ESH The Newsletter

Hypnosis From Europe to the World



President's Letter
Gérard Fitoussi

Editor's Letter
Kathleen Long

ESH Congress
Glasgow 2026

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IPNOMED

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XVII EUROPEAN SOCIETY OF HYPNOSIS CONGRESS

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

LET HYPNOSIS GUIDE YOU TO INNER PEACE

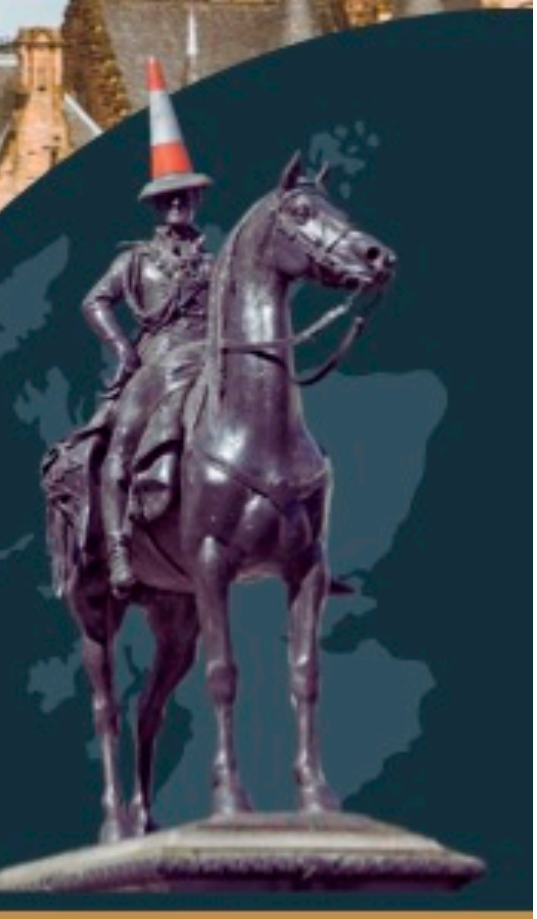
HELD BY THE BRITISH SOCIETY OF MEDICAL AND DENTAL HYPNOSIS

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



REGISTER: HTTPS://FITWISE.EVENTSAIR.COM/ESH2026

Glasgow Congress update by Kathleen Long

Your next ESH Congress is hurtling toward you at a great rate of knots. Well, that's how it feels as President of the ESH XV11 Congress being held in Glasgow in August 2026. You should have lots more information being added to the Congress page on the ESH website by Fitwise the PCO and there is also an update from them in this newsletter. The Glasgow University accommodation link has been released and circulated to delegates for those who are looking for affordable accommodation and we are adding to the social side. I have been asked to look at a pre-congress social gathering in addition to the other inter-congress events and have asked Fitwise to gauge the interest in this being organised. I know it was a great success in Istanbul but we don't have the Bosporus. We do have lots of lochs and whisky distilleries as well as many historical castles and museums.

The balance of the abstracts is mainly clinical. It would be good to have more research-based abstracts submitted and if that happens I can try and have half a day or longer dedicated to research but I need people to send in their abstracts. There are 151 people already booked and more applying every week for the Congress and that is encouraging. Below is a summary of the countries who have already booked for the Congress and the number of members already committed to attend. Some of our smaller societies have done amazingly well in encouraging a sizeable number of their membership to attend. As the organising CS we rely on the contacts within the CS to send out all correspondence about the Congress in Glasgow. Remember this is YOUR CONGRESS and BSMDH are taking the financial and organisational risk around it.

It is crucial that you support it not just for Glasgow but for future ESH Congresses.

I've booked the band for the dinner so I am needing some dancing enthusiasts to attend!!! Glasgow is not only one of the best congress cities in the UK but it's also well known for its social side.



I'd like to remind you of the great value of the Pre Congress on AI and Visual Reality, check it out on the website. After the pre congress there is a visit to the City Chambers which will also be an opportunity for me to show you around the very compact but efficient subway system that has served Glasgow since 1896. Opened on 14 December 1896, it is the third-oldest underground metro in the world after the Metropolitan metro in London (1863) and the Budapest Metro (1896).

I have lots more to tell you and if you have any questions, please either contact me directly, Fitwise or Central Office. Hoping to see you all in Glasgow.



Since our last newsletter, when we introduced our ESH Congress Keynote and Invited speakers, we spoke to them all to gain some insight into their sessions, and what they are looking forward to about attending Congress in Glasgow. Here is what they had to say:

QUESTION 1: What are you most excited to see or experience when you visit Glasgow (or Scotland) for the first time?

- *"The old city in Glasgow and Edinburgh and its history"*
  Dr Teresa Robles
- *"The people"* Dr Gerard Fitoussi
- *"I have been in Scotland several times, and Glasgow a few times, and I like the humour and the pubs, and the old town areas. I also look forward to going outside the urban areas to re-visit nature"* Susanna Carolusson
- *"The Dali painting at Kelvingrove Art Gallery (pictured), and the Mackintosh House"* Consuelo Casula

QUESTION 2: What's one thing you hope attendees will take away from your session?

- "*A new approach of Ericksonian Hypnoses and some techniques"* Dr Teresa Robles
- "*Meeting exchanging and practical tools"* Dr Gerard Fitoussi
- *"I am eager to share the newly developed model of Ericksonian Choice Architecture with the hope that attendees leave with a renewed appreciation for how subtle, well-designed communication can awaken freedom of choice within the hypnotic encounter. Recent innovations in the field of choice architecture have enabled me to see with much greater clarity the nuances of Erickson's hypnotic style and why some of these small details make a BIG difference. I am eager to show my colleagues how to transform hypnosis from a technique of influence into an art of co-created meaning, aligning scientific precision with the humanistic values of autonomy, dignity, and creative participation that resonate strongly within the modern hypnotherapeutic tradition."* Dr Dan Short
- *"I hope they learn practical skills for pain control by hypnosis."* Dr Mehdi Fathi
- *"A kind of awe, for how creative and true to themselves, patients can be in trance."* Susanna Carolusson
- *"Curiosity, and desire to implement that change that has been postponed too often"* Consuelo Casula
- "It would be the importance of building a therapeutic relationship when using clinical hypnosis. In my opinion, based on observation, the therapist's mindful presence has healing properties, regardless of the techniques used". Marta Nowak-Kulpa

QUESTION 3: If you could share a dram of whisky (or Irn-Bru!) with any famous Scot, who would it be?

- *"William Wallace and Sir Walter Scott."* Dr Teresa Robles
- *"David Hume."* Dr Gerard Fitoussi
- *"It would be with Mike Gow. He is an engaging and warm person, and I have found that any time spent with him is time very well spent. I end being… better in some way. Often some combination of a gain in knowledge, a sense of optimism and hope, and just… feeling better."* Dr Mark Jensen
- *"Elsie Inglis."* Susanna Carolusson
- *"Kathleen Long."* Consuelo Casula



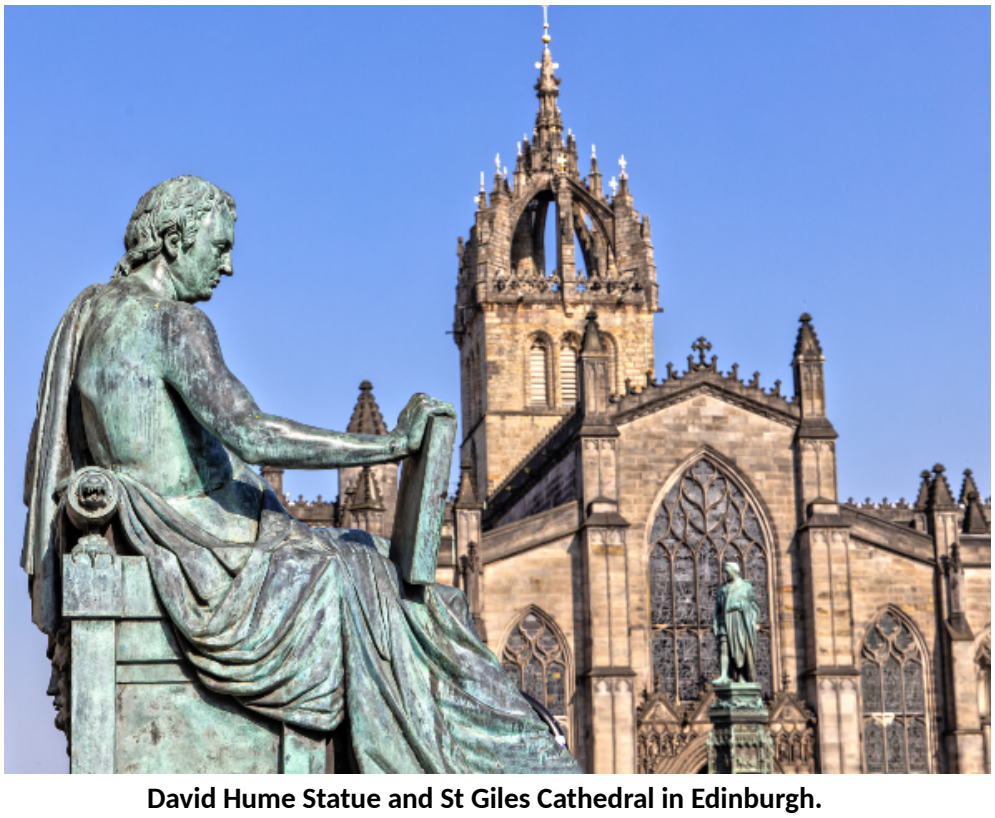
- *"I would choose David Livingstone. In him, I see the rare combination of courage, humanity and an almost boundless curiosity — the kind that pushes a person to step beyond what is known and challenge what is merely "conventional." As a physician and explorer, Livingstone carried both science and compassion in the same breath, walking toward the world instead of waiting for it to come to him. Sharing a whisky with him would be an invitation to speak about discovery, about the quiet audacity needed to cross frontiers — geographical or inner — and about the creative transgression that allows new paths to emerge, in medicine as in life. For anyone committed to understanding and helping others, his spirit remains a guiding light."* Dr Dennis Graff

- *"David Hume."* Dr Gerard Fitoussi

QUESTION 4 If you could have your own tartan designed, what colours would it include and what would they represent?

- *"Red for passion, green for life, white for light and black for strength."* Dr Teresa Robles
- *"Red and yellow are preferred which are symbols of energy and wisdom respectively."* Dr Mehdi Fathi
- *"Blue like the sky, like the deep sea, like mental clarity, plus yellow like the shining sun and like some autumn leaves(Ginkgo Biloba)."* Consuelo Casula

Thank you to all our speakers for their words of wisdom and insights.



David Hume Statue and St Giles Cathedral in Edinburgh.



Sir Walter Scott Monument in Glasgow



European Society of Hypnosis (ESH) Congress 2026, Glasgow Speaker Announcement!

As a reminder we are looking forward to welcoming to our ESH 2026 programme:

Keynote Speakers

- Dr Eva Banyai
- Consuelo Casula
- Dr Gerard Fitoussi
- Mike Gow,
- Dr Graham Jamieson
- Dr Mark Jensen
- Dr Elvira Lang
- Dr Kathleen Long
- Camillo Loriedo
- Peter Naish
- Bernhard Trenkle

Invited Speakers

- Susanna Carolusson
- Dr Mehdi Fathi
- Xin Fang
- Dr Gabor Filo
- Marta Nowak-Kulpa
- Dr Ali Ozden Ozturk
- Dr Teresa Robles
- Dr Dan Short

Find out more about all the speakers, some of which are pictured below at
https://fitwise.eventsair.com/esh2026/programme





Pre Congress Day

Make sure you sign up to our Pre Congress day on Thursday 27th August 2026. Pre Congress will include a half day morning workshop delivered by Fabio Carnevale on Artificial Intelligence and hypnosis and a half day afternoon workshop exploring the use of virtual reality in hypnosis by Dr Graff and Dr Chauvin who both use VR in their anaesthetic practices.



By attending Congress you will join a host of like-minded healthcare professionals who specialise / have an interest in the use of hypnosis in the fields of medicine, dentistry, psychology, and psychotherapy from across the globe.

Abstract Submissions Invited

Thank you to those who have already submitted an abstract for Congress. 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: https://fitwise.eventsair.com/esh2026/abstracts.

Exhibition open for booking

The Congress 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 see more details online at https://fitwise.eventsair.com/esh2026/exhibition

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

Conference Key Dates:

- 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 a large number of 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.



ESH Congress XVII Glasgow 2026 update

Glasgow 2026 is getting closer, and it is becoming more real with each passing day. The weather in Glasgow during August 2025 has been pretty good. Warm but not anything like the heat that has been a problem throughout the rest of Europe. Glasgow will be busy in August 2026 with Commonwealth Games ending on 2nd August, the World Pipe Band Championships taking place from 8th-17th August and of course our own ESH XV11 Congress being held at Glasgow University. The Edinburgh Festival is also easily accessible from Glasgow via a short train ride. Glasgow has a circular subway system which connects the different parts of the city with the University. Hillhead Subway station is just around the corner from the main Congress venue, and it means that attendees can chose from a wide choice of places to stay to suit them and I'll let you know about this as soon as possible and our PCO Fitwise will add it to the website.

The Pre Congress day will hopefully be of interest to those with an eye to the future. The topics for pre congress include Artificial Intelligence by our own Fabio Carnevale and Virtual Reality. Should we distance ourselves from these technologies, or instead seek to understand and leverage them to better serve our patients and clients, many of whom are already engaging with and familiar with such advancements?

I look forward to welcoming you all to 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.





President's Letter
Gérard Fitoussi

Dear Members and Readers,

As 2025 draws to a close and 2026 approaches, we find ourselves once again at a turning point in human history. The world continues to navigate profound challenges — some of which we have managed to overcome, while others are only beginning to unfold. Recently, I came across alarming information indicating that one of the largest corporations in the world is preparing to lay off over 30,000 employees in October 2025. The reason, however, is not economic decline or a lack of profitability, but rather the accelerated integration of artificial intelligence into the company's operations.

This event may well mark only the beginning of a much larger transformation — a technological "tsunami" that is already reshaping our societies. As health professionals, we must recognize that these changes will not remain confined to the corporate sphere. The psychological and social consequences — heightened stress, professional insecurity, and the erosion of human connection — will inevitably affect millions of workers across all levels of qualification.

Our board member, Fabio Carnevale, has written in numerous newsletters about the profound implications of AI for both health and hypnosis, reminding us that the age of automation is not a distant prospect but a present reality. The question is no longer if change will come, but how we will respond to it. The recent introduction of "Neo," the first-generation domestic robot available for as little as $17,000 — or under $500 per month — vividly illustrates this shift. Such innovations promise convenience but also herald a massive disruption in the labor market, likely producing waves of unemployment on a scale unseen since the Industrial Revolution.

In this light, the rise of AI presents not only a technological but also an ethical dimension. Will we, as health professionals, be able to face this coming transformation? Will there be enough of us to meet the growing psychological and emotional needs of those affected by automation and unemployment? Already, AI systems are being used to compensate for the shortage of healthcare practitioners, or their lack of availability — intelligent machines are available twenty-four hours a day, seven days a week, seemingly tireless and efficient.

The introduction of AI raises numerous ethical questions: will the human factor — empathy, intuition, and the capacity for genuine presence — survive in this new therapeutic landscape? When algorithms

begin to interpret, influence, and even soothe human emotions, will that subtle empathic resonance essential to healing endure?

Thus, as we enter 2026, let us reaffirm, as ESH society, our commitment to the human dimension of care: the mindful presence, the attention to the patient in front of us, the ethical word, and the capacity to guide others through change with wisdom and compassion. In a world increasingly governed by artificial systems of suggestion, the authentic human encounter — the meeting of consciousnesses — becomes not a luxury, but a necessity.

