

# ESH The Newsletter

Hypnosis from Europe to the World



Editors  
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# European Society Of Hypnosis

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# President's Letter

## Gérard Fitoussi

Dear Members,

We are back from the ESH XVI congress in Antalya. I would like to warmly congratulate the THD team and Ali Ozden for organising this congress.

The workshops and conferences were of very high quality, and everyone appreciated the friendly and warm atmosphere of the exchanges. We also paid tribute to all the past presidents who helped make ESH the great organisation it is today.

I think everyone who was present was sensitive to this recognition. I would like to thank Éva Bányai, Consuelo Casula, Camillo Loredio, Nicole Ruysschaert for their work which allowed us to be here today.

A new board was elected, welcoming two new members, Wasim Biroumi and Andreas Kollar whom I warmly greet.

They will bring us a fresh perspective and new energies. They will join those whose mandate was renewed, Ali Ozden, Fabio Carnevale, Kathleen Long, now outgoing president, Randi Abrahamsen and Stella Nkenke, without forgetting our tax auditors Jan Rienhoff and Ekrem Tokatli, whom I do not forget to thank.

I would also like to salute those who, after many years of dedication to the ESH, such as Consuelo Casula or Peter Naish, have left the office. We will miss you, but I know you won't be far away and that we can count on you.

Congratulations also to Mike Gow and the British Society of Medical and Dental Hypnosis because it is in Glasgow that the next ESH XVII° congress will be held in 2026. The teams are already working to prepare a high-quality event.

We want to continue to welcome new European societies, because several countries are not yet represented. Contacts were established during the congress which could materialise over time.

I once again appeal to all those of you who have contacts or who speak at conferences and training in countries which do not have hypnosis societies, to be an ambassador of the ESH and weave connections with those who might be interested in joining us.

Antalya was also an opportunity to meet our friends from the ISH, who were celebrating the 50th anniversary of the ISH allowing us all to have a cordial exchange with them.

Hypnosis still has a long way to go, and we will do it together. Despite real progress,



there is still work to be done so that hypnosis is used more widely in a greater number of services and structures.

Part of the success lies in research, which is essential to establishing the credibility of hypnosis and distinguishing it from other, much less proven methods.

Science is essential for the work of clinicians, even if it is not sufficient.

This is why I am happy that the congress voted in favour of allocating 5% of the amount of contributions to a fund dedicated to research. Science states the facts, it sticks to the general but it does not say how to adapt to each situation, to each person, to each singularity.

This is why clinic work is an art, and hypnosis, in particular, which is a practice of listening and speaking, of precise and attentive listening.

Science aims to be objective and neutral while the clinician is faced with an individual in suffering, and even if he maintains a certain distance he cannot be neutral.

Let us be close to those who suffer, let us bring them our knowledge and our humanity, while at the same time not letting ourselves be overwhelmed and “let us be careful to groan from the depths of our soul. »

This is also what we will continue to do with, in collaboration with the ISH, the Crisis Intervention Committee (CIC) which may see its activity increase in the years to come.

As 2023 is already well underway, I hope that the sunny memories of this congress will last a long time.





# Translated into French by Gérard Fitoussi

Bonjour à tous,

Nous sommes de retour du XVI<sup>e</sup> congrès de l'ESH à Antalya. Je tiens à féliciter chaleureusement l'équipe de THD et à Ali Ozden pour l'organisation de ce congrès. Les ateliers, les conférences étaient de très grande qualité, et tous les participants ont apprécié l'ambiance conviviale et chaleureuse des échanges. Nous avons également rendu hommage à tous les anciens présidents qui ont contribué à faire de l'ESH la grande organisation qu'elle est aujourd'hui. Je pense que ceux qui étaient présents ont été sensible à cette reconnaissance. Je tiens à remercier Éva Bányai, Consuelo Casula, Camillo Loredio, Nicole Ruysschaert pour leur travail qui nous a permis d'être là aujourd'hui. Un nouveau bureau a été élu, accueillant deux nouveaux membres, Wasim Biroumi et Andreas Kollar que je salue chaleureusement. Ils nous apporteront un regard neuf et de nouvelles énergies. Ils rejoindront ceux dont le mandat a été renouvelé, Ali Ozden, Fabio Carnevale, Kathleen Long désormais présidente sortante, Randi Abrahamsen et Stella Nkenke, sans oublier nos contrôleurs fiscaux Jan Rienhoff et Ekrem Tokatli, que je n'oublie pas de remercier. Je tiens également à saluer ceux qui, après de nombreuses années de dévouement à l'ESH, comme Consuelo Casula ou encore Peter Naish ont quitté le bureau. Vous nous manquerez, mais je sais que vous ne serez pas bien loin et que nous pouvons compter sur vous. Félicitations également à Mike Gow et à la British Society of Medical and Dental Hypnosis, car c'est à Glasgow que se tiendra le XVII<sup>e</sup> congrès de l'ESH en 2026. Les équipes sont déjà en train de travailler pour préparer un événement de grande qualité. Nous souhaitons continuer à accueillir de nouvelles sociétés européennes, car plusieurs pays ne sont pas encore représentés. Des contacts ont été établis lors du congrès qui pourront au fil du temps se concrétiser.

Je lance à nouveau un appel à tous ceux parmi vous qui ont des contacts ou qui interviennent lors de conférences et des formations dans des pays qui ne disposent pas de sociétés d'hypnose, afin d'être un ambassadeur de l'ESH et tisser des liens avec ceux qui pourraient être intéressés à nous rejoindre. Antalya a été aussi l'occasion de rencontrer nos amis de l'ISH, qui célébraient le 50<sup>e</sup> anniversaire de l'ISH et d'avoir un échange cordial avec eux. L'hypnose a encore un long chemin à parcourir et c'est ensemble que nous le ferons. Malgré les avancées réelles, il reste encore du travail à accomplir pour que l'hypnose soit davantage utilisée dans un plus grand nombre de services et de professionnels de santé. Une partie du succès repose sur la recherche, qui est essentiel pour asseoir la crédibilité de l'hypnose et la distinguer d'autres méthodes beaucoup moins éprouvées.

La science est indispensable pour le travail des cliniciens, même si elle ne suffit pas. C'est pourquoi je suis heureux que le congrès ait voté en faveur de l'affectation de 5% du montant des cotisations à un fonds dédié à la recherche. La science énonce les faits, elle se tient au général mais elle ne dit pas comment s'adapter à chaque situation, à chaque personne, à chaque singularité. C'est en cela que la clinique est un art, et l'hypnose, en particulier, qui est une pratique de l'écoute et de la parole, de l'écoute précise et attentive. La science se veut objective et neutre alors que le clinicien est face un individu en souffrance, et même s'il maintient une certaine distance il ne peut être totalement neutre. Soyons proches de ceux qui souffrent, apportons-leur notre savoir et notre humanité, tout en même temps à ne pas nous laisser submerger et « prenons garde de gémir du fond de l'âme. » C'est aussi ce que nous continuerons à faire en collaboration avec l'ISH. Le Crisis Intervention Committee (CIC), devrait voir son activité s'étendre dans les années à venir. En cette rentrée 2023- 2024 déjà bien entamée je souhaite que le souvenir ensoleillé de ce congrès perdure encore longtemps.



# Translated into German by Stella Nkenke

Liebe Mitgliederinnen,

zurück vom ESH XVI Kongress in Antalya, möchte ich dem THD-Team und Ali Özden für die Organisation dieses Kongresses herzlich danken. Die Workshops und Konferenzen waren von sehr hoher Qualität, und alle schätzten die freundliche und herzliche Atmosphäre und den Austausch. Alle früheren Präsidenten wurden gewürdigt, die dazu beigetragen haben, die ESH zu der großartigen Organisation zu machen, die sie heute ist. Ich denke, jeder der Anwesenden hat diese Anerkennung sehr wohl wahrgenommen. Ich möchte Éva Bányaí, Consuelo Casula, Camillo Loredó und Nicole Ruyschaert für ihre Arbeit danken, die es uns ermöglicht hat, heute hier zu sein.

Es wurde auch ein neuer Vorstand gewählt, dem mit Wasim Biroumi und Andreas Kollar zwei neue Mitglieder angehören, die ich herzlich willkommen heiße. Sie werden uns eine neue Perspektive und neue Energien bringen. Sie schließen sich denjenigen an, deren Mandat verlängert wurde, nämlich Ali Özden, Fabio Carnevale, Kathleen Long (past President), Randi Abrahamsen und Stella Nkenke, und nicht zu vergessen unseren Steuerprüfern Jan Rienhoff und Ekrem Tokatli, denen ich meinen Dank ausspreche. Ich möchte auch diejenigen grüßen, die nach vielen Jahren des Engagements für die ESH, wie Consuelo Casula oder Peter Naish, das Amt verlassen haben. Wir werden Sie vermissen, aber ich weiß, dass Sie nicht weit weg sein werden und dass wir auf Sie zählen können.

Herzlichen Glückwunsch auch an Mike Gow und die British Society of Medical and Dental Hypnosis, denn in Glasgow wird der nächste ESH XVII<sup>o</sup> Kongress im Jahr 2026 stattfinden. Die Teams arbeiten bereits an der Vorbereitung einer hochwertigen Veranstaltung. Wir wollen weiterhin neue europäische Gesellschaften willkommen heißen, denn mehrere Länder sind noch nicht vertreten. Während des Kongresses wurden Kontakte geknüpft, die im Laufe der Zeit zustande kommen könnten. Ich appelliere noch einmal an alle, die zu Ländern, in denen es keine Hypnosegesellschaften gibt, Kontakte haben oder auch auf Konferenzen und Fortbildungen sprechen, als

Botschafter der ESH aufzutreten und Verbindungen zu denjenigen zu knüpfen, die an einer Mitgliedschaft interessiert sein könnten.

Antalya war auch eine Gelegenheit, unsere Freunde von der ISH zu treffen, die das 50-jährige Bestehen der ISH feierten und mit denen wir alle einen herzlichen Austausch hatten. Die Hypnose hat noch einen langen Weg vor sich, und wir werden ihn gemeinsam gehen. Trotz echter Fortschritte gibt es noch viel zu tun, damit die Hypnose in einer größeren Zahl von Diensten und Strukturen eingesetzt wird. Ein Teil des Erfolges liegt in der Forschung, die für die Glaubwürdigkeit der Hypnose und ihre Abgrenzung gegenüber anderen, weit weniger bewährten Methoden unerlässlich ist.

Die Wissenschaft ist für die Arbeit der Kliniker unerlässlich, auch wenn sie nicht ausreicht. Deshalb freue ich mich, dass der Kongress dafür gestimmt hat, 5 % des Beitragsaufkommens in einen Fonds für die Forschung zu stecken. Die Wissenschaft nennt die Fakten, sie hält sich an das Allgemeine, aber sie sagt nicht, wie man sich an jede Situation, an jeden Menschen, an jede Besonderheit anpassen kann. Deshalb ist die klinische Arbeit eine Kunst, insbesondere die Hypnose, die eine Praxis des Zuhörens und Sprechens, des genauen und aufmerksamen Zuhörens ist. Die Wissenschaft versucht, objektiv und neutral zu sein, während der Kliniker einem leidenden Individuum gegenübersteht, und selbst wenn er eine gewisse Distanz wahrt, kann er nicht neutral sein. Seien wir den Leidenden nahe, bringen wir ihnen unser Wissen und unsere Menschlichkeit entgegen, ohne uns dabei überwältigen zu lassen, und "achten wir darauf, dass wir aus der Tiefe unserer Seele seufzen." Dies werden wir auch weiterhin in Zusammenarbeit mit der ISH mit dem Kriseninterventionskomitee (CIC) tun, dessen Tätigkeit und Bedarf in den kommenden Jahren zunehmen könnte.

