



ESH

CONTINUITY + INNOVATION

PRESIDENT'S LETTER P.2

TRANSLATED VERSIONS

P. 3

P.7

EDITOR'S LETTER

P.9

INTERVIEWS

CEPE P. 19
FRENCH C&I P. 21
CONGRESSES P. 26
NEWS FROM ESH
CONGRESS 2023 P. 39

RESEARCH P. 17

CALENDAR OF EVENTS P. 46

Credits P. 48

President's Letter Kathleen Long

They say time flies and for me it certainly has. My Presidency of ESH will soon be at an end and I will hopefully be able to thank you all when I see you face to face in Antalya. The end of the year is rapidly approaching, and it is always for me a time of reflection and a time to take stock of what has happened over the past 12 months. I would like to be able to say that that this has been a fantastic year, but it would be far from the truth. My granddaughter, aged three years, lost her father to motor neurone disease and one of my daughters suffered domestic abuse and the breakdown of her short marriage.

Like our patients and clients, we all have our own personal struggles and issues to deal with, but unlike those who seek us out, we have learned, and continue to learn, many skills that allow us to build resilience and overcome obstacles and challenges. For many of our patients and clients their problems may seem insurmountable, and it is a privilege to be able to help them. I feel fortunate to have learned many of my skills from some of the best clinical hypnotherapists in the world. The benefits to my own family have been enormous. The techniques I learned I integrated into my everyday life. It's often a simple process of osmosis where they learn by observing and listening.

I still work in general medicine and recently saw a young woman who came complaining of pain and who was taking a lot of medication. It rapidly became clear that her pain was not all physical. The reason the analgesics were not working was because it was impossible for simple medication to resolve her neglected, tortured childhood or the domestic abuse that she had suffered at the hands of someone she hoped would at last love her for who she was. Her descent into alcohol abuse resulted in her losing her children who were now in foster care. While I dealt with her physical problem, I

tried my best to deal with her lack of self-esteem. This was a young woman who had lost hope. She used to have a career, a family and felt she had nothing now and had lost hope. I had 15 minutes with her and managed to quickly do some ego strengthening, some future pacing and refer her for help with her addictions. At the end of the short visit, she decided she wanted to gradually come off some of her medication, get back to work and increase her contact with her children. People can be broken but like the scattered jigsaw puzzle often they just need help to locate the corner pieces to start making the picture whole again. Since my basic training many years ago I have honed my skills through contact with other therapists, and trainers that I have met at conferences and congresses. These people have the same commitment as me, and who try to help others live a more fulfilling life. Often very damaged and broken people can be helped to understand that they have hope and that they are stronger than they thought possible. That's why I am looking forward with excitement and enthusiasm to our ESH Congress in Antalya.

Now that I am consulting with patients face to face, I realise that even with the best WIFI in the world a virtual therapy or congress is not the same and not as effective as real conversation and learning. We never stop learning from each other and we learn best when all our senses are engaged. Antalya promises us this and more. The culture will certainly engage all our senses. The Congress will feed our thirst for knowledge, learning and meaningful conversations with our friends and colleagues from all over Europe and beyond.

Antalya 2023 will be the first ESH congress held face to face for more than six years. Let us make it a reunion we will always remember. I look forward to seeing you all in Antalya.

Translated into French by Gérard Fitoussi

On dit que le temps passe vite et pour moi, c'est certainement le cas. Ma présidence de l'ESH touche bientôt à sa fin et j'espère pouvoir vous remercier tous lorsque je vous verrai face à face à Antalya. La fin de l'année approche à grands pas, et c'est toujours pour moi un moment de réflexion et un moment pour faire le point sur ce qui s'est passé au cours des 12 derniers mois. J'aimerais pouvoir dire que cette année a été fantastique, mais ce serait loin de la vérité. Ma petite-fille, âgée de 3 ans, a perdu son père à cause d'une maladie du motoneurone et une de mes filles a subi des violences conjugales et la rupture de son mariage de courte durée. Comme nos patients et clients, nous avons nos propres luttes et problèmes personnels à gérer, mais contrairement à ceux qui nous consultent, nous avons acquis et continuons d'acquérir de nombreuses compétences qui nous permettent de renforcer la résilience et surmonter les obstacles et les défis. Pour plusieurs de nos patients et clients, leurs problèmes peuvent sembler insurmontables, et c'est un privilège de pouvoir les aider. Je me sens chanceuse de toutes ces compétences acquises auprès de certains des meilleurs cliniciens hypnothérapeutes au monde. Les avantages pour ma propre famille ont été énormes. Les techniques que j'ai apprises se sont intégrées à ma vie de tous les jours. C'est souvent un simple processus d'osmose où ils apprennent en observant et en écoutant. Je travaille toujours en médecine générale et j'ai vu récemment une jeune femme qui venait se plaindre de douleurs et qui prenait beaucoup de médicaments. Il est rapidement devenu très clair que sa douleur n'était pas uniquement physique. Les analgésiques ne fonctionnaient pas, la raison en était qu'un simple médicament ne pouvait résoudre les problèmes d'une enfance négligée et torturée ainsi que la violence domestique qu'elle avait subie de quelqu'un dont elle espérait qu'il l'aimerait pour la personne qu'elle était. Sa chute dans l'abus d'alcool l'a amenée à perdre ses enfants, placés maintenant en famille d'accueil. Pendant que je m'occupais de son problème physique, j'ai fait de mon mieux pour gérer son manque d'estime de soi. C'était une jeune femme qui avait perdu espoir. Elle avait une carrière, une famille et sentait qu'elle n'avait plus rien maintenant et avait perdu espoir. J'ai eu 15 minutes avec elle et j'ai réussi à faire rapidement du renforcement de l'ego, de la progression dans le futur, et à la référer à un service d'aide pour ses dépendances. À la fin de cette courte consultation, elle a décidé qu'elle voulait graduellement arrêter une partie de ses médicaments, retourner au travail et augmenter ses contacts avec ses enfants. Les gens peuvent être brisés, et comme le puzzle éparpillé, ils ont souvent besoin d'aide pour localiser les pièces d'angle pour recommencer à reconstituer l'image. Depuis ma formation de base, il y a de nombreuses années, j'ai perfectionné mes compétences au contact d'autres thérapeutes et formateurs que j'ai rencontrés lors de conférences et de congrès. Ces personnes ont le même engagement que moi et essaient d'aider les autres à vivre une vie plus épanouissante. Souvent, les personnes très endommagées et brisées peuvent être aidées à comprendre qu'il y a de l'espoir et qu'elles sont plus fortes qu'elles ne le pensaient. C'est pourquoi j'attends avec impatience et enthousiasme notre congrès ESH à Antalya. Maintenant que je consulte des patients en présentiel, je me rends compte que même avec le meilleur WiFi au monde, une thérapie ou un congrès virtuel n'est pas la même chose et n'est pas aussi efficace qu'une conversation et un apprentissage fait en personne. Nous ne cesserons jamais d'apprendre les uns des autres et nous apprenons mieux lorsque tous nos sens sont sollicités. Antalya nous promet cela, et plus encore. La culture engagera certainement tous nos sens. Le Congrès nourrira notre soif de connaissances, d'apprentissage et de conversations significatives avec nos amis et collègues de toute l'Europe et au-delà.

Antalya 2023 sera le premier congrès ESH organisé en face à face depuis plus de six ans. Faisons-en une réunion dont nous nous souviendrons toujours. J'ai hâte de vous voir tous à Antaly

Translated into German by Stella Nkenke

Die Zeit vergeht wie im Fluge, das kann ich ganz sicher für mich dieses Jahr bestätigen. Meine Präsidentschaft der ESH neigt sich langsam dem Ende zu und ich werde hoffentlich in der Lage sein, Ihnen allen persönlich zu danken, wenn wir uns in Antalya sehen werden. Das Jahresende rückt immer näher, und das ist immer für mich der Moment, zurück zu schauen und eine Bestandsaufnahme dessen zu machen, was in den letzten 12 Monaten geschehen ist. Ich würde gerne sagen, dass dies ein fantastisches Jahr war, aber das wäre weit von der Wahrheit entfernt. Meine Enkelin, die 3 Jahre alt ist, hat ihren Vater durch eine Motoneuronen-Krankheit verloren, und eine meiner Töchter hat häusliche Gewalt und das Scheitern ihrer kurzen Ehe erlebt. Genau wie unsere Patienten und Klienten haben auch wir alle unsere eigenen persönlichen Probleme und Schwierigkeiten zu bewältigen, aber im Gegensatz zu denen, die uns aufsuchen, haben wir viele Fähigkeiten erlernt, die es uns ermöglichen, Hindernisse und Herausforderungen zu überwinden.

Für viele unserer Patienten und Klienten mögen ihre Probleme unüberwindbar erscheinen, und es ist ein Privileg, ihnen helfen zu können. Ich schätze mich glücklich, dass ich viele meiner Fähigkeiten von einigen der besten klinischen Hypnotherapeuten der Welt gelernt habe. Der Nutzen für meine eigene Familie war enorm. Die erlernten Techniken habe ich in mein tägliches Leben integriert. Oft ist es ein einfacher Prozess der Osmose, bei dem man durch Beobachten und Zuhören lernt. Ich arbeite nach wie vor in der Allgemeinmedizin und hatte kürzlich eine junge Frau, die über Schmerzen klagte, obwohl sie schon viele Medikamente einnahm. Es wurde schnell klar, dass ihre Schmerzen nicht nur körperlicher Natur waren. Der Grund dafür, dass die Schmerzmittel nicht wirkten, war, dass es unmöglich ist, mit einfachen Medikamenten ihre vernachlässigte, gequälte Kindheit oder den häuslichen Missbrauch zu lösen, den sie durch jemanden erlitten hatte, von dem sie hoffte, dass er sie endlich so lieben würde, wie sie ist. Ihr Abstieg in den Alkoholmissbrauch führte dazu, dass sie ihre Kinder verlor, die nun in Pflegefamilien untergebracht sind. Während ich mich um ihr körperliches Problem kümmerte,

versuchte ich mein Bestes, um mich auch um ihren mangelnden Selbstwertgefühl zu kümmern. Sie war eine junge Frau, die die Hoffnung verloren hatte. Früher hatte sie eine Karriere und eine Familie, jetzt hatte sie das Gefühl, nichts mehr zu haben und jegliche Hoffnung verloren zu haben. Ich hatte nur 15 Minuten Zeit und schaffte es, ihr Selbstwertgefühl zu stärken, ihr den Weg in die Zukunft zu weisen und sie an eine Suchtberatungsstelle zu verweisen. Am Ende des kurzen Besuchs beschloss sie, ihre Medikamente schrittweise abzusetzen, wieder zu arbeiten und den Kontakt zu ihren Kindern zu intensivieren. Menschen können zerbrochen sein, aber wie bei einem verstreuten Puzzle brauchen sie oft nur Hilfe, um die Eckteile zu finden und das Bild wieder zusammenzusetzen. Seit meiner Grundausbildung vor vielen Jahren habe ich meine Fähigkeiten durch den Kontakt mit anderen Therapeuten und Ausbildern, die ich auf Konferenzen und Kongressen getroffen habe, immer mehr verfeinert. Diese Menschen haben das gleiche Engagement wie ich und versuchen, anderen zu helfen, ein erfüllteres Leben zu führen. Oft kann man sehr geschädigten und gebrochenen Menschen helfen zu verstehen, dass sie Hoffnung haben und stärker sind, als sie es für möglich gehalten haben.

