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Impressions from the XIII ESH Congress

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Letter from the President by Consuelo Casula



Dear Friends and Colleagues

The echo of the interesting presentations heard in Sorrento is still resonating in my mind and heart, even though I am already projected to the next ESH congress in 2017.

As I said during the handover of the presidency from Nicole Ruyschaert, I have several dreams that will be transformed into projects and into reality with the collaboration of the new board. But before talking about our projects, let me introduce the new board, especially to the ones who were not present in Sorrento.

The new board has five women and four men: six members from the previous board, and four new entries. The members from the previous board chaired by the participative president Nicole have the main task to assure the continuity of the work done so far by past presidents, such as Nicole and Matthias Mende. Martin Wall is the new President-Elect, Gaby Golan has been confirmed Treasurer for the second term, and Kathleen Long is the Vice president. Martin keeps the chair of the Committee on Educational Programmes in Europe (CEPE), thus assuring the quality of teaching and learning of hypnosis in Europe.

The four new entries are two young women and two young men, whose main task is to enhance innovation, to promote change, and, above all, to inspire other young scholars to participate in ESH activities and congresses. You can read their curriculums in the ESH website (www.esh-hypnosis.eu).



The two women are Åsa Fe Kockum from the Swedish Society of Clinical Hypnosis (SSCH) and Stefanie Schramm from the Milton

Erickson Gesellschaft für Klinische Hypnose (MEG); Stefanie is the second vice president and Åsa the chair of the strategic committee.

The two men are András Költő from the Hungarian Association of Hypnosis (HAH), and Flavio di Leone from the Italian Society of Hypnosis (SII): András is the new editor of the ESH Newsletter, as you can see, and Flavio is in charge of renewing the website. I consider myself lucky because the board is prepared to work effectively and efficiently to reach several goals by 2017.

Flavio and András will monitor research on the state of the art of research on hypnosis in Europe and also map the European universities where hypnosis is taught. In fact, we would like to have more University professors engaged in ESH, collaborating with us, and creating a network of exchanges among students and researchers scattered over different Constituent Societies. For this reason we need the collaboration of each CS, giving the information we need to create this network.

Following Flavio's idea we would like to further study the state of the art of hypnosis in Europe in psychology, psychotherapy, medicine, and dentistry. In a short period of time you will receive a letter from me with a few questions regarding the best practice of your society: I hope to stimulate your interest in collaborating with ESH.

The new board is also willing to find a way to utilize the wisdom of the previous ESH presidents, creating specific tasks for them. Please don't worry, it will be pleasant!

The new board is lucky also because, thank to the work done by Nicole, we have been invited by two Constituent Societies to give lectures and workshops during their national congresses and to have our face-to-face meetings on that occasion. In March 2015 we will be in Lund hosted by the Swedish Society of Clinical Hypnosis (SSCH), and in June in Glasgow, hosted by the British Society of Medical and Dental Hypnosis - Scotland (BSMDH-S). After that, we will have a third face-to-face meeting during the ISH congress in Paris, where, thanks to the kind hospitality of the ISH, we should also have a CoR meeting and there meet you.

As you already know, the main tasks of each ESH board are to ensure the next congress, which, in our case, will take place in 2017. Unfortunately, we cannot keep the promise we made in Sorrento to send you the nominations by the end of 2014. We are still

processing the bids we have received so far, and considering some offers to hold the congress on solid ground of one of the cities of our CS or else to sail from one port to another, soothed and lulled by the warm waters of the Mediterranean. I hope we will be able to send you the different bids in January in order for you to vote.

Regardless of the decision taken, at the 2017 ESH congress, we would like not only to meet our friends scattered over Europe, but also to see new faces, hear new voices, and feel the contagious exuberance and enthusiasm of youth that will give strength to those who feel the weight of years of experience in the field.

I wish you a happy and healthy new year, glückliches neues Jahr, bonne année, feliz año nuevo, buon anno.

Schreiben der Präsidentin Übersetzt von Stefanie Schramm

Liebe Freunde und Kollegen,

das Echo der interessanten Workshops und Vorträge, die wir in Sorrento gehört haben, klingt noch in meinem Kopf und meinem Herzen nach, obwohl ich bereits mit der Planung des nächsten ESH-Kongresses für 2017 befasst bin.

Wie ich bereits bei der Übernahme der Präsidentschaft von Nicole Ruyschaert erwähnt hatte, habe ich eine Reihe von Träumen, die in Zusammenarbeit mit dem neuen Vorstand in Projekte und in die Realität umgesetzt werden sollen. Lassen Sie mich Ihnen jedoch, bevor wir über unsere Projekte sprechen, den neuen Vorstand vorstellen, und zwar insbesondere diejenigen, die in Sorrento nicht dabei sein konnten. Der neue Vorstand besteht aus fünf Damen und vier Herren: sechs Mitglieder entstammen dem bisherigen Vorstand, vier sind neu dabei. Die Hauptaufgabe der Mitglieder des alten Vorstands unter Leitung der bisherigen Präsidentin Nicole (past-President) ist es, die Kontinuität der bislang durch die früheren Präsidenten, wie z. B. Nicole Ruyschaert und Matthias Mende, geleisteten Arbeit zu gewährleisten. Martin Wall ist der neue gewählte Präsident (President-elect), Gaby Golan wurde für eine zweite Amtszeit als Schatzmeister bestätigt, und Kathleen Long ist die

Vizepräsidentin. Martin behält die Leitung für die Ausbildungsprogramme in Europa (CEPE) und stellt so die Qualität für den Unterricht und das Erlernen der Hypnose in Europa sicher.

Bei den vier Neulingen handelt es sich um zwei junge Damen und zwei junge Herren, deren wesentliche Aufgabe darin besteht, Innovationen zu stärken, Veränderungen zu unterstützen, aber in erster Linie auch junge KollegInnen zu einer Teilnahme an ESH-Aktivitäten und Kongressen zu motivieren. Ihre Lebensläufe finden Sie auf der ESH-Website (www.esh-hypnosis.eu).

Bei den zwei Damen handelt es sich um Åsa Fe Kockum von der schwedischen Gesellschaft für klinische Hypnose (SSCH) und Stefanie Schramm von der Milton Erickson-Gesellschaft für Klinische Hypnose (MEG); Stefanie ist die zweite Vizepräsidentin, und Åsa ist die Vorsitzende der Strategiekommission.

Bei den zwei Herren handelt es sich um András Költő vom ungarischen Hypnoseverband (HAH), und Flavio di Leone von der italienischen Hypnosesellschaft (SIL). András ist, wie Sie sehen können, der neue Herausgeber des ESH-Newsletters und Flavio ist für die Überarbeitung der Website zuständig.

Ich kann mich sehr glücklich schätzen, dass der neue Vorstand nun gut vorbereitet ist, um effektiv und effizient an der Umsetzung verschiedener Ziele bis 2017 zu arbeiten.



Flavio und András werden sich ein genaues Bild zur aktuellen Forschungslage und zu laufenden und zukünftigen Forschungsprojekten zur Hypnose in Europa verschaffen und zusätzlich eine Karte derjenigen europäischen Universitäten erstellen, an denen Hypnose gelehrt wird.

Wir würden uns sehr freuen, wenn mehr in der ESH engagierte Professoren mit uns zusammenarbeiten würden, um ein Netzwerk für den Austausch von Studenten und Forschern der verschiedenen konstituierenden Gesellschaften (CS) zu schaffen. Aus diesem Grund sind wir auf die Zusammenarbeit jeder CS angewiesen, damit sie uns die Angaben übermittelt, die wir zur Schaffung dieses Netzwerkes benötigen.

Flavios Idee folgend, möchten wir den aktuellen Stand zur Hypnose in Europa in den Bereichen Psychologie, Psychotherapie, Medizin und Zahnheilkunde eingehender untersuchen. Bereits in der

nächsten Zeit werden Sie ein Schreiben von mir mit einigen Fragen zur "best practice" innerhalb Ihrer Gesellschaft erhalten. Ich hoffe sehr, dass ich Ihr Interesse an einer Zusammenarbeit mit der ESH wecken kann.

Der neue Vorstand ist darüber hinaus auch bemüht, einen Weg zu finden, um das Wissen der bisherigen ESH-Präsidenten zu nutzen, indem besondere Aufgaben für diese geschaffen werden – aber seien Sie beruhigt, es werden sehr angenehme Aufgaben sein!

