

ESH The Newsletter

Continuity and Innovation

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President's LETTER

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European Society of Hypnosis

**News From
Istanbul 2023
Congress**

Interviews

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President's Letter

Kathleen Long

The weather has changed and hopefully most of us are experiencing some warmth and some more freedom from the lockdowns we have been subjected to over the past two years. The last three months have been eventful for the board and ESH and the three topics that I am mentioning in this letter are in some way connected.

The first is the war in Ukraine and the setting up of the Crisis Intervention Committee (CIC). When Jane Boissiere of BSCAH emailed myself, president of ESH, and Mark Jensen, President of ISH, asking if we could do something to provide hypnosis resources for Ukraine it seemed to me that a joint effort would be the way forward, and Mark agreed. This kernel of an idea has grown exponentially. Over the past few months, the CIC committee has helped to point those dealing with the displaced people from Ukraine as well as the Ukrainian association with resources and training and they are very grateful for this. There has also been collaboration with other societies and professionals who offered to help. Both the ESH and ISH websites have details of the resources available so far. The problem is that when one question is asked, often another one appears without any invitation.

The question I have asked myself is why have we not done something like this before? There are of course several answers, but I am

going to say what I say to my patients 'ask yourself a good question'. The good question might be 'how can we build on this for future situations which occur throughout the world and ensure that therapists dealing with populations of distressed and traumatised people can harness the powerful therapy that is hypnosis?' That is the question I would like the CIC to take forward at its next meeting. We are all intelligent and highly skilled therapists and I expect the answers to come with enthusiasm and generosity of spirit.

The ESH board was very happy to be invited by IMHEL's President Marco Klop to attend the CFHTB Congress in Luxembourg which was held on 11th/14th May 2022. Our own board member Marie-Jeanne Bremner and vice president of CFHTB, worked very hard to organise us all and it is only fitting that I thank her for her excellent attention. It was as if we were being released into the world again from out virtual reality prison. We had our last face to face meeting in Luxembourg and it was indeed wonderful to see each other again and meet so many colleagues. I was also very grateful to CFHTB for allowing me a few minutes to address the Congress and hopefully share our joint goals and aspirations which include research and making sure we get hypnosis known throughout the world for the wonderful therapy we all know it to be.

CFHTB do this fantastically well by not only having a huge heritage of hypnosis teaching and training but also taking that training and knowledge to the French speaking nations throughout the world. It was a great pleasure to meet the new President of CFHTB Pierre Castelnau, professor of paediatric neurology, a thoughtful academic, passionate about hypnosis, who urged us to turn new pages in hypnosis and to recognise with some urgency that we need, as ethical therapists and researchers, to take a leading role in getting hypnosis into the mainstream, out of the shadows and out of the hands of those who would use it for unethical reasons.

One of the presentations demonstrated a robot that could be programmed to hypnotise people, in this case a child. This is not science fiction but a reality that is closer than we all think.

Children all over the world are listening to bedtime stories, not from their parents, but from computer programs. If you have for instance an 'Alexa' at home, ask 'Alexa' to tell you a bedtime story, within seconds you will have a huge range of choice of possible options. Convenient maybe but perhaps worrying at the same time.

I would urge you to read the interview in this edition of the newsletter that I did with Steve Hassan. Steve is a world leading authority on cults and undue influence, and you may have good reason to find it worrying to have so many people engrossed in the internet. Altered concentration, heightened focus, time distortion, repetition and suggestion are all words we can associate with hypnotic trance

and unfortunately, we can also associate them with regular use of the internet.

If you add into that misinformation, propaganda, grooming, cults, and on-line radicalisation then it is time perhaps that we made an increased effort, as Pierre Castelnau says, to turn the new pages in hypnosis. The dark side of hypnosis has always been there but the dark web increases everyone's vulnerability to unprecedented manipulation and suggestion. We as ethical therapists need to position ourselves to shine a light onto that darkness.

The CFHTB Congress in Luxembourg emphasised to all who attended how much we had all missed the contact with our colleagues that we perhaps all took for granted before COVID 19 struck.

Have a wonderful summer and I look forward to seeing you all in Istanbul 2023 and hurry to catch the early bird rate which was extended to August.



Translated into French by Gérard Fitoussi

L'atmosphère a changé et j'espère que la plupart d'entre vous profitez d'un peu de chaleur et d'un peu plus de liberté après les confinements auxquels nous avons été soumis ces deux dernières années. Les trois derniers mois ont été mouvementés pour le conseil d'administration de l'ESH et les trois sujets que j'évoque dans cette lettre sont en quelque sorte liés. Le premier est la guerre en Ukraine et la mise en place d'un Comité d'intervention de crise (CIC).

Lorsque Jane Boissière du BSCAH m'a envoyé un e-mail, ainsi qu'à Mark Jensen, président de l'ISH, pour savoir si nous pouvions procurer des ressources dans le domaine de l'hypnose à l'Ukraine, il m'a semblé qu'un effort conjoint serait la meilleure réponse, ce dont Mark a convenu et accepté immédiatement. Ce début d'idée s'est développé considérablement.

Au cours des derniers mois qui ont suivi, le comité a orienté vers toutes les structures s'occupant des personnes déplacées d'Ukraine, ainsi que vers l'association ukrainienne, des ressources et des formations adaptées, ce dont ils nous sont très reconnaissants. Une collaboration s'est aussi mise en place avec d'autres sociétés et professionnels qui ont proposés leur aide.

Vous trouverez sur les sites Web de l'ESH et de l'ISH les détails concernant les ressources disponibles à ce jour. Le problème est que lorsqu'une question est posée, souvent une autre question imprévue surgit. La question que je me suis posée est: pourquoi n'avons-nous pas fait

quelque chose comme cela plus tôt ? Il y a bien sûr plusieurs réponses, mais je vais vous dire ce que je dis à mes patients, «posez-vous une bonne question».

Et la bonne question pourrait être: "De quelle façon pouvons-nous tirer parti de cela pour les situations futures qui se produisent dans le monde et garantir que les thérapeutes, en lien avec des populations de personnes en détresse et traumatisées, puissent exploiter la puissante thérapie qu'est l'hypnose?" C'est la question que j'aimerais proposer lors de la prochaine réunion du CIC. Nous sommes tous des thérapeutes intelligents et hautement qualifiés et je m'attends à ce que les réponses surgissent avec enthousiasme et générosité d'esprit.

Le conseil d'administration de l'ESH a été très heureux de répondre à l'invitation du président de l'IMHEL, Marco Klop, et d'assister au congrès de la CFHTB au Luxembourg du 11 au 14 mai 2022.

Marie-Jeanne Bremer, membre du bureau de l'ESH et vice-présidente de la CFHTB, a travaillé très dur pour organiser ce déplacement et il est tout à fait normal que je la remercie pour son excellente attention. C'était comme si nous étions à nouveau libres dans le monde après des mois passés dans une prison de réalité virtuelle.

C'est dans ce même Luxembourg que nous avons eu notre dernière réunion en présentiel et c'était merveilleux de se revoir et de rencontrer autant de collègues. J'ai

également été très reconnaissante à la CFHTB de m'avoir accordé quelques minutes pour m'adresser au Congrès et espérons-le de partager nos objectifs et aspirations, notamment dans le domaine de la recherche et faire en sorte que l'hypnose soit reconnue dans le monde entier pour la merveilleuse thérapie que nous connaissons tous.

La CFHTB l'a fait de manière fantastique, non seulement en poursuivant son héritage d'enseignement et de formation à l'hypnose, mais également en transmettant cette formation et ces connaissances à l'ensemble des pays francophones.

Ce fut un grand plaisir de rencontrer le nouveau président de la CFHTB, Pierre Castelnau, professeur de neuro-pédiatrie, universitaire réfléchi, passionné d'hypnose, qui nous a exhortés à ouvrir de nouvelles pages en hypnose et à reconnaître, avec une certaine urgence, que nous avons besoin, en tant que thérapeutes éthiques et chercheurs, de jouer un rôle de premier plan dans la diffusion de l'hypnose dans la médecine classique, loin de l'ombre et des mains de ceux qui l'utiliseraient pour des raisons contraires à l'éthique.

L'une des présentations a démontré qu'un robot pouvait être programmé pour hypnotiser les gens, en l'occurrence un enfant. Ce n'est pas de la science-fiction mais une réalité plus proche que nous ne le pensons tous.

Les enfants du monde entier écoutent des histoires au coucher, non pas de leurs parents, mais de programmes informatiques. Si vous avez par exemple une 'Alexa' à la maison, demandez à 'Alexa' de vous raconter une histoire au coucher, et en quelques secondes vous aurez

un large éventail d'options possibles. Pratique peut-être mais peut-être inquiétant en même temps.

Je vous invite vivement à lire l'interview dans cette édition du bulletin que j'ai faite avec Steve Hassan. Steve est une autorité mondiale en matière de sectes et d'influence induite, et vous avez peut-être de bonnes raisons de trouver inquiétant d'avoir autant de personnes absorbées par Internet. Concentration altérée, concentration accrue, distorsion temporelle, répétition et suggestion sont autant de mots que nous pouvons associer à la transe hypnotique et malheureusement, nous pouvons aussi les associer à une utilisation régulière d'Internet.

Si vous ajoutez à cela la désinformation, la propagande, les dérives sur internet, les sectes et la radicalisation en ligne, il est peut-être temps que nous fassions un effort accru, comme le dit Pierre Castelnau, pour tourner de nouvelles pages de l'hypnose. Le côté obscur de l'hypnose a toujours été présent, mais le dark web augmente la vulnérabilité de chacun à des manipulations et suggestions sans précédent. En tant que thérapeutes éthiques, nous devons nous positionner pour éclairer cette obscurité.

Le congrès de la CFHTB au Luxembourg a souligné, à tous ceux qui y ont assisté, à quel point le contact avec nos collègues nous a manqué, ce que nous tenions peut-être tous pour acquis avant que le COVID 19 ne frappe.

Passez un merveilleux été, j'ai hâte de vous retrouver tous à Istanbul 2023 et hâtez-vous de profiter du tarif de préinscription qui a été prolongé jusqu'en août.

Translated into German by Stella Nkenke

Das Wetter wird langsam angenehmer und hoffentlich haben auch die meisten von uns schon etwas Wärme und etwas mehr Freiheit nach den ganzen Restriktionen, der letzten zwei Jahren erleben dürfen. Die letzten drei Monate waren für den Vorstand und die ESH ereignisreich, und die drei Themen, die ich in diesem Brief anspreche, hängen in gewisser Weise auch zusammen.

Das erste ist der Krieg in der Ukraine und der Beginn des Kriseninterventionsausschusses (CIC). Als Jane Boissiere von BSCAH mich, die Präsidentin der ESH, und Mark Jensen, den Präsidenten der ISH, per E-Mail fragte, ob wir etwas unternehmen könnten, um Hypnose-Ressourcen für die Ukraine bereitzustellen, schien mir ein gemeinsames Projekt der richtige Weg zu sein, und Mark stimmte sofort zu. Dieser Kern einer Idee ist exponentiell gewachsen.

In den letzten Monaten hat der CIC-Ausschuss dazu beigetragen, denjenigen, die mit den Flüchtlingen aus der Ukraine zu tun haben, sowie dem ukrainischen Verband sowohl Ressourcen als auch Schulungen zur Verfügung zu stellen, was sehr dankbar angenommen wurde.

Es gab auch eine Zusammenarbeit mit anderen Gesellschaften und Fachleuten, die ihre Hilfe anboten. Sowohl die ESH- als auch die ISH-Website enthalten bereits Einzelheiten zu den bisher verfügbaren Ressourcen. Das Problem ist, dass, sobald eine Frage

gestellt wird, oft eine andere ungefragt auftaucht. Ich habe mir die Frage gestellt: Warum haben wir so etwas nicht schon früher gemacht? Darauf gibt es natürlich mehrere Antworten, aber ich würde das sagen, was ich meinen Patienten sage: "Stellen Sie sich eine gute Frage". Die gute Frage könnte lauten: "Wie können wir für künftige Situationen, die überall auf der Welt auftreten, darauf aufbauen und sicherstellen, dass Therapeuten, die mit Not leidenden und traumatisierten Menschen zu tun haben, sich die kraftvolle Therapie der Hypnose zunutze machen können? Das ist die Frage, mit der sich der CIC auf seiner nächsten Sitzung befassen sollte. Wir sind alle intelligente und hochqualifizierte Therapeuten, und ich erwarte, dass die Antworten mit Enthusiasmus und Großzügigkeit gegeben werden.

Der ESH-Vorstand war sehr erfreut über die Einladung des IMHEL-Präsidenten Marco Klop zur Teilnahme am CFHTB-Kongress in Luxemburg, der vom 11. bis 14.

Mai 2022 stattfand. Unser Vorstandsmitglied Marie-Jeanne Bremer, Vizepräsidentin des CFHTB, hat sich sehr bemüht, für uns alles bestens zu organisieren, und es ist mehr als angemessen, dass ich ihr für ihre hervorragende Betreuung danke. Es war, als würden wir aus unserem Gefängnis der virtuellen Realität wieder in die echte Welt entlassen werden.

