



The International Society of Hypnosis

NEWSLETTER

Building Bridges of Understanding

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Letter from the President

Julie H. Linden, PhD

Attention dear members. We are almost one year away from the 2015 Paris Congress, August 26-29, which promises to be a success in every way. Registration is at 800 and growing daily. You have probably noticed that registration in the congress now

comes with a special membership deal with the ISH. If you register for the congress and join ISH with the promotion code, you receive two years of membership for the price of one (the special member Journal costs the second year are extra). Details for this deal are located on our website www.ISHhypnosis.org

When your colleagues show interest in Paris 2015 and ask 'Why join ISH?', here are some responses. There are many benefits. A few of these include: Reduced price for the International Journal of Clinical and Experimental Hypnosis; Events Calendar of hypnosis training and conferences world wide; A Video library of presentations and keynotes; Access to the Members Directory; Voting for officers; and running for Office; and reduced fees for all Constituent Society (CS) hypnosis conferences.

In May, one of our constituent societies, Emergences Institute of the Confédération Francophone d'Hypnose et Thérapies Brèves (CFHTB) hosted a large conference on Pain Management and hypnosis. See some of the photos in this newsletter. The director of that institute is our President-elect, Claude Viot. In June, another CS, Polski Instytut Ericksonowski, held the European Ericksonian Congress on Creativity and Hypnosis. It is wonderful to see the energetic activity of our CS's organizing such diverse and international events.

You may have also noticed that we made some changes to our website for ease of use. We have added the capacity for electronic voting as we proceed with the

vote on the recommended revisions to the By-Laws and get ready for the next nominations and elections. We have had many favorable comments about our virtual office, and are pleased to share that it has cut costs and kept the ISH financially sound. Join me in thanking our administrative assistant, Gail Cunningham, with whom you may have communicated with any matters concerning the ISH office. The BOD has met regularly via Skype, a feat of time management since participants range over many time zones! Some are heading to bed while others are just rising, and each fully engaged with keeping your society the World Headquarters for Hypnosis.

Wishing you all a good summer (winter in the southern hemisphere)- hope we shall see you in Sorrento at the ESH conference.



Bernhard Trenkle was extremely instrumental in assisting the founding of the Chinese Hypnosis Society, a

new section of the Chinese Psychiatric Association. and worked with Xin Fang, who is seated on his left side, and an important government official on his right side. The group already has about 30 members, and is making plans to come to Paris 2015 with as many members as possible. Bravo Bernhard and Xin!

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Lettre de la présidente –

Translator: Nicole Ruyschaert, French

Chers membres,

Est-ce que je peux demander votre attention spéciale? D'ici à peu près un an le congrès 2015 aura lieu du 26 au 29 Août, et on s'attend à un grand succès à tout point de vue. Il y a déjà 800 inscriptions – nombre qui augmente de jour en jour! Probablement vous avez déjà remarqué que l'inscription au congrès s'ajoute à une adhésion spéciale à l'ISH? Quand vous vous inscrivez pour le congrès et devenez membre de l'ISH avec le code promotionnel, vous obtenez 2 années d'adhésion pour le prix d'une année. (En payant les frais pour la revue de la deuxième année en supplément). Informations détaillées pour ce deal à notre site internet www.ISHhypnosis.org

Si vos collègues sont intéressés au congrès Paris 2015 et vous demandent 'pourquoi se relier à l'ISH?' voici quelques réponses. Il y a plusieurs avantages: prix réduit pour le 'International Journal of Clinical and Experimental Hypnosis'; calendrier des événements en hypnose et formations partout dans le monde; une vidéothèque avec des présentations et des plénières; accès au répertoire des membres; voter pour et/ou être candidat membre du conseil d'administration de l'ISH; réduction sur l'inscription au congrès d'hypnose de tous sociétés membres (CS).

