ESH The Newsletter

Hypnosis From Europe to the World

Spring Edition 2024

European Society of Hypnosis
In Psychotherapy and Medicine
ESH

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President's Letter
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CLINICAL ARTICLES
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ENJOY SPRING

hello SPRING

XVII EUROPEAN SOCIETY OF HYPNOSIS CONGRESS

26TH - 30TH AUGUST 2026, UNIVERSITY OF GLASGOW, SCOTLAND

LET HYPNOSIS GUIDE YOU TO INNER PEACE

HELD BY THE BRITISH SOCIETY OF MEDICAL AND DENTAL HYPNOSIS



Early Bird Registration Rate:

- Available until 31 July 2025

Abstract Submission:

- Now Open
- Closing: 27 May 2026

Early Abstract Submission Encouraged:

- Abstract outcomes will be communicated within 12 weeks of submission
- Successful presenters will receive 15% off the applicable delegate fee at time of booking



Update on the European Society of Hypnosis (ESH) Congress 2026, Glasgow

Many thanks to those who have already registered ESH Congress 2026, we are well on the way to our first 100 delegates, with representation already from 17 different countries! If you are planning on attending, don't forget to book your place now to take advantage of the early bird rate: https://fitwise.eventsair.com/esh2026

In the October newsletter we announced that the call for abstract submissions was open, and we are pleased to have received a number of initial submissions since then. As we have a rolling review system, those submissions have already been reviewed, and their outcomes communicated! Why don't you consider playing a key role in the congress and submitting your work for consideration as an abstract? See full details below and online.

As part of the Congress we will also feature an exhibition for companies with an interest in the use of hypnosis in the fields of medicine, dentistry, psychology, and psychotherapy. If you would like to know more about the available opportunities to exhibit / sponsor please contact our Professional Conference Organiser Fitwise at Mike.Donaldson@Fitwise.co.uk.

Don't forget full details are on our conference website: https://fitwise.eventsair.com/esh2026

Conference Key Dates:

- Early Bird registration open until: 31 July 2025
- Closing date for abstract submissions: 27 May 2026

- **Congress: 26 – 30 August 2026**
  - Wednesday 26 August: Pre-conference registration
  - Thursday 27 August: Pre-congress workshop
  - Friday 28 - Sunday 30 August: Main Conference

Your invite to submit an abstract for the European Society of Hypnosis (ESH) Congress 2026, Glasgow.

ESH 2026 Abstract Submission open: https://fitwise.eventsair.com/esh2026/abstracts

Each year ESH Congress attracts over 150 abstracts with submissions covering the breadth of hypnosis topics from healthcare professionals who specialise / have an interest in the use of hypnosis in the fields of medicine, dentistry, psychology, and psychotherapy.

Early abstract submission is encouraged:

- Abstract outcomes will be communicated within 12 weeks of submission
- Successful presenters will receive 15% off the applicable delegate fee at time of booking

Submitting an abstract for Congress is an ideal way to communicate the outcomes of your work to your peers. Presenting will also support your personal development, showcase your skills and help grow your CV.

We would like to invite you to consider submitting abstracts for Congress on the following themes:

- Hypnosis in medicine
- Hypnosis in dentistry
- Hypnosis in psychology & psychotherapy
- Hypnosis and other integrative approaches
- Hypnosis research

In particular the BSMDH who are hosting the Congress would like to encourage submissions from those who haven't submitted to a Congress previously.

Please visit the website for further advice and information: https://fitwise.eventsair.com/esh2026/abstracts



ESH Congress XVII Glasgow 2026 update

There is an update from Fitwise (the Congress Organising Committee) as it is very encouraging that we have so many registered at this early stage. The Scientific committee is now complete and has already received abstracts from some of our enthusiastic early participants. The Scientific Committee names are available on the Congress webpage and we are very happy to have so many respected experts contributing their time and knowledge to ensure we have a diverse and exciting program for ESH 2026. https://fitwise.eventsair.com/esh2026/scientific-committee

The Congress is very important to ESH as it allows us to introduce Hypnosis to a wider audience and to help them realise just how effective hypnosis is for both physical and mental wellbeing and how closely the two are interlinked. The Congress has a significant emphasis on research with presentations from all over Europe and beyond which is extremely important if hypnosis is to become more integrated into modern day therapy and accepted by our colleagues. The number of research studies showing the efficacy of hypnosis is huge and we need to ensure that the ESH Congress in 2026 showcases how effective hypnosis can be through some of this research.

Glasgow as a city has a lot going on in 2026 and it attracts visitors and Congresses from all over the world. It has something for everyone and if not in the city itself then very close by. Glasgow has several museums and many of them are free of charge. It is known as The Dear Green Place partly because of its many parks. It has a wealth of architecture and is of course the birthplace of Charles Rennie MacIntosh. When you come to Glasgow you must experience the work of Charles Rennie Mackintosh (1868-1928), the pioneering Glaswegian architect, designer and artist. Glasgow is the only city in the world where you can visit at least ten examples of his renowned work in close proximity. Charles Rennie Mackintosh Trail - Visit Glasgow.

If you have any Scottish heritage, then book a session at the magnificent Mitchel Library in the city centre and find out about your ancestors. There might be a small reservation fee for a computer but in the main all libraries are free of charge. Glasgow also has great transport links to Edinburgh, Stirling, Dundee and further North. The Edinburgh Festival is also held in August and will run from the beginning of August until the 31st 2026. A forty five minute train journey connects Glasgow to Edinburgh and the trains run a late night service. As President of the XVII ESH Congress I look forward to seeing you all in Glasgow.

www.fitwise.co.uk

· Fitwise are an award-winning Professional Conference Organiser (PCO) and association management company with success spanning over 30 years. We have become one of the most respected and trusted names in our field.

· We specialise in educational conferences for healthcare / medical associations/ charities and in an average year we successfully organise over forty-five conferences and events to include online, in-person, and hybrid events.

· Fitwise have vast experience working on one-off international / European events to include the Federation of Infection Societies International Conference from 2012, and the European Immunogenetics and Histocompatibility Conference 2021 which was originally planned for Glasgow and then moved online.

· Fitwise are the professional conference organiser for the British Society for Paediatric Dentistry (BSPD) Annual Scientific Conference, having organised their 2023 event in Newcastle and working on their 2024 event in Cardiff.

· Based in West Lothian, Fitwise are close to Glasgow and regularly run conferences in the city. We know the conference and social venues in Glasgow well and work closely with the team at the Glasgow Convention Bureau to deliver a memorable event for everyone visiting the city.





07

President’s Letter
Gérard Fitoussi



Should We Rethink Ethics in the Field of Hypnosis?

Every organisation and professional institution adheres to an ethical charter. The same applies to hypnosis. This is why membership in the ESH is subject to compliance with its ethical charter. This charter complements the rules specific to each profession without ever contradicting them.

Among these rules, it is emphasised that practitioners must maintain a high level of professional quality, prioritise the well-being of patients, and use hypnosis only within their field of competence.

Furthermore, the charter stipulates that hypnotic techniques must not be disseminated to non-professionals. It also specifies that no public demonstrations of hypnosis should be performed as entertainment. However, this does not prevent the dissemination of high-quality information aimed at increasing public awareness of hypnosis.

The ESH charter underscores that while an ethical code is essential, it cannot cover all possible issues. It therefore relies on each national society to intervene in cases of unethical practices by a professional.

Toward a Broader Ethical Reflection on Hypnosis?

As I re-read this code of conduct in 2025, I wonder: should we go further? Should certain aspects be clarified and a broader framework for reflection be developed?

Since I began practicing hypnosis in the 1980s, the field has evolved significantly. It is not so much the techniques themselves—induction, deepening, therapeutic interventions—that have changed, but rather our understanding of hypnosis, thanks to advances in neuroscience and its expanding use worldwide. Major countries such as India and China now incorporate hypnosis into their medical and therapeutic practices.

More importantly, its scope of application has greatly expanded. In paediatric care, the first Handbook on paediatric hypnosis dates back only to the 2000s. Hypnosis is also used among the elderly, including those with dementia, as well as in emergency situations, in operating rooms, palliative care, and oncology. New demands are emerging, such as its use for patients with Down syndrome.

However, ethical considerations specific to hypnosis have evolved little and are often reduced to two fundamental principles:

Hypnosis should not be practiced as entertainment.

Hypnosis should only be used within the practitioner's area of competence.

Of course, other rules exist, but these two principles remain the most frequently emphasised to newly trained hypnosis practitioners.

An Ethical Framework Adapted to an Expanding Field

Given the increasing applications of hypnosis, is it not time to reconsider its ethical framework? Should the same rules apply in emergency situations, when working with disabilities, or in the case of Alzheimer's disease? Should we develop ethical reflections specific to each of these unique situations?

While the COVID crisis accelerated the development of online consultations, artificial intelligence is set to transform our practices even further. We must now consider the impact on patients of using robots, virtual reality headsets, and holograms in our therapeutic approach.

The professional ethics of hypnosis practitioners require that interventions be as firmly grounded as possible in current scientific knowledge.