Der neue Vorstand ist auch sehr glücklich darüber, dass wir, dank der durch Nicole geleisteten Arbeit, von zwei CS dazu eingeladen wurden, Vorträge und Workshops im Rahmen ihrer jeweiligen nationalen Kongresse zu halten und bei dieser Gelegenheit auch unsere persönlichen Vorstandssitzungen durchführen können. Im März 2015 werden wir in Lund Gäste der schwedischen Gesellschaft für klinische Hypnose (SSCH) sein, und im Juni in Glasgow Gäste einer Veranstaltung der britischen Gesellschaft zu Hypnose in Medizin und Zahnmedizin – Schottland (BSMDH-S). Ausserdem werden wir im Rahmen des ISH-Kongresses in Paris eine weitere Gelegenheit zu einer persönlichen Vorstandssitzung haben. Zusätzlich wird dort – dank der Gastfreundschaft der ISH – auch ein CoR-Meeting stattfinden, bei dem wir Sie alle sehen werden.

Wie Sie wissen, liegen die Hauptaufgaben jedes ESH-Vorstands in der Organisation des jeweils nächsten Kongresses, der in unserem Fall 2017 stattfinden wird. Leider können wir die in Sorrento gegebene Zusage, Ihnen die Vorschläge bis Ende 2014 zu übermitteln, nicht einhalten. Wir sind immer noch dabei, die Angebote, die wir bislang erhalten haben, zu prüfen, um den Kongress entsprechend auf einer soliden Grundlage planen zu können – entweder in einer der Städte einer unserer CS oder umgeben vom warmen und beruhigenden Wasser des Mittelmeeres von einem Hafen zum nächsten segelnd. Ich hoffe, dass es uns möglich sein wird, Ihnen die verschiedenen Vorschläge im Januar zur Abstimmung vorzulegen.

Egal, wie die Entscheidung ausfallen wird, möchten wir im Rahmen des ESH-Kongresses 2017 nicht nur unsere über ganz Europa verstreuten Freunde treffen, sondern dort auch neuen Gesichtern begegnen und den ansteckenden Überschwang und die Begeisterung der Jugend spüren, die diejenigen stärken wird, die bereits die Last der jahrelangen Erfahrung auf diesem Gebiet spüren.

Vielen Dank.

Lettre du Président

Traduit par Denis Vesvard

Chers Collègues et Amis,

Mon esprit et mon cœur résonnent encore de l'écho des présentations intéressantes entendues à Sorrente même si mon regard se tourne déjà vers le prochain congrès de l'ESH en 2017.

Ainsi que je l'ai déclaré lorsque Nicole Ruyschaert m'a transmis la Présidence de l'ESH, plusieurs de mes rêves vont être transformés en projets puis vont devenir réels avec l'aide du nouveau bureau. Mais avant de parler des projets, laissez-moi présenter ce nouveau bureau spécialement à ceux qui n'étaient pas présents à Sorrente.

Le nouveau bureau comporte cinq femmes et quatre hommes: six membres proviennent du bureau précédent et quatre sont de nouveaux arrivés. Il incombe aux membres issus de l'ancien bureau qui ont participé au travail mené par Nicole, la tâche essentielle d'assurer la continuité de l'oeuvre déjà accomplie jusqu'alors par les anciens Présidents comme Nicole et Matthias Mende. Martin Wall est le nouveau Président élu, Gaby Golan a été réélu trésorier pour un second mandat et Kathleen Long est la Première Vice-présidente. Martin conserve la présidence du CEPE (Committee on Educational Programmes in Europe) de façon à assurer la qualité de l'enseignement et de l'apprentissage de l'hypnose en Europe.



Les quatre nouveaux venus sont de jeunes femmes et de jeunes hommes dont la tâche essentielle est d'assurer l'innovation, de promouvoir le changement et avant tout d'inciter les jeunes scientifiques à participer aux activités de l'ESH et à nos congrès. Vous pouvez découvrir leur curriculum sur le site de l'ESH (www.esh-hypnosis.eu).

Les deux femmes sont Åsa Fe Kockum de la Société Suédoise d'Hypnose Clinique (SSCH) et Stéphanie Schramm de l'Association Milton Erickson d'Hypnose Clinique (MEG, Milton Erickson Gesellschaft für klinische Hypnose). Stéphanie est la Seconde Vice-présidente de l'ESH et Åsa préside le Comité Stratégique.

Les deux hommes sont András Költő de l'Association Hongroise d'Hypnose (HAH) et Flavio di Leone de la Société Italienne d'Hypnose (SII): András est, comme

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vous avez pu le constater, le nouveau rédacteur en chef de l'ESH Newsletter et Flavio est chargé de rénover notre site Internet. J'estime avoir de la chance car le bureau est tout à fait prêt à travailler efficacement pour atteindre plusieurs objectifs d'ici 2017.

Flavio et Andrés vont faire le point sur l'état de la recherche sur l'hypnose en Europe et dresser la carte des universités où l'hypnose est enseignée. En fait, nous aimerions que davantage de professeurs d'université s'engagent aux côtés de l'ESH, travaillent avec nous, et constituent un réseau d'échange parmi les étudiants et les chercheurs actuellement dispersés au sein de nos diverses Sociétés Membres. Pour cela, nous avons besoin de la collaboration de chaque Société membre, afin qu'elle nous donne les informations nécessaires à la création de ce réseau.

Suivant en cela l'idée de Flavio, nous aimerions mieux connaître l'état de la pratique de l'hypnose européenne en psychologie, en psychothérapie, en médecine et en art dentaire. Bientôt, vous recevrez une lettre de ma part avec quelques questions qui concerneront les domaines d'excellence de votre Société. J'espère ainsi renforcer votre désir de travailler avec l'ESH.

Le nouveau bureau cherche aussi le moyen de s'appuyer sur l'expérience des présidents passés et de les impliquer dans des tâches spécifiques. Ne vous en faites pas, ce sera agréable !

Le nouveau bureau a également de la chance, car, grâce au travail accompli par Nicole, nous avons été invités par deux Sociétés Membres à donner des conférences et à animer des ateliers à l'occasion de leur congrès national et, à cette occasion, nous pourrions tenir nos réunions en face à face. En Mars 2015, nous serons à Lund à l'invitation de la Société Suédoise d'Hypnose Clinique (SSCH) et en Juin à Glasgow où nous serons reçus par la branche écossaise de la Société Britannique d'Hypnose Médicale et Dentaire (BSMDH-S). Ensuite nous aurons une troisième réunion en face à face au cours du congrès de l'ISH à Paris où, grâce à la sympathique hospitalité de l'ISH, nous devrions vous retrouver au cours d'une réunion du CoR (Council of Representatives).

Ainsi que vous le savez déjà, une des tâches essentielles de chaque Bureau de l'ESH est d'organiser le prochain congrès qui, dans notre cas, se tiendra en 2017. Malheureusement, nous ne pouvons tenir la promesse que nous vous avons faite

à Sorrente de vous adresser la liste des sociétés candidates d'ici la fin 2014. Nous sommes encore en train d'étudier les candidatures en notre possession et allons étudier les propositions d'une ville, sur la terre ferme, où se trouve une Société Membre à moins que nous ne voguions de port en port, tranquillement bercés par les eaux tièdes de la Méditerranée. J'espère que nous pourrions vous envoyer les différentes propositions en Janvier de façon à ce que vous puissiez voter.

Quelque soit la décision qui sera prise, pour ce congrès 2017 de l'ESH, nous souhaitons regrouper tous nos amis dispersés en Europe mais aussi découvrir de nouveaux visages, entendre de nouvelles voix, et ressentir l'exubérance contagieuse de la jeunesse qui donnera de l'énergie à ceux qui sentent le poids des années au service de notre discipline.

Merci.



Carta de la Presidenta Traducido por Maria Escalante de Smith

Estimados amigos y colegas:

El eco de las presentaciones tan interesantes que se escucharon en Sorrento está todavía resonando en mi mente y en mi corazón, a pesar de que ya estoy pensando en el próximo congreso de la ESH en el 2017.

Como indiqué cuando recibí el puesto de presidente de Nicole Ruyschaert, yo tengo varios sueños que se transformarán en proyectos y en realidad con la colaboración de la nueva mesa directiva. Pero antes de hablar acerca de nuestros proyectos, permitidme presentaros a la nueva mesa directiva, especialmente a los que no estuvieron presentes en Sorrento.

La nueva mesa directiva está compuesta por cinco mujeres y cuatro hombres: seis integrantes de la mesa directiva anterior, y cuatro nuevos miembros. Los integrantes de la mesa directiva anterior, encabezados por la activa presidenta Nicole tienen la gran tarea de asegurar la continuidad del trabajo que ha sido realizado por los presidentes anteriores tales como Nicole y Matthias Mende. Martin Wall es el nuevo Presidente Electo, Gaby Golan ha sido confirmado como Tesorero para un segundo periodo, y Kathleen Long es la Vice presidenta. Martin continúa como líder del Comité de Programas Educativos en Europa (CEPE por sus siglas en inglés). Así asegurando la calidad de la enseñanza de la hipnosis en Europa.