Au mois de Mai 2014, Emergence, un de nos sociétés membres (CS), institut de la Confédération Franco

Carta de la Presidenta—

Translator: Maria Escalante, Spanish

Atención estimados miembros. Nosotros estamos casi a un año del Congreso de París que tendrá lugar del 26 al 29 de Agosto en el año 2015, y que promete ser un éxito en todos sentidos. Ya hay 800 personas registradas y la cifra se incrementa diariamente. Vosotros probablemente os habéis dado cuenta que la inscripción para el congreso ahora incluye una promoción especial con la ISH. Si vosotros os registráis para el congreso y os hacéis miembros de la ISH con la clave de promoción, vosotros recibís dos años de membresía por el precio de uno (los costos para el Journal en el segundo año son extra). Los detalles para esta promoción se encuentran en nuestra página web www.ISHhypnosis.org

Cuando vuestros colegas se muestren interesados en París 2015 y pregunten "¿Por qué debo hacerme

Phone d'Hypnose et Thérapies Brèves (CFHTB), a organisé un grand congrès sur la gestion de la douleur et l'hypnose. Vous verrez quelques photos dans la newsletter. Le directeur de cet institut est Claude Virot, notre président-élu. Au mois de Juin, une autre société membre (CS), Polski Instytut Ericksonowski a organisé le congrès Ericksonien Européen sur l'Hypnose et la Créativité. C'est merveilleux de voir l'activité énergétique de nos CS en organisant des événements internationaux et diversifiés.

Peut-être que vous avez déjà remarqué des changements que nous avons fait sur le site internet pour faciliter l'usage? Nous avons ajouté le système pour voter en ligne puisque nous faisons du progrès dans les révisions des Statuts et avons l'intention d'être prêt pour les prochaines nominations et élections. Nous avons reçu du feedback encourageant pour notre bureau virtuel et sommes content de vous dire que les frais ont été diminués et que l'ISH est en bonne santé au point de vue financier. Je vous invite à m'accompagner en exprimant un grand merci à notre assistante administrative, Gail Cunningham, avec qui vous avez pu communiquer sur plusieurs problèmes du bureau de l'ISH. Le conseil d'administration a eu régulièrement des rencontres Skype, une prouesse vue les participants dispersés dans plusieurs zones de temps. Quelques-uns prêts à dormir tandis que d'autres à peine se sont levés, et tous pleins d'engagement pour soutenir le siège social mondial de votre société.

Je vous souhaite un bon été (hiver dans l'hémisphère du sud), et j'espère de vous voir tous à Sorrento pour le congrès de l'ESH!

miembro de la ISH? Aquí hay algunas respuestas. Existen muchos beneficios. Algunos de éstos incluyen: Precio reducido del International Journal of Clinical and Experimental Hypnosis; Calendario de Eventos de los entrenamientos en hipnosis y conferencias alrededor del mundo; Una Video Biblioteca de presentaciones y conferencias magistrales; Acceso al Directorio de Miembros, Voto en las elecciones para integrantes de la mesa directiva; y la oportunidad de participar en las elecciones como candidato y precios reducidos en todas las conferencias de hipnosis de las Sociedades Constituyentes (CS por sus siglas en inglés).

En Mayo, una de nuestras sociedades constituyentes, Emergences Institute of the Confédération Francophone d'Hypnose et Thérapies Brèves (CFHTB) organizó una gran conferencia sobre Manejo de Dolor e hipnosis. Mirad algunas de las fotos en este

newsletter. El director de ese instituto es nuestro Presidente-electo, Claude Virost. En junio, otra SC (Sociedad Constituyente por sus siglas en inglés) el Instituto Polaco Ericksoniano, organizó el Congreso Europeo Ericksoniano sobre Creatividad e Hipnosis. Es maravilloso mirar las actividades llenas de energía de nuestras SCs organizando eventos internacionales tan variados.

Quizás podéis haberos percatado de que hemos realizado algunos cambios en nuestra página web para facilitar su uso. Hemos añadido la capacidad del voto electrónico, mientras procedemos con la votación sobre las revisiones que han sido recomendadas para los Estatutos y para alistarnos para las próximas nominaciones y elecciones. Hemos recibido muchos comentarios favorables sobre nuestra oficina virtual, y estamos

complacidos de compartiros que se han reducido los gastos y la ISH se ha mantenido estable en sus finanzas. Unámonos para dar las gracias a nuestra asistente administrativa, Gail Cunningham, con quien vosotros posiblemente os habéis comunicado debido a asuntos relacionados con las oficinas de la ISH. La mesa directiva (BOD), se ha reunido regularmente via Skype, un logro en el manejo del tiempo ya que los participantes se encuentran en muchas zonas horarias! Algunos están por irse a dormir, mientras otros están apenas levantándose y cada uno completamente comprometido en mantener nuestra sociedad como la capital mundial en el mundo de la hipnosis.