Deshalb sehe ich unserem ESH-Kongress in Antalya mit Spannung und Begeisterung entgegen. Jetzt, wo ich Patienten von Angesicht zu Angesicht berate, wird mir klar, dass selbst mit dem besten WiFi der Welt eine virtuelle Therapie oder ein Kongress nicht dasselbe und nicht so effektiv ist wie ein echtes Gespräch und Präsenz Lernen. Wir hören nie auf, von einander zu lernen, und wir lernen am besten, wenn alle unsere Sinne angesprochen werden. Antalya verspricht uns dies und vieles mehr. Die Kultur wird sicherlich alle unsere Sinne ansprechen. Der Kongress wird unseren Durst nach Wissen, Lernen und sinnvollen Gesprächen mit unseren Freunden und Kollegen aus ganz Europa und darüber hinaus stillen. Antalya 2023 wird der erste ESH-Kongress sein, der seit mehr als sechs Jahren in Präsenz stattfindet. Lassen Sie uns daraus ein Wiedersehen machen, an das wir uns immer erinnern werden. Ich freue mich schon darauf, Sie alle in Antalya zu sehen.

Translated into Spanish by José Cava

Dicen que el tiempo vuela y para mí ciertamente lo ha hecho. Mi presidencia de ESH pronto terminará y espero poder darles las gracias a todos cuando nos veamos cara a cara en Anatolia. El final del año se acerca rápidamente y siempre es para mí un momento de reflexión y un momento para hacer balance de lo que ha sucedido en los últimos 12 meses. Me gustaría poder decir que este ha sido un año fantástico pero estaría lejos de la verdad. Mi nieta, de 3 años, perdió a su padre por una enfermedad de neuronas motoras y una de mis hijas sufrió abuso doméstico y la ruptura de su breve matrimonio. Al igual que nuestros pacientes y clientes, todos tenemos nuestras propias luchas y problemas personales que afrontar, pero a diferencia de quienes nos buscan hemos aprendido y seguimos aprendiendo muchas habilidades que nos permiten desarrollar resiliencia y superar obstáculos y desafíos. Para muchos de nuestros pacientes y clientes sus problemas pueden parecer insuperables y es un privilegio poder ayudarlos. Me siento afortunada de haber aprendido muchas de mis habilidades de algunos de los mejores hipnoterapeutas clínicos del mundo. Los beneficios para mi propia familia han sido enormes. Las técnicas que he aprendido las he integrado en mi vida diaria. A menudo es un simple proceso de ósmosis donde uno aprende observando y escuchando. Todavía trabajo en medicina general y recientemente tuve que atender a una mujer joven que venía quejándose de dolor y que estaba tomando mucha medicación. En seguida me di cuenta muy claramente de que su dolor no era solo físico. La razón por la que los analgésicos no le funcionaban era por la imposibilidad de que una simple medicación resolviera una infancia de torturas y abandono o el abuso doméstico que había sufrido a manos de alguien que esperaba que, finalmente, la amara por lo que era. Su descenso al abuso del alcohol resultó en la pérdida de sus hijos que ahora estaban en hogares de acogida. Mientras me ocupaba de su dolencia física, hice todo lo posible para mejorar su falta de

autoestima. Era una mujer joven que había perdido la esperanza. Antes tenía una carrera, una familia y ahora sentía que no tenía nada y había perdido la esperanza. Estuve 15 minutos con ella y me las arreglé para hacer un poco de fortalecimiento del ego, orientación al futuro y derivarla para que la ayudaran con sus adicciones. Al final de la breve visita, decidió que quería dejar gradualmente algunos de sus medicamentos, volver al trabajo y aumentar el contacto con sus hijos. Las personas pueden romperse, pero al igual que un rompecabezas a menudo solo necesitan ayuda para ubicar las piezas de las esquinas y comenzar a completar la imagen de nuevo. Desde mi formación básica hace muchos años, he perfeccionado mis habilidades a través del contacto con otros terapeutas y formadores que he conocido en conferencias y congresos. Estas personas tienen el mismo compromiso que yo y tratan de ayudar a otros a vivir una vida más plena. A menudo, se puede ayudar a las personas muy dañadas y rotas a comprender que tienen esperanza y que son más fuertes de lo que creían posible. Es por eso que espero con emoción y entusiasmo nuestro Congreso ESH en Anatolia. Ahora que estoy atendiendo a los pacientes cara a cara, me doy cuenta de que incluso con la mejor WiFi del mundo, una terapia o un congreso virtual no es lo mismo y no es tan efectivo como una conversación y un aprendizaje reales. Nunca dejamos de aprender unos de otros y aprendemos mejor cuando todos nuestros sentidos están involucrados. Anatolia nos promete esto y más. Su cultura sin duda cautivará todos nuestros sentidos. El Congreso alimentará nuestra sed de conocimiento, aprendizaje y conversaciones interesantes con nuestros amigos y colegas de toda Europa y más allá.

Anatolia 2023 será el primer congreso presencial de ESH que tiene lugar en más de seis años. Hagamos que sea un encuentro que siempre recordemos. Espero verlos a todos en Anatolia.

Translated into Italian by Fabio Carnevale

Si dice che il tempo voli e per me è stato sicuramente così. La mia presidenza della ESH si concluderà presto e spero di potervi ringraziare tutti quando vi vedrò di persona ad Antalya. La fine dell'anno si avvicina rapidamente e per me è sempre un momento di riflessione e di bilancio di ciò che è accaduto negli ultimi 12 mesi. Mi piacerebbe poter dire che questo è stato un anno fantastico, ma sarebbe lontano dalla verità. Mia nipote, all'età di tre anni, ha perso il padre a causa della malattia neurologica e una delle mie figlie ha subito abusi domestici e la rottura del suo breve matrimonio. Come i nostri pazienti e clienti, anche noi abbiamo le nostre pene e i nostri problemi personali da affrontare ma, a differenza di coloro che chiedono il nostro aiuto, abbiamo imparato e continuiamo a imparare molte abilità che ci permettono di costruire la resilienza e di superare gli ostacoli e le sfide.

Per molti dei nostri pazienti e clienti i problemi possono sembrare insormontabili ed è un privilegio poterli aiutare. Mi ritengo fortunata ad aver appreso molte delle mie competenze da alcuni dei migliori ipnoterapeuti clinici del mondo. I benefici per la mia famiglia sono stati enormi. Le tecniche che ho imparato le ho integrate nella mia vita quotidiana. Spesso si tratta di un semplice processo di osmosi in cui i bambini imparano osservando e ascoltando.

Lavoro ancora in medicina generale e di recente ho visto una giovane donna che lamentava un dolore a causa del quale assumeva molti farmaci. È apparso subito chiaro che il suo dolore non era solo fisico. Il motivo per cui gli analgesici non funzionavano era l'impossibilità per i semplici farmaci di risolvere la sua infanzia trascurata e tormentata o gli abusi domestici che aveva subito per mano di qualcuno che lei sperava potesse finalmente amarla per quello che era. L'abuso di alcol le aveva fatto perdere i figli, che ora erano in affidamento. Mentre mi occupavo dei suoi problemi fisici, ho fatto del mio meglio per affrontare la sua mancanza di

autostima. Si trattava di una giovane donna che aveva perso la speranza. Aveva una carriera, una famiglia e sentiva di non avere più nulla e di aver perso la fiducia. Nei 15 minuti trascorsi con lei e sono riuscita a lavorare un po' sul rinforzo dell'Io, un po' sulla fiducia nel futuro e ad indirizzarla verso un aiuto per i suoi problemi di dipendenza. Alla fine di questa breve visita, ha deciso di smettere gradualmente di prendere i farmaci, di tornare al lavoro e di aumentare i contatti con i suoi figli. Le persone possono essere distrutte ma, come un puzzle sparso, spesso hanno solo bisogno di aiuto per trovare i pezzi giusti e ricominciare a comporre il quadro.

Dalla mia formazione di base, molti anni fa, ho affinato le mie capacità grazie al contatto con altri terapeuti e formatori che ho incontrato a conferenze e congressi. Queste persone hanno il mio stesso impegno e cercano di aiutare gli altri a vivere una vita più soddisfacente. Spesso persone molto danneggiate e distrutte possono essere aiutate a capire che hanno una speranza e che sono più forti di quanto pensassero. Ecco perché attendo con entusiasmo il Congresso ESH di Antalya. Ora che consulto i pazienti faccia a faccia, mi rendo conto che anche con il miglior WIFI del mondo una terapia o un congresso virtuale non sono la stessa cosa e non sono efficaci come una conversazione e un apprendimento dal vivo. Non smettiamo mai di imparare gli uni dagli altri e impariamo meglio quando tutti i nostri sensi sono impegnati. Antalya ci promette questo e altro. La cultura coinvolgerà certamente tutti i nostri sensi. Il Congresso alimenterà la nostra sete di conoscenza, di apprendimento e di conversazioni significative con i nostri amici e colleghi di tutta Europa e non solo.

Antalya 2023 sarà il primo congresso ESH che si terrà di persona da oltre sei anni. Facciamo in modo che sia una riunione che ricorderemo per sempre. Non vedo l'ora di vedervi tutti ad Antalya.

Editor's LetterConsuelo Casula



This December's issue begins with a reflection of the ESH President, Kathleen Long, wishing to see all of us, October 2023, during the Antalya congress which is presented by Ali in the last pages.

This issue is enriched by two interesting interviews: one with José Cava president of the Asociación Española de Hipnosis Ericksoniana. This interview gives the opportunity to know him better. His photograph allows us to put a face to one of the most faithful and punctual translators of the President's letter since 2017. The second interview carried out with the usual mastery by Randi Abrahamnsen is with a dentist who lives and practices in Uruguay. Thanks to his Italian father he also has Italian citizenship, he is one of the few ESH individual members. Reading between the lines of the interview, we understand some of the advantages derived from having lived in a multicultural environment resulting in him having easily learned four languages.