Unser letztes persönliches Treffen vor Corona fand in Luxemburg statt, und es war wirklich wunderbar, dort einander wiederzusehen und so viele Kollegen zu treffen.

Ich war auch dem CFHTB sehr dankbar dafür, dass ich ein paar Minuten auf dem Kongress über unsere gemeinsamen Ziele und Bestrebungen sprechen durfte, zu denen die Forschung und die Sicherstellung gehören, dass wir die Hypnose in der ganzen Welt als die wunderbare Therapie bekannt machen, von der wir alle genau wissen, dass sie es ist.

Das CFHTB leistet dies auf fantastische Weise, indem es nicht nur über ein großes Erbe an Hypnoseunterricht und -ausbildung verfügt, sondern diese Ausbildung und dieses Wissen auch in die französischsprachigen Länder der Welt bringt.

Es war eine große Freude, den neuen Präsidenten des CFHTB, Pierre Castelnau, Professor für pädiatrische Neurologie, zu treffen, einen nachdenklichen Akademiker, der sich leidenschaftlich für die Hypnose einsetzt und uns dazu aufforderte, neue Seiten in der Hypnose aufzuschlagen und mit einer gewissen Dringlichkeit zu erkennen, dass wir als ethische Therapeuten und Forscher eine führende Rolle dabei übernehmen müssen, die Hypnose in den Mainstream zu bringen, aus dem Schatten heraus und aus den Händen derer, die sie aus unethischen Gründen nutzen würden.

In einer der Präsentationen wurde ein Roboter vorgeführt, der so programmiert werden kann, dass er Menschen, in diesem Fall ein Kind, hypnotisiert.

Dies ist keine Science-Fiction, sondern eine Realität, die näher ist, als wir alle denken. Überall auf der Welt hören Kinder Gutenachtgeschichten, aber nicht von ihren Eltern, sondern von Computerprogrammen. Wenn Sie beispielsweise eine "Alexa" zu Hause haben, bitten Sie "Alexa", Ihnen eine Gutenachtgeschichte vorzulesen, und innerhalb von Sekunden haben Sie eine riesige Auswahl an möglichen Optionen.

Das ist vielleicht bequem, aber vielleicht auch beunruhigend. Ich möchte Ihnen dringend empfehlen, das Interview mit Steve Hassan zu lesen, das ich in dieser Ausgabe des Newsletters geführt habe.

Steve ist eine weltweit führende Autorität auf dem Gebiet der Sekten und der unzulässigen Beeinflussung, und Sie haben vielleicht guten Grund, es besorgniserregend zu finden, dass sich so viele Menschen mit dem Internet befassen.

Veränderte Konzentration, erhöhter Fokus, Zeitverzerrung, Wiederholung und Suggestion sind alles Begriffe, die wir mit hypnotischer Trance in Verbindung bringen können, und leider können wir sie auch mit der regelmäßigen Nutzung des Internets in Verbindung bringen. Wenn man dann noch Fehlinformationen, Propaganda, Grooming, Sekten und Online-Radikalisierung hinzunimmt, ist es vielleicht an der Zeit, dass wir uns, wie Pierre Castelnau sagt, verstärkt darum bemühen, die neuen Seiten der Hypnose zu beleuchten.

Die dunkle Seite der Hypnose hat es schon immer gegeben, aber das dunkle Netz erhöht die Anfälligkeit jedes Einzelnen für noch nie dagewesene Manipulationen und Suggestionen. Wir als ethische Therapeuten müssen uns positionieren, um Licht in diese Dunkelheit zu bringen.

Der CFHTB-Kongress in Luxemburg hat allen Teilnehmern vor Augen geführt, wie sehr wir alle den Kontakt zu unseren Kollegen vermisst haben, den wir vor COVID 19 vielleicht für selbstverständlich hielten.

Ich wünsche Ihnen einen wunderbaren Sommer und freue mich darauf, Sie alle 2023 in Istanbul zu sehen, und beeilen Sie sich, noch den Frühbuche Preis zu nutzen, der bis August verlängert wurde.

Translated into Spanish by José Cava

El clima ha cambiado y, con suerte, la mayoría de nosotros estamos experimentando algo más de calidez emocional y de libertad que en los confinamientos a los que hemos estado sometidos durante los últimos dos años. Los últimos 3 meses han estado llenos de acontecimientos para la junta directiva y ESH y los tres temas que menciono en esta carta están conectados de alguna manera.

El primero es la guerra en Ucrania y la creación del Comité de Intervención en Crisis (CIC). Cuando Jane Boissiere de BSCAH me envió un correo electrónico a mí, presidente de ESH, y a Mark Jensen, presidente de ISH, preguntando si podíamos hacer algo para proporcionar recursos de hipnosis para Ucrania, me pareció que un esfuerzo conjunto sería el camino para seguir y Mark estuvo de acuerdo.

Esta idea inicial ha crecido exponencialmente. En los últimos meses, el comité del CIC ha ayudado a orientar a quienes se ocupan de las personas desplazadas de Ucrania, así como a la asociación ucraniana, con recursos y formación, y están muy agradecidos por ello.

También ha habido colaboración con otras sociedades y profesionales que se han ofrecido a ayudar. Los sitios web de ESH e ISH tienen detalles de los recursos disponibles hasta el momento.

El problema es que cuando se hace una pregunta, muchas veces surge otra sin invitación. La pregunta que

me ha venido es por qué no hemos hecho algo así antes. Por supuesto, hay varias respuestas, pero voy a decir lo que les digo a mis pacientes: "hágase una buena pregunta".

La buena pregunta podría ser: "¿cómo podemos aprovechar esto para situaciones futuras que ocurran en todo el mundo y garantizar que los terapeutas que se ocupan de poblaciones de personas angustiadas y traumatizadas puedan beneficiarse de la poderosa terapia que es la hipnosis?".

Esa es la pregunta que me gustaría que planteara el CIC en su próxima reunión. Todos somos terapeutas inteligentes y altamente cualificados y espero que nos lleguen respuestas con entusiasmo y generosidad de espíritu.

La junta de ESH se sintió muy feliz de ser invitada por el presidente de IMHEL, Marco Klop, para asistir al Congreso de CFHTB en Luxemburgo, que se llevó a cabo del 11 al 14 de mayo de 2022.

Nuestro propio miembro de la junta, Marie-Jeanne Bremner y vicepresidenta de CFHTB, trabajó muy duro para organizarnos a todos y es justo que le agradezca su excelente atención.

Era como si fuéramos liberados al mundo nuevamente desde nuestra prisión de realidad virtual. Tuvimos nuestra última reunión presencial en Luxemburgo y fue

realmente maravilloso volver a vernos y conocer a tantos colegas. También agradecí mucho a la CFHTB por permitirme unos minutos para dirigirme a los asistentes del Congreso y compartir, espero, nuestras metas y aspiraciones conjuntas, que incluyen la investigación y asegurarnos de que la hipnosis sea conocida en todo el mundo como la maravillosa terapia que todos sabemos que es.

CFHTB hace esto fantásticamente bien no solo por tener una gran herencia de enseñanza y formación en hipnosis, sino también por llevar esa formación y conocimiento a las naciones de habla francesa en todo el mundo.

Fue un gran placer conocer al nuevo presidente de CFHTB, Pierre Castelnau, profesor de neurología pediátrica, un académico reflexivo, apasionado por la hipnosis, quien nos instó a pasar página en hipnosis y a reconocer con cierta urgencia que necesitamos, como terapeutas e investigadores con un compromiso ético, asumir un papel de liderazgo para llevar la hipnosis a la corriente principal, fuera de las sombras y fuera del alcance de aquellos que la usarían por razones poco éticas.

Una de las presentaciones mostró cómo un robot podría programarse para hipnotizar a las personas, en este caso a un niño. Esto no es ciencia ficción sino una realidad más cercana de lo que todos pensamos.

Los niños de todo el mundo escuchan cuentos antes de dormir, no de sus padres, sino de programas de ordenador.

Si tiene, por ejemplo, una 'Alexa' en casa, pídale a 'Alexa' que le cuente un cuento antes de dormir, en segundos tendrá una gran variedad de opciones

posibles. Puede que sea cómodo, pero quizás preocupante al mismo tiempo. Les insto a que lean en esta edición del boletín la entrevista que le hice a Steve Hassan.

Steve es una autoridad mundial líder en sectas e influencias indebidas, y quizás haya buenas razones para encontrar preocupante la cantidad de personas que se quedan absortas en Internet.

Concentración alterada, focalización elevada, distorsión del tiempo, repetición y sugestión son palabras que podemos asociar con el trance hipnótico y, desafortunadamente, también podemos hacerlo con el uso regular de Internet.

Si a eso sumamos la desinformación, propaganda, manipulación, cultos y la radicalización en línea, quizás sea hora de que hagamos un mayor esfuerzo, como dice Pierre Castelnau, para pasar página en hipnosis.

El lado oscuro de la hipnosis siempre ha estado ahí, pero la web oscura aumenta a niveles sin precedentes la vulnerabilidad de todos a la manipulación y la sugestión. Nosotros, como terapeutas con un compromiso ético, debemos posicionarnos para iluminar esa oscuridad.

El Congreso de la CFHTB en Luxemburgo señaló cuánto habíamos echado de menos el contacto con nuestros colegas, que quizás todos considerábamos como algo tan normal antes de que llegara el COVID 19.

Que tengan un verano maravilloso y espero verlos a todos en Estambul 2023 y apúrense para aprovechar la tarifa de reserva anticipada que se ha ampliado hasta agosto.

Translated into Italian by Fabio Carnevale

Il tempo è cambiato e si spera che la maggior parte di noi stia sperimentando un po' di calore e un po' più di libertà dai divieti a cui siamo stati sottoposti negli ultimi due anni.

Gli ultimi tre mesi sono stati ricchi di eventi per il direttivo della ESH e i tre argomenti dei quali parlerò in questa lettera sono in qualche modo collegati.

La prima è la guerra in Ucraina e l'istituzione del Crisis Intervention Committee (CIC). Quando Jane Boissiere della BSCAH mi ha inviato un'e-mail, in qualità di presidente della ESH, ed a Mark Jensen, come presidente ISH, chiedendo se potevamo fare qualcosa per fornire risorse per l'ipnosi all'Ucraina, mi è sembrato che uno sforzo congiunto sarebbe stato la via da seguire e Mark ha accettato.

Questo progetto è cresciuto in modo esponenziale. Negli ultimi mesi, il comitato della CIC ha aiutato a fornire risorse e formazione a coloro che si occupano degli sfollati dall'Ucraina e all'associazione ucraina, che ha espresso la sua gratitudine.

C'è stata anche la collaborazione con altre società e professionisti che si sono offerti di aiutare. Entrambi i siti web ESH e ISH forniscono i dettagli delle risorse disponibili finora. Il problema è che ad ogni domanda ne seguono molte altre.

La domanda che mi sono posta è: perché non abbiamo fatto qualcosa del genere prima? Ci sono ovviamente diverse risposte, ma ho intenzione di dire quello che dico ai miei pazienti: "fatevi una buona domanda".

La buona domanda potrebbe essere "come possiamo basarci su questo per le situazioni future che si verificano in tutto il mondo e garantire che i terapeuti che si occupano di popolazioni e di persone afflitte e traumatizzate possano sfruttare la potente terapia che è l'ipnosi?"

Questa è la domanda che vorrei che CIC possa portare avanti nella sua prossima riunione. Siamo tutti terapeuti intelligenti e altamente qualificati e mi aspetto che le risposte arrivino con entusiasmo e generosità di spirito.

Il consiglio di ESH è stato molto felice di essere stato invitato dal presidente dell'IMHEL Marco Klop a partecipare al Congresso CFHTB in Lussemburgo che si è tenuto l'11/14 maggio 2022.

Il nostro membro del Board Marie-Jeanne Bremner e vicepresidente di CFHTB, ha lavorato molto duramente per accogliere noi tutti ed è giusto che la ringraziamo per il suo eccellente lavoro. E' stato come se fossimo liberati di nuovo nel mondo dopo la lunga prigionia nella realtà virtuale.

Siamo tornati ad incontrarci dal vivo in Lussemburgo ed è stato davvero meraviglioso rivederci e incontrare così

tanti colleghi. Sono stata anche molto grata alla CFHTB per avermi concesso alcuni minuti per parlare al Congresso e, si spera, per condividere i nostri obiettivi e aspirazioni comuni che includono la ricerca e la volontà di fare in modo che l'ipnosi sia conosciuta in tutto il mondo per la meravigliosa terapia che tutti sappiamo che è.

CFHTB lo fa in modo fantastico non solo avendo un enorme patrimonio di insegnamento e formazione sull'ipnosi, ma anche portando tale formazione e conoscenza nelle nazioni di lingua francese in tutto il mondo.

È stato un grande piacere incontrare il nuovo Presidente della CFHTB Pierre Castelnau, professore di neurologia pediatrica, accademico riflessivo, appassionato di ipnosi, che ci ha esortato a voltare nuove pagine in ipnosi e a riconoscere con una certa urgenza che abbiamo bisogno, in qualità di terapisti e ricercatori etici, di assumere un ruolo di primo piano nel portare l'ipnosi nel mainstream, fuori dall'ombra e fuori dalle mani di coloro che la userebbero per ragioni non etiche.

