



Summer 2023 Newsletter
Editor Consuelo Casula

ESH 2023 Antalya Congress



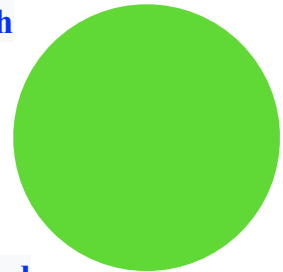
A Beautiful Congress in a Beautiful City

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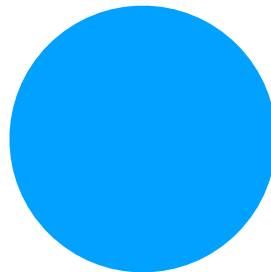
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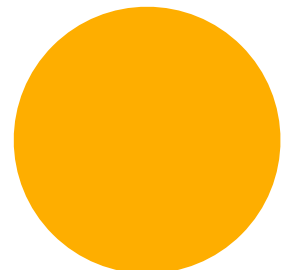
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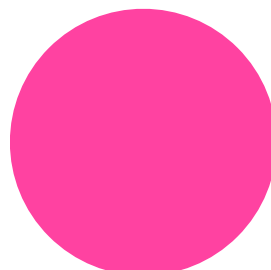
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President's Letter

Kathleen Long



It's the beginning of summer in countries throughout Europe. In Scotland some say the summer lasts only one day! It's not true. We do get a lot of rain which is why the scenery is so lush and green. I always tell people to bring an umbrella. It does not deter the tourists who come from all over the world to enjoy the scenery, the culture, and the people. After a long hard week of writing and delivering a new course module for my society, as well as seeing my patients, it was nice to return to my home in the Isle of Skye for a few quiet days in the much-welcomed sun. The reality was different, and a lot of work has been done for the next CoR meeting in Antalya. Central Office have been busy making sure that you have all received information on the up-and-coming elections to the board of ESH, which will take place at the CoR meeting in

Antalya in October. All candidates will have an opportunity to be featured on the ESH website as well as give a presentation at the CoR meeting. This is an opportunity for YOU to decide what the next ESH BoD will look like.

The ordinary board members and the President Elect will be chosen by the CoR. What do you want from your new ESH board? For those of you standing for the BoD my advice, if you want it, is to know what you can contribute to ESH and be prepared to work within a team to promote the ESH's position as one of the largest, most influential, and ethical clinical hypnosis societies in the world. You should also have received information about the application for bids for the next ESH Congress in 2026 which will be presented and voted on at the meeting. There have been a few expressions of interest and we anticipate a competition. There will be an opportunity to present the proposals to host the next congress during the CoR meeting and it will be the CoR who make the final choice.

The CoR meeting is also where constituent societies can put forward proposals for changes to the ESH Constitution, Membership and Regulations and information has also been forwarded to you from Central Office regarding this.

The board of ESH are being hosted at the end of this month by my own constituent society BSMDH and this meeting will give us an opportunity to finalise the detailed arrangements for the CoR meeting in Antalya. Ali and his colleagues are working hard to accommodate all the special requests that have been asked of them. We will welcome the ISH board to the Antalya Congress and will look forward to celebrating a very special anniversary with them in Antalya. The ESH BoD also held a meeting with the ISH BoD last month to look at areas where both societies can work together to promote hypnosis.

The next ESH and ISH meeting will take place after Antalya, when Gerard Fitoussi is ESH President, and it's hoped that the two societies can meet twice a year to foster this co-operation.

In Antalya, like Scotland, we can enjoy the scenery, culture and the people and friends we have not seen for a long time. Be reassured that the weather will be much better! ESH and ISH have been supporting Ukraine through the Crisis Intervention Committee. It was humbling to attend the final lecture given by Maria Paola Brugnoli from the Italian society SIPMU, who in co-operation with Boris Ivnyev and Kiev Medical University had contributed her time and expertise to provide a 50-hour basic course to young Ukrainian therapists. Together we can do great things. I hope to meet her face to face with Boris Ivnyev in Antalya.



This Congress is YOUR congress, and its success depends on YOU. The past, present, and future success of the ESH has always been in the hands of the members of the ESH. The success of the ESH Congress 2023 also depends on the same.

You can enjoy the rich multi-cultural clinical hypnosis experience that the ESH Congress can provide. I look forward to seeing you all there for the first, and last time, as your President.



French Translation

Gérard Fitoussi



C'est le début de l'été dans tous les pays d'Europe.

En Ecosse, certains prétendent que l'été ne dure qu'une journée! Ce n'est pas vrai. Nous sommes gratifiés de nombreuses précipitations, ce qui confère à nos paysages une luxuriance et une verdure sans pareil. Je conseille toujours aux gens de se munir d'un parapluie. Cela ne décourage pas les touristes venus du monde entier qui souhaitent profiter de nos paysages, de notre culture et de notre chaleureuse population.

Après une semaine longue et éprouvante, partagée entre l'écriture, la présentation d'un nouveau module de formation pour ma société, et les consultations avec mes patients, il était agréable de rentrer chez moi sur

l'île de Skye pour quelques jours de tranquillité sous le soleil bienvenu. Cependant, la réalité a vite repris le dessus, et beaucoup de travail a été accompli en préparation de la prochaine réunion du conseil des représentants (CoR) à Antalya. Le bureau central a veillé à ce que vous receviez toutes les informations nécessaires concernant les prochaines élections au conseil d'administration de l'ESH, qui auront lieu lors de la réunion du CdR à Antalya en octobre.

Tous les candidats auront l'opportunité de se présenter sur le site Web de l'ESH et de faire une présentation lors de la réunion du CoR. C'est là l'occasion, pour VOUS, de décider de la composition future du prochain conseil d'administration de l'ESH. Les membres ordinaires du conseil d'administration ainsi que le président-élu seront choisis par le CoR.

Qu'attendez-vous du prochain conseil d'administration de l'ESH? Pour ceux d'entre vous qui souhaitent se présenter pour le conseil d'administration, je vous conseille, si vous le souhaitez, de réfléchir à ce que vous pouvez apporter à l'ESH et d'être prêt à travailler au sein d'une équipe pour promouvoir la position de l'ESH en tant que l'une des plus grandes, des plus influentes et des plus éthiques sociétés cliniques d'hypnose dans le monde. Vous devriez également avoir reçu des informations concernant l'appel d'offres pour le prochain congrès de l'ESH en 2026, qui sera présenté et voté lors de ce congrès.

Nous avons déjà reçu quelques manifestations d'intérêt et nous prévoyons un vote. Il sera possible de présenter les propositions pour l'accueil du prochain congrès. Le choix final sera effectué par le conseil des représentants. La réunion du CoR est également le lieu où les sociétés constitutives peuvent présenter des propositions de modifications concernant la constitution, les conditions d'adhésion et les règlements de l'ESH. Des informations à ce sujet vous ont également été transmises par le bureau central.

Le conseil d'administration de l'ESH sera reçu à la fin de ce mois par ma propre société constituante, BSMDH. Cette réunion sera l'occasion de finaliser les diverses modalités pour la réunion du CoR à Antalya. Ali Ozden et ses collègues travaillent d'arrache-pied pour répondre à toutes les demandes spéciales qui leur ont été adressées.

Nous accueillerons aussi le conseil d'administration de l'ISH lors du Congrès d'Antalya, et nous nous réjouissons de célébrer un anniversaire très spécial avec eux à Antalya.

Le conseil d'administration de l'ESH a également tenu une réunion avec le conseil d'administration de l'ISH le mois dernier afin d'examiner les domaines dans lesquels les deux sociétés peuvent travailler ensemble pour promouvoir l'hypnose.

La prochaine réunion aura lieu après Antalya, lorsque Gérard Fitoussi sera président, et il est espéré que les deux sociétés pourront se rencontrer deux fois par an pour favoriser cette coopération.

À Antalya, tout comme en Écosse, nous pourrions profiter du paysage, de la culture et retrouver des amis que nous n'avons pas vus depuis longtemps. Soyez rassurés, la météo sera bien meilleure! L'ESH et l'ISH ont soutenu l'Ukraine par le biais du Comité d'intervention de crise.

Ce fut une leçon d'humilité que d'assister à la conférence finale donnée par Maria Paola Brugnoli de la société italienne SIPMU. En coopération avec Boris Ivnyev et l'Université de médecine de Kiev, elle a consacré son temps et son expertise pour offrir un cours de base de 50 heures aux jeunes thérapeutes ukrainiens. Ensemble, nous pouvons faire de grandes choses. J'espère avoir l'occasion de rencontrer Maria Paola Brugnoli et Boris Ivnyev à Antalya.

Ce Congrès est VOTRE congrès, et sa réussite dépend de VOUS. Le succès passé, présent et futur de l'ESH a toujours été entre les mains de ses membres. Il en va de même pour le Congrès de l'ESH 2023.

Vous avez la possibilité de bénéficier de l'expérience riche et multiculturelle en hypnose clinique qu'un Congrès de l'ESH offre. J'ai hâte de vous retrouver tous là-bas, pour la première et la dernière fois en tant que président.



German Translation

Stella Nkenke



In ganz Europa beginnt der Sommer. In Schottland sagt man zwar, der Sommer hätte nur einen Tag, aber das stimmt natürlich nicht. Bei uns regnet es sehr viel, deshalb ist die Landschaft auch so schön üppig und grün. Ich empfehle den Leuten immer, einfach einen Regenschirm mit zu nehmen. Das Wetter schreckt die Touristen aus aller Welt nicht ab, sie wollen die Landschaft, die Kultur und die Menschen genießen. Nach einer langen, anstrengenden Woche, in der ich ein neues Kursmodul für meine Fachgesellschaft schrieb und vorstellte, zusätzlich meine Patienten versorgte, war es schön, für ein paar ruhige und sonnige Tage in mein Haus auf der Isle of Skye zurück zu kehren. Die Realität sah allerdings anders aus und ich habe viele Vorbereitungen für die nächste CoR-Tagung in Antalya bearbeitet.

Das Zentralbüro hat sich darum gekümmert, dass Sie alle Informationen über die bevorstehenden Wahlen zum Vorstand der ESH erhalten haben, die auf der CoR-Tagung im Oktober in Antalya stattfinden werden. Alle Kandidaten werden die Möglichkeit haben, sich auf der ESH-Website vorzustellen und auf der CoR-Tagung eine Präsentation zu halten. Dies ist eine Gelegenheit auch für SIE, zu entscheiden, wie der nächste ESH-Vorstand aussehen wird. Die ordentlichen Vorstandsmitglieder und der gewählte Präsident werden vom CoR gewählt. Was wünschen Sie sich von Ihrem neuen ESH-Vorstand? Denjenigen unter Ihnen, die für den Vorstand kandidieren wollen, möchte ich empfehlen, sich zu überlegen, was Sie zur ESH beitragen können und bereit zu sein, in einem Team zu arbeiten, um die Position der ESH als eine der größten, einflussreichsten und ethischsten klinischen Hypnosesellschaften der Welt zu fördern.

Sie sollten auch Informationen über die Bewerbung für den nächsten Austragungsort des ESH-Kongress im Jahr 2026 erhalten haben, über den auch auf der Tagung abgestimmt werden wird. Es hat bereits einige Interessensbekundungen gegeben, und wir erwarten einen spannenden Wettbewerb. Während der CoR-Sitzung wird es die Möglichkeit geben, die Vorschläge für die Ausrichtung des nächsten Kongresses zu präsentieren und dort wird die endgültige Entscheidung getroffen. Die CoR-Sitzung ist auch der Ort, an dem die Mitgliedsgesellschaften Vorschläge für Änderungen der ESH-Satzung, - Mitgliedschaft und - Ordnungen einbringen können.

Der Vorstand der ESH ist Ende des Monats bei meiner eigenen Gesellschaft BSMDH zu Gast, und dieses Treffen wird uns Gelegenheit geben, die detaillierten Vorbereitungen für die CoR-Sitzung in Antalya zu treffen. Ali und seine Kollegen arbeiten hart daran, alle Sonderwünsche zu erfüllen, die an sie herangetragen wurden. Wir werden in Antalya auch den ISH-Vorstand willkommen heißen und freuen uns darauf, mit ihm ein ganz besonderes Jubiläum in Antalya zu feiern.

Beide Vorstände, ESH und ISH, haben sich im vergangenen Monat gemeinsam getroffen, um zu prüfen, in welchen Bereichen beide Gesellschaften zusammenarbeiten können, um die Hypnose noch besser zu fördern. Das nächste Treffen wird nach Antalya stattfinden, wenn Gerard Fitoussi Präsident ist, und man hofft, dass die beiden Gesellschaften zweimal im Jahr zusammen kommen können, um diese Zusammenarbeit zu fördern.

In Antalya können wir, wie in Schottland, die Landschaft, die Kultur und die Menschen und Freunde genießen, die wir lange nicht gesehen haben. Seien Sie versichert, dass das Wetter viel besser sein wird!