These questions and related issues will be discussed during our upcoming Congress in Glasgow. In these times of rapid and often disorienting change, it is of the utmost importance that we continue to meet, exchange ideas, and strengthen the bonds that unite our professional and human communities. I therefore urge you to encourage all your members and colleagues to be present in Glasgow, where reflection and dialogue will help us navigate the evolving landscape of health, technology, and human consciousness.

I also invite you to contribute to the research project under Randi's direction by sharing your experiences and by recruiting as many patients as possible to participate.

Finally, I would like to express my gratitude to all the members of the board and to our dedicated secretary, Nicola, for their commitment and work throughout the year 2025.

As we approach the end of this year, I wish each of you a joyful and restorative Christmas season, filled with peace, warmth, and the companionship of your friends and families.



Translated into French by Gérard Fitoussi

Chers membres et lecteurs,

Alors que l'année 2025 touche à sa fin et que 2026 approche, nous nous trouvons une fois de plus à un tournant de l'histoire humaine. Le monde continue de traverser de profonds bouleversements — certains que nous avons réussi à surmonter, d'autres qui ne font que commencer à se déployer. Récemment, j'ai pris connaissance d'une information indiquant que l'une des plus grandes entreprises au monde prévoit de licencier plus de 30 000 employés en octobre 2025. La raison, cependant, n'est ni un déclin économique ni un manque de rentabilité, mais plutôt l'intégration accélérée de l'intelligence artificielle dans les opérations de l'entreprise. Cet événement pourrait bien marquer le début d'une transformation beaucoup plus vaste — un véritable « tsunami » technologique qui remodèle nos sociétés. En tant que professionnels de la santé, nous devons reconnaître que ces changements ne resteront pas confinés au seul domaine de l'entreprise. Les conséquences psychologiques et sociales — stress accru, anxiété, dépression, insécurité professionnelle et érosion du lien humain — toucheront inévitablement des millions de travailleurs à tous les niveaux de qualification.

Fabio Carnevale, Vice-Président de l'ESH membres nous a alerté, à plusieurs reprises dans les lettres d'information de l'ESH, sur les profondes implications de l'intelligence artificielle pour la santé et pour l'hypnose. La question n'est plus de savoir si le changement viendra, mais comment nous y répondrons. La récente introduction de « Neo », le robot domestique de première génération, disponible pour aussi peu que 17 000 $ — ou moins de 500 $ par mois — illustre ce tournant. De telles innovations promettent commodité et efficacité, mais annoncent également une profonde perturbation du marché du travail, susceptible de provoquer des bouleversements d'une ampleur inédite depuis la Révolution industrielle. Dans cette perspective, l'essor de l'intelligence artificielle présente non seulement une dimension technologique, mais aussi une dimension éthique. Serons-nous, en tant que professionnels de la santé, capables de faire face à cette transformation imminente ? Serons-nous assez nombreux pour répondre aux besoins psychologiques et émotionnels croissants de ceux qui seront touchés par l'automatisation et le chômage ?

Déjà, des systèmes d'intelligence artificielle sont utilisés pour compenser le manque de praticiens de santé, ou leur indisponibilité : des machines intelligentes disponibles vingt-quatre heures sur vingt-quatre, sept jours sur sept, apparemment infatigables et efficaces. L'introduction de l'IA soulève de nombreuses questions éthiques : le facteur humain — l'empathie, l'intuition et la capacité de présence authentique — survivra-t-il dans ce nouveau paysage thérapeutique ? Lorsque des algorithmes commencent à interpréter, influencer et même apaiser les émotions humaines, cette subtile résonance empathique, essentielle à la guérison, pourra-t-elle perdurer ? Ainsi, à l'aube de 2026, réaffirmons, en tant que Société Européenne d'Hypnose (ESH), notre engagement envers la dimension humaine du soin : la présence, l'attention portée au patient devant nous, la parole éthique et la capacité d'accompagner autrui à travers le changement avec sagesse et compassion. Dans un monde de plus en plus gouverné par des systèmes artificiels de suggestion, la rencontre authentique — la rencontre des consciences — devient non pas un luxe, mais une nécessité. `

Ces questions et d'autres encore seront discutées en profondeur lors de notre prochain congrès. En ces temps de changements rapides et souvent déstabilisants, ces rencontres il est sont capitales pour échanger des idées et renforcer les liens qui unissent nos communautés professionnelles et humaines. J'encourage donc chacun d'entre vous à inviter vos membres et collègues à être présents à Glasgow, où la réflexion et le dialogue nous aideront à affronter un univers de la santé, de la technologie et de la conscience humaine en constante évolution J'invite également chacun à contribuer au projet de recherche dirigé par Randi, en partageant vos expériences et en recrutant autant de patients que possible. Je souhaite exprimer ma gratitude à tous les membres du conseil d'administration ainsi qu'à notre dévouée secrétaire pour leur engagement et leur travail tout au long de l'année 2025. Au terme de cette année 2025, je souhaite à chacun d'entre vous une période de Noël joyeuse et régénératrice, emplie de paix, de chaleur et du bonheur de partager ces moments précieux avec vos proches.

Translated into German by Stella Nkenke

Liebe Mitglieder und Leserinnen und Leser,

während sich das Jahr 2025 dem Ende neigt und 2026 näher rückt, befinden wir uns erneut an einem Wendepunkt der Menschheitsgeschichte. Die Welt steht weiterhin vor tiefgreifenden Herausforderungen – einige davon konnten wir bewältigen, andere beginnen sich erst abzuzeichnen. Kürzlich stieß ich auf alarmierende Informationen, wonach eines der größten Unternehmen der Welt plant, im Oktober 2025 über 30.000 Mitarbeiterinnen und Mitarbeiter zu entlassen. Der Grund dafür ist jedoch weder ein wirtschaftlicher noch mangelnde Profitabilität, sondern vielmehr die beschleunigte Integration künstlicher Intelligenz in die Unternehmensabläufe. Dieses Ereignis markiert möglicherweise erst den Beginn einer weitaus umfassenderen Transformation – eines technologischen „Tsunamis“, der unsere Gesellschaften bereits jetzt grundlegend verändert. Als Gesundheitsfachpersonen müssen wir erkennen, dass sich diese Veränderungen nicht auf den Unternehmenssektor beschränken werden. Die psychologischen und sozialen Folgen – zunehmender Stress, berufliche Unsicherheit und der Verlust menschlicher Verbundenheit – werden unweigerlich Millionen von Arbeitnehmerinnen und Arbeitnehmern auf allen Qualifikationsebenen betreffen.

Unser Vorstandsmitglied Fabio Carnevale hat in zahlreichen Newslettern über die tiefgreifenden Auswirkungen der KI auf Gesundheit und Hypnose geschrieben und uns daran erinnert, dass das Zeitalter der Automatisierung keine ferne Zukunftsvision, sondern bereits Realität ist. Die Frage ist nicht mehr, ob der Wandel kommen wird, sondern wie wir auf ihn reagieren. Die jüngste Einführung von „Neo“, dem Haushaltsroboter der ersten Generation, der bereits für rund 17.000 US-Dollar oder weniger als 500 US-Dollar pro Monat erhältlich ist, verdeutlicht diesen Wandel eindrucksvoll. Solche Innovationen versprechen Komfort, kündigen jedoch zugleich massive Umwälzungen auf dem Arbeitsmarkt an – mit möglichen Arbeitslosigkeitswellen in einem Ausmaß, wie sie seit der Industriellen Revolution nicht mehr gesehen wurden. Vor diesem Hintergrund stellt der Aufstieg der KI nicht nur eine technologische, sondern auch eine ethische Herausforderung dar.

Werden wir als Gesundheitsfachpersonen dieser kommenden Transformation gewachsen sein? Wird es ausreichend Fachkräfte geben, um den wachsenden psychischen und emotionalen Bedürfnissen der von Automatisierung und Arbeitslosigkeit Betroffenen zu begegnen? Bereits heute werden KI-Systeme eingesetzt, um den Mangel an Gesundheitsfachpersonen oder deren eingeschränkte Verfügbarkeit auszugleichen – intelligente Maschinen stehen rund um die Uhr zur Verfügung, scheinbar unermüdlich und effizient. Die Einführung von KI wirft zahlreiche ethische Fragen auf: Wird der menschliche Faktor – Empathie, Intuition und die Fähigkeit zu echter Präsenz – in dieser neuen therapeutischen Landschaft überleben? Wenn Algorithmen beginnen, menschliche Emotionen zu interpretieren, zu beeinflussen und sogar zu beruhigen, wird dann jene feine empathische Resonanz, die für Heilung essenziell ist, erhalten bleiben? Wenn wir also in das Jahr 2026 eintreten, wollen wir als ESH-Gesellschaft unser Bekenntnis zur menschlichen Dimension der Behandlung erneuern: zur achtsamen Präsenz, zur Aufmerksamkeit für den Menschen, der uns gegenübersitzt, zum ethisch verantworteten Wort und zur Fähigkeit, andere mit Weisheit und Mitgefühl durch Veränderungsprozesse zu begleiten. In einer Welt, die zunehmend von künstlichen Systemen der Suggestion geprägt ist, wird die authentische menschliche Begegnung – das Zusammentreffen von Bewusstseinen – nicht zu einem Luxus, sondern zu einer Notwendigkeit.

Diese Fragen und damit zusammenhängende Themen werden auf unserem kommenden Kongress in Glasgow diskutiert. In Zeiten raschen und oft verunsichernden Wandels ist es von größter Bedeutung, dass wir weiterhin zusammenkommen, Gedanken austauschen und die Bande stärken, die unsere beruflichen und menschlichen Gemeinschaften verbinden. Ich fordere Sie daher nachdrücklich auf, alle Ihre Mitglieder und Kolleginnen und Kollegen zu ermutigen, in Glasgow präsent zu sein, wo Reflexion und Dialog uns helfen werden, die sich wandelnde Landschaft von Gesundheit, Technologie und menschlichem Bewusstsein zu gestalten.

Darüber hinaus lade ich Sie ein, sich am Forschungsprojekt unter der Leitung von Randi zu beteiligen, indem Sie Ihre Erfahrungen teilen und möglichst viele Patientinnen und Patienten für eine Teilnahme gewinnen. Abschließend möchte ich allen Mitgliedern des Vorstands sowie unserer engagierten Sekretärin Nicola für ihren Einsatz und ihre Arbeit im Laufe des Jahres 2025 herzlich danken.

Zum Jahresausklang wünsche ich Ihnen allen eine frohe und erholsame Weihnachtszeit, erfüllt von Frieden, Wärme und der Nähe Ihrer Freundinnen, Freunde und Familien.

Translated into Spanish by José Cava

Estimados miembros y lectores:

A medida que 2025 llega a su fin y 2026 se acerca, nos encontramos nuevamente en un punto de inflexión en la historia de la humanidad. El mundo continúa afrontando profundos desafíos, algunos de los cuales hemos logrado superar, mientras que otros apenas comienzan a manifestarse. Recientemente, tuve acceso a información alarmante que indica que una de las corporaciones más grandes del mundo se prepara para despedir a más de 30 000 empleados en octubre de 2025. Sin embargo, la razón no es la recesión económica ni la falta de rentabilidad, sino la acelerada integración de la inteligencia artificial en las operaciones de la empresa.

Este evento bien podría marcar solo el comienzo de una transformación mucho mayor: un «tsunami» tecnológico que ya está remodelando nuestras sociedades. Como profesionales de la salud, debemos reconocer que estos cambios no se limitarán al ámbito empresarial. Las consecuencias psicológicas y sociales —mayor estrés, inseguridad laboral y la erosión de las relaciones humanas— afectarán inevitablemente a millones de trabajadores de todos los niveles de cualificación.

Nuestro miembro de la junta directiva, Fabio Carnevale, ha escrito en numerosos boletines informativos sobre las profundas implicaciones de la IA tanto para la salud como para la hipnosis, recordándonos que la era de la automatización no es una perspectiva lejana, sino una realidad presente. La pregunta ya no es si el cambio llegará, sino cómo responderemos a él. La reciente presentación de "Neo", el robot doméstico de primera generación disponible por tan solo 17.000 dólares (o menos de 500 dólares al mes), ilustra vívidamente este cambio. Estas innovaciones prometen comodidad, pero también anuncian una disrupción masiva en el mercado laboral, que probablemente generará oleadas de desempleo a una escala nunca vista desde la Revolución Industrial.

En este contexto, el auge de la IA presenta no solo una dimensión tecnológica, sino también ética. ¿Podremos, como profesionales de la salud, afrontar esta transformación inminente? ¿Seremos suficientes para satisfacer las crecientes necesidades psicológicas y emocionales de quienes se vean afectados por la automatización y el desempleo? Actualmente, los sistemas de IA se utilizan para compensar la escasez de profesionales sanitarios o su falta de disponibilidad: las máquinas inteligentes están disponibles las veinticuatro horas del día, los siete días de la semana, aparentemente incansables y eficientes.

La introducción de la IA plantea numerosas cuestiones éticas: ¿sobrevivirá el factor humano —la empatía, la intuición y la capacidad de presencia genuina— en este nuevo panorama terapéutico? Cuando los algoritmos comiencen a interpretar, influir e incluso mitigar las emociones humanas, ¿perdurará esa sutil resonancia empática esencial para la sanación?

Así pues, al entrar en 2026, reafirmemos, como sociedad ESH, nuestro compromiso con la dimensión humana del cuidado: la presencia consciente, la atención al paciente que tenemos delante, la palabra ética y la capacidad de guiar a otros a través del cambio con sabiduría y compasión. En un mundo cada vez más regido por sistemas artificiales de sugestión, el encuentro humano auténtico —el encuentro de conciencias— se convierte no es un lujo sino una necesidad.

Estas cuestiones y temas relacionados se debatirán durante nuestro próximo Congreso en Glasgow. En estos tiempos de cambios rápidos y a menudo desconcertantes, es de vital importancia que sigamos reuniéndonos, intercambiando ideas y fortaleciendo los lazos que unen a nuestras comunidades profesionales y humanas. Por lo tanto, les insto a que animen a todos sus miembros y colegas a asistir a Glasgow, donde la reflexión y el diálogo nos ayudarán a comprender el panorama cambiante de la salud, la tecnología y la conciencia humana.

También les invito a contribuir al proyecto de investigación dirigido por Randi, compartiendo sus experiencias y reclutando al mayor número posible de pacientes para que participen.

Finalmente, quisiera expresar mi agradecimiento a todos los miembros de la junta directiva y a nuestra dedicada secretaria, Nicola, por su compromiso y trabajo durante todo el año 2025. Al acercarnos al final de este año, les deseo a todos unas felices y reparadoras Navidades, llenas de paz, afecto y la compañía de sus familiares y amigos.

Translated into Italian by Fabio Carnevale

Cari membri e lettori, mentre il 2025 volge al termine e il 2026 si avvicina, ci troviamo ancora una volta a un punto di svolta nella storia umana. Il mondo continua ad attraversare profondi mutamenti — alcuni che siamo riusciti a superare, altri che stanno appena iniziando a manifestarsi. Recentemente, sono venuto a conoscenza di un'informazione secondo cui una delle più grandi aziende al mondo prevede di licenziare oltre 30.000 dipendenti nell'ottobre 2025. La ragione, tuttavia, non risiede in un declino economico né in una mancanza di redditività, quanto piuttosto nell'integrazione accelerata dell'intelligenza artificiale nelle operazioni aziendali. Questo evento potrebbe segnare l'inizio di una trasformazione molto più vasta — un vero e proprio «tsunami» tecnologico che sta rimodellando le nostre società. Come professionisti della salute, dobbiamo riconoscere che questi cambiamenti non rimarranno confinati al solo ambito aziendale. Le conseguenze psicologiche e sociali — stress acuto, ansia, depressione, insicurezza lavorativa ed erosione del legame umano — colpiranno inevitabilmente milioni di lavoratori a ogni livello di qualifica.

