

ESH The Newsletter

Continuity and Innovation



ESH

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European Society of Hypnosis

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THE NEWSLETTER

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

Interview
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Peter Bloom



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President's Letter

Kathleen Long

With the heat of the summer behind us it's time to welcome the rich warm, comforting colours of autumn which seem to serve as some consolation as the days get shorter and the nights get colder. For me it is also a season that encourages reflection.

I am now entering the last year of my Presidency of ESH. A Presidency that has been both unusual and interesting because it has been a Presidency spent in virtual reality for most of the time.

A presidency in virtual reality is not what I would have chosen. However COVID restricted choice for everyone including those of us in ESH.

In times of turmoil, we need to become resourceful, and I believe that ESH has done so.

I remember the first ZOOM meeting between the CS and the BoD where those attending, despite their wealth of expertise, spent most of the meeting in the background being attentive and somewhat deferential.

When I compare this first meeting to our most recent one in August the success and progression of networking within ESH is very apparent. Excellent presentations, exchanges

of ideas and suggestions of joint working were all evident. The changes were palpable with the CS Presidents and representatives taking the lead in the discussions and starting to fully realise the original goal of these meetings which was to make those valuable connections throughout our many talented and varied CSs.

A real sense of community, I believe, has started to develop in a way that has and will continue to allow us to share expertise and to offer help to others within our society and beyond.

I asked for more support for our beleaguered colleagues in Ukraine and several more CS have come forward and are offering their time and wealth of experience.

I would like to think that we have become, not only a society of professionals who are linked by our belief in the efficacy of hypnosis, but also a society of friends who are there to help and support each other in times of trouble.

I like to think we have become more welcoming, warm and comforting, just like autumn. I hope to see you all in reality in Istanbul 2023.

Translated into French by Gérard Fitoussi

La chaleur de l'été est derrière nous. Le moment est propice pour accueillir les riches couleurs chaudes et réconfortantes de l'automne, qui nous sont une consolation, alors que les jours raccourcissent et que les nuits se refroidissent.

C'est aussi une saison qui m'incite à la réflexion. J'entame la dernière année de ma présidence de l'ESH. Une présidence atypique et intéressante, car elle s'est déroulée la plupart du temps en réalité virtuelle.

"Une présidence en réalité virtuelle, ce n'est pas ce que j'aurais choisi. Cependant, la COVID a restreint les choix pour tout le monde, y compris pour nous à l'ESH. En période de turbulences, nous devons faire preuve d'ingéniosité, et je crois que l'ESH l'a fait. Je me souviens de la première réunion ZOOM, entre le CS et le CA, les participants malgré leur expertise ont passé la majeure partie de la réunion en arrière-plan attentifs et quelque peu déferents.

Lorsque je compare cette première réunion à celle plus récente d'août, le succès et la progression des liens au sein de l'ESH sont évidents. La qualité des présentations, des échanges d'idées et des suggestions de travail en commun était manifeste. Les changements étaient réels, les présidents et les représentants des CS prenant la tête des discussions et réalisant pleinement l'objectif initial de ces réunions qui était d'installer des liens précieux entre les si nombreux, talentueux et différents instituts.

Un véritable sens de la communauté, je crois, a commencé à se développer d'une manière qui nous a

permis et continuera de nous permettre de partager notre expertise et d'offrir de l'aide aux autres au sein de notre société et au-delà. J'ai demandé plus de soutien pour nos collègues assiégés en Ukraine et plusieurs CS se sont manifestés offrant leur temps et leur riche expérience.

J'aimerais penser que nous sommes devenus non seulement une société de professionnels liés par notre croyance en l'efficacité de l'hypnose, mais aussi une société d'amis qui sont là pour s'entraider et se soutenir dans les moments difficiles. J'aime penser que nous sommes devenus plus accueillants, chaleureux et réconfortants, tout comme l'automne.

J'espère vous voir tous en personnes à Istanbul 2023.



Translated into German by Stella Nkenke

Nachdem wir nun die Hitze des Sommers hinter uns gelassen haben, ist es nun an der Zeit, die satten, warmen und beruhigenden Farben des Herbstes zu begrüßen, die uns ein wenig Trost zu spenden scheinen, wenn die Tage kürzer und die Nächte kälter werden. Für mich ist es auch eine Jahreszeit, die zum Nachdenken anregt. Für mich beginnt das letzte Jahr meiner Präsidentschaft der ESH. Eine Präsidentschaft, die sowohl ungewöhnlich als auch interessant war, weil ich sie die meiste Zeit in der virtuellen Realität verbracht habe. Eine Präsidentschaft in der virtuellen Realität ist nicht das, was ich gewählt hätte. Aber COVID hat die Wahlmöglichkeiten für alle eingeschränkt, auch für uns in der ESH.

