turkey geographically with 21 members who are medical doctors, dentists and clinical psychologists. As I became the President of the Ankara Medical Hypnosis Association (AMHA) in 2019, I wanted there to be a good bridge between ESH and AMHA. During COVID, we collected books on hypnosis to share as a library. Therefore, when a book is sent, we happily accept it.

Some of our members made presentations at the ESH and ASH Congress and one of them Ass. Prof Dr Şeyda Efsun Özgünay's article was accepted by IJCEH volume 67 in 2019.

In AMHA we decided two basic points with the motto *Look Beyond Ourselves!*

1. We will look beyond ourselves. This was a great project to organise some meetings not only in Ankara but also in different places throughout Turkey to meet with colleagues who are interested in hypnosis. We held the first meeting in Adana just before pandemic period and we hope to continue in 2022 such kind of meetings in the future.

2. We want to be a good bridge between the different cultures of the world for friendship and scientific participation and better understanding each other. We believe different cultures have their own stories, metaphors and sources of natural memories, traditions that can add many things to hypnosis.

We don't like to feel borders while dreaming of new projects, but we like to overcome the difficulties and transform them into reality. We made use of the pandemic period with online international meetings in which speakers from Mexico such Arnoldo Tellez, from İran Mehdi Fathi, from France Nazmine Güler participated. Hopefully the next one will be with Nicole Ruysschaert from Belgium for an interview.

What do you think about The European Society Certificate of hypnosis?

In order to reach a common scientific level in a multicultural structure, certification of European hypnosis is needed.

The more hypnosis communities living in Europe participate in this structure, the more common quality will be achieved. That's why this certification must be supported by experienced and newer societies.

AMHA try to connect different societies by bilingual online meetings. We hope to have joint face to face meetings with different countries in the future to share friendship and science.

A few words about Covid 19. How did you cope with it in your professional life

Although the pandemic is a new reality, we have to adapt to new occasions like a chick that breaks out of it's shell to survive. So, we have to be a good example to hypnosis societies and the public as medical professionals. We must actively listen to people and pace then lead, and

use positive language in the Ericksonian way.

The next ESH congress XVI will be in your country in October 2023, in Istanbul, organised by THD. Any welcome message or recommendations for people who will travel for the congress.

Next ESH congress will be held on 26 -29 October 2023 by THD in Turkey with the powerful message of peace at home, peace in the world. Welcome to beauty of Istanbul and its friendly warm atmosphere. The Society of Medical Hypnosis (THD) is the first Turkish Hypnosis Society, that has been organizing national and international medical hypnosis congresses almost every year - since 2004, inviting experts from other countries. 2023 ESH Congress. 2023 is also the "100th Anniversary of Turkish Republic".

Mustafa Kemal Atatürk, the founder of the Turkish Republic, led the whole nation to its independence; and on October 29, 1923 the Turkish parliament proclaimed the new Turkish state as a republic. "*Peace at Home, Peace in the World*" is the official

motto of the Turkish Republic, which is coined by Mustafa Kemal Atatürk. So, I want to convey my best wishes to you with the THD's proposed motto for 2023. We (AMHA) would like to see you all to feel the freedom of healthy life during the XVI ESH congress in İstanbul.

This is the December edition of ESH. Do you celebrate Christmas?

As a Muslim I believe in all prophets that came to the world to help people for the peaceful life. As my birthday is on 24. December, I feel lucky and wish all the time good things for my family and humanity. As a tradition from old Turkish culture, pine tree is a symbol for the new year and new dreams of the future. The Word Nardugan is etymologically formed from the combination of the Mongolian Nar (Güneş:Sun) and the Turkish Tugan (Doğan:birth) words. Nardugan was also celebrated as Dionysus Festival in Ancient Greece and as Saturnalia in Rome.

Just like in Egyptian mythology, in Turkish mythology, day and night were at war. In Turkish mythology, Nardugan is the first day of the new year, 22 December, when the day beats the night in their war, and after the longest night, 21 December, the sun starts to appear more and days get longer.