The interviews are followed by the usual stimulating column by Peter Naish who shares with us research conducted by Santarcangelo and Manzoni on "Hypnotisability and the Cerebellum: Hypotheses and Perspectives." I remind you that last June Enrica Santarcangelo was given the ISH Award for Scientific excellence, "for her rigorous experimental work that has substantially advanced the understanding of the process of hypnosis."

Gerard Fitoussi updates us on the congresses that took place in France and on some publications, journals and books, also anticipating the next French translation of a book already published in English that could possibly be of interest to those who understand English, not French. Maria Cristina Perica gives us a captivating summary of the international conference organized by Camillo Loriedo in Viterbo. From her review, the satisfaction of the Italian participants at having had the opportunity to meet all the members of the ISH board in person stands out.

Kathleen Long changes hats and takes us to Bingen, Germany, where Stefan Hammel, president of the Institute for Hypno-systemic Counseling, hosted his annual Story Telling congress. The ESH president with her usual humor describes the initial difficulties in understanding the German speakers and how in the space of a few days she managed to capture the fundamental concepts exchanged during the congress and in the evening's playful moments.

This year-end issue reminds us that everything changes, everything ends. Just as the world of hypnosis has changed thanks to the human and professional influence of Peter Bloom, so has his life which is commemorated here with a mixture of admiration and gratitude by Camillo Loriedo, Burkhard Peter und Alida Iost-Peter, Susanna Carolusson, Mhairi McKenna and myself. Each evoked the human and professional greatness of Peter Bloom whose legacy will be passed on to future generations. It is clear to many that without the collaborative interventions of Peter Bloom both ISH and ESH would be different. We maybe do not have proof to support that statement. But we do have proof that he and Peo Wilkstrom (see ESHNL September 2019) invented the motto Building Bridges of Understanding because Peter was like that, someone who united, connected, gave space and trust to the different people who approached him.

I join Kathleen Long in wishing that we can all finally see each other in person in the modern setting of Antalya which retains its ancient heart, after a long interlude: seven long years since we last saw each other in Manchester in 2017. It's time to be together again. Finally, my gratitude goes to the contributors of our ESHNL, each interviewee, and each translator. Without their help our ESHNL could not exist. Happy holidays and a serene and fruitful 2023.

9

Interview with José Cava, President of the The Asociación Española de Hipnosis Ericksoniana

By Consuelo Casula



Please present yourself to the ESHNL readers: your background, how and when you started being interested in hypnosis, who have been your teachers, whatever you think can be interested for the readers to know about you, also something about your private life, if you

are married, where you live and your hobbies.

I first graduated in Telecommunication Engineering although I was more interested in psychology. At that time, in the late 70's, it was difficult to earn a living working as a psychologist in Spain. I worked for several years as a computer system consultant, becoming director of the SAP consulting group (Enterprise Management Systems) at Hewlett Packard Spain. And, finally, I became a clinical psychologist in year 2000. At a first sight it could seem not very related careers, but I have found very useful my engineering background to do psychotherapy, as it is very oriented to problem-solving so much needed in any psychotherapy endeavor.

When I was a teenager, about 15-year-old, I read a book, "Twenty Cases Suggestive of Reincarnation," written by a Canadian psychiatrist, lan Stevenson.

He used hypnosis to do regressions to past lives trying to find any evidence of reincarnation. I found that book very interesting and I tried to do same. So, I learned hypnosis from a book and started to do hypnosis to anyone that volunteered. They could be my siblings, friends, and schoolmates. I did hypnosis at home, school, at the beach, anywhere. I did not get much evidence about past lives, but I learned a few things about hypnosis, such as hypnotic scripts or fixing visual attention on a spot was not so critical to induce a trance, it was more important to get the person absorbed in some way. I remember trying unsuccessfully several times to hypnotize my younger brother, he was about seven. Then I happened to think about talking about a TV Series he liked very much, "Sandokan," to get his attention. It was like "magic", he went very quickly into a somnambulistic trance, and he showed several deep trance hypnotic phenomena with total amnesia when back to normal awareness. I did this "free style" induction with him several times with the same good results.

Later, in the 90's, I learned NLP with Richard Bandler. He often mentioned a mysterious Erickson. So, I started to learn about such Erickson, and I was fascinated by his life and style of doing hypnosis and psychotherapy. In 2001 I joined Instituto Erickson of Madrid, as co-director, and in the following years, I had the great the opportunity and privilege of learning from great masters such as J. Zeig, M. Yapko, E. Rossi, the Barretta's, S. Gilligan, D. Short and others. I live in Madrid with my wife, Yolanda, where I run my private practice as a psychotherapist for more than 20 years.

We met in different ESH and ISH congresses and last time it was in Phoenix, during the latest Ericksonian congress in 2019. I remember that we met several times in Phoenix. When have you started attending the Ericksonian congresses? When you started presenting as short courses faculty? What is your specialty, what are the issues that you usually present during congress? What is your main expertise in the field of hypnosis?

The first Ericksonian congress I attended was in 2011, and before that I went to the 11th Congress of the ESH in Vienna, in 2008, as a presenter of a workshop about posthypnotic suggestions. It was a great experience and made good friends. Since those first congresses, I have attended other Ericksonian, ESH and ISH congresses as a presenter as also in other

congresses not about hypnosis or psychotherapy, as Psychosomatic Medicine or Psycho-Oncology. I am very interested in hypnosis in general, the trance experience, hypnotic phenomena, and how to enhance its efficacy as psychotherapeutic tool.

I am also interested in biofeedback and more specifically in heart rate variability and its application to manage anxiety and to monitor autonomic state during hypnosis as it shows information about arousal state that offers important clues about what is going on inside the person while in trance. I use it very often in my clinical practice.

Present your Society. Its history, since when it exists, since when is an ESHCS, what does in the field of hypnosis, research, clinic, teaching seminars, school? its mission, and its values, how many people are involved and if they are medical doctors or psychologists? Is it a ESHCS dedicated mainly to hypnosis or also to some other approach... brief therapy, systemic, strategic, ego state?

The Asociación Española de Hipnosis Ericksoniana was founded in 2003, and it was thought to be complementary of the Institute Erickson of Madrid, as a natural continuation for further learning and training and as a meeting place for former students of the Institute to share ideas and experiences. And to promote Ericksonian Hypnosis and Psychotherapy knowledge to other professional groups. Most of our members are psychologists and medical doctors. Though we are a small society we work closely with the Institute Erickson of Madrid and organize activities like conferences, meetings, or workshops to which current and former students of the Institute can attend if qualified.

Since when you are the president of your society, until when you will stay in this role?

I have been a founder member of AEHE and president since its foundation in 2003. New elections will be in 2024.

What have you done until now as founder and president, are you satisfied or are you still working in improving something else or something new? What are your plans for the incoming future?

We are a small society with few financial or human resources. The Covid pandemic has had an impact in our activities and initiatives mainly in face-to-face meeting and events, that we are still noticing. We were coming back to normal slowly. We have developed a new web site, that is including different materials and media for members, and we are currently working on a more dynamic web section with blogs and news where members can participate. We also want to work more to expand Ericksonian strategies and techniques in psychotherapy and hypnosis to other groups like health professionals in hospitals or school teachers.

I hope to see you at the next ESH congress in Antalya. What is your reaction to the change venue, from Istanbul to Antalya? What are your expectations regarding the incoming event, what are your desire regarding the contents and the gathering together? Do you have a special request?

I hope to be there. I think the change of the congress venue to Antalya will be better for attendees to be more focused on the congress activities and will be able to get the most of it. Istanbul is such a beautiful and touristic city that you get very easily attracted and distracted by its charm and never-ending entertainment offer. I highly recommend spending some time before or after the congress in Istanbul, if you can. Regarding the

contents and the gathering I am very willing to go to Antalya and be able to meet face-to-face with old friends and colleagues since 2019.

What are you preparing for our next ESH congress? A lecture, a workshop? Tell us about something more than what it will be written in the abstract so that the readers can be interested in listening to and following you.

I am preparing a workshop on the importance of what we do before the hypnotic session to make it more effective regarding the hypnotic response and its therapeutic efficacy. I think it is very important to prepare the patient prior to the induction to get the most of it. You can get the patient to be more receptive to hypnotic suggestions and more motivated and committed to treatment goals. In this matter, Erickson was a true master doing this prior preparation process even weeks or months in advance. There is a lot of practical information everywhere on what to do during a hypnosis session to induce trance and treat a wide variety of problems, but very little on what to do before. Perhaps because of my engineering background, I like to offer ideas, strategies or techniques that have a real value and are easily applicable.

13

Interview with dentist Marcello Romei, Uruguay, ESH Individual Member



The International Society of Hypnosis has individual members. You might also be aware of the fact that European Society of Hypnosis is a Society of European Societies. Therefore, ESH only accepts individual members from countries, which do not have an ESH Society. Since Marcello Romei holds an Italian passport and lives in Uruguay, he has been accepted as an individual member. I am happy to present Marcello in this Newsletter.

By Randi Abrahamsen

Curriculum Vitae:

2000 Facultad de Odontología, Udelar. Private dental practice. Post graduate training in implantology Argentina and Spain. 1986-2022 Dentist Surgery Chief Navy School.

Hypnosis training: Diplomate in Dental Hypnosis at AUDHIC. Studied at Erickson Madrid Training, Academy for Hypnosis & Institute of Hypnotherapy for medical and dental practice. Studied with Jorge Delpino, Mike Gow, Ashley Goodman, Gabor Filo. Specialist in NV Communication Level I and II. Speaker and lecturer at congresses: ISH, ESH, First Asian Congress of Hypnosis, AMHIC, IMHIC, and DGZH.

Please tell a little about yourself, for example interests and family life.

My family is my driving force every day. I am lucky to have both of my parents alive and I also have two brothers. We are a typical family from Uruguay, we meet frequently and enjoy every time, we can be

together. I have had the great inspiration of my father, who is a retired dentist and I have followed in his footsteps and deepened the profession even more. I come from a family of artists, my grandfather was a painter and sculptor, just like dad and my uncle and my brother are great painters. My mother was a teacher, and my sister is a journalist.

Personally, I am currently single, although I was in a relationship and married for a short period of time, long time ago. My desire is to form my own family and be a father one day if destiny wants it that way. I enjoy a healthy life, I take care of my meals, I do sports, I like to dance, read, listen to music, and I am a fan of good movies. I like Art, Literature, and crafts.

We are happy to have you as an individual of member of ESH. Please let us know a little more about why you as South American applied to become an individual member of our society.

Uruguay is a great little country. We have about three million inhabitants, but a big heart. We have lots of European traditions and customs and some also exported from neighbor countries. For example, we share the passion for football, mate, barbecue tango with Argentina and Carnival with Brazil, although with variants that formed

our identity and personality. We have many km of coastline facing the Pacific and Atlantic Oceans...good fishing, ranching, and tourism. We are a country with advanced laws and well-developed humanitarian aspects. In Uruguay we live well, although we complain a lot about the life costs, but in general we have a good life.

