

# ESH The Newsletter

Continuity and Innovation



Editors

**Consuelo Casula**  
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# EUROPEAN SOCIETY OF HYPNOSIS ESH PEACE

**KATHLEEN LONG**  
President's LETTER  
**CONSUELO CASULA**  
Editor's LETTER

Interviews  
**Riccardo Colombo**  
**Fabrizio Benedetti**  
**Pierre Castelnau**



# TABLE OF CONTENTS

NEWSLETTER

# ESH

CONTINUITY + INNOVATION

PRESIDENT'S LETTER P.2

TRANSLATED  
VERSIONS

P.  
4

P.10

*RESEARCH  
REFLECTIONS*

P.8

EDITOR'S LETTER

CEPE P. 13

FRENCH C&I P. 17

CASE REPORT P. 20

INTERVIEWS P. 23

BOOKS P. 38

**Credits P. 51**



# President's Letter

## Kathleen Long

I had hoped to write an optimistic spring letter for this newsletter, but it is very difficult to with the recent problems we have doubtless all been following in Ukraine. The ESHNL has regular interviews, but in this issue one interview is missing, from Professor Borys Ivnyev, President of the Ukrainian Association of Psychologists and Psychotherapists.

My most recent communication with Borys was from a shelter in Kyiv with no possibility of being able to leave Kyiv due to roadblocks and bombardment of the city by bombs. He told me that his daughter and her family had managed to escape the city to Poland. He apologised for not being able to send back the answers to his President's interview. That is very typical of Borys.

Despite his great achievements in academia in areas like Alzheimer's and addiction he is humble, kind and concerned for others whilst bombs are falling all around him. He recently gave an enthusiastic presentation on research where he was proposing using hypnosis to

help with gambling addiction. He had a lot of positive feedback and offers of collaboration from other presidents at the meeting. His enthusiasm and optimism are indeed infectious.

The board visited Ukraine on two occasions in recent years once in Donetsk just before the invasion of what is now Crimea and the second was in Kyiv where Borys and his family started a new life. He is now Rector of the Medical University in Kyiv.

I have written a letter of support to the Ukrainian Ministry of Education and Science with the full support of the ESH board and it is published below. I think it is important that we support our colleagues in difficult times.

ESH has societies from all over Europe and beyond and we are united in our belief in hypnosis and the beneficial effects it has on our patients.

We know that hypnosis can set our patients free and can bring them peace from pain, grief, tormented thoughts,



trauma and so much more. Wouldn't it be wonderful if hypnosis could be used to bring peace and stop the wars that cause so much trauma not only in Ukraine but in many other places throughout this troubled world.

When the board were leaving Borys and his colleagues after a wonderful dinner we all said goodbye in our traditional ways. Most of the board members gave him one kiss on the cheek, some gave him two and others 3 kisses which made me very confused as to how many kisses I should give him.

In Scotland we rarely kiss anyone at all and normally only shake hands but as I was last to say goodbye, I decided to outshine my fellow board members. I gave him three kisses on each cheek.

I did warn Borys not to expect this greeting if he ever came to Scotland as they would find it very strange. Next time we see Borys I think we should all give him six kisses.

I hope we can all see him in Istanbul when we all meet up again at our Congress in 2023 and in the meantime, I wish Ukraine peace.



Picture by FC



# Translated into French by Gérard Fitoussi

J'avais espéré écrire une lettre de printemps emplies d'optimisme, mais cela s'est avéré très difficile en raison de l'actualité récente et de la situation en Ukraine. Vous trouvez régulièrement dans L'ESHNL des interviews, mais il manquera dans ce numéro un entretien, celui du professeur Borys Ivnyev, Président de l'Association Ukrainienne des Psychologues et Psychothérapeutes. La communication la plus récente, que j'ai pu avoir avec Borys, a été effectué en provenance d'un abri à Kiev, sans aucune possibilité de quitter la ville en raison des barrages routiers et des bombardements.

Borys m'a dit que sa fille et sa famille avaient réussi à fuir Kiev pour la Pologne. Puis il s'est excusé de ne pas avoir pu renvoyer les réponses de son interview de président. Cela est très à l'image de Borys. Malgré ses grandes réalisations universitaires, dans des domaines comme la maladie d'Alzheimer et la toxicomanie, il reste humble, gentil et soucieux des, alors que des bombes tombent tout autour de lui. Il a récemment fait une présentation enthousiaste sur la recherche où il proposait d'utiliser l'hypnose pour aider à lutter contre la dépendance au jeu. Cette intervention a suscité de nombreux commentaires positifs ainsi que des offres de collaboration d'autres présidents présents lors de la réunion. Son enthousiasme et son optimisme sont en effet contagieux. Le Bureau de l'ESH s'est rendu en Ukraine à deux reprises ces dernières années. Une première fois à Donetsk, peu avant l'invasion de ce qui est aujourd'hui la Crimée et, la seconde fois à Kiev où Borys et sa famille ont commencé une nouvelle vie. Il est maintenant recteur de l'Université de médecine de Kiev.

J'ai écrit une lettre de soutien au Ministère Ukrainien de l'Éducation et des Sciences avec le total accord du

conseil d'administration de l'ESH, lettre publiée ci-dessous. Je pense qu'il est important que nous soutenions nos collègues dans les moments difficiles.

L'ESH rassemble des sociétés en provenance de toute l'Europe et au-delà, et nous sommes unis dans notre conviction en l'intérêt de l'hypnose et aux effets bénéfiques qu'elle procure à nos patients. Nous savons que l'hypnose peut libérer nos patients et leur apporter la paix intérieure en les délivrant de la douleur, du chagrin, des pensées tourmentées, des traumatismes et bien plus encore. Ne serait-il pas merveilleux si l'hypnose pouvait être utilisée aussi pour ramener la paix et arrêter les guerres qui causent tant de souffrances, non seulement en Ukraine mais, dans de nombreux autres endroits de ce monde troublé. Lorsque le conseil a quitté Borys et ses collègues, après un merveilleux dîner, nous avons tous dit au revoir à notre manière traditionnelle. La plupart des membres du conseil lui ont donné un baiser sur la joue, certains lui en ont donné deux et d'autres trois, ce qui m'a rendu très confuse quant au nombre de baisers que je devais lui donner. En Écosse, nous embrassons rarement qui que ce soit et normalement nous nous serons la main, mais comme j'étais la dernière à dire au revoir, j'ai décidé d'éclipser mes collègues du conseil d'administration. Je lui ai donné trois baisers sur chaque joue. J'ai prévenu Borys de ne pas s'attendre à cette salutation s'il venait un jour en Écosse, car on trouverait cela très étrange. La prochaine fois que nous verrons Borys, je pense que nous devrions tous lui faire six bisous. J'espère que nous pourrons le voir à Istanbul lorsque nous nous retrouverons tous pour notre Congrès en 2023 et en attendant, je souhaite la paix à l'Ukraine.

# Translated into German by Stella Nkenke

*Für diesen Newsletter hatte ich gehofft, einen optimistischen Frühlingsbrief schreiben zu können, aber angesichts der jüngsten Vorkommnisse in der Ukraine, ist das sehr schwierig. Hier im ESH Newsletter gibt es regelmäßig Interviews, aber in dieser Ausgabe fehlt ein Interview, das mit Professor Borys Ivnyev, dem Präsidenten des ukrainischen Verbands der Psychologen und Psychotherapeuten. Bei meinem letzten Gespräch mit Borys war er gerade in einem Schutzraum in Kiew, da er aufgrund von Straßensperren und Bombenangriffen auf Kiew keine Möglichkeit hatte, die Stadt zu verlassen. Er erzählte mir, dass es seiner Tochter und ihrer Familie gelungen war, nach Polen zu fliehen. Er entschuldigte sich dafür, dass er nicht in der Lage war, die Antworten auf die Interviewfragen zu seiner Rolle als Präsident zurück zu schicken. Das ist sehr typisch für Borys. Trotz seiner großen Erfolge in der Wissenschaft auf Gebieten wie Alzheimer und Sucht ist er bescheiden, freundlich und besorgt um andere, während um ihn herum die Bomben fallen. Kürzlich hielt er im Rahmen eines „constituent society meeting“ einen enthusiastischen Vortrag über Forschungsarbeiten, in denen er vorschlug, Hypnose zur Behandlung von Spielsucht einzusetzen. Er erhielt bei dem Treffen viele positive Rückmeldungen von anderen Präsidenten der Hypnosefachgesellschaften und auch Angebote zur Zusammenarbeit. Seine Begeisterung und sein Optimismus sind in der Tat ansteckend. Der Vorstand der ESH hatte bereits zwei mal die Möglichkeit die Ukraine zu besuchen, einmal in Donezk kurz vor der Invasion und das zweite Mal in Kiew, wo Borys und seine Familie ein neues Leben begonnen haben. Er ist jetzt Rektor der Medizinischen Universität in Kiew. Ich habe ein Unterstützungsschreiben an das ukrainische*