In Zeiten des Umbruchs müssen wir einfallsreich werden, und ich glaube, dass die ESH dies sehr gut umgesetzt hat. Ich erinnere mich an das erste ZOOM-Meeting zwischen den CS und dem Vorstand, bei dem die Anwesenden trotz ihres großen Fachwissens den größten Teil der Sitzung ruhig im Hintergrund verbrachten, aufmerksam aber auch respektvoll. Wenn ich dieses erste Treffen mit unserem letzten im August vergleiche, wird der Erfolg und das Fortschreiten der Vernetzung innerhalb der ESH sehr deutlich. Hervorragende Präsentationen, so wie ein anregender Gedankenaustausch und Vorschläge für eine gemeinsame Arbeit waren alle offensichtlich. Die Veränderungen waren spürbar, denn die Vorsitzenden und Vertreter der CS übernahmen die Führung in den Diskussionen und begannen, das ursprüngliche Ziel dieser Treffen, nämlich das Knüpfen dieser wertvollen Verbindungen zwischen unseren vielen talentierten und unterschiedlichen CS, voll und ganz zu verwirklichen.

Ich glaube, dass sich ein echtes Gemeinschaftsgefühl entwickelt hat, das es uns ermöglicht, Fachwissen auszutauschen und anderen innerhalb unserer Gesellschaft und sogar darüber hinaus Hilfe anzubieten. Ich habe um mehr Unterstützung für unsere bedrängten Kollegen in der Ukraine gebeten, und mehrere weitere CS haben sich gemeldet und bieten ihre Zeit und ihren Erfahrungsschatz an. Ich würde gerne glauben, dass wir nicht nur eine Gesellschaft von Fachleuten geworden sind, die durch unseren Glauben an die Wirksamkeit der Hypnose verbunden sind, sondern auch eine Gesellschaft von Freunden, die einander in Zeiten der Not helfen und unterstützen. Ich denke, wir sind einladender, wärmer und tröstender geworden, genau wie der Herbst.

Ich hoffe, wir sehen uns alle 2023 in Istanbul wieder.



Translated into Spanish by José Cava

Con el calor del verano detrás de nosotros, es hora de dar la bienvenida a los variados, cálidos y reconfortantes colores del otoño que parecen servir de consuelo a medida que los días se hacen más cortos y las noches más frías. Para mí es también una temporada que invita a la reflexión. Ahora estoy entrando en el último año de mi Presidencia de la ESH. Una presidencia que ha sido a la vez inusual e interesante porque ha sido una presidencia en realidad virtual la mayor parte del tiempo. No es algo que hubiera elegido, pero algunas veces yo, y la ESH, tenemos que aceptar estas circunstancias, como todos nos hemos dado cuenta, no siempre estamos tan disponibles como solíamos estar, en un mundo siempre cambiante, desafiante e impredecible.

En tiempos agitados, debemos adaptarnos, y creo que ESH lo ha hecho. Recuerdo la primera reunión con ZOOM entre CS y BoD donde los asistentes, a pesar de su gran experiencia, pasaron la mayor parte de la reunión sin intervenir, atentos y corteses. Cuando comparo esta primera reunión con la más reciente en agosto, el éxito y la progresión de la interconexión dentro de ESH ha sido muy evidente, con excelentes presentaciones, intercambios de ideas y sugerencias de trabajo conjunto. Los cambios fueron palpables con los presidentes y representantes de las CS, tomando la iniciativa en las discusiones y comenzando a darse cuenta realmente del objetivo original de estas reuniones, que era hacer conexiones valiosas a través de nuestras variadas y competentes CS.

Un verdadero sentido de comunidad, creo, ha comenzado a desarrollarse de una manera que nos ha

permitido y continuará permitiéndonos compartir nuestra experiencia y ofrecer ayuda a otros dentro de nuestra sociedad y más allá. Pedí más apoyo para nuestros colegas asediados en Ucrania y varios CS más se han presentado y están ofreciendo su tiempo y su gran experiencia. Me gustaría pensar que nos hemos convertido, no solo en una sociedad de profesionales unidos por nuestra creencia en la eficacia de la hipnosis, sino también en una sociedad de amigos que están ahí para ayudarse y apoyarse mutuamente en tiempos difíciles. Me gusta pensar que nos hemos vuelto más acogedores, cálidos y reconfortantes, como el otoño. Espero poder verlos a todos presencialmente en Estambul 2023.



Translated into Italian by Fabio Carnevale

Con il caldo estivo alle spalle, è tempo di accogliere i colori intensi, caldi e confortanti dell'autunno, che sembrano consolarci mentre le giornate si accorciano e le notti si fanno più fredde. Per me è anche una stagione che stimola la riflessione.

Mi accingo ad entrare nell'ultimo anno della mia presidenza della ESH. Una esperienza che è stata allo stesso tempo insolita e interessante perché è trascorsa nella realtà virtuale per la maggior parte del tempo. Una presidenza nella realtà virtuale non è ciò che avrei mai desiderato. Tuttavia, è stata una condizione forzata dal COVID per tutti, compresi noi della ESH.