Da das Jahr 2023 bereits in vollem Gange ist, hoffe ich, dass die sonnigen Erinnerungen an diesen Kongress noch lange anhalten werden.



# Translated into Spanish by José Cava

Queridos miembros,

Estamos de regreso del XVI congreso ESH en Antalya. Me gustaría felicitar efusivamente al equipo de THD y a Ali Ozden por organizar este congreso. Los talleres y conferencias fueron de muy alta calidad y todos pudimos apreciar el agradable y acogedor ambiente que se respiraba. También rendimos homenaje a todos los presidentes anteriores que ayudaron a hacer de ESH la gran organización que es hoy. Creo que todos los que estuvieron presentes se sumaron a este reconocimiento. Me gustaría agradecer a Éva Bányai, Consuelo Casula, Camillo Loredio, Nicole Ruyschaert por su trabajo que nos ha permitido estar aquí hoy. Se eligió una nueva junta directiva y se dio la bienvenida a dos nuevos miembros, Wasim Biroumi y Andreas Kollar, a quienes envío un cordial saludo. Nos traerán una perspectiva fresca y nuevas energías. Se unirán a aquellos cuyo mandato fue renovado, Ali Ozden, Fabio Carnevale, Kathleen Long, ahora presidenta saliente, Randi Abrahamsen y Stella Nkenke, sin olvidar a nuestros auditores fiscales Jan Rienhoff y Ekrem Tokatli, a quienes no olvido dar las gracias.

También quisiera saludar a quienes, después de muchos años de dedicación a la ESH, como Consuelo Casula o Peter Naish, han dejado el cargo. Os echaremos de menos, pero sé que no estaréis lejos y que podemos contar con vosotros. Felicitaciones también a Mike Gow y a la Sociedad Británica de Hipnosis Médica y Dental porque será en Glasgow donde se celebrará el próximo congreso ESH XVII° en 2026. Los equipos ya están trabajando para preparar un evento de gran calidad. Queremos seguir dando la bienvenida a nuevas sociedades europeas, porque varios países aún no están representados. Durante el congreso se establecieron contactos que podrían materializarse más adelante.

Una vez más hago un llamada a todos aquellos que tienen contactos o que dan conferencias y formaciones en países que no tienen sociedades de hipnosis, a ser embajadores de la ESH y tejer conexiones con aquellos que podrían estar interesados en unirse a nosotros. Antalya también fue una oportunidad para encontrarnos con nuestros amigos de la ISH, que celebraban el 50 aniversario de su sociedad, lo que nos permitió a todos festejarlo cordialmente. A la hipnosis todavía le queda un largo camino por recorrer y lo haremos juntos. A pesar de los avances reales, aún queda trabajo por hacer para que la hipnosis se utilice más ampliamente en un mayor número de servicios y estructuras. Parte del éxito reside en la investigación, que es esencial para establecer la credibilidad de la hipnosis y distinguirla de otros métodos mucho menos probados. La ciencia es esencial para el trabajo de los médicos, aunque no sea suficiente. Por eso me alegro de que el congreso haya votado a favor de destinar el 5% del importe de las contribuciones a un fondo dedicado a la investigación. La ciencia expone los hechos, se ciñe a lo general pero no dice cómo adaptarse a cada situación, a cada persona, a cada particularidad. Por eso el trabajo clínico es un arte, y la hipnosis en particular, que es una práctica de escuchar y hablar, de una escucha precisa y atenta. La ciencia pretende ser objetiva y neutral mientras el clínico tiene que tratar a una persona que sufre, y aunque mantenga cierta distancia no puede ser neutral. Acerquémonos a quienes sufren, demosles nuestro conocimiento y nuestra humanidad, sin dejarnos abrumar y “siendo cuidadosos al expresar los sentimientos desde lo más profundo de nuestro corazón”. Esto es también lo que seguiremos haciendo, en colaboración con la ISH, el Comité de Intervención en Crisis (CIC), cuya actividad es probable que vaya creciendo en los próximos años.

Como 2023 ya está casi finalizando, espero que los buenos recuerdos de este congreso duren mucho tiempo.



# Translated into Italian by Fabio Carnevale

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Cari Membri,

Siamo tornati dal XVI congresso ESH di Antalya. Vorrei congratularmi vivamente con tutto il gruppo di colleghi del THD e con Ali Ozden per l'organizzazione di questo congresso. I workshop e le relazioni sono stati di altissima qualità e tutti hanno apprezzato l'atmosfera amichevole e calorosa dei giorni trascorsi insieme. Abbiamo anche reso omaggio a tutti i presidenti passati che hanno contribuito a rendere ESH la grande organizzazione che è oggi. Credo che tutti i presenti siano stati sensibili a questo riconoscimento. Vorrei ringraziare Éva Bányai, Consuelo Casula, Camillo Loredó, Nicole Ruyschaert per il loro lavoro che ci ha permesso di essere qui oggi.

È stato eletto un nuovo consiglio direttivo, che ha accolto due nuovi membri, Wasim Biroumi e Andreas Kollar, che saluto calorosamente. Ci porteranno una nuova prospettiva e nuove energie. Si uniranno a coloro che hanno rinnovato il loro mandato, Ali Ozden, Fabio Carnevale, Kathleen Long, ora presidente uscente, Randi Abrahamsen e Stella Nkenke, senza dimenticare i nostri revisori fiscali Jan Rienhoff e Ekrem Tokatli, che desidero di ringraziare. Vorrei anche salutare coloro che, dopo molti anni di dedizione nella ESH, come Consuelo Casula o Peter Naish, hanno lasciato l'incarico.

Congratulazioni anche a Mike Gow e alla British Society of Medical and Dental Hypnosis, perché il prossimo congresso ESH XVII° nel 2026 si terrà a Glasgow. I team sono già al lavoro per preparare un evento di alta qualità. Vogliamo continuare ad accogliere nuove società europee, perché diversi Paesi non sono ancora rappresentati.

Durante il congresso sono stati stabiliti contatti che potrebbero concretizzarsi nel tempo. Mi rivolgo ancora una volta a tutti coloro che hanno contatti o che intervengono a

conferenze e corsi di formazione in paesi che non hanno società di ipnosi, affinché siano ambasciatori dell'ESH perché contribuiscano a creare collaborazioni con coloro che potrebbero essere interessati a unirsi a noi. Antalya è stata anche l'occasione per incontrare con grande gioia i nostri amici dell'ISH, che hanno festeggiato il 50° anniversario della Società Internazionale di Ipnosi. L'ipnosi ha ancora molta strada da fare, e la faremo insieme. Nonostante gli innegabili progressi, c'è ancora del lavoro da fare affinché l'ipnosi venga utilizzata più ampiamente e in un maggior numero di servizi e strutture. Parte del successo risiede nella ricerca, che è essenziale per stabilire la credibilità dell'ipnosi e per distinguerla da altri metodi molto meno collaudati. La scienza è essenziale per il lavoro dei clinici, anche se non è sufficiente. Per questo sono felice che il congresso abbia votato a favore della destinazione del 5% dell'importo dei contributi a un fondo dedicato alla ricerca. La scienza afferma i fatti, si attiene alle regole generali, ma non dice come adattarsi a ogni situazione, a ogni persona, a ogni singolarità. Per questo il lavoro clinico è un'arte, e l'ipnosi in particolare, dal momento che è una pratica di ascolto e di dialogo preciso e attento. La scienza vuole essere obiettiva e neutrale, mentre il clinico si trova di fronte a un individuo che soffre, e anche se mantiene una certa distanza non può essere neutrale.

Siamo vicini a coloro che soffrono, portiamo loro la nostra conoscenza e la nostra umanità, ma allo stesso tempo non lasciamoci sopraffare e "stiamo attenti a gemere dal profondo della nostra anima". "Questo è anche ciò che continueremo a fare in collaborazione con l'ISH, per il Comitato d'Intervento per la Crisi (CIC), che potrebbe vedere aumentare la sua attività nei prossimi anni.

Poiché il 2023 è ormai giunto al termine, spero che i ricordi solari di questo congresso durino a lungo.



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# Editor's Letter

KATHLEEN LONG





As the new editor of the ESH newsletter I understand I have a very hard act to follow in taking over from Consuelo Casula who so expertly produced the ESHNL for many years with an equally dedicated support team of translators in Jose Cava, Fabio Carnevale, who also did most of the graphics, Stella Nkenke and Gerard Fitoussi.

I am delighted to say that despite them all being very busy people they have decided to continue their very valuable and appreciated roles for the ESHNL.

In this December/January edition we have news from the ESH XVI Congress in Antalya with some great comments and observations from those who attended.

It's also a time to remember those countries that are experiencing trauma and tragedy and there is an update from the Crisis Intervention Committee where jointly with ISH we are continuing to try and give help to colleagues dealing with very traumatised populations.

I know our hearts go out to all of them and the CIC hopes that our expertise in hypnosis will also continue to flow freely. If you want to contribute to the CIC, particularly if you can help to translate some of the resources already on both ESH and ISH websites that would be a fantastic contribution. This is your newsletter and please send any contributions

you may have into Central Office who will also be giving a regular update in each edition of the ESHNL.

What should be the theme for the next 3 years? Do you have any suggestions? Please send them in to Central Office and we can perhaps vote on this.

The ESHNL is our flagship and a great mission statement is always important. If you are celebrating the holidays have a

wonderful time.

For those who find themselves in difficult situations, whatever the cause, we wish you peace and love and better times. Thank you all for your support of ESH.





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# Short Report From Central Office

Nicola McIntyre





I have been here for nearly three years now with it all being virtual so when I went to Antalya it was nice to meet some of our ESH members and put a face to the name. I mainly communicate information that has either been sent to our Constituent Societies or received back from them.

My main concern is whether the information I have and who I am sending it out to is correct so if any information changes within the Constituent Society it would be great if you could keep me up to date so information flows to who it should be.

There is a lot of information that gets sent out to Constituent Societies so it is my hope that all relevant information reaches its members.

Yearly membership fees are due from the beginning of the year so it would be nice if Constituent Societies could get their fee paid promptly with the new addition that 5% of the fee will now go towards research projects.

I also update the website regularly with any new or relevant information. There are regular updates to the News Alert page on the home page of the website. If your society has any congress/workshops etc if you let me know I can add these to the Events page on the website.

The Crisis Intervention page gets added to when a Constituent Society has new information they can share to help with any trauma. All meetings with the Crisis Intervention Committee get sent out to the

Constituent Societies where any members that are interested can join.

There is also a ESH database of training programs of hypnosis education (on the Research page) which has become possible with the contributions from our Constituent Societies and also lecture videos by members of the BoD which you might not know is available. The website is definitely worth a look.





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## REFLECTIONS ON XVI ESH CONGRESS





## **16th ESH Congress: an important, fruitful, and beautiful gathering.**

16th ESH Congress was held between October 26 and 29, 2023 in Antalya. The Congress was hosted by THD (Society of Medical Hypnosis), and the Motto of the Congress was “Hypnosis Food for Body and Mind: an Integrated Approach to Healing”.

This was the first ESH congress since 2017. 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, the ESH 2023 Antalya Congress has been a big opportunity for all the hypnotherapists and colleagues all over the world to gather; and to share their expertise and experience face-to-face after a long time.