This is also the approach we promote at ESH, by encouraging research in the field of hypnosis. In this regard, we have launched a research project called ESH RP 2024-2026, led by Randi Abrahamsen, to better understand the usefulness and benefits of hypnosis in clinical settings, beyond laboratory studies.

Scientific advancements, clinical progress, and ethical considerations cannot be addressed in isolation. These discussions require exchanges between professionals to anticipate and comprehend this evolving world.

`This is precisely the purpose of conferences and meetings : to structure these reflections and advance together. This is why I invite all professionals concerned with the future of hypnosis to join us in Glasgow in 2026.

Even though the congress is still more than a year away, calls for papers and registrations are already open. We strongly encourage all institute presidents to mobilise their communities to make this event a success. In this issue, K. Long will provide more details on the matter.

Finally, I would like to extend my sincere thanks to the entire board for their dedication and commitment, as well as to our secretary, Nicola.

I wish you a wonderful spring and an enjoyable read.

Translated into French by Gérard Fitoussi

Faut-il repenser l'éthique dans le domaine de l'hypnose ?

Toute organisation et institution professionnelle se réfère à une charte d'éthique. Il en va de même pour l'hypnose. C'est pourquoi l'adhésion à l'ESH est soumise au respect de sa charte éthique. Celle-ci vient compléter les règles propres à chaque profession, sans jamais les contredire. Parmi ces règles, il est rappelé l'importance de maintenir une haute qualité professionnelle, de placer le bien-être des patients au premier plan et de n'utiliser l'hypnose que dans son domaine de compétence. De plus, la charte impose de ne pas diffuser les techniques hypnotiques à des non-professionnels. Elle précise également qu'aucune démonstration publique d'hypnose ne doit être réalisée dans un cadre de spectacle. Cela n'empêche toutefois pas la transmission d'informations de qualité visant à mieux faire connaître l'hypnose au plus grand nombre. La charte de l'ESH souligne que, bien qu'un code éthique soit essentiel, il ne peut couvrir l'ensemble des problématiques. Elle s'appuie donc sur chaque société nationale pour intervenir en cas de pratiques non éthiques de la part d'un professionnel.

En 2025, en relisant ce code de conduite, je m'interroge : faut-il aller plus loin ? Doit-on préciser certains aspects et élaborer un cadre de réflexion plus large ?

Depuis mes débuts en hypnose dans les années 1980, cette pratique a considérablement évolué. Ce ne sont pas tant les techniques elles-mêmes – induction, approfondissement, interventions thérapeutiques – qui ont changé, mais plutôt notre compréhension de l'hypnose, grâce aux avancées des neurosciences ainsi que son utilisation dans l'ensemble du monde. De grands pays comme l'Inde et la Chine l'intègrent désormais dans leurs pratiques. Mais surtout, son champ d'application s'est considérablement élargi. Chez les enfants, le premier Handbook sur l'hypnose pédiatrique ne date que des années 2000. L'hypnose est aussi utilisée chez les personnes âgées, y compris celles atteintes de démence, ou encore en situations d'urgence, au bloc opératoire, en soins palliatifs et en oncologie. Des demandes émergent également pour son utilisation auprès de patients atteints de trisomie, par exemple.

Or, les considérations éthiques spécifiques à l'hypnose ont peu évolué et peuvent se résumer à deux règles essentielles, l'hypnose ne doit pas être pratiquée dans un cadre de spectacle et ne doit être utilisée que pour des interventions restant dans son domaine de compétences. Bien sûr, d'autres règles existent, mais ces deux principes restent les plus fréquemment rappelés aux nouveaux praticiens formés en hypnose.

Face à l'élargissement du champ d'application de l'hypnose, ne serait-il pas temps de repenser son éthique ? Les mêmes règles doivent-elles s'appliquer en situation d'urgence, en cas de handicap ou dans le cadre de la maladie d'Alzheimer ? Faut-il élaborer une réflexion spécifique à chacune de ces situations particulières ?

Si la crise du COVID a accéléré le développement des consultations en ligne, l'intelligence artificielle va bouleverser nos pratiques. Nous devons désormais envisager l'impact sur les patients de l'utilisation des robots, des casques de réalité virtuelle et des hologrammes dans notre approche thérapeutique. L'éthique professionnelle des acteurs du monde de l'hypnose impose d'ancrer, autant que possible, leurs interventions dans l'état actuel des connaissances scientifiques. C'est aussi cette approche que nous encourageons à l'ESH, en favorisant la recherche dans le domaine de l'hypnose. À cet égard, nous avons lancé un projet de recherche baptisé ESH RP 2024-2026, dirigé par Randi Abrahamsen, afin de mieux appréhender l'utilité et l'intérêt de l'hypnose en situation clinique, et pas seulement en laboratoire. La connaissance des avancées scientifiques, les progrès cliniques et la réflexion sur de nouvelles considérations éthiques ne peuvent être menés isolément. Ces discussions nécessitent des échanges entre professionnels afin d'anticiper et de comprendre ce monde en mutation.C'est précisément la vocation des rencontres et congrès : structurer ces réflexions et progresser collectivement. C'est pourquoi j'invite tous les professionnels soucieux de l'évolution de l'hypnose à nous rejoindre à Glasgow en 2026.Même si le congrès n'aura lieu que dans un peu plus d'un an, les appels à communication et les inscriptions sont déjà ouverts. Et nous encourageons vivement tous les présidents d'instituts à mobiliser leur communauté pour faire de cet événement un succès. K. Long donnera plus d'informations à ce sujet.

Enfin, je tiens à remercier chaleureusement l'ensemble du bureau pour son action et son engagement, ainsi que notre secrétaire Nicola.

Je vous souhaite un beau printemps et une bonne lecture.

Translated into German by Stella Nkenke

Sollten wir die Ethik im Bereich der Hypnose überdenken?

Jede Organisation und jede berufliche Institution hält sich an eine ethische Kodex und seine Satzungen – das gilt auch für die Hypnose. Deshalb ist die Mitgliedschaft in der ESH an die Einhaltung ihrer ethischen Charta gebunden. Diese ergänzt die für jede Berufsgruppe spezifischen Regeln, ohne sie jemals zu widersprechen. Zu diesen Regeln gehört die Verpflichtung der Praktizierenden, ein hohes professionelles Niveau aufrechtzuerhalten, das Wohl der Patientinnen und Patienten an erste Stelle zu setzen und Hypnose nur im Rahmen ihres jeweiligen Kompetenzbereichs anzuwenden. Darüber hinaus legt die Charta fest, dass hypnotische Techniken nicht an Laien weitergegeben werden dürfen. Sie untersagt zudem öffentliche Hypnosevorführungen zu Unterhaltungszwecken. Dies bedeutet jedoch nicht, dass hochwertige Informationen zur Aufklärung der Öffentlichkeit über Hypnose nicht verbreitet werden dürfen. Die ESH-Charta betont, dass ein ethischer Kodex zwar wesentlich ist, aber nicht alle möglichen Fragen abdecken kann. Daher liegt es an den nationalen Gesellschaften, bei unethischem Verhalten von Fachkräften einzuschreiten.

Auf dem Weg zu einer umfassenderen ethischen Reflexion über Hypnose?

Während ich diesen Verhaltenskodex im Jahr 2025 erneut lese, frage ich mich: Sollten wir weiter gehen? Sollten bestimmte Aspekte präzisiert und ein umfassenderer Rahmen für ethische Überlegungen entwickelt werden? Seit ich in den 1980er Jahren begann, Hypnose zu praktizieren, hat sich das Feld erheblich weiterentwickelt. Es sind nicht so sehr die Techniken selbst – Induktion, Vertiefung, therapeutische Interventionen –, die sich verändert haben, sondern unser Verständnis von Hypnose, dank Fortschritten in der Neurowissenschaft und ihrer weltweiten Verbreitung. Große Länder wie Indien und China haben Hypnose mittlerweile in ihre medizinischen und therapeutischen Praktiken integriert. Vor allem hat sich ihr Anwendungsbereich stark erweitert. Das erste Handbuch zur pädiatrischen Hypnose stammt erst aus den 2000er Jahren. Hypnose wird heute in der Altenpflege eingesetzt, auch bei Menschen mit Demenz, ebenso in Notfallsituationen, im Operationssaal, in der Palliativmedizin und der Onkologie. Neue Anwendungsgebiete entstehen, etwa bei Patientinnen und Patienten mit Trisomie 21.

Dennoch haben sich die ethischen Überlegungen zur Hypnose kaum weiterentwickelt und reduzieren sich oft auf zwei grundlegende Prinzipien: 1) Hypnose darf nicht zur Unterhaltung eingesetzt werden. 2) Hypnose darf nur innerhalb des eigenen Kompetenzbereichs angewendet werden. Natürlich gibt es weitere Regeln, aber diese beiden Prinzipien werden neuen Hypnosepraktizierenden am häufigsten vermittelt.