My family, like almost 85% of Uruguayans, has mixed descent, half Italian, and half Spanish. Mom is of Spanish descent and dad of Italian. As a matter of fate, I am the only one in the family who obtained dual nationality, so I am both Uruguayan and Italian. Therefore I applied to the ESH being Italian but living in Latin America. I received a very good education. I therefore speak 4 languages like Spanish, Italian, Portuguese, and English naturally. My Italian roots are very strong and mix with the Latin ones. Therefore, I usually live very intense and passionately whatever I do, and we also shout a little. In this sense, here in Uruguay there are no Hypnosis Associations or any kind of Clinical Hypnosis. I am the only dentist (as far as I know), who practices Dental Hypnosis professionally. I decided to be a pioneer and bring this fabulous tool.

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

Since the beginning of my career in 2001, psycho/motivational aspects have captured my interest, particularly approach and management of sensations and feelings and how they manifest in all stages of dental treatment. Permanent motivation added to desire in providing value-added services to patients for them to manage the clinical experience without anxiety or fear.

I am committed to an optimal life balance, (spiritual, emotional, physical, and social) that favor personal fulfillment and better self-esteem. My main concern is always the patient, encouraging respect, authenticity, trust, and friendship in a context of absolute transparency.

Personally, I always tell everybody who ask me about hypnosis that "Hypnosis found me" in life path and personal growing. Earlier in my life I had some tough, sad moments that made me ask myself which way, but then like a kind of magic, hypnosis found me and saved me. Somehow, I believe in fate and following my instinct a lot. That feeling in my guts took me almost nine or ten years ago to an older house to give dental rehab to a lady called Chicha. She happened to be a young nurse in Europe in II WW. That woman travelled to USA in the 60' and was also dental assistant to another

woman called Kay Thompson, so if you piece things together then hypnosis found me. Because Chicha then ended in Uruguay and became a Uruguayan citizen, you can figure out the rest of the story.

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

Once I realized that hypnosis was a oneway trip for me, then every treatment and every patient I give dental treatment is under my personal hypnotic trance. I can never separate myself from that, because since then it is now my way of life.

What is your best experience with a patient and hypnosis?

I will be not telling the truth if I tell you just one experience...but there is this special patient. A young lady called Diana, we have a special bond, trust and she has a strong hypnotizability (HIP Spiegel), so it is a very flowing way to work with her. She has a fantastic spiritual world and makes things much easier for me. Every time she gets to the office and sits in the dental chair is like just a few minutes to get the trance and start working. I have practiced deep trance for difficult surgery with her.

Your best experience with teaching hypnosis?

The workshop I gave last month was incredible and without doubt the best. Carl Jung says "The key to understanding synchronicity is to look past the coincidence of it. So, when there is a deeper understanding of coincidences, synchronicity takes place." We selected a special environment to give the training in the middle of nowhere, next to nature, forests, and mountains. The professionals who attended the training course also had a special rapport between them and the energy they experienced there was overwhelming.

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

I think the best advice I can give to younger dentists is to follow their instinct, their special inner force and be prepared to influence others. "Be good, discipline you mind, inspire someone else, take the chance, and be creative. Take the first step and believe in yourself no matter what happens. Never quit if you feel this is your path."

Who have been your inspiration in your work with hypnosis?

My spiritual fathers are the poets Rumi, Khalil Gibran, and the Stoics. My professional mentors and friends are Mike Gow, Gabor Filo, Ash Goodman. I am inspired by Kay Thompsons work. I see with great respect Albrecht and Gudrun Schmierer's efforts to make hypnodentistry well known over the world. I develop a special connection with Thomas Wolff because we share other interests besides dentistry and hypnosis. In South America, I have my professor and friend Jorge Delpino with whom I started this journey.

Are there any European dentists you would like to read an interview with?

There are very well-known European women colleagues who would be interesting to interview such as Solveig Becker from the DGZH. I had the chance to know her briefly in the DGZH congress, but I don't speak German.

My final thoughts to be honest are that if Hypnosis "builds bridges of understanding," as a slogan is ok, but it would be much more easy, nutritious, and reasonable for us all, if the boundaries that separates us, slightly disappear from time to time and look at the south here, like you are doing now with me, as a true form of union. You know, Europe is now a cosmopolitan continent with lots of nationalities as the Américas, so at last we all live in the same planet Earth.

17

Continuity and Innovation in Research

By Peter Naish

The Cerebellum has tended to be left out of a great deal of brain research. It's that little, separate part of the brain, behind and underneath the main part that we more commonly think about. I was dimly aware that some people were looking at its function, but I was quite surprised to find that there is a journal, The Cerebellum, devoted to its study. Clearly, I am not really a brain scientist, far more a psychologist! Anyway, that journal has a paper by Enrica Santarcangelo and Diego Manzoni, looking at hypnotisability and the cerebellum (Santarcangelo and Manzoni, 2022). They principally list possibilities based upon observations. I won't list all their ideas for you, but one is relatively straight forward. It is that one of the cerebellum's roles is involved with movement, and in hypnotic highs there are fewer neurons present in the motor region, on the lefthand side. This area would normally send inhibitory connections to the right hemisphere of the "main" brain. Note that the connection is contralateral. Now, if there are fewer neurons to inhibit it, this will leave the right motor cortex more excitable, perhaps explaining the ease with which highs produce ideomotor behaviour, in response to sensorimotor suggestions.

It has been suggested in the past that schizophrenia may come about when the right hemisphere is insufficiently controlled by the left, hence permitting it to engage in something like flights of fancy (Caligiuri et al., 2005). Perhaps the idea of an inadequately controlled right hemisphere is correct,

but it is the cerebellum rather than the left hemisphere which is less than effective. Whichever may be true, it is known that hypnotisability correlates with schizotypy.

If you have read my Research Reflections before, you will probably know that I am interested in the role of the right hemisphere, which appears to take the lead in hypnotic behaviour. The name Kasos recently caught my eye, because of his parallel findings. I had first met him at the Montreal International Congress, where he reported skin conductance differences which mirrored my own findings with flashing lights (Naish, 2010). Now he was using the same skin conductance technique to determine whether suggestions can impact unconscious processes. It had been Krisztian Kasos in Canada; he is a co-author of the current paper, but the first author is Eniko, (Kasos E, Kasos K, Kekecs, Szekely, and Varga, 2022).

Most work on the impact of suggestions concerns conscious processes, but skin conductance is an automatic process that is influenced by things such as the orienting response. In other words, if one is startled by an unexpected sound, then the momentary increase in sweat level makes it easier for current to flow. The conductance shows a brief increase. The researchers used parts of a standardised hypnotisability scale, including suggestions that the participant should have a dream. Those suggestions were either followed by the words, "You are in such a deep, relaxed sleep

that no outside stimulus will disturb your sleep. Only when you hear me speak again will you be awake once more," or by the words, "Although you are in a deep relaxed sleep you are aware of your surroundings and any distractions that might disturb your dream. When you hear me speak again you will pay attention to me." While people were having their dream, they heard an unexpected 'beep'; the researchers noted the size of the electrical response. Sure enough, the response was smaller in those hearing 'nothing will disturb' messages, rather than 'you are aware of surroundings and distractions.' To be precise, this was the case for hypnotic highs, when hypnotised. There was no effect when simply listening to music. This was very much the finding that was hoped for; hypnosis is in effect acting rather peripherally, in a region that we might have presumed to lie beyond influence. However, there was a further finding; hypnotic lows were also tested. They did not get the effect (not surprising), but they did get it in the control condition, when listening to music! This is very puzzling. I have encountered this kind of behaviour before, where lows do not simply fail to produce an effect; they produce the opposite behaviour.

Lest we get too excited by all this, the researchers lost data due to equipment failure, and overall, there were too few participants to balance people perfectly across conditions. Nevertheless, the experiment is an intriguing pilot study and, as is so often the case in research, invites more questions than it answers.

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

By Randi Abrahamsen



HAPPY NEW YEAR

I would like to wish those of you who celebrate Christmas a wonderful Christmas with friends and family. May the New Year bring happiness, prosperity, and peace in the world. I would like to give an update of the projects CEPE has worked on to inspire continuous hypnosis education.

Educational hypnosis videos: We have a small Christmas present for you. Educational videos made by our board members have been uploaded and made accessible at You Tube. We hope you will enjoy them and be inspired in your use of hypnosis.

Database of training program: We are still working to expand the database and hope we soon will be able to add more programs. We are very thankful to the societies, which have already shared their program. 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 your training program with ESH.

Accredited Societies: Approximately 1/3 of our societies have been accredited, but we would like to welcome more applications for ESH accreditation. We have been happy to renew the accreditation for the French IMHETO, the Turkish THD, and the Danish DSCH. We would like to welcome more societies as we know several have brilliant education. For details of our application procedure please see our website or contact Central Office. Nicola and I will be happy to help you.

European Society of Hypnosis Certificate: It seems like Covid has made it difficult to collect Credit points, but now, when the hypnosis world is returning meetings and congresses again it should be possible. The online teaching developed during Covid crises would be approved for the certificate. 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, or me. As an ESH certificate holder you can be allowed to have your name on our web page, receive free electronic copy of the Journal Contemporary Hypnosis and Integrated Therapy, and have a reduction of the ESH congress fee.

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

List of free educational videos from the ESH Board to you: Please find the link for Youtube on the ESH webpage www.esh-hypnosis.eu

Consuelo Casula: Therapeutic Metaphors During Covid Lockdown

Ali Özden Öztürk: Suggestion's Voice and Life's Breath

Gérard Fitoussi: Metaphorical Objects (Part 1); Metaphorical Objects (Part 2)

Kathleen Long: Use of language and Hypnosis in Emergency Situations; Studying Techniques with Hypnosis

Peter Naish: Hypnosis, Psychosis and Consciousness (Part 1); Hypnosis, Psychosis and Consciousness (Part 2); Hypnosis and Memory

Stella Nkenke: Complex Regional Pain; Complex Regional Pain 2

Marie-Jeanne Bremer: Therapeutic Storytelling; Storytelling 2

Randi Abrahamsen: Resilience in Dentistry for Children (Part 1); Dentistry with Children (Part 2)

Fabio Carnevale: Hypnotherapy With Severe Mental Disorders

21

French Continuity and Innovation

By Gérard Fitoussi

HTTPS://ESH2023.ORG

Sweet New Year





In France, a welcome and relative calm has come to the front of hypnosis, since our last letter, but it is an active calm and is in preparation for the future. By the time this letter is published, an important symposium will have taken place on November 26, 2022, organized by AFHYP, on the theme of Motricity and Cognition. This symposium highlights the inseparable union of body and mind, and reviews current knowledge on this essential subject. This symposium, organized at La Salpêtrière, brought together renowned neuroscientists, such as Agid, Berthoz, Morel, Naccache, philosophers, Charles Joussellin, and Vincent Cespedes, and artists, cellists such as Claire Oppert and Sandra Abouav, choreographer. This multiple approach with

various sensitivities, allowed us to better understand this complex that is the human being. Congratulations to AFHYP and its president Éric Gibert for this superb event in which I had the honor of participating by making the opening speech.