In Nardugan, Akçam trees, which are accepted as a symbol of immortality in Turkish mythology, were decorated, traditional games were played, songs were sung and entertainment was organized around these trees.

I fix my pine tree in my clinic and prepare small gifts for my patients on it, which are symbol of health, abundance and good luck. I wish all hypnosis friends a peaceful, healthy, happy new year and Christmas.

I wish all hypnosis friends a peaceful, healthy, happy new year.

Interview with Rinaldo Perri

By Consuelo Casula



I met Rinaldo Perri during the last national conference of the Italian Society of Hypnosis, October 2021 in Alghero, Sardinia, where he received the Wilma Trasarti Sponti award for his research activity in the field of hypnosis. During the awards ceremony Rinaldo presented with his style of passionate competence the results of his research on Inhibitory neurostimulation of the dorsolateral prefrontal cortex increases the hypnotic depth and the sense of involuntary. A tDCS study randomized and double-blind. Hoping that he will honor us with his

presence at the Istanbul congress, I thought of interviewing him to make him known to our readers.

Dear Rinaldo, thanks for agreeing to be interviewed. I begin by asking you to introduce yourself to our ESHNL readers. What is your background? How did you approach the hypnosis?

First of all, thanks for this interview: I'm honored to speak to the ESH members.

I am a university researcher and adjunct professor in cognitive neuroscience. I also work as a psychotherapist and coordinate the "ipnosi per" association that deals with promotion and training in the field of scientific hypnosis. As for my background, I would start saying that no one ever told me about hypnosis at university, as still often happens today. Like most of those who are starting to approach hypnosis, at the time I did not know anything about it, and perhaps I believed in some typical misconceptions of the naive.

However, I wanted to know more and was curious to understand what hypnosis really was, and that is how I started attending the first courses and workshops throughout Italy. The different mentors I met allowed me to increase the interest about hypnosis but, at the same time, their different viewpoints and sometimes their ambiguity about the neurocognitive aspects of hypnosis stimulated my need to know more. I therefore decided that my learning process had to run parallel to reviewing the scientific literature in the field.

How did you start to devote yourself to research on hypnosis?

After the master degree, I got a PhD in Neuroscience at university La Sapienza (Rome), which was the beginning of my academic career. I started doing electrophysiological research in the field of decision-making, perception and cognitive functions: what I learned during my PhD and post-doc years has been instrumental in the hypnosis research I can work on today. Moreover, even if I could not yet conduct hypnosis experiments in the lab, the review of the scientific literature together with the new skills acquired already stimulated the idea of conducting experiments in this field. When I moved to

the current workplace, I had the chance to focus on the research line I like the most, and hypnosis is now the main topic of my neurophysiological research.

2018 has been a decisive year for your hypnotic research activity. Your project on “*Vigilant Hypnosis and Executive Functions*” obtained an international grant that gave you the opportunity to found a neurophysiology laboratory at the University Niccolò Cusano. It must have been an exciting challenge since you created the lab from scratch: there was no one before, and currently it is the only University Lab in Italy with these characteristics. Can you share with us both the object of the research and the process of creating your laboratory? How does it work? What have been the most significant results you have achieved so far?

In 2018 I obtained an international funding for my hypnosis research. This allowed me to purchase equipment and set up a cognitive neuroscience lab at the Niccolò Cusano university.

As a lab director, I have now chance to do the research I like using the neuro-stimulation techniques to alter brain activity, and the electroencephalogram

(EEG) to record brain activity. It is currently the only lab in Italy completely dedicated to neurophysiological research in hypnosis.

The lab started doing research on how hypnosis might help people managing the cognitive conflict associated to inhibition of automatic processes. For example, we showed that specific suggestions during alert hypnosis can boost the selective attention and increase the performance in cognitive tests.

Also, the EEG analysis revealed that different suggestions act through common and specific top-down processes, showing that similar behavioral outcomes might result from different neural processing, the latter being associated with the content of hypnotic suggestions. Other projects have been focused on the brain mechanisms underlying the top-down modulation of somesthetic perceptions during hypnosis. We revealed that alterations of perceptions are not only the result of an “illusion of”, but the result of a different recruitment of sensorial and associative brain areas during hypnosis.