In tempi turbolenti, siamo chiamati a diventare pieni di risorse e credo che la ESH lo abbia fatto. Ricordo il primo incontro ZOOM tra le Società Costituenti e i membri del Consiglio Direttivo, durante il quale i partecipanti, nonostante il loro bagaglio di competenze, hanno trascorso la maggior parte della riunione in silenzio e con un po' di imbarazzo. Se paragono quel primo incontro con quello più recente svolto ad agosto, il miglioramento degli scambi comunicativi all'interno della ESH risulta lampante. Presentazioni eccellenti, scambi di idee e suggerimenti di lavoro congiunto sono stati evidenti. I cambiamenti sono stati palpabili sia con i presidenti che con i rappresentanti delle Società Costituenti, i quali hanno preso l'iniziativa nelle discussioni e hanno iniziato a realizzare pienamente l'obiettivo originale di questi incontri che era quello di creare dei preziosi collegamenti tra le nostre numerose ed eccellenti Società Costituenti. Credo abbia iniziato a svilupparsi un vero senso di comunità, in un modo che ha già consentito e continuerà a permetterci di

condividere competenze e di offrire aiuto agli altri sia all'interno che all'esterno della nostra Società.

Ho chiesto maggiore sostegno per i nostri colleghi assediati in Ucraina e molte Società Costituenti si sono proposte per offrire il loro tempo e la loro vasta esperienza. Mi piacerebbe pensare che siamo diventati non solo una società di professionisti legati dalla nostra convinzione nell'efficacia dell'ipnosi, ma anche una società di amici disposti ad aiutarsi e sostenersi a vicenda nei momenti difficili. Mi piace pensare che siamo diventati più accoglienti, caldi e confortanti, proprio come l'autunno.

Spero di vedervi tutti dal vivo a Istanbul 2023.



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Editor's Letter

Consuelo Casula



EUROPEAN SOCIETY OF
HYPNOSIS

As our President Kathleen Long wrote in her letter, the summer heat is behind us, so that we can concentrate more on our daily work. This September 2022 ESHNL issue is slimmer than the usual ones: during this hot summer several people preferred to enjoy free holidays after two years of restrictions due to Covid. For this reason I am particularly grateful for those who dedicated their time and energy to send their contribution.

This issue presents one interview with Rajitha Jayawardena, the current President of the British Medical and Dental Hypnosis Society, made by Kathleen Long.

Fortunately, this issue was also able to count on three board members - Peter Naish, Gérard Fitoussi and Marie-Jeanne Bremer - who, with their reliability and creativity, sent their interesting contributions.

Peter Naish stimulates readers with a reflection on how much easier - but perhaps less interesting- our life as experts in hypnosis would be if we knew how it works. Scientists committed to unravelling the mysteries nature loves hiding keep doing field research and discussing their results with colleagues, as Peter does.

Gérard Fitoussi updates readers on what lately happened in France, regarding three congresses held in the presence to the delight of the organisers, speakers and participants, all eager for the human contact that we missed so much during Covid restrictions. Gérard presents also the main topics of some French journals and a review of three recent books.

Marie-Jeanne Bremer deals with a stimulating and new topic on *Pre-Trauma Growth: a Strength to Foster!* Marie-Jeanne bases her reflections on Mariann Ziss's work on how to prevent the risk of anticipatory trauma, and on Katalin Varga's "Safe communication" method focused on preparedness, alertness, control, cooperation and safety.

In the next December 2022 ESHNL issue, the reader will enjoy reading the result of the research Kristóf Perczel introduced during our ESH meeting with the Constituent Societies. Kristóf promised that his article will include the results of his pilot study with the VR glasses.

I thank the four great translators, José Cava, Stella Nkenke, Gérard Fitoussi and Fabio Carnevale, who is also our creative visual editor.

Interview with Rajitha Jayawardena

By
Kathleen Long



First of all Rajitha congratulations on your election as President of the British Medical and Dental Hypnosis Society.

Thank you. I served three years as the president elect and have recently taken over the presidency from Alan Dewar.

Can you tell me a little bit about your background?

I completed my undergraduate Medical studies in Russia and Postgraduate studies and training in London. I work as a consultant Psychiatrist for the NHS (National Health Service) Scotland.

I am an Honorary Senior Clinical Lecturer to University of Glasgow and Final Year Examiner for the University of Edinburgh's medical school. I am an expert witness for the Scottish Courts.

Our society is an accredited member of the European Society of Hypnosis and I am delighted to be the President of the British Society of Medical and Dental Hypnosis. I work as the Clinical Director of the London College of Clinical Hypnosis, UK.

When did you first become interested in hypnosis?

I have been working in Psychiatry since 2004 and been a senior psychiatrist from 2009.

Since my early days of practice I identified some methods which were more beneficial for my patients compared to traditional psychiatric treatments such as antidepressants.

I had developed an interest in clinical hypnosis after reading books written by Milton Erickson and received formal training in hypnosis in 2016.

How do you use hypnosis in your psychiatric practice?

I use the techniques of clinical hypnosis 100% of the time with my patients. I find they are very useful tools and my patients appreciate how effective clinical hypnosis has been for them to help them overcome long term difficulties which were non or less responsive to traditional psychiatric treatments.

How have your colleagues reacted to you using hypnosis in your psychiatric practice?

After seeing the results in my patients my colleagues seem more interested in

learning clinical hypnosis and they find hypnotherapy useful. There is a lack of training; funding for colleagues at the moment but I am hoping with the word spreading fast that there will be more recognition of the value of clinical hypnotherapy training to come.

Can you tell me about BSMDH and what your vision is for BSMDH?

I have only been the president of the society since April 2022 and my vision is to widen the training and membership. We are working on a new website and focusing more on advertising the training and events.