*Ministerium für Bildung und Wissenschaft verfasst, das auch die volle Unterstützung des ESH-Vorstands hat und weiter unten veröffentlicht ist. Ich denke, es ist wichtig, dass wir unsere Kollegen in schwierigen Zeiten wie diesen unterstützen. Der ESH gehören Gesellschaften aus ganz Europa und sogar darüber hinaus an und wir sind uns einig in unserem Glauben an die Hypnose und ihre positiven Auswirkungen auf unsere Patienten. Wir wissen, dass Hypnose unsere Patienten befreien und ihnen Frieden von Schmerzen, Trauer, quälenden Gedanken, Traumata und vielem mehr bringen kann. Wäre es nicht wunderbar, wenn Hypnose eingesetzt werden könnte, um Frieden zu schaffen und die Kriege zu beenden, die nicht nur in der Ukraine, sondern auch an vielen anderen Orten dieser unruhigen Welt so viele Traumata verursachen. Als damals der Vorstand Borys und seine Kollegen nach einem wunderbaren Abendessen verabschiedete, tat das ein jeder auf seine traditionelle Weise. Die meisten der Vorstandsmitglieder gaben ihm einen Kuss auf die Wange, einige gaben ihm zwei und andere drei Küsse, was mich sehr verwirrte, weil ich nicht wusste, wie viele Küsse ich ihm wohl geben sollte. In Schottland küssen wir selten jemanden und schütteln normalerweise nur die Hand, aber da ich als letzte verabschiedet wurde, beschloss ich, meine Vorstandskollegen zu übertreffen. Ich gab ihm drei Küsse auf jede Wange. Ich habe Borys gewarnt, dass er allerdings diese Begrüßung nicht erwarten sollte, wenn er mal nach Schottland käme, da man es dort sehr seltsam finden würde. Wenn wir Borys das nächste Mal sehen, sollten wir ihm alle sechs Küsse geben. Ich hoffe sehr, dass wir ihn in Istanbul sehen werden, wenn wir uns auf unserem Kongress im Jahr 2023 wiedersehen, und bis dahin wünsche ich der Ukraine Frieden.*



# Translated into Spanish by José Cava

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Tenía la esperanza de escribir una carta de primavera optimista para este boletín, pero es muy difícil con los problemas recientes en Ucrania que sin duda todos hemos estado. La ESHNL tiene entrevistas periódicas, pero en este número falta una entrevista con el profesor Borys Ivnyev, presidente de la Asociación Ucraniana de Psicólogos y Psicoterapeutas. Mi comunicación más reciente con Borys fue con él desde un refugio en Kiev sin posibilidad de poder salir de la ciudad debido a los bloqueos de carreteras y los bombardeos. Me dijo que su hija y su familia habían logrado escapar de la ciudad a Polonia. Se disculpó por no poder enviar las respuestas de la entrevista con su presidente.

Eso es muy típico de Borys. A pesar de sus grandes logros académicos en áreas como el Alzheimer y las adicciones, es humilde, amable y se preocupa por los demás mientras las bombas caen a su alrededor. Recientemente hizo una presentación entusiasta sobre una investigación en la que proponía usar la hipnosis para ayudar en la adicción al juego. Tuvo muchos comentarios positivos y ofertas de colaboración de otros presidentes en la reunión. Su entusiasmo y optimismo son realmente contagiosos. La junta visitó Ucrania en dos ocasiones en los últimos años, una en Donetsk justo antes de la invasión de lo que ahora es Crimea y la segunda en Kiev, donde Borys y su familia comenzaron una nueva vida. Ahora es Rector de la Facultad de Medicina de la Universidad de Kiev.

He escrito una carta de apoyo al Ministerio de Educación y Ciencia de Ucrania con el apoyo total de la junta de

ESH y que está publicada a continuación. Creo que es importante que apoyemos a nuestros colegas en tiempos difíciles. ESH tiene sociedades de toda Europa y más allá y estamos unidos en nuestra creencia en la hipnosis y los efectos beneficiosos que tiene en nuestros pacientes. Sabemos que la hipnosis puede liberar a nuestros pacientes y traerles paz del dolor, la pena, los pensamientos atormentados, el trauma y mucho más. ¿No sería maravilloso si la hipnosis pudiera usarse para traer la paz y detener las guerras que son tan traumáticas no solo en Ucrania sino en muchos otros lugares de este mundo turbulento?

Cuando la junta estaba despidiéndose de Borys y sus colegas después de una cena maravillosa, todos nos despedimos a la manera tradicional. La mayoría de los miembros de la junta le dieron un beso en la mejilla, algunos le dieron dos y otros 3 besos, lo que me confundió mucho sobre cuántos besos debería darle. En Escocia rara vez besamos a alguien y normalmente solo nos damos la mano, pero como fui la última en despedirme, decidí eclipsar a mis compañeros de la junta.

Le di tres besos en cada mejilla. Le advertí a Borys que no esperara este saludo si alguna vez venía a Escocia, ya que lo encontrarían muy extraño. La próxima vez que veamos a Borys, creo que todos deberíamos darle seis besos. Espero que todos podamos verlo en Estambul cuando nos volvamos a encontrar en nuestro Congreso en 2023 y, mientras tanto, le deseo paz a Ucrania.



# Translated into Italian by Fabio Carnevale

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Speravo di scrivere una lettera primaverile piena di ottimismo per questa newsletter, ma è molto difficile dopo i recenti problemi, che senza dubbio tutti stiamo seguendo, in Ucraina. L'ESHNL presenta sempre molte interviste, eppure, in questo numero manca quella del professor Borys Ivnyev, presidente dell'Associazione ucraina di psicologia e psicoterapia.

Durante la nostra ultima conversazione, Borys si trovava in un rifugio a Kiev senza possibilità di poter lasciare la città a causa dei blocchi stradali e dei bombardamenti. Mi ha raccontato di come sua figlia e la sua famiglia siano riuscite a fuggire in Polonia e si è scusato per non essere stato in grado di scrivere le risposte per l'intervista. Questo è tipico di Borys. Nonostante i suoi grandi successi nel mondo accademico in aree come l'Alzheimer e le dipendenze, è umile, gentile e preoccupato per gli altri anche mentre le bombe cadono tutt'intorno a lui.

Di recente, ha tenuto una presentazione molto interessante sulla ricerca in cui proponeva l'uso dell'ipnosi nei casi di dipendenza dal gioco. Ha ricevuto molti feedback positivi e offerte di collaborazione da altri presidenti delle CS, durante l'incontro. Il suo entusiasmo e il suo ottimismo sono davvero contagiosi.

Il Board ha visitato l'Ucraina in due occasioni, negli ultimi anni. La prima a Donetsk poco prima dell'invasione di quella che oggi è la Crimea e la seconda a Kiev, dove Borys e la sua famiglia avevano iniziato una nuova vita. Attualmente è Rettore dell'Università di Medicina di Kiev.

Ho scritto una lettera di sostegno al Ministero dell'Istruzione e della Scienza ucraino con il pieno sostegno del Consiglio Direttivo ESH, che troverete pubblicata di seguito. Penso che sia importante supportare i nostri colleghi nei momenti difficili. ESH è composta da società fondate in tutta Europa unite dalla consapevolezza degli effetti benefici dell'ipnosi sui pazienti. Sappiamo che l'ipnosi può liberare i nostri pazienti e portare loro pace dal dolore, dalle sofferenze, dai pensieri tormentati, dai traumi e molto altro ancora. Non sarebbe meraviglioso se l'ipnosi potesse essere usata per portare la pace e fermare le guerre che causano così tanti traumi non solo in Ucraina ma in molti altri luoghi in questo mondo travagliato?

Quando il Board stava salutando Borys ed i suoi colleghi, dopo una cena meravigliosa, ci siamo salutati tutti nei nostri modi tradizionali. La maggior parte dei membri del Board gli ha dato un bacio sulla guancia, alcuni gli hanno dato due e altri 3 baci, il che mi ha reso molto confuso su quanti baci avrei dovuto dargli. In Scozia raramente bacciamo qualcuno e normalmente ci stringiamo solo la mano, ma poiché fui l'ultima a salutarlo, decisi di superare i miei colleghi membri del Board. Gli ho dato tre baci su ciascuna guancia. Ho avvertito Borys di non aspettarsi questo saluto se mai fosse venuto in Scozia perché lo avrebbero trovato molto strano. La prossima volta che vedremo Borys penso che dovremmo dargli tutti sei baci. Spero che potremo incontrarlo a Istanbul quando ci incontreremo di nuovo nel nostro prossimo Congresso nel 2023 e nel frattempo auguro la pace all'Ucraina.

8

## Editor's Letter

Consuelo Casula

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EUROPEAN  
SOCIETY OF  
HYPNOSIS

PEACE



The impression left by the letter from the ESH president is so moving that I feel the need to follow it in presenting the Ukrainian colors in this newsletter of March 2022 and to insert a blank page for the missing interview by Borys Ivnyev. Let us hope that this invasion will soon end by returning to the Ukrainian citizen a spring full of flowers of freedom and peace.

This March issue features contributions from Gérard Fitoussi with some news from France on the change of CFHTB chairman and some new journal and book publications. Gérard in his interview introduces, to the ESHNL readers, the new CFHTB's president, Pierre Castelnau.

The usual Research Reflections made by Peter Naish show how even conversational hypnosis or a 'hypnotic flavour', with careful attention to language and a very relaxed, supportive atmosphere can help patients and workers in a cancer unit. He also reminds the reader that hypnosis is different from mindfulness despite many attempts to prove the two are similar.

Marie-Jeanne Bremer introduces a sometimes overlooked but emerging theme such as bullying, and harassment and invites the reader to pay attention to the long-lasting symptoms that need to be treated carefully to repair the damage they have left.

Randi offers some news from the CEPE, some accredited Constituent Societies and, after being interviewed in the previous ESHNL, returns to her role as a dentist's interviewer providing us with an interesting conversation with Riccardo Colombo, from Italian-speaking

Switzerland, Ticino. Riccardo is the Vice President of SMSH and the President of the dental branch of the Society. In this interview Riccardo shows his passion for using hypnosis in his dental practice.

Another interesting interview is with Fabrizio Benedetti, a well-known and multi awarded Italian scientist in the field of Placebo and Nocebo effects. He has published scientific and popular books, and some of his cases will be transformed into a film. He has been invited to be a keynote speaker and a workshop facilitator at the Istanbul congress.