There were colleagues from 33 Countries (Austria, Australia, Belgium, Bulgaria, China, Czech Republic, Denmark, Finland, France, Germany, Greece, Hungary, Iceland, Iran, Italy, Japan, Latvia, Luxemburg, Oman, Mexico, Netherlands, Norway, Poland, Romania, Russia, Spain, Sweden, Switzerland, Turkiye, Ukraine, United Kingdom, United States, and Uruguay).

12 key-note speeches, 48 lectures, 45 workshops, 6 panel discussions and 6 posters, in total 117 academic presentations, were presented during the Congress in 1 main hall, 7 halls, and a poster exhibition area. Furthermore, there were important gatherings regarding the current situation and the future of hypnosis. ESH and ISH Council of Representatives (COR) Meetings were held during the ESH 2023 Antalya Congress. Also, this Congress had a special meaning to the Turkish colleagues because October 29, 2023 is the 100th anniversary of Turkish Republic.

I think, this had been a good opportunity to share and to represent the current and various professional works, practice, research and studies in field of Medical Hypnosis by esteemed colleagues, different Constituent Societies and many countries.

Also, I believe this Congress had been an important platform shaping the future of Hypnosis regarding the clinical and academic use, applications, training and education of Hypnosis, and its ethical academic, scientific and research studies in the fields of medicine, dentistry, and psychology. Furthermore, Antalya, the Congress venue, was an amazing place to hold the Congress; and October was a good season to visit Antalya. The participants enjoyed the nice weather, and the natural and historical beauties of Antalya.

Next ESH Congress in 2026 will be held by the British Society of Medical and Dental Hypnosis (BSMDH) in Glasgow, Scotland. You can follow the updates on the XVII ESH Congress on <https://esh-hypnosis.eu/xv-esh-congress/> .

Also, you can visit <https://hypnosis2024.com/> to get more information on the next International Society of Hypnosis (ISH) Congress. XXII World Congress of Medical and Clinical Hypnosis will be held between June 12 and 15, 2024, in Krakow, Poland: <https://www.ishhypnosis.org/krakow-2024/>

So, I want to convey my thanks to all the colleagues who had contributed and participated to the 16th ESH Congress; and making this gathering an important, fruitful, and beautiful experience!

**Ali Özden Öztürk, MD**

**2023 ESH Antalya Congress President**

**ESH Treasurer**

**President of THD (Medical Hypnosis Society-The Organizing Constituent Society of 2023 ESH Congress)**



**My experience at the ESH congress in Antalya has been really very positive. The workshops and oral presentations were of a very high level. I hope that the next congress in 2026 will be also a success.**

**Greetings from Spain**

**Isidro Pérez Hidalgo  
Psicólogo Clínico  
Director de CHC PSICÓLOGOS  
Presidente de la Sociedad Hipnológica Científica**



**A great experience! There were so many interesting people, both amongst the speakers and the delegates. The workshops were fascinating as the people taking part in the room had a broad range of experience and so would often enrich the sessions with their own ideas.**

**The hotel was great and we managed to enjoy a little relaxation time at the pool.**

**Maureen Tilford  
BSCAH**





## **Few memory from Antalya ESH Congress**

### **By Gérard Fitoussi**

Firstly, I would like to express my gratitude to the organizers; the hotel, meeting rooms, and technical facilities were exceptional.

I also extend my thanks to the sun and the beach, which added a delightful touch to the overall experience. This congress provided me with a valuable opportunity to connect with numerous colleagues, both from the ESH and our friends from the ISH.

I had the privilege of attending several workshops, including those led by Mr. Jensen and Chantal Berna on pain, allowing me to update and enhance my knowledge in the field.

Lastly, I want to highlight the gala evening, which unfolded in a fantastic atmosphere. It was not only enjoyable but also touched a poignant moment when we paid tribute to the past presidents of the ESH. Overall, it was a splendid congress, and now I eagerly await the next one in Glasgow.

## **A brief reflection on the 16th ESH Congress**

### **By Fabio Carnevale**

Hypnosis is an experience of deep connection and mutual focus between hypnotist and subject. A caring relationship that focuses mutual attention on small details, the use of which can generate extraordinarily effective healing experiences.

The Antalya congress, the first in-person one since 2017, reminded us how much of a difference this connection makes in creating connections, collaborations, and increasing mutual understanding. The 16th ESH Congress was both

an event and a metaphor for the deep and special meaning of caring for relationships to build an increasingly fertile and creative scientific community.

## **XVI ESH Congress in Antalya: Some Ideas.**

### **By Kathleen Long**

This was our first big Congress since the one in Manchester and it was fantastic to see everyone who attended. Great workshops and our first face to face CoR in 6 years.

The social events, networking and social opportunities with amazing food and an even better band at the gala dinner kept everyone dancing until late. I think for all of us who attended it has fuelled our desire to attend our next Congress in Glasgow.

The overall feedback has been positive and Ali and his colleagues at THD are to be complimented on their organization and hospitality in circumstances that were challenging sometimes.

It has set the scene for the next ISH Congress in Krakow, and it was a pleasure to have the ISH board in attendance in Antalya to celebrate ISH's 50th anniversary. We have two new members on the ESH board, and it was a pleasure to hand over the Presidency to Gerard Fitoussi .

Goodbyes are always sad, but I am sure we will see Consuelo and Peter again in the near future. One of the highlights for me was the honoring of many of the previous Presidents and the many honors given to those who have worked tirelessly in their own Constituent societies nominated by their peers.



## Report from ESH XVI congress in Antalya Oct, 25-29 2023

By  
Susanna  
Carolusson

I arrived to Antalya one day before the «pre congress»-seminars. The Congress Hotel was entered by transfer from the airport via a strict security guard and the area felt really safe despite Swedes' fear, due to recent Koran burnings in demonstrations against islamism, causing islamist terrorists to kill two innocent Swedes at a soccer match in Belgium. The hotel area had pools, a long private beach and hammocs for recreation. There were daily dance- and acrobat shows from a huge outdoor stage. For exercise there were yoga, zumba and step-up classes mornings and afternoons.

Due to a critical family situation I decided to use the opportunity to exercise and relax, except when I was occupied teaching or attending meetings. Therefor, I don't have much to tell about the seminars, but would like to share a few experiences.

First; «all inclusive» meant that the congress fee included everything

mentioned above and also food and drinks, snacks, coffee and sweets all hours from 7 am til 11 pm.

We were some hundred participants. For me from the Nordic it was interesting to meet colleagues from Finland, not the least their hypnosis president, but also a woman from the north, with good travel connections to Sweden. This gives us reason to revive our northern members and vitalize Swedish-Finnish-Norwegian collaboration. I had lunch with a few really humourous and witty colleagues from Norway. I got the impression that all ESH Constituent Societies were represented live. Except Israel, by reasons that we regret deeply.

Ali Özden Öztürk, chair of the Turkish Hypnosis Society had invited the Turkish minister of their National Board of Health & Welfare to give a welcome speech. From a Swedish perspective, that is an achievement! Not the least, since this Board seems to be a combination of a



political ministry and an executive board. In Sweden «NBH» is an apolitical institution/board, whilst politically elected



officers form the «Social Ministry». We were informed that the Turkish NBH is the Regulator of all health and care including the complementary alternative medicine. I wonder what that means regarding the hypnosis society membership criteria? CAM-therapists practice within the field of «patient security», but is that enough to fulfill criteria for membership? On the other hand, ESH respects national variations as long as there is as high patient security as the CS can provide within their national jurisdictions.

I chose to participate in one seminar. Michael Gow, dentist from the Glasgow area, aroused my curiosity. He has been with us for a while now, and he has a good sense of humour. I wish I had access to mine when I teach, but I miss that skill. In

English at least. Many years ago Michael won the contest of being the next venue for the ESH congress. The competitor was Italy. Scotland won, but the society was not as strong as nowadays, they could not guarantee the financial effort and so, our Italian nestor Camillo Loredio offered Rome to be the venue. So it was. Now again, Glasgow won against an Italian competitor, and this time Michael promises fulfillment. Do reserve August 2026 for this event!

Back to the seminar. Michael Gow treats patients' anxiety with the Mirror Technique. There are in my experience several variations of these, but their basic principle is the same. We teach mirror techniques in our SSCH hypnosis- and programs as well. I learnt it in the 80ies from Don Ebrahim, Coventry.

Michael Gow demonstrated on a colleague from Uruguay, with whom he was well acquainted, so the demo went like clockwork. Which Michael commented humbly: «Don't believe that what you witness at demonstrations is representative for clinical practice. In practice you must deviate from your plan all the time, 'cause patients react differently and give you individual feedback to follow.»



His method had the following disposition: Start: Describe a typical situation that is problematic for you, which you would like to cope with without anxiety. Step 1: Hypnosis induction. Step 2: Imagine two mirrors, placed on a line, beside each other, or behind each other. One of them mirrors yourself in that situation as you have experienced it so far, the other mirrors yourself in a future situation, when you have achieved your goal (to be free from anxiety). Step 3: Find yourself a safe place, preferably from your personal experience. Feel the safety, make it vivid and clear, then anchor the feeling motorically or kinesthetically, for example by touching a finger to the thumb (preferably on the same hand in my opinion, so one hand is free). Step 4: Enter the future mirror and keep the anchored feeling.

I am not sure if Michael suggests patients to enter the historical mirror first or second, and I am not sure how this demonstration continued. This is the disadvantage maybe, of being experienced. My inner imagery took me to how I would continue the process with this client. I was apparently not motivated to learn another script (which is, as Michael said, rarely appropriate in the clinical situation) and I had no intention to write a

report. Which I now find myself doing anyway.

On the Thursday I was «chaired» by one of the ESHs most prominent scientists, Peter Naish, living in the vicinity of Shropshire in Wales. We thought we had quite few participants, only 15 or 20. Later we learnt that we might have had the fullest room, since people spread out on several parallel seminars, and also the pools and the beach.

Doctor Naish is specialized in neurology and neurological models for explaining states of mind and how to understand consciousness. My presentation was about hypnosis in phobia treatment; simple phobias and complex phobias. With «simple phobia» I mean that the cause is known, the symptom is not covering a different situation than the one that is presented as causing the symptom. There are no apparent signs of unconscious defence mechanisms. Complex, that is complicated phobias, on the other hand, are covering something repressed or denied, that is not apparent in the symptom, nor presented by the patient.

When I was finished, Nikita, my former student and Russian colleague, asked me



about neurobiological foundations for my clinical theories.

He thus offered me a smooth transition to Peter's presentation. «My time is up, but your question may be answered by Peter, who definitely is more knowledgeable on neurology than I am». «Yes, I am», said Peter. He discussed the ancient, always so intriguing topic: «Is there a free will?» We had a warm collegial morning on stage, which made me relieved, because in our last encounter in Manchester 2017, we had different interpretations of the concepts «top-down» and «bottom-up» processes, and we did not find a compromise between his neurological logic and my clinical use of these concepts, although I do understand after our debate, how both interpretations make sense. Nevertheless, I was prepared he could have felt some negative aftermath. But no – we shared a good mood together now. Bridges of understanding in practise!

My choice of subject made Nicole Ruysscheart invite me to their Belgian hypnosis training. My immediate reaction was doubt. How will I be able to fill two days teaching about phobia, as the only theme? (Other diagnoses are covered by other teachers). Responses have arisen in my mind later – I can offer deeper explanations, demonstrations and

exercises. And of course, the format of a workshop with solve my silly achievement-oriented doubt!

After the presentation, a Finnish participant texted me: «Thanks for an instructive and compact presentation». Compact. Yes, I can fill out the compactness, thanks for inspiring me.