Os deseo que tengáis un buen verano (invierno en el hemisferio sur) – espero encontraros en Sorrento en la conferencia de la Sociedad Europea de Hipnosis.

Lettera Della Presidente —

Translator: Consuelo Casula, Italian

Attenzione cari membri. Manca quasi un anno al congresso di Parigi, che si terrà dal 26 al 29 agosto 2015, che promette di avere successo da tutti i punti di vista. Gli iscritti sono 800 e crescono ogni giorno. Avrete probabilmente notato che l'iscrizione al congresso include ora uno speciale accordo di adesione alla ISH. Se vi iscrivetevi al congresso e con il codice di promozione vi associate alla ISH, otterrete l'iscrizione per due anni al prezzo di uno (per ciò che riguarda il costo del International Journal of Clinical and Experimental Hypnosis il secondo anno è extra). Dettagli di questa offerta si trovano nel nostro sito www.ISHhypnosis.org

Quando i vostri colleghi mostrano interesse nei confronti di Parigi 2015 e chiedono “perché iscriversi alla ISH?” ecco alcune risposte. Ci sono molti vantaggi. Alcuni di questi includono: lo sconto per International Journal of Clinical and Experimental Hypnosis; il calendario degli eventi di corsi di ipnosi e di congressi in tutto il mondo; una videoteca di presentazioni e conferenze; l'accesso all'elenco dei membri; la possibilità di votare i candidati e di concorrere per diventare membri del consiglio direttivo; e sconti per l'iscrizione a congressi di ipnosi di tutte le Constituent Society (CS).

In maggio, una delle nostre società costituenti, Emergences Institute of the Confédération Francophone d'Hypnose et Thérapies Brèves (CFHTB) ha

organizzato una grande conferenza sulla gestione del dolore e ipnosi. Potete vedere alcune delle foto in questa newsletter. Il direttore di tale istituto è il nostro president-elect, Claude Virost. In giugno, un'altra CS, Polski Instytut Ericksonowski, ha tenuto il V Congresso Europeo Ericksoniano su creatività e ipnosi. E' meraviglioso vedere le attività delle nostre CS che sprizzano energia nell'organizzare eventi internazionali così diversi.

Avrete anche notato alcune modifiche apportate al nostro sito per facilitarne l'uso. Abbiamo reso possibile votare elettronicamente, dato che stiamo procedendo con la votazione sulle modifiche proposte per lo Statuto e ci prepariamo per le prossime nomine ed elezioni. Abbiamo avuto molti commenti favorevoli sul nostro ufficio virtuale, e sono lieta di condividere che abbiamo ridotto i costi e mantenuto la ISH finanziariamente sana. Unitevi a me nel ringraziare la nostra assistente amministrativa, Gail Cunningham, con la quale potete avere parlato di tutte le questioni riguardanti l'ufficio ISH. Il nostro Board of Directors si è riunito regolarmente via Skype, una prodezza di gestione del tempo in quanto i partecipanti hanno diversi fusi orari! Alcuni stanno per andare a dormire, altri si sono appena alzati, e ciascuno è completamente impegnato nel mantenere la vostra società la sede mondiale di ipnosi.

Auguro a tutti una buona estate (inverno nell'emisfero sud) - speriamo di vederci a Sorrento, in occasione del congresso della European Society of Hypnosis, ESH.

Letter from the Editor

by Consuelo Casula



This is my ninth Newsletter as editor. It has been a pleasure for me to edit it, starting with the first issue, October 2010. I still remember the emotion of that first time, when I created a format that has lasted, with some minor changes, until today. During these years, through learning by doing and by reflecting on experience, many traditions have

been kept, such as the president's and editor's letters, news from some constituent societies and/or umbrella societies, news about the committees so that the reader is informed about the state of the art of their triennial work, and reviews of books and congresses. And in each newsletter I have particularly enjoyed interviewing colleagues, connecting people to build bridges of understanding.