Los cuatro nuevos integrantes son cuatro jóvenes mujeres y dos hombres jóvenes, cuya tarea principal es mejorar la innovación, promover el cambio, y, antes que todo inspirar a los jóvenes estudiantes a participar en las actividades y congresos de la ESH. Vosotros podéis leer su curricula en la página web de la ESH (www.esh-hypnosis.eu).

Las dos mujeres son Åsa Fe Kockum de la Sociedad Sueca de Hipnosis Clínica (SSCH, por sus siglas en inglés) y Stefanie Schramm del Milton Erickson Gesellschaft fur Klinische Hypnose (MEG); Stefanie es la segunda vice-presidenta y Åsa encabeza el comité estratégico. Los dos hombres son András Költő de la Asociación Húngara de Hipnosis, (HAH), y Flavio di Leone de la Sociedad Italiana de Hipnosis (SII por sus siglas en italiano): András es el nuevo editor del Newsletter de la ESH como podéis ver, y

Flavio está a cargo de la renovación de la página web.

Yo considero que soy afortunada porque la mesa directiva está preparada para trabajar de manera efectiva y eficientemente para alcanzar varias metas en el año 2017.

Flavio y András estarán monitoreando las investigaciones acerca de las más modernas y mejores prácticas sobre la investigación en hipnosis en Europa y también elaborarán un mapa interactivo sobre las universidades europeas donde se enseña hipnosis. De hecho, nos gustaría contar con más profesores universitarios comprometidos con la ESH, colaborando con nosotros, y creando una red de intercambios entre estudiantes e investigadores esparcidos en las diferentes Sociedades Constituyentes. Por esta razón necesitamos la colaboración de cada CS (Sociedad Constituyente), dando la información que necesitamos para crear esta red.

Siguiendo con la idea de Flavio nos gustaría seguir estudiando más sobre los últimos avances en hipnosis en Europa en psicología, psicoterapia, medicina y odontología. En poco tiempo vosotros recibiréis una carta de mi parte con algunas preguntas acerca de las mejores actividades de vuestra sociedad: Yo espero estimular vuestro interés para que colaboréis con la ESH.

La nueva mesa directiva también tiene la intención de utilizar la sabiduría de los presidentes anteriores de la ESH, creando tareas específicas para ellos. Por favor no os preocupéis, será agradable!

La nueva mesa directiva es también afortunada porque, gracias al trabajo realizado por Nicole, nosotros hemos sido invitados por dos Sociedades Constituyentes a dar conferencias y talleres durante sus congresos nacionales y para tener nuestras reuniones cara a cara en esa ocasión. En marzo del año 2015 nosotros estaremos en Lund gracias a nuestros anfitriones de la Sociedad Sueca de Hipnosis Clínica (SSCH por sus siglas en inglés), y en junio en Glasgow gracias a nuestros anfitriones de la Sociedad Británica de Hipnosis Médica y Dental-Escocia (BSMDH-S por sus siglas en inglés). Posteriormente, tendremos una tercera reunión cara a cara durante el Congreso de la ISH en París, donde gracias a la amable hospitalidad de la ISH nosotros tendremos una reunión de CoR (Consejo de Representantes por sus siglas en inglés) para encontrarnos con vosotros.



Como vosotros sabéis, las tareas principales de cada mesa directiva de la ESH es garantizar el próximo congreso, el cual en nuestro caso tendrá lugar en el año 2017. Desafortunadamente, no podemos mantener la promesa que se hizo en Sorrento de enviaros las nominaciones a finales del 2014. Estamos todavía procesando las propuestas que hemos recibido hasta ahora, y considerando algunas ofertas para que el congreso se realice en tierra firme en alguna de las ciudades de nuestras Sociedades Constituyentes (CS) y si no es así navegar de un puerto a otro, acariciados y arrullados por las tibias aguas del Mediterráneo. Yo tengo la esperanza de que nosotros podamos enviaros las diferentes propuestas en enero para que podáis votar.

Sin importar la decisión que se tome, en el congreso de la ESH del año 2017, nos gustaría no solamente reunirnos con nuestros amigos esparcidos por Europa, sino también ver nuevos rostros, escuchar nuevas voces, y sentir la contagiosa exuberancia y entusiasmo de la juventud que dará fuerza a aquellos que sienten el peso de los años de la experiencia en este campo.

Gracias.

Lettera del Presidente Tradotta da Flavio Giuseppe di Leone

Cari amici e colleghi,

Le interessanti presentazioni ascoltate a Sorrento riecheggiano ancora nella mia mente e nel mio cuore, anche se già mi sto dedicando al prossimo congreso ESH del 2017.

Come ho detto durante il passaggio di consegne della presidenza da Nicole Ruyschaert, ho molti sogni che saranno trasformati in progetti e poi in realtà con la collaborazione del nuovo direttivo. E prima di parlare dei nostri progetti, vorrei introdurre i membri del nuovo direttivo, in particolare a tutti coloro che non erano presenti a Sorrento.



Il nuovo direttivo è composto di cinque donne e quattro uomini: sei membri del precedente direttivo e quattro nuovi eletti. I membri del precedente direttivo, presieduto dall'intraprendente Nicole Ruyschaert, hanno il compito di assicurare continuità al lavoro svolto fino a questo momento dai passati presidenti quali Nicole e Matthias Mende. Martin Wall è il nuovo Presidente Eletto, Gaby Golan è stato confermato Tesoriere per il secondo mandato e Kathleen Long è Vicepresidente. Martin ha mantenuto il ruolo di Coordinatore della Commissione per i Programmi Educativi in Europa (Committee on Educational Programmes in Europe, CEPE), con l'obiettivo di assicurare la qualità dell'insegnamento e dell'apprendimento dell'ipnosi in Europa.

I quattro nuovi eletti sono due giovani uomini e due giovani donne, il cui obiettivo è di innovare, promuovere il cambiamento e, soprattutto, di ispirare i giovani allievi e neo-specialisti a partecipare alle attività e alle conferenze della ESH. Potete leggerne i curricula sul sito della ESH (www.esh-hypnosis.eu).

Le due giovani donne sono Åsa Fe Kockum della Società Svedese per l'Ipnosi Clinica (Swedish Society of Clinical Hypnosis, SSCH) e Stefanie Schramm della Società Milton Erickson per l'Ipnosi Clinica (Milton Erickson Gesellschaft für Klinische Hypnose, MEG). Stefanie è il Secondo Vicepresidente e Åsa è la coordinatrice della Commissione Strategica.

I due uomini sono András Költő della Società Ungherese per l'Ipnosi (Hungarian Association of Hypnosis, HAH) e Flavio Di Leone della Società Italiana di Ipnosi (SII): András è il nuovo editore della newsletter della ESH, come potete vedere, e Flavio ha il compito di rinnovare la presenza sul web della Società. Mi reputo fortunata perché il direttivo è pronto a lavorare fattivamente e efficientemente per raggiungere molti obiettivi entro il 2017.

Flavio e András monitoreranno lo stato dell'arte della ricerca sull'ipnosi in Europa e mapperanno le università europee dove l'ipnosi è insegnata. Infatti, vorremmo che i docenti universitari possano coinvolgersi con la ESH, collaborando con noi e partecipando alla creazione di una rete di scambi tra studenti e ricercatori sparpagliati tra le differenti Società Costituenti (CS). Per questa ragione è fondamentale la collaborazione di ciascuna società nel fornire le informazioni necessarie alla creazione di questa rete.

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Seguendo l'idea di Flavio vorremmo inoltre studiare lo stato dell'arte dell'ipnosi in Europa nella psicologia, nella psicoterapia, nell'odontoiatria e nella medicina. Tra breve ciascuno di voi riceverà una mia lettera con poche domande riguardanti le migliori pratiche della vostra società: spero così di stimolare il vostro interesse a collaborare con la ESH.

Il nuovo direttivo ha inoltre il desiderio di trovare un modo per utilizzare la saggezza dei Presidenti della ESH che ci hanno preceduto, creando un preciso compito per loro. Non preoccupatevi, sarà qualcosa di piacevole!

Il nuovo direttivo è fortunato anche perché, grazie al lavoro svolto da Nicole, è inviato da due Società Costituenti a partecipare con lezioni e workshop ai loro congressi nazionali e, con l'occasione, a potersi incontrare per continuare il lavoro. Nel marzo 2015 saremo a Lund, ospiti dalla Società Svedese per l'Ipnosi Clinica (SSCH), e a giugno a Glasgow, ospiti della Sezione Scozzese della Società Britannica per la Medicina e l'Odontoiatria (British Society of Medical and Dental Hypnosis - Scotland, BSMDH-S). Successivamente, ci incontreremo per la terza volta durante il congresso di Parigi della Società Internazionale di Ipnosi (International Society of Hypnosis, ISH), dove, grazie all'ospitalità della ISH, potremmo tenere una riunione del Consiglio dei Rappresentati (CoR) e incontrare tutti voi.