Una delle presentazioni ha mostrato un robot che può essere programmato per ipnotizzare le persone, in questo caso un bambino.

Questa non è fantascienza ma una realtà più vicina di quanto pensiamo. I bambini di tutto il mondo ascoltano le storie della buonanotte, non dai loro genitori, ma dai programmi per computer.

Se, ad esempio, hai un "Alexa" a casa, chiedi ad "Alexa" di raccontarti una favola della buonanotte, in pochi

secondi avrai una vasta gamma di opzioni possibili. Comodo forse, ma preoccupante allo stesso tempo.

Vi esorto a leggere l'intervista in questa edizione della newsletter che ho fatto con Steve Hassan.

Steve è un'autorità leader a livello mondiale in materia di sette e influenza indebita, e potreste scoprire di avere buone ragioni per trovare preoccupante gli effetti negativi che Internet produce su molte persone.

Concentrazione alterata, ipervigilanza, distorsione del tempo, ripetizione e suggestione sono tutte parole che possiamo associare alla trance ipnotica e, sfortunatamente, possiamo anche associarle all'uso continuo di Internet.

Se a questa disinformazione si aggiunge la propaganda, l'adescamento, i culti e la radicalizzazione in linea, allora forse è giunto il momento di fare uno sforzo maggiore, come dice Pierre Castelnau, per voltare le nuove pagine riguardanti l'ipnosi. Il lato oscuro dell'ipnosi è sempre stato lì, ma il dark web aumenta la vulnerabilità di tutti a manipolazioni e suggestioni senza precedenti. Noi come terapeuti etici dobbiamo posizionarci per illuminare quella oscurità.

Il Congresso CFHTB in Lussemburgo ha sottolineato a tutti i partecipanti quanto ci fosse mancato il contatto con i nostri colleghi che forse tutti davamo per scontato prima che il COVID 19 colpisse. Vi auguro una meravigliosa estate e non vedo l'ora di vedervi tutti a Istanbul 2023, dunque affrettatevi a prendere il tasso di early bird che è stato esteso ad agosto.

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Editor's Letter

Consuelo Casula



ESH

EUROPEAN SOCIETY
OF HYPNOSIS

As our president Kathleen Long underlines, this June has the colour of summer given by the warmth people share, after a long Covid period, returning to attend face to face conferences and workshops, cheerful, smiling and hugging each other.

This June issue starts with an interesting interview carried out by Kathleen Long with the cult expert Steve Hassan who explains some of the manipulation mechanism most used by authoritarian leaders. This interview is worth reading as it gives information that helps us recognise the strategies members of cults use to coopt new members. Reading this interview gives us some hints on how to protect ourselves against them and not a moment too soon. You are also introduced to the new presidents of two constituent societies and to a French dentist Olivier Benarroche from Côte d'Azur Hypnosis Academy Society, interviewed by Randi Abrahamsen in her dedicated space. The two presidents are Madli Birkelund of the Norwegian Society of Clinical Evidencebased Hypnosis (NSCEH), Norway, and Aleksi Jalava of the Tieteellinen Hypnoosi ry – Vetenskaplig Hypnos rf (TH-VH), Finland. Randi also updates us on CEPE activities.

Gérard Fitoussi has selected for us some of the latest articles published in the most important journals of hypnosis and the latest interesting French books on hypnosis.

Continuing to read on, in this edition of ESHNL, you can immerse yourself in Peter Naish's reflections on the puzzling nature of hypnosis. Peter's article explores how we should best measure and conceptualise the multiple phenomena of hypnosis so that we can improve our understanding on how we can best use these techniques.

Since Covid began to decrease its viral impact, the Luxemburg congress, organized by CFHTB and hosted by IMHEL, was held face to face, to the full satisfaction of all the participants and presenters, as you can read in the comments of Marie-Jeanne Bremer, Marco Klop and Christiane Steffens-Dhaussy. The same did not happen for the Annual Conference of the Milton Erickson Society Germany Hypnotherapy in Psychosomatics: at the very last minute it was transformed into a virtual event. As you read in Stella Nkenke's comments, they, nevertheless, managed to restore the usual festive and engaging atmosphere to the participants typical of the congresses organised by MEG.

Jeff Zeig also crossed the Ocean to return to Italy and give two workshops, one in Naples and one in Rome: you can taste the flavour of his variegated complex teaching seminars in the words of Maria Cristina Perica, from Naples, and of Maria Sole Garosci, from Rome.

Finally, you can read a review of Dan Short's latest book *Making Psychotherapy More Effective with Unconscious Process Work*. Dan also crossed the Ocean to present at the Luxemburg congress and give workshops at several European Hypnotic Institutes. He also came to Italy where he presented his latest discoveries in several cities and in particular in Padova at the Istituto Milton Erickson Padova (IMEPD).

In this issue you will also receive interesting information from Ali Ozden Ozturk regarding the next ESH congress in Istanbul. I hope the list of presenters and the photos of the hosting city will offer you at least two good reasons to decide to come to Istanbul and attend the ESH congress.

I thank each contributor as well as Fabio for his visual editing. I wish you all happy summer.

Interview with Steve Hassan



Steve Hassan is one of the world's leading cult experts and Founding Director of the Freedom of Mind Resource Centre, a coaching, consulting, and training organization dedicated to supporting individuals to have the freedom to think clearly and to freely consider how they want to live their lives.

Steve, first of all, thank you for agreeing to do an interview for our ESH Newsletter and it's great to talk to you again. You are known as one of the world's foremost experts on mind control, cults and similar destructive organisations, it seems a long way from

**By
Kathleen Long**

the poetry degree you were originally pursuing at Queens as a 19-year-old.

For those who are not familiar with your story can you explain what happened to make you drop out of university and how it led to your interest in helping those involved in cults.

Basically, I was a creative writing major attending Queens college in 1974 and my girlfriend had abruptly dumped me, and I was feeling blue. I was in the cafeteria one day and three attractive young women asked to join me and sat at my table flirting with me posing as students. They befriended me and invited me out to meet their friends and spend time with them. It turned out that they were lying to me and they were members of the MOON cult and within three weeks I was in the Moon cult. They encouraged me to drop out of university and to study with them and groomed me and within a couple of months of joining the cult I was made a leader and was recruiting others to join the cult. Just over two and a half years later,

suffering from sleep deprivation, I crashed the truck that I was driving into a tractor trailer truck, and I ended up in hospital with a serious fracture. My family was contacted and they tried to persuade me to undergo deprogramming and, at first, I refused. I did eventually agree to the deprogramming to prove to them that I had not been brain washed. The deprogramming started me on a 46-year journey. I spent two weeks in hospital and on the 5th day I realised that Moon was a liar and that what I had believed was not true. I developed what is now widely known as the BITE analysis and in 2020 I did a scientific study on my BITE analysis as part of my PhD.

In your experience why do people join cults? Is there a perfect storm of circumstances that makes some people more likely to be persuaded to join?

In my experience people get deceived into joining. They believe it is going to be a good thing. This might be from a relationship point of view or doing some social good. They don't believe for a second that they are being recruited into an authoritarian cult. There are a number of things that increase vulnerability to being recruited into a cult such as divorce, death of a loved one, loss of a relationship, pandemic, trauma, fear and phobia and

insecurity overload, to name but a few. In times of uncertainty people are hungry for hope and information and look to social media these days to find it which often results in people being deceived into joining popularists political cults. Thinking that you could never be deceived into joining a cult also makes you more vulnerable. The Dark Web is very dangerous in my opinion as it's where it's lots of information about you is being collected and held, and algorithms are developed which target you personally and influence you.

A lot of people having managed to leave a cult might have wanted to get as far away from anything to do with them but you decided to pursue a career dedicating yourself to helping others involved in cults. Why?

A good question! I credit and blame a consultant psychiatrist Robert Jay Lifton, in equal measures, for propelling me on my journey. I came across a book he wrote in 1961 called *Thought Reform and the Psychology of Totalism: A Study of "Brainwashing" in China*. The book was research based and a study of coercive techniques used in the People's Republic of China. He interviewed people coming out of cults and I reached out to him after

coming out of the Moon cult because what he described and wrote about didn't exactly match my experience. I went to see him in the fall of 1976 and told him what had happened to me. He told me that what I had experienced was much more sophisticated than the Chinese brainwashing programs that he had studied. He also told me that I had something of value and that I needed to study psychology. There I was, with a plaster cast on my leg right up to my groin, sitting in this eminent consultant psychiatrist's office and he tells me I have something of value. He told me that he had just studied cults second hand and that I not only had brain washing done to me but I had also done it to other people. My experience in the Moon cult led to me being involved in a Congressional subcommittee investigating a political scandal called Koreagate. The Jonestown Massacre in 1978 was a huge wake up call for me. I realised that if Moon had told me to take poison and give it to others in the cult, I would have done that. All those people died, some of them children and I realised there were thousands of cults out there and people needed to know about them and to understand what they were. I never imagined that I'd be doing this for 46 years. I studied hypnosis and NLP with Steven Lankton, and after I got my

Master's degree, I studied Ericksonian hypnosis and kept going from there.

I am glad you did take the psychiatrist's advice as cults seem to be on the increase or is that just my impression?

In my opinion it is number one problem in the world. I used to think it was global warming but not now. Look at the players who have vested interest in fossil fuels and want the world to keep buying them. They spend billions to block legislation and put out disinformation. Most people don't realise this and they don't understand that they are being brainwashed and controlled by this disinformation. For people involved in cults, like I was, most do leave but they are too embarrassed to talk about it because of the stigma and assumption by others that they must have been stupid to be duped by these cults. It's important that they get good information and help. If their heads have been hacked, they need to make themselves hack proof and understand what has happened. Not everyone will fall for any cult. Religious or political cults for example might not appeal but a get rich quick multilevel marketing cult might. For me it was women flirting with me at a very vulnerable time and when I was a young guy interested in meeting women.

Most of us are aware of a variety of well-known cults but what is your definition of a cult and how does a cult differ, if it does, from other organised groups?

I have a graphic in my books called the Influence Continuum. There are cults on the healthy ethical side of the continuum and others on the unethical authoritarian side of the continuum. Those on the authoritarian unethical side are the cults that cause dissociative disorders to create the pseudo self that is obedient. This is what happened to me when I was in the Moon cult. I developed the BITE model to explain how this is done. B stands for Behaviour control, I stands for Information control, T stands for Thought control and E stands for Emotional control. Authoritarian cults distort, control and withhold information. They control what you read about. These cults lie to you and provide false information and deceive you. They control behaviours by getting you to spy on other cult members and tell you who you can and can't talk to. Authoritarian, unethical groups block members from being able to do reality checks and install fear and phobias so that members can't imagine being safe or happy outside the cult. They don't want members to talk to people outside the cult. Ethical groups

encourage critical questioning, and they are up front with what they do and who they are. They place no restrictions on who you speak to or what you read about, and you can leave any time you like. Authoritarian Cults may have people at the top but it can also be a dead person's ideology being used or a cult like a white supremacy group. People can be recruited on line and this happens a lot. People can also be born into cults like in China or Russia making it much harder for them to get out as family and friends are involved in the brain washing as well.

What would be your list of the top cults active at the moment?

When I was researching *The Cult of Trump* book, I realised that the Trump cult was comprised of many authoritarian cults telling their members to vote for and follow Trump. Many of these are bible cults and other religious cults and they use the BITE model to recruit members. They are part of the New Apostolic Reformation movement which has 30 to 40 million members in the USA and 300million worldwide. They are essentially groups that challenge human rights, democracy and stability. They fuel so called popularist movements in countries. The Family is a cult that actively recruits politicians in the USA. These cults recruit politicians and influencers all over

the world. Worldwide China is the biggest cult getting rid of other cultures and using many brainwashing programs on a population of 1.5 billion people.

There are multilevel marketing and pseudo therapy cults as well as political cults. Sex slaves and labour slaves are recruited using the BITE model and forced to work for little or no wages. There are thought to be 40 million people involved in slave and labour trafficking worldwide.

Do you think that people are being brainwashed by media to be more compliant?

This is exactly true. When people are frightened the frontal cortex shuts down and they can be misled. When people are frightened, they tend to follow the group, do what everyone else is doing and a lot of this is controlled by information being fed to them by social and media and TV.

Following the group is dangerous it shuts down people's critical thinking.

Look at the number of people who follow algorithms without question. Take Google maps. Great if you want to avoid traffic jams and road closures but why use it when you know the way and the shortcuts? People blindly follow the instructions even if they know that they are

incorrect. People have driven into lakes following an algorithm.

I first saw you in Germany at the ISH Congress and you talked about the dark side of hypnosis. What do you mean by that? Is it hypnosis that has a dark side or is it like anything else than can be misused and the darkness lies in those who misuse it?