In the city of La Baule, from May 31 to June 3, 2023, the congress of the Miméthys association will be held. I will have the opportunity to talk about it again, but this congress, like every year, promises the presence of speakers of the highest level, who we rarely have the opportunity to hear in France, as well as numerous new workshops on the importance of the human connection.

The theme chosen by the president of the congress, Eric Bardot and his team is: Accorder, Co-create, Transmit. The Human Connection at the Heart of Therapy.

Journals

Hypnose et thérapies brèves, n° 66, Novembre 2022

The central file of this issue pays tribute to Didier Michaux (1944-2022) who brought so much to the world of hypnosis in France, at a time when it was not seen as important or given any status by academic circles. As the closest collaborator of Léon Chertok, then pursuing his own path, Didier Michaux helped to increase the credibility of hypnosis in France during these years. Humble, discreet, researcher for a time at the CNRS from 1983-1989, this passion for research never left him.

When Marie-Élisabeth Faymonville, recently trained in hypnosis, asked him what she could do, he answered: "research". An outstanding trainer at the French Institute of Hypnosis (IFH), which he created in 1990, he is also the author of numerous reference works on Trance, communication, and dissociation. There are also other tributes in the ESHNL, among the other articles, let us note that devoted to pain after an amputation and an interview with Rubin Battino that I had the pleasure of carrying out.

La Revue de l'hypnose et de la santé, n° 21, Octobre 2022.

The review devotes its dossier to strategies in hypnosis, with two questions highlighted: Do you have to be a strategist to be a good practitioner of hypnosis, or would the real strategy be to have none? An essential issue that allows the practitioner to have in his practice a compass to orient himself in the complexity of the patient's problems. The magazine also pays tribute to Didier Michaux and evokes a forgotten character, Hector Durville (1849-1923) "healer by chance, magnetizer by vocation."

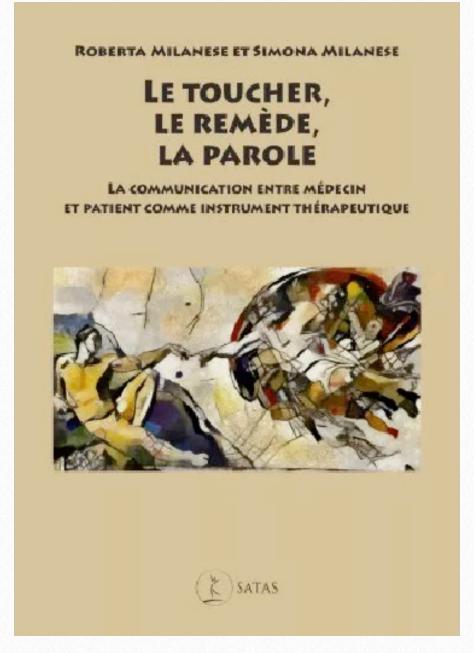
Books

Roberta Milanese and Simona Milanese, *The Touch, the Remedy, the Word,* SATAS, 2018 [2015]

This book by Italian authors from the school of Giorgio Nardone addresses the important subject of doctor-patient communication, as a therapeutic tool.

In an evocative chapter, Nardone underlines the reasons why this communication is becoming essential again. The book also explores the reasons why it was set aside, especially over the last century, and with the arrival of new medicines like antibiotics, considered as non-essential. The more effective medicine became, the less

important taking time to communicate became.



The transformations of our century, with more knowledgeable patients, doctors on the edge of burn-out and the development of social networks lead us to revisit this aspect and to rediscover the essence of the doctor-patient relationship made of listening, respect, communication, and therapeutic questioning. An essential book for all doctors and other health professionals for whom the doctor-patient relationship is at the heart of their activity.

Going toward the future

Although this corner is dedicated to French publications, I would like to talk about the work of my friend Gary Elkins, not yet translated into French and which follows the imposing *Handbook of Medical and Clinical Hypnosis*, which he had directed and published in 2017.

Anyone interested in hypnosis knows the rigor and quality of the work of Gary, director of IJCEH, professor at Baylor University and recent recipient of an award from the ISH for the excellence of his work.

Gary has just published a companion to this Handbook in the form of a smaller format, *Introduction to Clinical Hypnosis*, of which he is also the editor.

The Introduction to Clinical Hypnosis, allows to have at our disposal, in a more manageable format, all the necessary bases concerning hypnosis and all the useful references for the reader who would like to know more. In 21 chapters, the book reviews the different aspects necessary for the knowledge of hypnosis, neurophysiology, induction processes, indications for hypnosis, as well as an important chapter on ethics. A book for all those who want precise, rigorous, and up-to-date information on hypnosis.

25

XVI Congress of the Italian Society of Hypnosis

By Maria Cristina Perica

"Sharing Emotions" was the central theme of the XVI Congress of the Italian Society of Hypnosis (SII) which was held in Viterbo (Italy) November 3rd- 6. It was a special event, with extensive in-person and online audience attendance, made even more relevant by the participation of the Members of the Board of Directors of the International Society of Hypnosis.

Camillo Loriedo, President of the Italian Society of Hypnosis, opened the Congress "The Sharing of Emotions in Hypnosis and in the Ericksonian Hypnotic Relationship" by introducing Mark Jensen, President of the International Society of Hypnosis (ISH) and his lecture "Brain oscillations and Hypnosis."

Next, Giuseppe De Benedittis examined, in his keynote, the connection between Pleasure and Pain, and Camillo Loriedo addressed how to use the Therapist's Self-disclosure in building the therapeutic alliance. Afterwards, Fabio Carnevale explored the topic of Body and Emotions in hypnotherapy with an evocative and philosophical perspective.

The International Pre-Congress allowed us to see prominent speakers in the hypnosis world in action: Cecilia Fabre Robles, Woltemade Hartman, Callie Hattingh, Mark Jensen, Anita Jung, Kris Klais, Enayat Shahidi, Bernhard Trenkle, and Katalin Varga

held workshops, full of special content and practical experiences. On the SII website there are available abstracts and video excerpts from the event (www.societaipnosi.it/precongress22). The Scientific Program was a fertile conjunction of variegated and involving contributions: keynotes, presentations and workshops that created a space to share ideas, clinical models, and techniques, with many takeaways for professionals and clinicians. Ending the Congress, the workshop "Emotional Responsive Therapy," held by Camillo Loriedo, provided an intense and touching experience of using emotional sharing and hypnosis in clinical working on loss and grief. The deep feeling of being part of a dynamic and vital scientific community will go with us toward the next Congress, which will be held in Bologna (Italy) in 2023.



26

Institute for Hypno-systemic Counselling: Festival of Story Telling, Bingen on the River Rhine, October 7th-9th 2022

By Kathleen Long

When I was first invited to the Festival of Story Telling by Stefan Hammell it was cancelled by COVID. Stefan is an Ericksonian hypnotherapist and founder of the Institute for Hypno-systemic Counselling, a pastor and family therapist and author of several books. I had met Stefan previously at congresses and we always had interesting and challenging discussions.

Stefan uses story telling in a therapeutic way and as I discovered both at congresses and in Germany has many followers. In Scotland we are very good at telling stories with our friends but not so much with patients. To be honest I didn't know what to expect but I was very pleasantly surprised. I did my own storytelling workshop and how to use dreams to be the ones you want them to be.

I also met some colleagues like Marie-Jeanne Bremer, who is on the ESH board, as well as Christine Guillaux who many of you know as a previous translator for the ESH newsletter as well as an Ericksonian therapist.

The congress was held in Bingen which is on the Rhine in a lovely hostel where all those attending Congress stayed and socialised. I don't speak German, unless you count *auf wiedersehen*, so at the beginning it was a bit daunting linguistically for me. Then I realised that just by paying very close

attention to the most important things like body language and tonality I could feel the story being told and understand a lot of what was being portrayed without the language.

That was a revelation, but I think that it was due to the very expert way the stories were being told. I found there was a big emphasis on the kinaesthetic and visual modalities rather than the usual auditory one which often dominates in the workshop and lecture situation.

The story telling in the evenings at the social gatherings was wonderful. Again, I didn't need to understand the words to engage myself in the stories. The emotions and feelings were expertly portrayed by the participants who were clearly experts at their craft. In the evenings as well as the story telling there was music from the participants which was funny sometimes and uplifting at others. Marie-Jeanne and I performed a Frere Jacques which seemed to be much appreciated by the others present. I enjoyed the festival greatly and would like to thank Stefan for inviting me. I would also like to thank his lovely wife who looked after me so well in Kaiserslautern when I was hosted by them. Every time I go the Germany I am always impressed by the friendliness of its people and also their ability to have fun. Did I learn to better tell a story? Definitely! But I also had fun.

Peter B. Bloom Eulogy

By Camillo Loriedo



Peter Bloom was one of the greatest interpreters of hypnosis worldwide, and his presence in the field of hypnosis was particularly significant: it is not easy to find a figure of his depth, able to dedicate himself as he did and to transform not only the International Society of Hypnosis, but also the entire community of scientific hypnosis into a solid and recognized reality worldwide. His smiling benevolence based on a strong spirit of cordial acceptance was an invitation to share and collaborate. For me, as for all those who approached the world of hypnosis, Bloom's welcoming attitude and openness was an extremely warm and

In Memoriam of Peter Bloom Prof. Dr. med. (1936 - 2022)

affectionate invitation to start together an intriguing adventure.

Peter was a man deeply rooted in the past, connected with all the figures and the historical realities of hypnosis, tireless and active in the present, always ready to realize important initiatives and projects, and open to the future, to embrace new ideas and policies promising for change and innovation in the field of hypnosis.

It is no coincidence that the phrase that later became the International Society motto: "Building Bridges of Understanding" was attributed to him, although some believe it was an idea of Peo Wikstrom, who wanted to use it for the European Society of Hypnosis.

Whatever the truth, this motto has always been for Peter a source of profound inspiration to establish new bonds around hypnosis with colleagues from all continents, creating relationships of friendship, bridges and connections that have been constructed over time and remain still today because of the special climate of togetherness that Peter better than anyone else knew how to create.