My gratitude goes to each contributor who has been trustworthy, committed and efficient over the years. If our newsletter continues to exist today, it is due to the fact that the contributors have been so kind to inform us about what goes on in their societies, and have written their point of view on many interesting topics, reviewed books, presented opinions or shared knowledge, and translated the president's letter into German, Spanish, and French. Since I cannot name each and everyone, let me mention only a few, such as Jeff Zeig, Teresa Robles, and Nicole Ruisschaert.

Additional gratitude goes to each colleague who has accepted being interviewed so that we can get to know him or her better. Last but not least I wish to thank Camillo Loredio, ISH president during my first triennium on the Board of Directors (BOD), and Julie Linden current ISH president.

In this issue you will find two interviews. One is of the ISH BOD member Brian Allen and the other is of the ISH President-elect and organizer of the next ISH congress in Paris 2015. You will also find some reviews of the congress in Krakow, Poland and some news from our Constituent Societies. And now it is time for me to say goodbye and thank each and every reader.

Readers of our newsletter already know Katalin Varga. She doesn't need to be introduced by me, even though she was interviewed for the issue of June 2013 as a new ISH Board member after the Bremen Congress in 2012. She is the President of the Hungarian Association of Hypnosis and the organizer of the 1ST INTERNATIONAL CONFERENCE ON HYPNOSIS IN MEDICINE BUDAPEST, 29 AUGUST – 1 SEPTEMBER 2013. You also know her because she is the inspirer of the scientific corner *Building Bridges of Understanding: The Clinical Relevance of Research Findings* where she collects articles from colleagues who combine research with clinical work. You will now get to know Katalin Varga better because she will be the new Editor of the ISHNL. I am sure that everyone will be very happy with her new role, curious about the fresh style she will give to the newsletter and eager to read interesting contributions.

After the ESH congress in Sorrento, next October, I will start my triennial as ESH President, and I prefer to concentrate all my energy on my new role. It has been a pleasure for me to show my participation and commitment for the benefit of the ISH.

I leave the ISH newsletter with a good feeling as I know it will be in good hands. Good luck, dear Kata.



THE MILTON H. ERICKSON FOUNDATION

News from Milton H. Erickson Foundation

by Jeff Zeig

This year has proven productive and stimulating for The Milton H. Erickson Foundation. Evolution 2013, held last December in Anaheim, was a great success and sales for Conference audio and video have been brisk, as well as requests for Jeff's Zeig's book, *The Induction of Hypnosis* (available as an eBook or hardcopy). Dr. Zeig is now completing a book on experiential exercises for training therapists.

Since the Foundation did not offer the Advanced and Master classes in the Spring Intensives, several attendees are returning in July to complete the instruction. July Intensives are fully booked with attendees from 15 countries, including Australia, Brazil, Denmark, Czech Republic, China, France, Germany, Italy, Mexico, Poland, Singapore, Sweden, U.K., U.S. and Zimbabwe – and there's a waiting list.

In May, construction was underway for the new elevator at Foundation headquarters and in June the elevator was completed. The Foundation wishes to thank all who generously donated to make the installation of the elevator possible. Dr. Erickson would be proud that the Erickson Building is now fully accessible for the handicap.

The Foundation is in the process of deciding on a platform to support online education. "I'm excited about the development of an online education presence," says Chandra Lakin, Archive and CME Coordinator. "We have so much information to contribute to the field of mental health. We hope to have a platform up and running by next year."

The Foundation Archives will be the supporting force behind a biography of Dr. Erickson (to be written by Dr. Zeig). Additionally, the Milton and Elizabeth Erickson Museum has had some exciting recent developments. A new display case was purchased to complement the existing three, and closets and cabinets were converted to showcase items with a rich history, including clothes worn by Dr. Erickson and the Erickson family. The Erickson Museum is a step back in time – to an era when Dr. Erickson still held his training seminars and his young protégés were guided by his indelible wisdom. The Museum regularly welcomes visitors from around the world.

Recently, the Foundation Press published in Spanish three books from the *Collected Works of Milton H. Erickson*, including *Hypnotic Reality*, *Hypnotherapy and Exploratory Casebook*, and *Experiencing Hypnosis*. Also, volumes 11-16 of the *Collected Works* are now available in English through the Foundation Press.