Come già sapete, il principale obiettivo del direttivo della ESH è assicurare il congresso successivo, il quale nel nostro caso si terrà nel 2017.

Sfortunatamente, non è stato possibile mantenere la promessa che fu fatta a Sorrento di comunicarvi le nomination entro la fine del 2014. Stiamo ancora valutando le proposte che abbiamo ricevuto fin ora, considerando la possibilità di tenere il congresso sul solido terreno di una città di una delle nostre CS oppure l'opportunità di navigare da un porto all'altro, cullati e confortati dalle onde del Mediterraneo. Spero di poter inviare a tutti voi le nomination entro gennaio per il voto ufficiale.

Al di là di quale decisione sarà presa, al congresso ESH del 2017, non vorremo solo incontrare i nostri amici sparsi per l'Europa ma anche vedere facce nuove, ascoltare nuove voci e percepire il contagioso ed esuberante entusiasmo dei giovani che darà forza a coloro i quali sentono sulle spalle il peso di anni di esperienza.

Grazie.



The freshly elected Board of Directors, European Society of Hypnosis (from left to right): Nicole Ruysschaert (Immediate Past President), Martin Wall (President-Elect), Kathleen Long (Vice President), Consuelo Casula (President), Åsa Fe Kockum, Flavio Giuseppe di Leone, Stefanie Schramm, András Költő (Members), and Gaby Golan (Treasurer)

23 October 2014, Sorrento, Italy

Letter from the Editor

by András Költő



Dear Colleagues,

Even after the eighth year with travelling to national and international conferences, meeting to old and new friends, getting direct inputs on how hypnosis proceeds, I feel it rewarding that I can take part in these events personally. I am indeed privileged, since I get support from my workplace, my scientific community and last but not least from my family. I haven't forgotten, however, that while just around 500 colleagues were present in the XIII ESH Congress in Sorrento, Italy, the European Society of Hypnosis represents more than 14.000 committed and skilled hypnosis practitioners. Freshly elected to the Board of Directors in ESH and called upon to be the new editor of the Newsletter, I regard my most important task to keep updated all of you who did not or did have the possibility to join us in Sorrento on the insights we had collected there. For the future issues, I am dedicated to assemble all pieces of available and relevant information on the achievements of hypnosis in Europe, and deliver them to your mailbox in a compact and neat format.

Dr. Nicole Ruyschaert and Dr. Consuelo Casula, my predecessors as Editors of the Newsletter – now serving as Immediate Past President and President of ESH –, devised a convenient and informative structure for catering you with news on our joint venture: European Hypnosis. Even for the first issue I edited, many distinguished colleagues sent valuable manuscripts. In the following pages, you will find detailed reviews, short notes, personal impressions and professional opinions on our recent Sorrento Congress.

Thus, I just had the pleasant task to infuse the pre-existent structure with the texts our contributors provided. The current issue features a large selection of reviews and impressions of our recent Sorrento Congress, including reports on workshops, scientific presentations and the atmosphere of the venue.

My thank goes to the colleagues who shared their experiences. You will find their names and availabilities listed in the last page of the present Newsletter. I am especially indebted to Dr. John Lentz and Dr. Kathleen Long, who revised the text for proper English.

It takes two to tango; it takes two (at least) to hypnosis – and the same for the Newsletter. I hope you will enjoy reading it as much as our colleagues and I enjoyed setting it together.

Our next issue, to be published in March 2015, will be dedicated to Views, Reviews and Interviews. If you wish to contribute, please don't hesitate to contact me via kolto.andras@gmail.com. Looking forward to hearing from you!

Society News – Awards

In 2014, the European Society awarded the following distinguished colleagues:

HONORARY MEMBERS

ÉVA BÁNYAI as Honorary Member of ESH, for having made her outstanding contribution to the field of hypnosis.

CAMILLO LORIEDO as Honorary Member of ESH, for having made his outstanding contribution to the field of hypnosis.

FELLOWSHIP

MARIANNE MARTIN with Fellowship of ESH, for having made her outstanding contribution to the field of hypnosis.

FRIENDS

SHAUL LIVNAY as Friend of ESH, having had a special role in assisting the ESH at a critical juncture.

THE ROLL OF HONOUR

MHAIRI MCKENNA for having been instrumental in building up our Constituent Societies and hence ESH.

We congratulate the awardees and we are sending them our best wishes for their future life and work.

Reviews from XIII ESH Congress

❖ *Reflections from the Immediate Past President*

by **Nicole Ruyschaert**

Long before the start of the congress many participants and faculty had been looking forward to the meeting. Being offered the input from a very large international faculty – larger than ever before at ESH congresses –, and a high number of participants from all over the world promised a successful Congress. Camillo Lorioedo did a great job in choosing the best place for this event: a hotel offering all amenities and facilities, space, a bar with terrace, spacey rooms for the workshops, and carefully chosen social activities.

The congress motto and title was long... “Hypnosis and Resilience: From Trauma and Stress to Resources and Healing. Emphasizing the importance of resilience in a world in crisis and the role played by Hypnosis in activating and developing inner forces and resources”, but the international faculty highly varied, with presenters from the field of research, and others from the world of clinical expertise could cover many of these aspects. At the pre-congress workshop with an excursion to Capri, participants experienced some warming up, taking time, some distance, developing some perspective to open up the mind for further input. All senses were stimulated in a positive way as we could drift and float; enjoy views and smells and having additional spiritual experiences during the walk.

During the congress, there was ample of choice of presentations – early birds could start in the morning, those preferring evening sessions had still plenty of opportunities and choice to go to interesting, inspiring workshops. A well trained team of professionals and volunteers assisted all faculty members in a way every presentation could start perfectly. The staff was always there to support participants and faculty with kindness and attention. There was not a single problem with the technique and everyone had their presentation/PowerPoint started up perfectly.

At the congress many bridges could be built, adapted... building bridges of understanding (cfr. P. Bloom), Bridges over troubled waters (cfr. M. Mende), bridges between Hypnosis as adjunct and hypno-psychotherapy, between research and clinical aspects, among European Certificate of Hypnosis holders, between past, present and future, between

ESH and other professional hypnosis societies with similar ethical standards. Bridges between mindsets, experiences and cognitive perspectives, dreams for the future and the reality of the moment. Finding some balance between taking care of health care practitioners and self-care and mobilizing enough energy and to thrive in working with clients. I invite all of you to continue building bridges, bridges between ESH and other hypnosis societies in Europe and around the world, bridges with other psychotherapeutic and medical societies to contribute to the evolution and spread of hypnosis.

Many participants – as is understandable – often had difficulty among choosing attending lectures or workshops or enjoying the beauty of the environment! Many expressed their enthusiasm about the congress, their satisfaction. Some came to celebrate their wedding anniversary, taking holidays, bringing their partners or meeting their partners after the congress in this place.

Some feedback has been expressed on the very high level of presentations, the fact that so many important people in the field showed up to present, that we had a worldwide participation, an excellent location offering the best of all.

Participants can cherish nice memories of the congress and sharing their experience with those who unfortunately couldn't attend. Thank you Camillo for facing the challenge of organizing and for the great job in putting this program together.



Camillo Lorioedo, Organizer-in-Chief of the XII ESH Congress, and Nicole Ruyschaert, Immediate Past President of ESH

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❖ *A Land of Resilience*

by Erika Chovanec

While sitting in an Italian taxi on my way to the Naples airport I am reliving some of my most memorable experiences of the 2014 Sorrento ESH Congress. I recall Sorrento, as a place of history, stunning views of the sea, pasta, antipasto, friendly and passionate residents and the spirit of beautiful Sophia Loren. Enthusiasm, aliveness and comradeship appeared to be everywhere. The conference, itself, emphasized many forms of “resilience”, focusing on both the resourcefulness of the patients and the therapists: During the opening Keynote address ESH’s past president, Nicole Ruyschaert, showed her audience how therapists can efficiently use hypnosis to resiliently reenergize themselves while preventing burnout, as she address the question, “How Can Psychotherapists Develop Resilience And Keep Their Positive Engagement?”. Later Peter Bloom’s presentation encouraged young Psychotherapists to find the courage to coordinate their work with researchers. Last but not least, Camilo Loredio’s presentation emphasized the importance of developing personal resources in order to cope with difficult situations that take place in the therapy setting while teaching us, “How To Survive As Therapists”. During the final panel discussion, the new ESH president, Consuelo Casula, sensitively used emotionally touching film examples to depict resilient therapeutic alternatives. The conference also provided new insights, research findings and practical examples relating to the subjects of dissociation, pain, trauma confrontation and stabilization. Perhaps “the frosting on the conference cake”, or should we say, “The parmigiano on the pasta” came in the form of the elegant Gala dinner provided within the ambient surroundings of the one hundred and forty-six year old “O Parrucchiano” Restaurant. This event allowed us to be engulfed in Southern Italian hospitality while interacting with and enjoying the company of wonderful colleagues as we all became a part of ESH history, being present as Nicole Ruyschaert introduced the new board members and passed the gavel on to the new ESH president, Consuelo Casula.