Creating relationships based on collaboration and affection was a great pleasure for him, but also part of his own lifestyle, with colleagues, friends, with Marcia his beloved wife, and his own large family. A style that spread in a contagious way to all those who had to do with him and that seem metaphorically represented by his great passion: performing in a choir singing a cappella. That special way of singing in a choir was like saying: we don't need instruments, what really matters more than anything else is the relationship we can build and the harmonious effect of our voices singing together.

The principles that inspired Peter's clinical activity proved to be consistent with his peculiar lifestyle centered on the relationship with others. Again, in his perspective, techniques and procedures take a back seat to give way to emotional and creativity aspects. Accordingly with Bloom's vision both these aspects are the result of the patient-therapist relationship, a therapeutic relationship that, unlike many of his contemporaries, he considers necessarily balanced.

Peter considered it fundamental to have the active participation of patients in their own therapy and attributed the encounter between therapist and patient the value of a creative experience to which both should give their contribution. An innovative and peculiar way of understanding the therapeutic alliance as an extraordinary,

shared experience aimed to achieve change and the best possible condition for wellbeing.

Peter Bloom dedicated a great part of his life to the most important scientific associations in the field of hypnosis, managing to promote and govern them for almost 40 years with sensitivity and competence. His successful leadership is testified to by the numerous awards he received. Here are just a few of them: the Pierre Janet Award for Clinical Excellence in 2001 and, the Gold Medal of Benjamin Franklin, highest ISH honor in 2004, followed shortly after by the Honorary Membership of the European Society of Hypnosis.

Luckily, I had the opportunity to collaborate with Peter for many years, finding in him a loyal ally and adviser, and admiring his strategic ability as well.

A period I cannot forget was at the beginning of the 90s when, because of the Gulf War, he asked my help to move the Congress of the International Society to Italy that was due to be held in Israel. With great enthusiasm I began to prepare in Rome the first Italian congress of the ISH, but a few months later, as soon as the war ended, Peter asked me to stop the organization in Italy and to bring the congress back to Israel.

I reluctantly accepted but I couldn't hide my disappointment. A few months later I realized that he was completely right, his strategic vision of the world political balance and of the international hypnosis priorities were much broader than mine: bringing the Congress back to Jerusalem had an enormous symbolic meaning of reconciliation and peace.

Bravely moving the XII Congress back to Israel in 1992 turned to be also a historic event, and Peter became the man of dialogue because for the first time Jeff Zeig and other representatives of Ericksonian hypnosis were invited to participate in the congress that took the name of Joint Conference. Thanks to the great diplomatic skills of Bloom, with the help of Burkard Peter and Bernhard Trenkle, we succeeded in breaking down the wall that for decades had separated these two worlds of international hypnosis and finally turn it into the needed bridge.

Another special quality of Peter was to be able of overcome difficult dilemmas with just one of his special phrases he quickly invented at the moment. When I was offered the position of president of ISH, I was uncertain whether to accept this great responsibility and asked Peter for help. He replied, "The presidency is like a gift: you don't have to ask for it, and you don't have to fight for it, but if it's offered you can't refuse it."

Then during the years of that presidency, at some particularly troubled times in the Society, I always felt his closeness and support. Many times, I took advantage of his wise advice that allowed me to overcome small and important obstacles and to move forward.

It is an honor for me to express here profound gratitude to a man whose example has accompanied and will accompany generations of hypnotists. The example of a person who dedicated his life to hypnosis for which he felt deep love, a special kind of love that he loved to share with others.

And if today the hypnosis community still succeeds to share its knowledge by building solid bridges that unite instead of creating walls that separate, we owe it above all to this great master who taught us to sing a cappella in a choir where harmony is created by the voices of many who have learned how to get in tune with each other.

By Burkhard Peter und Alida Iost-Peter



Peter Bloom passed away on September 10, 2022, at the age of 86.

I still have the warm "Hi, Burkhard" in my ear when he walked up to me and shook my hand in a friendly way, in August 1990, in the middle of a staircase in the University of Konstanz, Germany, at the 5th Congress of the European Society of Hypnosis (ESH). I felt this strong and warm handshake for the last time in Montreal in 2018, looked there for the last time into his so extremely benevolent face, heard his sonorous voice still at the end of last year on the phone. Peter was one of the kindest people I have met. He was approachable, open, and interested in many things, especially people.

Somehow, he had remembered that I had bought my first antiquarian book in Strasbourg, because one day he announced by phone that a neighbor from across the street in Swarthmore was coming to Munich soon and would surely have some rare old books with him, because that was what he dealt in. Thus, via Peter, I came to my second and oldest book, the Mirabilium naturae liber by Rudolpho Goclenius from 1625, with a "nova Defensio Magneticae curationis vulnerum ex solidis pricipiis", i.e., a book from times long before Mesmer's magnetism.

Alida and I remember well his almost childlike astonished curiosity when Peter and Marcia all visited the tiny little house of Friedrich Schiller and then the bombastic living quarters of Johann Wolfgang von Goethe at the Frauenplan in Weimar. We then saw these two German poet princes standing equal in

size next to each other on their double statue on the Theaterplatz.

We were outraged that he supposedly told his friends back home in America, "The Germans eat Bambi" when we had merely invited him and Marcia to a fresh venison dinner at a cozy Bavarian inn.

We were amused that he also proudly announced to these friends that he had driven his car almost 200 kilometers per hour (124 mph) in Germany. And we were happy when one day he announced to us that our cat Ringo had cured not only his cat phobia, but also his stomachache, because the cat had lain on his belly and purred for hours while we were out with Marcia somewhere in the city - so again he made us happy. It was a long, beautiful friendship and we mourn with Marcia and her three children. Peter lives on for us in these and many other memories.

Professional exchanges were always casual but intense. We were connected from 1991 to 2000 through the Board of Directors of the International Society of Hypnosie (ISH), he as President (elect, immediate, past), I entrusted with various tasks, e.g., as editor of the ISH Newsletter. The peaceful settlement of the fierce disputes between the so-called traditionalists and the neo-Ericksonians in the 1980s up to the Joint-Conference 1992 in Jerusalem is mainly due to Peter Bloom. He made "Building Bridges of Understanding" the guiding principle of ISH. This was part of his personality. In his opinion, we

hypnotherapists should not only be benevolent and professionally competent, but also congruent and above all creative and willing to try something new or unexpected in the treatment process, instead of relying only on one or two theories. Peter B. Bloom was also President of the American Board of Medical Hypnosis (in addition to ISH) and received ISH's Pierre Janet Award for Clinical Excellence in 2001 and its highest honor, the Benjamin Franklin Gold Medal, in 2004. He was a Distinguished



Life Fellow of the American Psychiatric Association, a Fellow of the American Society of Clinical Hypnosis and the Society of Clinical and Experimental Hypnosis, a member of the Swedish Hypnosis Society, and an honorary member of many other societies, including the European Society of Hypnosis (ESH). He served on the editorial boards of several clinical journals and published many book chapters and articles - just a small selection below.

From Kathy, Marcia, and Peter Bloom's oldest daughter, we still have the following additional information about her father:

Peter, born in 1936, lived all his life in Swarthmore near Philadelphia, Pennsylvania, USA, graduated from Swarthmore High School (1954), earned his BA in chemistry from Cornell University (1958), and then studied medicine at the University of Pennsylvania Medical School (1962).

In his final year of medical school and during his residency at the Hospital of the University of Pennsylvania (HUP), he became interested in the psychological side of medicine. This interest continued during his residency in internal medicine. This was interrupted in 1963 when he was drafted into the U.S. Navy Medical Corps. He served for two years in Albuquerque on a military base. During his service, he received the Joint Service Commendation Medal from the Department of Defense for organizing the Sandia Base Hospital outpatient clinic, which treated 10,000 patients a month. After his military service, he completed his residency in gastroenterology at HUP.

Here he saw so many somatoform disorders, patients with psychological problems that presented as medical illnesses, that he eventually decided to become a psychiatrist. In 1971, he completed his psychiatric residency at the Pennsylvania Hospital Institute and opened a private practice there.

He was an adjunct professor and lecturer in the Department of Psychiatry at Penn University and was appointed clinical professor of psychiatry in 1992. In 2008, he was honored with the Clinical Faculty Annual Award, in part for serving as an outstanding role model to an entire generation of students and colleagues. We would have liked to have experienced so much more with him and learned so much more from him; for example, we never heard him sing, although he was a member of the a capella choir The Sherwoods of Cornell since 1956, whose 12 members continued to meet regularly several times a year even in his old age.

Bloom, P. B. (1990). The creative process in hypnotherapy. In M. L. Fass & D. Brown (Eds.), Creative mastery in hypnosis and hypnoanalysis: A Festschrift for Erika Fromm (pp. 159-168). Lawrence Erlbaum.

Bloom, P. B. (1994a). Die eigene Stimme finden: Über die Kunst und den Prozeß, ein Therapeut zu werden. Hypnose und Kognition, 11(1+2), 34-44.

Bloom, P. B. (1994b). How does a non-Ericksonian integrate Ericksonian techniques without becoming an Ericksonian? Australian Journal of Clinical and Experimental Hypnosis, 22(1), 1-10.

Bloom, P. B. (1995). Finding one's voice: The art and process of becoming a therapist. In M. Kleinhauz, B. Peter, S. Livnay, V. Delano, & A. lost-Peter (Eds.), Jerusalem lectures on hypnosis and hypnotherapy (pp. 109-119). www.MEG-Stiftung.de.

Bloom, P. B. (2001). Beyond training: The use of our personal self in clinical practice. In C. Loriedo & B.

Peter (Eds.), The New Hypnosis. The Utilization of Personal Resources in Ericksonian practice and Training (pp. 27-32). www.MEG-Stiftung.de.

Bloom, P. B. (2002). Structure versus freedom: The therapist's dilemma. In B. Peter, W. Bongartz, D. Revenstorf, & W. Butollo (Eds.), Munich 2000 The 15th international congress of hypnosis (pp. 15-20). www.MEG-Stiftung.de.

By Susanna Carolusson

Peter Bloom left us the 10th of September this year. He was a dear friend and colleague, but he rarely spoke about his career achievements. I know he was a Medical Doctor, professor of psychiatry at University of Pennsylvania School of Medicine, past president of International Society of Hypnosis and American Board of Medical Hypnosis, Honorary member of the American Psychiatric Association and the coauthor of International Handbook of Clinical Hypnosis with Graham Burrows.

He was in private practice 1971-2016. And more, of which others know better.

Our regular communication started 1996 and continued since then. Each year. If not before, we always had a mutual exchange of family events every summer around his and Marcia's marriage anniversary 21st and Peter's birthday the 22nd of June.

When we became acquainted through Peo Wikstrom, in Budapest 1996, I had admired

Peter as a lecturer on ISH and ESH congresses for many years.