ESH und ISH haben die Ukraine durch das Kriseninterventionskomitee unterstützt. Es war berührend, dem Abschlussvortrag von Maria Paola Brugnoli von der italienischen Gesellschaft SIPMU zuzuhören, die in Zusammenarbeit mit Boris Ivnyev und der Medizinischen Universität Kiew ihre Zeit und ihr Fachwissen zur Verfügung gestellt hatte, um einen 50-stündigen Grundkurs für junge ukrainische Therapeuten anzubieten. Gemeinsam können wir Großes erreichen. Ich hoffe, Paola und Boris Ivnyev in Antalya persönlich zu treffen.

Dieser Kongress ist IHR Kongress, und der Erfolg hängt von IHNEN ab. Der vergangene, gegenwärtige und zukünftige Erfolg der ESH lag schon immer in den Händen der Mitglieder der ESH. Auch der Erfolg des ESH-Kongresses 2023 hängt von ihnen ab. Genießen Sie die reiche multikulturelle klinische Hypnoseerfahrung, die der ESH-Kongress bieten kann. Ich freue mich darauf, Sie alle dort zu sehen, zum ersten und letzten Mal als Ihre Präsidentin.



Spanish Translation

José Cava



Es el comienzo del verano en países de toda Europa. ¡En Escocia algunos dicen que el verano dura solo un día! No es verdad. Llueve mucho, por eso el paisaje es tan exuberante y verde. Siempre le digo a la gente que traiga un paraguas. No desanima a los turistas que vienen de todas partes del mundo a disfrutar del paisaje, la cultura y la gente. Después de una semana larga y dura de escribir y dar un nuevo módulo del curso para mi sociedad, además de ver a mis pacientes, fue agradable regresar a mi hogar en la Isla de Skye para pasar unos días tranquilos bajo un sol tan bienvenido. La realidad era diferente y se ha trabajado mucho para la próxima reunión del CoR en Antalya. La oficina central ha estado ocupada asegurándose de que todos hayáis recibido información sobre las próximas elecciones a la junta directiva de la ESH, que se llevarán a cabo en la reunión del CoR en Antalya en octubre.

Todos los candidatos tendrán la oportunidad de aparecer en el sitio web de la ESH y de hacer una presentación en la reunión del CoR. Esta es una oportunidad para que TÚ decidas cómo será la próxima junta directiva de la ESH. Los miembros ordinarios de la junta y el presidente electo serán elegidos por el CoR. ¿Qué quieres de tu nueva junta de la ESH? Para aquellos que se presentan a la junta directiva, mi consejo, si les parece bien, es que sepan en qué que pueden contribuir a la ESH y estén preparados para trabajar en un equipo que promocioe la posición de la ESH como una de las sociedades más grandes, influyentes y éticas de hipnosis clínica del mundo.

También debes haber recibido información sobre la solicitud de propuestas para el próximo Congreso ESH en 2026 que se presentará y votará en la reunión. Ha habido ya algunas muestras de interés y parece que va a haber competencia. Habrá oportunidad de presentar las propuestas para albergar el próximo congreso durante la reunión del CdR y será éste quien tome la decisión final. La reunión del CdR es también donde las sociedades constituyentes pueden presentar propuestas de cambios a la constitución, membresía y reglamentos de la ESH. La oficina central también ha enviado información al respecto.

La junta directiva de ESH será acogida a finales de este mes por mi propia sociedad constituyente BSMDH y esta reunión nos brindará la oportunidad de finalizar los últimos detalles para la reunión del CdR en Antalya. Ali y sus colegas están trabajando arduamente para satisfacer todas las

solicitudes especiales que se les han pedido. Daremos la bienvenida a la junta de la ISH al Congreso de Antalya y esperamos celebrar allí un aniversario muy especial con ellos.

Las junta directiva de la ESH se reunió también con la de la ISH el mes pasado para analizar las áreas en las que ambas sociedades pueden trabajar juntas para promover la hipnosis. La próxima

reunión tendrá lugar después de Antalya, cuando Gerard Fitoussi sea presidente, y se espera que las dos sociedades puedan reunirse dos veces al año para fomentar esta cooperación.

En Antalya, como Escocia, podemos disfrutar del paisaje, la cultura y la gente y los amigos que no hemos visto en mucho tiempo. ¡Puedes estar seguro de que el clima será mucho mejor!

La ESH y la ISH han estado apoyando a Ucrania a través del Comité de Intervención en Crisis. Fue una lección de humildad asistir a la última conferencia impartida por Maria Paola Brugnoli de la sociedad italiana SIPMU, quien en cooperación con Boris Ivnyev y la Universidad Médica de Kiev, contribuyó con su tiempo y experiencia a dar un curso básico de 50 horas a jóvenes terapeutas ucranianos.

Juntos podemos hacer grandes cosas. Espero verla a ella y a Boris Ivnyev en Antalya. Este Congreso es TU congreso, y su éxito depende de TI. El éxito pasado, presente y futuro de la ESH siempre ha estado en manos de sus miembros. De ellos también depende el éxito del Congreso de la ESH 2023.

Puedes disfrutar de la rica y multicultural experiencia en hipnosis clínica que puede ofrecer el Congreso ESH. Espero verlos a todos allí por, primera y, última vez como su presidenta.



Italian Translation

Consuelo Casula



È l'inizio dell'estate in ogni paese europeo. In Scozia alcuni dicono che l'estate dura solo un giorno! Non è vero. Piove molto ed è per questo che lo scenario è così lussureggiante e verde. Dico sempre alle persone di portare un ombrello. Non scoraggia i turisti che vengono da tutto il mondo per godersi il paesaggio, la cultura e le persone. Dopo una lunga e dura settimana di scrittura e consegna di un nuovo modulo del corso per la mia società, oltre a vedere i miei pazienti, è stato bello tornare a casa mia nell'isola di Skye per alcuni giorni tranquilli sotto un sole molto gradito. La realtà era diversa e molto lavoro è stato fatto per la prossima riunione del CoR ad Antalya. L'Ufficio centrale si è impegnato a garantire che tutti voi ricevete informazioni sulle imminenti elezioni del consiglio di amministrazione dell'ESH, che si terranno alla riunione del CoR ad Antalya in ottobre.

Tutti i candidati avranno l'opportunità di comparire sul sito web dell'ESH e di fare una presentazione alla riunione del CoR.

Questa è un'opportunità per VOI per decidere come sarà il prossimo consiglio di amministrazione della ESH. I membri ordinari del consiglio e il presidente eletto saranno scelti dal CoR. Cosa vuoi dalla tua nuovo board della ESH? Per quelli di voi che si candidano per il nuovo board, il mio consiglio, se lo volete, è di sapere quale contributo intendete offrire alla ESH ed essere pronti a lavorare all'interno di un team per promuovere la posizione della ESH come una delle società di ipnosi clinica più grandi, più influenti ed etica nel mondo.

Dovresti anche aver ricevuto informazioni sulla domanda per la candidatura per il prossimo Congresso ESH nel 2026 che sarà presentata e votata durante l'assemblea ad Antalya. Ci sono state alcune manifestazioni di interesse e prevediamo una certa competitività. Durante il CoR ci sarà anche l'opportunità di presentare le proposte per ospitare il prossimo congresso e sarà il CoR stesso a fare la scelta finale.

La riunione del CoR è anche il luogo in cui le società costituenti possono presentare proposte di modifica allo statuto, all'adesione e ai regolamenti della ESH: le informazioni vi sono state già trasmesse dall'ufficio centrale.

Il consiglio di amministrazione della ESH sarà ospitato alla fine di questo mese di giugno dalla mia società costituente, la BSMDH, e questo incontro ci darà l'opportunità di finalizzare le modalità dettagliate per la riunione del CoR ad Antalya. Ali e i suoi colleghi stanno lavorando sodo per soddisfare tutte le richieste speciali che sono state loro poste. Durante il Congresso di Antalya daremo il benvenuto al consiglio di amministrazione della ESH e non vediamo l'ora di celebrare con loro un anniversario molto speciale. Il mese scorso il board della ESH ha anche tenuto un incontro con il board della ISH per esaminare le aree in cui entrambe le società possono lavorare insieme per

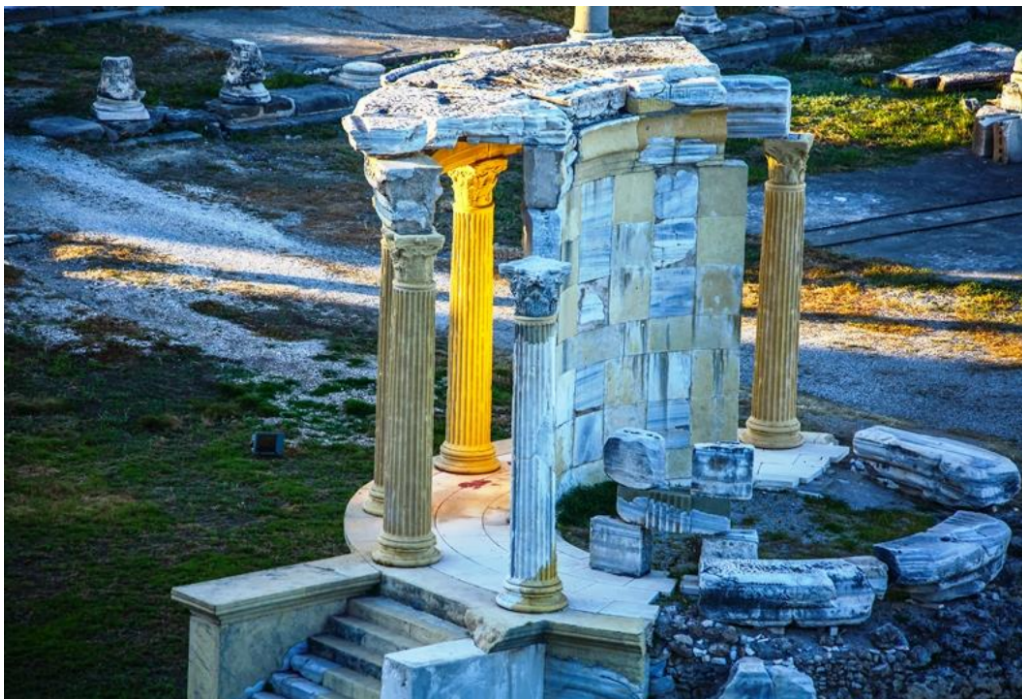
promuovere l'ipnosi. Il prossimo incontro di ESH e ISH si terrà dopo Antalya, quando Gerard Fitoussi sarà il presidente della ESH, e spero che le due società possano incontrarsi due volte l'anno per promuovere questa cooperazione.

Ad Antalya, come in Scozia, possiamo goderci il paesaggio, la cultura, le persone e gli amici che non vediamo da molto tempo. Puoi stare tranquillo che il tempo sarà molto migliore di quello scozzese!

ESH e ISH hanno sostenuto l'Ucraina attraverso il comitato di intervento in caso di crisi. È stato emozionante assistere alla conferenza finale tenuta da Maria Paola Brugnoli della società italiana SIPMU, che, in collaborazione con Boris Ivnyev e l'Università di medicina di Kiev, ha contribuito con il suo tempo e la sua esperienza per fornire un corso base di 50 ore ai giovani terapisti ucraini.

Insieme possiamo fare grandi cose. Spero di incontrarla faccia a faccia con Boris Ivnyev ad Antalya. Questo Congresso è il VOSTRO congresso e il suo successo dipende da VOI. Il successo passato, presente e futuro della ESH è sempre stato nelle mani dei membri della ESH. Il successo del Congresso ESH 2023 dipende anche da questo.

Puoi goderti la ricca esperienza di ipnosi clinica multiculturale che il Congresso ESH può fornire. Non vedo l'ora di vedervi tutti lì per la prima, e ultima volta, come vostro Presidente.



Editor's Letter

Consuelo Casula



This summer issue is introduced, as usual, by the Letter from our ESH President Kathleen Long inviting the various constituent societies to propose their candidates to join the new ESH board 2023-2026. The elections will be held during the next ESH Congress in Antalya. In her letter she also invites the ESH CS to bid to host the 2026 ESH congress.

Our President also conducted an interesting interview with the new President of BSMDH, Ayat Fakhteh, who informed us that Kathleen Long has been awarded the title of Honorary President of the BSMDH, in recognition of her dedication and selfless efforts in keeping the BSMDH strong and alive. I imagine the entire ESH community joins the ESH board to celebrate our President, be happy with her for her well-deserved recognition and join us in congratulating her. In the same interview we have a spoiler that the BSMDH intend to bid to host the upcoming ESH 2026 congress in Glasgow.

At the end of June our board will meet in Glasgow to attend a board meeting and to facilitate workshops for registered BSMDH members. This occasion will give us the pleasure of exploring the city and seeing its characteristics which could make it a good candidate for hosting the next ESH conference. There have been several expressions of interest for the next Congress and hopefully that will make for a good competition at the CoR in Antalya where YOU, our CS, will make the final choice.