On Friday morning I gave a presentation on how I have used hypnosis in workshops with cancer patients, invited by a patient association. I described two groups, one with patients in medical treatment and the other group, in palliative care, with little hope of cure. My focus for the hypnosis was existential, partly because some were aware that their life might end sooner than they had hoped for. I also had to consider that these groups did not consult me for clinical purposes, but as a private inspiration on a recreational weekend. They had heard about me as an expert on hypnosis, so something with dreaming and imagery was expected. I focused on: How to treat each other with respect and dignity, how to find unconscious resources of help in the current situation and for the future. And, finally, how to find existential support and insight, through dreams and hypnotic repetition of dreamt night dreams.



On Friday afternoon I gave a workshop on the same topic, but with time for exercises and discussions. I demonstrated my script «Healing Visualisation», which I don't share as a texted script, but as an audiofile, since my tone of voice, rythm and prosody are important aspects of the teaching.

Past president of ESH, professor Eva Banyai, participated in this workshop, and shared in small group discussions her own experience as a (now healed) cancer patient ; what she learnt and how her experiences have added to her inspiration and meaning in her teachings and clinical work. She is dedicated to teach suggestive communication in health care contexts.

On Friday evening we had the meeting for the Council of Representatives in ESH. After the traditional constitutional minutes, there was time for electing the new Board.

I suppose that the previous and the new Board will be presented elsewhere in this newsletter. Then we voted for the next venue 2026. Scotland won.

Gala Dinner! Saturday evening was the party and awards event. ESH board gave an award to each one of the past presidents. Awards were also given to persons that had been nominated for

awards by their constituent society. Denmark, France, Austria, Germany, Belgium, Hungary, Ukraine and Italiy had nominated good models for hypnosis from their respective countries. They were well honoured.

During the whole party, from entry dish til midnight, there was dancing. Gunnar Rosén and I started the dance, and soon the floor was covered with energetic people. A live band of three musicians performed the most wellknown dance music worldwide, pop, rock, romance, ball room dance and disco music. Participants from all ages and all countries were up moving. «Dancers witout Borders» building bridges, again.

Thanks Ali Özden Özturk and colleagues for a well organized congress!





## Crisis Intervention Committee

There have been two recent virtual meetings of the CIC. One on 27th September and the last one on 22nd November 2023. The latest one was to try and put some meat on the bones of this committee and to make some decisions around short term and long-term goals. The people who have provided resources for Ukraine, Turkey, Israel, and Palestine basically hit the deck running while the committee has been trying to start providing a structure and support system for the future.

The proposed Mission statement was discussed at length. To offer hypnosis support and resources, without prejudice, to any population in crisis. Would it be better to remove the words without prejudice? Why mention it and the possible connotations sounding negative?

One of the rationales in keeping the statement as it was, is to ensure that those populations needing help in crisis would feel confident to approach us for help irrespective of any beliefs or political circumstances. To make it crystal clear that this project is purely humanitarian.

We decided to keep the name Crisis Intervention Committee as the working name of the committee but look at an alternative name for Brand Recognition. The most favoured one was Hypnosis without Borders which, once copywrite checked, places this initiative squarely

By  
Kathleen Long

in with the other aid organisations with similar names and humanitarian ideology.

Three monthly meetings will be held to try and progress some of the short-term goals like translation of the current resources on both ESH and ISH websites. This is no mean feat, and we are hopeful that the translators who have volunteered so far will be joined by others who can spare some time to do this.

Please contact Central Office if you think you can help with this. Artificial Intelligence translation at the moment is still expensive and it needs to be accurate but may be an option for the future. I have agreed once I have the names of the translators who have volunteered so far to have a meeting to progress this important project.

To have resources that can be lifted from the websites pre translated would be a fantastic achievement.

Boris Ivnyev President of the Ukrainian Society and Ela Barr.... the President of the Israeli society have given excellent feedback for the help and resources that they have been able to access.

Lisa Lombard updated us all on Comfort Kits for children between the ages of 4yr-14yrs and how



these could become much more accessible and better distributed.

Finance will become more important as the project progresses and everyone recognises this. The possibility of registering as a Charity has been discussed and to that end, we need to develop a constitution and that will be taken forward by myself, Callie Hattingh and Gerard Fitoussi.

It would be great if we didn't need this kind of initiative but those of us who are involved realise that to stand back and do nothing when we know how effective hypnosis can be in these situations is just not acceptable.

The project needs many different inputs from you, our colleagues. If everyone gives a little, we can, I believe, achieve a lot. I'll keep you all



posted on the CIC's progress.

## Comfort Kits for Children

For those of you who are interested in the Comfort Kits for Children mentioned in the CIC report I want to share some further information that I received from Lisa Lombard PhD that gives greater insight into what these resources are and how they can be used. Lisa has been in contact with our Israeli society recently and also attends the CIC.

### By Lisa Lombard, PhD

*Licensed Clinical Psychologist IL 071.007229 and PSYPACT-Authorized President, Board of Directors, National Paediatric Hypnosis Training Institute*

Hello,

Hope you are well and safe. I'm one of the co-founders of the nonprofit, Comfort Kits for Children ([www.comfortkitsforchildren.org](http://www.comfortkitsforchildren.org)), and want to begin a conversation with you and your groups about ways we might support children during war. Building on the incredible efforts of Dr. Olness, we are a nonprofit that supports children experiencing trauma.

Here is a description of what we have been doing lately: Comfort Kits are designed to help children in disasters and traumatic situations. The kits are easy to assemble and include small items and toys, plus guidance on six skills to practice to "feel better." Comfort Kits help



children feel better and cope with extraordinary situations, ranging from dealing with pain or illness to coping with trauma, loss, and displacement.

Comfort Kits (initially used in paediatric oncology care) have helped children cope with war and disasters for decades (e.g., in Haiti, Lao, Thailand, and Hurricane Katrina).

Since 2022 we have sent nearly 1500 to children experiencing the war in Ukraine, earthquakes in Turkey, wildfires in Maui, and Chicago community violence.

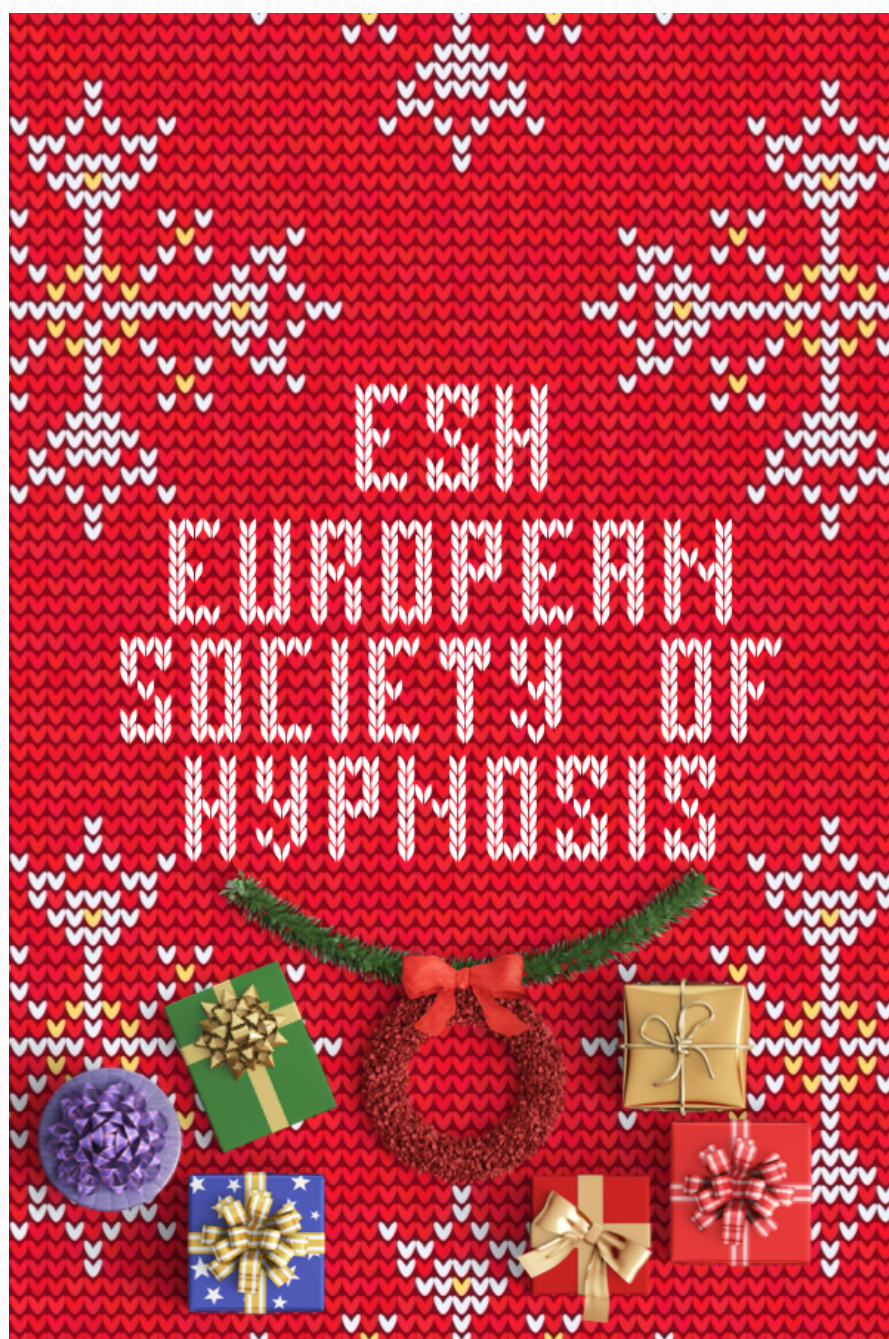
These simple kits contain toys and items that help children re-regulate their feelings and offer calm moments during chaotic times. We provide expert behavioural health guidance (printed pamphlets and online YouTube videos, plus virtual training when needed) for caregivers, relief workers, parents, and teachers to "coach" children and connect with them, as they explore and play with the items in the tote bag.

This allows a child to easily transition from the experience of extreme tension to a natural place of imagination, creativity, and fun.

Once a child engages with the toys in the Comfort Kit, they usually continue to play with them, having discovered how to create comfort for themselves. In many ways Comfort Kits are

one component of a "Psychological First Aid Kit" for children.

If we can be of help to children and families, or if you think we should connect with others please let us know. Hoping for peace and safety.





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## Loops In The Brain

By  
Peter  
Naish

As is often the case with a good conference, I came away from Antalya full of ideas. I had given a paper, but since then I have had further thoughts, modifying and extending my original ideas. I will share with you briefly the line my thinking is taking.

I have for a long time had the feeling that hypnosis, an altered state of consciousness, might be able to tell us something about normal, 'unaltered' consciousness. My starting point is the often observed fact that hypnotised people don't feel as if they are in control.

We observe it in simple tests, such as the 'magnetic hands', where people are asked to imagine a force pulling their hands together. Sure enough, for many people that is exactly what happens, but they insist that the movement is happening by itself; they have nothing to do with it.

This lack of a sense of agency can appear in therapeutic sessions too. I remember working with a moth phobic once. I used systematic desensitisation and had reached the stage where she seemed ready to have a close encounter with a moth, but it couldn't be flying – she was not ready to have one fluttering round her head.

So I asked her whether she felt ready to imagine (in hypnosis) that she was at home dusting, and

coming across a dead moth. Her hand could perhaps touch it before she realised what it was. She said she'd give it a go, but asked me to stop it for her if it got too scary. This was interesting, because I had explained to her that hypnotised people can't be made to do things against their will. She obviously felt that she had no 'will'; she would not simply be able to stop visualising the moth. It was easier to trust me than to trust in her own abilities.