We are a small society of around 60 full members but the active participation has been less than ideal and I am trying to get more involved with the membership in the coming year or two.

We have a president, secretary, treasurer and a council and admin support. As you know we are registered charity and our officials and members offer their support on a voluntary basis.

I notice you have dropped Scotland from your official title. Is there a reason for this?

The society has been in existence for many years now and was originally part of a larger UK wide society.

The formation of Scottish branch was a historic event but we feel that limiting our sights seems to be out of date to the way the society currently functions and this is the reason why the Scotland part has been dropped. We still retain Scotland for our official charity status.

Do you have any interests or hobbies outside of your work or anything unusual about what you do?

My hobbies and interests are music, movies and travelling. I plan to attend the Congress in Istanbul. You might find it surprising that I am the only practising Consultant Psychiatrist in Scotland who also treats patients with formal clinical hypnosis.

Do you have any plans for BSMDH that you would like to share?

I have a lot of plans and hopefully they will come to fruition:

to build up the membership and increase participation in the society; work closely with other professional organisations who promote and teach clinical hypnosis; increase the awareness of hypnosis amongst other professional organisations especially the NHS; encourage research in hypnosis and provide grants to encourage this; identify individuals who have significantly contributed to the society and honour them; spread teaching to other parts of the UK and abroad inviting others to attend our courses; make the online library available for members and trainees; approach NHS services and the Royal Colleges of psychiatrist and general practitioners to promote hypnosis via their schemes; work with the media to promote hypnosis.

Thank you Roger and good luck with your plans. You sound like you will be very busy during your time as President.

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

By
Randi
Abrahamsen





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

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

As an ESHC holder you can:

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

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

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

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

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

Minimum Training Requirements for European Society of Hypnosis Certificate

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.
-

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



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French Continuity and Innovation

By Gérard Fitoussi



EUROPEAN SOCIETY OF
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Congresses

The lull on the front of the Covid-19 pandemic has allowed congresses and meetings to be held again. The Emergences Institute brought together nearly a thousand participants in Saint-Malo on the theme of pain. Pierre Rainville, Audrey Vanhaudenhuyse and Mathieu Landry presented to the participants the state of research on consciousness, hypnotic phenomena and changes in perceptions, opening the way to stimulating reflections.

A few weeks later, in the equally pleasant setting of La Baule, it was around the Miméthys Institute to hold its congress from June 15 to 18, 2022, in a more intimate atmosphere, with “only” nearly 350 present.

The participants worked on the theme of resilience and post-traumatic growth. The congress organised by the team brought together by Éric Bardot evoked various themes such as the growing importance of epigenetics (Boustani) or the increasingly well-recognized links, social and family links, links of the subject with himself, of the therapist with himself or finally of the therapist with the patient. So many links that are broken lead to the occurrence of a pathology and that must be finely and patiently rewoven. A rich and exciting congress!

Finally, the last congress is the one that will take place in Biarritz, on September 16-17 and 18, organised by the Hypnosium Institute of Drs Frédérique and Hugues Honoré. The

theme chosen, recurring, is sufficiently open, "Seeing differently", to leave full freedom to the speakers and surprises for the participants. I will come back to the next french corner on these days.

Journals

Revue Hypnose et Thérapies Brèves, N° 66, August 2022

In the latest issue of the journal *Hypnose et thérapies brèves*, the spotlight is again in the therapeutic link. You can also read articles on the use of hypnosis in speech therapy and hypnosis used with the elderly, two fields that have been opening up in recent years to hypnotic practice for the greatest benefit of patients.

Revue Hypnose et Santé, numéro N°20, July 2022

This issue of the *Revue Hypnose et Santé* focuses on the metaphors whose importance in hypnosis is well known, metaphor of the patient and metaphor of the therapist. You can also read an article by R. D. Tukaev about the importance of hypnosis in Russia and the central figure of Ivan Pavlov. We discover that from 1920 to 1970 hypnotherapy was the "state of the art method of Soviet psychotherapy" predetermined by the work of Pavlov Nobel Prize 1904, known worldwide for his work on conditioned reflexes. In the same issue, articles on the use of hypnosis in the acceptance of diabetic disease or on

anaesthesia. As usual, a rich journal that has been able to transform itself.