In this June issue, in addition to the interview with Ayat Fakhteh, there are other interviews with Martin Schmidt of SMSH, Lotta Lindgren of SSCL, Marco Klop of IMHEL, Enrico Facco of CIICS, Anna Knakkegaard of DSCH. This great cross-section of interviewees offer insights into their personal and professional lives.

Additionally in this issue, Gérard Fitoussi updates us on French conferences, recently published journals and books, and Peter Naish shares some thoughts on the clinical use of hypnosis not as 'just another tool', rather as a way of employing its power in gaining flexibility. Randi Abrahamnsen keeps us all up to date on developments in CEPE, and Ali does the same the on the upcoming Antalya conference.

In addition to the contributions of some members of the ESH board, in this issue Maria Paola Brugnoli, president of IPNOMED, shared with us her experience regarding a Clinical Hypnosis Course for Ukrainian Physicians and Psychologists, an initiative promoted by her and by Borys Ivney, Rector of the Kiev University supported by our president Kathleen Long and by the Crisis Intervention Committee she set up with the ISH. Silvia Giacosa, president of the Italian Constituent Society AMISI, offers a comment on her national congress held in Milan at the Bicocca University at the end of May 2023. Finally Jeff Zeig founder and president of the Milton Erickson Foundation updates us with some educational books recent edited by the MEF.

This content of this summer issue is embellished with many photos of Antalya and with the photographic contributions from many colleagues demonstrating the true and authentic beauty of natural phenomena: from sunrise to sunset, from seasonal flowers to capers, myrtle and lantana, from a seagull to a Mediterranean tortoise.

This is the penultimate issue of ESHNL 2020-2023, which is also the continuation of ESHNL 2017-2020. The next and last issue will be dedicated to the upcoming congress, with some abstracts of keynotes, conferences and workshops, as well as a preview of some activities that Ali and his team are preparing for all of us.

As usual I would like to thank all the contributors of ESHNL, starting with the colleagues who generously agreed to be interviewed, to Gerard, Peter and Marie-Jeanne for their constant contribution, to the translators Gerard Fitoussi, Stella Nkenke and Josè Cava as well as all the others who helped me to create this important connection with each Constituent Society and its members. I hope that this summer the preparations for our next meeting in Antalya will excite us all. The warm Autumn in Antalya will offer us all a continuation of summer that will help to renew energies for the next three-year period 2023-2026.



Interview with Ayat Fakhtehs, President of BSMDH

By Kathleen Long



First of all congratulations on your Presidency of BSMDH. Can you give me a little information about yourself and your background?

Thank you, I must admit the presidency has been a bit of a surprise. There are many deserving and knowledgeable members and I have very big shoes to fill in. I am honoured with the trust put in me and hope to do the role justice. To tell you more about myself, my profession is general dentist, and I qualified at 2004 from University of Glasgow. My path in dentistry has been incredible. When you are young and choose a course to study, you can't see in the future how that would fit your life. I am thankful to have the ability to help people with their journey to a healthier lifestyle and manage their anxiety. I am blessed to have four children, who keep me on my toes and entertain me constantly. Every single one of them is uniquely perfect. My husband is a

professor in Computer Science. It should be known I am a technophobe, and can't quite explain my husband's field of interest and passion, but then that's what they say "opposites attract."

How long have you been doing Hypnosis and what attracted you to it in the first place

First time I was introduced to the idea of hypnosis was in a lecture at dental school during our final year. It was intriguing and sparked an interest. Following that, I completed a dental hypnosis module run by Glasgow Dental School in 2010; with the knowledge gained I could use relaxation methods to help with anxious patients which added to my skill set. However, I wanted to further broaden these skills and thankfully through a friend I heard about the BSMDH training course. I completed the BSMDH training course in 2018 and have been able to use hypnosis far more effectively for work and life. Around the year 2011, I got introduced to hypnobirthing, I found many benefits from implementing that, and learned a great deal about the power of hypnosis to give power back to oneself in order to achieve the great goals in life. The independence and self-reliance in believing your body is created to overcome challenges is empowering. The hypnobirthing was a prescriptive method of hypnosis which can be in contrast to the Ericksonian approach. And it has been interesting to see the different methods of approaching this subject.

Hypnosis is not recognised officially as a speciality in the UK. Have you found it difficult to get your colleagues to accept you using it in the health service.

Have to admit this has always been a problem. Hypnosis is either dismissed or viewed with suspicion. I work in general practice so working independently has given me the freedom to use hypnosis without red tape. But generally it is a big challenge to have our professional colleagues view this modality as a cornerstone of treatment planning. Unfortunately it is often viewed as an afterthought, when all else fails, hypnosis is considered. I think it should be one of the first steps

taken to assist patients on their journey both in providing a relaxing, free of anxiety treatment, and more importantly setting up good habits in follow-up of treatment and improving patient care.

How long is your Presidency for

My understanding is that it is for three years.

How many members are there and what is the make up of your board at BSMDH?

BSMDH board consists of seven health professionals of Doctors and Dentists. We are very lucky that we have many members from the dental profession. This is all down to great work of Mike Gow for being an incredible ambassador for hypnosis. He has dedicated many hours introducing hypnosis to dental undergraduates which sparks their interest in taking up the training.

Can you tell us about your society's recent activities?

Recently we had a past presidents' dinner ceremony. This event acknowledged the efforts and great work of past presidents. There were honorary members recognised at the event. This was a great event allowing us all to meet face to face after years of lockdown and zoom meetings. At this event Kathleen Long, current president of ESH was awarded the title of Honorary Chairperson in recognition of her dedication and selfless efforts in keeping our society alive. Also for the first time "The James Gall Memorial Bursary" was awarded. This is a great initiative by Mike Gow in mentoring and conducting an elective study on dental hypnosis. Initiatives like this will provide a good pathway for future health professionals in joining and continuing hypnosis in practice. Our most recent training course was NLP training taught by Kathleen Long and Mike Gow, this proved to be a great success. Participants were from across the board of health professionals, and every participant found the course immediately effective for their profession. Also we are very excited to have the Board of Directors of ESH to come to Glasgow in a few weeks time, there will be a full day of workshops on various subjects.

What are your plans as BSMDH President?

We have been very lucky that many members have donated books. I am hoping to catalogue and organise a library for members to be able to use. As a society we are hoping to increase the number of days of training courses. We have committed to have the training courses run for a small group of delegates to provide them with the best one-to-one training, therefore the extra days of training would allow more delegates to enjoy the benefits of these training courses. None of this would have been possible without the dedication and selfless efforts of our esteemed council members Kathleen Long, Mike Gow, Allan Dewar, Liz Allen, and in the past Roger Jay and Paul Lim. One of the big plans that we are hoping to achieve is to host the next ESH congress in Glasgow.

We believe Glasgow is a fantastic location for this congress, with great connectivity by airport and train, as well as having many hotels to accommodate members. The city has something for everyone from historical sites to great venues for concerts and theatre, as well as a great nature reserve for walks and soaking up the clean air and enjoying fresh water.

Do you have any hobbies?

I like hiking, although I won't call myself a hiker, however I would rather get soaked in the Scottish rain than sitting on a sofa. My favourite hiking spot is Conic hill, the views are serene in all seasons. I like baking as well, this is something I do often with my daughter, and I must admit although she learned it from me, she has surpassed me in baking now! When I have friends over, I would ask her to do the desert as hers always turns out perfect. The easy way of passing time would be watching movies, would you call that a hobby?! The world of movies is becoming complex with the genre of marvel and science fiction, I feel sometimes you need to have a degree in figuring out these movies. So I like an easy viewing, which can be hard to come by sometimes.

Will you attend the ESH Congress in Istanbul 2023?

I am hoping to attend to soak up the great event.

Tell me something about yourself that we might find surprising?

This is a great question, I had to really think about this one. Had to ask my kids, what is surprising about me? Their answers were revealing and hilarious. Basically there is nothing surprising about me as their mum. The biggest surprise is me being the president, "How did I get here?".



Interview with Martin Schmidt, President of Swiss Medical Society of Hypnosis (SMSH)

By Consuelo Casula



Please, introduce yourself from personal and professional point of views. What your cultural and professional background are?

My name is Martin Schmidt. I have been a family doctor with my own practice in Embrach, Switzerland for 25 years. I have always lived, studied and worked in the greater Zurich area. I am married, we have three children aged 37, 35 and 34. The youngest daughter still lives with us. She had a severe cerebral hemorrhage when she was 18 years old. Fortunately, thanks to modern medicine, she survived and fully recovered. We are very grateful. I studied medicine in Zurich and spent my years as an assistant in various regional hospitals and disciplines. I received a sound education in evidence-based «conventional medicine». A powerful and very successful method to treat and heal diseases. The fate of my daughter, which I personally experienced, had also shown me, privately and very directly, the sheer

unbelievable advances and possibilities of modern medicine. But I was aware much earlier that this "modern" medicine was missing something. It was a "cold", technical-analytical medicine. For many treatment reasons and problems, such as chronic or psychosomatic illnesses, I lacked a suitable approach, an effective tool to initiate helpful and healing processes.

How and when did you discover hypnosis for the first time? How did you become interested in hypnosis? Who have been your teachers and mentors?

In the search for this tool, I came across a flyer in the Swiss medical newspaper. The Swiss Medical Society of Hypnosis advertised a basic course in hypnosis. During this basic course I became a hypnosis enthusiast. I was totally fascinated by the possibility of communicating directly with the unconscious, the body. This "new world" of an unconscious, intelligent, sentient self, versus the conscious, limited, analytical mind was a revelation to me. I am still deeply touched today and amazed when I experience together with patients how the mind with its limited presuppositions encounters unexpected discoveries and creative, helpful solutions in the vastness of the unconscious. Knowing that the resources and solutions are within the patients themselves, and that we can evoke and use them relieved me and gave me great confidence and trust for the possible change processes.

I would like to share a very personal experience. At the beginning, hypnosis had an aspect of something that was beyond my ability, something unreal, even magical. Deeply impressed and fascinated by the many case histories of Milton Erickson's work, I had trouble imagining that this type of therapy on several levels could actually be attainable on several levels. Yes, I sometimes doubted that a person like M. Erickson could have actually existed at all... At a workshop with Jeff

Zeig, I first experienced Milton Erickson as a person. I experienced Jeff Zeig as his son. A year later I had the opportunity to attend a workshop with Sidney Rosen. Here I met a companion and friend of Milton Erickson. I told him about my doubts, and he said this sentence to me: «Martin, look into my eyes, then you can see the eyes of Milton Erickson». He looked directly at me with the friendliest and warmest look. I was deeply touched. My doubts were all blown away. I had completely arrived in the world of hypnosis.

Many teachers have inspired, supported, accompanied and helped me on my way! I am very grateful to them all. I cannot list them all. We learn from all our encounters and thus develop "our personal type of hypnotherapy". I learned the most from my patients. They gave me the opportunity and gave me the confidence to engage in various, sometimes profound change processes. I see it as a great enrichment to accompany them and to experience how these "inner worlds" are made up, how the "psyche" works. It fills me with gratitude that, thanks to my training in hypnosis, I can walk this path together with my patients.

Who is Martin when you are not working? What are your hobbies, how do you like to spend your free time?



I have the privilege of living in a beautiful place near the Rhine. I love nature, especially trees, the forest and the Rhine. In my free time I go for walks and hikes with our dogs (we have three dogs; my faithful companion is called "Sky" and is always near me); I take care of the garden and the house together with my wife and daughter. I like to cook, read in my library, listen to music, play handpan and, brand new, a large gong... or I am somewhere in nature and feel and listen to myself and the world. It is just wonderful to be out and about in the different seasons.

Tell something about your society, how old is it? How many members does it have, what kind of profession do they belong to, medical, psychologists, what is their specialty?

The Swiss Medical Society of Hypnosis (SMSH) was founded in 1981. That was at a time when hypnosis in Switzerland was viewed very critically or even negatively. Right from the start, the pioneers of our society were a fairly "mixed bunch" from many different disciplines. Curiously searching with an open mind, with great mutual respect and resolutely asserting themselves against prejudices with scientific arguments, they built up the SMSH. Over the years, it has grown into a large society that currently has 517 members. These are divided into the following areas of activity: 199 basic care (including paediatrics), 130 psychiatry (including youth and child psychiatry), 80 dentistry, 53 anesthesia, 26 other medical professions and 29 psychology. This diversity brings great advantages and promotes understanding of the concerns of the various professions. We maintain an open, friendly and appreciative relationship with one another. It is this open, inclusive spirit that sets SMSH apart.

How and when did you join the society that you are now the president of?