This issue also features three book reviews. One is *An Epic Life. Milton H. Erickson. Professional Perspective*, written by Jeff Zeig. This book is a demonstration of Zeig's deep affection for his master harmonized with his personal development and improvement thanks to sitting on a giant's shoulder to see beyond and far away. Another book review is dedicated to a *Matter of Death and Life* from Irving Yalom and Marilyn Yalom, his beloved wife. This book is a demonstration of how a fatal diagnosis can be transformed into a love song written as two-handed diary in which alternates one chapter from the wife preparing herself for a medically assisted death with a chapter from the husband preparing for a life without his beloved wife. The third is a book on *How to Cure Anxiety in Just Five Therapy Sessions, An Innovative Guide for Clinical Hypnotists*, written by Pat McCarthy, that has an introduction from Kathleen Long.

Thanks also to Fabio Carnevale who, as usual, enriches the contents of this ESHNL with his colorful mastery.



## Research Reflections

By  
**Peter  
Naish**

When writing last year's Autumn issue of Research Reflections, I invited people who used hypnosis therapeutically to submit material to be published in the ESH journal, Contemporary Hypnosis. One group working in the UK did just that (Sharp et al., 2022) and the results of their study are interesting in several ways.

The lead author, Donald Sharp, together with colleagues from the University of Hull, carried out their investigations at the University's Oncology Health Centre.

This facility was established many years ago by Leslie Walker, one of the authors of the current study. He wanted a centre where researchers could assess the value of hypnosis as an adjunct in the treatment of cancer. Now, even when hypnosis is not used in a formal sense, the overall approach to treatment at the centre can be described as having a 'hypnotic flavour', with careful attention to language and a very relaxed, supportive atmosphere.

This most recent study addressed an issue in the treatment of thoracic tumours with radiotherapy. Ideally a patient would be perfectly still, so that the radiation beam could be arranged to cover the tumour precisely, while

sparing surrounding, healthy tissue. In practice such perfection is unattainable, because the patient has to breathe; their chest rises and falls, causing associated tissues to move. The researchers wanted to see whether hypnosis would reduce the amount of movement.

They not only measured appropriate breathing parameters (such as the rate of breathing, and variability in the depth and rate) but also the patients' general wellbeing, measuring anxiety and depression. Patients would be expected to experience elevated anxiety, but hypnosis is known to reduce that.

As is common in research of this kind, two groups of patients were used, one (the control group) receiving treatment as usual, while the other (the experimental group) received the usual treatment, together with hypnosis training and appropriate suggestions.

As the researchers had hoped, the experimental group produced lower amplitude movements when breathing. In other words, they appeared to be breathing less deeply. This is an intriguing finding, since it implies that these patients would be somewhat hypoxic. They would not have been if their breathing became more rapid, to



compensate, but it did not; on this and all other parameters the groups did not differ. Unfortunately, the study did not incorporate monitoring of oxygen levels, so explanations for this strange finding remain a matter for conjecture. Another seemingly remarkable finding is that the groups did not differ in their levels of anxiety and depression: both scored very low, in fact lower than the mean score for the public in the UK! Of course, this is far less remarkable when we recall that this Oncology Centre has a very special ethos, and its patients generally produce these low scores. This must serve as an important lesson for anywhere that treats potentially anxious members of the public.

Ann Williamson, one of my colleagues in the British Society of Clinical and Academic Hypnosis, recently alerted me to a surprising paper in the IJCEH (Gloede, Sapp & Van Susteren, 2021). These researchers appeared to have demonstrated that the impacts of hypnosis and of mindfulness meditation were very similar – completely contradicting my belief! Their approach had been to compare two groups of college students, using a scale of hypnotic susceptibility.

For one group the test was preceded by a hypnotic induction, while the other group was first taken through a mindfulness meditation exercise.

Which group would score higher on the test? Well, there was no statistically significant

difference between them. What can we learn from this? I think very little!

Importantly, we do not know what effect either of the treatments had upon hypnotic responsiveness. The study should have employed a third group who were merely tested for susceptibility, without any induction or meditation.

From this we would have seen whether those procedures had any impact. It has long been known (Braffman & Kirsch, 1999) that carrying out an induction before testing has only a small effect upon people's ability to pass susceptibility tests. Without evidence to the contrary, we may assume that a spell of meditation in naïve participants will have a similarly small impact.

I stress that the participants in this study were naïve, because the true impact of meditation appears only to be observed after prolonged practice. In consequence, Lush, Naish & Dienes (2016) used participants who had practiced meditation for a minimum of three years.

Our results revealed differences in timings of awareness, between meditators and highly hypnotisable people, reflecting significant differences in mental processing styles.

It is remarkable that Gloede et al. do not reference this or any of the other related papers coming from Dienes' research group. I remain of the opinion that hypnosis and meditation are dissimilar, and that there may be merit in



assessing new patients for any natural tendency to perform like a meditator or more like a hypnotisable person.

This information would guide the choice therapy, so maximising the beneficial response.

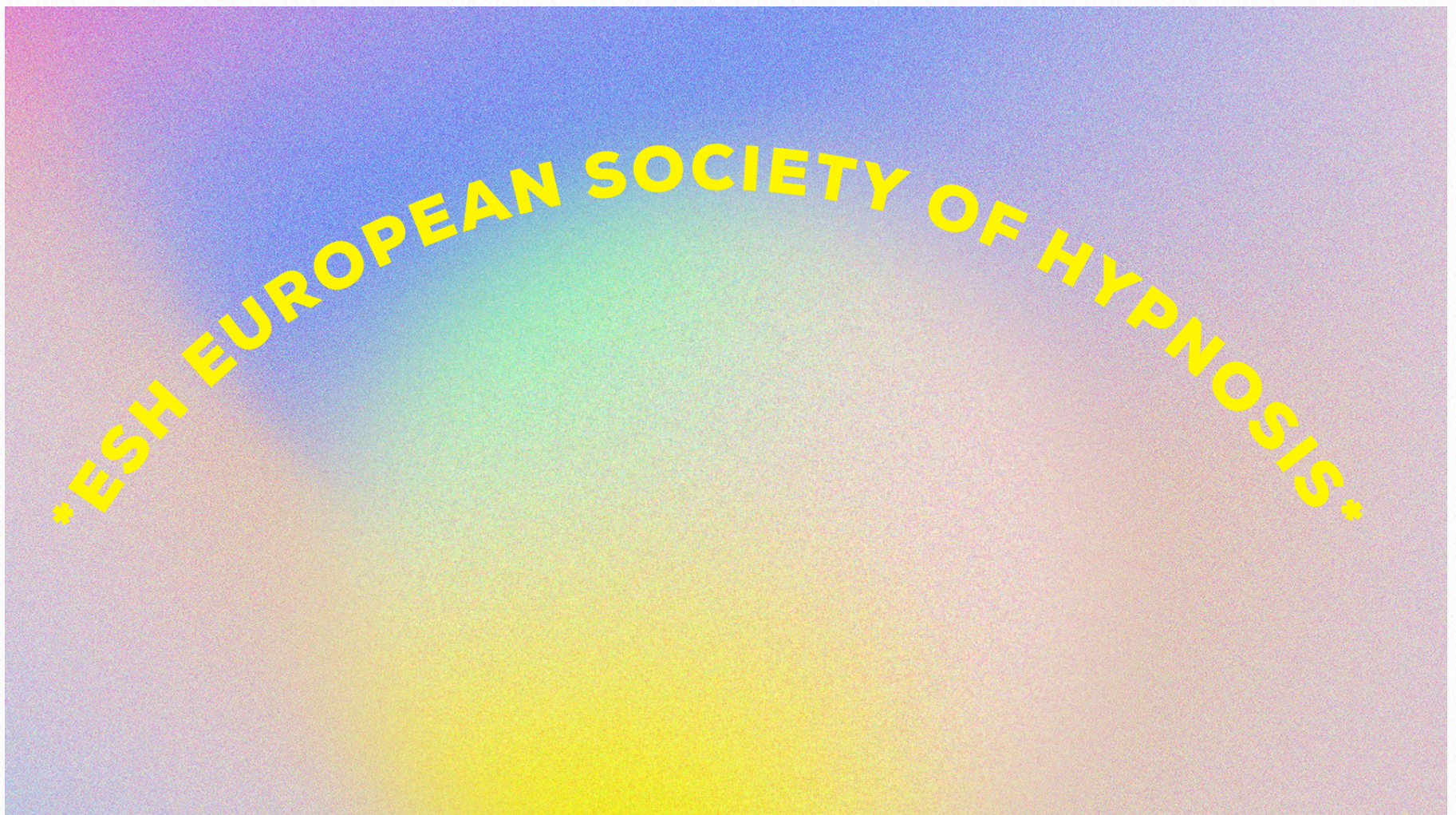
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## Continuity and Innovation in Committee for Educational Programs in Europe (CEPE)

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

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

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**

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#### **Level 1 Basic Training**

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- 50 hours of Basic Theoretical Hypnosis Training
  - 50 hours of Supervision in hypnosis applications.
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#### **Level 2 Advanced Training**

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- 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](mailto:mail@esh-hypnosis.eu)

Read more at our webpage [www.esh-hypnosis.eu](http://www.esh-hypnosis.eu)





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

**By Randi Abrahamsen**

## **Start of ESH Database of Education now Available**

Following an idea from Ali Özden Öztürk we have in CEPE worked on our project to create a Database of Educational Training in hypnosis. We are very proud to announce that the beginning of the database has now been launched on our website. So far six Societies have shared their training. We are very grateful for these first contributions and hope that this will inspire other constituent societies to share their training as well. May the database be an inspiration for our constituent societies to cooperate and set high standards of education in hypnosis.

You will find the database on our website <https://esh-hypnosis.eu/training-courses/> The page is protected by a password that you can get from Central Office. Please let your Society share your training programme.