Moreover, we demonstrated that the different responsiveness of high and medium hypnotizables are not due to

differences in brain processing, but to phenomenological differences during the hypnotic experience. This finding was replicated in other research that together confirm the complexity of the hypnotic phenomena and suggest the need to adopt integrated measurements when investigating the modification of consciousness during hypnosis. This is why I believe we have to take a neurophenomenological approach to hypnosis research, that it to consider three levels of analysis: neurophysiological, behavioral, and phenomenological. Otherwise, the risk is to have only a partial and incomplete view of hypnosis, and this might explain the inconsistencies of some previous studies in this field.

What research are you doing today? What are your new projects?

As I said before, the research I am doing takes a neurophenomenological approach to hypnosis.

In particular, I am testing the possibility of altering the phenomenological experience in hypnosis through non-invasive neuroelectric stimulation. What I have found so far is that reducing the excitability of a specific cortical area can increase hypnotic depth and reduce

volitional control by 30%. This finding has never been described before and opens the way for many other experiments.

For example, I am about to start new projects where new stimulation protocols will be tested with the aim of producing even stronger effects. If confirmed, these results could help many patients to enhance their responsiveness to certain hypnotic suggestions. Furthermore, within the next two months I should be able to begin an experiment with neural, behavioral and phenomenological measures aimed at elucidating the alteration of agency during hypnosis. Other projects concern the relationship and the difference between hypnotic and placebo-response: for example, do they rely on similar brain networks or not? Also, is the placebo response mediated by hypnotizability? I am trying to answer these questions.

You are a cognitive psychotherapist. How much do clinical skills inspire you in the research activity and how much do you transfer the results you get in research into clinical practice?

Clinical and experimental hypnosis are two parallel worlds, but sometimes you cannot do in one what you regularly do in the

other. For example, let's talk about the clinical tailoring vs. the experimental standardization. The clinical experience allowed me to recognize the value of the hypnotic rapport and of the empathic relationship with the client: for obvious reasons, these are totally absent in the lab setting.

At the same time, thanks to the experimental approach, as clinician I am very careful to adopt procedures that can be replicated and whose efficacy can be tested. Working with many people both as a researcher and as a clinician I have the privilege of observing the effects of the different approaches and techniques, and this allows me to learn a lot and to wonder how I can improve myself.

In general, how can a clinician who has never been involved in research improve his practice thanks to the results of your research, in particular on how hypnotizability can be increased?

I think a clinical hypnotist should always be aware of the scientific advances in an ever-changing field such as hypnosis research. For example, knowing the cognitive processes affected by hypnotic interventions might help to build more adequate suggestions.

As for hypnotizability, I sometimes notice little interest in this from clinicians. In fact, some believe there is no degree of responsiveness to hypnosis, others erroneously believe it is not relevant to their clinical practice. At the opposite, a consistent scientific literature shows that people have a different susceptibility to hypnosis and hypnotic suggestions, and that this disposition is also biologically-based.

Hypnotizability is a complex and multidimensional construct, but we know that different characteristics in hypnotizability predicts different responses on suggestions. Understanding this relationship can help clinicians tailor their interventions even more to the patients they are working with.

For the same reasons, if confirmed, the pioneering findings about hypnotizability boosting could offer clinicians a useful tool for achieving better outcomes with their clients, or probably we could offer hypnotic experiences to individuals otherwise considered refractory.

During the Istanbul congress the Scientific Committee would like to organize a dialogue between clinicians and researchers. In your experience, what could the most important themes of this interdisciplinary dialogue be?

I am happy to know that. It is the sign of scientific progress as too many times in the past these realities remained deaf to each other. In my opinion, topics like hypnotisability, beliefs, motivation and expectancy are important. Furthermore, it would be useful to promote the standardization (as far as possible) of some clinical protocols in order to validate the efficacy of hypnotic interventions and support evidence-based practice. On the other side, clinicians can help researchers focus on factors (e.g., relational, emotional) they consider relevant for the hypnotic procedures in order to test their contribution in the lab setting and make neurocognitive models of hypnosis more and more accurate.