It has been 22 years since I became a member of the SMSH. At the beginning of my training, I quickly realized that hypnosis would not let me go anytime soon. So, I decided to become a member. I immediately felt comfortable in this open, family atmosphere. The in-depth study of

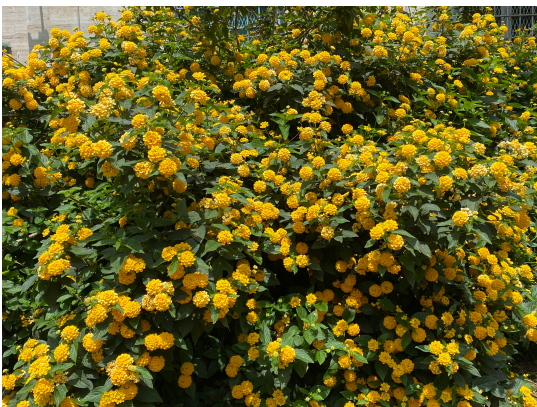
hypnosis and the joy of teaching led me to get involved in training. It is important to me to pass on my many positive experiences and insights. I have been working as a trainer for almost 15 years. I experienced so much support and goodwill in the SMSH that I felt the desire to give something back to the society. I have been a member of the SMSH board of directors since 2013. I really never thought that one day I would become their president... in November 2022 I was elected president.

SMSH has been a member of the ESH for many years, and ESH is very grateful to your society because it tried to organize the 2020 ESH Congress in Basel that was cancelled because of Covid. How has your society recovered from that big inconvenience?

It was a difficult and sad experience. Together with our partners IRHhyS (Institut Romand d'Hypnose Suisse) and GHYPS (Society for Clinical Hypnosis and Hypnotherapy Switzerland) we invested a lot of time, energy, and money in this big event. Everything was ready, the anticipation was great... then we had to cancel the whole congress! What a huge disappointment! We could get over the financial loss. We still very much regret that we were not able to welcome the many hypnosis societies we were friends with and all the participants from all over Europe in Switzerland. I am especially sorry for Mike Schekter who was the driving force behind the Congress as a former board member of SMSH and former ESH Treasurer) and Peter Sandor (former President of SMSH) who were the most invested of our ranks. A big thank you to each of them!

In addition to this great disappointment and the challenges posed by the Covid pandemic, we also had a third extraordinary burden. There had been a serious conflict on the SMSH board of directors, which pretty much pushed us all to the limit. All attempts at an agreement failed. There was a spin-off and complete separation of a smaller part of the board and some members from the society. It was a very painful process that also cost a lot of productive time and energy. The episodes are not fully digested yet...

Is your society engaged in any kind of research? In which field? Do you have a newsletter or a journal? Do you organize annual congresses?



We offer training in medical and dental hypnosis leading to a certificate of competency recognized by the Swiss Medical Society FMH. In recent years we have had to completely revise and renew the training curriculum. Because we were behind schedule due to the internal conflict, we were under time pressure. It was a complex, time-consuming process that was finally completed at the end of 2022. We are proud of that. Now we are in the process of implementing the new program in everyday training. We are very pleased that we were able to start successfully on January 1st, 2023. As part of this process, we have also revised our

detailed script for the training. Many different authors have made a commendable contribution to the success of the joint work.

Our annual, three-day congress in Balsthal is the absolute highlight of the year for us. We always invite guests from different countries and enjoy their contributions in workshops and lectures. It is an inspiring place for encounters and exchanges, where many national and international friendships have developed... We do not actively promote research in hypnosis as a society. At our congress we offer a platform where new findings can be presented and discussed. For many years we had our own magazine «Bulletin CH-HYPNOSE», which was published twice a year. The last edition appeared six years ago. We are currently still looking for a successor solution. Temporarily we were able to publish a newsletter. Unfortunately, the continuation failed due to the lack of resources...

We have been a proud member of the ESH for many years. Our board member Mike Schekter was an active member of the ESH board for a long time, and ESH treasurer from 2017 to 2020.

When did you become president of your society and how long will your presidency last? What have you inherited from the previous president? What is your mission as a new president of your society? What are your plans and dreams for the future of your society?

As already mentioned, I took over the presidency from Professor Peter Sandor in November 2022. That was and is quite a challenge for me. Peter Sandor made a great effort to organize the ESH Congress 2020 and, with his good relationships with University medicine, ensured the scientifically sound reception of hypnosis. During the Covid pandemic and the internal conflict, he always took a solution-oriented attitude with confidence and calm and carried a large part of the burden.

I see my task as building bridges after the great burdens of the past few years and renewing the «spirit of SMSH». I would like to help medical hypnosis in German-speaking Switzerland to get the recognition it deserves. I stand for high-quality training in medical hypnosis for professionals and its application by professionals in the health professions. I say this so explicitly because hypnosis is currently experiencing a "hype" and we are confronted with many qualitatively and ethically questionable providers who propagate lay hypnosis and we clearly differentiate ourselves here. I look forward to further promoting and establishing hypnosis and its use together with the board and the members of the SMSH. I would be very happy if our company continued to grow in the future.

Are you coming to Antalya?

Unfortunately, it is not possible for me to come to Antalya. I am very sorry. I wish the 16th European Congress for Hypnosis and the organizing Turkish Hypnosis Society every success!

What would you like to receive from the ESH?

We have based the learning objectives of our basic training on the guidelines of the ESH. That was very helpful. The exciting newsletter helps to raise awareness of the ESH and promotes the feeling of being part of an international community. The big congresses are very enriching and inspiring. So, I think we are already getting a lot from ESH. I would like to thank everyone who is involved!

What would you like to give to ESH?

We are currently still very busy with gathering our society together again after the above-mentioned shocks and establishing the new training curriculum. That requires a large number of resources. So, we are not able to give much at the moment. However, the ESH can count on the Swiss Society for Hypnosis. We see ourselves as part of this large community that is committed to the concerns of hypnosis.

A favorable wind is blowing for hypnosis. Let us use this wind and keep our hypnosis ship on the chosen course with full sails!

Interview with Lotta Lindgren, President of Swedish Association for Clinical Hypnosis

By Consuelo Casula



Please, introduce yourself from a personal and professional point of view. What are your cultural and professional backgrounds?

I am licensed psychotherapist, supervisor and teacher in psychotherapy, certified in clinical hypnosis, image therapist. I live in Luleå in northern Sweden where it is now light all night during the summer. I am married to Thor, we have six children of which two are mine and nine grandchildren. I have worked in adult psychiatry for 24 years and 24 years as a psychotherapist in private practice. I am passionate about working with trauma and I have been using hypnosis for three-four years. I like to discover how much hypnosis benefits these people

How and when did you take up hypnosis the first time? How did you become interested in hypnosis? Who have been your teachers and mentors?

For a long time I was skeptical about hypnosis, and found it difficult to properly help traumatized people. Then I became seriously interested in hypnosis and started proper training. I started with Anna Gerge who gives courses with hypnosis for traumatized patients. After that I went on a two-year training course with Ann Wilkens and Eva Eriksson Block, and I participate in supervision when it is necessary.

Who is Lotta when you are not working? What are your hobbies, how do you like to spend your free time?

I love to grow, to pick berries and mushrooms, and to work voluntarily in various associations. I am passionate about the climate issue and for many years I have politically worked to make a difference regarding environment and climate issues. I also love doing aerobics and dancing.

How and when did you join the society where you now are the president?

Tell me something about your society. How old is it? How many members does it have? What kind of profession do they belong to, medical, psychology, what are their specialties?

I joined the association in connection with my two-years education. One year after that I was asked to be president. They wanted a president who can and dares to stand up for clinical hypnosis and to create structure within the association. I am now re-elected for another two years.

The association has existed for over 30 years. We have 180 members. Most are psychologists, psychotherapists and dentists. We also have midwives, physiotherapists, doctors, chiropractors, veterinarians, nurses.

Is your society engaged in any kind of research? in which field? Do you have a newsletter or a journal?

Yes, we are involved in research. Right now, around IBS at Karolinska Institut in Stockholm. We publish a newsletter four/five times a year with current information. We are members of both ESH and ISH.

How long is your Presidency for? What have you inherited from the previous president?

I have recently been re-elected for two years. I have inherited very little from the previous president. He did not work well on the board, and he did not have the energy to deal with the problems.

What is your mission as the new president of your society? What are your plans and dreams for the future of your society?

My mission is to work to promote the good effects of hypnosis, to get more healthcare people using hypnosis, to become a referral body to the National Board of Health and Welfare and to work for more members of the association. We are also in the process of starting a Nordic collaboration (Norway, Denmark, Finland and Sweden) and perhaps a Nordic conference.

Are you coming to Antalya?

I will not come to Antalya as I do not fly for climate reasons. There will be two other representatives from the association

**What would you like to receive from the ESH?**

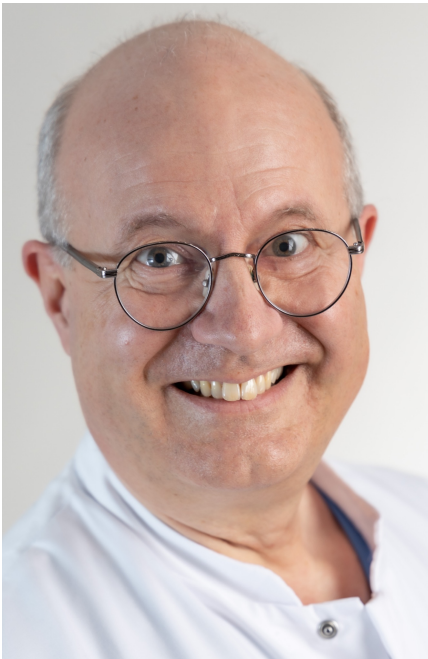
Examples of newsletters that are sent out in other countries. Which courses are given digitally that we have the opportunity to participate in?

What would you like to give to ESH?

I hope we can give something to ESH. Attend meetings. We can send out information about the training courses we organize and show our newsletter (in Swedish).

Interview with Marco Klop, President of the Luxembourgish Milton H Erickson Society (IMHEL)

Marie-Jeanne Bremer



Please, can you tell us more about you?

Certainly. I am 58 years old, married to a wonderful wife and the father of three children who have now reached adulthood. As an anaesthetist and intensive care specialist, I completed my training as a doctor in 1992 and then as an anaesthetist in 1997. I have been working at the ZithaKlinik in Luxembourg City since 1997.

When I think back to my years as a resident at the Université Libre de Bruxelles, I always remember an anecdote: one day, at the end of my first year of training, I was in the operating theatre preparing the medicines for the next patient. When I tried to prepare Propofol (an anaesthetic-inducing drug that was brand new at the time - we were in 1993 and this drug was very expensive), I found out that I couldn't get it for this operation because it was reserved for certain patients and there were no plans to give it to me. I complained about this discrimination to my head of department, Professor Alain d'Hollander, who told

me that I was in training and that I had to adapt to what was available to me. Then, with a touch of defiance, he told me before leaving that my training with him should prepare me to practice anaesthesia anywhere and with anything, even water if necessary.

This sentence planted a seed that began to grow in my mind. From water to hypnosis, it is just a small step to take by imagination.

Human-to-human communication has always fascinated me, and I soon realised that the way people speak and the words they use could influence their state of stress and take away some of their worries. But at the time I was not thinking about hypnosis yet.

This anecdote got me thinking and I took the time I needed before realising that hypnosis could be a wonderful tool in anaesthesia.

20 years ago, our late colleagues from the Institut de Liège, André Delchambre and Paul-Henri Mambourg, provided a first training in hypnosis in Luxembourg, training in which you participated. What was your motivation?

As mentioned above, I only became interested in hypnosis after 1997. This occurred when a nurse in anaesthesia made me realise that the way I was inducing anaesthesia and talking to patients was hypnotic. So, I dug deeper into the subject and came across a training course given by the Institut Milton H Erickson de Liège, and held in Luxembourg. Motivated by a desire to understand communication, and in particular hypnotic communication, I enrolled straight away!

From 2002 to 2005 I did my training in Ericksonian hypnosis with the Institut Milton H Erickson de Liège, then from 2005 to 2006 I completed it at the University of Liège with Marie-Elisabeth Faymonville. These two courses were and are complementary: the one at the Institute is more

general, while the other at the University of Liège is more specialised in anaesthesia and pain management.

You did meet the challenge of creating an Institute in Luxembourg. Can you tell us more about your Institute?

Soon after completing the training at the Liège institute, Paul-Henri and André encouraged some of us (including you, Marie-Jeanne, and myself) to set up a Luxembourg institute. At first, we were reluctant because we had no experience, but we nevertheless got together several times and launched the foundations of the Luxembourg Milton H Erickson Institute in 2007.

With the arrival of new recruits such as Sandra Balsamo and Roberta Lomenzo, we gradually integrated into the training courses at the Liège institute, which were held in Luxembourg, and finally took over the entire training course in 2012.