## **Accredited Societies**

CEPE has recently welcomed the Bulgarian Association of Genuine Psychotherapy (BAGP) as an Accredited Training Society. We congratulate the Belgian society Vlaams Wetenschappelijke Hypnose Vereniging (VHYP) with the renewal of their accreditation. Approximately 1/3 of our societies have now been accredited, but we

would like to welcome more applications for ESH accreditation. For details of our application procedure please see our website or contact Central Office.

## **Holders of the European Society of Hypnosis Certificate**

This period has been very quiet. We have only granted a renewal of the Certificate to Mike Gow. For the application form please look at our website. Fill out the form and send it to your Constituent Society. As an ESH Certificate holder you can give permission to have your name on our webpage and receive a free electronic copy of the journal Contemporary Hypnosis and Integrated Therapy.

We are now close to launching another free advantage for our certificate holders. Access to educational videos from meetings and congresses can be found on a protected page at YouTube.

## **Breaking News**

The ISH webinars can also be awarded credit points that count towards our certificate. This is a good way to collect credit points in these difficult times with the cancellation of other courses.

Remember we are always here for you. Let us know if you have any suggestions for our work in CEPE.



17

# French Continuity and Innovation

By Gérard Fitoussi

European Society of  
Hypnosis



As president of the CFHTB, I had the pleasure of welcoming three new institutes, one from Québec, the Société d'Hypnose du Québec (SQH), one from French Guiana (Hypnosis-Gate) and one closer to us Double-Lien.

They strengthen the French-speaking audience of the CFHTB and will bring us their freshness and their distanced views on hypnosis, thus mutually enriching us with their contribution.

Furthermore, during my presidency, the scientific committee decided in 2020 was finally set up attracting quality members in the field of clinical hypnosis and research. Charles Jousselein is the first president. He will bring his rigor and his human qualities to this committee.

Finally, I had the pleasure of passing the torch to a new president for the CFHTB, Pierre Castelnau (see interview). Pierre Castelnau will bring his experience, and his status as a researcher and academic and lead the CFHTB to a new stage, strengthening its presence in academic circles and its credibility. He does this with an almost completely renewed board.

## **12° Forum du Luxembourg of the CFHTB**

It will be held from May 11-14, 2022 and will have the pleasure of hosting the ESH board. Several members of the ESH board will offer workshops. Our president, Kathleen Long, will address in plenary, for I believe the first time, the French speaking audience and help to better know what we mutually bring to each other.

This will also be the opportunity, since the beginning of the Covid pandemic, for a first face-to-face meeting of the board and we will all be looking forward to meeting up to discuss the future of ESH.

## **Journals**

*Hypnose et thérapies brèves, February 2022, Nr 64*

The magazine presents a very rich variety with articles about hypnosis and music, hypnosis and sport and a leading article on a subject unfortunately more and more in the news, depression.

*Revue Hypnose et santé, January 2022, Nr 18*



The content of this issue is about dissociation, is it a normal or a pathological phenomenon? and what are its indications in hypnosis?

## Books

Jean-Luc Roquet, *Hypnose et Tabacologie*, Ed. Satas 2021.

The author shares his experience in the field of smoking cessation. It offers exercises and references on tobacco addiction and withdrawal. He specifies that if hypnosis has an impact, it is far from being the panacea that some people want to believe.

Olivier Benarroche, *La modélisation hypnotique, réveillez le génie qui dort en vous*, Ed. Satas 2021.

Dental surgeon, Benarroche, delivers in this book his approach to the practice of hypnosis, combining neurosciences and modeling, allowing the subject to identify a model "possessing the abilities, skills and talents" that he wants to develop.

Mélanie Traversier, *L'harmonica de verre et miss Davies, essai sur la mécanique du succès au siècle des Lumières*, Ed. Seuil Paris 2021.

One of the most original books published recently. It concerns the instrument created by Benjamin Franklin and used by Mesmer during his famous sessions with the tub.

The author follows the creation of this instrument and the evolution of its use. She evokes her interpreter, now forgotten, Mary Ann Davies and the world of music in the Age of Enlightenment.

We meet Benjamin Franklin, Mesmer, Ingenhousz and many more. An interesting book for all those who want to know more about this instrument with its unique and strange sounds and its impact on the music of its time.



20

# Mom, my stomach aches, I can't go to school! School Bullying?

By Marie-Jeanne Bremer

E u r o p e a n  
S o c i e t y o f

*Hypnosis*



The young person who complains of abdominal pain, is she teased, marginalized? Is she being bullied?

Bullying is when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending themselves.

[https://www.violencepreventionworks.org/public/faqs.page#Answer\\_numberCbQ1](https://www.violencepreventionworks.org/public/faqs.page#Answer_numberCbQ1)

Acts of harassment include verbal abuse, intimidation, physical bullying, being forced to do things, thefts, social exclusion, rumors etc.

A few decades ago, the terms “harassment, mobbing, bullying” were not yet known. But the problem is not a recent one.

Many of my adult clients report on after-effects on their mental health by taunts, humiliation or social exclusions in the schoolyard or classroom. Symptoms related to bullying range from attention disorders and social withdrawal to suicide, and in extreme cases to school shootings.

The extent of the impact of bullying was identified in school shootings because the students running amok were victims of chronic bullying. The problem of school harassment concerns children, parents,

teachers, and governments. How should they react? Do we have anything better to offer than the answer that a student received from the school psychology service “you have to defend yourself”? It seems that the counselor was as helpless as the student. Defend yourself, but how? And anyway, is defense the optimal solution?

The attempted solutions of the “victim” to defend themselves and counterattack have rather contributed to perpetuate the aggressive behavior of the bully.

Some countries may have introduced anti-bullying rules or laws, and yet the problem has not decreased.

According to the American psychologist Izzy Kalman, author of “Bullies to Buddies”, laws reinforce the bullied child in his place as the victim instead of helping him to cope with bullying and the bully is penalized instead of getting help. Furthermore, social media brought harassment from classroom to the bedroom (cyberbullying\*).

And in this case, school rules no longer matter. To get out of this “victim-perpetrator-logic”, Kalman has a strategy based on the principle that the problem is part of the solution.



Instead of forbidding “freedom of speech” you can recognize it and use it. Here is an example to illustrate this right to speech.

A student who is treated by another as weakling or as gay, may answer “ah, interesting! That’s how you see me? I didn’t know, but it’s your right to think so”.

“We can decide that words won’t hurt us”: this is a quote from the French psychiatrist Philippe Aïm author of «*Le harcèlement scolaire*». Inspired by Kalman’s work, he introduces parents, teachers or therapists in the art of teaching kids to be assertive without being aggressive.

This is based on the Golden Rule, the principle of treating others as one wants to be treated.

Numerous examples underpin scenarios for possible role-plays between parents and kids who will discover the positive and comfortable effect of a “down position”. The beauty about it is that parents are supported in their role as mentors.

Role-play can be easily integrated in interactive, preventive digital programs for whole classes addressing both bullied and bullies with the possibility of enhancing the self-esteem of all participants.

It can also provide tools for anger-control and to foster respectful mutual empathy. Hypnotic technique may wonderfully reinforce these resources.

\*Bullying in the Digital Age: A Critical Review and Meta-Analysis of Cyberbullying Research Among You.





# Interview with Dentist Riccardo Colombo, Schwitzerland, Swiss Medical Society for Hypnosis (SMSH)

By  
Randi Abrahamsen



*Riccardo Colombo (RC), born in Locarno in 1966. Baccalaureate in Lugano. 1993 University of Basel, Technical assistant as a scientific photographer, with a specialisation in scanning electron microscopy and diploma work on malaria in collaboration between the Swiss Tropical Institute and Imperial College in London. 1997 University of Basel, graduated in dental medicine. 2002 private practice in Lamone, Ticino. 1998 hypnosis education.*

*2019 Board member SMSH, 2020 Vice president of SMSH and Chair of SMSH dental group.*

## **Please tell us a little about yourself.**

I live with my wife Erika, a doctor, in Ticino, in the Italian-speaking part of Switzerland. We have an adult son Perseo. Our family has cross-border origins ranging from the Maremma in southern Tuscany to southern Alsace. Skiing and sailing guided my choices as a boy and later. My father is a passionate sailor and the ski lifts at a ski resort were a short distance from our home. Sailing and ski mountaineering gave me an early appreciation of life's hypnotic moments. Experiencing this in nature and with fellow adventurers, on whom one must absolutely rely, when practising such demanding sports, is a fine metaphor for the bond needed to induce hypnotic processes. Photography and flying, together with hypnosis, were added to my long-standing passions. Photography



became my first profession: I graduated with a degree in scientific photography and electron microscopy from the University of Basel. Later, I realised my dream of flying by becoming a glider pilot. Soaring has given me a mental strength which I did not have before I realized was achievable for me. The change of perspective by spanning the infinitely small and seeing the world from a bird's eye view, taking pictures, and reviewing them completed the metaphorical link with hypnosis.

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

I started with hypnosis in 1998 when I attended a self-hypnosis course taught by Bea Bucher, a dentist and teacher of hypnosis in Basel.

This powerful experience fascinated me, so I enrolled in the SMSH basic courses, obtaining a certificate of competence in medical hypnosis a few years later. I have been fortunate to benefit from a rich educational path, with a solid foundation constructed under the direction of Philip Zindel, Fritz Trächslin, Ute Stein and strengthened by intense encounters with Steven Gilligan, Robert Dilts, Bill O'Hanlon, Joseph Barber, each one of them a piece

of a formidable mosaic, continuing with Albrecht Schmierer, Consuelo Casula and you Randi, as well as many others to whom I am very grateful for showing me different aspects of hypnotic therapeutic approaches. The hallmark of all these encounters was the profound humanity transmitted and experienced.