Loss of agency means loss of free will; if a person has no control over things, including what they themselves do, then they become a passive player of someone else's script.

This sounds dramatic, but it is not a problem if they are working with a reputable hypnotist, because it is just seen as an aspect of hypnosis and they are not hypnotised for very long. It is roughly equivalent to allowing oneself to undergo a general anaesthetic. However, let's turn for a moment to normal consciousness, with its normal sense of free will.

There is no doubt that we all have a firm sensation of making choices, but what evidence is there that we are actually free to choose? Wolf Singer (2011), writing in The Royal Society's Brain Waves, concluded that "The evidence [...] contradicts our intuition that we can always freely decide what we



are going to do next and which factors we are going to consider when we plan future acts.”

He believes that we are controlled by our brain (What else is there?) and points out that the brain is the product of genes, epigenetic processes during our development, and of our experiences.

Over none of those do we have control. I won't labour these points, after all, this is supposed to be about hypnosis, not the philosophy of free will. I will continue by saying that, if there is no free will (and that is my firm position) then it is not strange that hypnosis loses it. The puzzle is that normal consciousness persists in the deception. Hypnosis, it turns out, is a more honest state of consciousness.

It seems that it is agency that beguiles us into believing that we are free to choose, but when we lose agency we do not become unconscious. The moth phobic remained all too aware of the moth, so she was very much conscious, although she felt that she had no control over it.

So consciousness itself is independent of agency, although a sense of agency is something that we very much associate with being conscious, just as the potential to feel pain is part of what it is to be conscious.

A general anaesthetic can remove pain, but so too can hypnosis. So hypnosis can whittle away around the edges of consciousness, removing things that are normally associated with it, but they are not at the core of what it is to be conscious.

Somehow, with these additions stripped away, we still retain the ability to have a strong, experiential

awareness of things. We don't simply register and react, as a simpler animal might do.

We have a fair idea of how awareness develops in vision. The primary visual cortex is at the back of the brain, in the occipital region. From there, brain scanning shows activity moving forward through the brain, until it reached the frontal lobes, but it is still unconscious. It is not until these frontal regions complete the loop, by sending signals all the way back to the starting point, that we have conscious awareness.

On the side, we may well have started unconscious processes, utilising visual information we did not yet know we had seen, but it is not until that confirmatory signal from the front that we become conscious. As if to say, “This is what analysis thinks it is. Is that right?” Thus, having an active part in this visual cycle appears to generate a sense of consciousness, but what of non-visual aspects of our life?

We talk to ourselves about almost everything. It need not be overt of course, although it sometimes is. More often, it is just a silent stream of thought – but thought in words.

You might ask why we need to talk to ourselves – don't we know what we are going to say? No, we don't, not unless it is a preprepared speech. We are unaware of what we are thinking until we hear ourselves talk about it. Then we can think about it, challenge ourselves, reach a decision, and so on.

The ‘reaching a decision’ reminds us of that free will illusion; it convinces us that our course of action is only one of many we could have chosen. What it does do, I suggest, is establish another feedback



loop: speak, listen, think about what was said, speak again. That is perhaps how we establish consciousness, and are able to think about 'non-visual' thoughts.

And does hypnosis have no part to play in this? Well, thinking about our thoughts is called metacognition, and several researchers have suggested that it is a process that is compromised during hypnosis, a condition which is known to impact the frontal lobes.

Dienes and Perner (2007) attempted to demonstrate their point by 'zapping' the left dorso-lateral, prefrontal cortex with magnetic pulses. This makes the region temporarily unable to carry on its normal functions. Sure enough, the procedure seemed to enhance hypnotisability.

Coltheart et al. (2018) disagreed with the left side being the key feature in hypnotic responsiveness; they believed it was the right dorso-lateral prefrontal cortex that was involved.

So, that is the region that they treated with transcranial magnetic pulses. The result was that they achieved enhanced hypnotisability too! There has been much debate about how they can both be right, but suppose they both are.

We know that key visual processes tend to favour the right hemisphere, while the left is the principal player in verbal activity.

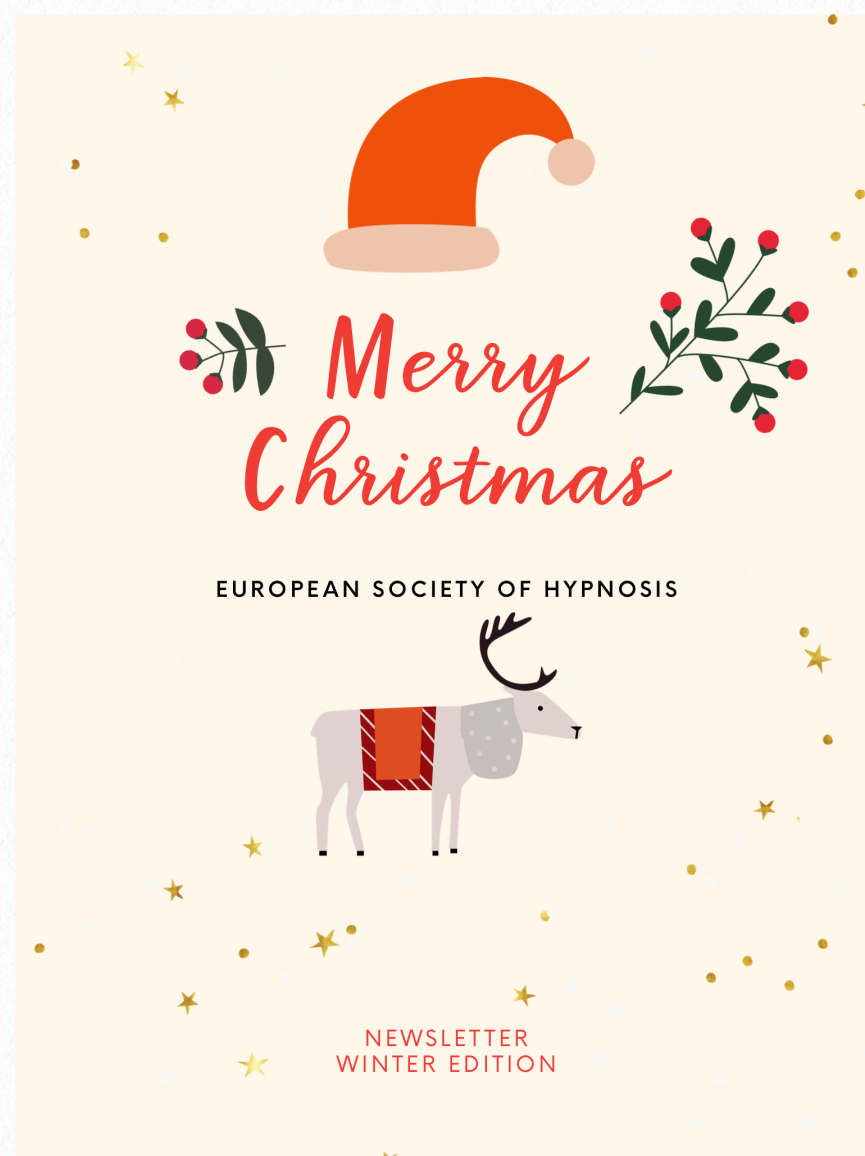
Perhaps it is these two loops, the visual and the verbal, with the two research teams picking one each to demonstrate their theories.

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# According to ISH

By Mark Jensen and Kris Klajs



*Merry*  
**CHRISTMAS**  
& HAPPY NEW YEAR!  
**FROM**  
**ESH**

Picture by F.C.



## **Present ISH activities and initiatives**

### **By Mark P. Jensen, PhD**

During the last two years of my presidency, virtually all of our activities and initiatives have focused on developing and nurturing connections in the world hypnosis community. These have included: (1) building our social media presence, (2) collaborating with the European Society of Hypnosis to form a committee that provides support to people experiencing natural and man-made crises around the world, (3) building our capacity to provide state-of-the-art hypnosis educational opportunities, (4) initiating a monthly virtual "Coffee with the President" event, (5) extending ISH's support for new and established Constituent Societies, and (6) maintaining the high quality of ISH's quarterly newsletter.

### **Social media presence**

Under the leadership of Celia Fabre, chair of the social media committee, ISH has made significant advances in our presence on social media, including on Facebook (as [ishhypnosis](#)) and Instagram (as [@ishhypnosis](#)). All of our current and future members can follow us on these platforms to stay updated on ISH's latest activities, and discover the incredible work we do at ISH. We maintain a continuous stream of articles and valuable resources presented by our distinguished members on both platforms. You can also stay informed about the monthly virtual Masterclass Webinars (see below) as well as activities related to the Crisis Intervention

Committee (see below), our congresses, and much more.

Most recently, you can participate via these platforms on a recent contest reflecting on our motto, "Building Bridges of Understanding." The contributions of photos of bridges from around the world were truly inspiring. We invite you to keep sharing and building our community by following us on the platform(s) of your choice!

### **Crisis Intervention Committee**

In response to a suggestion made by my Kathleen Long, who was the president of the European Society of Hypnosis (ESH) at the time, ESH and ISH created a joint Crisis Intervention Committee (CIC), which has been meeting and continue to meet to develop resources to support people who are experiencing man-made and environmental crises around the world. The committee is co-chaired by Kathleen Long and Callie Hattingh, and currently involved in supporting people affected by the current crisis in the Middle East. In support of this effort, Dr. Woltemade Hartman and Carl Hattingh have presented virtual workshops for more than 70 health care workers and therapists from Israel in collaboration with the International Ego State group and the Israeli Hypnosis Society, organized by Joseph Meyerson, past president of the Israeli Hypnosis Society on the utilization of hypnosis, Ego State Therapy and the Polyvagal theory for trauma.

### **Monthly Masterclass webinars**



Under the extraordinary leadership of Enayat Shahidi, chair of the Education and Training Committee, ISH has been sponsoring virtual Masterclass webinars on a monthly basis since November of 2021. To date, 24 webinars have been conducted, and 970 individuals have participated, with an average of about 40 participants per webinar. Each 3-hour workshop focuses on a specific topic or technique, and several have focused specific on topics relevant to clinicians providing care to victims of abuse and trauma. ISH members can register and participate in the webinars at a reduced price, and each registrant has access to a recording of the workshop for 30 days after the workshop ends. Please feel free to go to the ISH website to see the list of prior webinars and register for the upcoming ones (<https://www.ishhypnosis.org/ish-monthly-masterclass/>). If you are interested in facilitating one of the webinars, please send your proposal and CV to Enayat Shaihi at [info@ishhypnois.com](mailto:info@ishhypnois.com). The Education and Training Committee will review your proposal and let you know their decision.

### **Coffee with the President**

Pretty much since the start of my presidency, I have been hosting or co-hosting a Coffee with the President social hour every month. These are often held on the first Thursday of the month at 4 pm, European Standard Time. On occasion, when the event

was co-hosted by a Constituent Society, we chose a time for the event that worked the best for the members of that society. These coffee hours have proven to be very popular, and give ISH members and future members a chance to connect and discuss whatever is on the participants' minds about hypnosis. The discussion topics have ranged from the latest scientific findings about the efficacy and mechanism of hypnosis to strategies for encouraging colleagues to learn more about hypnosis. Whatever the topic has been, it has always been wonderful to meet colleagues from all over the world and hear ideas about hypnosis from unique perspectives. Please feel free to join us. You can learn about, and then register for, the next coffee event via notices from Facebook or Instagram or by visiting the ISH website (<https://www.ishhypnosis.org/>).