My understanding is that everyone goes in and out of states of trance all day long. Our code as MH professionals is first do no harm. As clinicians we are ethically bound to put the need of patient ahead of our own needs. Some therapists have vested interest in making people continue to have therapy and keep them placated. The aim of therapy, and a good therapist, is that the patient should be getting as functional as possible as quickly as possible. People need to be educated about healthy therapists. Hypnosis has been used for sexual gratification in the hands of unethical people. I know of a divorce lawyer giving relaxation exercises to clients and putting in post hypnotic suggestions that the client would remember nothing about the sexual assaults he was carrying out on them under what was essentially hypnosis. He was only caught when one woman, who also happened to be a lawyer, noticed that

when she returned home her panties were on back to front and they were wet. She had no memory of anything untoward happening. She had the fluid on her underwear analysed and it came up negative for semen. The police were not interested in her suspicions. She was very brave and went back to see him and she turned on voice recorder and recorded her molestation. He pled guilty and got 12 years but no charge was ever levied against him for unethical use of hypnosis. A person using the technology for their own power, sexual or financial needs is on the dark side. Many cult leaders like Hubbard were trained in hypnosis and this, in authoritarian cults, results in entirely unethical programming of cult members. I like to get my patients out and well and getting on with their lives as quickly as possible. I have been asked to do a chapter for an ISH book and hope to get this done with Alan Schefflin who is interested in trance and the law. He wrote a book called *Trance on Trial about Hypnosis in the Legal System*.

Do you think that the integration of social media into everyday lives makes people more vulnerable to becoming involved in cults?

Yes, this is true. It is an important issue. A non-profit organisation called the Centre

for Humane Technology <https://www.humanetech.com> is concerned about social media and how it hijacks our attention. Our basic instincts often drive our obsession with stressful news, and social-media platforms are designed to keep us hooked. According to Daid Jay's apple podcast called doomsscrolling there are algorithms designed to take and amplify whatever emotions will harness our attention, especially negative emotions. On social media people lose time and the altered concentration is similar to hypnosis. Lone acts of terrorism, often fueled by social media are a form of mind control. I've been interviewed for a podcast talking about how social media it is being used to radicalise people. I wrote a chapter for The Oxford University Press Textbook, called *Lone-Actor Terrorism*, which deal with on line radicalisation.

When you visited my own society BSMDH in Scotland you said that you believed that Al Qaeda was a cult. Do you think that people who were persuaded to join Al Qaeda by on-line propaganda can be rehabilitated and re-join the societies they left?

Yes, they can and Al Qaeda which morphed into Isis have used online propaganda and brain washing to radicalise people in many different

countries. The countries they left don't want them back in case they radicalise others. Many of those radicalised-on line are sitting in camps getting further radicalised. People need to come out of a cult back into reality and there is hope that they can be deradicalised especially if they were not like that before being radicalised on line. If their families are non-extremists then they can be taught how to help their loved one and with successful interventions they will not relapse and can be rehabilitated. This gives them an opportunity to have a second shot at life. Not everyone be deprogrammed can but huge number can and should be. They can then help stop others from making the same errors as they did.

You have been teacher of 4th-year psychiatry at Brigham and Women's Hospital for 19 years. I remember asking you if you thought battered spouses found it difficult to leave their abusers were actually in a cult of two people. Do you think if courts understood this that abusers could be dealt with differently?

I was asked by two consultant psychiatrists who speak on spirituality to teach new psychiatrists about cults and to help them understand the phenomenon. I am currently working on an online course for mental health professionals which will

give them skills to help people who have been victims of cults and this should be finished around the end of June 2022. Hopefully I can organise to get educational credits for their respective countries. I'm excited to do this internationally. People who are trained in hypnosis are much better placed to help people recover when they leave a cult. In abusive relationships the controller is a malignant narcissist or at least a destructive narcissist. When I started my research for my book *The Cult of Trump* it was clear that he had all the negative traits of malignant narcissism. In domestic abuse situations the word cult is problematic and undue influence is a better description. Undue influence was the subject of my dissertation.

In 1999, you founded the Freedom of Mind Resource Centre and have published research on cults. Can you tell us more about that research?

I have been researching and writing academic papers as well as writing articles and chapters for books. I have more coming out soon. I am currently working on a chapter called the *Dark Side of Hypnosis* for an ISH book.

You wrote about 'The Cult of Trump', How was that received in America?

Unfortunately, *The Cult of Trump* was censored, and it wasn't until the attack on

the Capitol and Biden's election that people realised that it is truly was a cult. The media were very afraid of promoting my book and people were being threatened and accused of being anti religion. People still follow him even though he is no longer President. There are many groups that still encourage people to continue to follow him.

If I wanted more information on how to help people involved in what might be a cult situation, which of your books would be the most useful to read?

There's a lot of information on my website and also in the podcast that is on my website and the apple podcast <https://podcasts.apple.com/us/podcast/the-influence-continuum>. The new edition of *Combating Cult Mind Control* and *Control Freedom of Mind* and *The Cult of Trump* are also available for those who are interested in this ever-growing problem.

You were born in 1954, a baby boomer. What are your plans for the future and do you have you any special plans for the big 70?

I want to train younger therapists and get this message out. I am worried about the future of our planet. I want to work more closely with influencers and identify resources and financial support to allow me to get this message out to as many

people as possible. I want people to step back and understand how the mind works. I'd like to see a 'We got out' movement and destigmatise the fact that we were lied to and deceived. I want to encourage people to speak out about their experiences in cults and normalise those experiences. I want people to be able to know if they have been brain washed and learn my strategy and test it for themselves. The solution to the cult problem is knowledge understanding and educating people on how the mind works and how to be a good consumer. I want to collaborate with other colleagues

Steve, I want to thank you for being one of the bravest therapists out there. You tackle subjects that many others would not touch because it would make them unpopular or cause them trouble and you have stayed true to your goal of getting this information out there and getting it discussed. I wish you the best of luck identifying the resources that you need to make more people aware of this ever-increasing problem and how to identify it.

Thank you and I'd like to point people in the direction of the four TEDx talks I mentioned earlier so they can check my strategy out for themselves.

Interview with Madli Birkelund of the Norwegian Society of Clinical Evidencebased Hypnosis (NSCEH), Norway

By Consuelo Casula



Dear Madli, thank you for accepting to answer to this interview for the next June issue of the European Society of hypnosis Newsletter

Please let's start with sharing with the ESHNL readers something about you.

I have been a member of the Norwegian Society of Clinical Evidencebased Hypnosis (NSCEH), Norway, for about ten years, and in 2021 I was elected president. At the age of 48 I got the diploma for psychology from the University of Oslo. I have been a specialist in clinical neuropsychology since 2003. Before studying psychology, I had a career as a sound engineer at the Norwegian Broadcasting Cooperation (NRK).

I have always been interested in the lives of other people and I consider it an asset to have experience from different occupations, social settings etc. while being a psychologist. I am 74 years old; I love my work and I am privileged to learn more.

Tell us something about having been a sound engineer helps you in modulating your voice according to the message you intend to convey.

I think it made me aware of the use of my voice, but it probably does not differ much from my colleagues who I find very skilled in communication. When being in studio, and you listen to two actors at rehearsal, you experience that they copy each other. When you meet people in therapy, you also tend to tune in to the other person.

On the other hand, when I speak with an angry, loud person, I can influence the other person by slowing down and consciously lowering my own tone of voice. My work in connection with producing sound for drama and readings on the radio, is also a good background for me as psychologist for hearing what patients are saying (beyond the words) and for the use of my own voice when using hypnosis. I think it made me a better listener, recognizing the nuances of the tone, tempo, volume of the voice of each unique subject. When producing drama, you listen the text again and again and the actors are given instruction from the director, you get trained in interpreting of different ways of expressing things. You see what a change tempo, loudness etc will make on the interpretation.

Can you provide some examples of how the voice conveys emotions such as anger, fear, sadness, for instance?

I think every psychologist knows a lot about this. But here is an example: once I worked with an angry patient and he was talking about himself in a very loud and angry voice. I asked him to speak 'without feeling' and see what impact it made on him – He said: "I am an angry person" in a 'neutral way'. It was shocking, comical and we had a good laugh. He could see himself from the outside, and feel how it was from the inside. It really started change in his approach to his problem with anger and relationships.

What happened in your life when you decided to attend psychology at the University?

I had been working with sound engineering for more than two decades. I needed new challenges, and I could afford studying at that point in my life. I wanted to study psychology.

When did your interest in hypnosis arise?

I am not sure. *Uncommon therapy* (Jay Haley) was on the curriculum list in 1993. I really enjoyed that book. I think Haley is an Ericksionian. I also read Richard Bandler *Using your Brain for a Change* and I was fascinated. I realised that NPL is a really

useful method for change, and I still use it.

I learned Tai Chi in the 1990s focused and grounded with core values. The practice and philosophy of this training was useful when working with serious cases of anorexia 2001-2004, with young people who hardly communicate with words. I communicated sometimes while doing easy movements. As in Tai Chi, the importance of being 'grounded' is central in my work. Later I learned that both Haley and Bandler were close to hypnosis. In 2010 I had training and education in hypnosis at NSCEH. In 2014 I had one year's training/education at RBUP (Regional Center for Mental Health and Child Welfare). and I have joined workshops, lectures on special topics and conferences after that.

Who were your first teachers?

I had many excellent teachers in my education. But I will mention Stephan Rossler and Hans Dahlseng as important.

What about hypnosis fascinates you the most?

Hypnosis is a form of communication that is extraordinary. It gives access to the memories, the experience, the emotions of the patient etc. It gives the patients an

extraordinary experience and they are sometimes surprised by what is happening. It makes therapy pleasant and effective.

How do you use hypnosis today in your daily practice?

I use hypnosis with many patients, but far from all. It depends on the problem, the patients desire, and the motivation for hypnosis. In education, I learned about inductions and suggestions, and scripts of various types. For instance, the ball/ballon makes the patient experience the 'the force of the thought'. I have used scripts from different sources, one is the book *Handbook of Hypnotic Suggestions and Metaphors*. From Pat McCarthy, during a three-days course, I learned about working effectively with anxiety: he gave us scripts he had made from his practice. Sometimes I use them as they are, sometimes I make changes. I also use some scripts with IBS from Palsson. I got interested in *Die imaginäre Körperreisen* (Sabine Fruth) and I find it very effective in many cases. Some of my patients are referred to me from physiotherapists. The 'körperreise' gives access to the patient's own power of healing. The patient chooses how to mend the problems, which tool to use. And that is what I feel it is about. I think hypnosis is

very effective to help the patient to use her/his abilities to solve their problems.

I would like you to share a case where hypnosis combined with your deep knowledge of the implication of the human voice was particularly useful because of the technique you used.

I had a patient 'S' who had problems with his voice. He was a teacher at the university, and he experienced that his voice sometimes changed to a more high-pitched voice when he gave lectures and sometimes when he met some special people. He was skeptical about hypnosis, but the physicians could not help him anymore. We talked about the voice, how you modulate it in different situations. We talked in a lot of detail about when it happened to identify the problem. I introduced hypnosis step by step. I used different inductions, körperreise and some script from IBS (Palsson). We used time regression for situations when the problem arose. It was very helpful. Slowly the problem decreased, and he could manage quite well. After seven hours, he was sure it had to do with his stress and that he now knew how to deal with the problem. When I contacted him after some time, he was still managing.

The ESHNL headline is "Continuity and Innovation", so I ask you what and how you intend to continue the work

promoted by the previous president Stephan Rossler in his years of presidency.

Stephan Rossler is still on the board. He is in charge of education and he is doing a very good job. I have much experience as leader, from my previous work and some organizations. It is my intention to use this knowledge to make NSCEH a stronger organization.

What and how do you intend to innovate during your presidency? What are the goals you set yourself and above all which of these is the most important for you?

I am 74, so I will not be in charge many years. NSCEH has suffered after the pandemic and had some change in the board. We have in 2022 made a new homepage (hypnoseforeningen.no). We will arrange workshops and lectures in the years to come. Now we are working to make us stronger and gather many of the persons who use hypnoses in Norway. I want NSCEH to be in the leadership of studies on effectiveness of hypnosis. One of the members of the board studies the effects of hypnosis with hospitalized TBI patients.

Thanks a lot for your inspiring contribution.

Aleksi Jalava of the Tieteellinen Hypnoosi ry – Vetenskaplig Hypnos rf (TH-VH), Iceland

By
Consuelo Casula



Dear Alexi, you are clinical psychologist, psychotherapist, trainer, supervisor, and chairperson of TH-VH, Tieteellinen Hypnoosi ry-Vetenskaplig Hypnos rf, Finland. Thank you for accepting to answer to this interview for the next June issue of the European Society of Hypnosis Newsletter.

First, I would like you to introduce yourself to the readers sharing what is relevant for you regarding your personal and professional life. Hobbies, interests, passions, as well as your cultural and professional background.

Since January 2022 I am the new chairperson of TH-VH, the Finnish society for hypnosis. However, I have been on the society's board already for a decade or so. I am a clinical psychologist, cognitive psychotherapist and a couples therapist working in private practice and involved in different training courses in the field, now also cognitive hypnotherapy at Helsinki University medical school's psychotherapy training program. In my private practice I mainly work with clients of gender and sexual diversity and on this topic, I organize training courses in Finland for mental health professionals and also provide supervision extensively. Last year I started a brand new one year training course “Gender, Sexual And Relationship Diversity Therapy” for mental health

professionals. Now that travel restrictions are being lifted again, I enjoy getting back to travelling, something that I truly love!

When did your interest in hypnosis arise? Who were your first teachers?