Over the last 10 years, during which we have taken over the entire course, we have trained around 150 participants in Ericksonian hypnosis and strategic communication. We are also very active in staff training in hospitals. We worked with some of the country's hospitals to train just over 350 care givers in hypnotic communication techniques, with a focus on care.

In addition to our specific training courses or masterclasses, which we have organised over the last few years, we have begun to offer over the last year training in energetic psychology, which has been a great success. We continue to maintain excellent contacts with the Institut de Liège, with whom we hope to work closely in the years to come.

Have you been able to notice over these two decades a change regarding hypnosis in general and in the medical field in particular? Is there a growing acceptance of hypnosis?



It is clear that since the beginning of this millennium, the acceptance of hypnosis among the public has been growing. I regularly meet people who approach me to ask if I could help them in their daily lives. In my opinion, this is not just due to a fashion phenomenon picked up by the media, but

above all the consequence of advances in scientific research into neuroscience. This knowledge has enabled us to discover the extent of our brain's capabilities. Hypnosis has officially become the fourth state of consciousness, as hypothesised by Francois Roustang and Léon Chertok.

Among patients too, hypnosis and its techniques are becoming increasingly accepted. The scientific advances made by research teams have given clinical hypnosis its credentials and are gradually beginning to erase the damaging effects of show hypnosis. Nevertheless, we must always make it clear that hypnosis is only a technique that different practitioners use in their respective areas of expertise, and it is not a speciality in itself.

„Primum non nocere“ is the heart of therapeutic interventions. Therapeutic and medical hypnosis led to greater understanding of the suggestive power of communication. Sometimes, the way of speaking to a patient has a placebo-effect. How do you integrate this knowledge in your practice?

Aware of the placebo and placebo effects of suggestive communication, I try to daily use positive communication with my patients. Even though it can sometimes be difficult, given the different pathologies I see in my patients, positive suggestions are an integral part of my daily practice. Strategic dialogue, and here I am referring to Nardone, is a fantastic tool in my day-to-day consultations.

When inducing general anaesthesia, I always use positive suggestions and encourage patients to trust their imagination and their 'benevolent self' to eliminate stress in these exceptional situations. And I have to say that patients excel at this.

In 2023, as President of the CFHTB Forum, you were in charge to organize the 12th edition in Luxembourg collaboration with the board of Confédération Francophone d'Hypnose et de Thérapies Brèves (CFHTB). You did it with much enthusiasm. Can you tell us more about this experience?

Organizing the 12th CFHTB forum was a remarkable and rewarding experience in every aspect. First of all, working with the team of the Milton Erickson Institute of Luxembourg was very gratifying. The energy, drive and enthusiasm of this team has been remarkable, and I am proud to be part of it.

The French-speaking confederation of hypnosis and brief therapy (CFHTB) is an organization with 25 years' experience, and which includes some of the world's leading experts. It was also a very enriching experience to work closely with them.

Organizing such a forum requires a great deal of personal commitment, and, when the Covid 19 managed to create a closer link between the CFHTB and ESH and opened new prospects for closer collaboration between the two organizations.

With this review of past experiences, what goals would be important for the future.

What matters most to me is more intense international cooperation. If, at European level, we could have more exchanges, as is the case with the EHS congress, it would enrich our daily practice phenomenally.

One of the objectives of the Milton H Erickson Institute in Luxembourg is to encourage international contacts. I think that Luxembourg's location within Europe, with its multiculturalism, could be a facilitating center of exchange.

Interview with Enrico Facco, CIICS, Italy

by Randi Abrahamsen



Enrico Facco is Professor of Anesthesiology and Intensive Care, Specialist in Neurology, and senior scientist at the Studium Patavinum - Dept. of Neurosciences, University of Padova and he teaches at the Institute Franco Granone - Italian Center of Clinical & Experimental Hypnosis (CIICS), Turin (Italy). He is former chairman of Dental Anesthesia and director of a one-year specialization course in Sedation and Emergencies in Dentistry at the University of Padova, now vice-director of the same course. He has published over 250 papers on consciousness and its altered states, coma, brain death, pain, hypnosis, and traditional acupuncture. ORCID: 0000-0001-8780-3620

Please tell us a little about yourself hobbies, interest, family

I was born in 1951 in Ethiopia, where my father was a veterinary, and my family came back to Italy when I was one year old. My hobbies are piano (my favorite author is Chopin) and Golf; I have also practiced Eastern mind-body techniques since my adolescence, including Judo, Yoga, Taijiquan and Karate. My main interest is Philosophy, including both Eastern and Western ones. When I was a medical student, I dreamed of becoming a psychiatrist, a fact leading me to attend a three-years course of formation in psychotherapy. At the same time, acupuncture represented an appealing link between my philosophical and medical interests; therefore, I got a diploma on traditional acupuncture in Italy in 1976 and attended the Academy of Traditional Chinese Medicine in Beijing (China) in 2000.

On graduation, fate brought me to become an anaesthetist and for 30 years to come face to face with the worst health problems, i.e., life-threatening diseases, disability, coma, death and brain death. At the same time, my clinical practice included the management of chronic pain as well as psychological, functional and psychosomatic disorders.

You have been teaching dentists at the University at University of Padova, and also Head of the Dental Anaesthesia. Tell us about this experience

As a professor of Anesthesiology and Intensive Care, I have been teaching Dental Anesthesia and emergencies in the dental setting for many years. The Master's Degree in Dentistry in Italy is in line with all European rules and the Profile of Competence of the European Dentist published by the Association of Dental Education in Europe (ADEE). I participated in its 2009 update, establishing that the European dentist on graduation should be competent in both pharmacological and behavioral management of dental anxiety, phobia and orofacial pain. I also introduced hypnosis and iatrosedation in the Dental Clinic of my University (Padova) and in the specialization course on Sedation and Emergencies.

You are a member of the board of the Institute Franco Granone, Italian Center of Clinical and Experimental Hypnosis (CIICS). Please tell me about this society, one of ESH Italian Constituent Societies.

The CIICS, founded by Franco Granone in 1965, holds a one-year course in hypnosis for physicians, psychotherapists, dentists, nurses, physiotherapists and dental hygienists. The reason for admitting bachelor's degrees is that hypnosis is a valuable tool for all health professionals involved in therapeutic relationships; of course, each of them must use hypnosis within the limits of one's own competence. Accordingly, the course is divided into two stages, a general one for all participants and a special one for each category of professionals.

One of your major interests is hypnotic analgesia and you have published many articles about this. Please tell us some more about your research in this area, your first experience with hypnotic analgesia and your best practice.

Hypnotic analgesia is one of the most outstanding clinical effects of hypnosis, especially in surgery. In patients with a good hypnotic ability the induction of surgical analgesia calls for no more than 9 minutes (a time competitive with pharmacological anesthesia). Unlike the Hilgard's hypothesis of hypnotic analgesia as a "negative hallucination", hypnotic analgesia is true analgesia able to block both pain perception and stress responses to surgical stimuli, allowing patients to face surgery in full wellbeing and cardiovascular stability. I published the first case report with hypnosis as stand-alone anesthesia in a patient with multiple chemical sensitivity and previous anaphylactoid reactions to several local anesthetics, where any drug would be potentially harmful (Facco, E., Pasquali, S., Zanette, G. & Casiglia, E. *Hypnosis as sole anaesthesia for skin tumour removal in a patient with multiple chemical sensitivity. Anaesthesia* 68, 961–965 (2013).

More recently we have reported its successful use in a small series of six interventions in oral surgery (Facco, E., Bacci, C. & Zanette, G. *Hypnosis as sole anesthesia for oral surgery: The egg of Columbus. J. Am. Dent. Assoc.* 152, 756–762 (2021).

Hypnosis is also helpful in chronic pain (Facco, E. *Hypnosis as Anesthesia for Invasive Procedures. in Hypnosis for Acute and Procedural Pain Management: Favorite Strategies of Master Clinicians.* (ed. Jensen, M. P.) 48–75 (Denny Creek Press, 2019).

I treat with acupuncture, anesthetic block of nerves or myofascial trigger-points and /or hypnosis, according to patient's needs. Since the adopted definition of pain states that its nature is "experience" rather than a plain matter of nociception, the ruling mechanist-reductionist approach to pain (taking into account only the latter) is self-contradictory. Indeed, hypnosis allows to improve acute and chronic pain by a change of experience and, on neuropsychological standpoint, by a top-down modulation of pain neuromatrix. Thus, hypnosis may have a central role also in refractory pain and palliative care, where it allows to manage both physical and psychological components and improve patient's resilience. The latter article is a topic of paramount importance in all life adversities and has been well analyzed by Eastern philosophies, from which I have drawn several concepts to be used in hypnotic metaphors.

I often hear that clinicians find it difficult to use hypnotic analgesia and are a bit afraid to start using it. Do you have any piece of advice for them?

The problem reflects the century-old prejudice about hypnosis, but it can be easily overcome with a proper explanation of what hypnosis really is and letting the patient realize that: a) hypnosis is a valuable technique to improve his/her control over mind, body and stress; b) the duty of the professional is to recognize patient's hypnotic ability and teach him/her how to do it, including self-hypnosis. In short, a good rapport, reciprocal trust and rational restructuring of patient's prejudices seem to me the best way to get rid of fear. As far as surgery is concerned, both hypnotic and pharmacological sedation are very safe and manageable, and I do what the patient likes. Restructuring patient's fear of the intervention is another relevant aspect of management, and conversational hypnosis is fast and effective in this setting. A wise sentence of Epictetus well paints the problem: "Humans do not fear things but, rather, their opinions about things". Therefore, changing opinion may help to solve the problem.

In what way do you use hypnosis for your pain patients?

Its use has many facets. I do hypnosis according to Franco Granone teachings, a permissive way with formal induction followed by instructions appropriate to the endpoint. According to our school (CIICS), the induction is only a conventional way to start (probably borrowed by the concept of induction in anesthesiology), while what is relevant is how the patient is guided to reach the shared endpoint. As induction, I routinely use the Spiegel's eyeroll, being it simple, fast and effective, but any other method is good. When using hypnosis as stand-alone anesthesia, I usually check hypnotic ability with the Hypnotic Induction Profile; then I test patient's analgesic capacity by inducing a hypnotic focused analgesia. The latter depends on both patient's ability and the delivered instructions to get it (they have been described in detail elsewhere, (Facco, E. Hypnosis as Anesthesia for Invasive Procedures. in Hypnosis for Acute and Procedural Pain Management: Favorite Strategies of Master Clinicians. (ed. Jensen, M. P.) 48–75 (Denny Creek Press, 2019). In chronic pain, I use hypnosis to decrease pain's perception, improve detachment, downsize its relevance and let it go; in other words, in severe cases and palliative care the targets are analgesia and resilience, the latter including hypnotic suggestions I have drawn from Buddhism and Taoism (Facco, E., Casiglia, E., Zanette, G. & Testoni, I. On the way of liberation from suffering and pain: role of hypnosis in palliative care. *Ann. Palliat. Med.* 1–12 (2017); Facco, E. Hypnosis for resilience. *OBM Complement. Altern. Med.* 5, 1–20 (2020). In fact, Buddhism was pragmatically born as a way of liberation from pain and suffering, while the Perfect Man according to Zhuāngzǐ is the most outstanding example of unshakable resilience.

Another of your interests is the consciousness also leading to studies of end of life. You have also published articles about these topics. Please tell me some more about it, how did you get this interest?

End of life, death and brain death have been my daily bread in intensive care, I faced for about thirty years. Death is the greatest, unsolved mystery of the human condition, the meaning of which cannot be approached within the limits to the mechanist approach of scientific medicine. Indeed, it is a huge problem involving both theoretical and practical philosophy to be brought to a patient's bedside in order to help him/her to adopt the wisest possible approach to their perceived doom. Its complexity prevents dealing with it here but let me report a wise sentence of Ibn 'Arabi, the greatest

Sufi master, which is just the opposite of the prevailing view of death as annihilation: “Life is like a daydream, from which one awakes at the moment of death”. In fact, when we die, all beliefs, faiths, prejudices, conventional views and pictures of the world vanish and, trespassing the door of death, one can face the “Reality of reality”, whatever it may be. As a terminal patient told me last year, “I am curious to know”.

Do you also have an interest in children with special education needs?

I am president of “Heart4children” - a non-profit organization, start-up of our University wanted by Professor Daniela Lucangeli. It gathers psychologists, physicians, teachers and counselors to promote children’s rights, wellbeing and development, and take care of those with special needs.

Can you share with us your best experience with hypnosis?