In that specific congress, I was on a panel, invited to present how and why hypnosis is an art. Peter was sitting in the audience with Peo. He whispered to Peo: "She is excellent. She must be a psychiatrist", a statement that led us into an enriching and mutually enlightening discussion on the differences between psychologists', psychiatrists', and psychotherapists' training in Europe and the States.

It was Peter's wife Marcia, who informed me about Peter's death. I shared the news with the hypnosis communities, and immediately received lots of messages, revealing the kindness that Peter had spread. Everyone mentioned his warmth, generosity, friendship, and lively conversations. I will, with their consent, share some colleagues' grateful memories. I present these among some of my own.

George Glaser: "I met Peter around 1987 at the time I started attending SCEH annual meetings. I still remember as clear as a bell his kind manner, style, and intelligence."

Sharon Spiegel: "I met Peter many years ago in my early days at SCEH training with Erika Fromm. He was always so warm and such a gentleman. We had many sweet and interesting conversations at SCEH and ASCH over the years, and his book *Creative Mastery in Hypnosis and Hypnoanalysis: A Festschrift*

for Erika Fromm held a special place on my bookshelf."

Shirley McLean: "I always perceived Peter as a kind gentleman. He was helpful. At a conference in Italy, I became sick, and he told me about a service I later enrolled in, whereby if you become sick in another country, you can request a plane to take you back to your medical providers in your home country. I was always grateful for his generous assistance and learned much from him."

Elvira Lang: "His kindness and wisdom will live with me forever."

Bob Deutsch: "Peter was one of my first mentors who shared his shoulders for me to stand upon, as he did for so many others. I have always remembered his kindness and availability whenever I met him. At an introductory training Peter shared with us a metaphor he had learned from Erika Fromm: 'The Healing Tree'. Peter was the perfect example of 'The Healing Tree', as his roots offered nurturance, guidance, growth, and resilience to so many fortunate students."

Eric Spiegel: "Peter was the kindest soul, he truly gave the shirt off his back to others. Peter loved sharing the benefits of hypnosis with colleagues and was a wonderful ambassador. I have fond memories of shadowing Peter on his hypnosis lecture to Penn psychiatry students and having lunch together. He took a keen interest in

mentorship and I'm grateful to him for helping

Shaul Livnay: "The ultimate gentleman, who exuded and shared his quiet wisdom with all! He helped us all by encouraging to find our voice, so simple and genuine."

Matthias & Eva Mende: "Peter was known for his gentle heart and a soul, full of wisdom and creativity when it came to finding solutions in challenging times. He was a source of inspiration for personal and professional growth by being who he was."

Peter was not only kind and generous, he was also visionary, as Laurence Sugarman so poetically describes: "Peter and I served leadership roles together during and after his time as President of the American Board of Medical Hypnosis. I could feel his vision. He was contagious in that way. He pushed for there to be a motto under an ABMH logo of a bridge. He wanted "Building bridges of understanding." Now, I realize that this drive was an aspect of being a visionary. Rarely do people (men!) balance qualities of being both embracing and so far-sighted. There were dinners and wonderful conversations about everything. It is that mix of both intimacy and bigness that is Peter to me."

Laurence's words remind me of Peters connections to Sweden. When Per-Olof Wikstrom, one of the founding members of the ISH, started to create a European Society

of Hypnosis, he coined "Building Bridges of Understanding" as the motto to the ESH logotype: a bridge.

Who was first, Peter Bloom or Peo Wikstrom? It doesn't matter. We share, we give, we spread good visions. That is what makes our hypnosis community and its professional organisations special to me; People like Peter thrive here, we do not greedily claim to take patent on wisdom, experience, smart ideas, and competence.

My friendship with Peter expanded to a family contact. In his first visit in our city office, Peter met my eldest son Tobias, by then recently brain injured and aphasic. Peter was keen on including Tobias in our conversation. He interviewed him about his art and managed to understand Tobias' sparse vocabulary. Not many did.

Much later, my husband and Marcia Bloom both had their hips replaced and the four of us focused on how to support spouses post-surgery. Marcia was half Swedish. She had found her ancestor's family name and their original Swedish community. My husband took them for a car trip to find Marcia's family members, one hour inland, just by chance – and Marcia found a cousin in a retirement home. This reunion of families invigorated not only Marcia, but Peter as well. At another visit Peter brought Marcia's sister to stay with us: we cooked, walked, and relaxed.

Karen Olness: "Peter contributed much to the ASCH, SCEH, and ISH, and he was so kind and thoughtful with his students. He also was a natural diplomat!"

Indeed, he was. So much so, that I was surprised to see a different aspect of him, to my surprise and gratitude. You will understand when I tell the story.

Peter was one of three invited guest teachers at the SSCH annual congress in Stockholm 2007. He was due to teach on Saturday, while Kathryn and Ernest Rossi were scheduled on the Sunday. Ernest became ill and the Rossis had to cancel the journey. Peter generously covered both days!

During the first coffee break, an upset member informed me she had recognized a stage hypnotist among the participants, on the first row. I found the administrative officer, and we checked the attendance list. The stage hypnotist was not on the list, but a psychiatrist member of SSCH had paid for two persons, herself and one anonymously. The administrative officer, chair of Stockholm component, begged me we should just learn from this mistake till next year and ignore it for now. I am not keen on such diplomacy but agreed. It was a stressful situation.

After this break, Peter started demonstrating hypnosis and I saw the hypnotist's friend take up her camera and photograph Peter, with the stage hypnotist within scope. She then photographed me as a background to her

hypnotist friend. I felt manipulated and cheated. So, at breaking up for lunch I asked this anonymous man to leave and explained our regulations.

The hypnotist himself and the enthralled psychiatrist who took him there, protested my dismissal with different strategies: The hypnotist used a suggestive, humble, flattering, pleasing rhetoric, while his friend threatened me with lawsuits. Then she hastily walked over to our lecturer, Bloom.

Peter the diplomat, first ducked away by saying I was the responsible president, and he respected my decisions. Her next move was to say: "But if You, doctor Bloom, had the option to follow your own heart, what would your heart say?"

Peter: "Hearts don't have anything to do with this. Had I allowed a stage hypnotist in my audience in a hypnosis training seminar in the U.S., I would have disrespected the ethical regulations of ISH. I would not do that."

Peter was not only amiable, friendly, including and diplomatic, he could also make a statement to support boundaries, aware of the risk to be judged as being excluding or cold hearted.

2016, Peter left his private practice and turned in his license but continued to teach and assist colleagues who asked for advice. As always. Another senior; Richard Kluft, trusted Peter to be one of the proofreaders of

Kluft's novels. Until 2018, Peter was active in the ISH Awards committee. During the ISH congress party in Montreal that year, many of us had the chance to see one of his last engagements in ISH, still going strong. Every year at solstice I received a friendly letter from Peter and Marcia. In 2021, the main content of Peter's writing, was very little of work prospects, but much about his lovely Swedish neighbours in their new habitat. He described the benefits of ageing: having breakfast as late as ten o'clock, how nice! He felt blessed by having wonderful grandchildren, each one of them he described as special, interesting personalities. He awarded to his grandchildren, praise, and encouragement. As he used to do with us.

This year's solstice Marcia wrote that Peter had "Expressional dysphasia", so she assisted his writing. Peter was of course frustrated; his conversational competence had been such a benefit to his life. Resilient as always, he found some comfort however, in having the same diagnosis as Bruce Willis."

Peter died peacefully 4.30 in the morning, September 10, surrounded by his family: Marcia, daughters, and sons.

Finally, I want to share George Glaser's homily, meaningful and brief wish: "May you rest in peace, Peter."

Maybe Tobias, whom you, Peter, so respectfully included in our conversation,

now will greet, and include you, showing you that in heaven there is no such thing as aphasia.

By Mhairi McKenna



In September I was saddened to hear of the death of a dear friend and colleague Peter Bloom. My first experience of his skill in teaching and caring way back in the 1990s, when I attended an advanced workshop in hypnosis and psychosomatic medicine. He was awarded the Pierre Janet Award for his clinical excellence in hypnosis and the

Benjamin Franklin Gold Award in 2004 for promotion of hypnosis.

I was delighted when he came to so many of the ESH congresses, and in Vienna he was awarded the ESH Honorary Membership. It was indeed an honour to be able to present it to him, whilst I was the President.

He will indeed live on in all the services he has given to the hypnosis societies and all of us who he taught in hypnosis education, and in all our memories.

By Consuelo Casula

I join colleagues who have gone before me in sharing some personal memories that I relived as soon as I received the sad news of his departure from Susanna Carolusson.

I had my first meeting with Peter Bloom during an Amisi congress in Florence (Italy), where he presented a case of severely depressed woman to whom, after many unsuccessful attempts, electroshock was applied.

I remember the debate that followed: There was an initial surprise accompanied by a certain degree of prejudicial dismay.

Peter Bloom's arguments, his calm tone in answering questions, even the most controversial ones, have made us appreciate not only the hypnosis expert – who does not disdain to resort to other methods when the circumstance requires it -, but above all the compassionate man who puts the patient's wellbeing first, to find a way to free the person from unbearable suffering.

After that meeting, we met again in many congresses organized by SII, ASCH, ESH, and ISH. From the International congress in San Diego (1997), I remember the cheerful party Peter and Marcia organized in their suite. On that occasion Peter and Marcia were welcoming as attentive guests with all the speakers of that congress.

I would also like to share some private memories. The first is located at my home in Milan, where they came after the ESH congress in Rome (2002).

After dinner we heard the horns of cars passing by the street where I live on the way to piazza del Duomo to celebrate a football victory, I don't remember if it was Milan or Inter.

Peter and Marcia were surprised to witness this demonstration of devotional joy by going to piazza del Duomo to thank the Madonnina for her protection and support.

Actually, the fans of the winning team went there to celebrate a pagan rite under the benevolent eye of the Madonnina. Another memory is localized in our country house where Peter and Marcia came to rest after an ISH congress held in Rome (2009). On that occasion they appreciated the serenity and peace of the afternoons spent in the garden and above all the freshness of the vegetables from my husband Emanuele small vegetable garden.

They enjoyed eating the courgettes, cucumbers, and tomatoes freshly picked. They discovered that they tasted differently.

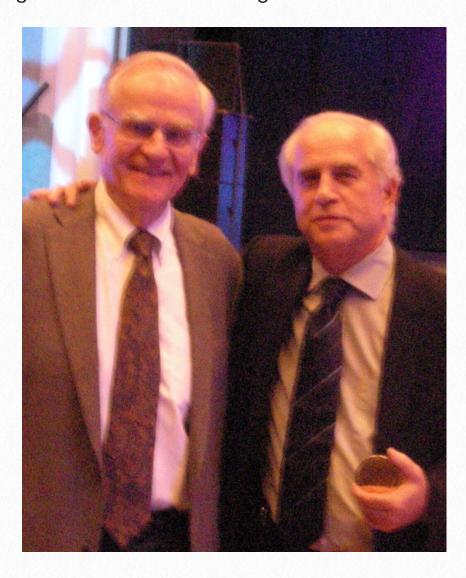
Another beautiful memory is located in Julie Linden's house in Philadelphia. Emanuele and I were invited by Julie and her husband Glen to spend my birthday on November 26, which coincided with Thanksgiving that year, Julie gave me the surprise gift of inviting Peter and Marcia to dinner with us. Once again, their presence instilled the warmth of sensitivity and intelligence.