Ein ethischer Rahmen, der einem expandierenden Feld gerecht wird

Angesichts der zunehmenden Anwendungen von Hypnose: Ist es nicht an der Zeit, ihren ethischen Rahmen zu überdenken? Sollten in Notfallsituationen, beim Arbeiten mit Menschen mit Behinderungen oder bei Alzheimer-Erkrankten dieselben Regeln gelten? Sollten wir für diese spezifischen Situationen eigene ethische Reflexionen entwickeln? Während die COVID-Krise die Entwicklung von Online-Konsultationen beschleunigte, wird die Künstliche Intelligenz unsere Praxis noch weiter verändern. Wir müssen uns nun mit der Frage auseinandersetzen, welche Auswirkungen der Einsatz von Robotern, Virtual-Reality-Headsets und Hologrammen in der Therapie auf Patientinnen und Patienten hat. Die Berufsethik von Hypnosepraktizierenden verlangt, dass Interventionen so fundiert wie möglich auf dem aktuellen wissenschaftlichen Kenntnisstand basieren. Dies ist auch der Ansatz, den wir bei der ESH fördern, indem wir die Forschung im Bereich der Hypnose unterstützen. In diesem Zusammenhang haben wir das Forschungsprojekt ESH RP 2024-2026 unter der Leitung von Randi Abrahamsen ins Leben gerufen. Ziel ist es, den klinischen Nutzen und die Vorteile der Hypnose über Laborstudien hinaus besser zu verstehen. Wissenschaftliche Fortschritte, klinische Entwicklungen und ethische Überlegungen dürfen nicht isoliert voneinander betrachtet werden. Diese Diskussionen erfordern einen Austausch zwischen Fachleuten, um die sich wandelnde Welt zu verstehen und vorausschauend zu handeln.Genau dazu dienen Kongresse und Tagungen – um diese Reflexionen zu strukturieren und gemeinsam voranzukommen. Deshalb lade ich alle Fachleute, die sich für die Zukunft der Hypnose interessieren, herzlich ein, sich unserem Kongress in Glasgow 2026 anzuschließen. Auch wenn der Kongress noch mehr als ein Jahr entfernt ist, sind Call for Papers und Anmeldungen bereits geöffnet. Wir ermutigen alle Institutsleiter*innen nachdrücklich, ihre Gemeinschaften zu mobilisieren, um dieses Event zu einem Erfolg zu machen. In dieser Ausgabe wird K. Long dazu weitere Details liefern. Abschließend möchte ich dem gesamten Vorstand für sein Engagement und seine Hingabe sowie unserer Sekretärin Nicola meinen herzlichen Dank aussprechen.

Ich wünsche Ihnen einen wunderbaren Frühling und eine angenehme Lektüre

Translated into Spanish by José Cava

¿Debemos repensar la ética en el campo de la hipnosis?

Todas las organizaciones e instituciones profesionales se adhieren a un código ético. Lo mismo se aplica a la hipnosis. Es por ello que la afiliación a la ESH está sujeta al cumplimiento de su código ético. Este complementa las reglas específicas de cada profesión sin contradecirlas en ningún momento. Entre estas reglas, se destaca que los profesionales deben mantener un alto nivel de calidad profesional, priorizar el bienestar de los pacientes y utilizar la hipnosis solo en su ámbito de competencia. Además, este código ético estipula que las técnicas hipnóticas no deben difundirse a no profesionales. También especifica que no deben realizarse demostraciones públicas de hipnosis como entretenimiento. Sin embargo, esto no impide la difusión de información de alta calidad destinada a aumentar la conciencia pública sobre la hipnosis. El código ético de la ESH subraya que, si bien un código ético es esencial, no puede cubrir todos los problemas posibles. Por lo tanto, depende de cada sociedad nacional intervenir en caso de prácticas que se consideren poco éticas por parte de un profesional.

¿Hacia una reflexión ética más amplia sobre la hipnosis?

Al releer este código de conducta en 2025, me pregunto: ¿debemos ir más allá? ¿Deben aclararse ciertos aspectos y desarrollarse un marco más amplio para la reflexión? Desde que comencé a practicar la hipnosis en los años 80, el campo ha evolucionado significativamente. No son tanto las técnicas en sí mismas (inducción, profundización, intervenciones terapéuticas) las que han cambiado, sino más bien nuestra comprensión de la hipnosis, gracias a los avances en neurociencia y su uso cada vez más extendido en todo el mundo. Países importantes como India y China ahora incorporan la hipnosis en sus prácticas médicas y terapéuticas. Más importante aún, su ámbito de aplicación se ha ampliado enormemente. En la atención pediátrica, el primer Manual sobre hipnosis pediátrica data se remonta tan solo a la década del 2000. La hipnosis también se utiliza entre los ancianos, incluidos los que padecen demencia, así como en situaciones de emergencia, en quirófanos, cuidados paliativos y oncología. Están surgiendo nuevas demandas, como su uso para pacientes con síndrome de Down. Sin embargo, las consideraciones éticas específicas de la hipnosis han evolucionado poco y a menudo se reducen a dos principios fundamentales: 1)La hipnosis no debe practicarse como entretenimiento. 2) La hipnosis solo debe utilizarse dentro del área de competencia del practicante.

Por supuesto, existen otras reglas, pero estos dos principios siguen siendo los que se enfatizan con más frecuencia a los practicantes de hipnosis recién formados.

Un marco ético adaptado a un campo en expansión

Dadas las crecientes aplicaciones de la hipnosis, ¿no es hora de reconsiderar su marco ético? ¿Deberían aplicarse las mismas reglas en situaciones de emergencia, cuando se trabaja con discapacidades o en el caso de la enfermedad de Alzheimer? ¿Deberíamos desarrollar reflexiones éticas específicas para cada una de estas situaciones únicas? Si bien la crisis del COVID aceleró el desarrollo de las consultas en línea, la inteligencia artificial está destinada a transformar aún más nuestras prácticas. Ahora debemos considerar el impacto en los pacientes del uso de robots, cascos de realidad virtual y hologramas en nuestro enfoque terapéutico. La ética profesional de los practicantes de hipnosis requiere que las intervenciones estén lo más firmemente fundamentadas posible en el conocimiento científico actual. Este es también el enfoque que promovemos en la ESH, fomentando la investigación en el campo de la hipnosis. En este sentido, hemos puesto en marcha un proyecto de investigación denominado ESH RP 2024-2026, dirigido por Randi Abrahamsen, para comprender mejor la utilidad y los beneficios de la hipnosis en el ámbito clínico, más allá de los estudios de laboratorio. Los avances científicos, el progreso clínico y las consideraciones éticas no pueden abordarse de forma aislada. Estas discusiones requieren intercambios entre profesionales para anticipar y comprender este mundo en evolución. Éste es precisamente el objetivo de las conferencias y reuniones: estructurar estas reflexiones y avanzar juntos. Por eso invito a todos los profesionales interesados en el futuro de la hipnosis a unirse a nosotros en Glasgow en 2026. Aunque todavía falta más de un año para el congreso, las convocatorias de ponencias y las inscripciones ya están abiertas. Animamos encarecidamente a todos los presidentes de las sociedades a movilizar a sus comunidades para que este evento sea un éxito. En este número, K. Long proporcionará más detalles sobre el tema. Por último, me gustaría expresar mi más sincero agradecimiento a toda la junta directiva por su dedicación y compromiso, así como a nuestra secretaria, Nicola. Les deseo una maravillosa primavera y una agradable lectura.

Translated into Italian by Fabio Carnevale

Dovremmo riconsiderare il codice etico nel campo dell'ipnosi?

Ogni organizzazione e istituzione professionale fa riferimento a un codice etico. Lo stesso vale per l'ipnosi. Per questo motivo l'adesione all'ESH è subordinata al rispetto della sua carta etica. Questa integra le regole specifiche di ogni professione, senza mai contraddirle. Tra queste regole cito l'importanza di mantenere un'elevata qualità professionale, di mettere al primo posto il benessere dei pazienti e di utilizzare l'ipnosi solo nel proprio ambito di competenza. Inoltre, la carta prevede che le tecniche ipnotiche non vengano insegnate a soggetti non professionisti. Specifica inoltre che non deve essere effettuata alcuna dimostrazione pubblica di ipnosi in un contesto di spettacolo. Ciò non impedisce tuttavia la trasmissione di informazioni di qualità volte a far conoscere meglio l'ipnosi al maggior numero possibile di persone. La carta ESH sottolinea che, sebbene un codice etico sia essenziale, non può coprire tutte le questioni. Spetta quindi a ciascuna società nazionale intervenire in caso di pratiche non etiche da parte di un professionista.

Nel 2025, rileggendo questo codice di condotta, mi chiedo: dovremmo andare oltre? Dovremmo chiarire alcuni aspetti e sviluppare un quadro di riflessione più ampio?

Da quando ho iniziato a praticare l'ipnosi negli anni '80, la pratica si è evoluta notevolmente. Non sono tanto le tecniche in sé – induzione, approfondimento, interventi terapeutici – ad essere cambiate, quanto piuttosto la nostra comprensione dell'ipnosi, grazie ai progressi delle neuroscienze, nonché il suo utilizzo in tutto il mondo. Grandi paesi come l'India e la Cina la stanno integrando nelle loro pratiche cliniche.