Fabio Carnevale, Vicepresidente dell'ESH, ci ha allertato più volte nelle newsletter della Società sulle profonde implicazioni dell'intelligenza artificiale per la salute e per l'ipnosi. La questione non è più se il cambiamento arriverà, ma come vi risponderemo. La recente introduzione di «Neo», il robot domestico di prima generazione disponibile a soli 17.000 dollari — o meno di 500 dollari al mese — illustra bene questo passaggio.

Tali innovazioni promettono comodità ed efficienza, ma preannunciano anche una profonda perturbazione del mercato del lavoro, capace di provocare sconvolgimenti di una portata inedita dai tempi della Rivoluzione Industriale. In quest'ottica, l'ascesa dell'intelligenza artificiale presenta non solo una dimensione tecnologica, ma anche una dimensione etica. Saremo in grado, come professionisti della salute, di far fronte a questa imminente trasformazione? Saremo abbastanza numerosi per rispondere ai crescenti bisogni psicologici ed emotivi di coloro che saranno colpiti dall'automazione e dalla disoccupazione?

Già oggi, sistemi di intelligenza artificiale vengono utilizzati per compensare la carenza di operatori sanitari o la loro indisponibilità: macchine intelligenti disponibili ventiquattr'ore su ventiquattro, sette giorni su sette, apparentemente infaticabili ed efficaci. L'introduzione dell'IA solleva numerose questioni etiche: il fattore umano — l'empatia, l'intuizione e la capacità di presenza autentica — sopravviverà in questo nuovo scenario terapeutico? Quando gli algoritmi iniziano a interpretare, influenzare e persino lenire le emozioni umane, potrà perdurare quella sottile risonanza empatica, essenziale per la guarigione?

All'alba del 2026, riaffermiamo quindi come Società Europea d'Ipotnosi (ESH) il nostro impegno verso la dimensione umana della cura: la presenza, l'attenzione rivolta al paziente che abbiamo di fronte, la parola etica e la capacità di accompagnare l'altro attraverso il cambiamento con saggezza e compassione. In un mondo sempre più governato da sistemi artificiali di suggestione, l'incontro autentico — l'incontro delle coscienze — diventa non un lusso, ma una necessità.

Queste domande e molte altre saranno discusse approfonditamente durante il nostro prossimo congresso. In tempi di cambiamenti rapidi e spesso destabilizzanti, questi incontri sono fondamentali per scambiare idee e rafforzare i legami che uniscono le nostre comunità professionali e umane. Incoraggio quindi ognuno di voi a invitare colleghi e membri a essere presenti a Glasgow, dove la riflessione e il dialogo ci aiuteranno ad affrontare un universo della salute, della tecnologia e della coscienza umana in costante evoluzione.

Invito inoltre tutti a contribuire al progetto di ricerca diretto da Randi, condividendo le vostre esperienze e reclutando il maggior numero possibile di pazienti. Desidero esprimere la mia gratitudine a tutti i membri del consiglio direttivo e alla nostra dedita segretaria per l'impegno e il lavoro svolto durante tutto il 2025. Al termine di questo anno, auguro a ciascuno di voi un periodo natalizio gioioso e rigenerante, colmo di pace, calore e della felicità di condividere questi momenti preziosi con i vostri cari.

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Editor’s Letter

KATHLEEN LONG



This is the last ESH newsletter of 2025. Tempus Fugit! There's lots of updates on the Glasgow 2026 Congress from myself and Fitwise. The NL is packed full of interesting information from your colleagues in Europe and beyond as usual we have wise words from our President Gerard Fitoussi asking us to look at AI with both optimism and caution.

Fabio Carnevale, our co-editor for his special take on AI. We also have a contribution from Zdzislaw Sybilski a previous Polish member.

Peter Naish is taking issue with some research and gives us more evidence for the efficacy of hypnosis when combined with CBT. Randi updates us on the ESH research project and please remember THIS IS YOUR RESEARCH PROJECT. Spread the word and get your colleagues to sign up.

Our French, Spanish and Italian corners are all going strong and the more constituent societies who join in the better. There is an update on Hypnosis Without Borders which in now registered in Scotland as a charity. We have three submissions from our Bulgarian society (BAHH) and some more ready for our next newsletter.

We have our usual book reviews and activities coming online from the different societies. I want to take this opportunity to thank all our contributors throughout the year. You are the news!

I also want to say a huge thank you to Nicola in Central Office for her superb organisation and Fabio for his fantastic illustrations.

I hope you are all having some quality, loving time with your family during this festive period.

I hope that like our Congress motto says you Find Inner Peace and wish it spreads throughout the world.

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Short Report From Central Office

Nicola McIntyre



In this edition I would like to give you an update on what is on the ESH website.

Recently the Committee on Educational Programmes in Europe (CEPE) headed by Wasim Biroumi asked some well respected experts from ESH to answer the question –‘ What is Hypnosis’ you can see the YouTube video on the following link - What Is Hypnosis – European Society of Hypnosis. We will soon be adding an Election page 2026-2029 to the ‘About ESH tab’ so watch out for this, giving details on the timeline if you would be interested in being on the board.

We have our Congress page which is regularly updated so please check it out- XVII ESH CONGRESS – European Society of Hypnosis. There is an update on affordable accommodation provided by the University just a short walk from the main Congress. I am looking forward to meeting you all in Glasgow which is a cultural city with vibrance and friendly people. It has a strong industrial past with lovely Victorian and contemporary architecture.

I would like to put a special thanks to the Bulgarian Association of Hypnosis and Hypnotherapy (BAHH) for advertising the ESH congress at their recent Congress.

We have our Events page where Constituent Societies can advise on any events, conferences, training that they are holding. You can see currently what is on the page - Events – European Society of Hypnosis. We have a publications tab and would be interested if anyone had any new recommended books with a book review that they would like added - New Books on Hypnosis – European Society of Hypnosis. Hopefully, you will know about our Research Project which we would encourage you to participate in. We would like to find out: - What conditions respond best to hypnosis? Do some people respond better than others to hypnosis? If interest, information can be found on the following link - ESH Research Project – European Society of Hypnosis. We also have our Newsletter which is sent quarterly, and we are always looking for contributions from our Constituent Societies and members with any articles etc which they feel would benefit the ESH community.

Finally, I would like to wish you all a lovely festive period. May the next year bring peace and hope for the future.



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Ideas From the World of Clinical Hypnosis



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Hypnomonodrama: An Integrative Original Method

A Therapeutic Approach Through Hypnosis and Mono-dramatic Enactment

By Dimitrina Mitreva (BAHH)



Introduction

Clinical hypnosis continues to evolve toward integrative approaches capable of addressing psychological complexity, embodied experience, and implicit trauma processing. Hypnomonodrama is my original method, developed between 2008 and 2015. At present, I employ the finalized version of the method, combining hypnotic absorption with mono-dramatic enactment to facilitate experiential change, to gain insight into symptoms and their psychological functions, and to reduce resistance when working with symptoms.In practice, I observe that awareness alone often does not lead to transformation. Research on trauma and attachment confirms that emotional engagement across cognitive, relational, and somatic channels is essential for therapeutic change (Liotti & Farina, 2016). Hypnomonodrama, which I have developed and applied actively for 16 years in my therapeutic work, provides a structured framework for multidimensional engagement, enhancing both emotional and somatic processing.

Theoretical Foundations

Hypnomonodrama is based on three main principles: Multidimensional human experience: integration of cognitive, emotional, and somatic systems (Damasio, 2010). Implicit trauma and attachment dynamics: unconscious patterns that often govern behavior outside of awareness (Liotti & Farina, 2016). Experiential methods support neuropsychological change: activation of memory reconsolidation facilitates the restructuring of maladaptive patterns (Ecker, Ticic & Hulley, 2012). Hypnosis creates a state of focused absorption and emotional safety, reduces defensive mechanisms, and supports dialogue with internal parts. Research shows that hypnosis enhances selective attention, visualization, and emotional modulation (Jensen, Adachi & Hakimian, 2017). Psychodrama, through mono-dramatic enactment, enables clients to embody roles, interact with symptoms, and symbolically address relational figures (Kellermann, 1992; Moreno, 1946).

Clinical Application

A typical hypnomonodrama session progresses through three stages: Hypnotic preparation: breathing techniques, ego-strengthening, and relaxation to enhance stability and imaginative flexibility; induction into hypnotic trance accompanied by deepening techniques and, if needed, resistance-reducing methods. Final goal: deep hypnosis. Mono-dramatic enactment: the client embodies internal roles, unresolved conflicts, or relational figures. This process enables dialogue with significant aspects of the self such as symptoms (physical or psychological), deceased loved ones, parts of the inner child, and others. Role-play supports affect regulation and emotional integration (Kellermann, 1992). Reintegration: grounding, synthesis of narrative and imagery, and future-oriented integration to consolidate insights and support behavioral change (Ecker et al., 2012).

Illustrative Cases

Case 1 – Marina: A 50-year-old attorney with chronic migraines engaged in dialogue with her symptom in deep hypnosis through hypnomonodrama. The dialogue revealed that the migraine appeared to prevent guilt associated with resting. A symbolic agreement allowed Marina to rest two days per week without symptoms. *Case 2 – Stella:* A 35-year-old woman struggling with overeating realized through hypnomonodrama that food symbolized her relationship with her mother. This insight facilitated normalized eating patterns and improved mother-daughter relations. *Case 3 – Petya:* A 29-year-old woman grieving the sudden loss of her father engaged in a trance-based dialogue with him, which allowed forgiveness, the release of guilt, emotional farewell, and integration. She experienced lasting relief after the session.

Discussion

Hypnomonodrama is particularly effective for individuals with strong defense mechanisms. The method simultaneously engages cognitive, emotional, and somatic channels, amplifying insight and supporting experiential change. It aligns with European trends in hypnosis, which emphasize relational, resource-oriented, and collaborative approaches (Fosha, 2000).

Clinical observations show effectiveness in chronic psychosomatic symptoms, complex trauma, and unresolved relational issues. Dialogue with symptoms often reveals implicit protective functions, allowing clients to reinterpret internal patterns.

Conclusion

Hypnomonodrama combines hypnosis and mono-drama, offering a structured framework for experiential and relational transformation. Preliminary clinical observations support its application for trauma, psychosomatic conditions, attachment-related problems, loss, phobias, OCD, panic attacks, addictions, and more. Future research should include controlled trials and standardized training protocols to further validate the method's effectiveness.

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BUILDING YOUR CHILD'S SELF-IMAGE THROUGH MATERNAL HYPNOSIS

Hypno-Parenting and Secure Attachment

By
Magdalena Angelova (BAHH)

Maternal Voice, Early Connection, and Mental Health Prevention



The foundation of mental-health prevention in infancy and early childhood rests on the healing capacity of the mother's voice. Mindful connection —expressed through positive verbal messages, accurate emotional labelling, and sensitive recognition of the child's needs—provides a sense of safety and fosters secure attachment.

Communication occurs through multisensory channels: words, touch, intonation, and affective presence, forming a multi-layered language that contributes to the construction of the Subject.

Françoise Dolto (1984), in The Cause of Children, states that "both health and illness are the result of the interpersonal relationships that are formed between children and adults…. Children exist in emotional resonance with their caregivers and inhabit a shared affective space."

The Body-Image and the Hypnotic Function of Language

A child does not discover their body through the mirror but through the attitudes of adults toward that body. When the mother holds the child, calls them by name, and speaks with warmth and respect, the child begins to experience their body as good, valued, and secure. Exposure to anxiety, harshness, or rejection contributes to the opposite experience: the body becomes associated with guilt, fear, or diminished worth.

Language serves as the parent's first hypnotic instrument, and the unconscious body image becomes the initial stage on which words crystallize into beliefs about the Self. As Dolto notes, " the young child understands everything that is said—not through intellect, but through the way in which it is said."

This mechanism aligns closely with Ericksonian hypnosis, in which tone, rhythm, and symbolic language bypass rational processing and act directly on the subconscious. The child's Self-image is thus shaped through repeated hypnotic suggestions, both explicit messages and implicit communication patterns within the family.

Erickson encouraged parents to use a "language of calm," employing affirming and concrete expressions such as "You can handle this" and "Your body knows how to relax." In this framework, the parent becomes a natural therapeutic agent through daily hypnotic communication characterized by quietness, rhythmicity, love, and confident mindful connection.

Attachment Theory and Hypno-Parenting

John Bowlby (1969) emphasized the necessity of reliable, sensitive, and consistent caregiving for the development of secure attachment and self-regulation capacities. Setting boundaries with respect and understanding for the child's emotional responses is an essential aspect of this process.

Hypno-parenting assists parents in cultivating these qualities by promoting conscious, emotionally connected interactions and by offering techniques that support the entire family system.

Contemporary authors (Sutiyono, Fatimah, & Munastiwi) expand on the concept of hypno-parenting, highlighting the importance of:

mindful positive communication,

touch paired with verbal affirmation,

positive suggestions during sleep,

metaphorical storytelling, and

maintaining a "positive language journal."

Metaphorical Stories as Hypnotherapeutic Tools

Children inhabit a world rich in imagination and symbolic play. Hypnosis naturally utilizes this imaginative capacity to help them manage pain, anxiety, fears, and challenging situations. Linda Thomson (2005), who describes herself as an "imagery coach," demonstrates through the Harry the Hypno-Potamus series how children can mobilize inner resources through guided imagery.

In clinical practice, metaphorical stories can be co-created with parents, generating a meaningful and collaborative therapeutic process. One such example is presented below.

Example Story: "The Brave Little Pebble"

Therapeutic Goal: To strengthen self-esteem, inner resilience, and confidence in children who struggle to initiate conversations or form friendships.

Once, in a forest, lived a small pebble. The pebble believed it was invisible—too small to be noticed or spoken to. One night, it heard the voice of the great tree beside it: "There is light and strength within you. I feel it and I see it. You can be a good friend; you can speak to others with ease; you are an interesting and precious little pebble. Feel this light now—let it fill your whole body. You like being noticed; you speak with ease; you are special and good." The pebble began to shine, and everyone noticed. It found friends and came to understand: "Everyone has strength, qualities, and light that make them visible, special, and accepted."

Reflection questions:

What kind of radiance do you feel inside you?

What kind of pebble are you today—calm, cheerful, or brave?

What strength are you connecting with today?

Hypnotic Scripts Created in Hypno-Parenting Workshops (Children Ages 5–12)

1. Separation Anxiety - “I Am With You Even When You Do Not See Me” Goal: Reassuring and building an inner sense of security when separated from a parent.
Context: Before kindergarten, school, or staying with another adult.

“Now we will do a little secret magic. Close your eyes and imagine a small light in your hand - this is our connection. Place it in your heart, where it will always remain - our bond and our love. This light lives within you even when I am not beside you. When you think of me, it shines a bit brighter. Whenever you need to, place your hand on your heart and feel the warmth and my love. You are calm, because this light always knows the way back to me. I am with you, even when you do not see me.”

2. Emotional Regulation - “The Storm Inside Knows When to Stop” Goal: To assist the child in identifying and verbalizing their emotions.
Context: Following episodes of intense crying, anger, or anxiety.

“Sometimes a storm arises inside us—strong wind, rain, and lightning. But every storm knows when to stop. Every storm passes, and then calm arrives. After the rain comes the rainbow—quiet, beautiful, colourful. You can take a breath, hold it for a moment, and let it out, allowing the rest of the storm to leave with it. Take another breath and feel the rainbow appear inside you. It becomes colourful and calm, just like after a warm summer rain. I am with you in storm and sunshine, with you in all your emotions. I love you in every one of your moments. You like being calm; your body feels light.”

The Method of Maternal Hypnosis

The maternal hypnosis method uses structured therapeutic protocols intended to restore psychological balance, strengthen immunity, and enhance the child’s internal stability.
Boris Drapkin (2001) describes the mother as playing a central role, “programming” the child’s mind through positive suggestions spoken in a calm state—typically 20–30 minutes after the child has fallen asleep.