The last time I saw Peter and Marcia was online. It was a great honor for me that they attended my ISH mourning workshop as part of ISH Master Classes. At the end of the workshop, they sent me an email saying that when they needed it, they knew who to turn to.

Now Marcia is left without Peter and is no hurry to join him, just as Peter, from his safe place, in no hurry, waits for Marcia to reach him so that they can be together sharing their mutual love. From up they will continue to watch over their children and grandchildren.

Thank Peter, the world of hypnosis is grateful to you for the legacy you have left.

Thanks for your teachings, for your elegance, your humanity, your tenderness, and kindness. You have been a great master and above all a model of intellectual honesty for those who have had the opportunity to get to know you closely. A role model for your generation and for future generations.



Save the Date Important News! ESH 2023 Antalya Congress!

By Ali Özden Öztürk





16th EUROPEAN CONGRESS OF HYPNOSIS



Turkish Airlines is the official airline of "ESH2023" special discounts are offered for delegates.

In order to proceed with the online booking tool for Turkish Conventions please visit the Turkish Conventions website

https://www4.thy.com/TKC/app/main?language=en

and use the event code "025TKM23" under delegate section.

The discounts are valid for the period of October 19 and November 5, 2023

esh2023.org



Dear Colleagues,

We have important news for the ESH 2023 Congress! ESH Board of Directors and Congress Organising Committee meet regularly to offer you a better Congress experience. And we have decided to change the location of ESH 2023 Congress from Istanbul to Antalya because of the reasons explained below. The Congress will take place in Antalya, Turkey on October 26 – 29, 2023.

As you all know the world dynamics are changing due to some political, economic, energy-related, environmental and health issues. These dynamics have led to Istanbul and the coastal parts of Turkey become very popular all over the world and especially in Europe and Middle East. A lot of foreign visitors are coming to Istanbul, Antalya, Marmaris, Fethiye, and many other beautiful cities of Turkey. This is due to the fact that the Turkish Republic Visa Requirements are not very demanding, the living costs are very affordable, the climate, the nature and the food are very nice, the Turkish people are very hospitable, and Turkey has many historical and cultural heritages.

Istanbul is a very popular congress city, and after the pandemic it has become even more popular both for international and national congresses. This is one of the reasons why we started facing some difficulties to have the ESH 2023 Congress in Istanbul. The popularity of Istanbul as a convention center for both international and Governmental institutions and organizations has led to the increasing number of congresses, the rising costs of hotels and accommodation in Istanbul as well as the lack of availability of the University premises which would normally be used by the Organising committee for ESH 2023 Congress. This means increasing costs for the Congress participants and for the hosting Turkish societies and institutions.

Furthermore, after COVID pandemic people are very eager to have face to face congresses, to travel freely and make some touristic visits. Therefore, we decided to move the congress venue to Antalya, which is another Turkish city famous for its Convention Centers and all-inclusive concept five-star hotels at reasonable cost.



The Congress Hotel is Starlight Resort Hotel which is a part of World of Sunrise facilities: https://worldofsunrise.com/en/ Starlight Resort Hotel is the Congress Venue and it is ultra all inclusive: https://worldofsunrise.com/en/hotels/starlight-

<u>resort</u>. Starlight and Sunrise Hotel Club Villa Rooms are also ultra all-inclusive and located in the same garden with the congress venue as a part of World of Sunrise facilities. Shuttle train and buggy cars will be at your services during the congress for transportation to the congress center.

Please hurry up before the congress hotel rooms are sold out! Discounted Rates will be offered for stays of 7 nights or more. Also, discounted rates for more than 3 persons in one room or children accommodation will be provided. Especially do not miss the very special rates for your children and your family and for your stays of 7 nights or more. Please contact the Congress Organizer Mice Master for further information and discounted rates: esh@micemaster.org, WhatsApp: +90 539 843 94 18.

The room prices are discounted until April 21, 2023:

Hotel Name	Double Room (per person) Early Rate Before April 21, 2023	Single Room Early Rate Before April 21, 2023	Double Room (per person) Late Rate After April 21, 2023	Single Room Late Rate After April 21, 2023
Starlight Hotel Main Building	139 Euro	189 Euro	159 Euro	219 Euro
Starlight Hotel Club Villa Room	119 Euro	169 Euro	149 Euro	199 Euro
Sunrise Hotel Club Villa Room	109 Euro	159 Euro	139 Euro	189 Euro
No accommodation per day	59 Euro (Those who don't stay or make reservation via Mice Master at congress hotels need to pay 50 Euro + VAT entrance supplement fee daily because of ultra all-inclusive concept of the congress venue.)			

There are also many direct flights and charter flights from Europe to Antalya at reasonable cost. You have two airports options to reach the congress venue:

Antalya Airport (AYT), Antalya: https://www3.antalya-airport.aero/homepage

Gazipasa Alanya Airport(GZP), Alanya: https://gzpairport.com/

It takes around 1 hour from both airports to the Congress venue. There will be airport transfer from both airports with a reasonable fee, offered by Congress Organizer Mice Master (One way 30 Euros, Return 50 Euros). Also, you can rent a car or take a taxi (all taxi tariffs are announced on the airport webpage: https://gzpairport.com/en-EN/airport-transportation/page/gzp-airport-taxi)

The Convention center is inside the Starlight Hotel Main Building: https://worldofsunrise.com/en/convention. Starlight Convention Center has hosted many major national international congresses and meetings with its spacious areas of use, sites offering various alternatives, the main hall, and a foyer area as big as a total of 3,025 m2, an auditorium for 900 persons, and workshop halls of various dimensions. There are four main halls for more than 900 persons, more than 20 halls for presentations and workshops from 40 to 200 persons. This means we have a lot of spaces for your presentations and abstracts.

The abstract submission has started. You can submit your abstracts until April 21, 2023 via this link: https://www.abstractmodule.com/2023esh/?plng=eng.

The motto of the Congress is: "Hypnosis Food for Body and Mind an Integrated Approach to Healing". During the Congress we will elaborate how mind, body, and soul can constitute a unique wholeness, and how they can interact and connect with each other. It can be said that the healthier the balance among the mind, body, and soul, the healthier the person is. We would like to discuss together the use of hypnosis to achieve this balance by using a holistic approach in Medicine, Dentistry and Psychology. You can reach the full list of congress themes on the abstract submission module.

You can have more information about abstract submission via this link: https://esh2023.org/abstract/. Also, here is some more good news for you. As you may know, ESH 2020 Basel Congress was unfortunately cancelled due to Covid-19 pandemic. However, the abstracts that were submitted to Basel Congress can be resubmitted to

2023 ESH Congress. For your further questions about abstract submission please contact Congress Scientific Secretariat: esh@esh2023.org.

Please note that submitting the "2023 ESH Abstract Submission Form" is not equivalent to registering for the Congress. Registration should be made at the Congress website and authors of accepted abstracts should pay for the congress. You can register via this link: https://esh2023.org/registration-en/. And you can have more information about registration via this link: https://esh2023.org/registration/. Please do not miss the early bird registration rates that are valid until April 21, 2023.

ESH CS Presidents, ESHC holders, ESH members, ISH members and students will receive a special discount on the congress registration fee. Furthermore, ESH 2023 Antalya 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. For your further questions about registration, hotel accommodation, hotel transfer and other organizational issues please contact Congress Organizer Mice Master: esh@micemaster.org, WhatsApp: +90 539 843 94 18.

Antalya is also known for its natural, historical, and cultural heritage. So, your family and you can have some touristic tours before, after and during the Congress. There are also tours for Istanbul and some other touristic cities of Turkey. You can have more information via this link: https://esh2023.org/tours-3/ and contact Congress Organizer Mice Master: esh@micemaster.org, WhatsApp: +90 539 843 94 18 for your further questions.

Antalya offers a reasonable and affordable level of prices for accommodation, flights, and other expenditures. This motivated us for our decision to move the Congress venue to Antalya. Many countries in and around Europe are experiencing financial difficulties and we believe that our decision after careful consideration of all the facts and figures will increase the participation to ESH 2023 Congress. ESH 2020 Basel Congress was cancelled and ISH Krakow 2021 Congress is postponed to 2024. So, it has been a long time since the last time hypnosis family come together face to face!

We look forward to having a great and successful congress with you face to face in Antalya in 2023!



Ali Özden Öztürk, MD

ESH 2023 Antalya Congress President

ESH Treasurer

Society of Medical Hypnosis (THD) President

https://www.instagram.com/medical_hypnosis_congress/

https://www.youtube.com/channel/UCLO9B3GbY-rB329q5kZ0Xaw

https://www.facebook.com/esh2023

https://www.linkedin.com/in/european-societyhypnosis-8624a0254/

https://esh-hypnosis.eu/xv-esh-congress/

46

Calendar of Events



Language: English
Registration Website:

www.hypnoseselskabet.dk

Email:

per.nilsson@youmail.dk
Telephone: +4540110644

ADJUNCTIVE MEDICAL HYPNOSIS: SIMPLE, EFFECTIVE, NON-PHARMACOLOGICAL INTERVENTION

Date: 17/04/2023, 11:30 am - 8:00 pm

Details:

RSM and BSCAH invites you for an event exploring how simple, effective hypnotic techniques can be utilised in anaesthesiology to improve the patient's overall experience. RSM/BSCAH speakers will discuss informal methods, including the impact of incorporating conversational hypnotic language in everyday practice, as well as more advanced theories, such as the use of patient-generated imagery in pre- and post-operative care.

Discount code: EHS02

Link: https://rsm.ac/Hypnotic-Anaesthesiology

BODY TRANCE: ADVANCING FLOW, EMBODIMENT AND SELFREGULATION IN YOUR TRAUMATIZED CLIENTS

Date; January 17 - 19 2023

Time(s)

Day 1: 10am-17pm. Day 2&3: 9am-16pm

Venue: Copenhagen (details to be announced)
Invited Speaker(s): Woltemade Hartman, PhD

XVII SII CONGRESS

I FENOMENI IPNOTICI E IL LORO RUOLO NELLA IPNOTERAPIA

Date: November 12-19 2023

Venue: Bologna

Super Early Registration within January 15

2023 Link:

https://www.societaipnosi.it/

congressoipnosi2023/



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

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

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

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

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

ISH President

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