### **Supporting new and established Constituent Societies**

Another way that we have been working to build connections has been to support new and established Constituent Societies as we are able, and in ways consistent with their specific needs. For example, at the request of and in collaboration with the Islandic Society of Hypnosis, Bernhard Trenkle offered a basic hypnosis workshop in collaborating with last year. The goals of this event were to introduce more health care providers working in Island to hypnosis and



encourage them to learn about and ideally join the Islandic Society of Hypnosis. I have been working closely with the Indian Society of Clinical and Experimental Hypnosis towards these same goals, having facilitated an advanced workshop on pain management in Bangalore in December of 2022, and having plans to facilitate additional workshops in Kolkata this coming December and in Baroda in December of 2024. In each case, the facilitators have volunteered their time and have used proceeds to support the registration of new ISH members.

Along these lines, Brian Allen has been advocating for and working to support the development of hypnosis and new ISH Constituent Societies in South America, including by organizing virtual workshops for clinicians in this area. We hope to continue to expand ISH-sponsored and local society and ISH co-sponsored workshops to other countries - especially countries where the knowledge about and use of clinical hypnosis is in its early stages - to nurture the growth of clinical hypnosis worldwide. If your constituent society has an interest in collaborating with ISH to organize and offer a basic or advanced workshop on any topic, please feel free to contact me at [info@ishhypnosis.org](mailto:info@ishhypnosis.org) and we can discuss your interests and needs.

### **The ISH newsletter**

Under the guidance of Katalin Varga, ISH has continued to publish a quarterly newsletter

filled with information relative to the application of clinical hypnosis. This newsletter is one of the many benefits of being an ISH member. The newsletter includes interviews of ISH members, book reviews, articles on the history of hypnosis, articles describing both hypnosis techniques that can be used across to address a variety of issues as well as techniques that target specific conditions or symptoms, and abstracts of recent articles published in the International Journal of Clinical and Experimental Hypnosis, our flagship scientific journal. Copies of the current and archived newsletters can be found at <https://www.ishhypnosis.org/news-events/ish-newsletter/>. If you have ideas for content you would like to contribute to the newsletter, please contact the editor, Katalin Varga, at [infor@ishhypnosis.com](mailto:infor@ishhypnosis.com).

Although all of the members of your Board of Directors have been involved in supporting each one of the initiatives described above (e.g., by serving on the Crisis Intervention Committee and/or Education Committee, facilitating webinars, showing up at the monthly coffee with the president event, contributing content for the quarterly newsletter), each one has also provided important ideas and support for the development of these initiatives. Each has also been active in taking the leadership of and supporting other critical ISH goals. For example, Anita Jung has taken the lead to organize the wonderful ISH 50th anniversary events. Kris Klajs and his Congress planning



team organized a 2021 Congress, only to see it be postponed (twice!) due to COVID. He and his team are continuing to do the organizing needed for a wonderful live and in person World Hypnosis Congress in Krakow in June of next year. If you have not already registered for the Congress, please do so right away (at <https://www.hypnosis2021.com.pl/en>). At the request of Constituent Societies, Woltemade Hartmann and a committee he led, developed clinical hypnosis training guidelines that provide an approach for determining who is most appropriate for receiving training in clinical hypnosis in different cultural and country contexts. This task turned out to be much more complex than originally thought, and the resulting guidelines are clear, practical, and we think sensitive to the many differences in how clinical hypnosis can and is provided throughout the world. Giuseppe De Benedittis has continued his steady work for the World Health Organization to recognize clinical hypnosis as an appropriate and evidence-based treatment for pain.

In addition, two long-time ISH members have also been particularly helpful during the last two years. Gerard Fitoussi, current president of the European Society of Hypnosis, has participated in many BOD meetings to provide key input and help ensure a diversity of representation from our many members from France.

Similarly, Nicole Ruysschaert, past ISH BOD member, continues to volunteer her time and deep knowledge of hypnosis in helping to edit text for the newsletter. Julie Linden, one of our past presidents, has continued to serve as the USA-based administrator, helping us keep on top of the significant paperwork needed to operate as a non-profit organizing, including ensuring an annual audit of our finances, completing and filing our annual tax forms, and providing on-the-ground management of our USA bank account.

Through these key activities and initiatives, ISH has continued to work towards expanding knowledge about and effective use of clinical hypnosis to build bridges of understanding between individuals in our world community.

We very much appreciate the support you give to this effort through your membership and participation in our many events. Would you like to do more? Please feel free to contact me at any time to discuss your ideas about how you can contribute to our vibrant and growing hypnosis world community (at [info@hypnosis.com](mailto:info@hypnosis.com)).





## By Kris Klajs

My first time on the ISH BOD was at the World Congress in Montreal, Canada, in 2018. Peter Bloom, one of our previous ISH Presidents was at the meeting. Years ago, he said, when the ISH was established; the word “international” was our dream. Today – it is a reality, he stressed with a smile.

And since then, when the BOD does not meet live, we meet virtually every three months for on one hour. It is early in the morning in the Pacific coast of USA and in Mexico, the afternoon in the Europe and South Africa, and late at night in China and in Australia. There is a wonderful experience of such a meetings - a wonderful variety of cultures, a variety of ideas, and variety of hypnotic approaches.

I have memories of the World Congress in Acapulco, Mexico, in 2006 - the 17th Congress of International Society of Hypnosis. Fantastic people, hospitality, rich observations, beautiful colors, and great music. A lot of promising ideas. That was my very first meeting with the ISH. It was a very refreshing experience, especially for somebody who had spent most of his life behind the iron curtain - no way to go abroad, no freedom, and no open discussions. After colorful Mexico was Rome, then Bremen in Germany, Paris and in 2018 Montreal, Canada – our most recent Congress. It has become more and more clear to me this it is not the place of the meeting, but the people

who create a special atmosphere; people who follow our motto – building bridges of understanding.

And a few thoughts about the future; or rather wishes and dreams. I’m pretty sure, that every culture has its own way of solving mental health challenges, has its own mental health recovery concepts. One hope is that we will continue to be able to collect those ideas and to discuss and share them between us in our Society. To discuss and discover how cooperation between the conscious and the unconscious mind is perceived and described in different cultures, how we can profit from the diversity between us, and create better ways of cooperation. A second hope, may be even much more naïve reflection.

I wonder - what can an unconscious mind specialist contribute to mental health in order to reduce the risk of wars and its short and long time dramatic consequences? Maybe we need to years for this to unfold; but when is a better time to start this process?





# XVII Congress of the Italian Society of Hypnosis

By  
**Maria Cristina Perica**



The XVII Congress of the Italian Society of Hypnosis was held in Bologna (Italy) from 9 to 12 November. It was a special occasion during which we celebrated two important anniversaries: the fifty years of the International Society of Hypnosis and the thirty years from the foundation of the Italian Society of Hypnosis. It was punctuated with meaningful moments and enriched by the participation of some ISH Past Presidents and ISH Board of Directors members. A wide audience of psychologists, psychotherapists, doctors and researchers attended the Congress in person and online. Camillo Lorio, President of the Italian Society of Hypnosis, opened the Congress titled “Hypnotic Phenomena and their role in Hypnotherapy” and introduced Giuseppe De Benedittis’s Keynote that examined hypnotic susceptibility.

Afterwards, Fabio Carnevale explored the emotions underlying hypnotic phenomena through philosophical references and clinical cases. The Scientific Program was full of high-level interventions and valuable contributions:

keynotes, presentations and workshops that created a space to share ideas, clinical models and techniques, with many takeaways for professionals and clinicians. The Special International Program was dedicated to celebrating the 50th Anniversary of the International Society of Hypnosis. It was opened by a Presidential Panel titled “Back to the future” with Julie Linden, Bernhard Trenkle, Mark Jensen, Krzysztof Klajns and Camillo Lorio. The panel illuminated the Society's evolution through their personal experiences and stories. One of the most significant questions that the moderator Katalyn Varga asked was: “If you could say what the essence of hypnosis is in one word, what would it be?”. The Presidential panel proposed the words: “relationship”, “attention”, “unconscious”, “automaticity”, “creativity” and “cooperation” with an open question for the audience: “And yours?”.

The International Program also provided the Lecture about “Hypnosis and ISH History” by Julie Linden and Workshops held by Teresa Robles, Mark Jensen, Bernhard Trenkle, Krzysztof Klajns, Katalyn Varga and Enayat Shaidi. The celebration ended with a special Awards Ceremony during the Gala Dinner in which the Past Presidents and the Members of the BoD were awarded for their “outstanding contribution to promoting and teaching hypnosis worldwide”. Photos and video excerpts of the event are available on the SII website (<https://www.societaipnosi.it/special-international-program/>). The Congress was also a connection opportunity for a professional community in continuous growth, enhanced by the guided tour of Bologna city and a wonderful live concert during the Gala Dinner. During the closing ceremony, The BoD of the Italian Society of Hypnosis celebrated the 30th anniversary, recalling meaningful moments from these thirty years. The Congress ended with a profoundly heartfelt applause of thanks to President Camillo Lorio for his continuous commitment and leading contribution to creating belonging, sharing and warm reciprocity.



*European Society of Hypnosis*



*- Wish you -*



MERRY



CHRISTMAS

*and*

HAPPY NEW YEAR

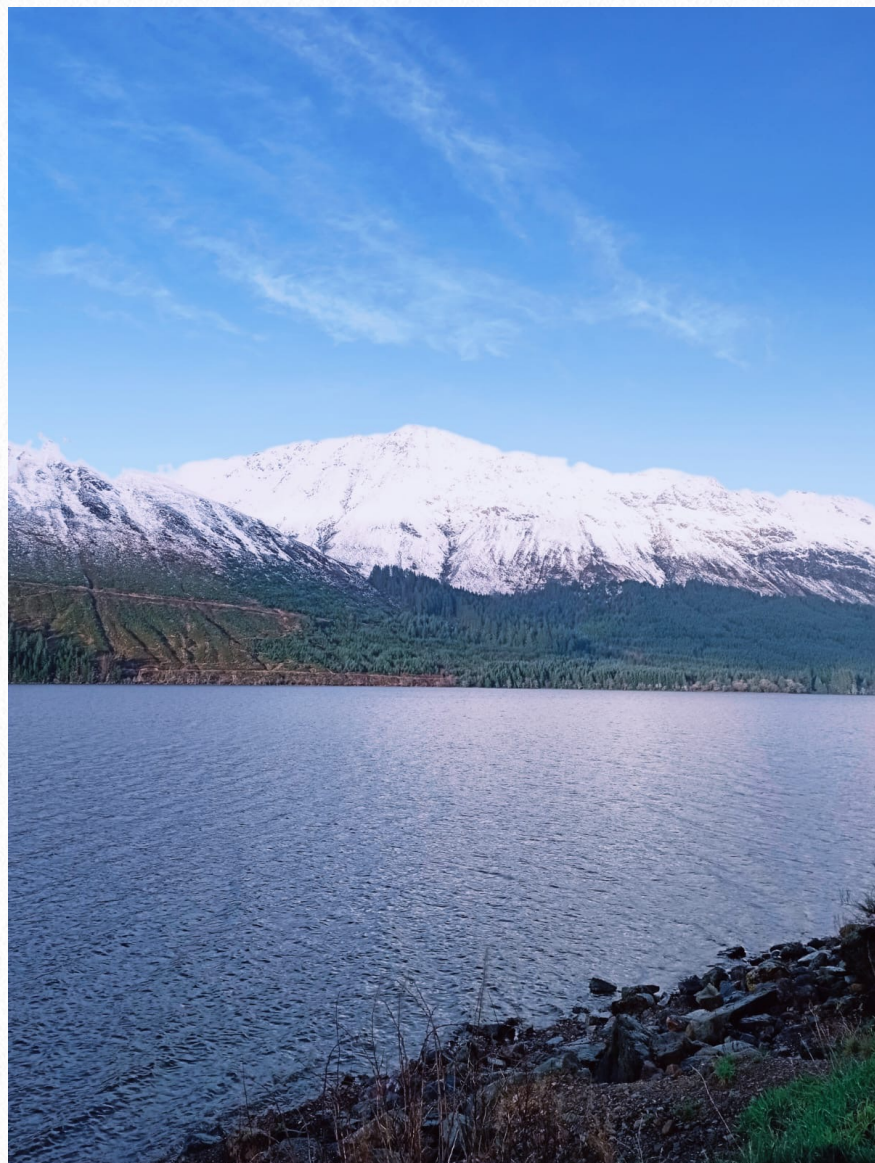


## Holiday Greetings from ESH Board

**By Kathleen Long**

The festive season in Scotland is mainly a build up to the big celebration on Christmas day. For many people it is a day where families get together and Christmas presents are given before having Christmas dinner together. Christmas morning is usually marked by the overnight arrival of Santa followed by present giving to friends and members of the family. Many families including my own will have the traditional roast dinner with all the trimmings but an increasing number of families will have a curry or a Chinese meal, go out for a walk or if it's snowing build a snowman or go sledging.