Thanks a lot for your inspiring answers and hope to see you in Istanbul.

BOOKS



Picture by F.C.

Claude Viot *“Hypnose et auto hypnose. Au cœur d’un voyage pour votre santé.”*
Préface de Bertrand Picard. Robert Laffont

By Gérard Fitoussi

A new book by Claude Viot is always an event. Claude Viot is passionate and an expert in hypnosis. His passion for hypnosis has been demonstrated from the very beginning of his studies doing his thesis on this subject, which was far from

being the norm. He has remained passionate to to this day by creating his institute Émergences, and in being committed to the spread of hypnosis applied by professionals and based on "rigorous and scientifically verified" bases.

He was crowned by the ISH with the Jay Haley Early Career for Innovative Contributions in 2009 and more recently in 2020, the Shirley Schneck Award to the physician who has made significant contributions to medical hypnosis. This is not the first book he has written, but it is perhaps the most personal.

He describes the place of hypnosis in the field of health and using the metaphor of a tree and how it gave rise to multiple branches. He shows how hypnosis, beyond mental health, has impregnated other fields of health, that of rehabilitation, geriatrics or operating theaters.

After a brief historical review, he recalls his discovery of hypnosis in the early 1980s when psychoanalysis and classical, directive hypnosis still reigned.

It was on reading Paul Watzlawick's book *Changes* that he discovered the Palo Alto school, Gregory Bateson and Milton Erickson and it was the start of his journey into Ericksonian hypnosis. This journey

continues with Jean Godin and Jacques-Antoine Malarewicz, who beyond learning a technique and "great therapeutic lessons" taught him to "think of each living being as a part of a larger whole" with the unconscious as a "vast store of resources and solutions" and no longer as the origin of problems, complexes and repressed memory. The book contains clinical cases, and insights that will be useful for anyone interested in hypnosis.



Dan Short *“Competencies of Ericksonian Therapy”*

By Dan Short

The Core Competencies of Ericksonian Therapy is a research project spearheaded by Dan Short.

After fifty years of growth, Ericksonian therapy has been taught and practiced in every corner of the globe. Yet questions remain about what exactly is Ericksonian therapy and whether it is based on a coherent and consistent set of principles.

In collaboration with experts in Ericksonian therapy from around the world, Short conducted a qualitative study that resulted in a series of foundational principles for practitioners and institutes seeking mastery in Ericksonian therapy.

The core skill sets that reliably distinguish a competent Ericksonian therapist from other practitioners are: tailoring, utilization, strategic, destabilization, experiential, and naturalistic. The meaning of these terms and the techniques associated with them have been described in teaching videos by leading figures in Ericksonian therapy and made available in a manual that can be downloaded from the website of the Erickson Foundation: <https://www.erickson-foundation.org/core-competencies/>.

The goal is to provide researchers and practitioners around the world with a thorough knowledge of the practical skill sets that are most closely associated with outstanding clinical performance as an Ericksonian therapist.

The Core Competencies Manual was originally available in English.

Soon after, Spanish and Portuguese versions were created. By the beginning of 2022, the same manual will also be available in Italian as well. The great importance of this work is that it supports the argument that Ericksonian therapy is a conceptually distinct approach to therapy with specific core competencies that can be taught and objectively measured in clinical practice.