**How did you integrate hypnosis in your daily work as a dentist?**

I use hypnosis in my private practice, applying the principles of hypnotic communication both with patients and with my staff.

In addition, I am very keen for my team to do the same. Respectful communication both with patients and between staff members is fundamental to a good working environment, which is the basis for providing security and guidance to often psychologically challenging individuals.

This is our working basis. As a rule, I only carry out formal hypnosis sessions with patients referred by colleagues for specialist hypnotic follow-up or with newcomers with specific problems that can be solved by hypnosis. Our aim is to bring as many of these patients as possible to a state of relative normality, in



which a visit to any dentist is possible at any time.

### **Your best experience with a patient and hypnosis?**

Of course, extracting a wisdom tooth under hypno-analgesia is quite an achievement, but I find it more humanly pleasing to be able to achieve excellent working conditions with a Parkinson's patient, who would normally be difficult to treat, and to enjoy our mutual satisfaction when the work is serenely done. In general, hypnosis applied to elderly patients, adapted to their needs, is very satisfying. This area should be further developed in dental hypnosis.

### **Any piece of advice for a young dentist just starting to learn hypnosis?**

Respect every single person you work with, welcome them with curiosity, empathy, and compassion. In this environment of mutual respect, apply what you have learnt, day by day, without waiting to become an expert. Be in good contact with those you lead, observe the limits set in the training, benefit from regular supervision and collegial contact, and... be surprised by how easy it is to grow hypnotically. In the continuing education program providing supervision

and intervention, the SMSH guarantees a fundamental support network for its members, sharing expertise, security and enabling interdisciplinary exchange, with the continuous presence of practitioners ranging from the manually oriented to psychotherapists. This interdisciplinary approach allows us to offer everyone a platform for a rich exchange of ideas, generating mutual understanding and knowledge transfer.

### **What do you think about The European Society of Hypnosis Certificate?**

I am grateful that ESH has training certificates, which is a European federating act. I am convinced that comparing the training courses of our societies is useful for educational improvement and that the certificate not only guarantees quality but also tends to improve it.

### **What do you think about the Research Project of the European Society of Hypnosis?**

Hypnosis research must be supported and intensified, closing the gap between applied clinical hypnosis and laboratory hypnosis. Unfortunately, too many colleagues still consider the results of research to be irrelevant to their hypnotic



clinical work. We know how difficult it is to convince health authorities of the efficacy of hypnosis. This is only possible through scientifically proven evidence. The ESH aims to do so by the international Health Organisations, and so does SMSH with our national regulatory bodies.

Through scientific research we are gradually distilling the essentials of the hypnotic process, with spin-off applications that greatly improve daily clinical practice.

Thomas Wolf, lecturer and researcher at the Institute of Dentistry at the University of Bern and president of the DGZH, is doing a great job in this regard, and has our full support as SMSH. In our courses we want a strong practical component and at the same time a continuous reference to scientific evidence...The best of two worlds... and yet two aspects of the same reality.

**About European Society of Hypnosis, any ideas or wishes for the future? I know you have some ideas of harmonizing the hypnosis training for dental practitioners in Europe.**

For the future, it is imperative to be more sensitive to the quality of training. As one of the people responsible for the SMSH's educational pathway, I am naturally keen to offer our colleagues comprehensive, quality training that is rich in personal practical experience.

By reviewing our current training curriculum, it has been logical to compare it with that of societies like our own, seeking to achieve a level comparable to that of our sister societies. In this sense, a coordinated approach by the ESH would be desirable, harmonising teaching programmes across Europe. For us dentists, this step is particularly important because hypnosis applied to the dental profession has special features that should be explored in greater depth.

For example, I am thinking of the extreme closeness to the patient during work, of physical contact or of the need, in certain situations, to accelerate hypnotic processes to rapidly help the patient in difficulty.

Even the desire to generate a consensus on how to improve this would have the merit of activating an exchange of ideas between the ESH societies, which would



certainly be useful in helping us to grow and optimize our teaching methods. Hypnosis has a cultural colouring, which is why I speak of harmonisation and not homogenisation.

**You are the Vice President of SMSH and the President of the dental branch of the Society. Please tell us a little about your Society, members, curriculum, your annual congress etc. How did your Society cope with all the restrictions and changes during Covid 19? Maybe you could also tell us about all the difficulties with the cancellation of the Basel Congress.**

Sure, I would be pleased to return briefly to the society to which I belong and to which I owe so much. SMSH celebrated its 40th anniversary in 2021, growing from a small group of pioneers to an entity with institutional responsibility, following the interests of physicians and dentists in the national professional societies.

With Irhys (in a sense the French-speaking part and partner of the SMSH), we cover the Swiss territory with the four national languages (Romansh, Italian, French, and Swiss German) and have an integrative activity between the different hypnotic sensibilities and cultures.

Several of our members practise hypnosis across two or more languages. The ESH congress, planned to take place in Basel in 2020, would have allowed the ESH Members to experience this reality, dissolving linguistic and cultural borders. Unfortunately, as we know, Covid has taken this great opportunity away from us, without replacing it, leaving the bitter taste in our mouths of the loss of a unique opportunity and, moreover, with a considerable financial loss. However, preparing for the congress strengthened the contacts between the people involved in the organisation, between ESH, Ghyps, Irhys and SMSH and thus enriched us with very good working and personal relationships, which will surely result in further exchanges.

**Which European Dentist would you like to read an interview from in our ESH newsletter?**

There are several colleagues whose work I highly appreciate and would love to read about. In 2019, I visited a course in Paris by Olivier Benarroche: I would be keen to read about his vision of hypnosis applied to dentistry.

Dear Randi thank you!



## Interview with Fabrizio Benedetti

By  
Consuelo Casula



**Thank you for accepting this interview for ESHNL.**

**You are professor of physiology and neuroscience at the University of Medical School in Turin, Italy and, according the New England Journal of Medicine, you run "the foremost laboratory for the study of placebo effects in the world." I would like to start by asking you something about your personal and professional life. What brought you to study placebo and nocebo effects?**

When I was a young doctor, I used to run clinical trials, particularly in pain and motor disorders. I soon realized that many

patients who received a placebo (fake) treatment often reported better improvement than those who received a real therapy. Therefore, I decided to investigate what was going on in these placebo-treated patients.

**Which research gave you the most satisfaction? Which result that you have obtained has compensated you for all the effort you have put in?**

Most of our research focuses on pain, Parkinson's disease, and oxygen-dependent functions (e.g., ventilation, circulation, etc.). What we found is the activation of endogenous opioid and cannabinoid systems in placebo analgesic effects, the change in neuronal activity in placebo-treated Parkinson patients, and the oxygen-mimicking effects of placebos (fake oxygen administration).

Overall, this can be summarized with the emerging concept that placebos and drugs share common mechanisms of



action. The doctor's words and the therapist-patient relationship trigger several mechanisms in the patient's brain that are like those activated by drugs. As a matter of fact, it would be better to say that drugs use the same mechanisms of words, as words and social interactions emerged much earlier during evolution.

**Your reputation as an expert in the placebo effect has spread and the admiration of your colleagues has led them to award you numerous awards such as Medical Books Award of the British Medical Association (2009), Seymour Solomon Award of the American Headache Society (2012), Herlitzka Prize for Physiology, Academy of Sciences, Turin (2012) EFIC-IBSA Award for the best paper in the Eur J Pain. (2015), ARNo Award from Neurological Research Association (2018).**

**Among these, it's also the William S Kroger Award by the American Society of Clinical Hypnosis, which was handed to you by its president Laurence Sugarman (2015). What did this ASCH award mean to you?**

Te William S. Kroger Award by the ASCH was awarded for the best paper on Hypnosis, Health and Behavioral Medicine, and it was for me a special accomplishment because it represents a link between my own research on placebo and hypnosis research.

I believe there are many similarities between the two situations, first and foremost, the therapist-patient communication, whereby the therapist's verbal suggestions can change the patient's brain.

This is particularly interesting from both the placebo and the hypnotic standpoint because it represents an excellent model and opportunity to better clarify the importance of verbal communication in the therapeutic outcome.

**I have the impression that your bibliographic production can be divided into three branches. In the first one there are many scientific articles and two important books: *Placebo Effects: Understanding the Mechanisms in Health and Disease*, Oxford University Press, 2008, that won the British Medical Association's Highly Commended Book Award, and *The***



***Patient's Brain: The Neuroscience Behind the Doctor–Patient Relationship*, Oxford University Press, 2010. What do these books represent for you?**

They represent the synthesis of my research and clinical activity over the past thirty years, thus they mean a lot to me.

In the second branch there are books that seem to have a clear friendly and generous intent to describe complex issues in an understandable way. Among them there are *L'effetto placebo. Breve viaggio tra mente e corpo* (*The Placebo Effect. Short Journey between Mind and Body*), and *Il dolore: dieci punti chiave per comprenderlo* (*Pain: Ten Key Points to Understand it*).

These books seem to me aimed at a public interested in these complex issues. What did you hope to achieve with these books?

Yes, these books represent the pop science part of me. I have always enjoyed disseminating science without technical terms and difficult concepts.

In the third branch there are books on narrative medicine, such as *La speranza*

*è un farmaco. Come le parole possono vincere la malattia* (*Hope is a Drug. How Words can Overcome Disease*); *Il caso di G.L. Perché ascoltare il paziente è importante* (*The case of G.L. Why listening to the patient is important*); and *Il cacciatore di ricordi. Quattro casi gialli per un neuroscienziato*. (*The Hunter of Memories. Four Detective Cases for a Neuroscientist*).