Ma soprattutto il suo campo di applicazione si è notevolmente ampliato. Con i bambini, ad esempio, il primo Manuale di ipnosi pediatrica risale agli anni 2000. L'ipnosi è utilizzata anche con gli anziani, compresi quelli affetti da demenza, o in situazioni di emergenza, in sala operatoria, nelle cure palliative e in oncologia. Stanno emergendo richieste per il suo utilizzo, ad esempio, anche nei pazienti affetti dalla sindrome di Down.

Tuttavia, le considerazioni etiche specifiche dell'ipnosi sono cambiate poco e possono essere riassunte in due regole essenziali: l'ipnosi non deve essere praticata in un contesto "circense" e deve essere utilizzata solo per interventi che rientrano nel suo ambito di competenza. Naturalmente esistono altre regole, ma questi due principi restano quelli più frequentemente ricordati ai nuovi praticanti formati in ipnosi.

Di fronte all'ampia portata dell'ipnosi, non è forse giunto il momento di riconsiderarne l'etica? Le stesse regole dovrebbero applicarsi in situazioni di emergenza, in casi di disabilità o nel contesto del morbo di Alzheimer? Dovremmo sviluppare un pensiero specifico per ciascuna di queste situazioni particolari?

Mentre la crisi del COVID ha accelerato lo sviluppo delle consulenze online, l'intelligenza artificiale rivoluzionerà le nostre pratiche. Dobbiamo ora considerare l'impatto sui pazienti dell'uso di robot, visori per realtà virtuale e ologrammi nel nostro approccio terapeutico. L'etica professionale di chi opera nel mondo dell'ipnosi esige che i suoi interventi siano il più possibile ancorati allo stato attuale delle conoscenze scientifiche.

Questo è anche l'approccio che incoraggiamo nella ESH, promuovendo la ricerca nel campo dell'ipnosi. A questo proposito, abbiamo avviato un progetto di ricerca denominato ESH RP 2024-2026, guidato da Randi Abrahamsen, per comprendere meglio l'utilità e l'interesse dell'ipnosi in situazioni cliniche, e non solo in laboratorio. La conoscenza dei progressi scientifici, i progressi clinici e la riflessione su nuove considerazioni etiche non possono essere condotti in modo isolato. Queste discussioni richiedono scambi tra professionisti per anticipare e comprendere questo mondo in cambiamento.

Questo è esattamente lo scopo di incontri e conferenze: strutturare queste riflessioni e progredire collettivamente. Ecco perché invito tutti i professionisti interessati allo sviluppo dell'ipnosi a unirsi a noi a Glasgow nel 2026. Anche se il congresso non avrà luogo prima di un anno, le *call for papers* e le registrazioni sono già aperte. Invitiamo vivamente tutti i presidenti degli istituti a mobilitare le proprie comunità per far sì che questo evento sia un successo. K. Long fornirà ulteriori informazioni su questo argomento.

Vorrei infine ringraziare sentitamente tutto l'ufficio per l'azione e l'impegno profusi, nonché il nostro segretario Nicola.

Vi auguro una splendida primavera e una buona lettura.

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Editor’s Letter

KATHLEEN LONG



I love Spring in Scotland. The days are getting longer and there are signs of new life everywhere in Skye where I live most of the time. The snow is fast disappearing from the Cuillin hills, the lambs will be arriving soon and the daffodils are in full bloom.

Our President Gerard Fitoussi has us consider whether we need to look at the ethical issues within hypnosis particularly with reference to new developments in AI and online consultations and teachings. Perhaps it is time to ask if we need to update the ethical guidelines for the use of hypnosis in an everchanging world and where hypnosis is being integrated into clinical practice more and more.

There is a new development in that we have a contribution from the president of SHC, Sociedad Hipnologica Cientifica, Isidro Perez Hidalgo who has responded to my previous requests for own language contributions for the ESHNL. Isidro has initiated a Spanish Corner which I hope will encourage more societies to do the same. The official language of ESH is English but it is important, I believe, to encourage our constituent societies to contribute to their own 'corners' and to help encourage participation and a feeling of ownership of the ESH newsletter. Thank you to Isidro for this new and important addition to the newsletter.

Fabio Carnevale continues his very informative writing about AI and Chatbots with some reassuring words that at the moment they are unable to deal with the complexity of many of cases that we see every day. Peter Naish discusses time distortion and some new studies coming out from Iran using AI and with his usual sharp insight points out some of the possible flaws in the research that many of us might miss. Randi Abrahamsen gives us an update on the ESH research project and how it is now gathering much more momentum with more CS's signing up to it. There are more languages added to the website and a meeting on 24th March 2025. Marie-Jeanne Bremner gives us food for thought when she writes about resentment and embitterment of traumatised people and some suggestions as to how to deal with the complex emotions involved.

The Swedish Society of Clinical Hypnosis gives us a snapshot look at what has been happening in their society and what they took back from the ISH meeting in Krakow. Marcello Romei gives us some information on the recently held summit in Uruguay. There is a review of Stefan Hammel's new book. Nicola at Central Office brings us up to date with the membership issues and CoR member notifications that she deals with at this time of year.

There is a short update on Hypnosis without Borders and the progress to charity registration. The ESH XV11 Congress in Glasgow is starting to seem much closer now and it's important for us all to support it. This is not BSMDH's congress this is our ESH Congress and is one of the great opportunities to showcase not only clinical hypnosis and how effective it is but also the large amount of bona fide research that support hypnosis as a valuable therapeutic entity in it's own right.

I hope you enjoy our ESH Spring Newsletter and as always, I'd like to thank all of you who have contributed to this first newsletter of 2025 and also our translators Gerard Fitoussi, Jose Cava , Fabio Carnevale and Stella Nkenke. Enjoy and embrace the certainty that Spring brings in an uncertain and everchanging world.



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Short Report From Central Office

By Nicola McIntyre



This is the time of year when Central Office gets the Constituent Society Membership's up to date for 2025. The Membership Form is sent out to each Constituent Society asking for current information on the Constituent Society. Once I receive this information back, I update the different databases held. This can involve updating the president's information and details any email changes, etc. if these have changed within the last year. This keeps all information up to date and ensures that the correct people are receiving the relevant information.

There is also a section in the membership form where each Constituent Society puts forward two representatives for the triannual and other Council of Representative (CoR) meetings. I have been asked what the CoR does and the extract from our ESH constitution below lays down the functions of the CoR: -

"Article VII: Council of Representatives (COR)

The COR is the governing body of ESH.

The COR consists of the representatives of the member Constituent Societies. Each member society or Confederation is eligible to have two (2) named, specific representatives who may vote on the representative council. If a member of COR is unable to attend, they can appoint a substitute to act as Proxy to cast their vote. Each delegate can hold a maximum of two proxy votes. Notification must be given in advance and in writing. The COR has an official meeting at least at the time of each ESH Congress. At this COR meeting the representatives,

Review the Presidents report

Review the Secretary's report

Review the Treasurer's Report

Approve a budget

Approve the annual dues

Elect members to the ESH Board to serve until the next ESH Congress

Decide the location of the next Congress

Other business"

Changes to the ESH Constitution and Regulations can be put to the CoR meeting and the CoR representatives vote on behalf of their Constituent Society. Constituent Societies can put forward motions to the CoR and the representatives of the CoR vote for the motions to be accepted or declined.

There is a yearly fee for each Constituent Society based on the number of members each Constituent Society has. The Membership form that each Constituent Society submits states the number of members and then an invoice is issued. Once payment is received everything is recorded on the financial database. From 2024, 5% of the Membership fees from each Constituent Society goes towards ESH research projects.

Currently, ESH has 48 Constituent Societies from 23 countries, and we also have a few Associate members from outside Europe and Individual members from within Europe where there is no ESH Constituent Society in that country.

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Ideas From the World of Clinical Hypnosis



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LET'S TALK ABOUT RESENTMENT AND EMBITTERMENT? WHY?

By
Marie-Jeanne Bremer

My first concern in addressing this topic was the underlying attitude of highly traumatised patients who remained stuck in their resentment.

For example, a patient with a variety of psychological and physical symptoms, a person despite her empathy towards the suffering of children and colleagues maintained a hostile attitude towards her mother. Or this young woman who, though blaming herself, bears a grudge against her parents and is not ready to give it up. In a certain way, it has the function of an antidote to suicidality and gives her some courage to stay alive. The issue of resentment and revenge became even more precise after a tragic event, after a car attack at the Christmas market in Magdeburg, killing 6 people and injuring around 200 others, some of them very seriously. It is not the act itself that is the subject of my comments but the fact that it is a doctor who caused this human tragedy; a Saudi-Arabian psychiatrist who lived in Germany since 2006 and who acted as a contact person for asylum seekers from Saudi Arabia, particularly for women who wanted to leave the country. Dr T. had become conspicuous for his aggressive attitude and indirect threats since 2013. During the last few years, he worked as a ward doctor in a forensic psychiatric clinic. "Could his colleagues and his professional environment have the possibility to prevent that crime"? I would like to discuss this question through the lens of resentment, which may easily be a pathway to radicalisation.