The Foundation is gearing up for the 2014 New Brief Therapy Conference – Treating Anxiety, Depression & Trauma, to be held December 11-14 at the Hyatt Regency Hotel in Orange County, CA. Keynote Faculty includes David Burns, Sue Johnson, Donald Meichenbaum, Esther Perel, Francine Shapiro, Bessel Van Der Kolk, and Philip Zimbardo. Primary Faculty includes Steve Andreas, Steven Frankel, Stephen Gilligan, Pat Love, Lynn Lyons, Scott Miller, Bill O'Hanlon, Christine Padesky, Ernest Rossi, Ron Siegel, Reid Wilson, Michael Yapko, and Jeff Zeig.

See: www.erickson-foundation.org for information



GRUPO
CENTRO ERICKSONIANO
DE MÉXICO

News from the Centro

Ericksoniano de Mexico

by Teresa Robles

The Centro Ericksoniano de México has gone through a deep reengineering process. Through this process, it diminished its management staff from 18 to 5 employees working and its five laptops. We have 25 teachers and 10 campuses around Mexico.

Because of this process, we have been able to do very important projects in Mexico.

As a continuation of the alliance made during 2010, 2011 and 2012 with the organization providing health care to all the employees of the Mexican Government, the ISSSTE, we signed an agreement for teaching our programs at the Training Center of one of its most important hospitals. In exchange, we are offering scholarships for their health professionals and working with all their workers in groups for helping them with the management of stress and for preventing Burn Out.

During last year, we have also worked all around Mexico, in a voluntary way with the employees of the National System for Supporting Families and Helping Child Development (DIF) that works with children that have suffered exploitation, abuse and with migrant children. Most of them were suffering Burn Out.

While doing that work we realized that we have a strong net of students and ex-students, supporting our work that became very proud of the evaluation of participants of the groups.

Our ex-students and teachers have worked with a Group that we call "A Group for continue growing" that is based on the work with Universal Topics with about 500 people from communities with a high risk of violence en Baja California.

Now, we are developing protocols for training workers from different Ministries and Non Profit Associations focused, in different ways, on people suffering or in risk of violence and their families.

Last year we began our Intensive program of the Master in Ericksonian Psychotherapy for foreign students, part in Cancun and part On Line. At this moment, we have students from Cuba, Hungary, Portugal, Ecuador and Brazil.

We continue as well with our training programs in Colombia and Brazil.



News from the European Society of Hypnosis

by Nicole Ruysschaert, ESH President

Besides regular email exchange and skype conferences of the BOD, we met for a face-to-face on site meeting May 10-11 in Timisoara, Romania easy to reach from different places in Europe. With a full agenda we enjoyed an efficient meeting in a friendly and supportive spirit. Minutes were taken on the spot, with the help of Matthias Mende and his "dragon" a voice recognizing software. As we have our 2014 ESH congress October 22 – 25 with pre-congress 21-22, we carefully prepared the COR meeting, call for nominations and elections of new BOD members, and call for submission of application to host 2017-2020 ESH congresses. We discussed some issues of CEPE (Committee of Educational Programs in Europe), requirements for an ECH certificate and continuous professional development, and how to support societies from less affluent countries. Results of PR committee's activities were submitted to the BOD, with some original ideas resulting from the meeting, partly to be attributed to a brainstorm session at the end of the meeting. Future clearly has some roots in the past, but also can find new ways for upcoming evolutions!

ESH committees had phone and skype conference for in depth discussion and preparation of some of the ESH's issues, all year long and results are brought together at the BOD meeting.

ESH is slowly and progressively enlarging with new societies applying, showing interest in ESH, and becoming a CS. A more proactive attitude to the future is useful!

Looking forward to our ESH congress in Sorrento, where we would like to welcome many of you! You can read more information and perhaps feel enticed to join? Here you have the congress website! <http://www.eshcongress2014.org/congress/>



Having fun by the sea in France during the Emergences Hypnosis and Pain conference.

Interview with Claude Viro, MD

by Consuelo Casula



CONSUELO CASULA

(CC): Please describe your background, what led you to become a psychiatrist?