Examples of maternal suggestions include:

“ I love you very, very much.” “ You are my most precious and beloved being.” “ Your father and I love you very much.” “ You are a strong, healthy, beautiful child.” “ You have a strong and healthy heart, chest, and tummy.” “ You are a calm child.” “ You enjoy being in a good mood and you love to smile.” “ Your mind is developing wonderfully; you understand and remember everything.” “ You eat well, and that is why you grow and develop quickly.”

Conclusion

Maternal love and language form the first hypnotic system the child encounters and internalizes. Hypno-parenting offers a valuable framework for cultivating secure attachment and emotional stability within the family. It brings parents back to what is essential - presence, compassion, and inner resilience. Parental language does not merely describe reality; it actively constructs it within the child’s mind. When parents speak with love and respect, they engage in a deep form of hypnotherapeutic influence, shaping the child’s Self-image through gentle suggestion, safety, and unconditional affection.

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FROM REFLEX TO REGULATION: RHYTHM, MOVEMENT AND VOICE IN THE BODY OF TRANCE

By
Gergana Markova
(BAHH)



Interest in primitive reflexes has grown significantly as clinicians increasingly recognise their influence on early self-regulation and later psychophysiological resilience. Non-integrated reflexes—such as the Moro, the Fear Paralysis Reflex (FPR) and the Babkin reflex—often present not through clear behavioural patterns but through subtle bodily responses: hyperarousal, freezing in response to sudden sound or touch, irregular breathing, shifts in muscle tone, and difficulty establishing trust. These reactions are not psychological resistance but neurophysiological patterns formed long before the development of verbal cognition.

Rhythm and movement as neurophysiological modulation

Within Rhythmic Movement Training International (RMTi), rhythmic movement is understood as a form of sensorimotor regression that allows the nervous system to reorganise early reflex patterns. Repetition creates predictability—a powerful cue of safety for the lower brain structures. Clinical observations show that even small, passive rhythmic movements can influence breathing, muscle activation and vocal quality—reliable indicators of regulatory change. In work with adults, I often notice that before a person enters trance, the timbre of their voice shifts the moment the rhythmic movement settles the body.

This is the earliest physiological sign that the system is beginning to recognise safety. A similar shift appears in children with an active Moro reflex: just a few minutes of rhythmic rocking often transition breathing from shallow to deep.

This indicates that the nervous system is entering a state in which hypnotic suggestions can be received more calmly and deeply — because the body has already recognised safety.

The voice as a co-regulatory instrument

The therapeutic voice functions as an external regulator. Its timbre, tempo and rhythmic consistency signal safety to the autonomic nervous system. This aligns with Polyvagal Theory, which identifies vocal tone as a primary trigger for social engagement and the downregulation of defensive states.

Clients who “struggle to enter trance” rarely lack focus—they lack bodily trust. When the voice is used as a rhythmic anchor rather than purely cognitive suggestion, the body naturally allows deeper regulation.

Before words: the body as the first therapeutic language

The integration of movement, rhythm and voice forms a methodological bridge between hypnotherapy and body-oriented approaches. The body provides the earliest and most reliable data: shifts in posture, micro-movements, pauses in breath or tone. These markers guide the therapeutic process with precision. When these signals are recognised and followed, trance does not need to be induced—it emerges naturally through safety.

Conclusion

Integrating primitive reflexes, rhythmic movement and the therapeutic use of voice supports the emergence of neurophysiological safety — a prerequisite for therapeutic depth and natural access to trance. When the body recognises safety, the psyche follows effortlessly.

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BAHH CONTRIBUTORS BIOS

Magdalena Angelova is a Clinical Psychologist.
She leads international seminars in the fields of personal development, family therapy and dealing with separation, emotional intelligence and creativity, coping with anxiety, releasing blocked pain and anger, wise parenting and maternal hypnosis.
She has participated as a lecturer at the Second National Congress of Clinical Psychology and at the Annual National Conference “Science, Education, Parenting and Technology”, a project of the Digital Children Foundation in 2016.
Bachelor’s degree in Psychology from Sofia University “St. Kliment Ohridski”
Master’s degree in Clinical Psychology with a Psychoanalytic Perspective from New Bulgarian University
Training as an NLP Master Practitioner (Neuro-Linguistic Programming)
Course in Solution-Focused Brief Therapy
Hypnotherapist certified in BAHH

Dr. Gergana Markova is a child development specialist with more than 20 years of teaching and practical experience. She is the founder of the private kindergarten and Academy “Bobche Topche,” as well as the founder of the Adler Institute Bulgaria. She is the author of adaptation programs and training modules for parents and professionals, inspired by neuro-motor development and the philosophy of Individual Psychology.
As a licensed instructor in Rhythmic Movement Training International (RMTi), Gergana trains professionals and conscious parents both in Bulgaria and abroad. She completed her training in hypnosis and hypnotherapy in 2013 and has been using the hypnotic voice and body-based techniques for more than a decade to support children and their families.
She teaches at New Bulgarian University and is a member of the Board of Directors of the Bulgarian Society of Individual Psychology.

Dimitrina Mitreva is Clinical Psychologist and psychotherapist with over 20 years of experience working with children, adolescents, and adults. Specialized in hypnosis, hypnomonodrama, cognitive-behavioral therapy, psychodrama, and group therapy.
Member of the Board of Directors, supervisor, and trainer at the Bulgarian Association of Hypnosis and Hypnotherapy. Developer and practitioner of a new psychotherapeutic method – Hypnomonodrama.
Currently providing online therapy to clients from Bulgaria and France.

Master’s Degree in Clinical and Counseling Psychology – Sofia University “St. Kliment Ohridski”, 2008
Bachelor’s Degree in Psychology – Sofia University “St. Kliment Ohridski”, 2005

Specializations and Training
• Psychodrama (group and individual practice) - 7 years certification training
• Hypnotherapy - BAHH
• Cognitive-Behavioral Therapy
• Hypnomonodrama – authorial method



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WHY HYPNOSIS? INTEGRATION OF EMOTIONAL TRANSFER AND HYPNOSIS IN A MODEL OF SUBOPTIMAL SUBLIMINAL PSYCHOTHERAPY

By
Zdzisław Sybilski
Katarzyna Fryszka

WHY HYPNOSIS?

The integration of proactive transfer, retroactive transfer, emotions, flipnosis, and hypnosis into a single network of mechanisms results in a re-evaluation of emotions associated with feelings. Feelings give meaning and direction to our actions; they serve as motivation and a driving force toward achieving specific goals or rewards. In the experimental model we developed, emotions such as disgust, fear, or happiness-through mechanisms of transfer and the dynamic state of hypnosis - affect the modification of more stable and complex feelings. In this way, the psychotherapeutic goal is achieved in a non-standard and precisely targeted manner. In our neuroscience laboratory, we define transfer as “the influence of an initial material (A) on the material that follows it (B).” Analogously, retroactive transfer refers to the influence of material B on the preceding material A. Based on the assumption that two distinct systems activating specific psychophysiological mechanisms can interact with each other; we aim to describe in detail the physiological bases of particular states of mind.

This topic has intrigued researchers since the early 20th century. Although many early theories have faded into history, it is now clear that the transfer of behavioural or emotional patterns from one situation to another can have either an activating (positive transfer) or deactivating (negative transfer) effect. The study of emotions - grounded in the work of Paul Ekman, Joseph LeDoux, and Antonio Damasio - provides a foundation for the development of behavioural psychotherapy theories. In our approach, we use flipnosis - a preparatory method that helps patients accept hypnosis as a coexisting technique within subliminal psychotherapy conducted at a suboptimal level. Within this framework, hypnosis serves as a state of consciousness that facilitates specific emotional and cognitive experiences. It provides a space for insight, meditation, and the programming of stable post - hypnotic conditioning patterns.

Suboptimal Subliminal Stimulation

The term suboptimal subliminal stimulation refers to a stimulus presented for approximately 220 milliseconds - long enough to be partially perceived, but too brief for full conscious recognition. This temporal window plays a crucial role in the formation of intentionally conditioned emotional responses. We empirically defined these time parameters during our research on the registration of emotional reactions evoked by images, conducted for the European Space Agency. Historically, attempts to eliminate pathological reactions relied on aversive methods such as electric shocks. Although effective under conditions of real threat, such methods were later abandoned due to ethical and humanitarian concerns. Our approach focuses instead on classical conditioning —not as punishment, but as a means of modifying emotional responses.

The essential question was not which reaction should be eliminated, but what should serve as the signal ("bell") to trigger or inhibit that reaction. The answer was found in the emotion of disgust. According to Ekman's classification, disgust occupies a central position among primary emotions. While psychology often emphasizes fear, aggression, or depression, emotions such as contempt, disgust, surprise, and even happiness are frequently neglected. In our research, disgust proved to have a significant physiological impact, as confirmed by HRV and RSG measurements. Analysis of its latency, intensity curve, and extinction phase (using our proprietary equipment and software, 96% accuracy) demonstrated its strong psychophysiological influence.

The Role of Hypnosis in the Therapeutic Procedure

Hypnosis serves as the integrative element unifying the entire process of suboptimal subliminal conditioning. Within the developed model, we undertook the challenge of extinguishing paedophilic responses - one of the most difficult tasks in psychotherapy. The participant, motivated by personal reasons, had never been publicly labelled or convicted as a paedophile. The procedure consisted of several stages: 1. Patient consent - conscious acceptance of participation in the therapeutic model. 2. Flipnosis – preparatory induction involving explanation of the purpose and expected benefits. 3. Selection of visual material - images of erotic and disgust-eliciting content (monitored psychophysiological). 4. Therapeutic model programming - defining the number of images, exposure duration, inter stimulus intervals (particularly between erotic and disgust-inducing stimuli), and their sequence within proactive and retroactive transfer paradigms. Each session lasted no longer than 15 minutes. 5. Hypnogenic session-initiated with autogenic training while recording HRV and RSG to capture the physiological course of hypnosis.

The session concluded with the formulation of post-hypnotic suggestions consistent with conditioning principles, reinforcing the desired behavioural modification. Hypnosis itself is not a cure it functions as a co-participating method that supports other therapeutic processes. In our model, it does not serve as a conscious attempt to suppress disorders but rather weakens maladaptive reactions subject to reconditioning. This model has shown effectiveness not only in the treatment of deviant sexual behaviours but also in improving nutritional hygiene, managing hypertension, treating exogenous asthma, and enhancing athletic performance. Subliminal-suboptimal psychotherapy has thus become an integral part of behavioural treatment frameworks. Is hypnosis indispensable in this model? Perhaps not but we would never consider abandoning it in suboptimal conditioning.Why? Because hypnosis actively participates throughout the process-from flipnosis to autogenic training shaping beliefs about goal achievement and energizing the entire therapeutic procedure. The effectiveness of this method lies in the synergy between suboptimal subliminal exposure and the hypnoidal state, forming a harmonious framework for applied psychotherapy. Hypnosis serves as a scientifically validated catalyst for reconditioning processes, enhancing the precision and durability of changes induced by suboptimal subliminal stimulation. Integrating it into the procedure creates a coherent, neurophysiologically grounded model of intervention that elevates therapeutic effectiveness beyond the level achievable through stimuli alone.

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PRINCIPLES OF ERICKSONIAN CLINICAL PRACTICE IN THE DIGITAL ERA: NATURALISM, UTILIZATION, AND TAILORING IN THE AGE OF AI

By
Fabio Carnevale

The principles of Ericksonian hypnotherapy—naturalism, utilization, and tailoring—take on a profound new significance within the contemporary landscape of generative artificial intelligence and computational medicine, necessitating a rigorous epistemological reflection for the modern clinician. As AI excels at standardizing and processing vast statistical patterns, Erickson's approach remains rooted in the irreducible specificity of the human experience, where naturalism dictates that hypnosis is not an artificial construct but an evocation of latent neurophysiological processes. In our current era, this principle must address the "digital trance"—the often dissociative and passive state induced by algorithmic scrolling—by strategically pivoting the patient toward an active, therapeutic trance that reclaims their intrinsic ultradian rhythms, as documented in the foundational work of Rossi and Barber. This leads directly into the core tenet of utilization, which compels the practitioner to accept and ratify every element the patient brings to the session, including their complex relationship with technology itself. Rather than opposing the "cyberchondria" or the data-driven anxieties of the modern patient, the Ericksonian clinician utilizes these as manifestations of a fundamental need for control, rechanneling them into a focused monitoring of somatic signals. This utilization can now be augmented by "small data"—the micro-cues such as subtle shifts in skin tone or respiratory frequency —where AI might eventually serve as a "third eye" for the clinician, offering real-time biometric feedback to capture physiological shifts that elude the naked eye. However, the true clinical "gold standard" remains tailoring, the antithesis of the statistical flattening inherent in Large Language Models. While an AI might generate syntactically perfect scripts based on demographic probabilities, it lacks the resonant presence and the capacity for neurophysiological mirroring required for true tailoring. The Ericksonian clinician operates within the "kairotic moment," that unpredictable instant of clinical insight where a resistance is transformed into a resource, a leap of logic that remains outside the reach of linear computation. This creates a new hybrid paradigm of "Hypnotherapy 4.0," where AI may function as an architect of personalized materials while the human therapist remains the helmsman of the relational field. By integrating digital phenotyping and technological tools without sacrificing the biological and symbolic uniqueness of the encounter, the physician and psychologist can maintain Erickson's principle of economy, ensuring that the therapeutic process remains a sacred, non-codifiable communication between two unconscious minds.

Furthermore, the integration of artificial intelligence into clinical practice raises a fundamental question that resonates with the distinction between suggestive and evocative approaches, masterfully explored by Jeffrey Zeig and Kaloyan Tanev in their 2019 contribution, Evocative Communication and Hypnosis. While suggestive communication operates directly by providing the patient with prefabricated content and solutions—a model that AI can replicate with extreme efficiency through the generation of standardized scripts—the evocative approach moves in the opposite direction: it does not "install" information, but rather "extracts" resources.

According to Zeig and Tanev, the essence of hypnosis lies in the therapist's ability to utilize a "palette of colours" composed of gestures, pauses, tonalities, and metaphors to elicit an autonomous response and an internal realization within the patient.

In this context, AI risks becoming a merely suggestive tool if used to "write the change" on behalf of the patient; however, from an Ericksonian perspective, the challenge lies in utilizing algorithmic data not as pre-established truths, but as "seeds" to stimulate the creativity of the unconscious system. The clinical implementation of AI must therefore serve to enhance the therapist's ability to "create the dots without connecting them," allowing the patient’s intuition to make the final logical leap.

Only in this way does technology cease to be a dispenser of suggestions and become a catalyst for evocative experiences, respecting the relational complexity that Zeig and Tanev identify as the true engine of identity-based and phenomenological change.



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The World of Research



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Research Reflections

By
Peter Naish

It has not been my habit to be critical of people's research papers when I try to summarise and explain what they have published. I see my role as bringing to my readers' attentions material which I hope they will find interesting, and perhaps even helpful, and so save them from having to wade through the literature themselves. However, on this occasion I may sound a little critical; certainly I am perplexed.

The publication that has provoked my puzzlement is by Dell (2023). The title of this paper asks a question: What is the Source of Hypnotic Responses? In a sense he doesn't say very much that is new, although he takes 13 pages not saying it - and that is not counting the references, which are extensive. The topics of the paper are hypnosis and suggestibility, and the principal thesis, it seems to me, is that hypnosis does not enhance suggestibility. This has been recognised for a long time, with studies showing that using a hypnotic susceptibility test on unhypnotized people compared with hypnotized, produced a difference in test scores that was at best modest, and not always in favour of hypnosis! In the non-hypnosis condition people were simply asked to listen to the test suggestions and try to 'imagine along with' what was said; there was nothing that equated with a formal hypnotic induction. Almost 30 years ago Irving Kirsch (Kirsch, 1997) said of this kind of result that the tests could no longer be linked to our then ideas concerning hypnosis. Either the tests would have to be seen simply as measures of (waking) suggestibility, or hypnosis would have to be described in other ways than 'a state of enhanced suggestibility'.