Resentment (online definition generated by AI) is a complex emotional response characterised by feelings of anger, disappointment, and bitterness towards someone perceived to have wronged you.

It can stem from unresolved conflicts, perceived injustices, or unmet expectations. If left unaddressed, resentment can lead to stress, anxiety, and even physical health issues. It is an emotional response to failure of recognition and failure of justice. How can we deal with these difficult emotions?From suicide prevention we know the importance of addressing suicidal thoughts and taking direct or indirect statements or threats very seriously, and to weigh up risk factors and protective factors. This attitude applies to aggressive behaviour and resentment as well with a calm but consistent inquiry assessing potential plans for revenge, the underlying grief and distress, values, and resources. We also know the insidious impact of the *"Werther-Effect"* which refers to the potential increase in suicide rates.

It is reported that, in a dispute with the Medical Association, Dr T. would have a threat by saying "Have you seen the pictures from Boston, something like that could happen in Germany", invoking the Boston Marathon-bombing that occurred in 2013.

Let me invite you to a virtual conversation with Dr T in which I will mention some possible therapeutic interventions. First, I would thank him for revealing his threat and ratify it as sign of sincerity and as a sign of an underlying grief and distress.

I would be curious, and I would invite Dr T. to be curious as well about the variety of reactions and feelings that he experienced while watching the pictures of the bombing. What did resonate in him, what does he identify with? This could be an excellent moment for exploring different Ego-states, differentiating also between anger and resentment.

While validating his efforts to help people from his country, his commitment and empathy, the waiting time filled with hope and uncertainty and the disappointment following a refusal, I would recognise the growing resentment and explain the phenomenon of vicarious trauma. I wonder if this vicarious distress was accentuated during the years in which he served as ward doctor in the forensic institution.

With his background, how could Dr T get along in this environment of addicts and psychiatric offenders? As I let this question sink in, the image of a room filled with voices emerges; voices of fear, of anger, of revenge, of helplessness, voices that accompany Dr T in his sleep. I would probably tell him this image and give him space to let me know his feedback or make some modifications. From a problem-metaphor, we can create solution metaphors and coping strategies.

In 2007, Dr Michael Linden made the proposal of the diagnosis Posttraumatic Embitterment Disorder (PTED) and suggested “Wisdom Therapy”. Wisdom as resource can be powerful and be a protective factor against resentment, anger, and suicidal thoughts. Promotion of wisdom takes place in the interpersonal hypnotic space where biographies and philosophical stories, quotes and metaphors are bridging different cultures.

In times where promises may not be honored, we need to be aware of the resulting embitterment and we must refine and strengthen our toolkits.



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THE LANDSCAPE OF AI-DRIVEN PSYCHOLOGICAL CHATBOTS AND THEIR FUTURE IN CLINICAL HYPNOSIS

By
Fabio Carnevale

Recent years have witnessed rapid expansion in the realm of AI-based psychological chatbots, spurred by the growing demand for accessible mental health solutions. Platforms such as Woebot, Wysa, Elomia, and Broken Bear offer swift, cost-effective interventions for conditions like stress, anxiety, and depression, providing an alternative to the high expenses often associated with traditional therapy.

Despite their benefits, these digital tools face significant challenges related to effectiveness, personalization, and crisis management.

A "MarketsandMarkets" report projects that the mental health chatbot market could be valued at $3.5 billion by 2027, a surge further accelerated by the COVID-19 pandemic and its impact on digital health services. Innovations in artificial intelligence—particularly through natural language processing (NLP) and machine learning—are reshaping psychological support. For example, while "Woebot" leverages cognitive-behavioral therapy (CBT) to help users reframe negative thoughts, "Broken Bear" emphasizes an empathetic approach, and "Wysa" employs a penguin avatar to deliver emotional guidance and practical stress-relief tips.

Research, including a 2023 study in "Digital Health", has found that these chatbots can alleviate symptoms of anxiety and mild depression, particularly in self-help scenarios. However, experts like psychotherapist "Todd Essig" (co-author of a study with the "American Psychological Association") note that these tools do not yet match the benefits of traditional self-help practices such as journaling.

The appeal of chatbots is also linked to the "therapeutic gap"—the difficulty many face in accessing quality mental health services. In parts of Europe where psychotherapy sessions often exceed €150, online platforms like "BetterHelp" and "Talkspace" have gained traction despite issues like high therapist turnover and inconsistent service quality. In contrast, chatbots offer an affordable, anonymous, and continuous support option.

A recent study by "Grand View Research" highlights that increasing mental health awareness among young adults further drives this market's growth.

Moreover, emerging trends include the customization of chatbots for specific demographics. "Wysa", for example, has developed a version tailored for teenagers, while other applications target the elderly or individuals with conditions such as autism.

A 2024 study in the "Journal of Autism and Developmental Disorders" demonstrated that specialized chatbots can provide stable, non-intrusive support, thereby enhancing the management of social anxiety. Projects like "mTherapy" are also exploring the use of these tools in low-income regions, aiming to bridge gaps in mental health care.



Ethical concerns remain prominent, especially regarding data privacy. Although platforms like "Wysa" and "Woebot" have received recognition from the Food and Drug Administration (FDA) as innovative medical devices, many applications operate without clear regulatory oversight. This ambiguity raises issues around the potential misuse of sensitive data and the commercial exploitation of psychological information, as warned by the "Electronic Frontier Foundation" (EFF).

The widespread adoption of digital mental health tools, accelerated by the COVID-19 crisis, is evident in surveys such as the one conducted by "Psychiatric Services" in 2022, which reported a 30% increase in mental health app usage. Governments are now considering these technologies to extend mental health services to underserved rural or developing areas, paving the way for more inclusive, personalized care.

Despite these advances, AI in mental health still faces notable limitations. Chatbots are not yet equipped to handle acute crises, such as suicidal ideation or psychotic episodes. While tools like "Earkick" show potential in detecting suicidal warning signs, experts caution that the absence of immediate human intervention could have dire consequences. Additionally, reliance on rapid digital responses may impede the development of essential emotional self-regulation skills, a concern emphasized by "Hannah Zeavin", author of "The Distance Cure".

Advances in AI are expected to influence clinical hypnosis as well. Although there are currently no chatbots dedicated to hypnosis, emerging technologies in NLP and machine learning may soon enable the creation of tools that guide users through self-hypnosis for managing stress, pain, or anxiety.

Nonetheless, given the intricate and sensitive nature of hypnosis, such tools will still require oversight by trained professionals, as AI has not yet mastered the nuanced understanding essential for personalized therapeutic intervention.

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The World of Research



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Research Reflections

By
Peter Naish

I don't know exactly when this edition of the Newsletter will be published, but it is to be called the Spring Edition. Something like a quarter of the year has already passed! Time really does fly! They say (and I have to admit that it has been my experience) that time passes ever more quickly as one ages. This is the opposite experience to what people report in hypnosis. This fact can be used to convince people that something rather different really is happening to them. One asks, at the end of a session of hypnosis, how long they think it lasted. Perhaps the answer is, "About ten minutes maybe." Then you point to the clock; it was nearer to half an hour. This dramatic shortening of time is not only a handy demonstration for the client that hypnosis is having an impact; it also raises intriguing questions.

I first started asking these questions close to a quarter of a century ago (Naish, 2001). One of the drivers was to prove that hypnosis was more than just compliance or a case of demand characteristics. The 'compliance' account, still popular at that time, suggested that hypnotic responses were carried out intentionally, because the person 'hypnotised' (it tended to be written with inverted commas) was embarrassed that nothing was happening, so decided to fake a response. 'Demand characteristics' are rather more charitable to the hypnosis account, but stress that the person is able to judge what the hypnotist expects, and this leads to the desired behaviour (whether 'real' or acted). This latter claim was bad for research because it meant that no conclusions could be drawn from the responses; they would have been different if the researcher held different expectations about the outcome. In other words, they said everything about expectations and nothing about the nature of hypnosis itself. My argument against both positions was that this slow-running clock effect was such an odd, unexpected outcome that people would neither think to act it out, nor recognise that it was what the researcher was looking for.

It is assumed that we have an inner clock of some sort, and that we become accustomed to the rate at which it 'ticks.' If hypnosis reduces the tick rate (Don't ask how!) then, at the end of hypnosis, the relatively few ticks accumulated would explain the underestimation that I wrote about in the opening paragraph. The clinician's question, (How long was it?) is retrospective. It would be possible to ask a prospective question – how long is it going to take? It is not asked exactly like that. In my study it was, "Please hold the mouse button down for what you judge to be five seconds." A rather longer version got people to feel that they were at the traditional beach, waiting for a friend. The friend was due in exactly five minutes, so they were asked to signal when that time was up. Now, for either of these tests, if the clock ticks more slowly than usual, then it will take longer for five second's worth or five minute's worth of ticks to accrue. In other words, in this version of the test, rather than under-shooting they will take longer than the true time. This is exactly what I found (Naish, 2003). Moreover, the extent of the error was greater for the more hypnotisable. Subsequently, I explored other time-

altering conditions and speculated about mechanisms (Naish, 2006 a, b).