Books

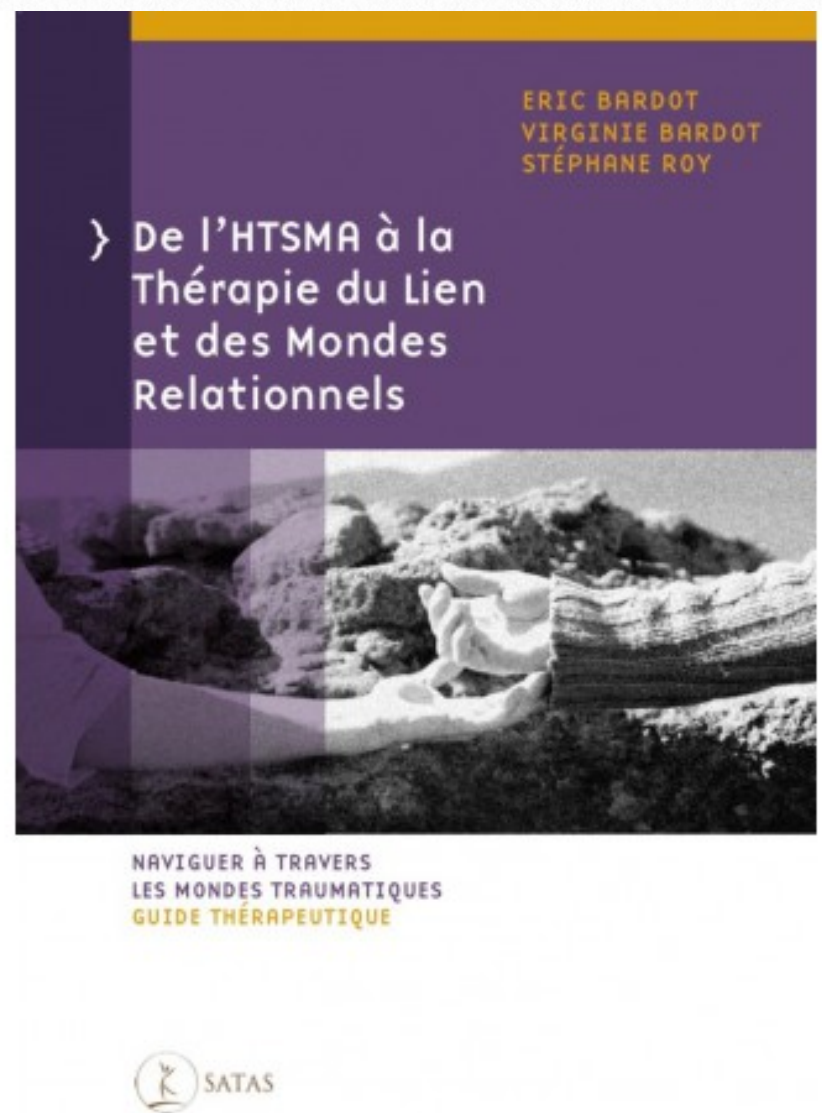
Bruno Dubos, *Les Âges clandestins, hypnose et thérapie*, Satas.



The psychiatrist Bruno Dubos has written down the work he has been offering for many years at conferences and workshops on the "clandestine ages", ages that we carry within ourselves and are different from the civil age. These clandestine ages are both obstacles to the full development of each person's personality but also resources on which the therapist can rely. Bruno Dubos opens multiple perspectives for the use of these

clandestine ages in anxiety, depression, couple relationships and during all phases of life where a major change is taking place.

Éric Bardot, Virginie Bardot, Stéphane Roy, *De L'HTSMA à la Thérapie du Lien et des Mondes Relationnels*, Satas.



Also at SATAS publishers, Éric Bardot with Virginie Bardot and Stéphane Roy, have written down the fruit of several years' work of the approach developed by Éric Bardot. This approach puts the connection at the centre of his practice. An original approach that combines hypnosis, brief therapies, alternative movements and sustained attention to what happens during the therapeutic relationship. Hypnosis, Strategic

Therapy and Alternative Movements, known as HTSMA, has now become Link and Relational Worlds Therapy (TLMR) relies on the patient's resources, cognitive and affective resources, to make them a fully fledged player in their lives.

This approach, all in sensitivity and attention, is not always easy to describe and requires to discover all the subtleties, to see it implemented and better still to experiment with it.

The book is like a foretaste for the reader who would like to know more about this original work by Bardot.

Antoine Bioy, Daniel Goldschmidt dir., *Comprendre et maîtriser, l'hypnose profonde*, Dunod.

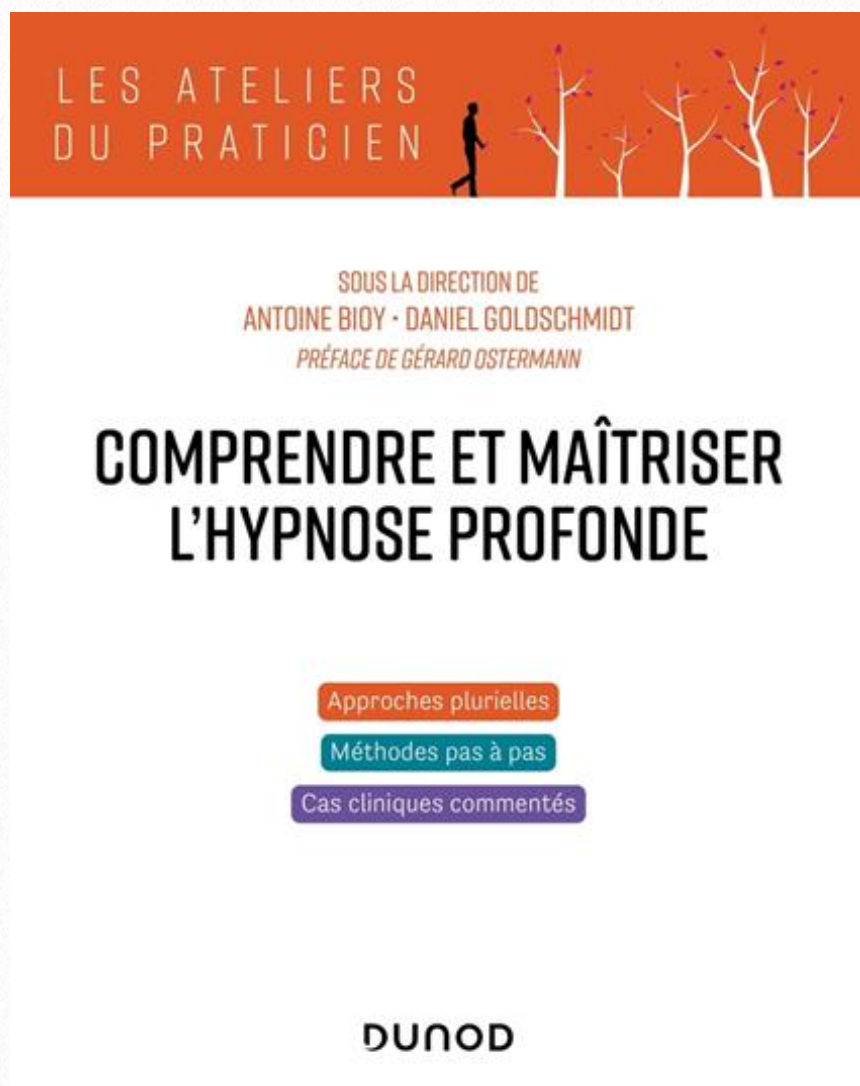
The other publisher active in the field of hypnosis in recent years, Dunod, published a book on deep hypnosis by Antoine Bioy and Daniel Goldschmidt.