The interest was there already when I was studying psychology in the late 90's at Turku university in South-Western Finland. Hypnosis researcher Sakari Kallio was doing research and teaching at the department and as the chairperson of the students' association I approached Sakari to ask him to arrange a hypnosis seminar for us – because our studies and the psychology teaching program had nothing on this topic. So, this is what happened, funded partly by the psychology students' association and partly by the department and also the professor supported the idea because it came directly from the students.

I took my first hypnosis training course right after graduating as a clinical psychologist back in 2005, then being taught by clinical psychologists Martti Tenkku and Satu Heinonen at Tampere university's in-service training / continuing education. That was a basic course and later I took a one-year training program, which our society organized, and which I

run these days myself together with other trainers of our society.

What about hypnosis fascinates you the most? How do you use it today in your daily practice?

What I most like about hypnosis is that it can be integrated both in very short and in long therapies. In Finland we have an excellent public psychotherapy system, we get to offer long term psychotherapies (200 sessions within three years, heavily subsidized by the National insurance institution, only partly paid by clients themselves) but these days also short-term treatment plans are becoming more available. Hypnosis offers a wide variety of techniques to be used in different phases of the therapy.

I know that you also teach the students at your school. What are the topics you teach and for what reasons did you choose to teach those?

Yes, I teach at our society's basic course and at our one-year training program of clinical hypnotherapy, which we tend to arrange yearly. Both of these are gaining popularity among Finnish mental healthcare professionals, thanks to the extensive work our society has been doing

over the years. Now there is, also running, a Helsinki University medical school's psychotherapy training program which integrates cognitive psychotherapy with hypnotherapy, something our society is very proud of!

Nothing like this has ever been arranged before in our country. I am one of the three lead trainers in this program together with clinical psychologists Maarit Virta-Jämiä (the person to thank for making it all happen!) and Mikko Räsänen.

Especially in the latter I try to promote techniques which serve and work well together with the principles of cognitive psychotherapy; and there are indeed so many! Also, some of the material which rises in hypnosis work can later be explored with traditional CBT methods, and vice versa. In my opinion cognitive psychotherapy and hypnosis can beautifully go hand in hand!

The ESHNL headline is “Continuity and Innovation”, so I ask you what and how you intend to continue the work promoted by Lea Polso in her years of presidency.

Lea Polso did an amazing job over the years making our association's

administration work more fluently and thus serving our members. However, I believe her most pivotal contribution was the idea of starting to create a system of regular continuing training for our members who have already taken the basic course and our one-year training program of clinical hypnotherapy.

Lea and I together have done a lot of work around this the past years in the board, with our other trainers of course. I really want to enable these seminars to continue taking place and I am eager to explore new ideas and topics! So far, we have already organized seminars of continuing training “Pain and hypnosis”, “Sleep and hypnosis”, “Use of hypnosis in dentistry and for painful procedures”, “Gender and sexual diversity issues and hypnosis” and “Ego state”. Next one will be “Ericksonian hypnotherapy” in September 2022 and in 2023 “Weight control and eating disorders & hypnosis”. In the future there might be one on “Smoking cessation and hypnosis” and also a seminar regarding Spiegel's work and ideas. The old topics are then run again after a few years, because we get new members all the time. For a society of this size, we offer a surprising amount of constant high-quality training for our members. As the seminars of

continuing training are also financially subsidized by our society, our members are very happy about this!

Also, this year our board will begin the preparations for our society's 65th jubilee in 2024; perhaps a winter get-together, cross country skiing, mulled wine and a seminar in Lapland, not forgetting a sauna! Another full conference with a gala dinner we will save for our 70th.

What and how do you intend to innovate during your presidency?

Besides the above-mentioned trainings, our society also organizes free of charge “Hypnosis days” twice a year for our members. It is a weekend in the spring and another one in the autumn filled with lectures and discussions, always around hypnosis and hypnotherapy, or something closely related, which can then be integrated. Saturday evenings we always have a get-together with food and wine, also often with sauna, as we are a Finnish society after all...

During the following two years I intend to keep the quality of “Hypnosis days” high and also bring in new approaches and ideas. This I already started in March when we had the first episode of a series of “Meet a hypnotherapy colleague in the

world”, this time a 30 minutes Zoom talk with Consuelo Casula from Italy! This way our members will learn about hypnosis in different countries and get new ideas how this work is conducted in different places. I would be happy if the readers of this interview would approach me and offer to be interviewed in the future, puheenjohtaja@tieteellinenhypnoosi.fi. These guests also can provide us with ideas of new seminars of continuing training. We are always interested to invite new speakers who can organize a full day's seminar, as most recently Randi Abrahamsen of Denmark has done for us in 2020 and Abraham Covarrubias Hernandez of Mexico will do in the autumn of this year.

What kind of collaboration would you like to have between your society and ESH?

Our society has become known for “reaching out” and actively creating connections to the world. When we had our 60th jubilee in 2019, we had the ESH board as our guests and got to hear their presentations in a memorable conference we organized in Helsinki. Our members are also very active in participating in hypnosis congresses abroad and often the Finnish delegation is surprisingly large, coming from a small society in a small country. All

sorts of connections and shared projects are something that we welcome!

How do you consider Randi Abrahamsen's commitment to promoting hypnosis training within ESH?

It has been so meaningful what Randi has done and following her work! We have also been fortunate to have her twice here in Finland, speaking to our members. And I am not talking about webinars now, but indeed face to face seminars taking place here in Finland. For these our society is so grateful!

What do you think about the ESHCertificate? Are you interested in promoting it in your society?

A certificate seems like an excellent idea! In our society we are somewhat worried about the fact that as in many countries, also in Finland just anyone can call themselves “hypnotherapist”, “hypnotist”, “hypnologist” etc, and the clients and patients seeking help sometimes have hard time figuring out who is a trusted service provider. Our society is also promoting legislation restricting the use of hypnosis and these informal “professional titles”.

Is your society already ESH Accredited Training Society or are you interested in becoming one of them?

We are not yet accredited by ESH but certainly we are interested looking into this option, as we can proudly claim that we offer excellent training in the field!

Is there something you would like to add that I haven't asked you?

On behalf of our society, I would like to send our regards to the Polish society and thank them for their efforts trying to make the Krakow congress happen, despite all of the problems! Things did not go as planned but our members were happy to learn about the webinar in early June. We are already promoting the Istanbul congress in our “Hypnosis days” and also our society's 2023 budget will include several stipends that our members can apply for, in order to meet colleagues at the Bosphorus! Readers, please approach the Finnish delegation at the future congress and come to talk about your own ideas and how we could do collaborate with your own national society, we are always open to ideas and also take pride in inviting colleagues as our guests to Finland!

Interview with Olivier Benarroche



Olivier Benarroche is a French Dental Surgeon from the Côte d'Azur Hypnosis Academy Society, graduated from the Faculty of Nice Sophia-Antipolis in 1995, general practitioner, University diploma occlusodontics 1999, Implantology in 2013, Training: orthoposturodentics Clauzade method 2007, Charon Paroconcept method 2009. University Diploma in Medical Hypnosis from Pitié-Salpêtrière - Faculty of Medicine Paris VI 2006, Diploma in Ericksonian Dentistry from the Milton Erickson Institute of the Rhône 2008. He participated in a wide range of further training in hypnosis, seminars and congresses. He also is lecturer and trainer in France, and

**By
Randi Abrahamsen**

published articles on hypnosis in French journals.

Please tell us a little about yourself?

I was born in 1970 in Nice, I studied and settled in the region. I have always been passionate about philosophy and psychology, and it is quite naturally through my reading that I came to be interested in hypnosis, both with the aim of improving the management of my patients and for my own personal development. I've written a book, *La modélisation hypnotique - Réveillez le génie qui dort en vous*, Editions SATAS, about it that describes how I see hypnotic modelling as a way to learn and grow. My great passion has always been music and I continue to participate in jazz composition and improvisation projects. I also love to travel, and I had the opportunity to participate in humanitarian and study trips (Peru, Nepal, India), where I learned a lot.

You are the Vice President of Côte d'Azur Hypnosis Academy Society

**(AAH), which is member of the CFHTB.
Please tell a little about your Society?**

Founded in 2011 with President Nadine Memran, the Azure Academy of Hypnosis is an association bringing together health professionals around the practice of medical hypnosis in the French riviera. Its purpose is to promote and develop hypnosis in institutions and to inform in the fields of research and the media, to share experiences and knowledge, and to provide professional training. AAH aims to federate the medical practice of hypnosis, to pool ideas and individual efforts in order to develop a new dynamism in our region, through various initiatives:

- Bi-monthly Association Meetings: Boards of directors and management, Co-vision and supervision of clinical cases, Thematic presentations to enrich everyone's reflection and practice, Sharing of knowledge and experiences, Bibliography reviews.

- Private Events: Reserved for members of the association, on the sidelines of bi-monthly meetings, and organized in the form of training and experimentation workshops, Seminars with the invitation of a recognized external practitioner, on a theme chosen by the members.

- Public Events: Popularization and information conferences for caregivers, the media and patients.

- Professional Training: Catalogue of generalist and specialized training, initial and continuous, adapted to each specialty.

- Post Training Follow-Up: Thanks to the support of the "mentorship" type, the theoretical knowledge is transposed into the clinic, by members who welcome the newly trained within their consultations in hypnosis.

In a way, the COVID pandemic has put these initiatives on hold, and I am in the process of reviving them through the development of my school: OB1 Formations

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

I have been practicing as a dental surgeon for over twenty-five years. Like many of my colleagues, I have sometimes found myself overwhelmed by certain situations in the firm. Emergency situations, misunderstandings, blockages. With patients sometimes panicked, stressed, aggressive, in pain, disinvested, whom I did not necessarily know how to reassure,

calm, relieve, or motivate effectively. With only the knowledge from my university studies, mainly focused on the technical side, I felt deprived. I then went in search of integrative solutions. After a few readings on the psychological care of patients, I discovered that hypnotherapy could be a particularly suitable complementary approach. In 2005, I therefore enrolled in the university diploma in medical hypnosis at the Faculty of Medicine of Paris V, at Pitié-Salpêtrière, directed by Jean-Marc Benhaïem and François Roustang. This marked the beginning of a professional questioning, a profound personal change, and an all-consuming passion for hypnosis, which has never ceased to drive me ever since. I continue to train myself regularly in new approaches, and I have the pleasure of sharing my discoveries as a lecturer and trainer in various private or public institutes (OB1 Formation, AAH, IFPPC, AFNH, ARCHE, Chrysippe, D.U. medical hypnosis from the faculty of medicine of Nice and Paris XI, D.U. from the faculty of dental surgery of Nice...).

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

I discovered that the use of medical hypnosis is very different depending on its context of application. For psychologists

or psychotherapists in brief therapies or in hypnoanalysis, the Ericksonian approach, slow and progressive, is often suitable. For somatic caregivers, whose main objective is to support an act of care, it is less so. Whether you are a dental surgeon, emergency physician, anesthetist, nurse, caregiver, physiotherapist, osteopath, etc., it is important to have the means at your disposal to support your interventions, in a faster and more efficient way. You have less time to gradually install relaxation, or to develop poetic metaphors. At the bedside of patients who have to undergo a treatment that is sometimes difficult to bear, even if we set ourselves the sole goal of improving their care, the result is often evaluated in a binary mode: comfort, anxiolysis or analgesia are all goals, achieved or not.

Concretely, if conversational hypnosis is an essential basis for the establishment of the therapeutic alliance and of a secure framework, I leaned towards techniques of saturation and interruption of sequence, resulting from direct approaches, and which make it possible to shorten the induction procedure to devote oneself immediately to the accompaniment of the treatment under hypnosis.

Your best experience with a patient and hypnosis?

As you know, being able to respond favorably to the demand for care in previously inaccessible cases is a daily satisfaction. Being able to perform a complex treatment with the full support of the patient is also a considerable contribution. Although I happened to perform extractions or implantology with hypnoanalgesia alone, this kind of experience, although very demonstrative, cannot claim to be used on a regular basis. I would say that a child who arrives terrified and leaves with a smile, to bring back a drawing to the next session, is always something that touches me.

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

I would give paradoxical advice: on the one hand it is first necessary to learn in a good school all the foundations of medical hypnosis, to have a good overall understanding and a whole host of techniques. On the other hand, as soon as possible, you have to dare to start and apply it in your practice.

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

A European certificate to validate practitioners is an important step for the official recognition of medical hypnosis

and the information and protection of patients.

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

I am passionate about research in hypnosis, especially in neuroscience. I am writing a book - under the direction of Bruno Suarez - on the extrapolation of neuroscientific data to clinical hypnosis, i.e. how to move from research to practice. The prodigious development of cerebral imaging over the past twenty years has enabled us to better understand the mechanisms of consciousness and its modifications. The advent of new, even more powerful machines and the pugnacity of researchers promises us many conceptual revolutions in the years to come. Such a research project is essential to share and discuss these developments at a global level.

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

I would like to introduce you to a dentist colleague who is doing interesting work on the development of Elmanian hypnosis, Brice Lemaire.

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

By
Randi
Abrahamsen



ESH

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
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- 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 (ESHHC)** 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.

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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).

The board had a successful meeting invited by the CFHTB and IMHEL to their congress in Luxembourg. Unfortunately, without two members we managed to have a Hybrid CEPE meeting.