CLAUDE VIROT(CV):

When I was a young student I was happy to learn medicine and become a surgeon in neurology but I was really

disappointed when I saw that the surgeon could see only the brain and not the mind, so I had to change my mind. First I tried to become a psychologist then I discovered psychiatry and it was a very beautiful discovery for me. So I learned psychiatry but I was disappointed also with psychiatry because we could use only 2 tools, psychoanalysis or medication. Psychoanalysis was too long and medication too toxic, so I was disappointed. At the same time, I read some papers about hypnosis and I became interested in the work of Milton Erickson. In those moments, 1985, there was not the possibility to learn hypnosis in France, but, fortunately, a year later, 1986, in Paris, the first institute was created.

(CC): How did you discover that?

CV: By a book written by two psychiatrists, Jean Godin and Jacques Antoine Malarewicz. I called the institute on Thursday and the course was starting on Saturday so I began immediately. During the first 2 days of teaching I was sure that this would be my future. In 1988, when I finished studying Psychiatry, I opened my office in Rennes and I said to everybody that I could use hypnosis. I was the only one using hypnosis in my town and in this part of France. It was strange in those years, but I had a lot of colleagues in France who loved me and respected me. After that, year by year, I had a lot of improvements with the patients, and hypnosis has been more and more appreciated.

CC: How did you become president of Emergences?

CV: First I was the president of Milton H. Erickson Institute of Rennes-Brittany created with a few friends working with me. In 1994 I began to teach and, in 2001, I created my own society «Emergences »Institute of Teaching and Research in Hypnosis and Therapeutic Communication. From that moment I more and more taught psychiatrists, psychologists and practitioners. The same year I have been involved in something new in France, to teach

anesthesiologists and nurses working with patients suffering with acute pain.

The story begins with a friend, an anesthesiologist, who suggested to me to work with his colleagues. I was not happy to do that, so I said... "Ok, only for one or two years..." Now, it is more than 13 years, Emergences has taught about 500 people in the medical field as well as in my own office and in clinics and university hospitals. We have developed a lot of techniques for patients who suffer with acute pain and wrote a book titled «Hypnosis, Acute Pain and Anesthesiology». In 2005, I created a course on chronic pain, in 2008 another one for dentists and in 2010 we decided to develop hypnosis for physiotherapists. It is the first one in this field in France. The first results are very good so we will have a lot of work in the future years because the needs are «immense». I want to talk about one of my main surprises during these years. A few years ago, I created a short course of 3 days about «Therapeutic Communication» for a hospital. Today this course is organized in about 12 venues every year! It's to say that the communication based on hypnotic techniques is a need for a large part of health professional.

As you see, Emergences is like a tree growing more and more...

CC: The medical part is very important in your practice?

CV: It's true in my work as teacher, but not in my practice as psychiatrist where I treat only patients with mental disorders or chronic pain. When a patient needs to be prepared or accompanied for a surgery, we have a lot of anesthetists able to do this. Furthermore, we now have about 25 anesthesiologists teaching their colleagues for Emergences.

CC: What is the mission of your institution?

CV: To spread hypnosis in France to all the medical professions.

CC: Also nurses?

CV: Yes, nurses, midwives, physiotherapists, psychologists.

CC: And you have a different course designed for each profession?

CV: We have a general course of 30 days for everybody. Then we have specialized trainings of 12 days for acute pain, chronic pain, dentistry and physiotherapy.

CC: Are they big or small groups?

CV: It is difficult to have small groups; each year we have to reject people. Our groups are between 40 and 50 people and we are 3 - 5 teachers. I have my own institute or building, it is more than 230 square meter, and it is very comfortable to teach in that environment. But now the space is becoming too small.

CC: In your institute you also see your patients?

CV: In my institute I also have my practice. Nowadays, I practice only one or two days. It depends on my trips, travels and teaching. I see my patients each week on Monday and Tuesday (when I can) because it is easier to have a fixed day both for my patients and me. So I have a framework to protect my practice.

CC: You are an expert on treating depression. What led you to utilize hypnosis in the treatment of depression?