The book returns to the sources of hypnosis with Mesmer, discusses the importance of dissociation and the work of Pierre and Jules Janet.

It is based on the work still unknown on this side of the Atlantic by Dave Elman. Milton Erickson is, of course, present but also C. Jung.

The theme of deep hypnosis has remained confidential in recent years in the world of hypnosis, which further underlines the importance of this book for discovering or rediscovering this approach.

Gérard Ostermann, in his preface, recalls a statement by the poet Edmond Jabès, il n'y a rien de moins évident que l'évidence (There is nothing less obvious than the obvious) and that a superficial hypnosis can be profound and conversely leaving us perplexed and intrigued, an additional invitation upon reading this book.



Continuity and Innovation in Research

By
Peter
Naish

Life would be so much easier, if we knew how hypnosis worked! We would know exactly what to teach, and we would be able to predict who would benefit from it. We would also be spared the need to proselytise; there would be no need to convince people that there was something in it. They would know exactly what it was, what it did and how, and could take it up or not, as they pleased. Easier, but perhaps less interesting.

Most readers will be familiar with the “state/non-state” debate. This is the discussion as to whether hypnosis involves a different state of consciousness from anything normally experienced, or whether it merely reflects some rather mundane changes in a continuum. This debate has largely moved on, not because it has been fully answered, but because it has moved on to more subtle issues. Many would say that the brain is certainly behaving in a different way, but they differ as to what exactly it is doing. For example, many researchers have concluded that it’s behaviour that is less integrated; activity in one part is not communicated to another. This would explain why a hypnotised person may be surprised by something that they are clearly bringing about themselves and would normally be aware of doing so.

An interesting variant on this idea involves *Higher Order Thought*. This is thinking about thinking. So, at the moment, I am thinking about how to explain this; in fact, now that I come to think of it, I am thinking about the fact that I am thinking. This is a

level of abstraction which we assume is not available to other animals and, it is suggested, it may be less available to us, during hypnosis, hence not being aware of what we are doing. Zoltan Dienes and his group have pushed this idea for some time. In their most recent study (Gurney et al., 2022) they have tested the idea by seeing whether mental exhaustion would have any impact upon hypnotic experiences. *Higher Order Thought* predicts that trying to focus on a confusing colour-naming task should not have any effect on the hypnotic experience. They tested sixty participants, and found that there was a small, but statistically significant effect. Performing the mentally demanding task immediately before responding to hypnotic suggestions reduced the degree to which they ‘worked’. However, they did not accept this result and decided to replicate it, using 96 participants. This time they found no effect. My question is, would they have gone to the considerable task of repeating the test, with this enormous number of participants, had their favoured theory been supported by the first experiment?

Experiments such as the above remove the influence of the hypnotist as far as possible. This is interesting, given that most people see hypnosis as usually comprising an interaction between two people, the participant and the hypnotist. Is he or she really an irrelevance? It may be convenient in research to assume that this is the case, but in a

clinical setting this seems to be improbable. Indeed, clinical outcome famously correlates only weakly with hypnotic susceptibility. Perhaps hypnotist effects are part of the reason. Woody and Sadler (2022) have given this issue considerable thought, and conclude that, by following a path of scientific rigour, we may have missed some interesting facts.