ESH Database of education

We are still hoping that more societies would share their training program at our protected part of the ESH website. Hopefully the database would inspire our Constituents 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 you can retrieve from Central Office.

Please encourage your Society share with ESH your training program.

Accredited Societies

CEPE received no applications for accreditation during this period. Approximately 1/3 of our societies has 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. Nicola and I will be happy to help you.

Holders of the European Society of Hypnosis Certificate

We have granted a renewal of the Certificate to Edoardo Casiglia, CIICS, Italy, and Nadine Memran, CFHTB, France

For the application form, please look at our website. Fill out the form and send it to your Constituent Society. If you have any question, please contact Central Office.

As an ESH certificate holder you can be allowed to have your name on our web page and receive free electronics Copy of the journal Contemporary Hypnosis and Integrated Therapy.

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

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French Continuity and Innovation

By Gérard Fitoussi



EUROPEAN SOCIETY OF
HYPNOSIS

ESH

Whats new?

After the period of scarcity due to the Covid, it is again the period of forums, congresses and other symposiums. First of all the CFHTB Forum organized in Luxembourg by IMHEL.

This forum was marked by the first face-to-face meeting of the ESH board in several years due to the Covid pandemic.

Beyond the joy of seeing each other again, this meeting allowed the BOD to work on the future developments of the ESH and to continue the organization of our congress in Istanbul in 2023.

It was also the moment of a fruitful meeting between our president Kathleen Long and the new president of the CFHTB, Pierre Castelnau, that gave the opportunity consider closer collaboration in the future.

There was a smaller number of participants than expected but this allowed exchanges to take place in a more intimate atmosphere and to promote dialogue. Now it's time for the next 2024 forum in Bordeaux.

Other congresses are to come, among these let us point out the one of Saint-Malo devoted to pain, La Baule, under the aegis of Éric Bardot and his institute Miméthys, with the slogan Stunning, Resilience, Revival.

Two important days will be dedicated to Hypnosis and Intuition, by Jean-Marc Benhaïem's AFHEM in October, and the other in November, Motricity and Cognition organized by AFHYP, under the direction of Éric Gibert.

These two days will be held at the Salpêtrière, one of the most revered places in the history of hypnosis. So many moments and encounters, discoveries and opportunities to perfect our knowledge.

Rewiews

Hypnose et thérapies brèves N° 65 de Mai 2022

An issue with the main theme of metaphors. We know how much metaphors are at the heart of hypnotic practice. You will also discover articles on bruxism, dyspareunia as well as the usual sections, books, and interviews.

Revue de l'Hypnose et de la santé N° 19
Avril 2022

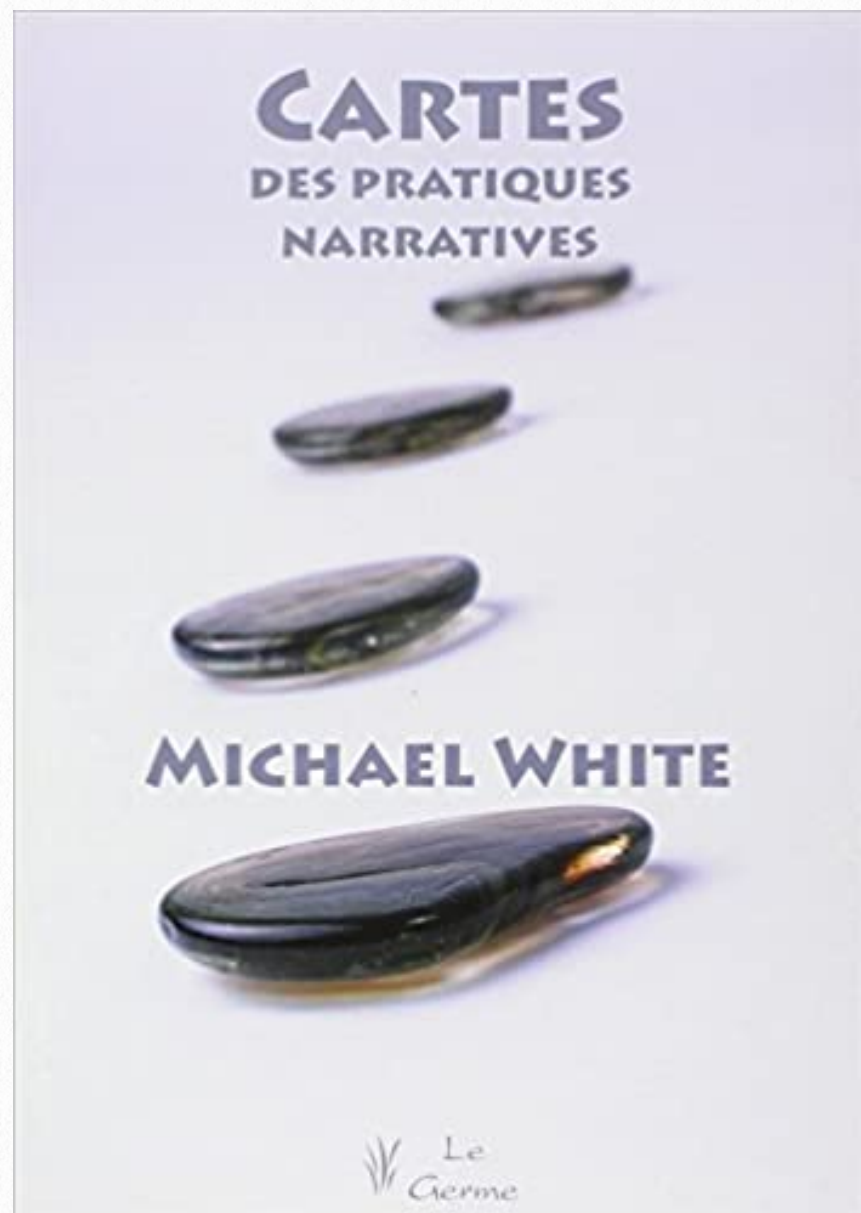
The main theme of this issue is devoted to the boundaries between mindfulness, meditation and hypnosis and the debate it arouses. Dan Short after his remarkable work on William James and Erickson tells us about the essential contribution of James Braid. A very rich issue with also articles on reification, Parkinson's disease and one about self-hypnosis.

Books

The Covid epidemic has allowed many practitioners to discover within them a soul of authors and the number of books devoted to hypnosis and brief therapies is constantly increasing. At Satas the production is considerable with several published works.

An important, albeit older, work by Michael White, *Maps on Narrative Therapy* (2007) translated in 2009 (*Cartes des pratiques narratives*).

This is an opportunity to return to the innovative approach that is narrative therapy on the borders of the Ericksonian



approach and brief solutionist therapies. Michael White, who passed away too soon, by developing the narrative interview, knew how to give back all its density to the narration and to the subject, entangled in its narrative straitjacket, to open up other possibilities, to consider other discourses on its history and to allow him to become again the author of his own life.

A work of great importance which, through numerous clinical cases, allows us to discover the work of Michael White. In this book, White offers theoretical breaks on the narrative approach without ever forgetting the main subject which is the patient at the center of his permanent attention. A must-read book.

Philippe Gardette, *Rencontre entre hypnose et méditation. Pour une hygiène du bien-être.*

Philippe Gardette, author with an atypical career, moving from history to psychoanalysis before becoming interested in and practicing hypnosis and meditation, offers us a journey where hypnosis and meditation intertwine and are part of an integrative approach adapted to each patient.

Maxime Bellego has edited a book *La crise Covid vue par le psys. Six practitioners evoke their thoughts during the Covid crisis and its consequences for both professionals and patients.*



Research Reflections

**By
Peter
Naish**

I seem to have assembled a particularly diverse set of papers for this issue! If there is a common theme it is probably concerned with the puzzling nature of hypnosis, and how best we should measure and conceptualize the phenomenon.

There is an understandable tendency among clinicians to feel that, fortunately, they do not need to be concerned with such issues: it is sufficient that their techniques work. Nevertheless, it is desirable that someone who uses hypnosis can comment on something of the science, not only when talking to a curious (and perhaps skeptical) colleague, but also when speaking to patients.

That last point is made in a rather lengthy paper by Lynn, Cardeña, Green and Laurence (2021), who explore the links between clinical and research-based hypnosis. It struck me that this was a paper that should be on the reading lists accompanying hypnosis training courses; it provides a wealth of background material, beyond what a training program is likely to include. The article provides a list of

things that should or should not be done, guidance that is likely to be very helpful to a newcomer to hypnosis. Two of the things not to do caught my eye, because they are issues I raise when teaching.

One is something I have touched on before in the Newsletter; it concerns the danger of inducing false memories, when using hypnosis to uncover ‘buried’ material. The other issue is more benign. It is the reassurance that there is no need to learn hypnosis scripts; clinicians should develop wording that they themselves are happy to use.

Perhaps the biggest divide between theoretical research and clinical practice concerns the use of susceptibility scales. They are an almost mandatory part of any hypnosis research program but are rarely used in clinical practice.

In part, their absence from the therapeutic context is a result of time pressure; tests can take around an hour to administer. Recently, Lush, et al. (2021) have developed a much

shorter, computer-delivered test, which will perhaps lead to wider usage. However, there is another issue, beyond time limitations, which leads clinicians to find little merit in measuring susceptibility; it is the lack of correlation between susceptibility scores and clinical outcome.

As an example, my fellow ESH Board member, Randi Abrahamsen, and I recently published findings relating to the control of pain with hypnosis (Abrahamsen and Naish, 2021).

As so many others have demonstrated, hypnosis proved to be an effective analgesic. It seems reasonable to suppose that, if hypnosis achieved this, then those people who were more responsive to hypnosis (measured on a standard scale) would gain greater benefit from the analgesia suggestions, but the data did not show that link.

This is very puzzling! We proposed an explanation, suggesting that anxiety made people more hypnotically responsive than implied by a test delivered while they were calm. This may or may not be true, but the fact remains that standard susceptibility tests, measured in a non-clinical setting, do not tell us very much about the likely therapeutic effect.

A potential problem with scales is that they assume a smooth continuum, where more hypnotisable people merely do a little bit more of whatever being hypnotised requires. The alternative would be that highly hypnotizable people do something quite different from the rest of the population. Some researchers have suggested that this may indeed be the case: hypnotic ‘Highs’ really are different from those of medium or low susceptibility.

In my own experience, looking at people’s responses to hypnotic suggestions, I am more inclined to believe that it is the ‘Lows’ who are different from the moderate and high responders.

Reshetnikov and Terhune (2022) explored this issue, by examining the responses of nearly 600 people who were given the Harvard Group Scale of Hypnotic Susceptibility (HGSHS).

There are mathematical techniques which can detect whether the responses derive from people from a single, smoothly changing dimension, or alternatively, whether there is evidence for a subset of people who are not part of the main spectrum.

The evidence was in favor of there being a single dimension. Interestingly, in addition to noting whether people responded to the suggestions of the HGSHS (e.g. the arm rose

in response to arm levitation suggestions) the researchers asked how automatic/involuntary the response felt.

This is seen as the classic hypnosis effect, having the responses feel as if they are happening by themselves.

This subjective, automaticity measure also seemed to fall upon a single continuum, except at the low end of the scale.

There was some evidence that hypnotic ‘Lows’ were distinctly different. ‘Highs’ and ‘Mediums’ all experienced at least some degree of the ‘happening by itself’ effect, but ‘Lows’ had no such experience.

It would be interesting to know whether these ‘Lows’ would derive any benefit from hypnosis in the therapeutic setting.

Theoretically speaking it would be simpler if they did not! If they did have a positive response we would have to theorize as to whether they were helped by a different mechanism, or whether (as some have argued) there are different elements to hypnosis, and failure to exhibit one aspect does not rule out success in another.

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The 12th Forum of the CFHTB: Three Perspectives

By

Marie-Jeanne Bremer

Marco Klop

Christiane Steffens-Dhaussy



LUXENNBURG

European Society
of Hypnosis



Pictures by F.C.

By Marie-Jeanne Bremer

From May 11 to 14, 2022, the Institut Milton H. Erickson de Luxembourg (IMHEL) had the privilege of organizing the 12th forum of the Confédération Francophone d'Hypnose et Thérapies Brèves (CFHTB) which took place in Luxembourg.

The topic was "Hypnosis at the Crossroads of Cultures" and what better location than the city of Luxembourg to represent this choice. Interculturality was the order of the day.

The history of Luxembourg is in itself already synonymous with multiculturalism. This country, through which the European trade routes once passed, is rich in cultures and its inhabitants are living witnesses of this. People of more than 160 nationalities live here in harmony and make it feel so to every visitor.

For a country whose motto is "We want to remain what we are", the European motto "United in diversity" makes sense. For Luxembourgers, to remain what we are, means to remain a country that evolves in contact with its neighbors, its guests, its co-citizens, in a Europe that evolves.

Evolution according to Darwin is the adaptation to the changing environment. It

is also the adaptation to the change of one's culture in contact with others. «United in diversity!»

It is not necessary to adopt another culture to understand it, it is necessary to observe it from different points of view; to tolerate it and be benevolent. Of course, tolerance and goodwill must be reciprocal for this to work. That's why it works.