Consuelo Casula *“Metaphors for Personal and Professional Evolution: Gardeners Princesses Porcupine”* Translated by Alejandra Diaz & Roxanna Erickson- Klein

By Marie-Jeanne Bremer

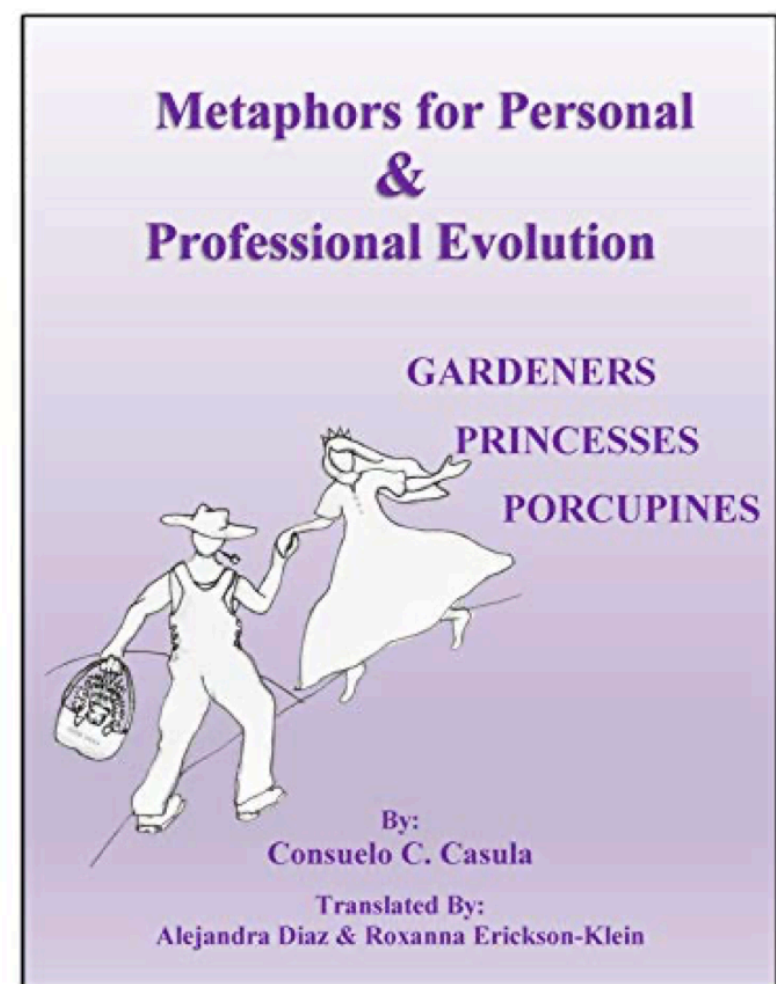
The author guides us through the fascinating landscapes of metaphors, designed for therapy or for teaching. Metaphor refers here to “a story told with the purpose of generating new behaviors; a story that aims to stimulate emotions and reflections in the listener”. The therapist tells metaphors to increase emotional, cognitive, behavioral or relational flexibility, and in the teaching context metaphors may be used to convey values, virtues and ethics.

Metaphors are wonderful tools to address limiting beliefs and limiting emotions as well. They are even more wonderful when the “metaphor-artist” develops the metaphor by targeting the specific situation and life-context of the listener. Consuelo Casula involves the reader carefully and sensitively in a process that leads them to the “Magic Formula: How to create a Metaphor” that’s to say a three-part method: collecting information about the listeners and their problem, identifying analogies and similarities for the listener’s problem and transforming the collected information in a highly evocative story. The various steps and theoretical concepts are underpinned by metaphors and analogies: this corresponds to both levels of a therapeutic story. The logical level is the content of the story or the teaching-topic. The analogical level refers to the “how” of telling a metaphor with the rules of hypnotic and evocative language.

The author exemplifies the three-part method by the description of three personal cases and includes precious insights and recommendations in each of the eight chapters. She also focuses on

relationships, more precisely on couple relationships. What are ingredients of a healthy relationships? How does one deal with couples in crisis or how help them to celebrate a new alliance? In the chapter on professional evolution, theoretical ideas are finely interwoven with captivating metaphors.

The book is a reference work and no matter which page you turn to, you will always discover something new, even if it is already known.



Engaging With Research

By Peter Naish

We should all be interested in research – observing what works and what doesn't, wondering what makes a technique work, or why it does not. An important element of research is the spreading of new information, ideas and questions, and the ESH considers this to be an important part of our contribution to the world of hypnosis. You can help in this endeavour.