Dell then goes on to answer the question of his title by saying that the source of the responses is internal to the person treated, rather than the hypnotist. Well, this is not new either; we are all familiar with the notion that hypnosis comes from within. To give him his due, Dell frequently admits that his ideas are not new, but extrapolates from them to say that the concepts of suggestibility, a hypnotic state and even hypnosis itself should all be rejected. I will not comment upon the idea of rejecting hypnosis, because if a 'state' can be identified then something exists and we might as well call it hypnosis. There is a great deal of scientific research that addresses this issue. I cannot imagine why Dell sees the concept of hypnosis as being detrimental to its scientific acceptance. That may have been true once (and there may be lingering 'antis' just as there are in other disciplines) but the volume of literature today attests to the enduring appeal of hypnosis as both a subject of, and tool for research. I will briefly mention just two papers.

First let me remind you of the well-known 'slowing' effect of hypnosis; the process that leads people at

the end of a session to be surprised at how long it had lasted. This is not just a result of them being occupied with therapeutic matters or the like. I demonstrated (Naish, 2001) that, even with attention fully focussed on the timing task, an inner timing mechanism was running more slowly. This is not something that people simply decide to do, nor is there any suggestion involved; it must be a by product of something else that has changed. A very different study used EEG to detect what that change might be. Jamieson and Burgess (2014) used EEG both before and after a hypnotic induction, testing both hypnotic highs and lows. They were looking to see what changes took place in the way that different circuits in the brain communicated with each other. Again, no specific suggestions were given. Their principal finding was an increase in 'traffic' around what they referred to as a central-parietal 'hub'. This finding was confined to the hypnotic state: i.e. highs, during hypnosis. There is something that the brain does differently when in this state. For the present at least, it seems reasonable to call that state hypnosis.

What of 'suggestibility', is that still a word worth using in the hypnosis context? Let me outline another piece of research. Suppose you press the button of a doorbell and a brief time later you hear a bell ring. As long as the interval between the two was not too long, you feel that you were the cause of that ring. Moreover, you will underestimate the duration of the brief pause. Curiously, had someone else taken your hand and pressed your finger against the button, then you would not underestimate the length of gap. The shortening effect is termed temporal binding, and it was investigated by Lush et al. (2017). They used a laboratory version of the doorbell system, comparing hypnotised people's time estimate for a voluntary press of a button with a press that the experimenter caused by moving the participant's finger for them. I have just explained the impact of that of course, but the researchers had an interesting addition. There was a phase of the experiment where the hypnotised participants were told that their finger would move by itself, as if someone else was moving it – effectively like an arm levitation, but reduced down to one finger. Would the sense of involuntariness actually have an effect on time estimates, just as true involuntariness does? The answer was 'Yes', for hypnotic highs, although not for lows.

Presumably to the displeasure of Dell, the title of the paper I have just summarised began, 'The Power of Suggestion'. Dell's preferred term for what most of us call hypnosis is the 'ability-to-alter-personal-experience' model. No one today would take issue with the label, except that it is a bit of a mouthful. It is an accurate description of an ability that we all have, to a greater or lesser degree, and which underpins hypnosis. Unfortunately the lengthy substitute term does not help to explain how the process occurs. Moreover, hypnotic highs do not know themselves how they achieve the effects. Nevertheless, a suggestion is required in order for the effect to emerge. The phenomenon described above would not have occurred if the participants had not received a suggestion, telling them that there would be a feeling of 'happening by itself'. It is easy to see why people in the past have assumed that hypnosis enhanced suggestibility: suggestions were required to indicate what was expected, and they worked only with the hypnotically susceptible. What was not apparent at that time is that the suggestions would also have worked with those hypnotically susceptible people, if there had been no elaborate hypnotic induction. That does not imply that they had achieved the same effect by different means; they were still in the state we call hypnosis, although probably not reproducing the

traditional signs, because they had not had the traditional induction.

Does any of the above have any relevance outside the laboratory? I think it does. The majority of people treated by clinicians are not hypnotic highs; they require careful guidance to achieve the looked-for effects. Simply to tell a person that they have an in-built ability to alter their experience seems to me to come close to telling them, “You have a natural ability, so go away and get over it!” How much better to explain that hypnosis may well help, that it is a natural process and that you will help them to find a solution. The good news, as I am sure all my readers know, is that this approach works.

Cognitive Behavioural Therapy (CBT) has become the go-to treatment for many conditions, but Kirsch et al. (1995) concluded that combining CBT with hypnosis resulted in significant improvements over the CBT alone. I treated a PTSD sufferer who gave up her CBT treatment because it was making her worse. A few sessions of hypnosis, in which she did the work and I merely gave suggestions, had her fully recovered.

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Update from the ESH Research Project
December 2025

By
Randi Abrahamsen

EUROPEAN SOCIETY OF HYPNOSIS

ESH RESEARCH PROJECT

The therapeutic effectiveness of hypnosis



As the year draws to a close, I would like to extend my sincere thanks to everyone who has contributed your time and energy to the ESH research project. Whether you have worked on translations for the ESH Research webpage, helped spread knowledge about the project within your society, or supported the recruitment of patients, your efforts are truly appreciated.

A special thank you goes to Angela Cotza from SIPMU, Italy, for her remarkable work in creating videos subtitled in multiple languages—both the invitation from Peter Naish (the creator of the project) encouraging clinicians to participate, and the multilingual cartoon videos designed to inform patients. You can find these videos on our ESH Research YouTube channel: www.youtube.com/@Hypnosis_Research/videos Please feel free to share them within your society, especially on social media.

The ESH Research webpage, which collects data from patients, is now available in Danish, Dutch/Flemish, English, French, Italian, Spanish, Swedish, and Ukrainian. All information can be found on our website www.esh-hypnosis.eu/esh-research-project/

If you need further details, please contact me at randiabrahamsen@hotmail.com or Nicola at central office.

We have also formed a research group that meets regularly online to exchange ideas and support the improvement of the project.

Since Peter Naish initiated the ESH research project some years ago, it has been a long journey to translate questionnaires and information into several languages, and to inspire and inform interested societies. The most important task now is encouraging patients and clients to participate. Despite our collective efforts, only limited data has been gathered so far. Many clinicians and their patients/clients express interest and support the idea, yet only a small number of patients actually visit the webpage to enter their data.

In the coming year, we hope you will find renewed energy to participate together with your patients. ESH truly needs your help to collect this important data, which we expect will help answer essential questions such as: Which conditions respond best to hypnosis? Do some people respond better than others?

To those of you who celebrate Christmas, I wish you a very Merry Christmas. I hope you enjoy a peaceful holiday surrounded by friends and family. May the New Year bring you good fortune and plenty of joy together with peace and harmony in the world.

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Constituent Societies Overviews



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French Corner

By Gérard Fitoussi

Congrès

J'avais déjà évoqué dans mon précédent « French Corner » l'organisation du colloque de la Salpêtrière célébrant le 200e anniversaire de la naissance de J.-M. Charcot, organisé par l'AFHYP, présidée par le Dr E. Gibert, dans les lieux mêmes où Charcot a travaillé, à l'hôpital de la Salpêtrière. Cette rencontre a permis de redécouvrir la vie et l'œuvre de Charcot. Défricheur et découvreur, il a profondément marqué le domaine de la neurologie, mais son héritage scientifique et culturel s'étend bien au-delà : il touche également la gériatrie, la rhumatologie, ainsi que la place déterminante qu'il a accordée à l'hypnose.

L'aura de Charcot a en effet légitimé la pratique hypnotique et ouvert de nouvelles possibilités à des médecins du monde entier — en Italie, au Japon, en Allemagne — qui ont pu, en s'appuyant sur sa réputation, utiliser l'hypnose au grand jour. Un homme et une œuvre à redécouvrir.

Cette rencontre a également permis d'entendre les exposés du Pr Catala sur la place de Charcot dans l'histoire de la médecine, la présentation du Dr Charles Jousselin sur la querelle entre l'école de Charcot et celle de Bernheim à Nancy, ainsi qu'une réflexion du philosophe Vincent Cespedes sur l'hystérie masculine, ou « testérie ». Un colloque qui a tenu ses promesses et a permis de mieux connaître cette figure majeure de la médecine moderne et qui devrait se prolonger par la publication des actes de cette journée.

Livres

Antoine Bioy, Evelyne Josse, *Le grand livre des scripts hypnotiques*, Paris, Dunod, 2025.

Sous la direction d'Antoine Bioy et d'Evelyne Josse, ce nouvel ouvrage constitue une contribution à l'enrichissement des connaissances dans le domaine de l'hypnose.

Les auteurs proposent un ensemble de scripts thérapeutiques conçus non comme des protocoles à appliquer de manière rigide, mais comme des pistes, des orientations possibles.

Ces scripts offrent ainsi aux praticiens un cadre qu'ils peuvent suivre, adapter ou entièrement réinventer en fonction des besoins singuliers de chaque patient, conformément à l'esprit même de la pratique hypnotique contemporaine, qui privilégie la personnalisation et l'ajustement clinique.



Par sa démarche, ce livre s'inscrit dans la continuité de la littérature de référence destinée aux professionnels de l'hypnose. Il vient notamment compléter l'ouvrage désormais classique de Corydon Hammond, Métaphores et suggestions en hypnose, largement reconnu pour la richesse de ses outils et de ses exemples cliniques. L'ouvrage dirigé par Bioy et Josse s'ajoute ainsi à ce corpus essentiel, en offrant aux praticiens un matériel renouvelé, pertinent et immédiatement mobilisable dans leur pratique quotidienne.

Il convient également de saluer le travail des éditions Dunod, qui contribuent de manière significative à la diffusion du savoir en publiant régulièrement des ouvrages de référence dans le domaine de l'hypnose.

Revue Hypnose et thérapies brèves, Nov. Dec. 2025, N°79.

Le numéro 70 de la revue HTB consacre son dossier central à la dépression, un thème d'une importance majeure, tant en raison de la souffrance considérable qu'elle engendre que de la place croissante qu'elle occupe dans nos sociétés contemporaines. Ce choix éditorial témoigne de la nécessité d'approfondir la compréhension de ce trouble et d'en diversifier les approches thérapeutiques.

On signalera également un article particulièrement intéressant portant sur les différences — mais aussi les points de convergence — entre l'hypnose de spectacle et l'hypnose thérapeutique. Cette mise en perspective permet d'éclairer les représentations parfois confuses du public et contribue à une meilleure compréhension des enjeux propres à la pratique clinique de l'hypnose.

La revue rassemble un ensemble d'articles qui présentent des situations cliniques variées ainsi que des modalités d'intervention singulières, propres aux praticiens qui les exposent. Bien que ces contributions reflètent des expériences individuelles, elles offrent simultanément des ressources précieuses susceptibles d'être transposées ou adaptées par d'autres professionnels confrontés à des problématiques similaires.



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French Corner

By Gérard Fitoussi

I had already mentioned in my previous “French Corner” the organization of the Salpêtrière symposium celebrating the 200th anniversary of the birth of J.-M. Charcot (1825-1893), organized by AFHYP, chaired by Dr. E. Gibert, in the very place where Charcot worked, at the Salpêtrière Hospital. This event made it possible to rediscover the life and work of Charcot.

A trailblazer and discoverer, he profoundly shaped the field of neurology, but his scientific and cultural legacy extends far beyond it: it also encompasses geriatrics, rheumatology, and the decisive place he assigned to hypnosis.

Charcot’s aura indeed legitimized the practice of hypnosis and opened new possibilities for physicians around the world — in Italy, Japan, and Germany — who, relying on his reputation, were able to use hypnosis openly. A man and a body of work to rediscover.

This event also offered an opportunity to hear presentations by Prof. Catala on Charcot’s place in the history of medicine, by Dr. Charles Jousselin on the quarrel between the school of Charcot and that of Bernheim in Nancy , as well as a reflection by the philosopher Vincent Cespedes on male hysteria, or “testeria.” A symposium that lived up to its promises and made it possible to gain a better understanding of this major figure of modern medicine, and which should be followed by the publication of the proceedings of this day.

Books

Antoine Bioy, Evelyne Josse, *Le grand livre des scripts hypnotiques*, Paris, Dunod, 2025.

Under the direction of Antoine Bioy and Evelyne Josse, this new book contributes to the enrichment of knowledge in the field of hypnosis.

The authors offer a set of therapeutic scripts designed not as protocols to be applied rigidly but as pathways, as possible orientations.

These scripts thus provide practitioners with a framework they can follow, adapt, or entirely reinvent according to the specific needs of each patient, in keeping with the very spirit of contemporary hypnotic practice, which favors personalization and clinical adjustment.

Through this approach, the book situates itself within the continuity of the reference literature intended for hypnosis professionals.
It notably complements the now-classic work by Corydon Hammond, Metaphors and Suggestions in Hypnosis, widely recognized for the richness of its tools and clinical examples.

The volume directed by Bioy and Josse thus adds to this essential corpus, offering practitioners renewed, relevant, and readily usable material for their daily practice.
It is also appropriate to acknowledge the work of Dunod Publishers, who contribute significantly to the dissemination of knowledge by regularly publishing reference works in the field of hypnosis.

Hypnose et thérapies brèves, Nov.–Dec. 2025, No. 79.

Issue 79 of the HTB journal devotes its central dossier to depression, a subject of major importance, both because of the considerable suffering it causes and the increasingly prominent place it occupies in contemporary societies. This editorial choice reflects the need to deepen our understanding of this disorder and to diversify therapeutic approaches.

One may also note a particularly interesting article on the differences — but also the points of convergence — between stage hypnosis and therapeutic hypnosis. This comparison helps to clarify the sometimes-confused representations held by the public and contributes to a better understanding of the issues specific to the clinical practice of hypnosis.

The journal brings together a set of articles presenting varied clinical situations and the distinct intervention methods used by the practitioners who describe them.

Although these contributions reflect individual experiences, they simultaneously provide valuable resources that may be transposed or adapted by other professionals facing similar issues.



Italian Corner

By
Maria Cristina Perica

XIX Congress of the Italian Society of Hypnosis: from Creativity to Tailoring in Hypnosis



The XIX Congress of the Italian Society of Hypnosis was held from November 6 to 9 in two wonderful Italian cities, Lucca and Viareggio. Lucca, home to a famous international comic book fair, hosted the Pre-Congress entitled “Creativity with Hypnosis, Creativity in Hypnosis”. Jeffrey Zeig opened the event with a workshop on advanced induction techniques and a live demonstration. Fabio Carnevale followed with a workshop in which he illustrated the techniques described in narrative form, generating a shared hypnotic experience within the audience.

The centerpiece of the Pre-Congress took place in the afternoon: Camillo Loriedo conducted a live demonstration with a visually impaired painter, giving us the opportunity to observe the increased plasticity and creativity promoted by hypnosis. The day also provided an occasion to celebrate Jeffrey Zeig's birthday.

The Italian audience expressed their profound esteem and affection for this master in the field of hypnosis and psychotherapy, complete with a birthday cake and a special gift.

The Scientific Program of the Congress, themed “Tailoring: the personalization of hypnotic treatment” was held in Viareggio. A broad audience of psychologists, psychotherapists, medical doctors and researchers attended the event both in person and online.