It is difficult to classify a single experience as the best. Usually, I take care of patients with chronic pain, psychological and psychosomatic disorders or so-called medical unexplained symptoms, who have unsuccessfully tried all available drugs or surgery and invasive procedures without relief. Fortunately, both hypnosis and traditional acupuncture are very helpful in most of them, once a proper differential diagnosis of pain components has been made. Among the best experiences I can report the intervention in a patient, with adverse reaction to local anesthetic, and potential harm of any drug due to multiple chemical sensitivity. Hypnosis allowed the patient to face a painless surgery including postoperative analgesia in a very simple, safe and cost-effective way. Another best experience is a case with refractory neuropathic pain where acupuncture plus trigger-point injection allowed extension of pain to be limited, while three

sessions of hypnosis allowed a persistent decrease of its intensity below 50% and the withdrawal of opioids and pregabalin at one-year follow up (all data are reported elsewhere, Facco, E., Queirolo, L. & Zanette, G. Neuropathic pain due to avulsion of C5-C7 nerve roots: a successful integrative approach by acupuncture, trigger Point injection and hypnosis. *Chronic Pain Manag. J.* 7, 1–4 (2023).

Is hypnosis included in the curriculum at your University? If yes, how was this made possible?

The history of hypnosis is marked by its outstanding effects and a prejudicial refusal by the medical class, a fact showing the deep epistemological implication of its proper comprehension. In Italy as well as in many other (perhaps all) countries hypnosis is not included in mainstream medicine. As a result, it is not mentioned yet in the core curricula of medical and dental schools. Its (hopefully) future inclusion depends on a long work in progress, but a few positive signs are detectable. For instance, in the core curriculum of the specialisation in anesthesiology the competence in behavioral techniques has been introduced a few years ago in Italy, while the role of hypnosis has been emphasised since 2009 in our school of dentistry. Hypnosis has been also included in the one-year specialisation course on sedation in dentistry that will start next year at the University of Naples.

Furthermore, thanks to the teaching activity of the CIICS, medical hypnosis has been introduced in pain clinics, interventional cardiology, neurosurgery (e.g., awake surgery of low-grade gliomas),

and obstetrics in an increasing number of Italian hospitals. At the University of Padova an elective course of hypnosis for the students of the 4th year of Medicine has been introduced by prof. Edoardo Casiglia 15 years ago and now it is directed by prof. Tikhohoff.

We are proud to have you as an ESH certificate holder. What do you think about the certificate and how can we encourage more people to apply for the certificate?

I think that the ESH certificate is a valuable document to certify the holder's competence and professional update; however, many professional probably do not feel the need to apply yet, for they probably think that it does not provide tangible benefits in their routine activity. Instead, it may show to their clients the updated competence, while it might help certifying it even in case of claims. In other words, it seems to me that the ESH certificate is still affected by an image problem to be promoted in order to encourage more people to apply.



Interview with the Danish Medical Doctor Anna Knakkegaard. Invited Speaker at the XVI ESH Congress in Antalya

By Randi Abrahamsen



Anna Knakkegaard is Medical doctor, University of Aarhus in Denmark 2011. She is employed in the Pediatric ward, in child and adolescent psychiatry, municipal care. From 2014 her part time private clinic offers hypnotherapy to mainly children and adolescence. From 2022 she has her full time private business. She is also teacher of clinical hypnotherapy for healthcare professionals. She published children's books and apps with hypnotherapeutic techniques for children with sleep problems, and also hypnosis's app for women and couples fighting fertility problems, supporting a better pregnancy and challenges of childbirth. She also offers a web-based treatment to children, adolescent and their families based on hypnosis.

Please tell us a little about yourself

I live in Denmark with my partner, Jacob, a large bunch of kids and our dog, Cuba. I am the mother of six children, and he is deeply engaged in my family life. I have a monkey mind and never get bored. I love spending time in our cottage far out in the countryside and close to the sea. When we go there, my heart rate drops all by itself, and we can walk for hours meeting no one but perhaps a fox or a deer. I love children and always have. This is probably why I am so happy to work with children, young people and their families. I particularly appreciate working hypnotherapeutically with children since it gives me the opportunity to start from their world – with their imagination and interests.

What is your best experience with hypnosis?

I have actually experienced being able to remember my own birth. Really mind-blowing experience. Although I have had many good experiences with hypnosis, this must be the wildest.

You are a board member of the Danish Society of Clinical Hypnosis. Please tell us a little about your society and new ideas the society is working on to promote hypnosis?

The Danish Society of Clinical Hypnosis is a small interdisciplinary association that works for the spread of clinical hypnosis and organises various courses and especially a basic training in clinical hypnosis for health professionals. For the last few years, we have organised a live event on Facebook called "Tuesday Hypnosis" on the last Tuesday of every month. Here we invite various professionals to talk about how they use hypnosis in their clinical work.

The event is open to everyone, so that both our members and others with an interest in hypnosis can watch and be inspired. The initiative has been a great success and I have had the honour of hosting

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You have been invited to speak at the ESH congress in Antalya, Turkey. We are excited to hear your lecture as one of the new young speakers. Please enlighten the readers with the topic and content?

I am deeply honoured to have been invited to speak at the congress. I have dedicated my working life to trying to help as many children and young people as possible to get better using mainly hypnosis. I can only solve this mission by trying to spread my knowledge of hypnosis with children in other ways than via individual therapy.

Therefore, in recent years I have experimented with rethinking traditional therapy to help more children through new, innovative modalities such as books, apps and as internet-based self-help therapy. We have recently completed the testing phase of our first digital self-help treatment course combining family therapy and hypnosis. Fortunately, it went really well, and I am looking forward to sharing the results with you in October.



You published the book “Drømmejunglen” (Dream Jungle) with stories for children. Please tell me a little about how you got the idea and how your book has helped children?

The Dream Jungle is a book with various bedtime stories for children based on hypnosis.

I got the idea because I was seeing so many children with sleeping difficulties. I had the feeling that I was teaching the families the same things and using the same techniques with the children and therefore I started thinking about how I could help the parents to help their children without involving a therapist. And then the Dream Jungle began to take shape.

In the Dream Jungle, the animals have difficulty sleeping for various reasons. The sloth animal, Susan, worries and ponders. The parrot, Petra, talks too much and is not tired at all. The tapir, Tom, has a stomachache, and the leafcutter ant, Lisa, is afraid of the dark.

The child is encouraged to help the animals in the Dream Jungle find peace and is guided through various hypnosis exercises so that both the child and the animals can fall asleep. In addition to the physical book, there is also an app for the Dream Jungle that hundreds of children fall asleep every day. So far, the Dream Jungle has been translated into Swedish and Polish.

You have also created the app Hypnobaby. Please tell us more about your app, how you got the idea and the results you made for people with this app?

Back in 2019, I published the app Hypnobaby aimed mainly at women before, during and after pregnancy. For many years I have been interested in the concept of Hypno-birthing and, in addition, came across some exciting studies within hypnosis as a method in relation to fertility. I was surprised that there was not already an app that offered hypnosis audio files for the entire pregnancy process and so I decided to make it myself.

Over the years, I have received much positive feedbacks from women who have relied on the app during fertility treatment, overcome nausea during pregnancy or benefited from the methods during childbirth.

We are currently investigating whether the app's hypnotic audio files can help parents in the neonatal unit to sleep better, thereby reducing their stress and psychological reactions.

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Any wishes for ESH in the future?

Just keep up the good work!



Continuity and Innovation in Research

By Peter Naish

In this edition of my continuity and innovation in research I am going to explore some rather obscure aspects of hypnosis. Although I am aware that the vast majority of my audience are clinicians of various sorts, I make no apology for touching on a topic which will be far from their everyday experience. In my own experience, people who use hypnosis, as doctors, psychologists and the like, are enthusiasts; they don't see hypnosis as 'just another tool'. Rather, they really enjoy using it and look for new ways of employing its power. They may even find themselves inspired to use it in new ways, or with greater understanding, after having read what follows!

I will begin by reminding you that, in everyday life, the early stages of analysis of sensory stimuli are not accessible to introspection. Conscious awareness is of complete 'things', not of the incomplete fragments and possibilities that arise from the earliest stages of sensory analysis. Eventually (and it does not take very long) the result of these hidden processes emerges into consciousness, and then we can put a name to what we see or hear. The curious fact is that people who are highly hypnotically susceptible seem to take a little longer to reach this state of awareness. It is as if the boundary between unconscious and conscious activities is established a little later for hypnotic highs. There seems to be something of a barrier, an obstacle that delays its owner, even from knowing about his/her own intentions. Thus, Highs (when still awake) are slower to become aware of their intention to move (Dienes, et al., 2016), and seem to register the fact only after they have actually started the movement.



It is not difficult to see why hypnosis has certain things in common with schizophrenia. Thus, if a person is not simply late, but goes that little bit further, and completely fails to register their intention to move, then they may form the belief that their movement is controlled by another person: "The neighbour is beaming signals through my wall and making me do this." Paradoxically, if a person lacks accurate self-awareness, they may be unaware when someone really is 'controlling' them. Terhune and Hedman (2017) demonstrated this with a version of

a computer game like the old 'Space Invaders', where some moving objects have to be caught but others have to be dodged. In this version the researchers could insert a time lag, so that moving the mouse did not immediately produce a corresponding result on the computer screen. Obviously, this made the task more difficult. The lag was only small (0, 0.05 or 0.1 seconds) so just possible that some people could miss the fact that their actions were not immediately resulting in a movement on the screen. The lag impaired performance, and the Highs did not differ from hypnotically lower-scoring people in their perception of how well they did. The difference was that most people detected that they had less control when the lag was long; the Highs still thought that they had almost full control.

This characteristic of hypnotic Highs makes them useful people for exploring the nature of delusion. Walsh et al. (2015) investigated the phenomena of delusional thought insertion and movement, both being potential experiences in schizophrenia. The researchers used fMRI to detect what changes were taking place in the brain during these delusions. The technique compares activity in the experimental condition with a control condition; in this case normal behaviour, without suggestions of ‘delusions’. People were hypnotised, given short, incomplete sentences, and asked either to think of a completing word, or (the delusion version) that a word would be inserted into their mind. Then, at a signal, they completed the task either by writing down the word, or by ‘allowing their hand to be directed’ to write something (as in so-called automatic writing).

In the delusional conditions people duly had the suggested experience – either that a word popped into their head, or that somehow their hand was directed to write the word that completed the sentence. I will not try to give a full account of all the findings, but two key outcomes are worthy of mention. First, the automatic writing. This was accompanied by an increase in activity in an area that was normally inactive during writing. The authors interpreted this as supporting other similar findings, which had concluded that normally, when we carry out an action voluntarily, we do not need to be told that we are doing it. When someone shakes our hand, we need to know about it, but if we shake it ourselves, well, we know we are! We avoid telling ourselves about things we are responsible for, by inhibiting the proprioceptive information from muscles and joints. However, a hypnotic High, given the appropriate suggestions, can turn off the inhibition, so that the movements create activity in the brain. Since that activity usually appears only when someone else causes the movement, its presence is interpreted as external control.

That all explains the automatic writing, but what about the thought insertion; did something similar happen? The short answer is “No.” Thinking does not involve motor actions, so there would be nothing to inhibit. What the researchers observed was a decrease in activity in the language areas of the brain when the word was ‘inserted’. Perhaps the Highs had ceased to speak the word ‘under their breath’. Whatever the reason, different explanations are needed to explain ‘thinking’ delusions, compared with movement effects, which brings me to the last study.

This is a study carried out by my old friend Max Coltheart (Coltheart et al., 2018). I knew Max when he was working in England, but he returned to his native Australia, from where he developed an active interest in delusions – all manner of delusions. These could include Capgras delusion,



where someone close to the patient (e.g. a spouse) is acknowledged to look like them, but is believed to be an imposter; Fregoli delusion, where the person believes themselves to be followed around by people they know, but in disguise and hence unrecognisable; and erotomania, where the sufferer believes a famous person to be in love with them, but not admitting it! The authors argue that all of these must be a two-stage process. First, some part of the brain must be damaged to initiate the experience but then another must allow it to pass the ‘believability’ test. Thus, we could imagine a woman suffering a stroke, and subsequently saying that an unfortunate consequence has been that her husband no longer feels familiar. But she would know that it must be him, a man who looks the same, lives in the same house and knows all their shared history. Only a subset of such people must go on to experience Capgras delusion. The authors provide a wealth of detail, concerning brain regions involved in the primary problem, and implicating the right dorso-lateral prefrontal cortex (rDLPFC) as the region which, when impaired, leads to the erroneous beliefs.

They go on to reason that hypnosis is also a situation where people entertain illogical beliefs. One immediately thinks of ‘trance logic’, but even simple suggestions such as magnetic hands or arm levitation require that the hypnotised person believes something which is patently false. They tested this assertion by using TMS – Transcranial Magnetic Stimulation. This uses pulses of a localised magnetic field, aimed at the head and impacting the operation of the cortex underneath. If they were right, people should perform better in hypnosis when their rDLPFC was treated with TMS.