I will not attempt to summarise this long, wide ranging, but very readable paper here, but will just spend a little while on possible evolutionary underpinnings of hypnosis. Woody and Sadler draw attention to suggestions that a plausible precursor to hypnosis involved a leader, who could inspire his followers, ensuring that they would all share the same experience – an experience that was not necessarily real. This takes us down a slightly different track: considering why we can enjoy the benefits of hypnosis, rather than whether, for example, different hypnotists can elicit different behaviours. This is an interesting route that I will follow for a moment. It seems to me that this kind of account is merely saying that this was perhaps how hypnosis was first used, and does nothing to explain its evolution. Whether or not it should be considered an altered state, it seems that hypnosis is intimately linked to consciousness. This being the case, we can trace the evolution of hypnosis to the evolution of consciousness. A major benefit of consciousness is that it enables us to ‘re-run’ events. In other words, we can go through things in our mind’s eye, considering what might have been done differently or better. We can even imagine things that we have never actually experienced. This contrasts with a simpler animal, that has to wait until an event is repeated, in order to try again. Thus, consciousness goes some way to shortcut the trial and error process of learning. Hypnosis facilitates this repeating of events and, although it is not clear how it does so, it makes them more realistic. This could be problematic if we acted upon something imaginary, even so it is not something

that happens too easily, although we may presume that mistakes could occasionally happen, and schizophrenia would appear to be something of the sort.

None of the above accounts involves a dyad. Hypnosis does not require another human to make it happen. However, my account of the development of consciousness was first proposed specifically because we were a social animal, and the handling of interactions between members of the social hierarchy would go more smoothly for members who could go away and picture what might have gone wrong. Put another way, consciousness (and hence hypnosis) may never have evolved, if we were not a social animal. Some people are better at getting others to do their bidding, so it seems to follow that some may be better at getting others to become fully involved in hypnosis. Moreover, hypnosis almost certainly involves different processes, and only a few of us are adept at demonstrating them all. It is entirely possible that some people have the knack of encouraging a little of some vital skill out of a person, and so improve a medical outcome. However, for what it is worth, my view is that, just as the medicine a doctor gives us is more important than the characteristics of the medic who gives it, the characteristics of the hypnotist are less important than the inherent abilities of the patient.

References

Gurney, A., Dienes, Z. and Scott, R. B. (2022). Hypnotic Suggestibility Is Unaffected by a Challenging Inhibitory Task or Mental Exhaustion. *Psychology of Consciousness: Theory, Research, and Practice*. 141 - 158.

Woody, E. and Sadler, P. (2022). Interpersonal Aspects of Hypnosis: Twisted Pears and Other Forbidden Fruit. *Psychology of Consciousness: Theory, Research, and Practice*. 172 - 186.

Pre-Trauma Growth: A Strength to Foster!

By
Marie-Jeanne Bremer

While there is a rich and well-founded literature on the topic of post-traumatic growth, some considerations on pre-trauma growth may enrich the panel of resources

I refer to the article in the International Journal of Experimental and Clinical Hypnosis* where the author, Mariann Ziss, presents a project on how to prevent the risk of anticipatory trauma in Jewish schools in Europe who have implemented safety rituals to protect themselves against increasing anti-Semitism and threats against their communities.

“An anticipatory trauma reaction is a form of future-focused distress that occurs in response to threat related media and other discussion”, say Tania I. Hopwood et al.**

Extreme events, but also threat and danger are likely to increase anxiety and

victim-attitudes whereas they tend to diminish the Sense of Agency (SoA). Furthermore, in a context of real or imagined danger, protective measures and safety rituals such as going to a shelter or a bunker induce an altered state of consciousness in which every stimulus can have a suggestive effect.

And so, there is a risk when practising the safety rituals that the feeling of being threatened is increased and that possible trauma-reactions may be triggered.

This leads to the question “how to communicate a potential risk in a way that does not make the recipient feel more anxious and less in control” (M. Ziss) and how to utilise this altered state of consciousness to strengthen the SoA. In analogy to the “Suggestive communication in Somatic Healing” by K. Varga, the author develops the “Safe communication”

method consisting in a three-hour training for teachers focussing on “preparedness, alertness, control, cooperation and safety” with a theoretical discussion on anticipatory trauma and extreme situations and a practical part in which the kind of wording is very important.

For example, the term “Evacuation” is replaced by “moving to a safe place”, or the order “stop the panic” is transformed into “feel your control”.

In an environment severely transformed by migrations, by war, sanitary crises or ecological catastrophes caused by climate change, the project designed by Mariann Ziss can stand for other crisis interventions in extreme situations, such as evacuating a village or a building. Here is another input on the topic.

In her paper **, T.L. Hopwood encourages clinicians to recognize anticipatory traumatic reaction symptoms.

A possible way to reduce the effects of these reactions relies on mindfulness interventions focusing on non-judgmental awareness and acceptance.

*Mariann Ziss, Pre-Trauma Growth under Terror Threat: Suggestive Communication Method in Anticipatory Trauma. *International Journal of Clinical and Experimental Hypnosis*, 2020, Vol.68, NO 4, 475-482

** Tanya L. Hopwood, Nicola S. Schutte & Natasha M. Loi (2022) Interventions for Anticipatory Traumatic Reaction: a Pilot Study, *Clinical Psychologist*, 26:1, 63-72, DOI: 10.1080/13284207.2021.2006573



Peter Bloom Eulogy

By
Consuelo Casula



September 10th, the world of hypnosis has become sad at the news of the death of Peter Bloom reported to friends by his wife Marcia. Peter was ISH president, 1994-1997. From the ISH he received the Pierre Janet Award for Clinical excellence, 2001, and the Benjamin Franklin Gold Medal, 2004, for his distinguished life career in promoting

hypnosis worldwide clinically and experimentally. The ESH recognised his contribution also at European level and awarded him the ESH Honorary Member award. Peter Bloom will be remembered by friends and colleagues who knew and respected him in the next ESHNL, December issue.