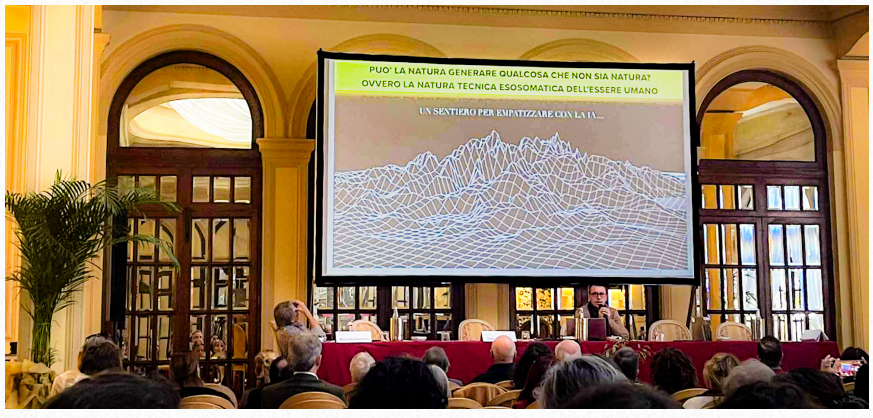


The Congress opened with Jeffrey Zeig's keynote “Essentials of an Ericksonian Approach”, followed by Giuseppe De Benedittis' keynote “Precision hypnosis in the treatment of chronic pain”.
Among the invited speakers were Julie Annè, who led a workshop on Complex Trauma, and Enayat Shahidi, who provided technical tools and a live demonstration of the elements that constitute Tailoring.

On Saturday, November 8, Camillo Loriedo, President of the Italian Society of Hypnosis, opened the day with the keynote “Tailored Therapy: the construction of Tailoring in Ericksonian Hypnotherapy”, followed by Fabio Carnevale's original and innovative contribution “Tailoring for Artificial and Generative Intelligence” and Maria Cristina Perica's presentation “Foreshadowing: co-creation and sharing in Hypnotherapy”. The conclusion of the Congress fully reflected the scientific and clinical richness of the event: Camillo Loriedo commented on a clinical case video illustrating the use of hypnosis in a conversion disorder (now referred to as functional neurological disorder), integrated with a couple hypnotherapy intervention, and provided methodological and practical guidance for clinicians.

During the closing panel, the Board of Directors of the Italian Society of Hypnosis thanked speakers and participants for contributing to the creation of a unique atmosphere of exchange and sharing.

They also presented two upcoming events for the national and international hypnosis community: the XX Congress of the Italian Society of Hypnosis, to be held in Rome from 19 to 22 November 2026, and the XXIII Congress of the International Society of Hypnosis, entitled “Connecting Minds and Integrating Resources”, which will take place in Paestum, Italy, from 29 September to 3 October 2027.



Italian Corner

Di
Maria Cristina Perica

XIX Congresso della Società Italiana di Ipnosi: dalla Creatività al Tailoring in Ipnosi



Il XIX Congresso della Società Italiana di Ipnosi si è svolto dal 6 al 9 novembre in due splendide città italiane, Lucca e Viareggio. Lucca, sede di una famosa fiera internazionale del fumetto, ha ospitato il Pre-Congresso intitolato “Creatività con l’ipnosi, creatività nell'ipnosi”.

Jeffrey Zeig ha aperto l’evento con un workshop sulle tecniche di induzione avanzata e una dimostrazione dal vivo, seguito da Fabio Carnevale, che ha illustrato le tecniche descritte in forma narrativa, generando un'esperienza ipnotica condivisa tra il pubblico.

Il momento centrale del pomeriggio si è svolto con Camillo Loriedo, che ha condotto una dimostrazione dal vivo con una pittrice ipovedente, offrendo l’opportunità di osservare l'accresciuta plasticità e creatività favorite dall'ipnosi.

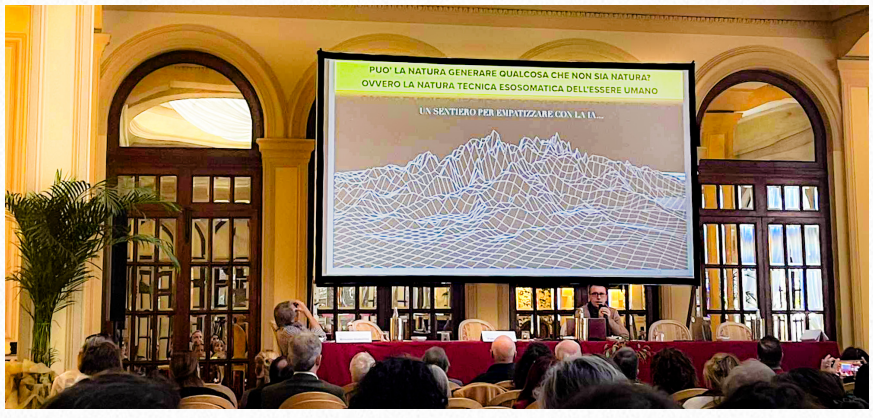
La giornata è stata anche l'occasione per festeggiare il compleanno di Jeffrey Zeig: il pubblico italiano ha espresso la sua profonda stima e il suo affetto per questo maestro dell'ipnosi e della psicoterapia con una torta e un regalo speciale.

Il programma scientifico del Congresso, dedicato al tema “Tailoring: la personalizzazione del trattamento ipnotico”, si è tenuto a Viareggio, richiamando una vasta platea di psicologi, psicoterapeuti, medici e ricercatori, sia in presenza che online.



Il Congresso si è aperto con la lectio magistralis di Jeffrey Zeig, "Fondamenti dell'approccio ericksoniano", seguita dall'intervento di Giuseppe De Benedittis su "L'ipnosi di precisione nel trattamento del dolore cronico".
Tra i relatori invitati, Julie Anné ha condotto un workshop sul trauma complesso, mentre Enayat Shahidi ha fornito strumenti tecnici e una dimostrazione dal vivo degli elementi che costituiscono il tailoring.
Sabato 8 novembre, Camillo Loriedo, Presidente della Società Italiana di Ipnosi, ha inaugurato la giornata con la relazione "Terapia su misura: la costruzione del tailoring nell'ipnoterapia ericksoniana", seguita dall'originale e innovativo contributo di Fabio Carnevale, "Tailoring per l'intelligenza artificiale e generativa", e dalla presentazione di Maria Cristina Perica, "Foreshadowing: co-creazione e condivisione in ipnoterapia". La conclusione del Congresso ha rispecchiato appieno la ricchezza scientifica e clinica dell'evento: Camillo Loriedo ha commentato il video di un caso clinico sull'uso dell'ipnosi in un disturbo di conversione (oggi definito disturbo neurologico funzionale), integrato con un intervento di ipnoterapia di coppia, fornendo preziose indicazioni metodologiche e pratiche per i clinici.

Durante la tavola rotonda conclusiva, il Consiglio Direttivo della Società Italiana di Ipnosi ha ringraziato relatori e partecipanti per aver contribuito a creare un'atmosfera unica di scambio e condivisione, presentando inoltre due futuri appuntamenti per la comunità scientifica nazionale e internazionale: il XX Congresso della Società Italiana di Ipnosi, che si terrà a Roma dal 19 al 22 novembre 2026, e il XXIII Congresso della Società Internazionale di Ipnosi, intitolato "Connettere le menti e integrare le risorse", che avrà luogo a Paestum dal 29 settembre al 3 ottobre 2027.



El Rincón en español

Por
Isidro Pérez Hidalgo

¿Se puede hacer la hipnosis de un modo ecléctico?

Cuando practicamos hipnosis, siempre contamos con muchas posibilidades porque podemos decir que esta técnica tiene una amplitud que resulta desbordante, incluso para los que llevamos muchos años en la práctica clínica. Sabemos que como se ha dicho en muchas ocasiones, la hipnosis es como una jeringuilla en la que podemos introducir elementos muy diferentes. Sin embargo, a veces estamos en desacuerdo incluso en si existe realmente algo que podemos consensuar como “hipnosis”. Dudamos incluso de si existe tal jeringuilla.

Hay grandes nombres de la hipnosis clínica. Pero, ¿Qué tienen en común T.X. Barber, André Weitzenhoffer o Milton Erickson? Realmente, las diferencias son muchas, como cualquier estudioso de la hipnología sabe sobradamente. ¿Es importante la inducción hipnótica? ¿Sirve de algo la profundización? ¿Es mejor utilizar sugestiones directas o indirectas? Realmente, podríamos hacer una lista mucho más larga de preguntas que puede confundir al lector que se está iniciando en esta técnica. Podemos decir que hay tres grandes tendencias en la hipnosis actual:

Hipnosis basada en principios cognitivo conductuales. Hipnosis basada en principios psicodinámicos. Hipnosis naturalista.

Seguramente, se nos ocurren más enfoques. Sin embargo, para intentar simplificar podemos reducir nuestro esquema a esas tres orientaciones terapéuticas. Por supuesto, la autohipnosis también estaría condicionada por las tendencias mencionadas, porque el clínico seguramente instruirá a sus pacientes de acuerdo a sus propios principios de trabajo en su práctica. Saber mucho de diferentes formas de terapia parece aconsejable para poder aproximarse al paciente con las máximas garantías, pero resulta difícil ya que un conocimiento profundo de las distintas orientaciones de la hipnosis lleva muchos años de estudio y aplicación, así que muchos hipnólogos se decantan por una de las corrientes principales y se dedican íntegramente a su práctica clínica desde esa perspectiva, lo cual es perfectamente respetable.Pero también creemos respetable, y ha habido diferentes autores que han mantenido esta postura al declararse eclécticos en su concepción de la hipnoterapia.

¿Cómo combinar enfoques tan dispares? ¿Se puede ser conductista, dinámico y ericksoniano al mismo tiempo?

Desde luego, en lo que parece que estamos todos de acuerdo es en la importancia que tiene la relación con el paciente; esa parte en la que todos podemos estar un poco de acuerdo con Carl Rogers. Todos somos un poco humanistas.

Paul Sacerdote fue uno de los primeros autores en los años´70 en hablar de hipnosis ecléctica, aunque ya a principios del siglo XX se había abogado por la psicoterapia ecléctica, desde la premisa de que una orientación unidireccional en la clínica se verá inevitablemente limitada y en los años posteriores se va desarrollando una psicología integrativa, con las aportaciones de autores como Frederick Thorne o Richard Erskine.

Volviendo a la hipnosis, en cierto modo podemos considerar que Milton Erickson era un ecléctico, que no estaba interesado en una teoría que fuera eje del trabajo terapéutico, sino que se abría a una amplia gama de posibilidades e innovando constantemente.

En los años´80 del siglo XX también Daniel Brown y Erika Fromm proponen un modelo de hipnosis multimodal dentro del campo de la medicina conductual. Es decir que el eclecticismo tanto en la psicoterapia en general, como en la hipnosis clínica ha estado siempre ahí, con mayor o menor presencia en los siglos XX y XXI.

En la Sociedad Hipnológica Científica, radicada en España, pero que cuenta también con miembros de otros países creemos que el modelo de hipnosis ecléctica es factible, pero ¿Cuáles son las claves para que este modelo sea eficaz en la práctica clínica?

Siendo conscientes de que a falta más trabajo de investigación que confirme nuestros puntos de vista, podemos proponer los siguientes puntos:

La relación hipnótica es un elemento esencial que en sí es terapéutico y común a cualquiera de los enfoques de hipnoterapia basada en la evidencia.

El clínico debe manejar sugestiones directas e indirectas, sabiendo que, a mayor resistencia, menor directividad.

La hipnosis debe formar parte de un paquete terapéutico, que incluye también otras técnicas no hipnóticas, también en medicina como en psicología.

A pesar de que sabemos la facilidad con que se elaboran falsos recuerdos, en determinados casos, la regresión o el puente afectivo pueden ser herramientas muy útiles para restructurar la interpretación de la realidad por parte del paciente.

El terapeuta puede usar la autohipnosis como una técnica potenciadora de sus habilidades en el manejo del caso, bien sea en forma de trance sincronizado con el paciente o como recurso para estudiar el caso cuando el paciente no esta presente. Esto no excluye ningún modelo de hipnosis clínica.

Estudiar el autodiálogo del paciente será fundamental desde cualquier punto de vista.

La disociación, en sus diferentes formas será tenida en cuenta en todos aquellos casos clínicos en los que empleemos hipnosis.

Sabemos que la terapia es ciencia y es arte al mismo tiempo, por ello todo lo anterior tendría la flexibilidad necesaria para adaptarse a cada terapeuta y a cada paciente en esa interacción única que no admite protocolos rígidos, pero sí una base firme sobre la que sustentarnos.

Por último, eclecticismo es también la unión de varias personas en un trabajo terapéutico o de ayuda. Como sabemos, por la dinámica de grupos, un grupo no es solo una suma de elementos sino una interacción que en cierto modo se asemeja a una reacción química. Cuando la hipnosis se realiza con diferentes terapeutas, el grupo de receptores de la hipnosis sale favorecido.

En este sentido, tendré la suerte de compartir con figuras como Teresa Robles, Cecilia Fabre, Consuelo Casula y Arnoldo Téllez un “Retiro Hipnótico” abierto para profesionales de la salud y un público en general que se celebra en Ciudad de México los días 30 y 31 de mayo de 2026. Cinco aproximaciones distintas a la hipnosis y autohipnosis, pero con ese componente de cohesión que surge desde el inconsciente de cada uno. (Pueden ponerse en contacto con nosotros si quieren acudir presencialmente o en línea al correo artechc26@gmail.com).

Espero que esta breve exposición sobre el eclecticismo en la hipnosis, les inspire ideas validas, siempre desde un filtro individual.

Aprovecho la ocasión para desearles mis mejores deseos para el nuevo año.

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Spanish Corner

By Isidro Pérez Hidalgo

Can hypnosis be practiced in an eclectic way?

When we practice hypnosis, we always have many possibilities because we can say that this technique has a breadth that is overwhelming, even for those of us who have been practicing clinically for many years. We know that, as has been said many times, hypnosis is like a syringe into which we can inject very different elements. However, sometimes we disagree even on whether there really is something we can agree on as "hypnosis." We even doubt whether such a syringe exists. There are big names in clinical hypnosis. But what do T.X. Barber, André Weitzenhoffer, and Milton Erickson have in common? Actually, there are many differences, as any scholar of hypnology knows well. Is hypnotic induction important? Is deepening useful? Is it better to use direct or indirect suggestions? In fact, we could make a much longer list of questions that might confuse readers who are beginners at this technique.

We can say that there are three major trends in hypnosis today:

- Hypnosis based on cognitive-behavioural principles.
- Hypnosis based on psychodynamic principles.
- Naturalistic hypnosis.

We can surely think of other approaches. However, to simplify matters, we can reduce our outline to these three therapeutic orientations. Of course, self-hypnosis would also be conditioned by the aforementioned trends because clinicians will surely instruct their patients according to their own working principles in their practice. Knowing a lot about different forms of therapy seems advisable in order to approach the patient with the maximum guarantees, but it is difficult since a thorough knowledge of the different orientations of hypnosis takes many years of study and application, so many hypnologists opt for one of the main currents and devote themselves entirely to their clinical practice from that perspective, which is perfectly respectable. But we also believe it is respectable, and there have been different authors who have maintained this position by declaring themselves eclectic in their conception of hypnotherapy. How can such disparate approaches be combined? Can one be behavioural, dynamic, and Ericksonian at the same time? Of course, what we all seem to agree on is the importance of the relationship with the patient; that part where we can all agree a little with Carl Rogers. We are all a little humanistic. Paul Sacerdote was one of the first authors in the 1970s to talk about eclectic hypnosis, although eclectic psychotherapy had already been advocated at the beginning of the 20th century, based on the premise that a unidirectional approach in clinical practice would inevitably be limited. In subsequent years, integrative psychology developed, with contributions from authors such as Frederick Thorne and Richard Erskine.Returning to hypnosis, in a way we can consider Milton Erickson to have been an eclectic, who was not interested in a theory that was the backbone of therapeutic work, but was open to a wide range of possibilities and constantly innovating.In the 1980s, Daniel Brown and Erika Fromm also proposed a multimodal hypnosis model within the field of behavioural medicine. In other words, eclecticism in both psychotherapy in general and clinical hypnosis has always been present, to a greater or lesser extent, in the 20th and 21st centuries.