To show that this was not simply the presence of the TMS apparatus that changed people’s behaviour, the researchers carried out the experiment twice, once with TMS applied to the rDLPFC and once with it applied to the top of the head, where nothing was expected to be disrupted. They hypnotised people and gave just four suggestions from a standard susceptibility test: magnetic hands, arm levitation, rigid arm and a taste illusion. The TMS was applied for five minutes, then the suggestions were given reasonably quickly, before the effects wore off. This was done so that the person scoring the success of the suggestions would not know which site had received the magnetic pulses. They were blind to the condition the participant had just received. The results were unequivocal. The strength of the hypnotic responding was markedly enhanced by the rDLPFC impairment.

How might all that have relevance to clinical hypnosis? Well, just one example follows from recognising that, if the brain has a believable experience, then it may be changed as a result. It may even be changed to the extent that the next time the experience occurs it is not only believed: it is true.

How might all that have relevance to clinical hypnosis? Well, just one example follows from recognising that, if the brain has a believable experience, then it may be changed as a result. It may even be changed to the extent that the next time the experience occurs it is not only believed: it is true.



Coltheart M, Cox R, Sowman P, Morgan H, Barnier A, Langdon R, Connaughton E, Teichmann L, Williams, N & Polito, V (2018). Belief, delusion, hypnosis, and the right dorsolateral prefrontal cortex: A transcranial magnetic stimulation study. *Cortex*, 101, 234-248.

Dienes Z, Lush P, Semmens-Wheeler R, Parkinson J, Scott R, & Naish P (2016). Hypnosis as self-deception; meditation as self-insight. In A Raz & M Lifshitz (Eds.), *Hypnosis and meditation: Towards an integrative science of conscious planes* (pp. 107–125). Oxford University Press.

Terhune DB & Hedman LRA (2017). Metacognition of agency is reduced in high hypnotic suggestibility. *Cognition*, 168, 176-181.

Walsh E, Oakley DA, Halligan DW, Mehta MA & Deeley Q (2015). The functional anatomy and connectivity of thought insertion and alien control of movement. *Cortex*, 64, 380-393.

Continuity and Innovation in France

By Gérard Fitoussi

Congresses

7th European conference of Psychiatry and Mental health, Galatia, Romania, May, 17-21

The 7th Galatia Congress of 2023 in Mental Health, held in Romania, proved to be a resounding success, captivating over 8,000 online attendees, and hosting a remarkable 100-150 participants in person. Under the expert organization of Professor Ana-Maria Ciubara, this event showcased a diverse range of subjects.

The collaboration between academics from Turkey, Serbia, Holland, and Italy added an international flavour to the event, allowing for a comprehensive exploration of mental health from different perspectives. The presentations provided insights into cutting-edge research, innovative therapies, and novel interventions, such as somatoform disorders, progress in dementia treatment, or psoriasis in mental health, inspiring attendees to push the boundaries of mental health practices.

The 7th Galatia Congress of 2023 will be remembered as an example of collaboration and intellectual exchanges, fostering a sense of unity among mental health professionals worldwide. Professor Ciubara's dedication and expertise ensured an impactful experience for all participants.

For the first time in the history of this congress, a presentation about hypnosis was given. Gérard Fitoussi presented hypnosis in sexology, while Bogdan Pavloci, a distinguished psychiatrist of Romanian origin, effectively facilitated the cross-cultural exchange of ideas, with his invaluable contributions in systemic therapy and hypnosis. This enriched the congress and encouraged the growing interest for hypnosis in Romania, potentially paving the way for the establishment of a hypnosis center in the near future, which would eventually join the great family of ESH.

French Congresses

The conference season has resumed successfully, and Espace du Possible, a member of European Society of Hypnosis (ESH), is organizing a symposium on October 12-13 in Lille, France, focused on Hypnosis, Brief Therapies, and Freedom.

Additionally in Paris, on September 29th and 30th, Émergences is hosting an event centered around Hypnosis and Psychiatry.



Revue

Hypnose et Thérapies Brèves, N°69, Mai 2023

In the latest issue of the Hypnose et Thérapies Brèves Journal, Dominique Megglé explores the concept of deep hypnosis and its necessity, emphasizing the importance of using direct suggestions. François Cartault delves into the theme of grief, suggesting the continued creation of a bond with the deceased, explaining how death transforms rather than breaks the connection. The journal also features an introduction to the Thérapie du Lien (Therapy of Connection) proposed by Eric Bardot and his team, with a particular focus on the externalization process. This process is presented in three articles, addressing sexual dysfunction, dysfunctional relationships, and utilizing the Harry Potter saga as an approach.



Revue Hypnose et Santé, numéro 23, Avril, 2023

The most recent edition of the Revue de l'Hypnose et de la Santé covers various topics beyond hypnosis. Thierry Servillat's article discusses the importance of openness during the initial patient encounter, drawing inspiration from Steve de Shazer's solution-oriented therapies. The author emphasizes the significance of listening, and the necessary silence to truly understand the patient's words. Building upon the work of Michael Yapko, Céline Marc describes a strategy for using hypnosis to treat depression. The main focus feature of this April issue is dedicated to cognitive disorders and the role of hypnosis in assisting the elderly. This approach, which was once overlooked, is now increasingly recognized for its potential in supporting individuals suffering from condition like Alzheimer or Parkinson's disease. Finally, two articles shed light on researcher Charles Tart's contribution to the history of hypnosis; another article explores the relationship between music and hypnosis making this one an enriched issue.



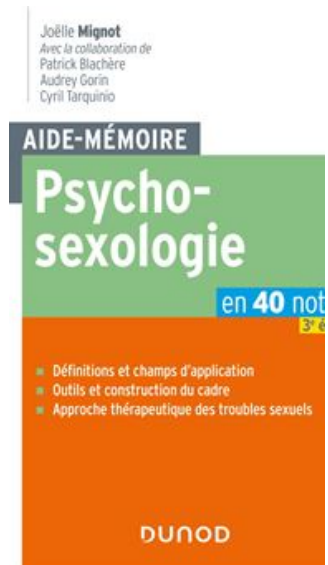
Books

Véronique Fournier, Nicolas Foureur *Aide-mémoire. Psycho-sexologie en 40 Notions*, Paris, Dunod, 2021.

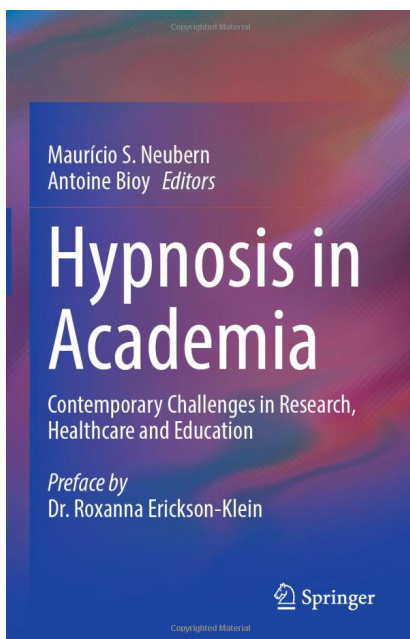
Although this book does not specifically address hypnosis or therapy, I believe it is worth mentioning to readers due to its relevance to the growing interest in ethics and its role in healthcare. Far from being a detached practice, one of the authors emphasizes that ethical reflection allows for a better understanding and consideration of the complexity of healthcare, both from a human and social perspective, taking into account medical and extra-medical issues. The book introduces the

approach of the Hospital Cochin school, which takes a distinctly clinical perspective based on the four foundational principles of ethics outlined by Beauchamp and Childress in their book *Principles of Biomedical Ethics*, now in its sixth edition in English. This approach highlights the ongoing importance and evolution of ethical considerations in healthcare.

Recently, I had the opportunity to participate in a conference on Hypnosis and Emergency organized by the Journal *Revue de l'Hypnose et Santé*. I was asked to approach the topic of emergency situations and hypnosis from a philosophical standpoint. This request struck me, as indicative of practitioner's growing need to reflect on their practice and seek meaning within our societies. The book itself presents ten clinical cases that require ethical reflection, providing a methodological framework and approach without offering definitive answers. This *Aide-mémoire. Psycho-sexologie en 40 Notions* serves as a valuable resource for healthcare professionals seeking to engage in ethical discussions.



Maurício S. Neubern, Antoine Bioy, *Hypnosis in Academia. Contemporary Challenges in Research, Healthcare and Education*. Springer



Antoine Bioy and Maurício S. Neubern from Brazil delve into the world of hypnosis and its emergence within academic circles across diverse countries. With meticulous research, the authors shed light on the historical and contemporary aspects of hypnosis, emphasizing its significance in countries such as Belgium, Brazil, Canada, Cuba, France, Hungary, Israel, Portugal, Russia, Spain and Switzerland. This landmark book unravels the long and fascinating journey of hypnosis within academic institutions worldwide. Through meticulous exploration, the authors uncover the rich historical and cultural context in which hypnosis has flourished across these countries.

Enriched by the preface of Roxanna Erickson-Klein, this book provides a comprehensive overview of the development of hypnosis as an academic discipline, offering valuable insights for scholars and enthusiasts alike who would like to implement hypnosis in their own academic environment. Engaging narratives bring to life the key figures and pivotal moments that

shaped the academic understanding of hypnosis.

The book elucidates the integration of hypnosis within various academic disciplines, such as psychology, medicine, and neuroscience. A thought-provoking analysis of the societal and ethical implications of hypnosis within academia adds depth to the book's narrative. It is accessible to both seasoned academics and curious readers new to the subject. *Hypnosis in Academia, Contemporary Challenges in Research, Healthcare and Education* stands as a pioneering work that not only shows cases of the evolution of hypnosis within academic settings but also inspires further research and exploration in this field.

News from Committee for Educational Programs in Europe (CEPE)

By Randi Abrahamsen

Summer is closer and holidays are soon waiting around the corner. In CEPE we have also been very happy to meet again at the Board meeting in Milano. So good to be together and exchange ideas. Unfortunately, we have experienced that an application has been lost and never reached Central Office. We are very sorry about that. Please don't hesitate to contact Central Office if you don't hear back from us and make sure your Central Office has the right email and contact information of the Accredited Society.

Since the last report we have been happy to renew the accreditation of the Bulgarian Association of Hypnosis and Hypnotherapy (BAHH) as adjunct, and Società Italiana Di Ipnosi (SII) as a modality. We would like to welcome more societies as accredited 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

We are very happy to renew the ESH Certificate of Lone Kærvang from DSCH, Denmark; Audrey Vanhaudenhuyse from Liege, Matthias Nortemann from MEG, Germany. We still hope that many others will follow their example to make a difference from the lay community. For the application form, please look at our website. Fill out the form and send it to your Constituent Society. If you have any questions, please contact Central Office or me. As an ESH certificate holder you can have your name on our web page, receive a free electronic copy of the Journal Contemporary Hypnosis and Integrated Therapy, and have a reduction of the ESH congress fee.

Educational Hypnosis Videos

Educational videos made by our board members are still accessible on You Tube. We hope you will enjoy them and be inspired in your use of hypnosis. To get access to the videos please go to our protected webpage and find the link for the videos on YouTube.

Database of Training Program

We are very thankful to the Constituent 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 to share your training program with ESH, so other societies can be inspired by them.

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

Basic Clinical Hypnosis Course for Ukrainian Physicians and Psychologists in Kiev Medical University in Ukraine.

By Maria Paola Brugnoli



In September 2022, Borys Ivnyev, Physician, Specialist in Psychiatry and Rector of Kiev Medical University KMU in Ukraine, and Maria Paola Brugnoli, President SIPMU (Italian Scientific Society Clinical Hypnosis in Psychotherapy and Humanistic Medicine) decided to organize a 50-hour basic clinical hypnosis course for Ukrainian physicians and psychologists in KMU.

This course was important not only from an educational point of view, but also to support Ukrainian colleagues at this difficult time.

The course was in cooperation with UAPP Ukrainian Association of Psychotherapists and Psychoanalysts. Both UAPP and SIPMU are ESH Constituent Societies, and SIPMU is accredited by ESH as a training society. The course was free of charge and online and has been internationally approved by ESH and ISH.

Many topics in hypnosis were explained and studied: from Ericksonian hypnosis techniques to the neuroscience and neuropsychology of the modified states of consciousness and hypnosis, to numerous hypnosis techniques in pain therapy, palliative care, anesthesia, emergency, psychosomatic disorders, cognitive hypnotherapy, anxiety and depression. Special emphasis was also given to hypnotic techniques in children.

The course began in September 2022 and ended on May 20, 2023, with the awarding of Ukrainian hypnotherapist diplomas to fellow colleagues of Kiev Medical University KMU, physicians and psychologists. Rector of KMU, Borys Ivnyev, the ESH President Kathleen Long, Maria Paola Brugnoli, participated on the online graduation.

This course was greatly appreciated by Ukrainian colleagues, not only because they were able to learn hypnosis techniques that are useful in their therapy and emergencies of this particularly difficult time, but also because they felt supported psychologically.