Bringing my attention back and forth between what the conference had been teaching about resilience and the taxi trip that I was now taking to Naples, I recognized myself feeling rushed to reach the airport in time for my flight back to Vienna. A smile came to my face and I was reminded that I was still in the resilient land known as Italy and that this had been a wonderful place for our conference, when the aging taxi driver said, “Please, no stress!...I let my stress be

at home”. At that moment it occurred to me that compared to many other cultures, it is possible that Italian people may have resiliency in their blood.

❖ *Short Reviews*

by John D. Lentz

Krzysztof Klajs from Poland presented “Family, Time, and Resilience”. Kris used genograms in a magical way that was therapeutic and hypnotic. By having people begin to think about their favourite grandparent, as well as extending their family out into the imaginary next generation or two he induced a mild trance, and then invited people to become able to alter their feelings about their family and self. By doing so he was using all the 4 approaches that O’Hanlon says are the ways to resolve trauma. Not only was this creative use of genograms wonderful to see and experience it sparked a whole new way of thinking for me.

Linda Thompson was absolutely amazing. I wish her workshop titled “The Power of Words” was offered to people in many different professions. I wish it was offered even to people who are not going to study hypnosis in depth, because it teaches people the value of simple words that can alter a person’s experience and their ability to experience their life and simple routines in more positive ways. She is so smooth that it is almost magical. She offered people more ability to recognize how easily they could adjust their words to have such a powerful impact on the lives of people they work with. Wow is all I can say.

Moshe S. Torem’s workshop titled “Future Focused Strategies: Empowering Individuals Resilience” was one that keeps echoing in my head. He got you thinking in more positive ways with poetry. Had he only used his own words it wouldn’t have been as powerful, because by using well known and popular words it carried a different feel to it, and it caused everyone to become more aware of their words and potential. I loved how the words of great lyrics stuck with you and kept echoing in my mind. Toward the end of the workshop Moshe offered a hypnotic experience and the effects of it will be lingering with me for perhaps years to come. It was life changing.

Jeff Zeig In his workshop on “Advanced Techniques of Psychotherapy, Resilience an Experiential Approach” was brilliant as always. In this workshop he taught us about the power of experiences. He

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showed us how to set up, intervene, and then follow through. He showed how it was the approach that so many movies and important experiences use. He had me with the idea the first time. Not only do I find myself looking for ways to set up, set, up intervene, and then follow through, I am finding it in books, films, jokes, and even in simple stories that you tell to your children, and grandchildren. He has once again opened my eyes to the power that experience has and can have.

Claude Virot in teaching "Some Secrets of Erickson" was so powerful that I had to leave early. His trance was so powerful that I had a spontaneous trance just watching him work with someone and personally resolved something that I had been struggling with for years. It took only minutes to cause me to begin to think differently. It was something that hasn't happened before. Perhaps it was because Claude was teaching something so intensely because he believes in it so much perhaps it was my being primed for the experience, but the result was so powerful that I didn't want to allow anything to alter it. Next year I will report to Claude the ways this experience changed me.

Shaul Livnay presented "Hypnotic Strategies of forming transitional objects as a means of fostering internalization and self soothing: The Application of Zarren's Marble Induction". He was more than wonderful. He was so calm and in a positive emotional place while he presented that as you sat there you too began to feel calm and peaceful. His presentation was so powerful that I have purchased marbles to use Zarren's approach as presented by Livnay. It wasn't just the information that he presented that was so helpful; it was the way he presented it. He made it easy to accept and to utilize in a positive way right then as well as later on.

Dannie Beaulieu offered, "When words are not enough", and did so with zest, enthusiasm in a way that caused you to want to take her seriously. Using a commercial advert and other devices to focus upon, she drove her point home in dramatic and memorable ways. When you came away you want to use her ideas for your clients and your family in more intentional ways.

Nicole Ruyschaert in a Keynote entitled "From empathy to compassion fatigue: How can health care practitioners develop resilience and keep their positive engagement?" used her uncanny ability to simplify and make useable the vast amounts of information she has accumulated. She however did it in such a powerful way that I found it inspiring me in ways

she didn't even mention but was totally in line with what she was saying. Nicole has the ability to inspire in such a calm, kind and genuine way that you sometimes don't even know that she has had a powerful effect on you, before she already has.

Consuelo Casula offered in an invited address, "The Hypnotic Approach based upon Resilience", ways of utilizing strengths and abilities that we have through hypnosis. She did so in a powerful and informed way. She has a way with getting you to think and feel differently so smoothly that you don't even know that she has done it, because you perhaps were distracted with something else that she was saying. Perhaps it is her skill level, and perhaps it is because she is really that good.

Susy Signer-Fischer spoke about "Live transitions Hypnotherapeutic Methods". Just seeing Susy present is like getting a dose of kindness, and goodness mixed with approaches that work and techniques that will help your clients. It is always a joy and a treat to hear her.

Bernhard Trenkle offered "Patterned Disruption Techniques in Ericksonian Hypnotherapy" Bernhard makes things seem so easy and straight forward, because he is really that knowledgeable. His presenting ways to disrupt patterns seemed so straight forward you might wonder how come you haven't used this approach more. It is almost always a wonderful experience getting to see him present because of how kind, understanding and informed he is.

It was especially wonderful getting to see Norma and Philip Barretta because their daughter was in the room adding her two cents. She is quite the chip off the block of solid therapeutic thinking. The Barretts spoke about "If any therapeutic technique needs a touch of creativity, it is Hypnosis." They did so with their characteristic charm, insight, and well thought out ways of inviting you to think in more helpful ways.

Getting to spend a little time with Betty Alice Erickson, while she presented her unique style and approach was powerful enough to open my eyes in some new ways. The ideas she presented in her workshop, "The Essence of Non-Directive Hypnosis" is something I have seen her do many times. However, I found a new way of thinking about it and the work we do when we are inviting trance. She is an artist, and a delight to watch work.

People's workshops that were also impressive but not enough time to write up their presentations,

were, Betty Blue, Michael Yapko, Diana Yapko, Julie Linden, Camillo Lorigo, and so many others. I would have loved to have seen Claudia Weinspach, Brian Allen, Ali Özden Öztürk, Peter Bloom, Gunnar Rosen, Gaby Golan and Susanna Carolusson, Carol Kershaw and Bill Wade, because other times I have seen them their work has been outstanding. Unfortunately, time just didn't allow it.

❖ **Yossi Adir & Shaul Livnay: *Hypno-music: Non-verbal strategies & approaches to the enhancement of hypnotic effects in working with clients workshop on music and hypnosis***

by **Claudia Weinspach**

On the first day of the Congress, Yossi Adir and Shaul Livnay delivered a workshop on music and hypnosis. It began with Yossi's suggestion: "Get up... let's walk.... just like a meditation walk". He then asked us to bring our attention to the moment and listen to the music with our entire body, to experience walking, having eye contact with other participants and then also to have tactile touch, moving together as a twosome. Standing back-to-back at first, then moving as a couple to another twosome, eventually being two couples standing back-to-back. After that first unit, we shared what we'd experienced. The next step in the workshop was that Shaul awakened the gong in a way that shifted my mind into a trance state right away. The gong concert lasted for about 15 minutes, followed by a sharing of experiences. Some people were full of awe. One woman shared that she wasn't in pain for the first time for years after surgery. It seemed that the core idea of this workshop was becoming clear now: we can use hypnosis and music as induction but also as suggestions. Furthermore nonverbal language called "Gibberish" can be used in clinical hypnosis work by just bubbling and talking nonsense. Yossi shared that Gibberish was invented in his lectures years back by his former professor. He told us that everybody in his seminar got into trance almost instantaneously. The workshop continued with a guided meditation while listening to nature sounds and drums as well as visualizing different images. People could choose between standing, sitting or laying down. Thinking this was the last part of the workshop, I didn't expect more experimental work to come. I was wrong; the highlight was yet to come: individual work with the gong - whoever wanted to come upfront was invited to play the gong. Several people did. Through Gonging

and chanting, an atmosphere of dense attention spread from the protagonist to the rest of us bringing us into the realm of the person working. In addition, the intense silence between the sounds was very powerful. We ended with one last opportunity to express ourselves. All in all: the workshop was a wonderful experience, with a good mixture of structured and non-structured parts and a great addition to the cognitive work we did during that afternoon.