In these books you present your poetic self, always rigorous in presenting your discipline, neuroscience, but also careful in underlining how fundamental is for doctors to be compassionate to grasp the profound needs in patients. When did you realize that using the narrative medicine has the same value as presenting the scientific data discovered during your research?

The narrative approach is a good way to disseminate science, in which not only do I talk about science, but patients tell their stories and describe their experiences.

What research are you doing today, what is engaging you right now, and when do you plan to present the results?



Now we are particularly interested in understanding whether placebos, words, rituals, and social interaction may have important effects on oxygen-dependent critical life functions as well, such as ventilation, circulation, cerebral perfusion and the like.

So far, we have shown that is the case, namely, oxygen can be partially replaced with a placebo (fake oxygen).

The challenge is to understand the limits of these effects. For example, it is certainly not possible to replace oxygen with a placebo if you go up to the top of Mount Everest. But what is the limit?

**In the book “*Il cacciatore di ricordi*” you reveal that you have an archive of interesting cases. I guess there are other cases to share with readers. Can you tell us if you are writing something new, what it is about and when will it come out?**

Yes, there are some new curious cases, but I am not sure whether they will be

published in a book. A big film company bought the copyrights of these stories; thus, they are more likely to come out as a film rather than as a book.

**At the next ESH conference in Istanbul 2023 you are invited to give a lecture and a workshop. Do you already have an idea of the topic you would like to present, or is it still a bit early and would you rather surprise us?**

No surprise at all. My own work is related to placebo and the therapist-patient relationship; thus, I am pretty sure my talk will be addressing these topics.

**Reading your books reminded me of the neurologist Oliver Saks. You both show compassion for the patient’s suffering, curiosity to explore what happens in their mind/body, and the scientific attitude to search for the human and scientific approach. Have you met him?**

No, I haven’t, but I would be really honored.



## Interview with Pierre Castelnau

New president of the CFHTB

By  
G rard Fitoussi



**Hello Pierre Castelnau, you have just been elected president of the CFHTB, congratulations on this election, can you provide our readers with some information about your background, training and current responsibilities within the hospital?**

Thank you! I am a professor of paediatrics and head of the paediatric neurology and rehabilitation service at the university hospital of Tours, France.

I am an affiliate member of the INSERM 1253 unit of Tours, called “iBrain lab” and dedicated to the study of the pathophysiology of neurological disorders together with the development of imaging technologies in neuroscientific research. As research director, I supervise Masters’ and PhD students in the field of neurodevelopmental disorders.

**Can you also tell us a little about yourself, your passions, your hobbies, what you read?**

Well, free time gets hard to find to be honest! I go to a music group with friends, and we have a lot of fun occasionally doing gigs and studio recordings. I am



also very attracted to artistic creation such as sculpture and, more recently, glass blowing. Beautiful opportunities for hypnotic trance in other words!

**How did you discover hypnosis, you who come from a universe, the neuropsychiatric that deals with serious pathologies, and that at first sight might seem far from that of hypnosis? What was the trigger?**

One day I read the training catalogue of my hospital and when I found «Initiation to medical hypnosis» I immediately understood that everything was already planned... As we say in French: «There are no coincidences, there are only appointments». My teachers, therefore, pushed me to pursue and I have never stopped since then. It's been 7 years and it still itches! ...

**How did you approach your training?**

Through the internet I found the CFHTB Confederation, and it seemed to me that the Milton Erickson Institute from Biarritz-Pays Basque, France, was offering formations with very skilled teachers and practical trainings in small groups. Beside the beauty of this part of France, this practical philosophy seemed very

important to me. To obtain that the patient's trance lead to actions, hypnosis needs practice, practice and practice!

**How do you use hypnosis in your daily practice?**

As I breathe!... Not only myself but several colleagues in my team and many nurses in our service. We have dedicated rooms with comfortable armchairs meaning that we take hypnosis practice very seriously. The medical students are fascinated and want to learn these techniques.

The children and their parents are not afraid at all and are even rather intrigued and amused. This is very stimulating for us.

Of course, we do not pretend to cure epilepsy, meningitis or brain tumors using hypnosis. But conversely, hypnosis provides very useful tools where drugs can't do anything. For example, we use hypnosis in the management of self-esteem in chronic disorders and this drastically changes the way the patients will then consider their future.

**What has changed so far?**

Everything... Today I look back on my 30 years of medical practice and at times I am



almost ashamed. In fact, I am now wondering if it is reasonable and correct to take care of patients without knowing a minimum of knowledge of the physiology of hypnosis and its enormous cognitive resources.

Hypnosis has completely changed my vision of care and now I feel less alone: collaborating with the patient, his/her ideas, his/her resources, and his/her motivation is fantastic. You know, medicine is getting more and more technical nowadays.

Artificial intelligence (A.I.), machines and technologies can move the doctor into a secondary role. But hypnosis and brief therapies bring true humanity back into cures.

### **How was it received in your hospital setting?**

Well, the University of Tours has always been interested in innovation in terms of medical pedagogy. Our dean, Professor P. Diot, soon decided to promote a commission of integrative medicine, of which I am a member, in the Faculty of Medicine. When I created the University Diploma (DU) of Medical Hypnosis three years ago, I felt really supported, even though my project involved a partnership

with a private institution which is quite unusual in the French academic system.

I feel very proud and moved when one of my students becomes a doctor after a thesis related to hypnosis. For me it is a secret victory. In memory of decades in which hypnosis was denied and foolishly underestimated.

### **What research projects do you personally undertake?**

For the past four years we have mainly worked with my team on attention deficit hyperactivity disorder (ADHD). Several publications are in preparation, but we have shown that the use of hypnosis could greatly improve patient outcome.

By constantly reworking self-esteem over a few weeks, we can mobilize the child's motivational resources and even gradually decrease and discontinue medications. Of course, there is no drug to improve self-esteem and hypnosis therefore provides a valuable and harmless strategy. We think this is a promising twist on this crippling disorder.

### **Let's talk about your election, congratulations! What are your plans for the CFHTB?**



The new CFHTB board team is very dynamic and enthusiastic. We have defined 4 priority axes for the next two years of our mandate: the first is communication to improve our visibility from the government but also from the public. Secondly, we plan to expand hypnosis research with a research award and teaching hypnosis in professional health schools (medicine, dentist, nurse, etc.). Thirdly, we wish to promote the teaching of hypnosis in universities and a fourth axis will be to welcome new institutes within the confederation.

### **How do you see the development of hypnosis in the French-speaking world?**

My feeling is that French-speaking hypnosis has always been very active and creative. There is a prestigious tradition of hypnosis in 19th century French medicine, from Paris to Nancy of course, but many figures in French science and medicine have soon sensed the potential of hypnosis as early as the 17th and 18th centuries.

My perception is that we are now one step away from hypnosis: it becomes clear to most experienced observers that the hypnotherapist is probably not a truly viable status. Hypnosis helps in too many

areas of healing to be mastered all at once by one person. For two or three years we have seen in training many disciplines that have never crossed the doors of the institutes (endocrinologists, surgeons, ophthalmologists, nephrologists, etc.). This suggests that hypnosis is progressing in health and care.

### **What about the training of medical students? Are you going to act in this area?**

Yes, as I said this is our third axis of work. It will take some time for a new generation of health professionals to emerge after encountering hypnosis very early in their career path. But the younger ones are very willing to learn hypnosis and short therapies. We should provide them with what we lacked at their age

### **Do you know the ESH?**

Not good enough for my taste. However, in our communication goal, we wish to improve the relationship and partnership between the CFHTB and the ESH.

The European Society for Hypnosis also has a long experience, and the crossing of cultures is always a promise to fertilize new ideas. This is one of the reasons why I asked Marie-Jeanne Bremer, an



experienced psychologist and current ESH board member, to be vice president of the new CFHTB office team.

**How do you imagine the relationship between CFHTB and ESH?**

As far as I know, an ESH meeting has never been organized in France. The new CFHTB team is currently considering applying to organize one of the upcoming ESH congresses. This would be a unique

opportunity to strengthen relations between these two international institutions.

**A question that I didn't ask you and that is close to your heart?**

I think you may have asked me the question already and to be honest I don't think I can remember any other question at the moment! Maybe I have forgotten it!



**ESH  
EUROPEAN SOCIETY  
OF HYPNOSIS**



# Interview with Borys Ivnyev

President of the Ukrainian  
Association of Psychologists and  
Psychotherapists

By  
Kathleen Long

Due to the ongoing invasion of his country, Borys Ivnyev was unfortunately unable to respond to the interview. We hope to publish it in the next June issue.