I gave you all that background because, the hypnosis/time research went quiet for a decade or two. Now, there has been a new study published (Taghilou, et al., 2024). This Iranian group decided to use Artificial Intelligence to look for changes in EEG patterns, associated with hypnotically-induced time judgement changes. All the people tested were hypnotic 'Highs'. Picking up brain waves, via electrodes attached to the scalp, gives very accurate, moment by moment, timing measures. Unfortunately, it is less good at determining exactly where the waves of activity are originating (fMRI is good for that). Nevertheless, the waves are a rich source of data, being of different frequencies (alpha, beta, and gamma waves, for example) and in different phase relationships to one another. This is a nightmare for analysis and makes it very hard to spot correlations between wave patterns and the state of the brain producing them. Hoda Taghilou and her colleagues used AI, in an attempt to detect patterns that the human eye could not. The mathematics involved was fearsome. (Well, it was to me!) However, once trained the AI could detect significant changes in the Beta range (15-30 Hz) and was able to indicate whether the hypnotised person was carrying out a prospective or retrospective judgement. The AI got the assessment correct 80% of the time, which is very impressive.

Now, I seem so often to accompany my little piece with a caveat, saying it is very nice, 'but'. In this case it is nice that their participants produced the expected time differences, undershooting and overshooting, thus supporting my own findings, but it would have been even better had the researchers also measured accuracy and potential timing differences without hypnosis. It is true that other studies have linked time judgements to activity in the beta band, but the current study is not able to report any changes from waking to hypnosis, other than the two-timing changes. It would have been so nice if, for example, a frequency could be shown to slow down, in line with the apparent slowing of an internal clock. My model (and indeed many others) would not predict any changes to the clock, just because we change from using it to judge a past duration, to using it for forward-looking timing. If an athletics coach first uses a stopwatch to time how quickly someone can run 100 metres and then uses it to give them ten minutes of training, the watch will tick at the same rate in both circumstances. What has changed in this Iranian study is the task, not the clock. The EEG changes enabled the AI to work out whether a retrospective or prospective task was taking place, but this tells us nothing about the underlying clock mechanism, or why it is impacted by hypnosis. As the authors say, the study demonstrates possibilities and paves the way to future studies. I shall look forward to reading about them.

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UPDATE FROM ESH RESEARCH PROJECT MARCH 2025

By
Randi Abrahamsen

Our group had a zoom meeting again on March 24th, 2025. We are looking forward to an exchange of ideas to improve the project. Slowly we are including more patients from various countries. Lately The British Society of Medical & Dental Hypnosis (Scotland) has decided to join the research project, and we welcome Angela Samson in our group and hope many Scottish clinicians will encourage their patients to participate. The ESH research webpage is still progressing with languages. The webpage is now working in Danish, English, French, German, Italian, Spanish and Swedish. We are very grateful for all your contributions so far. We are currently working on the Dutch language together with Christine Cuvelier from VHYP (Belgium). The Ukrainian part still needs a few minor corrections thanks to the great work of Borys Ivnyev. It is amazing how Boris has found the energy to work on the project with long Zoom meetings and with translation work in spite of all the trouble his county is going through.

Angela Cotza from SIPMU, Italy has made a very informative PowerPoint about the survey as well as a poster for recruiting patients in the waiting room. We are very grateful to you for pursuing and working hard for your idea.



We have been contacted by more societies and hope they will join the ESH research project when they find the capacity.

We still need you and your patients/ clients to participate to gather this import information about how effective hypnosis can be in clinical practice. With a minimum workload you could help to answer important research questions: What conditions respond best to hypnosis? Do some people respond better to hypnosis than others?

Your overall task as a clinician would be to: !1) Inform the patient about the project and have the consent form signed by the patient.

2) Provide patients with the USER CODE for the ESH research webpage.

3) Register diagnosis/problem and time spent on hypnosis and other treatments for each patient



EUROPEAN SOCIETY OF HYPNOSIS
https://esh-hypnosis.eu

ESH RESEARCH PROJECT

The therapeutic effectiveness of hypnosis

We are looking for people, who receive treatment with hypnosis

The European Society of Hypnosis is looking for participants to take part in a research project taking place all across Europe. Your clinician, who uses hypnosis as part of the treatment process, may be a dentist, psychotherapist, psychologist, or medical doctor, etc.

All these, under the umbrella of the European Society of Hypnosis (ESH), will be following the **ethical guidelines** of ESH.

If you are going to have treatment with hypnosis, we would like to ask you to participate in an anonymous online study. Your role in this study, if you agree to take part, is simple: you just report anonymously, every week during treatment, how you are feeling.

It is easy to participate through our website, from your PC, tablet or from your phone.

This project will enable us to answer many important questions, such as:

What conditions respond best to hypnosis?

Do some people respond better than others to hypnosis?

Your weekly progress will help us to answer important questions about the use of hypnosis in clinical practice with the purpose of developing the best possible treatment for people seeking help like you.

Do you want to participate?

Please contact your clinician for more information about the project.

Thank you for your cooperation!

All information can be found at the ESH webpage https://esh-hypnosis.eu/esh-research-project Please contact Central Office or randibrahamsen@hotmail.com if you want to hear more or want to join the project. I hope to hear from you soon!

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Constituent Societies Overviews



BSMDH News

On -line meeting with Dr Pat McCarthy

On 25th February 2025 BSMDH hosted an online zoom workshop led by Dr Pat McCarthy, a Scot born and bred, working for many years in New Zealand who is Hon President of BSMDH. The meeting was well attended and coved a subject not often discussed: how to build your hypnosis business. Many of us in the UK work in the NHS where we don't charge patients unless it is for private work. Pat emphasised the point that in order to have a successful hypnosis practice and to put hypnosis more into the public consciousness that we need to set up at least one central clinic initially. Many of us have our own private places where we see patients after hours because of our commitments in the NHS. Having a Central clinic manned by different appropriately qualified and experienced clinical colleagues on different days makes sense. The plan would be to have a centre of excellence which would become quickly recognised as such. Pat also gave us some great pointers that would encourage patients to understand how hypnosis works and why it is a therapy worth pursuing. As always Pat left us with lots of food for thought. Pat has had some health issues recently and we very much appreciated him giving up his valuable time to provide us with his unique insight into world of hypnosis.



SSCH News

Member meetings:

In the Swedish Society of Clinical Hypnosis we have had two member meetings on Zoom with highlights from the ISH Krakow conference combined with own experiences. The first meeting was on the topic of dreamwork with a very useful dream revery presented by Brian Allen.

The second focused on happiness as a way to promote resiliency and prevent burnout, featuring content from Nicole Ruysschaert. Deb Dana's "glimmers" going viral on TikTok were also introduced, that is glimpses of joy in everyday routine as opposed to all the evil we hear of. Both meetings were well received! We also had a mini online workshop for our members at the start of the new year, regarding the golden art of Self Hypnosis, which helps everyone using it!

Trainings and education:

Our course in polyvagal theory is running a second time, and planning is in progress for a new training in hypnotic pain management, which is due later this spring. The basic trainings in hypnosis have been up and running the last two semesters in both Stockholm and Gothenburg, attracting psychotherapists, social workers, psychologists, medical doctors, dentists and nurses. Our next advanced training is planned for Stockholm later this year.

Annual meeting:

SSCH's annual meeting and conference is in full planning mode! It is set to March 29th and is on the topic of "Hypnosis and Attachment".

Media and publications:

SSCH's new Instagram account is now up and running! You can find us at @hypnosforeningensfkh

Our honorary member Susanna Carolusson has recently published the English translation of her autobiographical book "Mother was a psychopath, I became a psychologist". Among other things the book is about how hypnosis was a useful tool on the path of healing and growth after adverse childhood experiences.