At the Scientific Hypnological Society, based in Spain but with members from other countries, we believe that the eclectic hypnosis model is feasible, but what are the keys to making this model effective in clinical practice?

Aware that more research is needed to confirm our views, we can propose the following points:

1. The hypnotic relationship is an essential element that is therapeutic in itself and common to any evidence-based approach to hypnotherapy.
2. The clinician must use direct and indirect suggestions, knowing that the greater the resistance, the less directiveness.
3. Hypnosis should be part of a therapeutic package that also includes other non-hypnotic techniques, both in medicine and psychology.
4. Although we know how easily false memories are created, in certain cases, regression or affective bridging can be very useful tools for restructuring the patient's interpretation of reality.
5. The therapist can use self-hypnosis as a technique to enhance their case management skills, either in the form of a trance synchronized with the patient or as a resource to study the case when the patient is not present. This does not exclude any model of clinical hypnosis.
6. Studying the patient's self-dialogue will be essential from any point of view.
7. Dissociation, in its different forms, will be taken into account in all clinical cases in which we use hypnosis.

We know that therapy is both a science and an art, so all of the above would have the necessary flexibility to adapt to each therapist and each patient in that unique interaction that does not allow for rigid protocols but does allow for a firm foundation on which to base ourselves.

Finally, eclecticism is also the union of several people in therapeutic or support work. As we know from group dynamics, a group is not just a sum of elements but an interaction that in some ways resembles a chemical reaction. When hypnosis is performed with different therapists, the group of hypnosis recipients benefits.

In this sense, I will be fortunate to share with figures such as Teresa Robles, Cecilia Fabre, Consuelo Casula, and Arnoldo Téllez a “Hypnotic Retreat” open to health professionals and the public, to be held in Mexico City on May 30 and 31, 2026. Five different approaches to hypnosis and self-hypnosis, but with that component of cohesion that arises from each person's unconscious. (You can contact us if you would like to attend in person or online at artechc26@gmail.com).

I hope that this brief overview of eclecticism in hypnosis inspires you with valid ideas, always from an individual perspective.
I would like to take this opportunity to wish you all the best for the new year.



IPNOMED BY ANDREA DI RUVO



Subject: IpnoMed Today – Training, Research, and the Continuity of Clinical Thinking in Contemporary Hypnosis

Dear Colleagues,

My name is Andrea Di Ruvo, psychologist and psychotherapist, member of the Board of IpnoMed – Italian Academy of Rapid Clinical Hypnosis, where I am responsible for the training of psychologists and for the development of applied models of hypnosis in clinical practice.

I would like to share some reflections on the work we are carrying out within IpnoMed, focusing on the continuity of the thought and clinical approach of Dr. Giuseppe Regaldo, on the methodological innovations currently in progress, and on the structure of our training programs.

The Legacy of Dr. Regaldo and the R.A.P. Method

Dr. Giuseppe Regaldo, gynecologist and founder of IpnoMed, made a significant contribution to the diffusion of medical and clinical hypnosis in Italy.
His approach, codified in the R.A.P. Method (*Ratify As Soon As Possible*), stands as a reference point for those who seek an effective, observable, and clinically applicable form of hypnosis.

The R.A.P. model is based on a key principle: to make the hypnotic experience perceptible from the very first moments, allowing the individual to “ratify” the trance with awareness and confidence. Through a codified sequence of steps – from focusing techniques to the calibrated use of nonverbal communication – the practitioner facilitates entry into a natural, stable, and therapeutically functional trance state.

It is a method that has proven effective in medical, psychological, and dental contexts, characterized by procedural clarity, scientific rigor, and adaptability to modern clinical needs.

“Hypnosis is simply a relationship full of attention and possibility.” – Milton H. Erickson

Today, IpnoMed’s work aims to honor and expand this legacy, deepening its theoretical foundations and integrating it with the most recent developments in psychology and neuroscience.

Innovation and Development: Toward a More Integrated Hypnosis

In recent years, the IpnoMed research and training group has developed new theoretical and practical tools to make hypnosis increasingly relevant to contemporary clinical contexts.

Among these, we are developing a model called the *Matrix Method*, designed to integrate the hypnotic dimension into clinical and psychological work, with particular attention to the **emergence and activation of unconscious resources** and to ethical and relational communication.

The method is structured around a few essential principles:

- **Activation of resources:** hypnosis as a means of reawakening latent potential, fostering self-regulation and wellbeing.
- **Integration of hypnotic dialogue into the therapeutic setting:** not only induction, but relational co-construction and therapeutic communication.
- **Rapid and contextual inductions:** consistent with the R.A.P. tradition yet modulated to fit the psychological or medical-clinical context.
- **Experiential learning through exercises, supervision, and case discussion:** a training approach rooted in lived experience rather than theoretical exposition alone.

“Hypnosis is not something done to someone, but something done together.” – Ernest Rossi

The Matrix Method is both a model and a pathway; it seeks to preserve continuity with Regaldo’s tradition while expanding and updating it, in full respect of the ethical and scientific standards that have always defined the Academy.

Structured Training: Courses, Supervisions, and Hypnosis Training Labs

Our training proposal is organized into three progressive levels, designed to suit different levels of professional experience and expertise:

• **Level One – Foundations of Clinical Hypnosis**
Introduction to trance phenomena, basic techniques, hypnotic communication, professional ethics, and the therapeutic setting.

• **Level Two – Advanced Applications**
Exploration of hypnotic language, applications across diverse domains, and clinical use of the R.A.P. model in different care contexts.

• **Level Three – Specialist Level**
Integration of the learned foundations within psychological, medical, and dental settings, allowing healthcare professionals to apply hypnosis within their specific fields of practice.

Complementing these, IpnoMed promotes **Hypnosis Training Labs** – practical sessions where participants and trainers work together on techniques, communication, and hypnotic processes in a climate of collaboration and experiential learning.

“Learn the technique, then forget it. Learn the person.” – François Roustang

We also offer supervision meetings, case study discussions, research protocol reviews, and the integration of innovative methodologies, including work on the *Matrix of Resources*.

A Multidisciplinary and Scientifically-Oriented Approach

One of IpnoMed’s strongest assets lies in its multidisciplinary structure: physicians, psychologists, dentists, nurses, physiotherapists, dental hygienists, and trainers work in synergy, fostering the exchange of experience and perspectives.

Clinical research, ongoing supervision, and careful attention to ethical and relational quality provide the framework in which our educational programs evolve.
This comprehensive approach, now coordinated by **Dr. Bice Properzi, Director of Training**, aims to preserve the tradition of rigor and humanity that has always distinguished IpnoMed.

“Hypnosis is the art of helping a person use their own mind and body to learn something new.” – Milton H. Erickson

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Collaboration and International Outlook

IpnoMed actively participates in the European scientific community and is currently collaborating in the new research project promoted by ESH, aimed at exploring the correlations between hypnotic processes, clinical effectiveness, and professional training.
It is a valuable opportunity to share experiences, contribute with data and reflections, and strengthen dialogue among European schools of hypnosis.

We were also present at the World Congress in Krakow 2024, where we presented an important scientific contribution by Dr. Regaldo, who, shortly before his passing, published studies in two scientific journals demonstrating the effectiveness of hypnosis in the treatment of obesity and its influence on hormonal balance — particularly on hormones regulating satiety (Peptide YY, Ghrelin, etc.) — highlighting the profound mind–body connection.

Conclusion

Ultimately, the work we are pursuing is a way of continuing a dialogue — between schools, between approaches, between tradition and innovation.
Within the European scientific community and the European Society of Hypnosis, we believe it is crucial to contribute with solid, verifiable, and shareable proposals, maintaining a constant balance between clinical effectiveness and profound respect for the individual.

“Every hypnosis is, in truth, a human encounter that opens possibilities.” – Stephen Gilligan

Thank you for your attention and for your interest in our work.
I remain available for discussion or any further exchange regarding training and research themes.

HYPNOSIS WITHOUT BORDERS

By
Kathleen Long

Hypnosis without Borders (SCIO), SC054664

Just a quick update on HWB. HWB has been granted charity status registered in Scotland as of the 22nd October 2025. I have held two recent meetings of those who are interested in being Trustees and office bearers and prepared to take on the legal and reporting responsibilities for the charity.

Both ESH and ISH supported the creation of HWB and hopefully now we have a registered charity status we can move forward and create more resources and raise funds to expand our work. This is I believe a great opportunity to not only provide education in hypnosis and meaningful input to populations in crisis but an opportunity to spread the word about hypnosis and how effective it can be particularly in treating PTSD , pain, anxiety and many other conditions precipitated by crisis situations. With a robust research and audit cycle built into the resources HWB provides, this will hopefully add to the credibility and interest in hypnosis worldwide.

As president of HWB I would like to thank the colleagues from ESH and ISH as well as other organisations who faithfully attended the meetings over the past two years and who have committed to moving the Charity forward. Boris Ivnyev designed our logo and with the charity number and this needs to be used on any correspondence from the Charity so that people know it is from the official charity. Wishing everyone a great festive season if you celebrate Christmas : Merry Christmas and a happy New year to everyone.

Kathleen Long MBChB MPH DRCOG

NLP Master Practitioner Prince 2

President Hypnosis without Borders (SCIO), SC054664

Past President ESH : ESH Board member

ESH XV11 Congress President 2026 Glasgow

President BSMDH Hon Chairperson BSMDH

Hon member BACD

BOOKS

FABIO CARNEVALE **"***Poetics of Psychotherapy. Evocation, Relationship, Care" (Ed. Franco Angeli)*



Poetics of Psychotherapy is a book that resists categorization: it is a manual, a treatise, and yet it is much more. It is an invitation to conceive psychotherapy as a living language, an art of encounter, and a form of embodied thought. Interwoven with literary, musical, and philosophical quotations, the writing moves between generative ambiguity and hypnotic evocations, following the aesthetic logic of Milton Erickson. It does not simply explain: it evokes, opens pathways, and allows internal images and associative movements to resonate. Reading thus becomes a transformative experience, hypnotic in its very unfolding. The book is structured like a tesseract: a non-Euclidean geometry of narratives and reflections that may be read sequentially or approached nonlinearly, literally or metaphorically, mirroring the complex and singular nature of the therapeutic process. Each chapter opens with a piece of music, an inner soundtrack that becomes the book's playlist: a symbolic threshold through which emotional landscapes and imaginative scenarios emerge as one reads.

*The final section gathers **168 hypnotic techniques**: not a prescriptive handbook, but a poetic map, a constellation of clinical insights resonating with the cited passages. An imaginative repertoire that invites the radical personalization of therapeutic work, transforming each encounter into a creative, unrepeatable act, deeply rooted in the patient's uniqueness.*

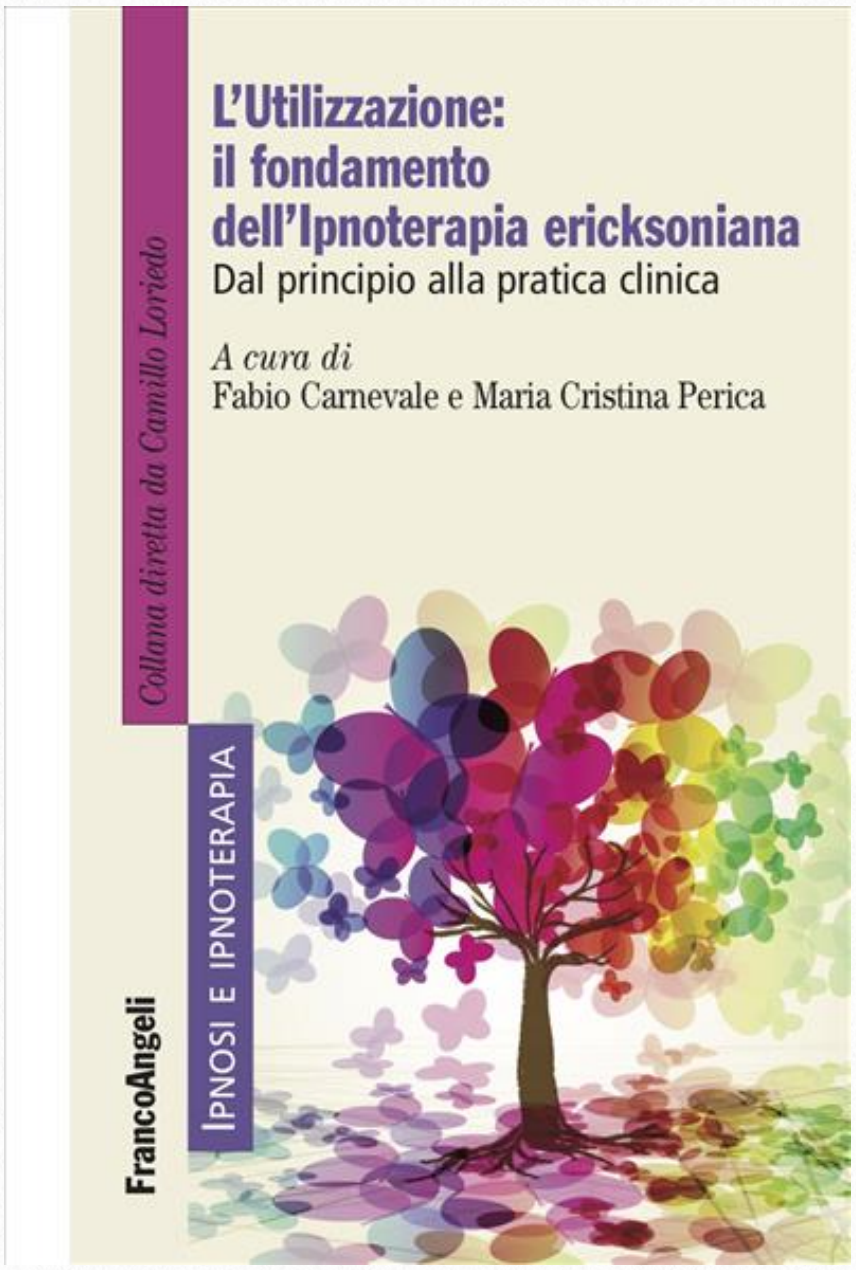
Furthermore the volume is enriched by an essay by Camillo Loriedo, written in collaboration with the author, entitled "From Suggestion to Evocation: the silent revolution of hypnotic therapies".

A work that does not close, but opens. A book to be lived.

BIOGRAPHY OF THE AUTHOR

Fabio Carnevale, MD, Psychologist and Psychotherapist, philosophical consultant, Vice-President of the European Society of Hypnosis (ESH), member of the Board of Directors of the Italian Society of Hypnosis, teacher and supervisor of the Italian School of Hypnosis and Ericksonian Psychotherapy.

FABIO CARNEVALE & MARIA CRISTINA PERICA
Utilization: the foundation of Ericksonian Hypnotherapy. From principle to clinical practice.
(Ed. Franco Angeli)



Utilization is an innovative principle in modern psychotherapy, broadening the clinician's field of vision and transforming the dynamics of patient encounters. The distinctive insight of Milton H. Erickson's work challenges traditional conception of hypnosis and forms the foundation of contemporary hypnotherapy.

The volume describes its impact on clinical practice through theoretical frameworks, intervention techniques, and clinical cases. It offers concrete guidance for applying the principle of Utilization in hypnotherapy in order to:
enhance creativity, flexibility, and therapeutic possibilities; foster attunement and synchronization within the therapeutic relationship; work on emotional-affective and relational processes; utilize resistance and elicit cooperative processes.
Through contributions from clinical experts and researchers, it also makes it possible to:
understand and utilize error in psychotherapy; illustrate Utilization-based interventions in child psychotherapy, sports psychology, and other applied fields of psychotherapy; explore advanced hypnotherapy techniques through detailed clinical case descriptions.