# BOOKS

By  
Consuelo Casula

## ESH Books *Reviews*



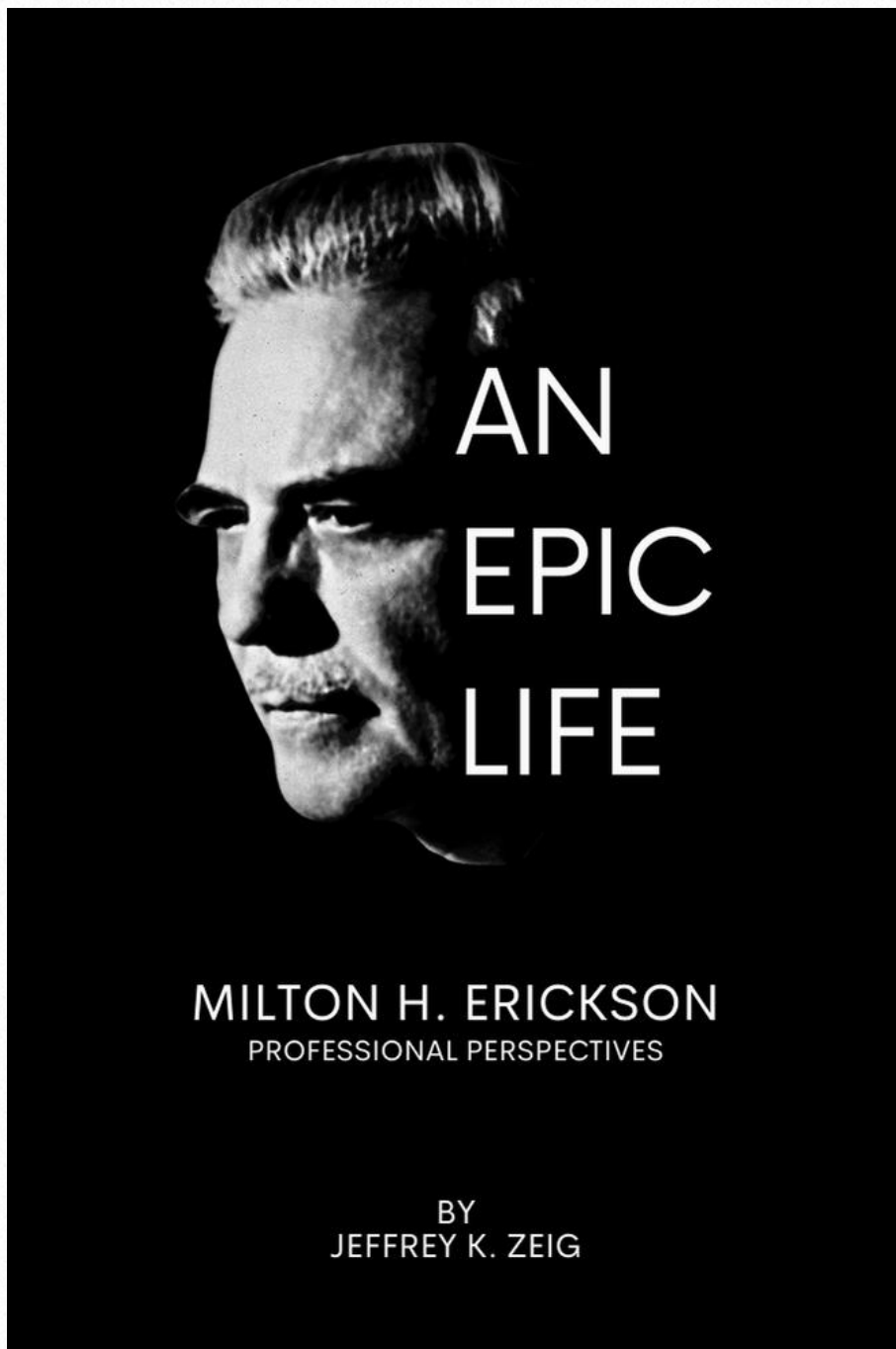
Picture by F.C.

*An Epic Life. Milton H. Erickson.*  
*Professional Perspective* By Jeffrey Zeig

Jeff Zeig met Milton H. Erickson (ME) in 1973 and has continued to learn from the teacher ever since, even after his death,

becoming founder and director of the Milton Erickson Foundation (MEF), in 1979. Thanks to the various activities of the MEF, trainings, lectures, congresses, and book publications, Jeff's mission is to make the





greatness of the teacher known to the whole world.

After numerous writings, Jeff has finally dedicated himself to this book, started in the 80s, containing 85 interviews with professionals who have known Erickson.

The interviews contain numerous biographical anecdotes that describe the unmistakable quality of ME, accompanied by Jeff's comments that contextualize the master's interventions and place him in the

ranks of the great psychotherapists together with Freud, Yung, Rogers, Minuchin, Satir, just to mention a few.

The book presents many aspects of ME's character, his proverbial ability to endure pain, his good humor that led him to joke and lighten the heaviness of life's dramas. It also shows his abilities as a clinician, particularly for his extraordinary observation of the smallest details presented by patients from which to draw inspiration for therapy. The book also underlines the strategic approach followed by ME to build a process that accompanies the patient in the path of care and well-being.

Jeffrey Zeig managed to show a congruent and divergent, complex, and nuanced image of Erickson. He manages to achieve this effect by intertwining interviews with his comments that clarify and contextualize the man and his works. However, *An Epic Life* is not a simple biography saturated with praise, admiration, and devotion. Instead, the book voices critics who have pointed out what they believe to be Erickson's flaws, his dark, nasty, and authoritarian sides. All sides show the versatility and complexity of the man and artist.



Just as Erickson demonstrated his ability to "connect the dots" to uncover patients' adaptive potentials, readers can connect the dots of different voices to draw their own portrait of Erickson.

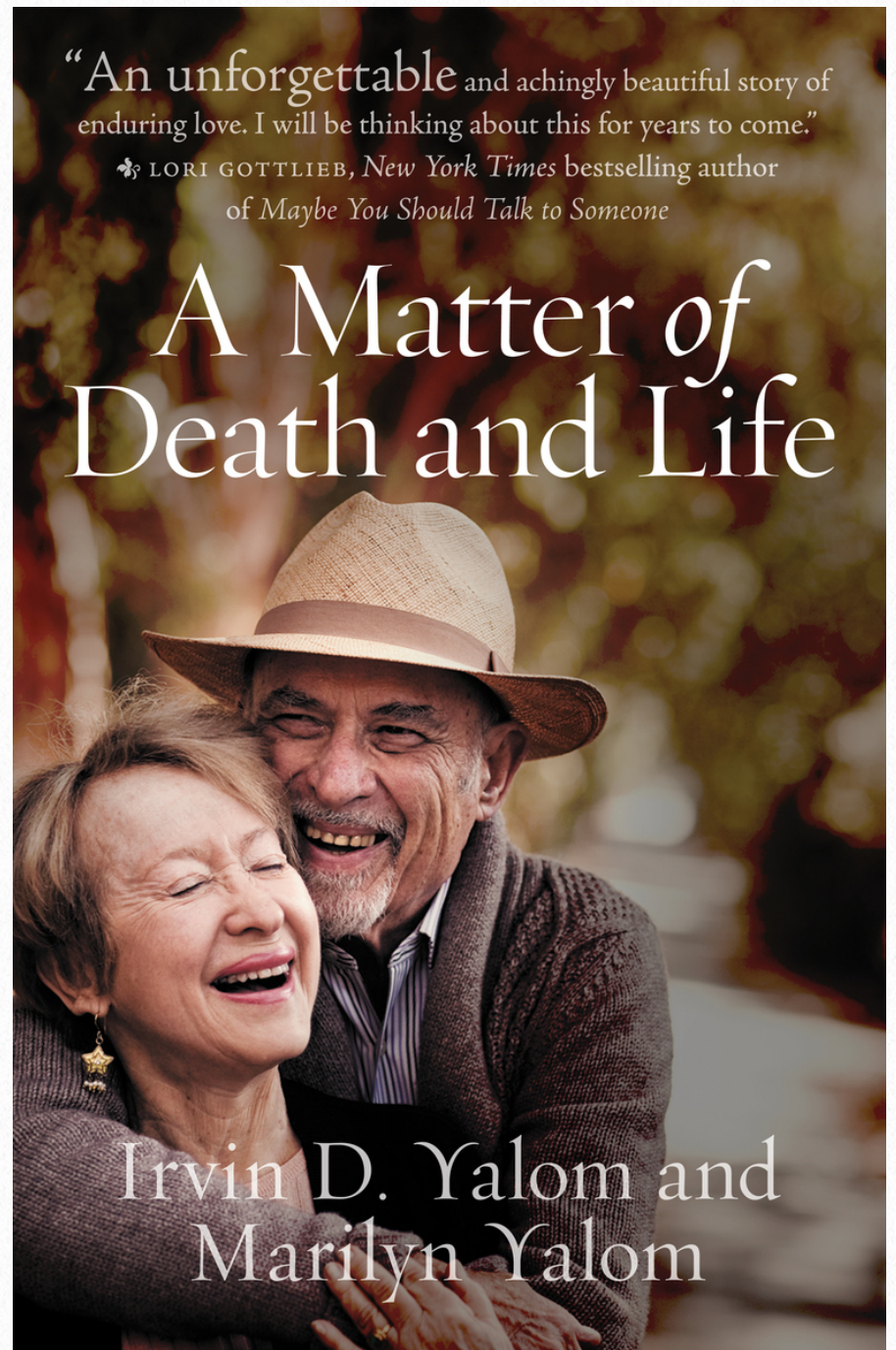
Jeffrey Zeig introduces the volume with a brief history of psychotherapy and hypnosis, identifying Erickson as the father of modern hypnosis and brief therapy, creating an extremely innovative paradigm.

Finally, reading this book on Erickson's life invites the reader to evolve personally and professionally, despite their limitations, but above all it inspires us to be better people, as he did.

*A Matter of Death and Life* by Irving Yalom, Marilyn Yalom

While Irving Yalom was writing a book, his wife asked him to write one together. A diary about the last months of her life, in which everyone would write a chapter until her death. After that Irving continued it and completed it with a description of his grieving process.

After his initial perplexities, Irving accepted this painful challenge of assisting his beloved wife with excruciating cancer, while also accepting her decision to have a



medically assisted death. Ever since Irving met Marilyn when they were fifteen and they spent their lives together, except when one or the other traveled for study or work.

The book begins with this sentence:

Mourning is the price we pay for having the courage to love others. The courage to respect each other, to accept their complexity, to recognize and welcome their strengths and weaknesses, to



encourage their professional passion. The courage to love shown by this couple made it easier for them to deal with the death of one of them because they both had no regrets for the life they lived together, blessed with four children.

Readers of Yalom's numerous books may recall that he has already addressed the subject of death in other books such as *Creature of a Day and Other Therapeutic Stories* (2015) and *Staring the Sun. Overcoming the Terror of Death* (2008). These are books that explore the death anxiety linked to the meaning of the unlived life.