❖ **Giuseppe de Benedittis: *Challenging Intolerable, Refractory Widespread Pain: What we have learned from Hypnosis in Fibromyalgia Patients***

by **Kathleen Long**

I decided quite early on to attend this presentation as I mainly work in a General Practice situation where patients with a diagnosis of fibromyalgia are relatively common. These patients are amongst some of the most complex I see in a general practice setting and with an average of 10 to 15 minutes to make decisions and referrals for them it is not entirely satisfactory. I have my own experience in treating them but one of the most difficult things is to try to intervene in a non-pharmaceutical way. Unfortunately many of these patients, when they present in the surgery, are already very medicated and very dependent on the benefits system because they have already had to give up their employment. They have normally been labelled FMS by a series of exclusions of other pathologies and during their long journey to that diagnosis have often been labelled as 'heart sink patients'. These are patients wrongly labelled as people who seek help but nothing seems to work and the doctor and patient get into a cycle of disappointment in each other which is repeated many times. Often these patients can find themselves moving from doctor to doctor looking for a solution that they never seem to find. By the time they join a new doctor they are very often heavily medicated and, in my opinion, find it difficult to process information in the way most patients would. They have often been to orthopaedics, physiotherapy, psychiatry, pain clinics, general surgeons and neurologists all who come to similar conclusions: 'Keep taking the tablets and you will have to live with it!'

Dr. Giuseppe de Benedittis' research presentation was interesting and threw up more questions than it

perhaps answered. Still that is one of the exciting results of research in the first place. Most FMS are women with them reporting 85% of the FMS population. Why is this? Recent neuroscience studies have shown that there is premature aging of the brain in patients with FMS. Why is this? Is it to perhaps due to long term depression that is often associated with FMS or perhaps with the multiple medications that many of these patients are prescribed often indefinitely? Dr. Benedittis showed that there was a possible association between physical or sexual abuse as a child and development of FMS in later life. Is post-traumatic stress disorder (PTSD) a possible cause of FMS? The recent neuroscience evidence may have supported this with the amygdala and the frontal cortex of the brain being most activated in patients with FMS.

Dr. Benedittis' conclusion was that hypnosis, albeit with some booster sessions, in FMS have been shown to be superior to pharmaceutical interventions. The patients in the hypnosis group showed an improvement in their sleeping, their pain and their overall satisfaction. It is a message that all FMS patients need to hear.

❖ **Betty Alice Erickson: Erickson— His work Now and in the future**

by **Fabio Bacci Bonotti**

Erickson knew despite our differences human beings all are one. All together we are happy, productive useful, both independent and connected to others is all of our goals. Hypnosis it's wonderful tool to help people to get there (the meaning of connection is explained in another article in this review). Erickson expands the definition of hypnosis, from the idea that hypnosis is a relational field where both of us are co-creating reality between us. In this reality, it communicates with our conscious and with our unconscious. Steve Lankton said that Erickson's speech, his ambiguous words and his speaking metaphors allow his listeners to access what is inside them. Erickson considered therapy what is done with you and healing is what you do to yourself. Healing comes from connection and connection comes from healing. We all know it, when we feel it, and when we are connected, even when is difficult to find. When you use words, then you create a formal thinking as words communicate thinking, and in the workshop of Betty Alice Erickson we had a demonstration that this changes our neurological pathways, and more we do it, and more we learn. The world has changed so incredibly, think about the speed of communication with phone

cameras, smart phones etc., and so people's perception, people's thinking, and all that changes. Erickson's psychotherapy can create new learning, expand previous ones, in order to do that you need to be connected, and present with other persons. In the human mind, "normal" means comfortable to you, and Erickson knew that this helps people.

I want to thank Camillo Loriedo for the hard work of organization that has allowed us to have the opportunity to get in touch so closely with many of the people who every day inspire the way I work with myself, and with the people I meet. And I congratulate to Consuelo Casula, became the current president of the European Society of Hypnosis, which sent me through his words, hope and resilience, to contribute as a young therapist, the continuation and growth of what Milton H. Erickson did.

❖ **András Költő: Hypnosis in Psychodermatology**

by **Eduardo Ferreira Lobato**

It was a very important presentation because we already know that most or all skin disorders have some kind of psychological origin. And Dr. András Költő showed this in a very clear way; in how the stress hormones, the traumas, thoughts, beliefs, etc., can be involved in skin problems. Diseases like vitiligo, psoriasis, alopecia areata can be improved with hypnosis treatment. Of course, most of times, many session of hypnosis will be necessary, because many kinds of personal problems are involved. In my own experience, many patients with skin diseases feel better with hypnosis, since they have someone to listen to them. They have tried many kinds of treatments that fail and feel disappointed. With a good rapport, when the doctor shows a real interest in the patient's disease, the success can, most of the times, be achieved.

❖ **Brigitta Loretan-Meier: *Head or Belly, who is the Boss in the Mind-Body connection? Creative dealing with Irritable Bowel Syndrome***

by András Költő

No better time slot could have been assigned to a hypnotic workshop dealing with issues of digestion than right after the lunch break. Feeling stuffed with a Margherita pizza that I had eaten in a nearby *trattoria*, I felt that I needed my siesta. Dr. Brigitta Loretan-Meier, however, shortly woke me up from slumber. She gave a compact overview of the typical symptoms and aetiology of Irritable Bowel Syndrome. She argued that hypnotic interventions – besides resolving the psychological conflict that had led to the feelings of tympanitis, indigestion, abdominal discomfort or pain, flatulence, constipation or uncontrollable diarrhoea – have to be directed to the celiac or “solar” plexus, the network of the nerves in the abdomen. Given that these are closely interwoven with the nerves in charge for breathing, Dr. Loretan-Meier soon requested us to stand up, and following a rapid induction we were asked to combine breathing, moving and vocalisation, culminating in the “RRRRRRRRR-SSSSSS-T!” practice. This technique, adapted to the needs and the symptoms of a given patient, helps in mobilizing and adjusting her or his solar plexus, thus leading to beneficial changes in the operation of the digestive system. The practice was lively and much different from the traditional relaxation techniques we usually see in so much hypnosis demonstrations. It really helped me metabolizing my pizza. It was followed by the presentation of some cases from Dr. Loretan-Meier’s practice, and a lively discussion. A general take-home message for me was that in IBS, like in many other psychosomatic and somatization diseases, “standing up from the armchair” and bringing our clients and ourselves in motion, may help a lot.

❖ **Rick Miller: *Clinical Hypnosis with Gay Men: Optimizing the Impact of Psychotherapy***

by András Költő

According to a research conducted among American marriage and family psychotherapists, 80% of them regularly see gay or lesbian clients, but just half of them feel themselves competent in treating patients who belong to sexual minorities. I am afraid similar (or even lower) rates would have been observed in European therapists. Every occasion we can learn about the specific problems of LGBT sexual minorities and the clinical solutions for these problems is therefore essential and should not be missed. Dr. Rick Miller’s intriguing (and sometimes heart-rending) presentation introduced some psychological problems that impose special risk to gay clients. Many of his clinical observations and therapeutic solutions can be extrapolated to lesbian, bisexual, transsexual and even to straight clients. Rick presented some of the mechanisms which contribute to the psychological and somatic vulnerability of gay men and he offered hypnotherapeutic solutions to these maladaptive processes. Among these, the issue of coming out, the unconscious censorship of being loved and accepted, the constant threats associated with exposing the true self, the many times problematic attachment with fathers and over-compartmentalizing shall be mentioned. Breaking the shame spiral, elaborating unconscious internalized homophobia, dealing with the overarching “urban gay stereotype” (which is as false and unreachable as the Barbie doll) and being open and honest in issues of sex are essential elements of the clinical work with gay men. Hypnotherapy is a good framework to address these issues. The workshop did not attract many participants but we who were there had a very intense and fruitful discussion on Ricks’ and our own clients. It is a particularly important question how to embrace a gay client’s problems as a straight (heterosexual) therapist. Rick, being openly gay himself, is an inspiring role model for gay and straight, male and female hypnotherapists as well.



❖ Susan Pinco: Utilizing Brainspotting to enhance resilience

by Ermanno Carrara

The beauty of ESH's Congresses of hypnosis is that every time you can discover new models, new ideas, and different ways to deal with discomforts. Thus, after an intense day of seminars, presentation, lectures and symposium there has been Susan Pinco's workshop: Brainspotting, a new way for trauma healing and stimulate resilience and resources.