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Spanish Corner

By Isidro Pérez Hidalgo

Dear Friends, It is a pleasure for us to announce the upcoming release of our book. It will be published in Spanish, although a later edition in English, and perhaps in French, is planned. We have brought together 27 authors from 12 countries:

1. RAN D. ANBAR (USA)

2. SHEILA ARDIGO (SWITZERLAND)

3. JULIANA BILACHI (BRAZIL)

4. SUSANNA CAROLUSSON (SWEDEN)

5. MAURICIO CARRASCO (CHILE)

6. CONSUELO CASULA (ITALY)

7. IGNACIO COSME (SPAIN)

8. JORGE CUADROS (SPAIN)

9. CECILIA FABRE (MEXICO)

10. MAC LANCASTER (USA)

11. MIGUEL MARSET (SWITZERLAND)

12. FERNANDO MARTINEZ-PINTOR (SPAIN)

13. ROB MCNEILLY (AUSTRALIA)

14. JOSEPH MEYERSON (ISRAEL)

15. JUANA PELAÉZ (SPAIN)

16. NADIA PELAÉZ (SPAIN)

17. ISIDRO PÉREZ (SPAIN)

18. CARLOS RAMOS (SPAIN)

19. DAVID REID (USA)

20. TERESA ROBLES (MEXICO)

21. MARCELO ROMEI (URUGUAY)

22. JOE. A ROSA (PUERTO RICO-USA)

23. ARNOLDO TÉLLEZ (MEXICO)

24. ALICIA TORRES (SPAIN)

25. KATALYN VARGA (HUNGARY)

26. LYDIA VAZQUEZ (SWITZERLAND)

27. LAKSHMI WABER (SWITZERLAND)

The book in Spanish will be titled ‘Hipnosis: Casos Clinicos’ (Hypnosis: Clinical Cases). We will let you know when the book will be on sale, in the Spanish version and in other languages. Greetings

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El Rincón en español

Por Isidro Pérez Hidalgo

Queridos amigos, es un placer para nosotros anunciaros la próxima publicación de nuestro libro. Se publicará en español, aunque está prevista una edición posterior en inglés, y tal vez en francés.

Hemos reunido a 27 autores de 12 países:

RAN D. ANBAR (EEUU)

2.SHEILA ARDIGO (SUIZA)

3.JULIANA BILACHI (BRASIL)

4.SUSANNA CAROLUSSON (SUECIA)

5.MAURICIO CARRASCO (CHILE)

6.CONSUELO CASULA (ITALIA)

7.IGNACIO COSME (ESPAÑA)

8.JORGE CUADROS (ESPAÑA)

9.CECILIA FABRE (MÉXICO)

10.MAC LANCASTER (EE.UU.)

11.MIGUEL MARSET (SUIZA)

12.FERNANDO MARTINEZ-PINTOR (ESPAÑA)

13.ROB MCNEILLY (AUSTRALIA)

14.JOSEPH MEYERSON (ISRAEL)

15.JUANA PELAÉZ (ESPAÑA)

16.NADIA PELAÉZ (ESPAÑA)

17.ISIDRO PÉREZ (ESPAÑA)

18.CARLOS RAMOS (ESPAÑA)

19.DAVID REID (EE.UU.)

20.TERESA ROBLES (MÉXICO)

21.MARCELO ROMEI (URUGUAY)

22.JOE A ROSA (PUERTO RICO-USA)

23.ARNOLDO TÉLLEZ (MÉXICO)

24.ALICIA TORRES (ESPAÑA)

25.KATALYN VARGA (HUNGRÍA)

26.LYDIA VAZQUEZ (SUIZA)

27.LAKSHMI WABER (SUIZA)

El libro en español se titulará 'Hipnosis: Casos Clínicos'.

Os avisaremos cuando el libro esté a la venta, en la versión española y en otros idiomas.

HYPNOSIS WITHOUT BORDERS NEWS

By
Kathleen Long

The last meeting of hypnosis without borders was held by zoom on 11th February. I confirmed that the charity application had gone into OSCR who the charity regulators in Scotland are. There is no guarantee that HWB will be accepted as a charity and the decision is made by OSCR. The resources remain online at ESH and ISH and we hope that if we are approved as a charity we can start some serious fundraising to allow us to expand and build on these resources.

This will hopefully mean we can reach more people in crisis situations. Thank you to all who attend the meetings and to those who agreed to go forward as trustees of the charity if it is approved. This joint initiative between ESH and ISH has been very encouraging. I'll keep you updated when I hear from OSCR.



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BOOKS

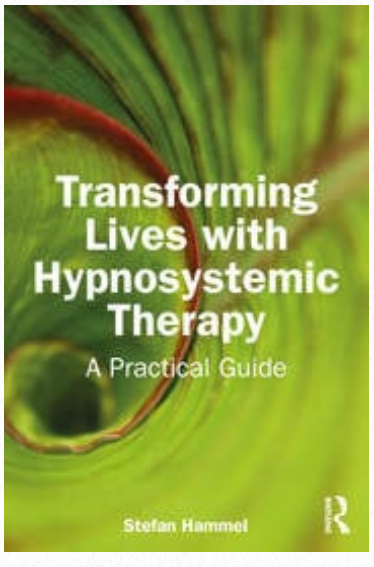
By Kathleen Long

Transforming Lives with Hypno-systemic Therapy a practical guide by Stefan Hammel

Stefan always gives good value whether you attend his workshops or are just having an interesting conversation with him. His new book on Hypno-Systemic therapy is no exception. The book explains in detail the foundations of this therapy , using techniques some of which may be familiar to you, if you are an Ericksonian therapist or conversant with the work of Watzlawick. As always Stefan encourages the therapist to be as flexible and diverse in their therapeutic approach as the patient sitting in front of them. Enter the client's reality , use what they bring to the table allow the client to create a change in their emotions and somatic experiences in a positive way at their own pace. One being made up of mind and body inseparable and all experiencing. Managing expectation, preconceptions, and use of language amongst many other important concepts are covered expertly and with detailed and clear explanation. Stefan's use and understanding of linguistics is exceptional and this is demonstrated throughout the book. The section of asking good questions is detailed and could be quite easily lifted from the book by less experienced therapists to use in their own practice. The examples of real therapy that he gives in the book are excellent and he writes in such a way as to make the outcomes seem achievable which will surely encourage the reader to feel positive about using these techniques in their own therapeutic environment with their own clients .I found the part on epigenetics interesting and insightful particularly when dealing with the client who has 'always been' depressed, anxious etc and how effective therapy can help reverse epigenetic signatures.

Fitting in with the herd, love compassion, victim and perpetrator covered in Part 2 under What hurts us and What Heals us is both insightful and so relevant not just to our clients and ourselves but to wider world currently in turmoil. I found it difficult not to explore the philosophical challenges that Stefan often presents in his work. The relationship between multiple traumas, triggers and phobia is explored and some cases discussed with therapeutic options for resolution. Stefan, to his credit, pays homage, throughout the book to his many influencers and teachers. I have not even scratched the surface of the content of Stefan's work but while some of the content maybe based on Watzlawick and Erickson the content is genuinely "Hammel".





Stefan Hammel, born in 1967, is a systemic family therapist, a hypnotherapist following the Milton Erickson approach, and a protestant chaplain. He is the director of the Institute for Hypnosystemic Counseling in Germany and conducts seminars on therapeutic storytelling, utilization, working with implications, Ericksonian therapy, and hypnosystemic counseling.

SUMMIT
THERAPEUTIC COMMUNICATION& CLINICAL HYPNOSIS





SUMMIT

As a member of the ESH and being Italian-Uruguayan, we've organized a mega event in South America. We've invited speakers from literally all over the globe.

On March 8th and 9th, Uruguay (a country formed by Spanish, Italian, English, Portuguese, and smaller German and Nordic colonies) will host its largest event on this topic, a Therapeutic Communication & Clinical Hypnosis Summit, in its main seaside resort (Punta del Este).

Practitioners from ESH, ISH, and other associations have traveled to provide support and professional expertise.

We are thrilled by this opportunity and believe it can be a cornerstone for spreading, promoting, and bringing Therapeutic Communication & Clinical Hypnosis to all corners of the world.

Sincerely,

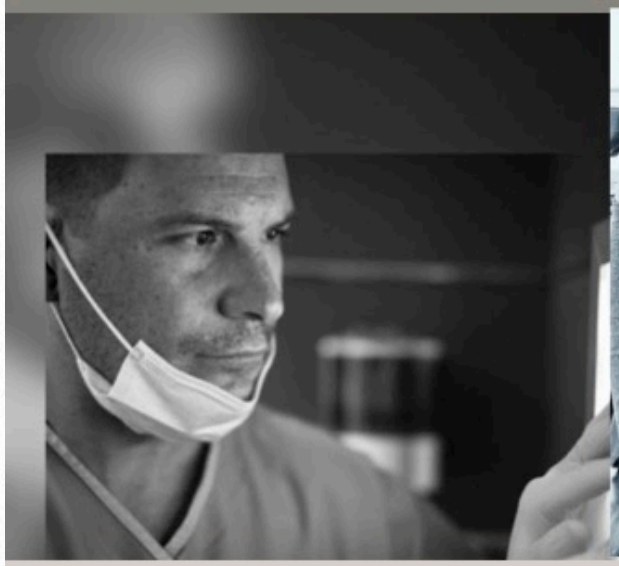
Dr. Marcello Romei

Uruguay, Punta del Este

March, 8 and 9

Syrah Hotel 8 to 20 hrs

SUMMIT
THERAPEUTIC COMMUNICATION& CLINICAL HYPNOSIS





PROFILE.-

Since the beginning of my career in 2001, the Psycho-Motivational aspects have captured my interest, particularly the approach and management of sensations and how they manifest themselves in all stages of dental treatment.
Permanent motivation added to the desire to provide value-added services to patients and that they live the clinical experience without anxiety or fear.
.