The most will probably fall asleep shortly after watching a Christmas film. Doesn't sound very exciting but it's one of the few days where families feel the need to come together to celebrate not only Christmas, but also the bonds between family and friends. The build up to the holidays is a bit more energetic with trips to Christmas markets and traditional Pantomimes where adults and children go to the theatre or local hall and watch a real comedy of errors. I have been going to the pantomime for over 60 years now and my children in their early 40s and my grandchildren also come with me. We sing wave silly light-up sticks and generally just have fun. Christmas for me is also a time to reflect on Christmases past when my parents couldn't afford much in the way of gifts. A knitted top from my aunt some sweets and fruit and a small inexpensive present were all they could



provide but the excitement was just as great. I believed in Santa Claus and his helpers until I was 11 years old. I realise that many today think this is a deception that should not be visited on today's generation of children but I disagree. Like Hans Christian Andersen tales, I had a sneaking suspicion that Santa was not real but like the tales of the Arabian nights it fired my imagination and made me believe in a magic that was not my reality. My imagination would take me traveling to exotic places flying through the air and realising there was



a life of possibilities out in a huge world I had not yet encountered.

I will spend time with my grandchildren watching their faces light up when they open their presents and wonder where their imagination will take them in their dreams. I will also be thinking of those less fortunate living lives in poverty, danger and fear and hoping that they can escape their situation in their imagination if not in reality. Commercial interests have to some extent changed the meaning of these holidays but for many they are a well-earned rest from the harsh realities of life and a time to make spiritual and personal connections.

### By Fabio Carnevale

Although numerous handbooks and manuals are devoted to metaphors and "hypnotic words," the trance experience remains a singularity that requires a great deal of art tailoring by hypnotists to build a work to the characteristics of each specific patient. My wish for this holiday season and the New Year is encapsulated in this image I took a few years ago in Ostia, where I live and work. Snow on the sea. It is a rare occurrence in my neck of the woods and somehow poetic. I wish each of you success in caring for your peculiar singularities and the unique qualities of the people you love.

An hypnotic hug to all of you.



### By Marie-Jeanne Bremer

An unexplainable fatigue. Some days before St. Nicholas Day, the educator Sammy, working in a daycare center for children, complained about being tired throughout the last two months but she couldn't find an explanation for it and this feeling reminded her on the first contact with me after a burnout and depression. In her childhood, she did experience exclusion and bullying without being given parental warmth and support. She is very committed in her educative mission, and she is a sensitive and empathetic colleague. But, since a few months, some of her colleagues became dissatisfied and suffered from the administrative restructuring and disagreements with the management representative. Although Sammy had a quite friendly contact with the manager, she had a lot of understanding for her colleagues and suffered from vicarious stress or empathic distress. In the previous therapeutic sessions, she felt very supported, was able to understand connections between past experiences with her current life and hypnosis had a strong calming effect on her. But now, she was unable to understand her fatigue; however, she was almost certain that there were no organic reasons to it. Based on Ernest Rossi's "mirroring hands", I invited Sammy to open her hands and to simply be in touch with both hands and to acknowledge what was coming up, what was emerging. One of her hands, perhaps the right one? or the left one? would carry her tiredness and the question about the meaning of this tiredness. The other hand would bear her resources, her unconscious knowing, or whatever could help her.

After a while she noticed more clearly her right hand, her "hand of knowledge", because she concentrated on it. However, she couldn't find a clear answer; she only knew that it had to do with her field of work. I shared my question: what has the biggest impact on the fatigue? the children or the adults or the management? For sure: - it has to do with children she said. She continued to focus



on her resource or knowledge hand, and she noticed that the children who were in her group last year were becoming significantly more difficult and unhappy. She noticed this since the beginning of the new school year. While analyzing the current context she realized that she wants to “save” these children but that she had no possibility to influence the work in another group. No wonder that I am so tired; she said. And she got able to observe that these children still greet her warmly and with joy and that her way of guiding them the year before had been important for the children. Sammy had an even more important insight: she has to appreciate much more this almost daily recognitions from young children and accept them with more awareness. When leaving the office, the tiredness had disappeared so that she can look forward to celebrating the upcoming St. Nicholas and Christmas Days with the children.

### **By Randi Abrahamsen**

The holiday season is here again like the end of the year. Outside my window snowflakes are dancing and covering the landscape. This quite peaceful snow-laden landscape serves as a reminder of nature's power to calm, cleanse, and rejuvenate. Each snowflake is unique and mirrors the diversity. Just as each snowflake contributes to the beautiful winter panorama, each of us on the board is unique in our own beliefs and values, but we are all here to contribute to ESH. A wonderful memory of a successful ESH congress in Antalya can lighten up the memory in dark and cold times. It has been so good to come together and meet old and new hypnosis friends, listen to great researchers and attending interesting workshops. I am so thankful to Ali Öztürk and his organizing committee for the tremendous work they have done. In CEPE Stella Nkenke and I will continue together with two new members Andreas Kollar and Wasim Biroumi, who at our first meeting already has come up with great ideas for future work. We have approved the renewal of the ESH certificate for Thomas Villinger from GHYP Switzerland. I sincerely hope that this period could increase the number of ESH certificate holders.

The link for a few new educational videos can be found on our website. We also hope that more societies would contribute to our database of education programs to inspire others. I am now chairing the research committee. Andreas Kollar and Marie-Jeanne Bremer are on the committee with Peter Naish as co-opted. I am very happy that we still could rely on the expertise of Peter. We are proud to announce that the research webpage after many difficulties is now up and running in English and Danish, and hopefully in other languages very soon. We are now ready to gather data from clinical practice throughout Europe to demonstrate, how effectful hypnosis can be. If you want to join, please contact us. In my part of the world, we have the Christmas tree, standing tall and resilient against the winter chill. For Christmas we decorate it with twinkling lights and ornaments. Much like the tree, may our society stand strong, rooted in the principles of democracy, peace, and understanding. The tree's deep roots symbolize the strength of our democratic values, enabling us to withstand the harshest storms. Its evergreen nature is a testament to enduring peace, while the widespread branches, reaching out in all directions, embracing all diversity. Let us strive to foster a spirit of unity, uphold democratic values, promote peace, and cultivate understanding in our interactions. My sympathy goes to all people who suffer from the tragic events in the world. May the magic and wonder of this season fill your hearts with warmth, happiness, and peace in spite of all the trouble. In my country we had the opportunity this year to see the magic Northern Lights, dancing in the winter sky in a symphony of green and red colors. The transparent Northern Lights, which in the old days occurred as a mystery and created myths, could remind us to dream big, embrace change, and set new goals with courage and optimism.

I wish those of you who celebrate Christmas a Merry Christmas and a Happy New Year to you and your loved ones. May the new year bring peace in the world.



***"The cherries' only fault:  
The crowds that gather  
when they bloom"***



**By Ela Barr**

**President of the Israeli Society of  
Hypnosis**

## **Haiku written 1600-1900.**

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The cherry blossom season, Sakura, had yet to begin, as my family and I embarked on our journey to Japan. Our son managed to get a leave from his mandatory army service and his lifelong dream of visiting Japan was about to be realized.

Thus began a magical journey in a land of contrasts. Ultra-modern skyscrapers stand tall over ancient shrines, high-speed bullet trains race past medieval castles, and Neon Districts coexist with tranquil Zen Gardens. On a brisk day we made our way to an onsen (hot springs) to the foot of the photogenic Mount Fuji. The scenery was as peaceful as can be.

After visiting Osaka, we reached a haven called Nara. Arriving late, we couldn't appreciate the full beauty of the place. Exhausted after a visit to Universal Studios, my sons fell asleep upon laying their heads on the pillow, next to their Super Mario and Luigi hats.

Several hours later the sun revealed a picturesque scene as we awoke to the gentle sound of a violin. We followed the tunes through enchanting meadows and forest until we reached the Shinsho-ji temple surrounded by deer grazing around us, serving as mythological protectors of the temple. The locals bowed to them to thank them for their service and the deer seemed to reciprocate...

Music, lovely and sweet, beckoned and we followed. The melody of "Down by the Sally gardens" led us to a wedding ceremony inside the temple.

The deer, usually skittish creatures, felt comfortable enough to take food from our palms, much to the delight of my eight-year-old.

I took a photo of her surrounded by deer. Towards the end of the song, I thought to myself that there would be no harm in glancing through my messages. I opened the app, unaware that what I was about to read would change the course of our lives.

A message from a close friend caught my eye:

*"Ela, can you please speak to me? My son was at the music festival... He helped with the wounded and the dead this morning, HORRIBLE scenes..."*

Now he is in Tel Aviv. He went straight to bed. I am trying to figure out what is right to do to deal with the trauma?? My daughter says he MUST NOT sleep because sleeping will make the trauma permanent. There is an officer from his reserve unit on the other line, calling to draft him ASAP for reserve duty"...

In the background the song was just ending with the words: "and now I am full of tears" as I called my friend and learned from her of the horrors that will forever be associated with the date of the 7th of October. She and many others were in a state of shock. Nothing in life had prepared them to process what had just happened and how to aid their severely traumatized loved ones.

Soon, we would discover that alongside the launch of 3000 missiles, 3000 terrorists had infiltrated the border, killing 1200 people and abducting 250 individuals, including 30 children.

Japan, the land of contrasts, presented the most peaceful scenery, next to the most horrible news of a war.



My son declared that we are leaving for Tokyo immediately and that he needed to fly back to Israel today. He would not accept the reality that all flights to Israel were promptly cancelled as the airport became the number one target of Hamas terrorist rockets. There was no way to return home but he would not accept that. He reached out to others like him, who felt it was their duty to return to protect the civilians. “The value of saving lives is higher than anything else,” he said. I cautioned him about the impact of suffering severe trauma. He said: “if I only save one life and suffer for the rest of my life from PTSD, it is worth it.”...

Upon our arrival in Tokyo, there were no available seats for him on the plane. However, Israeli passengers, realizing there were soldiers trying to return home, stepped down and gave up their seats. My son was one of those soldiers making their way to the war, while we had to stay behind as no flights would be available for weeks to come.