Writing this book, he faces his grief, and discovers new sensations and feelings in his bones, flesh, guts, heart, and soul connected with the absence of his wife's physical body. "Marylin is nowhere, she no longer exists except in my memory", writes the author. This book helps all those who are coping with the death of a loved one and the therapists who accompany their patients in the grieving process.

# HOW TO CURE ANXIETY IN JUST FIVE THERAPY SESSIONS

.....  
AN INNOVATIVE GUIDE  
FOR CLINICAL HYPNOTISTS  
AND PSYCHOTHERAPISTS  
.....

DR. PATRICK McCARTHY



*How to Cure Anxiety in Just Five Therapy Sessions, An Innovative Guide for Clinical Hypnotists* by Pat McCarthy

In her preface to the book, Kathleen Long presents Pat McCarthy as an inspiring and fearless therapist who created his own therapeutic style combined with genuine compassion. The author presents his guiding principles on how to conduct therapy using anecdotes, stories, and metaphors to attract patient's attention. His goal is to generate hope and



expectation so that the patient is willing to follow all the five sessions.

The reader is accompanied to the discovery of the author's approach which can be used for all types of anxiety without any need to analyze patients' history.

The book offers several metaphors such as The Teapot Test, which the author proposes to patients as a hypnotizability test, being instead a procedure for increasing expectation.

Another metaphor is The Magnifying Glass to focus attention on every small part of the body, followed by The Four Fingers Technique based on concentrating on the sensations coming from the contact between the thumb and the other four fingers.

This technique helps to move and replace unwanted emotions, thoughts, physical sensations, and images and replace them with positive ones.

The metaphor of The Stupid Voice, accompanied by the exercise on The Lie Detector, teaches the patient not to believe unwanted thoughts. How to Think Like an Optimist offers a multi-metaphorical explanation of the negative attributive style and a guidance on how to change it for the positive.

The book ends with the Special Place of Bliss, a guided imagery to lay down and leave all the emotional baggage without the need to continue carrying it.

Each metaphor is accompanied by a linguistic micro-analysis that illustrates the careful selection of words and the many direct and indirect suggestions incorporated which make them so effective.

The book is worth reading for the techniques it presents and for the captivating and engaging style in which it is written.





***Ministry of Education and Science Ukraine***

***01135 Kyiv Prespect Peremohy, 10***



Dear Ministry of Education and Science Ukraine,

I am writing to you in my capacity as President of the European Society of Hypnosis (ESH). ESH is a confederation of National Societies specialising in the use of hypnosis and consists of 49 Constituent Societies from 25 countries throughout Europe and represents over 14,800 members from the fields of medicine dentistry psychology and allied health care professions.

ESH endorses the international condemnation of the invasion of the sovereign country of Ukraine. The Ukrainian Association of Psychotherapists and Psychoanalysts (UAPP) is a very valued constituent society of ESH and the board of directors of ESH has visited Ukraine on two occasions in the past and was overwhelmed by the generosity and hospitality shown to us by our Ukrainian colleagues. The standard of academia and enthusiasm for the clinical practice of hypnosis in Ukraine impressed us and Professor Borys Ivnyev, Rector of the Kyiv Medical University has presented to our constituent societies and the board of directors of ESH and has been invited to speak at our congress in Istanbul in 2023.

ESH stands beside the people of Ukraine and on behalf of ESH I wish you success in the endeavours to maintain your country's sovereign state and hope that peace returns to your country as soon as possible.

Yours sincerely,

***Dr Kathleen Long – President of ESH***

***MBChB, MPH, DRCOG***



**!!!SAVE THE DATE!!!**

**16th ESH CONGRESS**

**ISTANBUL**

**26-29 October 2023**



**<https://esh2023.org/>**

**Super- Early-Bird Registration  
Deadline is extended to  
28 March 2022**



# SAVE THE DATE

## ESH 2023 ISTANBUL CONGRESS!

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### **Save the Date! ESH 2023 Istanbul Congress!**

Dear Colleagues,

Save the date for the ESH 2023 Istanbul Congress and do not miss the Super- Early-Bird rates! The deadline for the Super- Early-Bird is extended to March 28, 2022.

Furthermore, you do not need to make any payments now. All you need to do is to register to the congress <https://esh2023.org/register/> to enjoy the Super- Early-Bird rates!!! We will inform you later how and when to make your payments.

ESH CS Presidents, ESHC holders, ESH members, ISH members and students will also receive a special discount on the congress registration fee. Please visit congress website for further information <https://esh2023.org/> .

The XVI ESH Congress is organized by the Society of Medical Hypnosis (THD) and in

cooperation with the European Society of Hypnosis (ESH).

The Congress will take place in Istanbul, Turkey on 26 - 29 October 2023 and THD is hosting this congress.

The motto of the Congress is: “Health in the Soul, Health in the Body: A Holistic Approach to Healing with Hypnosis”.

During the Congress we will try to elaborate how mind, body, and soul can constitute a unique wholeness, and how they can interact and connect with each other. It can be said that the healthier the balance between the mind, body, and soul, the healthier the person is. So, we would like to discuss together the use of hypnosis to achieve this balance by using a holistic 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 know, the ESH 2020 Basel Congress was unfortunately cancelled due to the 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 congress website when the abstract submission starts in the upcoming months. We will inform you when the abstract submission starts.

#### About the Congress Venue and Istanbul

2023 ESH Congress will be held in Istanbul.

Maybe some of you have visited Istanbul. Istanbul is the crossroads of civilizations throughout history, and Istanbul is the only city bridging Asia and Europe. So, there are many places to see in the Old Istanbul and the Modern Istanbul. Furthermore,

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

To know more about Istanbul, you can visit [www.howtoistanbul.com](http://www.howtoistanbul.com)

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

We look forward to having a great congress experience with you in Istanbul in 2023.

Ali Özden Öztürk

ESH Treasurer

Society of Medical Hypnosis (THD) President





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

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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 May 11-14.

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





# Calendar of Events

## STRESS MANAGEMENT AND SELF-CARE FOR ALL

This event will help you learn stress and self-care techniques to support, yourself, patients, and other healthcare professionals in the workplace.

Professor Katalin Varga, Head, Department Affective Psychology, Eötvös Loránd University, Hungary, and Professor Steve Peters, Consultant Psychiatrist, Sheffield Medical School, UK, will cover empirical evidence to support the use of hypnosis in this area and will focus on self-care, oxytocin-based management systems, and burnout.

These techniques and hypnosis, in general, does not require medication to be effective or have any side effects, leaving patients and healthcare professionals with techniques they can utilise at home, in the workplace and while travelling.

This event will cover:

- How to support oxytocin-based stress management systems with hypnosis and/or suggestion
- Evidence to support the use of hypnosis for the treatment and management of stress for busy healthcare professionals and patients
- Specific hypnotic and behavioural techniques using self-hypnosis to reduce burnout.

RSM member: £14 – £46

Non-member: £26 – £84

CPD learning accredited

Early bird pricing to attend in-person is available until 21 February 2022

Join in the conversation online using #RSMHypno

Follow us on Twitter: @RoySocMed

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

**When: 04/04/2022, 12:30 pm - 5:30 pm**

**Details:**

This event will help you learn stress and self-care techniques to support, yourself, patients, and other healthcare professionals in the workplace.

Professor Katalin Varga, Head, Department Affective Psychology, Eötvös Loránd University, Hungary, and Professor Steve Peters, Consultant Psychiatrist, Sheffield Medical School, UK, will cover empirical evidence to support the use of hypnosis in this area and will focus on self-care, oxytocin-based management systems, and burnout.

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## **HYPNOSIS IN MEDICINE: THE FUTURE HAS AN ANCIENT HEART**

**Date: 5 MAY 2022**

On May 5, 2022, an important conference on Integrated Medicine ("Medicina dei Sistemi") sponsored by WHO will be held at the University of Milano (Italy).

For the first time a scientific event sponsored by WHO will host a presentation by prof. De Benedittis on "Hypnosis in Medicine: The Future has an Ancient Heart".

We believe this is an important achievement obtained by the hypnotic community for the recognition of hypnosis in global health.

Details: [Simposio\\_Medicina\\_dei\\_Sistemi\\_2pp](#)

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

**Date: 11 - 15 MAY 2022**

Invited Speakers – Teresa Robles, Jean Becchio, Joelle Mignot, Claude Viot, 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](http://www.cfhtb-luxembourg2022.org)

Email – [cfhtb-luxembourg@agence-mo.com](mailto:cfhtb-luxembourg@agence-mo.com)

Venue – Luxembourg – European Convention Centre

## **THE EVOLUTION OF PSYCHOTHERAPY – CONFERENCE**

**Date: 14 - 22 DECEMBER 2022**

Celebrating 37 years, this world-renowned conference features psychotherapy trailblazers who share ideas, promote convergence, and highlight unifying principles that guide effective clinical treatment. Immerse yourself in point/counterpoint discussions, workshops, clinical demonstrations, dialogues, topical panels, and conversation hours with the experts face-to-face. The magnitude of educational excellence, globally uniting professionals from over 60 countries, will undeniably be the most valuable experience of your year.

[www.evolutionofpsychotherapy.com](http://www.evolutionofpsychotherapy.com)







*We would like to invite you to join the new platform for networking in the hypnosis community world-wide: [www.whoISHwho.com](http://www.whoISHwho.com).*

*Please send us your CV, photo and if you have also your publication list to us at [contact@whoishwho.com](mailto:contact@whoishwho.com).*

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

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

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

**ISH President**



# Credits

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European Society of Hypnosis



In Psychotherapy and Medicine

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)