Committed to an optimal life balance, (spiritual, emotional, physical and social) that favours personal fulfilment and better self-esteem.
The main concern is always the patient, encouraging respect, authenticity, trust

Dr Marcello Romei.-

***DENTIST.**
***D.M.D**
***Active member of the European Society of Hypnosis.E.S.H /**
***International Society of Hypnosis. I.S.H. I talian/Uruguayan.**
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Calendar of Events

DEFYING PROGNOSIS – HOW INTEGRATIVE ONCOLOGY CAN TEACH US MORE ABOUT HEALTH AND THE MEANING OF LIFE

Date & Time: Monday 14th April 2025 9.00am – 18.00pm

Location: Royal Society of Medicine. 1 Wimpole Street, Marylebone, London W1G 0AE

Further info / To book: https://www.rsm.ac.uk/events/hypnosis-and-psychosomatic-medicine/2024-25/hyt01/

BSCAH MEMBERS WILL RECEIVE A 40% DISCOUNT FOR THIS EVENT (email natoffice@bscah.co.uk for discount code)

About this event

Join us for an inspiring and thought-provoking event that brings together clinicians, researchers, and academics specialising in integrative oncology and lifestyle medicine. This symposium will explore the potential of evidence-based, holistic interventions including clinical hypnosis to complement traditional cancer care and provide broader benefits for practitioners and patients.

Beyond the 'standard of care,' this event encourages a deeper look at how empowering patients and healthcare teams to embrace integrative options can enhance outcomes and promote healing. The holistic principles at the core of effective medical practice—rooted in compassionate communication, instilling hope, and utilising the placebo effect—are powerful tools that can yield therapeutic benefits, often surpassing even the latest technological advancements.

Further info / To book: https://www.rsm.ac.uk/events/hypnosis-and-psychosomatic-medicine/2024-25/hyt01/

IMPLEMENTING HYPNOTIC COMMUNICATION IN ANAESTHESIA

Date: Wednesday 23rd & Thursday 24th April 2025

Location: The Association of Anaesthetists, 21 Portland Place, London, W1B 1PY

Fees: Member of Association of Anaesthetists: £530

Non-member: £980

Resident member: £440

Further info & to book: https://anaesthetists.org/Home/Education-events/Events/Event-Details/eventDateId/878

The course is designed to integrate new learning with existing clinical expertise. Taught by experienced practitioners in anaesthesia and clinical hypnosis, the content is tailored specifically for anaesthetic practice. The blend of real-world NHS experience and clinical examples ensures relevance and applicability. The course will utilise a combination of synchronous (live teaching) and asynchronous (online modules) learning formats, accommodating diverse learning styles and clinical schedules.

This course specifically aims to enhance clinical practice for those in anaesthetics. The underpinning philosophy of the course will support the participant to blend together new learning with their existing clinical knowledge and experience. Participants will benefit from a teaching team who have experience in clinical hypnosis in anaesthesia, ensuring that taught content remains fluid and relevant.

BSMDH Foundation Training Course

It's that time of year again when we advertise our foundation course in hypnosis at the House for an Art lover in Glasgow. Over the years we have attracted not only Scottish applicants but several from overseas. You can download the application form from our webpage BSMDH – Registered Scottish Charity or contact our administrator at BSMDH on 07981 333391 or mail@bsmdh.co.uk
Training course weekends announced
Module 1 – Saturday 16th & Sunday 17th August
Module 2 – Saturday 20th & Sunday 21st September
Open to ALL Health Professionals – Doctors, Dentists, Nurses, Midwives, Dental Nurses, Psychologists Hypnosis 2025 Application Form
Courses commence daily at 9am & finish by 5pm.
Total Investment *£525 – Cost covers both modules.
Our course is designed to instruct in the basic precepts of hypnosis as an adjunct to medical and dental practice.
Venue: House for an Art Lover, 10 Dumbreck Rd, Bellahouston, Glasgow G41 5BW

HYPNOTIC PROCESSES AND STRATEGIES TO HELP PATIENTS TO ENHANCE FLEXIBILITY
ESH Constituent Society:
Society for Hypnosis in Finland TH / VH
Event Title Hypnotic Processes and Strategies to Help Patients to Enhance Flexibility
Date(s)
Fri-Sat 12th -13th September 2025
Time(s)
Fri starting at 10 am, Sat closure at 4 pm
Venue: Finland, Helsinki city centre, Betel hall (address: Erottajankatu 1-3) & online Zoom
Invited Speaker(s): Dr. Consuelo Casula
Language: English
ESH & ISH members 395,00 €
non-members 495 € (VAT free)
Email:
lea.polso@gmail.com

XIX CONGRESS OF SII - ITALIAN SOCIETY OF HYPNOSIS -
"OLTRE LE MURA VERSO IL MARE. UN PERCORSO EVOCATIVO"
When:
06/11/2025 - Lucca (Pre-Congress)
07-09/11/2025 - Viareggio
Hybrid Event: In person:
Lucca (Scuola IMT)
Viareggio (Grand Hotel Royal)
Details:
https://www.societaipnosi.it





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

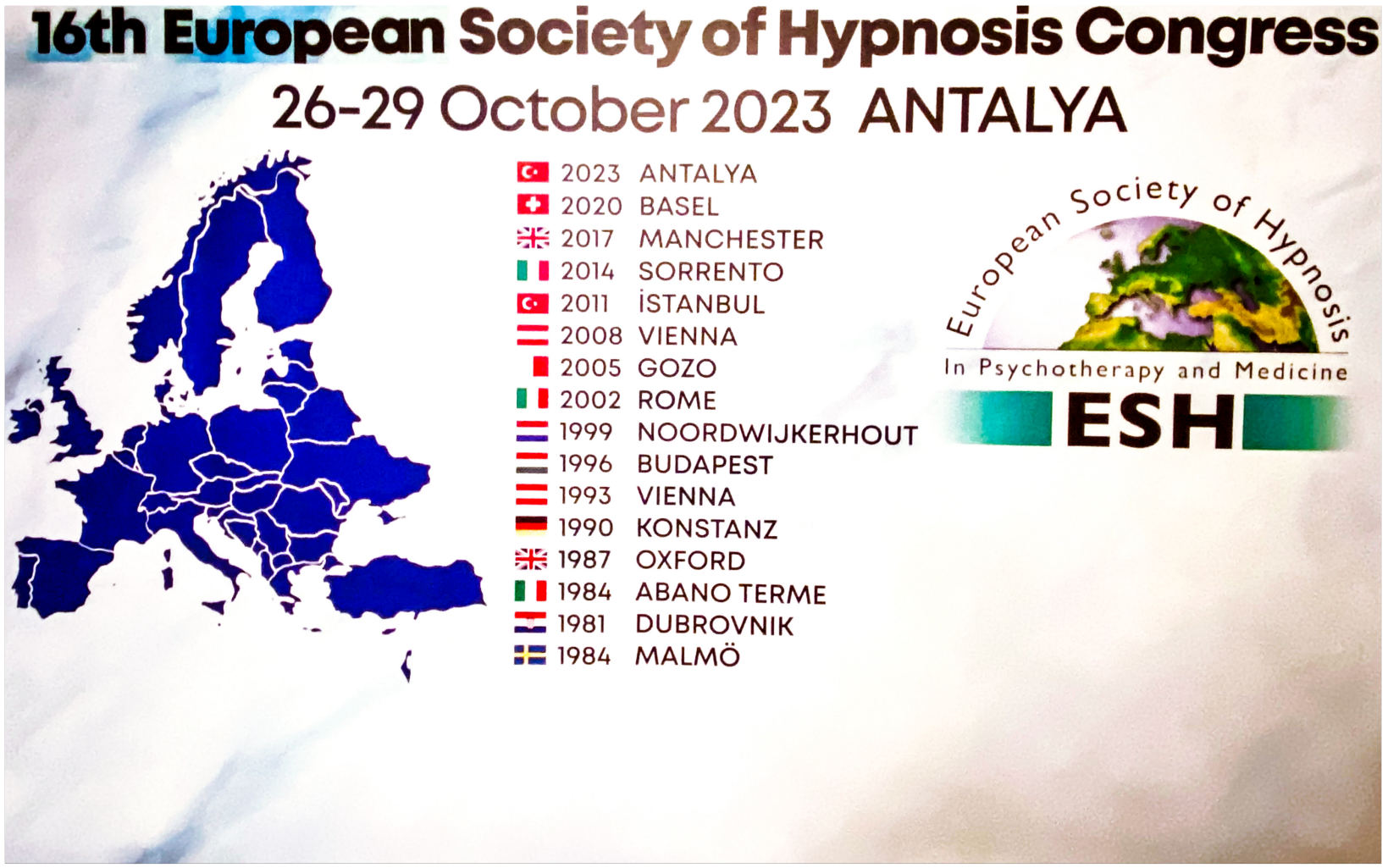
Please send us your CV, photo and if you have also your publication list to us at contact@whoishwho.com.

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

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

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

ISH President



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Visuals Fabio Carnevale ©

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