Upon his arrival in Israel, my son lost contact for weeks, given that Hamas targets large concentrations of mobile phones through geopositioning. We would eventually make our way home in a very roundabout way weeks later. Until then, I felt I had to do something, anything, to help. But what could I do stranded as I was on the other side of the world with no way to return home? What support could I offer from my end of the world to my colleagues struggling with mass trauma? Just then, it turned out I was not alone. I opted to stroll to Akihabara, a renowned Tokyo district with numerous electronics shops, to purchase a laptop from a second-hand computer store. The salesman was from Nepal and had told me about ten Nepali students who were killed during the terrorist attack on Israel. I expressed my deepest condolences. He and many others offered support. Was I projecting or did they too feel the need to do something...

Upon returning home, the tableau of horrors became clearer and more detailed. Unfathomable cruelty. Women, children, elderly, babies, Jews,

Muslims, Christians. Citizens of over 30 countries. None were spared. Using my 'new' laptop, I went online and found in my work inbox the first letters of condolences from Dr. Kathleen Long, Carl (Callie) Hattingh, Dr. Fekete Olívia and Nicola with the ESH and the Crisis Intervention Committee, reaching out to us, just when hope became a rare commodity.

I had asked for volunteers to give a trauma workshop to our local therapists and physicians who were coping with the magnitude of the atrocities people witnessed and survived. Simultaneously they grappled with the impact of an ongoing war and loss within their immediate or secondary circles. The convergence of their healing roles with their own exposure to the traumatic events added an extra layer of emotional strain, underscoring the intricate challenges they faced in both their professional and personal capacities.

Words cannot express how meaningful it was to us, the members of the Israeli Society of Hypnosis, to receive support in the form of reaching out to us, acknowledging our pain and offering to help. I remember waking up in the middle of the night in Tokyo to host weekly trauma workshops, to enhance a sense of unity and elevate professional expertise within the realm of trauma. The first international workshop “Treating Trauma; why hypnosis is a natural for PTSD”, was given by Dr. Peter Naish who had enriched us with research findings in the field of neurophysiology and responses to prolonged stress and trauma. Peter took us on a journey through the HPA circuitry, highlighting changes in the cognitive style of processing and underlying mechanisms. As Einstein once said: “the definition of genius is taking the complex and making it simple.” A second remarkable workshop was given by Dr. Woltemade Hartman who integrates EST with Clinical Hypnosis, leaning on neurophysiological findings by Porges, Spiegel etc. He elaborated on the “Stream of Life” model by Peter Levine, portraying a river as a metaphor for life.



He illustrated how trauma can divert us from the river's course, leading to being trapped in a high-energy vortex. Hartman discussed how to help patients get back to the flow of life, and elaborated on the hierarchy of the nervous system. He talked about how dissociation begins during Fight or Flight responses and from freeze responses, the road to formation of Ego states is short. He pointed out how Israel has to always remain in a state of readiness to respond (ascribed to the yellow color), but that since October 7th, Israel is captured in a prolonged state of stress that has been ascribed to the color red, with constant anxiety and a dire search for safety. The workshop had provided our members with such a great abundance of tools for stabilization and co-regulation. A third unforgettable workshop was generously given by Carl (Callie) Hattingh. Callie addressed bottom-up approaches which meet the needs in the field. He spoke about uncoupling the neurophysiological responses from triggers that were engraved as dangerous and undergone generalization processes. The survival system has become reactive, and there is a need for deactivation. So many triggers activate it, a smell, a sound. In an instance the different systems are thrown into dissociation and with too many programs activated at once - freeze responses occur. Callie discussed how to return to regulation and safety to feel connected and contained. And not only did he describe these processes, but rather compassionately enabled feelings of connectedness and containment. At the end of the workshop, our resourceful Ego state was up and about! We extend our deepest gratitude to Dr. Kathleen Long, Dr. Gerard Fitoussi, and many others in ESH, as well as Dr. Mark Jensen, who visited Israel last year. We also express our thanks to many others in ISH, including Dr. Hartman and Carl (Callie) Hattingh. I am also grateful to our Israeli Society members for their contributions in lectures and practical tools for trauma interventions in the face of mass traumatization and loss. These include Dr. Eitan Abramowitz, Dr. Mira Atzil, Prof. Oren Kaplan, Dr. Ayala Dai-Gabai along with Nezer Dai, Dr. Ron Ishai, and others who shared their expertise. A special thanks goes to Dr. Joseph Meyerson for both his

lecture and for coordinating the ego states workshops. My deepest gratitude and appreciation to my colleagues volunteering to help during these trying times. A special mention is reserved for comfort kits for children foundation. Lisa Lombard, the co-founder, has reached out to us to discuss ways to support children affected by this war. Thank you Lisa and Dr. Olness, and others who are involved in this initiative to support children experiencing trauma. I have formed a special committee in our society to explore together how we can help children in our region who have been subjected to severe trauma. Lastly, we were contacted by Prof. David Spiegel who offered to give our society an online workshop this coming week.

As I am writing these lines, a loud siren tears through the night. We have 10 seconds to get to a bomb shelter. Even the cat runs in with us. My 8 year old asks if a missile is going to hit us... I hug her and tell her that I understand she feels alarmed, but that we have triple protection. We are in a very safe bomb shelter, with thick reinforced concrete and steel. We have the "Iron Dome" anti-missile systems deployed nearby, and she also has the protection of an inner "Iron Dome". I asked how her iron dome operates to soothe and protect her. She goes to the corner of the room and fetches from there toys that she resourcefully placed there well in advance.

I would like to close by expressing our deepest gratitude to all who stood with us in our hour of plight and need. You have brightened our eyes and warmed our hearts. We will forever remember the kindness and compassion that were courageously and selflessly extended. It has inspired and strengthened us as individuals as well as caregivers and therapists.

It is already December, the season of peace on earth and goodwill to all. In our little corner of the world peace and goodwill are hard to come by.

Although deeply wounded, we hold on to hope. As the seasons change, the cherries will blossom again and the crowds will gather to see them bloom.



# Save the Date Important News! ESH 2026 Glasgow Congress!

By  
**Mike Gow**

The British Society of Medical & Dental Hypnosis are delighted to have won the bid to host the XVII ESH Congress in 2026. BSMDH had several members attending the excellent congress in Antalya including Kathleen Long who handed over the ESH Presidency to Gerard Fitoussi. The BSMDH council had unanimously and enthusiastically voted for us to compete for the congress and are committed to making it one for you to remember forever!

Our vision is to deliver a congress that is great value for money, full of high quality content and that creates a fresh enthusiasm for hypnosis in the next generation of healthcare professionals - all in 'the friendliest city' in the 'most beautiful small country' in the world!

'Hypnotism' was first described by Scottish Dr James Braid in 1841. In 2026, we invite you to celebrate the 185th anniversary of the birth of modern hypnosis back in Scotland. Join us in this celebration of history and be part of the future of hypnosis.

We look forward to welcoming you to Scotland for a fantastic congress, and a social program anyone who doesn't go will be envious of!

You can enjoy a few whiskies, a 'ceilidh' dance, wonderful golf courses, plenty of kilts & tartan and maybe a stunning castle or two!

Please follow us @esh2026glasgow on Facebook and Instagram for updates. We hope to announce dates soon for you to save in your diary.

See you in 2026!

Slainte



# Calendar of Events

## THE PURSUIT OF EXCELLENCE

### BSMDH

workshop with Dr Pat McCarthy medical hypnotherapist, author and International speaker.

Please contact Angela Samson – [mail@bsmdh.co.uk](mailto:mail@bsmdh.co.uk) for more information

#### When

14/01/2024, 8:00 pm - 9:00 pm

#### Details

BSMDH workshop with Dr Pat McCarthy medical hypnotherapist, author and International speaker. Please contact Angela Samson – [mail@bsmdh.co.uk](mailto:mail@bsmdh.co.uk) for more information

## THERAPEUTIC STORYTELLING – HOW TO HAVE A GOOD AND EFFECTIVE STORY AT HAND IN EVERY THERAPEUTIC SITUATION

### When

27/01/2024, 12:00 am

It seems that storytelling has always been a part of hypnotherapy as well as of systemic therapy and other forms of solution-focussed short term therapies. Erickson was a true master of finding and choosing therapeutic stories and tailoring them to the needs of his clients.

[www.stefanhammel.de/blog](http://www.stefanhammel.de/blog).

*Publications in English:*

Stefan Hammel, Handbook of Therapeutic Storytelling. Stories and Metaphors in Psychotherapy, Child

and Family Therapy, Medicine, Coaching and Supervision. London, Routledge 2019

Stefan Hammel, The Blade of Grass in the Desert. Storytelling: Forgotten Medicine for Healing the

Soul. A Story of 100 Stories for Counseling and Therapy. Nierstein, impress 2012.

Stefan Hammel, Therapeutic Interventions in three Sentences. Reshaping Ericksonian Hypnotherapy by Talking to the Brain and Body. London, Routledge 2020 Stefan Hammel.

Please contact Angela Samson – BSMDH – [mail@bsmdh.co.uk](mailto:mail@bsmdh.co.uk) for more information

ADVANCED DIPLOMA IN PROFESSIONAL STUDIES / BSC / GRADUATE CERTIFICATE / PGCERT IN CLINICAL HYPNOSIS, LANGUAGE AND COMMUNICATION TECHNIQUES IN HEALTHCARE: LEVEL 6 & 7

## British Society of Clinical & Academic Hypnosis

### Date(s)

**Freshers Day: Virtual for all**

**Sat 7th September 2024**

#### Module 1:

Clinical Hypnosis: Introduction to Clinical Hypnosis

**Day 1: Virtual for all**

**Sat 14th September 2024**

**Day 2: Face to Face & Virtual**

**Fri 27th September 2024**

**Day 3: Face to Face & Virtual**

**Sat 28th September 2024**

#### Module 2:

**Clinical Hypnosis: Effective communication strategies in healthcare**

**Day 1: Virtual for all**





**Sat 18th January 2025**

**Day 2: Virtual for all**

**Sat 1st Feb 2025**

**Module 3:**

**Clinical Hypnosis: Application to Practice**

**Day 1: Virtual for all**

**Saturday 5th April 2025**

**Day 2: Face to Face & Virtual**

**Friday 9th May 2025**

**Day 3: Face to Face & Virtual**

**Saturday 10th May 2025**

**Time(s)**

**9am-5pm**

**Venue:**

**Birmingham City University / Online**

**Invited Speaker(s): BSCAH Accredited  
Lecturers (Healthcare Professionals)**

**Language: English**

**Registration Website:**

<https://bscah.co.uk/advanced-diploma-in-professional-studies-bsc-graduate-certificate-pgcert-course-in-clinical-hypnosis-language-and-communication-techniques-in-healthcare/>

**Email:**

[hilary.walker@bcu.ac.uk](mailto:hilary.walker@bcu.ac.uk)

**Telephone:**

**07702492867**

**About the course**

This is the only course of this type that carries formal University accreditation at degree and post grad degree level (level 6 & 7) in the UK.





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

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

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

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

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


**ISH President**


















# Credits

## 16th European Society of Hypnosis Congress

### 26-29 October 2023 ANTALYA



	2023	ANTALYA
	2020	BASEL
	2017	MANCHESTER
	2014	SORRENTO
	2011	İSTANBUL
	2008	VIENNA
	2005	GOZO
	2002	ROME
	1999	NOORDWIJKERHOUT
	1996	BUDAPEST
	1993	VIENNA
	1990	KONSTANZ
	1987	OXFORD
	1984	ABANO TERME
	1981	DUBROVNIK
	1984	MALMÖ



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Fabio Carnevale ©

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