There are at least two things you can do to help. If you have new information or ideas about hypnosis, then your colleagues would like to know about it. Perhaps you have a particularly interesting case, where you had to use a novel approach, or even a case where things went wrong – we can all learn from that! If you write an account and send it to me (peter.naish@open.ac.uk) I will try to publish it in our Journal, Contemporary Hypnosis.

Don't worry if you think your English may not be strong enough, or you are not sure about adopting the correct academic style. I will be

happy to engage with you in developing something appropriate.

Another way in which you can engage in hypnosis is to gather data for us. We have mentioned our study before, and some of you have been asking clients and patients to complete questionnaires, so that we can see in what situations hypnosis works best (Thank you if you are one). We are now in the process of updating the process, so that everything will be on line for the patient, meaning that you, the therapist, will have the minimum of extra work to do.

To help make that possible there will also be someone in each country to oversee the database. We will be asking for as many of our members as possible to sign up to this system, so please watch the Newsletter for further information soon. If you believe that your country is without a database manager, then you might wish to volunteer for that role. It is not expected to take up much time. Thanks to each of you.

44

Metaphors For This Holiday Season





The patient, the psychiatrist and the clown

Gérard Fitoussi

I'm not sure this story is specifically a Christmas story, but upon reading it I thought it might be a gift for us caregivers who are constantly caring for others.

Once upon a time, because stories have to be stories, a man, idle and in a sullen mood, not knowing what to do to get out of this situation, goes to a renowned psychiatrist that a friend had recommended to him. On the day of the consultation, he is even darker than ever, seeming to carry the weight of the world on his shoulders, incapable of other emotions than sadness and grief.

Faced with so much sorrow and torment, the psychiatrist to alleviate his pain, tells him that he had heard of a circus installed in the region and that a particular clown was famous, making all those who were there to laugh even the most recalcitrant.

I know, replied the man: "I am the clown".

Take care of yourself, pay attention to the little warning signs, take rest, feed on poetry, painting, nature, literature, from your friends and your family.

Invitation to a “healing bath of sounds”

Marie-Jeanne Bremer

You received an appealing invitation for a “healing bath of sounds”, in a room of your choice. This may be a comfortable room in your own house, an Opera Theater, an auditorium or a spiritual room as a chapel or cathedral, a mosque or a temple; even an open space in nature is convenient to this experience. Astonished, somewhat doubtful, you might ask yourself: "why me; why do I get an invitation? what's behind it?" Hesitantly and with curiosity, you accept the invitation, because you are free to leave the auditorium whenever you want.

While you are in the chosen room, with full attention and expectation, you suddenly perceive two different voices in a melodious song. Progressively, several voices from all

directions, with various timbres join in the song. And progressively, you understand the message of this song, or prayer or aria. It is conveyed in a melodious and harmonious way: "I deserve to respect myself. I deserve to feel love for me". But your internal voice of self-doubt and disbelief goes on defense. Then the room is filled with a choir of even more voices and timbres. The melody reaches the different layers of your person with a healing, kind and soft touch. Imperceptibly the sounds sweep away old self-doubts and voices of unworthiness; in a wonderful way it makes space for a healing appreciation of yourself. Surrounded by this nurturing and protecting music, your body, mind, and soul get open to this new belief that is carried by a myriad of voices in different modulations and colors.

"I am entitled to find love, to develop recognition for myself"

The purpose of the choir is progressively enhanced by the effects of a healing light; your special room for the bath of sounds is illuminated in a variety of colors: they may be autumnal, golden-yellow; or winterly radiant; or with soft spring- pastel colors or they may remind you on nice warm summer days.

You take your time to perceive the message of the chant in your whole body, to anchor it in your soul or psyche as well as in the interpersonal space with your loved ones.

Knowing that new habits and healing experiences need to be cultivated and nurtured, you are in the disposition to visit regularly your room, or rooms, for the healing bath of sounds.

Inspired by the 40-part mass, composed by Alessandro Striggio, 1536-1592.