The volume thus offers a multidimensional view of Utilization in Ericksonian hypnotherapy, integrating neuroscientific perspectives with historical, artistic, and cultural dimensions. A rich and valuable resource for psychologists, psychotherapists, and hypnotherapists.

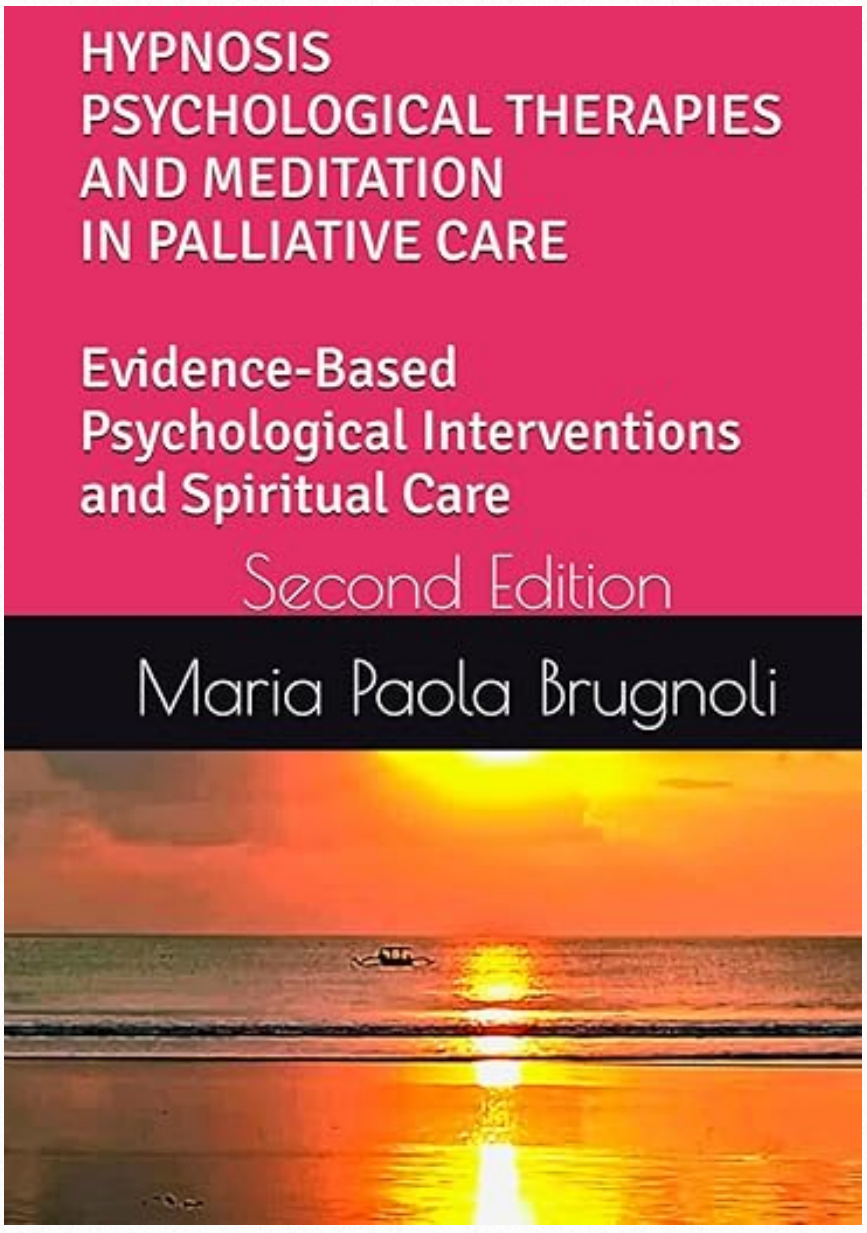
BIOGRAPHY OF THE AUTHORS

Fabio Carnevale, MD, Psychologist and Psychotherapist, philosophical consultant, Vice-President of the European Society of Hypnosis (ESH), member of the Board of Directors of the Italian Society of Hypnosis, teacher and supervisor of the Italian School of Hypnosis and Ericksonian Psychotherapy.

Maria Cristina Perica, MD, Psychologist and Psychotherapist, member of the Board of Directors of the International Society of Hypnosis (ISH), member of the Board of Directors of the Italian Society of Hypnosis, teacher at the Italian School of Hypnosis and Ericksonian Psychotherapy.

MARIA PAOLA BRUGNOLI, MD, PHD *HYPNOSIS, PSYCHOLOGICAL THERAPIES AND MEDITATION IN PALLIATIVE CARE: EVIDENCE-BASED PSYCHOLOGICAL INTERVENTIONS AND SPIRITUAL CARE. (***PUBLISHER** amazon.com**) SECOND EDITION HARDCOVER – 13 NOV. 2025,**

ORCID: https://orcid.org/0000-0003-3920-4118



In the most delicate moments of life, when suffering embraces both the body and the spirit, Hypnosis, Psychological Therapies and Meditation in Palliative Care, offers a pathway of relief, meaning, and inner peace.

Grounded in neuroscience and psychology, and inspired by the timeless wisdom of contemplative traditions, this book explores how clinical hypnosis and meditative practices can alleviate physical pain, anxiety, and existential distress.

Through an integrative and compassionate approach, Dr. Maria Paola Brugnoli, MD, PhD, presents evidence-based techniques that reconnect the patient with his or her deepest consciousness — where healing, even in the face of incurable illness, becomes a process of serenity, awareness, and love.

A work that unites science and spirituality, mind and soul, to restore dignity and peace to the human experience of dying and living fully until the end. Thus, introspective hypnosis represents a bridge between clinical neuroscience and contemplative science, offering an evidence-based yet profoundly humanistic approach to the relief of suffering.

BIOGRAPHY OF THE AUTHORS

Dr. Maria Paola Brugnoli, MD, PhD

Specializations: Anesthesia and Intensive Care, Pain Therapy and Palliative Care, Pediatric Anesthesia, Acupuncture, Clinical Hypnosis

PhD in Neuroscience, Psychology and Psychiatry, Verona, Italy

Past Medical Staff and Researcher at University of Verona, Department Anesthesia, Intensive Care and Pain Therapy, Verona, Italy; Past Research fellow at NIH National Institutes of Health, Clinical Center, Pain and Palliative care, Bethesda USA.

Affiliations:

Chair and Professor at the International and Interreligious Group of Consciousness Studies at Department of Neurobioethics GdN and Philosophy at Pontifical Athenaeum Regina Apostolorum, Roma, Italy.

President SIPMU Italian Scientific Society Clinical Hypnosis in Psychotherapy and Humanistic Medicine. SIPMU is internationally recognized by ESH European Society as constituent society and Training Society of Clinical Hypnosis.

Chair person of Ethical Committee ISH International Society of Hypnosis.

She has published: 20 books in Italian and English, scientific papers indexed on PubMed and written several study chapters on Pain Therapy, Clinical Hypnosis, Consciousness, Palliative Care and Neurobioethics.

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Calendar of Events

Tieteellinen hypnoosi ry:n järjestämä syventämiskurssi
RAPID HYPNOSIS APPROACHES AND INTERVENTIONS
This two-day highly practical and interactive seminar is focused on rapid hypnosis
approaches and techniques. You will also gain a practical overview of Hypno-EMDR
(no prior experience of EMDR is necessary).
Day one starts with activities to help you brief clients to gain optimum engagement,
and is then followed by an exploration of creating and intensifying the hypnotic state
using rapid hypnosis inductions and deepeners specifically designed for therapy
purposes. We then move on to the application of rapid therapy techniques for habits
and behavioural change, as well as techniques for identifying and changing unhelpful
beliefs and cognitive distortions.
Day two starts with an exploration of rapid analytical and regression therapy
approaches, which is then followed by a practical overview of Hypno-EMDR (no prior
experience of EMDR is necessary)..
By the end of the two days participants will have gained the knowledge and skills to
hypnotise clients and use hypno-therapeutic techniques to address a wide range of
presenting issues.
Further information can be found on link:-
Rapid Hypnosis -esite
When
06/02/2026 - 07/02/2026, 10:00 am - 3:30 pm
Rapid Hypnosis -esite

MIND-BODY DISORDERS: ADVANCES IN TREATMENT AND REHABILITATION
This in-person meeting will explore the complex interface between mind and body, with a particular focus on conditions such as Functional Neurological Disorder (FND), chronic pain and Irritable Bowel Syndrome (IBS). Bringing together a distinguished multidisciplinary faculty, the event will provide the latest insights into the science, clinical understanding, and treatment of mind-body disorders.
Participants will benefit from a rich and varied program, including keynote lectures, lived-experience perspectives, a live clinical demonstration, and an expert panel discussion. This interactive format is designed to support deeper understanding and foster meaningful engagement with current therapeutic approaches.
When
27/04/2026, 12:00 am

DGH CONGRESS 2026
#CYBERTRANCE – Per Anhalter durch das Unbewusste?

Venue: Bad Lippspringe, GERMANY
Invited Speaker(s):

Language: German
Translations:
ESH Constituent Society:
Non-Member:
Register and pay by December 31, 2025:
You will receive an €80 discount on the participation fee and pay only €345* (non-members €445).

€425* (non-members €525) if paid by June 10, 2026
€470* (non-members €560) if paid after June 10, 2026

*as well as members of M.E.G., DGZH, SMSH, DGÄHAT, and ESH

Retirees, students, and the unemployed receive a 50% discount upon presentation of appropriate documentation.
Registration Website:
https://dgh-hypnose.de/jahreskongress-der-dgh-2026

Email: info@dgh-hypnose.de
Can an algorithm hypnotize? Will apps become therapists? Apps, AI, and digital tools are changing our everyday lives – including in hypnotherapy. Are they support, replacement, or even a risk? Our DGH Annual Congress 2026 poses controversial questions about how digital technologies challenge and perhaps even redefine hypnotherapy in somatic and psychotherapeutic settings. Receive new insights from our renowned national and international speakers, discuss with us, and look forward to exciting perspectives!
Among others, you can expect presentations from Mark P. Jensen on digital hypnotherapy for pain management, from Frauke Niehues on the changes brought about by digitalization and artificial intelligence, and from Prof. Dr. Christiane Eichenberg on the psychotherapeutic aspects of “cybertrauma” and its treatment.
… From November 12th to 15th, 2026, let us once again experience the fascinating effects of hypnosis and hypnotherapy together as physicians, psychologists, psychotherapists, and dentists – as always, of course, in the proven collegial and stimulating atmosphere of Bad Lippspringe, complemented by a program full of opportunities for relaxation and socializing.
Further information can be found in flyer:- DGH Congress flyer
When
12/11/2026 - 15/11/2026





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

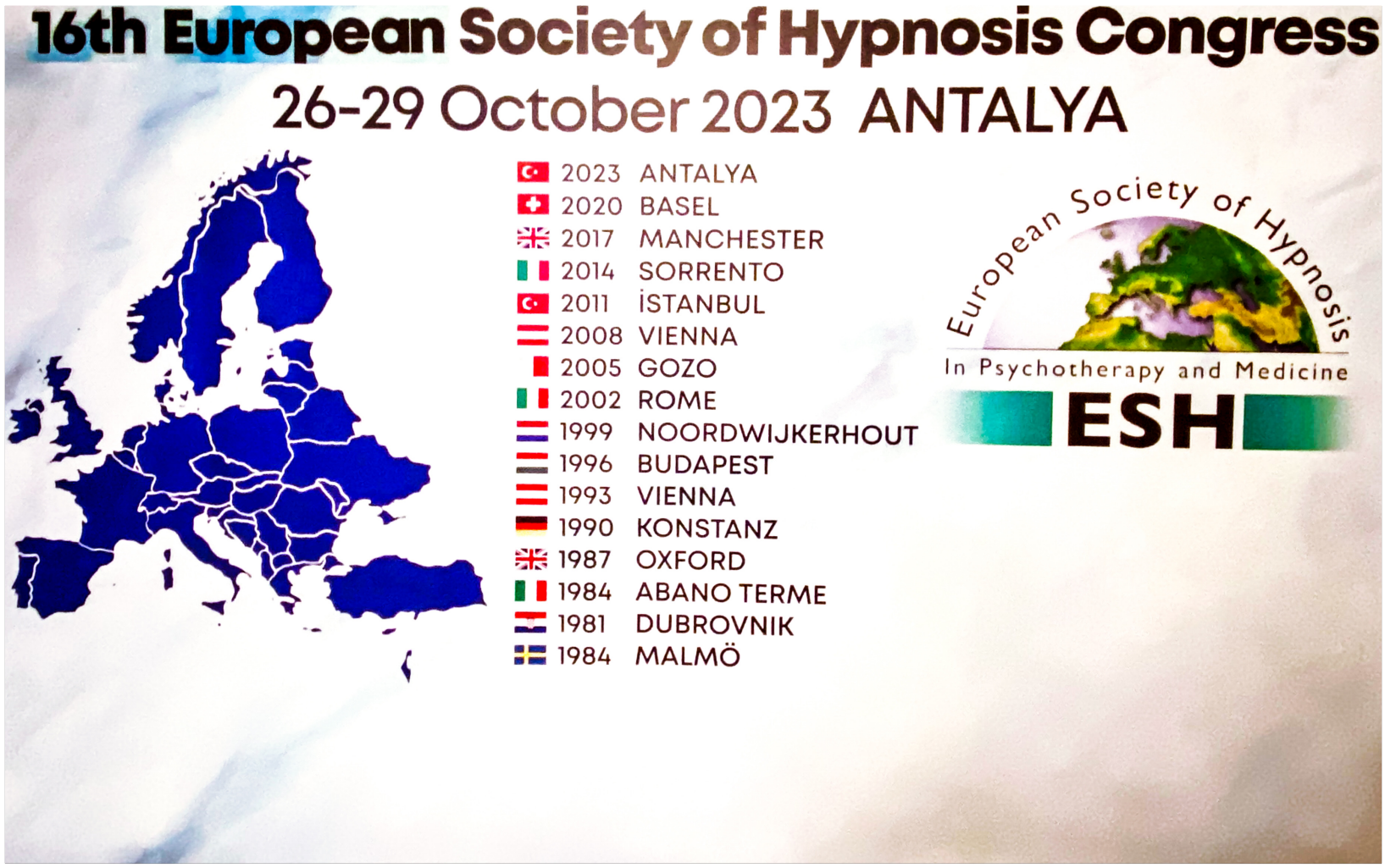
Please send us your CV, photo and if you have also your publication list to us at contact@whoishwho.com.

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



CONTRIBUTORS

Gérard Fitoussi
drgerardfitoussi@yahoo.fr
Kathleen Long
kathleen@maxamind.co.uk
Fabio Carnevale
fabius.carnival@gmail.com
Peter Naish
peter.naish@open.ac.uk
Andrea Di Ruvo
info@ipnosimedicarapida.it
Isidro Perez Hidalgo
hipnologica2@gmail.com
Zdzislaw Sybilski
zdzislaw.sybilski@outlook.com
Katarzyna Fryszka
katarzynafryszka@gmail.com
Randi Abrahamsen
randiabrahamsen@hotmail.com
Maria Cristina Perica
mcperica@gmail.com
Magdalena Angelova
empatiabg@gmail.com
Gergana Markova
g.todorova@me.com
Dimitrina Mitreva
dimitrina.mitreva1104@gmail.com

Editor Kathleen Long kathleen@maxamind.co.uk

Co-Editor Fabio Carnevale fabius.carnival@gmail.com

Visuals Fabio Carnevale ©

Translators

Gérard Fitoussi
drgerardfitoussi@yahoo.fr
Stella Nkenke
praxis@nkenke.de
José Cava
psicoterapia@josecava.com
Fabio Carnevale
fabius.carnival@gmail.com