The lessons were given by Maria Paola Brugnoli, past research fellow at Verona University in Italy and at NIH, National Institutes of Health, Clinical Center, Bethesda, USA. The following colleagues also made important contributions: Consuelo Casula, ESH Past President, with a lecture on resilience and metaphors, and Giuseppe Regaldo, President of IPNOMED (Rapid Medical Hypnosis), with a lecture on rapid medical hypnosis in emergencies. In addition to the lectures, pdfs of English-language books on clinical hypnosis and scientific papers were sent to the colleagues to simplify and deepen their preparation in clinical hypnosis and hypnotic psychotherapy.

From this course an important friendship and collaboration between our scientific hypnosis societies ESH and ISH was born, which will continue over time.



Comments from the ESH President, Kathleen Long

It was a great pleasure to be invited to and attend the awarding of the Ukrainian hypnotherapy Diploma to Ukrainian physicians and psychologists, on 20th May 2023. The 50 hour course in hypnotherapy was provided and taught by Maria Paola Brugnoli who gave her expertise and knowledge freely to our Ukrainian colleagues at the Kiev Medical University where Boris Ivnyev is the rector. This was a wonderful initiative and a great example of how we can help our colleagues even in the most difficult of situations.

I recently took a photograph of some small flowers struggling to grow in a very hard stony soil. To me it symbolized resilience and beauty. The resilience of our Ukrainian colleagues who, despite being in the middle of a terrible war, continue to reach out to increase their knowledge to allow them to help those traumatized by the war. The beauty is the kindness and dedication of colleagues like Maria Paola Brugnoli.

I like to believe that the Crisis Intervention Committee had a small hand in stimulating all the help that has been made available to our Ukrainian colleagues. The simple truth is that the thanks really goes to those who over the past many months have given freely of their time and expertise. Thank you all.



Review of the XVIII AMISI National Congress

By Silvia Giacosa



From 26 to 28 May 2023, the XVIII AMISI National Congress entitled "*Hypnotic Psychotherapy: Experience and Learning*" took place in Milan, at the prestigious University of Milano Bicocca, sponsored by the Order of Psychologists of Lombardy and by the Order of Doctors of Milan.

The organization saw the participation of a wide variety of interventions on the subject of learning processes related to Hypnotic Psychotherapy from multiple perspectives. The numerous colleagues who attended, coming from the most important Schools and Associations of Hypnosis and Hypnotic Psychotherapy, grasped the essence and objective of this congress: to share the Ericksonian principle of restructuring limiting thoughts through the unconscious.

After the welcome greeting and the opening speech by Silvia Giacosa, President of AMISI and Director of the European School of Hypnotic Psychotherapy, the congress immediately enlivened with the reports of Consuelo Casula, particularly interesting from the point of view of clinical practice, and Maria Paola Brugnoli, who has always been involved in neuroscientific and clinical studies on clinical hypnosis, and its use in palliative care.

The contribution of Edoardo Casiglia, referring to the recent Consensus of the Italian Schools of Hypnosis, has documented the experimental aspects of hypnosis, just as Alessandro Norsa with his work has highlighted the similarities between the modified state of consciousness and the phenomenon of ecstasy mystical. The second session saw the participation of Fabio Carnevale with a talk focused on the definition of Hypnotic Psychotherapy as a complex relational system based on a creative process.

The round table dedicated to the current relationship between hypnosis and sport involved some of the most important Italian professionals working in this field such as Giuseppe Vercelli and Michele Modenese, demonstrating the effectiveness of hypnosis in preparing athletes.

The last session concluded with interesting interventions by Enrico Facco on the multiplicity of meanings of the concept of resilience and by Carlo Piazza who in his work demonstrated how hypnotic psychotherapy, like events such as Jungian synchronicity and serendipity, can be considered the preferential route that leads patients to learn from themselves.

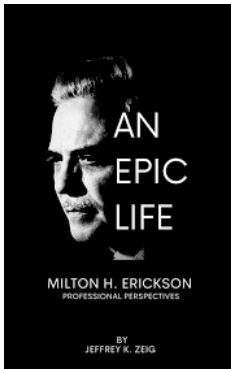
The discussion on the central theme of the conference was further enriched by the speeches of members of the Teaching Body and the AMISI Board of Directors: Ivano Lanzini, Stefano Laurini, Angelo de' Micheli, Mario Cigada, Luciano Camerra, Settimo Catalano, Francesco Tarantino, Riccardo Pignatti, Marta Sala, Lara Bellardita, Roberta Magnotti, Erica Bresadola, Enrico Paglialunga, Gianfranco Gramaccioni, and Dario Carloni.

Educational Books and Opportunities from the Erickson Foundation

By Jeff Zeig

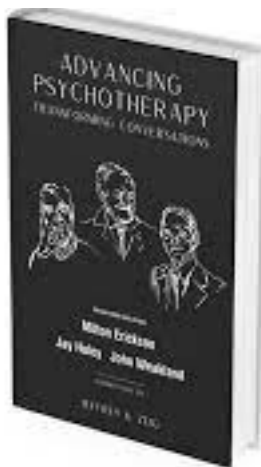
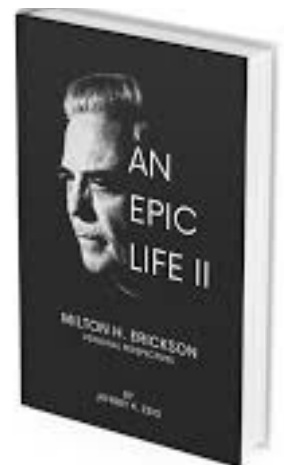
This past year, the Erickson Foundation press has heated up with three new books. Director Jeffrey K. Zeig published not one but two comprehensive biographies about Erickson and a book about the formative years of Ericksonian approaches.

Both biographies offer readers a glimpse into the dynamic world of Milton Erickson as seen by his colleagues, family, friends, and patients. Zeig has created a wonderful mosaic of perspectives that form an image of Erickson in his professional and personal life.



An Epic Life. Milton H. Erickson. Professional Perspective draws upon four decades of interviews with professionals who knew Erickson. By Jeffrey. See a review of the book on the Spring issue ESHNL March, 2022. The images of Erickson that emerge are congruent, divergent, and myriad. Readers will learn about the accomplishments of one of the greatest psychotherapists of the 20th century and the father of modern hypnosis and brief therapy.

An Epic Life II: Personal Perspectives gives a voice to Erickson's personal associates, family members, and patients. Readers can weave together the personal aspects of Erickson with the professional perspectives featured in the first volume. For Erickson, the line between his professional life and personal life was blurred. He was a doctor, teacher, father, husband, friend, and neighbour all at the same time. His therapy methods in his professional life often carried over into his personal life. Or perhaps it was the other way around.



Advancing Psychotherapy: Transforming Conversations: In Dialogue with Milton Erickson, Jay Haley, and John Weakland is a fascinating study of the groundbreaking discussions between luminaries Milton Erickson, Jay Haley, and John Weakland. Through a transcript of their discussions, readers will gain access to the foundation of Ericksonian approaches including brief therapy, and to a novel and generative approach to clinical hypnosis. Zeig's commentary offers insight into the ideas expressed regarding human nature and change.

Also, don't miss the Erickson Foundation's warehouse sale: <https://www.erickson-foundation.org/books/warehouse-sale>.

And in September 2023, Jeff Zeig begins his dynamic classes on the Art of Psychotherapy. Register at: <https://catalog.erickson-foundation.org/item/aop-utilization-2023>

ESH 2023 Antalya Congress: A Beautiful Congress in a Beautiful City

By Ali Özden Öztürk

We are looking forward to meeting with you at ESH 2023 Congress in Antalya, Türkiye. Antalya is a lovely place and I believe this will be a lovely congress.

16th ESH Antalya Congress will be hosted by THD (Society of Medical Hypnosis) between October 26 and 29, 2023. This is the first ESH congress to be held since 2017. As you may know, the 2020 ESH Basel Congress was cancelled due to Covid-19 Pandemic. Similarly, 2021 ISH Krakow Congress was first postponed to 2022 and then to 2024 due to Covid-19 and Russia-Ukraine war.

So, ESH 2023 Antalya Congress is a big opportunity for all the hypnotherapists and colleagues all over the world to be together face-to-face on the ground of hypnosis after a long time. All ESH and ISH Constitution Societies representatives and many members of ESH and ISH colleagues will come to Antalya. Both ESH and ISH Council of Representatives Meetings will be held in ESH 2023 Antalya Congress. Also, we will have the chance to celebrate ISH's 50th year anniversary. We will have the chance to meet many worldwide known keynote speakers and presenters during this congress. So, we are looking forward to sharing this beautiful experience with all our colleagues.

Furthermore, Antalya is an amazing place for a good rest and a relaxing vacation. In my opinion, October is one of the best times to visit Antalya. During summer, Antalya is very hot, the temperatures can reach up to 45 degree Celsius. However, in October, it is around 36 degree Celsius, a very nice weather to enjoy the sand and the sea of beautiful Antalya. Also, the daily tours can offer adventurous or cultural tours while visiting the natural and historical heritages of Antalya. If you plan to come with your family or friends, you can imagine one of the best holiday experiences and memories you can have all together. For instance, in Side, the ancient theater, the Temple of Apollo which is dedicated to the God of the Sun, Apollo, are amongst some of the popular attractions of Antalya. (source for the pictures and info: <https://iantalya.com/ancient-city-of-side-amphitheater-and-temple-of-apollo/>; <https://antalya.ktb.gov.tr/TR-310923/side.html>)

So, we are looking forward to welcoming you to Antalya!

Ali Özden Öztürk, 2023 ESH Antalya Congress President, president of THD, ESH Treasurer.
<https://esh-hypnosis.eu/xv-esh-congress/>

ESH Calendar Events

ESH Board Workshops & Presentations

Dr Kathleen Long, current President of the European Society of Hypnosis, is delighted to announce that our society will be hosting the ESH Board of Directors. We last did this in 2015.

A full day of workshops and presentations, Saturday 24th June 2023

The Golden Jubilee Hotel, Glasgow, 8:45 am - 5:15 pm. Drinks Recep. on 7 pm. Dinner 7.45 pm

Program

France - Gerard Fitoussi

Past President of ESH and CFHTB (GP and Author)

Metaphorical Objects

Italy, Consuelo Casula

Past President of ESH, Honorary member of BSMDH

(Psychologist and Author)

Stimulate Client's Flexibility with Process-Oriented Hypnosis

Denmark, Randi Abrahamson

2nd Vice President ESH (Dentist, Author and Research)

Dealing with Children in Dental Situations and Thumb Sucking

Italy, Fabio Carnevale

1st Vice President ESH

(Psychologist)

Authenticity, Trust, and Self-Disclosure.

A Humanistic Analysis of Ericksonian Hypnotherapy

Turkey, Ali Özden Öztürk

President of THD, ESH Treasure, Medical Doctor

Sailing in the Ocean of Life in Peace

Luxemburg, Marie-Jeanne Bremer

Vice President of CFHTB, ESH Board member (GP)

Hypnotic Tools for a Journey out of Shame



Interviewing the Masters: Jeff Zeig, Julie Linden and Christina Liossi

Attend this webinar to gain insight into how three interviewees view hypnosis theory and research. During each interview, the clinician/researcher will expand on their respective early influences, approach to therapy and how they utilise hypnosis as an adjunctive tool. This is a unique opportunity, as these three well-known and respected speakers have never been interviewed together in the UK.

Location: Online

Discount code: ESH54

Link: <https://rsm.ac/Interviewing-the-Masters>

12/06/2023, 3:00 pm - 6:15 pm.



The Royal Society of Medicine: Working with the Unconscious: approaches to treatment in Psychiatry

During this event, attendees will learn about various behaviour therapy techniques that can be used to harness the power of the unconscious brain in clinical practice.

Our speakers will examine both hypnotic and psychiatric methods, including eye movement desensitisation and reprocessing (EMDR) techniques, self-generated imagery and other creative therapies that can be employed in a multi-modal approach.

Location: Online or at the Royal Society of Medicine, 1 Wimpole St., London, W1G 0AE

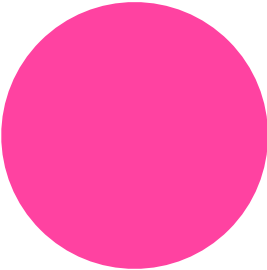
Discount code: ESH33

Link: <https://rsm.ac/Working-with-the-Unconscious>

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ESHNL Editor Consuelo Casula

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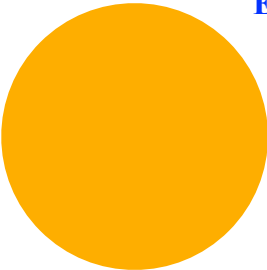
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Stella Nkenke
José Cava
Consuelo Casula

Interviewed



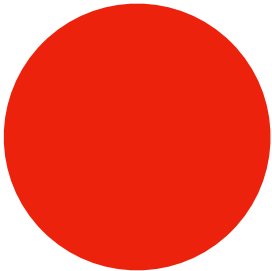
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