News from the 12th Forum of the French Confederation of Hypnosis and Brief Therapy (CFHTB)

The Luxembourgish Milton H. Erickson Society is hosting the 12th Forum of the French Confederation from 11th of May to the 14th of May 2022. The mermaid Melusina who, according to the founding myth of Luxembourg, was the wife of the first count of Luxembourg Siegfried, will accompany us during this Forum. If you visit Luxembourg, you will probably meet her sitting on the banks of the Alzette river and you will already have crossed some bridges from different centuries.

The organizing team of the Forum wants to create a relational bridge to other societies of hypnosis by creating an English-speaking corner. Fred Gallo and Dan Short as well as the members of the ESH-Board are kindly offering some talks or workshops.

As people with health crises or migrants with their suffering are affecting our societies, health professionals have to bundle their resources in an intercultural perspective so that we can share our knowledge and good practices.

With this perspective, we would be happy to welcome you in Luxembourg and we invite you to proceed with the registration before fees increase in January.

<http://www.cfhtb-luxembourg2022.org/>



News From ISH Education and Training Committee

Dear Colleagues in ESH,

I am happy to announce that the ISH Education and Training Committee has planned and started a new project, ISH Monthly Masterclass Webinars.

The world-class volunteer master clinicians facilitate an applied workshop on the third Wednesday of each month.

This initiative helps colleagues connect globally and offers an extra benefit to ISH members and the members of its Constituent Societies.

To see the webinars that have already been done, a list of the upcoming webinars, and for registration, please visit ISH's official website <https://www.ishhypnosis.org/>

You are invited to attend the workshops, meet colleagues from all around the world, and send us your own workshop proposals.

Best regards,

Enayat Shahidi,

Chairman of ISH Education and Training Committee.



Aaron Beck Eulogy

By Gérard Fitoussi



We have just learned of the death of Aaron Temlin Beck, the father of cognitive therapy, who died at the age of 100. His approach has revolutionized the world of mental health, and one of the few to have been scientifically validated. His work is continued by his daughter Judith Beck who chairs the Beck Institute

founded by her father in 1994. Cognitive and behavioral therapies are part of brief therapy, and are concerned with cognition that the subject develops in fleeting and almost automatic thoughts, thoughts that will cause trouble when they are negative or resulting from erroneous reasoning. By helping the subject to become aware of these automatic negative thoughts, to discuss and challenge them and by associating them with behavioral activities, the therapist will promote the change and the desired improvement.

The cognitive-behavioral approach can be used alone or in combination with hypnosis, in a so-called hypnotic-behavioral approach. Beck extended the work of Albert Ellis (1913-2007) and his so-called Rational Emotional Therapy approach that Ellis developed in the 1950s.

Beck's fruitful and seminal work has turned the management of mental illness, anxiety, depression and eating disorders upside down.

We send all our thoughts to his family and to his daughter Judith in particular.

Attached a link to hear some words from Beck

<https://youtu.be/xrX43cCW6uE?t=82>

Calendar of Events

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



HAPPY 2022 FROM
EUROPEAN SOCIETY OF
HYPNOSIS

Picture by F.C.



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

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

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

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

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

ISH President

Credits

Editor	Consuelo Casula	consuelocasula@gmail.com
Editor	Fabio Carnevale	fabius.carnival@gmail.com
Visuals	Fabio Carnevale ©	

Translators

G�rard Fitoussi	drgerardfitoussi@yahoo.fr
Stella Nkenke	praxis@nkenke.de
Jos� Cava	psicoterapia@josecava.com
Fabio Carnevale	fabius.carnival@gmail.com

Contributors

Kathleen Long	kathleen@maxamind.co.uk
G�rard Fitoussi	drgerardfitoussi@yahoo.fr
Randi Abrahamsen	randiabrahamsen@hotmail.com
Peter Naish	peter.naish@open.ac.uk
Marie Jeanne Bremner	trausche@pt.lu
Stella Nkenke	praxis@nkenke.de

European Society of Hypnosis



In Psychotherapy and Medicine

ESH

ESH CONGRESS

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