First of all, Dr. Pinco tells us the Brainspotting story. In 2003 David Grand was working with an EMDR variant with an ice skater with a championship potential who could not perform the triple loop. Grand noted that when the athlete was focused on her performance problem, her body reacted intensely when the eyes were in a determined position. Grand guided the patient to stay on that eyes location and stay mindful of inner process. A torrent of family problems and sport injuries flowed out and it could be abreacted. The day after the ice skater called the therapist saying she performed the triple loop as she wanted. Since then, David Grand began to study his discovery up to structure a surprising and powerful method.

Susan Pinco, clearly and effectively, presented some Brainspotting techniques, a demo and the possibility for the listeners of experimenting it directly: Outside-windows Brainspot, Inside-windows Brainspot and one-eye Brainspot. The attendees could find their own spots, connected both to the distress issue and to resources issues. Susan Pinco has also allowed us to discover how the emotional, sensorial and affective experience may change if we think about it watching with one eye or the other.

Dr. Pinco has also strongly underlined that Brainspotting is not only a technique, an aseptic way to push the client in touch with their own distress or resources. Great care and attention is given to the therapeutic relation, to what happens with the client. The therapist is not only a witness of an internal process but, systemically, he/she is an integral part of what happens in session, with the possibility of change the technique if required, provide support or "simply" be with the person in a very meaningful time.

As already stated, the Congress of Hypnosis in Sorrento has been full of news and distinguished itself by the integration of a different way to use the hypnosis and by the openness to the research and to the

future, factors for which Susan Pinco undoubtedly has been an active component.

❖ Eva Pollani: Ego State Therapy with Couples

by Maria Escalante de Smith

Eva Pollani presented an excellent workshop about Ego State Therapy with Couples where participants were able to learn about a fascinating topic. Pollani caught my attention immediately as she showed a slide where the following quote appeared:

Two individuals say "I love you" or they think or feel it. And still, everyone has his or her own meaning, his or her own life, maybe even another colour, another flavour or another scent within the abstract amount of impressions representing our soul life.

Fernando Pessoa: Livro Do Desassossego

As the workshop continued it was interesting to learn about the "Identity within a couple" and how things have changed since the 50's. The author showed how she is able to summarize key concepts, like when she presented the "Overview and Structure" of this approach where topics such as "Evaluation of possible parts, Establish the couples dynamic, Agree on a topic, Evaluate both partner's Ego States" were included. To my view this is a very useful and simple way people can remember the steps that can be taken when dealing with couples. Other techniques that promote age regression such as the "Ideal Parent Protocol" by Brown were addressed and they are also a good reminder that as therapists many times we need to help clients so that their old emotional wounds can heal.

This presentation was filled with useful techniques particularly one named "time line work with a rope" aimed at working with the couple's history and where techniques such as age regression and progression were incorporated. Pollani made reference to the 9 point plan by Greenberg and Johnson, an approach that covers topics like patience, "what I want from you", "that is what I really feel" and disputes. This can be quite a thorough way to address important issues within the couple.

Near the end of the class, there was a slide about "the seeker for closeness" that offers to talk and exchange and the "distance-holder" that feels restricted and looks for freedom.

Last but not least I liked how Pollani addressed two very important issues: compromise and friendship, and how both can help couples. She also included photographs of outstanding professionals like Woltemade Hartman and the late John G. Watkins that have worked with Ego State Therapy.

This was an excellent class. Congratulations Dr. Pollani.

❖ **Johan Vanderlinden: *The Integration of slow breathing and hypnosis in the treatment of Eating Disorders***

by Eduardo Ferreira Lobato

Dr. Johan Vanderlinden's workshop has shown the importance of slow breathing in order to modulate autonomic nervous system (parasympathetic/sympathetic), called cardiac coherence. Sometimes we don't realize the importance of breathing, and many people feel better (mainly those who have anxiety diseases) only with slowing breathing correctly. Of course, we should have more researches in this field, but I think it is a promising issue. Oriental people, who use to practice meditation, do this kind of breathing, with amazing results. Many diseases can benefit from this kind of slow breathing, like: anxiety, high blood pressure, insomnia, obesity, headaches, depression, panic disorders, asthma, and many others. I am sure that by reducing anxiety, by slow breathing, most of patients will feel better and comfortable. We need to know how it happens; what the implications of breathing in systemic diseases are; what else is involved in slowing breathing. Hence, more research is necessary.

❖ **Edwin K. Yager: *Subliminal therapy: effecting change***

by Sofia Georgiadou

Getting introduced to Dr. Edwin Yager's Subliminal Therapy during the Sorrento Conference brought back the familiar sense of watching puzzle pieces fall into place. I found his approach forward-thinking beyond our times, as the extra-conscious abilities of the mind are yet to be operationally defined and empirically validated. Through believing in the exist-

ence of a powerful part of the mind that we are not aware of on a daily basis and using clients as mediators in order to communicate with and make use of their extra-conscious mental capacity, Dr. Yager made a point in teaching us a logical step-by-step process for accessing that part of our brain. This method's sole purpose is to swiftly resolve not the symptom but the cause of our clients' issue, often without even the need to be aware of content details regarding the client's problem. Subliminal Therapy had a rightful place in the Conference because it not only draws from major principles of hypnosis, but its application inadvertently leads to a light trance state clients commonly enter when focusing on their inner "chalkboard", where answers from their extra-conscious mind, otherwise called "Centrum" in this work, are written. Dr. Yager himself has classified his approach as a "psychodynamic" perspective. However, I do believe Subliminal Therapy touches on much more than psychodynamic theoretical constructs that may guide the therapy process. It is a no-nonsense tool that can help every clinician connect with their clients' inner wisdom, and I urge colleagues all over the globe to learn more about it at www.stii.us.

❖ **Experiencing Entrancing Displays of Therapeutic Utilization Above the Sorrento Coast in 2014**

By Betty Blue

It was brilliant of The XIII International ESH congress to "utilize" the magnificent surroundings of Sorrento, Italy for their 2014 conference as a natural metaphor for the existence of both trauma and resilience. Walking just outside the Hilton Palace we could gaze upon the awesome sight of the thriving Bay of Napoli and the beauty of the Tyrrhenian Sea framed in the background by the humbling reality of Mount Vesuvius.

What better way could I have begun my pre-conference experience than by participating as a demonstration subject in the Tuesday opening presentation created by Jeff Zeig, the amazingly poised and eloquent teacher of naturalistic trance-work, Ericksonian utilization processes, observation acuity and therapeutic resilience?

During this demonstration the creative psychologist and author, Neil Fiore from Berkley, California, acted upon Jeff's instruction as an antagonist, abruptly uttering "out-of-context" verbalizations to interrupt

the otherwise gentle and lulling trance dialog that Jeff was creating. Jeff's task was then to "utilize" (incorporate and take advantage of) Neil's nonsense-like utterances in order to further the trance process. As a participant I felt as if I was involved in a dance being choreographed by both Jeff and Neil (and I love to dance). Jeff's natural and gentle dance moves, would unpredictably incorporate "Neil inspired" twists and turns, adding resilient and energetic "trance-formational" surprise to the choreography. I felt comfortably confused, amused and nurtured all at the same time.

I found it exhilarating and inspiring to be a presenter, a participant and a demonstration subject, giving and receiving: Renewing both skills and relationships and befriending new colleagues, while "conferring" with fellow human "trance-formers" and seekers of resilience from all over the world.

After returning home I found myself recognizing how so many unpredictable and challenging parts of my life, from the early deaths of my original family to the interrupting inconvenience of having missing luggage frustrations in Sorrento, had contributed to the enhancement, or creation, of survival processes and a deep appreciation for what is truly valuable, uplifting and worthy of focus. In the US we use an idiomatic expression to describe resilience by saying, "If life gives you lemons, make lemonade". I love observing that in Sorrento, where lemons are plentiful, lemons are transformed into luscious and intoxicating limoncello.



News from the International Hypnosis Community



by Katalin Varga & András Költő,
Editors of ISH & ESH Newsletters

We hypnosis professionals are in the very favourable situation that there is a close alliance between the International and the European hypnosis societies. To make our collaboration even stronger, we have decided to make an "interactive corner" between the ISH and ESH Newsletters. We will regularly have one article from each Newsletter published in the other society's bulletin. We believe both associations will benefit from such an exchange. It can raise the awareness of our readers to what is happening on the international and European hypnosis scenes.