So, after two years of restrictions and uncertainties we took the challenge to maintain this forum in Luxembourg. And well it was! This forum could finally take place. The crossing of cultures allowed us to unite different cultures, to bring them together with their common points and to share their complementarity.

The joy of finally meeting again after such a long period of time largely contributed to the success of the forum. The goodwill was there and could be felt by all the participants and organizers.

By Marco Klop

Together again! "Live and alive". After two years of pandemic, we are all thankful to see each other again "live and alive" Bernhard Trenkle, the past president of ISH,

used these words to describe the wonderful atmosphere at the congress in Luxembourg, an inspiring meeting with more than 160 speakers, organized by the Luxembourg Institute (IMHEL) together with the French Confederation for Hypnosis and Brief Therapy (CFHTB).

The quality of the speakers, all practitioners of hypnosis in their medical or therapeutical field and the cultural variety in their talks and workshops has fascinated the ~ 500 participants and the board of the ESH.

From hypnosis with Long-Covid patients, in speech-therapy or dentistry to new nonverbal approaches in trauma therapy with refugees from Ukraine or other parts of the world; from nurses creating rapid hypnosis techniques in hospital settings to Fred Gallo (USA) introducing his Energy Psychology to a French speaking public for the first time or Dan Short (Phoenix-Institute) reframing psychotherapy by his advice to “stop trying to change people”, the variety of themes and methods presented by our colleagues was impressive.

The actual political situation was reflected in a minute of silence for the victims of the pandemic and the war in Ukraine as well

as in the call of the new president of CFHTB Pierre Castelnau to “be prepared to go where it is not comfortable” and to “open up” to other cultures.

After two years of distancing, the joy to greet old friends, to meet new colleagues and get stimulated by different views and new approaches was an inspiring experience that lifted our souls!



A participant told us: “Being in multicultural and multilingual Luxembourg I felt that your theme “hypnosis at a crossroad of cultures” was coming to life. I appreciated the open and welcoming atmosphere of the congress and when the workshop on “creative resources” ended by us all singing and dancing together, I felt so happy and alive again!

By Christiane Steffens-Dhaussy

The range of topics covered during the Forum was amazing. It almost felt like a journey in which participants could explore landscapes of hypnotic phenomena across time and geography and had the opportunity to dive into experiential workshops as well into conferences providing new scientific knowledge. Trance and different states of consciousness become object of research ranging from ancient rituals to applications using artificial intelligence.

Audrey Vanhaudenhuyse from the CHU of Liège is studying the astonishing powers of shamanic trance, while Pierre Castelnau developed a little “hypno-robot” designed to boost trance in children and adolescents.

This fascinating and appalling application obviously raises questions of ethical nature; nevertheless, the author of this tool is convinced that health professionals, who have a strict deontological codex, cannot leave the field of new technologies to the business market or to charlatans. Here we are again with the question: what guides our ethics? One simple, but complex answer could be: the patient guides the therapist who will have to adapt his approach, his methods and

suggestions to the needs of the patient for physical, emotional and relational health. Even if scientific studies or ethical considerations remain a bit dry, they give support to the unbroken enthusiasm of clinicians for hypnosis.

By Marie-Jeanne Bremer

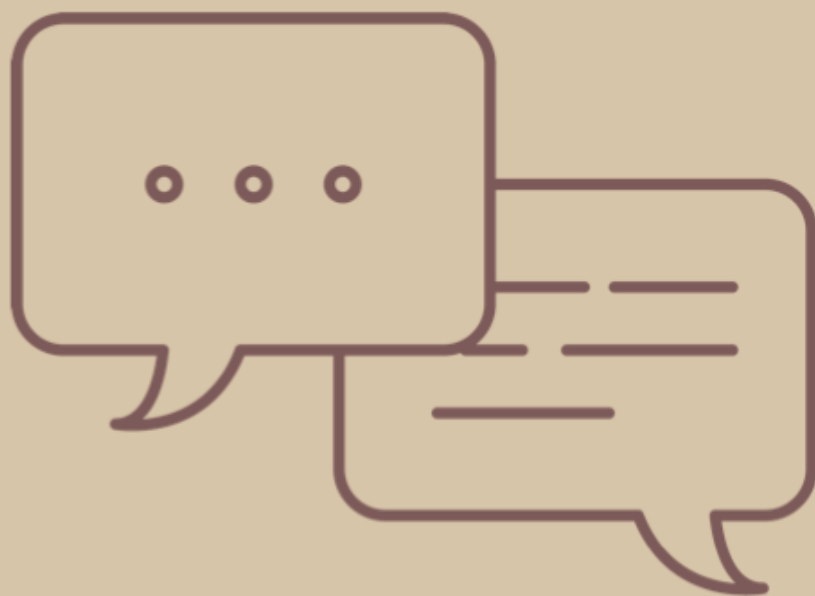
After this exciting experience we are looking forward to the ESH in 2023 in Istanbul and the CFHTB in 2024 in Bordeaux to continue this wonderful adventure that brings us all together.

Let's hope that the years to come will bring us beautiful surprises, multi-cultural congresses, tolerance and kindness, and that we can live in peace and happiness.



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Annual Conference of the Milton Erickson Society Germany Hypnotherapy in Psychosomatics



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By Stella Nkenke

After our annual conference had to be cancelled the last two years, we were finally looking forward to a face-to-face conference again this year. However, a few weeks before our event in March, we were not allowed to hold it as a face-to-face event because of the new Corona regulations. So, the organizers worked at full speed to convert 17 lectures and 50 workshops for 750 participants to an online event.

An impressive achievement and it was also an impressive congress. There were great lectures and successful workshops on the topic of hypnosis in psychosomatics.

Thus, one could learn both from the very experienced and well-known lecturers such as Burkhard Peter or Bernhard Trenkle, or listen also to the results of younger scientific colleagues, like Björn Rasch about sleep research, or Barbara Schmidt, which showed neuroscientific proofs for the effectiveness of hypnosis with fear and stress.

Giulia Enders, a science journalist and physician internationally known for her bestseller *Gut the Inside Story of our Body most under Rated Organ*, spoke about the

exciting communication between the gut and the brain. Interesting workshops.

The Milton Erickson prize was awarded again this year.

This prize was given to Ernil Hansen, whose work on the influence of therapeutic suggestions during general anesthesia and the influence on postoperative pain was published in the British Medical Journal. We are fortunate that he will also speak about these exciting results as keynote speaker at the ESH Congress next year in Istanbul.



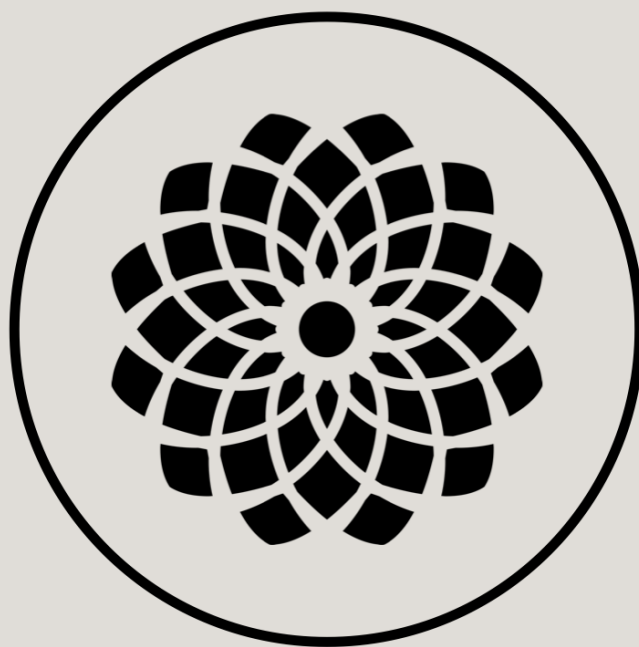
Although it was an online congress one could also participate in meditations during lunch breaks. The social part in the evening was also well arranged.

You could visit an interactive humorous impro theater as well as meet and chat and get to know colleagues on the virtual platform wonder.me at the virtual campfire. There was even singing together and playing the guitar. And since so many interesting workshops ran in parallel, it is especially great that recordings of the lectures and workshops will be made available to the participants after the congress.

It is obvious that also with online congresses you can offer wonderful high-quality training with effective interactive elements and have fun at the same time.

The next conference's topic is Out of Fear - Hypnotherapy in the Field of Fear, Phobia, and Panic- and will take place 23-26.3.2023.

Whether in presence in Kassel as planned, or as hybrid, or online, I am convinced that the organizing team will provide us with an excellent event.



ESH

Picture by F.C.

Jeff Zeig Workshops in Italy

Naples

By Maria Cristina Perica



On 25 March 2022, in the beautiful location of the Hotel San Francesco al Monte in Naples (Italy), Jeffrey Zeig held the Seminar “Masters of Psychotherapy”. The Italian Institute of Relational Psychotherapy (IIPR), in partnership with the Italian Society of Hypnosis (SII), hosted the event: it involved a broad and interested audience both in-person and online. During the Seminar, Jeff Zeig guided the attendants on a unique journey through the clinical videos of the pioneers of psychotherapy: Carl Rogers, Albert Ellis,

Aaron Beck, James Masterson, Bob and Mary Goulding, Alexander Lowen, Salvador Minuchin, Virginia Satir, Carl Whitaker, Erving Polster and Milton H. Erickson. He took the participants into the therapeutic process through three narrative trajectories. The first concerned the history of psychotherapy and the evolution of the psychotherapist's role, addressing empathy, personal involvement, and authenticity. The second trajectory showed the development of therapeutic communication, moving from the more informative and sequential models to the more strategic and evocative ones. The third point of view made the seminar an exceptional relational experience: Jeff Zeig involved the audience in stories and anecdotes about his friendships and collaborations with the Masters of Psychotherapy mentioned. He also shared his experience as a student with M.H. Erickson, emphasizing the unique value of the experiential learning: “Erickson continuously offered me experiences so that I could transform my state. And because of these experiences, I

became not only a better psychotherapist, but also a better person". The seminar ended by viewing the video of a clinical demonstration conducted by Jeffrey Zeig and offered the opportunity to explore the theme of evocative communication. Zeig showed how to create transformative experiences through evocation. And in this way, he also accompanied the participants, quoting Jeff Zeig himself, from "the Land of Knowing to the Land of Realizing".

Rome

By Maria Sole Garosci

On 22/24 March 2022, the Italian Society of Hypnosis (SII) hosted in Rome an intriguing and inspiring workshop held by Jeffrey Zeig, founder and director of the Phoenix Erickson Foundation, and Julie Annè, Eating Disorder and Trauma Expert (Mayo Clinic). Jeff Zeig focused his attention on the metamodel of hypnosis that he has developed over the years, the importance of some specific techniques and on how hypnosis has been a life changing approach as far as the essence of brief therapy is concerned. One of the key points of the workshop was adding a multidimensional depth to therapy and the process of change. This purpose was fulfilled through a consistent experimental teaching approach that alternated clinical demonstrations, study cases, theoretical concepts and review of literature's big Masters of Therapy.

In two very intense days participants were exposed to the evolution of solution oriented and strategic psychotherapy throughout a very engaging and concrete modality of teaching hypnosis, its background and how it's possible to deliver effective therapy that grounds its validity in the experiential method (even without using the "hypnosis" word or, even more so, traditional inductions). A way of constructing multiple realities through which change is made more accessible to patients and their own lives.

Julie Annè presented for the first time in Italy her reparative model to heal the self and the misuse of food: "The role of Complex Trauma in Bulimia and Binge Eating Disorder". With more than 30 years of experience in the field, she was able to deliver, with enthusiasm, a complex and multidimensional structure of therapy put down to simple and easy to grasp fundamental concepts with take-home messages. Her strategic therapeutic model repairs, reworks and heals what truly underlies disordered eating. Multiple case examples demonstrated well the point of the theoretical framework which can be considered both experiential and groundbreaking. Her main point is how to get to total recovery from Eating Disorders, viewed through the lenses of Complex Trauma.

Finally, a word for the organization and hospitality which made everything work well.