Calendar of Events

3RD INTERNATIONAL FESTIVAL OF THERAPEUTIC STORYTELLING

When:

07/10/2022 - 09/10/2022, 1:00 pm

Details:

ESH Constituent Society:

IMHEL Institut Milton H.Erickson de Luxembourg

In cooperation with Institut für Hypno-Systemische Beratung (hsb)

Venue:

BINGEN (Germany)

Jugendherberge Bingen

Rhein-Nahe-Jugendherberge Familien-und-Jugendgästehaus Herterstrasse 51 55411 Bingen

Invited Speaker(s):

Kathleen Long (GB), Christine Guilloux (F) Charles Naceur Azeval (DZ), Martin Niedermann (CH), Sonja Pichler (A), Stefan Hammel (D), Marie-Jeanne Bremer (L) and others

Language:

German (some WS in English with German translation)

Translations:

Fees: 465 EUR

Registration Website: www.erzaehl-festival.de

Email: ifte@hsb-westpfalz.de

Telephone: 0049-631-3702093

SPELLBOUND: JAMES BRAID AND JOHN ELLIOTSON, VICTORIAN PIONEERS OF HYPNOTISM

When: 10/10/2022, 6:00 pm - 8:30 pm

Venue: Online – Webinar

Invited Speaker(s): Wendy Moore and Michael Alan Gow

Language: English

Registration Website: <https://www.rsm.ac.uk/events/hypnosis-and-psychosomatic-medicine/2022-23/hyr50/>

Email: hypnosis@rsm.ac.uk

Description: Learn about two of Victorian Britain's most reputable doctors – Dr James Braid and Dr James Elliotson (a former President of the Royal Society of Medicine). Speakers will discuss their early theories about hypnosis, derived from research and clinical practice, as well as their relevance today.

Discount code: EHS15

Link: <https://rsm.ac/VictorianHypnotists>

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:

Hybrid Event: In person: Viterbo - Hotel Terme Salus and Online

Invited Speakers:

- **Brian Allen (Australia)** – *Changing the Word in the Heart – When the Word in the Heart Changes, Change Becomes Easy: An Innovative 4 Session Approach to the Treatment of Addictions.*

- **Cecilia Fabre Robles (Mexico)** – *Hypnotic Rapport, Through the Use of Metaphorical Objects for Transforming emotions.*

- **Woltemade Hartman (South Africa)** – *Body Trance: Advancing Flow, Embodiment and Self-Regulation in Your Traumatized Clients: A Combined Clinical Hypnosis and Somatic Experiencing Approach With Live Demonstrations*

- **Carl (Callie) Hattingh (Australia)** - *All that Jazz: The Integrating Principles of Clinical Hypnosis, Ego State Therapy and Somatic Approaches in Psychotherapy.*

- **Mark Jensen (USA)** – *Hypnosis for Chronic Pain Management*

- **Anita Jung (USA)** – *Creating Impact by Utilizing Musical Principles in Hypnosis*

- **Bernhard Trenkle (Germany)** – *The Chinese Chest Technique*

- **Katalin Varga (Hungary)** – *Techniques of Rapport Management*

- **Enayat Shaidi (Iran)** – *Hypnotic Regression Therapy (HRT)*

Details

<https://www.societaipnosi.it>

SPECIALIST MODULE – HYPNOSIS IN THE MANAGEMENT OF PAIN

When

19/11/2022, 10:00 am - 4:00 pm

ESH Constituent Society: BSCAH

Venue: Virtual on zoom
Invited Speaker(s): Allan Cyna
Language: English
ESH Constituent Society:
Member: £100
Non-member: £125

Registration Website:
<https://www.bscah.com/book-event/specialist-module-hypnosis-in-the-management-of-pain>

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

About the course:

A one day training on zoom with presentations, demonstrations and tutorial small group practice with Allan Cyna, Sue Peacock, Jean Rogerson, Maureen Tilford and Ann Williamson

Cases will be used throughout to demonstrate ways of working with pain

There will be opportunities to practise (in breakout rooms) some of the techniques demonstrated

These modules are specialist modules designed to enhance and develop a delegate's knowledge and understanding of medical hypnosis. It is assumed that delegates will have already completed the introductory course to hypnosis (Module 1). This knowledge will be

required in order to achieve the learning outcomes for these specialist modules.

Learning Objectives

By the end of this module students will be able to:

- Identify the place of hypnosis in the treatment of acute, procedural and chronic pain
- State ways of using hypnotic techniques and imagery to help with these conditions
- To know when and how to utilise hypnotic techniques to help patients/ clients with these problems

THE EVOLUTION OF PSYCHOTHERAPY – CONFERENCE

Date: 14 - 22 DECEMBER 2022

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

www.evolutionofpsychotherapy.com





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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European Society of Hypnosis



In Psychotherapy and Medicine

ESH

ESH CONGRESS

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