THREE BAGATELLES FROM THE MICROCOSM OF HYPNOTHERAPY

Paper presented at the Annual Meeting of the Hungarian Association of Hypnosis (Szeged, 25-27 May 1990)

by Zoltán Ambrus Kovács
translated by Anna C. Gősi-Greguss

Dear Colleagues,

"Music from the beginning of the beginning" – wrote Béla Bartók about *Microcosm*, a collection of brief, increasingly complex opuses serving the purpose of learning to play the piano. As a perhaps immodest, but evident analogy, the microcosm of the theoretical foundations of hypnotherapy may be composed of brief, anecdote-like stories we all have from our practice. These stories lead to aphoristic morals and knowledge inductively, highlighting – often wittily – a successful or unsuccessful element in therapy, rather than presenting a full case study. Now, let me present three such stories from my own collection.

No. 1

My patient was in a deep hypnotic state. He enjoyed the gently suggested pleasant environment on the turf of his imagination. I myself, having been ca-

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tarrhal for a few days, tried to suppress the urge-to-cough. I was afraid that if I coughed, I would disturb the patient. But the urge was strangling me. What was to be done? I coughed. I was relieved to see that this did not bother the patient. His features remained calm; he was resting undisturbed.

At the end of the session he said: "This resting was excellent, except for once, a choking cough tortured me, and I thought I would suffocate..."

I asked if I understood correctly, but there was no mistake: He really did not know about my coughing. Instead, he perceived it as his own, while he showed no external sign of it whatsoever.

Moral: In the intensive relationship between hypnotist and patient, the latter accepts and experiences suggestions that originate in the hypnotist and are mediated by the voice of the hypnotist. In deep hypnosis, the boundaries of the self may also be altered – this is a special depersonalization.

No. 2

My patient had wonderful imaginations. After her dynamic images and rich symbolism it was especially reassuring for me when she noticed the ocean and finally wanted to take a rest. She reclined on the fine sand spit...

At this point, it occurred to me that it would be nice to start the cassette-player, so that the music of the ocean could deepen her experience. It would have been nice! But, I was not prepared for this turn of the events, and I was not sure if the correct tape was in the player. I did not want to take the risk; I did not want to ruin the situation.

All in all, my patient reclined in the fine sand spit, and in lack of music, I tried to heighten the experience with my words. The ocean was murmuring... the playful waves sprayed fine mist into the salty air... seagulls drifted in the air... cool breeze was stroking... But the cassette annoyed me nevertheless! Which music would we hear if I ventured to turn it on?

I waited for the end of dehypnosis impatiently, and when my patient looked fully awake, I hurried to identify the cassette: I pressed the play button and we could hear the music of the ocean.

My patient listened somewhat drowsily, then said in an astonished voice: "My goodness, did this thing record what I dreamt?"

Moral: In altered states of consciousness, the relationship toward reality is altered, critical thinking diminishes, and the boundary between imagination and reality may be blurred. Further lessons could be learnt about impatient therapists and hasty dehypnosis...

No. 3

Mrs. F. had not had sexual contact with her husband for years. In the course of therapy, her desire to approach him could be sensed, but she was still ambivalent about renewing their relationship.

In hypnosis, her conflict emerged in a walk in the woods. Meeting her husband, they started to walk together. Their path was paved with tall straight poplar trees, and Mrs. F. tested the proximity of her husband with careful reservation.

At this point, I used a carelessly chosen expression in encouraging her: "Take in this experience" – I said, not considering what this expression may mean for her. Mrs. F. exhibited all the signs of anxiety in a few minutes. Fortunately, the process of hypnosis was not broken, so she could be relaxed again.

Moral: Increased suggestibility in hypnosis also carries the possibility of increased vulnerability. Hypnotists must consider the full semantic spectrum of words, expressions, and sentences – possibly before uttering them.



Dear Colleagues,

I believe that similar stories are born almost every day. Some of them fall into oblivion; others fall to the destiny of professional anecdotes. Collecting these stories and organizing them didactically would be rather useful, for we can hear no concerto without careful fingering and perfect passages.

(Let this presentation be a pre-vocation – or provocation if you like – for the creation of a microcosm of this hypnosis group.)

Thank you for your attention.

Calendar of Forthcoming Events

ETSP: BRAINSPOTTING THERAPY (BSP) LEVEL 2

5th December 2014
Title: The Revolutionary New Therapy for Rapid and Effective Change
Venue: Paris Centre
Invited Speaker: David Grand Ph.D (USA)
Language: English
Translations: English to French
Fees: 695 Euro – Individual Price, 900 Euros – Continuing Education, 15% discount for ESH Members
Registration website: www.ietsp.fr
Email: mayer@ietsp.fr
Tel: + 33 (0) 1 44 05 05 90

SSCH: EGO STATE TERAPI; INDIKATIONER OCH TILLÄMPNING

12th December 2014
Venue: Göteborg
Invited Speaker: Susanna Carolusson
Language: Swedish
Translations: N/A
Fees: ESH Constituent Society Members: 800 SEK+ 25% vat
Non-Members: 1,300 SEK + 25% vat
For further information please contact:
Email: susanna@carolusson.se
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COMMUNICATION SPÉCIFIQUES DANS LA PRISE EN CHARGE DES DOULEURS AIGÜES ET CHRONIQUES

Dates: 14 et 15 novembre 2014; 12 et 13 décembre 2014; 23 et 24 janvier 2015; 27 et 28 février 2015; 20 et 21 mars 2015; 8 mai 2015

Horaires:

- Chaque vendredi : de 16h à 22h30 (cette session se termine par une conférence donnée par un expert dans des domaines variés)
- Chaque samedi : de 9h à 18h30 (lunch prévu sur place)

La journée de rencontre le 8 mai 2015 : de 9h30 à 18h30
Lieu: Service d'Algologie – Soins Palliatifs, Bloc Central + 2, CHU Liège, Domaine Universitaire du Sart Tilman – B 35, 4000 Liège, Belgique

Orateur(s) invité(s): FAYMONVILLE Marie-Elisabeth (CHU Liège); NYSSSEN Anne-Sophie (CHU Liège); VANHAUDENHUYSE Audrey (CHU Liège); FOHN Bruno (CHR Citadelle, Liège); DOUTRELUGNE Yves (Tournai); CELESTIN Isabelle (Paris); HALFON Yves (Rouen); KAISER Kenton (Herve); COLOMBO Stefano (Genève); BIOY Antoine (Paris)

Langue utilisée: Français

Traductions: Non

Tarifs: 1,850 Euros

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HAH: HYPNOSIS OF MANY FACES: HEALING, RESEARCH AND COST-EFFECTIVENESS

6th March 2015

XXVI Annual Meeting of the Hungarian Association of Hypnosis

Venue: Budapest, Hungary

For further information please visit: <http://www.hipnozismhe.hu>

MEG: 2015 CONGRESS

19th March 2015

Venue: Bad Kissingen, Bavaria/Germany

Invited Speakers: Ghita Benaguid, Etzel Cardeña, Ernil Hansen, Paul Janouch, Ulrike Koch, Liz Lorenz-Wallacher, Vera Ludwig, Ortwin Meiss, Burkhard Peter, Karin Polit, Gary Bruno Schmid, Britta Steffen, Lars-Eric Uneståhl, and more

Registration: www.meg-tagung.de

AFEHM: 7EME COLLOQUE: HYPNOSE – ZEN – MÉDITATION

8th May 2015

Leiu: Paris – 21 rue de l'Ecole de Médecine – Les Cordeliers

Orteur(s) Invite(s): Fabrice Midal, Eric Rommeluère, Olivier Debass, Pierre Rainville, Jean Mark Benhaiem

Langue utilisée: French

Traductions: No

Site de réservation par Internet: www.hypnose-medicale.com

Courriel: secretariat.hypnose@orange.fr
Téléphone: +33 (0) 1 42 56 65 65

ISH & CFHTB CONGRESS: ROOTS AND FUTURE OF CONSCIOUSNESS

26th August 2015

20th International Congress of ISH

Languages: English, French, German

Venue: Paris

Registration website: <http://www.cfhtb.org/en/paris-2015-ish-cfhtb-congress/>

Further details will follow in due course

DGZH: 2015 HYPNOSE KONGRESS

11th September 2015

Venue: Hotel Steigenberger Berlin, Los-Angeles-Platz 1, 10789 Berlin

Language: German

Translation: N/A

Fees: 4 00 Euros – ESH Constituent Society Members, 550 Euros – Non-Members

Registration website: www.hypnose-kongress-berlin.de

For further information please contact:

Email: mail@ccwcongress.org

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MEG: 2016 CONGRESS

3rd March 2016

Further details will follow



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*We wish all members of ESH Constituent Societies
and their beloved ones
Season's Greetings and Happy New Year.*