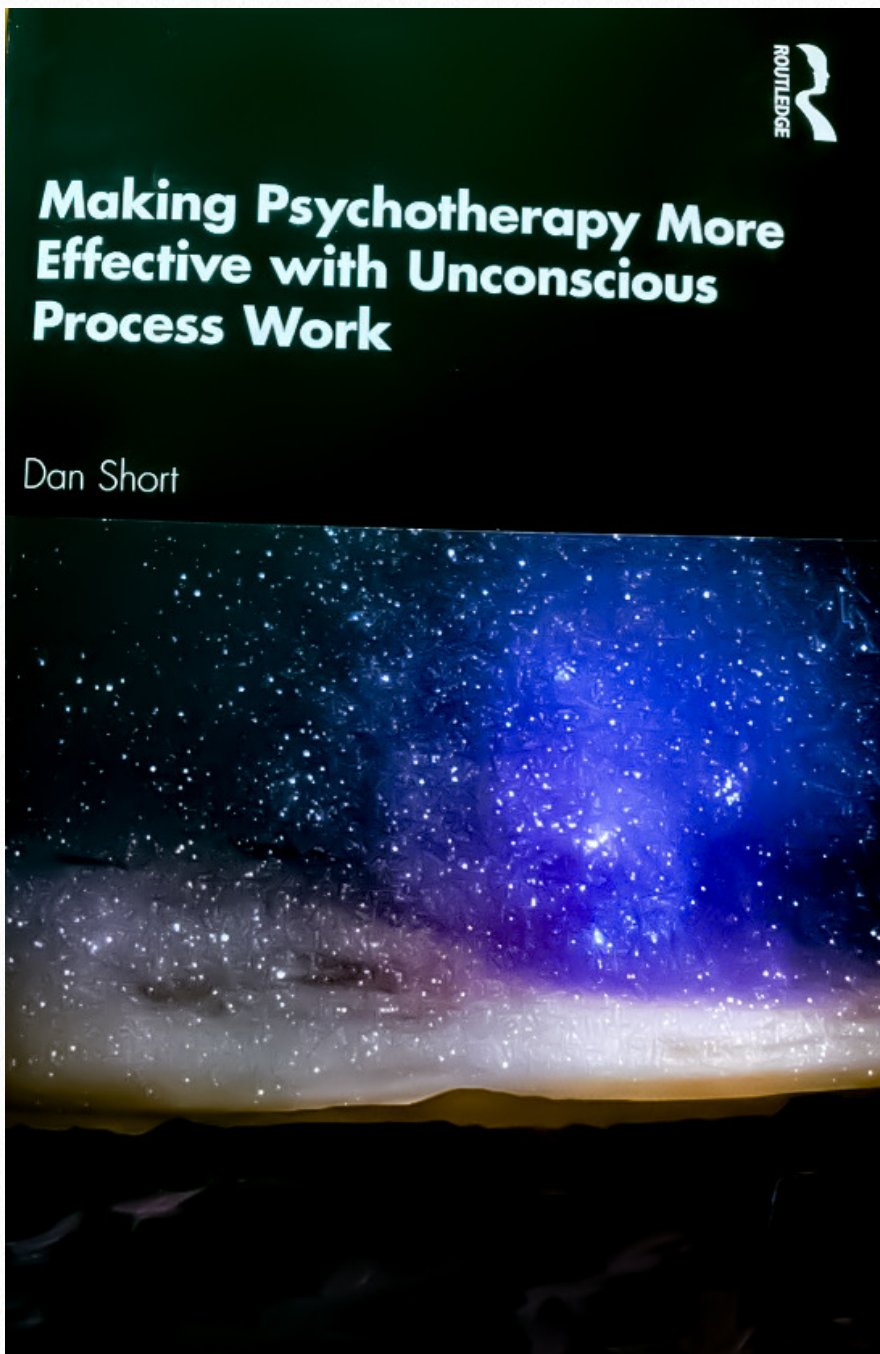
News from the Royal Society of Medicine



The Royal Society of Medicine, April 2022, was delighted to be joined by Professor Katalin Varga who gave two insightful presentations. In the picture you can see Wendy Philips, David Kraft and Katalin Varga in conversation before the Event 'Hypnosis: Stress Management and Self-Care for All'.

BOOKS

By
Consuelo Casula



Making Psychotherapy More Effective with Unconscious Process Work By Dan Short 2022 Routledge (Taylor & Francis

Group), London ISBN 978-0-367-64965-4, 177 pages

The latest book by Dan Short starts by explaining what unconscious process work is and then proceeds to explore its potentialities for making psychotherapy more effective.

Essentially, unconscious process work is the strategic activation of mental activities that are not consciously experienced. These can include unconscious thoughts, feelings, and choices about the interpretation of past experiences or plans for future behavior.

This theory of mind implies that many affective, motivational, and behavioral phenomena operate at an unconscious level, or at an implicit level, either outside of conscious awareness, or automatically, without attention or intention.

Having defined intelligence as the mental ability to solve problems, Short goes on to argue that unconscious intelligence has superior processing capabilities, especially in the domains of creativity -divergent problem-solving- and the integration of intrinsic needs and personal efficacy -self-organized change. While conscious reason leads us to infer why we act as we do, our actual reasons for action seem to be processed outside of conscious awareness. If this is true, then those individuals who rely exclusively on conscious reason for self-regulation are not likely to succeed.

According to Short, the use of unconscious process work in therapy is based on a strategic problem-solving methodology. Unlike ordinary talk-therapy, this new methodology prioritizes the activation of unconscious abilities, which are then integrated in work with conscious intelligence. With references to emerging research, this book argues that unconscious intelligence is capable of complex problem-solving, automatic learning, and superior judgment. Presumably, this version of intelligence has access to greater amounts of information than conscious knowledge. In contrast,

conscious reason can only deal with a small percentage of all incoming information.

As shown in the book, there is now evidence that unconscious intelligence can set goals, monitor progress, and express non-volitional will. Even so, Short argues that the most effective problem-solving includes the collaboration of conscious intelligence. A therapeutic dialogue between conscious and unconscious intelligences is meant to diminish their division and resolve points of conflict.

To help achieve this collaboration between conscious and unconscious intelligence, Short suggests several hypnotic strategies. The overall strategy is privileging a special vocabulary better suited to an unconscious intelligence to communicate ideas that are more advanced and structurally complex than what can be handled by conscious thought. It is the same language used by Milton Erickson when he engaged in conversational hypnosis.

The second half of the book describes more specific strategies for activating unconscious goal-oriented problem solving. The first method is called

prediction. This strategic use of expert opinion is used to achieve explicit goals by making highly motivating, credible predictions that are emotionally compelling. Importantly, therapeutic predictions are always responsible and probable. Such predictions activate unconscious processes, such as cognition, working memory, evaluation, and goal formation, moving the idea of personal agency from conscious effort to unconscious automatic processes. As evidence of intelligent problem-solving, therapeutic predictions elicit implicit experiential knowledge and persistence during implementation despite setbacks.

Another methodology, referred to as mental contrasting, is intended to enhance collaboration between conscious and unconscious processes by activating imaginative involvement, creativity, and the expression of choice. This is achieved by asking clients to imagine a preferred future, which is then directly contrasted with imagery of the status quo.

This question helps establish unconscious goals and enhance readiness as clients imagine themselves overcoming obstacles along the way.

Using the same creative, imaginative abilities, Short introduces a third methodology, known as reimagining, which takes clients back in time to reorganize core aspects of identity and emotional activation (triggers) at unconscious levels. Lastly, a fourth methodology, known as incubated cognition, helps introduce the element of time into the healing/growth process. Using this strategy, Short shows how to prepare clients for success by eliciting the type of powerful epiphanies that lead to improved quality of life.

Anyone who reads this valuable and inspiring book will improve his/her ability to select the best hypnotic strategy to empower conscious and unconscious problem-solving. This approach to therapy empowers clients to activate goal-oriented behavior without requiring conscious oversight for implementation.

This book keeps the promise of the title by offering numerous communication strategies that target unconscious thoughts and emotions to facilitate flexible unconscious process work.

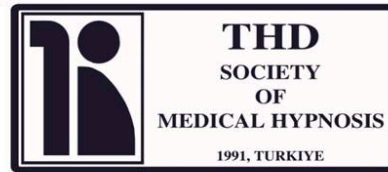
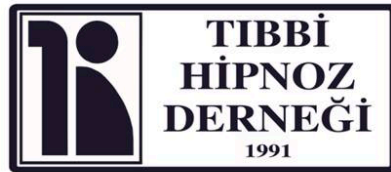
!!! SAVE THE DATE!!!

16th ESH CONGRESS

ISTANBUL

26-29 October 2023

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



ESH ISTANBUL 2023

**Early-Bird Registration
until
August 1st 2022**



SAVE THE DATE

ESH 2023 ISTANBUL CONGRESS!

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

Dear Colleagues,

Save the date for ESH 2023 Istanbul Congress and do not miss the Early-Bird rates! The Early-Bird registration ends on 1st August 2022.

Furthermore, you do not need to make any payments now. All you need to do is to register to the congress via the link <https://esh2023.org/register/>. Then, you can enjoy the 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 under the cooperation of the Society of Medical Hypnosis (THD) and the European Society of Hypnosis (ESH).

The Congress will take place in Istanbul, Turkey on 26 - 29 October 2023 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 elaborate how mind, body, and soul can unite together to create a unique wholeness, and how they can develop an amazing interaction between each other. It can be said that when the balance among them becomes healthier, the person can successfully overcome the problems faced. 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 is 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.

Congress Scientific Committee has already started to work on the congress program and the scientific content. During the Congress, we will have the opportunity to share experience with well-known and respected Keynote Speakers. The names are written in alphabetical order:

- **Alastair Dobbin**
- **Ali Özden Öztürk**
- **Borys Ivnyev**
- **Charles Jousselein**
- **Consuelo Casula**
- **Ernil Hansen**
- **Gerard Fitoussi**
- **Giuseppe de Benedittis**
- **Katalin Varga**
- **Kathleen Long**
- **Kris Klajs**
- **Mark Jensen**
- **Pierre Castelnau**
- **Thomas Wolf**

Also, we will have the opportunity to listen to some very interesting topics and research information from the Invited Speakers:

- **Anna Knakkergaard**
- **Maria Cristina Perica**
- **Marta Nowak-Kulpa**
- **Michael Schekter**
- **Rinaldo Perri**

Furthermore, three Pre-congress facilitators will make the Congress even more interesting and unique

- **Camillo Loriedo**
- **Mark Jensen**
- **Mike Gow**

More details will be announced on the Congress webpage. So, let's stay in touch!

We look forward to meeting you in Istanbul in 2023.

Ali Özden Öztürk, ESH Treasurer, Society of Medical Hypnosis (THD) President



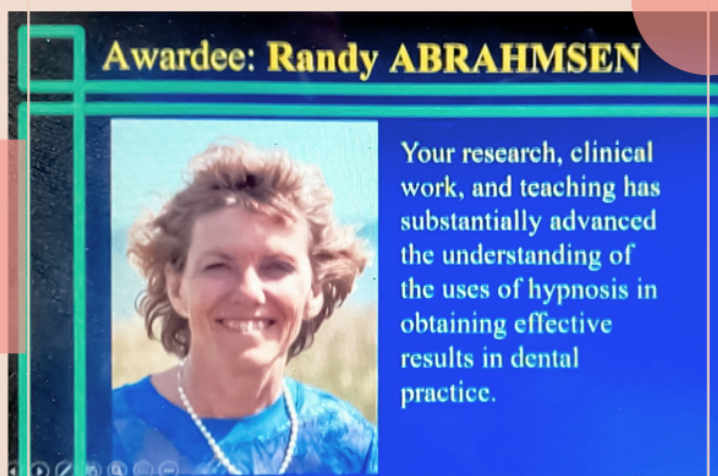
Picture by ESH

AWARDS

We are pleased to inform you that the ISH rewarded two members of the ESH Board!

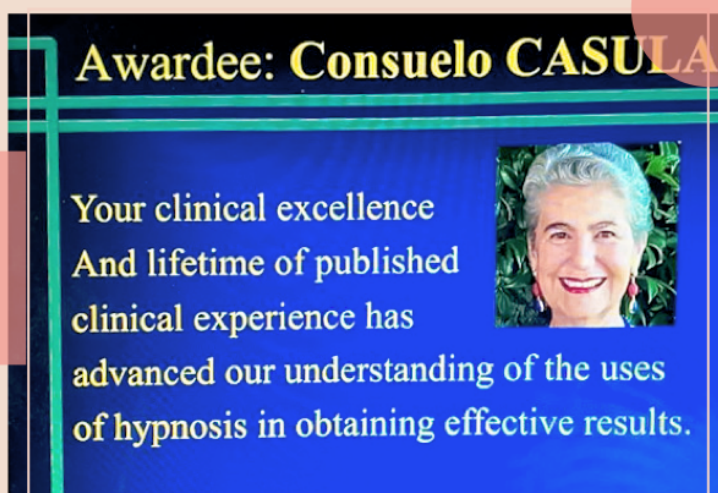
Randi Abrahamsen received the Kay F. Thompson Award for excellency in dentistry and Consuelo Casula Pierre Janet Award for clinical excellence.

Congratulations to both for their merits and the new challenges that await them!



Kay F. Thompson Award

Excellency in Dentistry



Pierre Janet Award

Clinical Excellency

Calendar of Events

CERTIFICATED COURSE IN HYPNOSIS

This updated, stream-lined course is designed to instruct in the basic precepts of hypnosis as an adjunct to medical and dental practice Delivered by highly qualified Doctors, Dentists & Other Health Professionals

When

20/08/2022 - 21/08/2022, 9:00 am - 5:00 pm

Details

This updated, stream-lined course is designed to instruct in the basic precepts of hypnosis as an adjunct to medical and dental practice Delivered by highly qualified Doctors, Dentists & Other Health Professionals

Where

Address

169 Paisley Road

Renfrew

United Kingdom

XVI CONGRESS OF SII - ITALIAN SOCIETY OF HYPNOSIS - "SHARING EMOTIONS"

The sharing of emotions in hypnosis and in the Ericksonian hypnotic relationship.

When

03/11/2022 - 06/11/2022

Where

Viterbo

Hotel Terme Salus

Details

<https://www.societaipnosi.it>

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.

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[HTTPS://ESH-HYPNOSIS.EU](https://esh-hypnosis.eu)



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

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

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

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

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

ISH President

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