CV: Twenty-five (25) years ago when I began to work in hypnosis, in my own office I had 2 main tools. One was medication, the other one was hypnosis and brief therapy. Year by year I decreased the utilization of drugs and increased the utilization of hypnosis. In 1998 I completely stopped prescribing drugs. Since then, I never prescribe drugs to patients because hypnosis is a tool much more powerful and much more useful and I have better results. It is difficult when the patient has an old depression treated with a lot of drugs, so my first work is to decrease the drugs with hypnosis and to change the treatment from drugs to hypnosis. It's not possible with 100% of patients, but with a very large percentage of them it is, as well as with recent depressions and with chronic ones. Today there is a very strong demand from the patients. Let me tell you that 10 years ago in France, we were the world champion of using drugs but slowly, the situation has changed. I am proud to have organized a congress on depression in 2010 that was important. Now the use of drugs for treating depression is decreasing in France, a lot of patients now go to the doctors saying..."I don't want drugs, help me without drugs"..., and we can do that.

CC: I remember I followed one of your workshops when you demonstrated the use of mandala in your practice for depression. Do you still use this practice, can you tell us something about it?

CV: Oh yes, I still use mandalas. I began the utilization of mandalas the same year I stopped prescribing drugs. We can describe 2 kinds of depression, at least. The

first type is chronic depression when nothing is changing. The second type is acute depression, recent depression with a lot of quick changes, a lot of energy and a lot of anxiety too. It appears during the changes in the life cycle. Drawing the mandalas, the patient has the surprise to become more and more calm. So, they can think about the problem, they are not only in the problem but the problem begins to become only a part of their life; it is a kind of dissociation, it is useful. But it is not interesting with chronic patients suffering depression, or pain, or anxiety... These patients need hypnosis but also to be activated, provoked, and stimulated.

CC: What do you do to activate them?

CV: For example, I ask them to do something in their life. I give them tasks during the first session, a very simple task even if sometimes it looks a little bit strange. For instance, I saw a patient about 3 weeks ago, he came with a very ancient depression with anxiety, sadness, and discouragement. We talked together and I surprised him when I said «I offer you only 3 sessions, if you don't change in 3 sessions, I cannot help you». He was really surprised and he asked how this would be possible? «It is possible because you have a lot of resources that you don't know you have. I want you to remember this first session. I want you to put your watch on your other wrist, so that each time that you look for your watch you have to switch your attention». So each time he looks for his watch, he thinks about me. Twenty (20), 30 times a day, he thinks about the reason he decided to see me. Because a problem with chronic patients is that they forget the session, they don't see what is changing in their life, they don't remember. One week later he came back and he was not the same man, he was very surprised and asked why the change occurred and I said «I don't know, maybe because it was the right moment for you to start the process, because you were motivated, because you are courageous to come and see a terrible psychiatrist like me" so he laughed. With this patient I didn't use formal hypnosis. Why use hypnosis since he is changing? Maybe later. We will see. The first goal is the first change. This kind of technique is not effective with all patients and for a lot of them, hypnosis will be the efficient tool.

CC: What makes you so special, what are the talents that you developed in your profession?

CV: I don't know, everyone is unique. I am recognized for working without drugs (or with a very few drugs) in the field of psychiatry. I also have skills in organizing

events, congresses, to teach others what we know. I have another field where I have some skills, that is with dead people, for the patient who have lost somebody, a special technique perhaps. It is the workshop where I have the biggest number of attendees.

CC: What do you mean, tell me more how do you work with the dead?

CV: To cope with the dead has a systemic purpose. We can see two problems: either the living person forgets the dead person, they don't have a relationship, or the living person is always thinking of the dead person - thinking of him/her, going to the cemetery, keeping clothes and pictures, and this relationship is too important. They have to change these relationships to create the same kind of relationship that we have with living people. Hypnosis is very useful to put away the dead person or to create a new link. For example, in hypnosis, I invite to create an inner cemetery...

When Teresa Robles discovered I could work on that topic she was very happy and she encouraged me.

CC: Tell us something about the special relationship you have with Teresa.

CV: The first time I met Teresa it was in 2000 during a congress in the south of France and I did my first lecture about the topic of working with dead people and Teresa was among the attendants. I was very worried of talking about this topic in the presence of my colleagues because they could think that I was a little strange. Teresa was there and she supported my work. In fact, this lecture has been very well appreciated by my colleagues. Once more, the hardest thing was to take the risk, to dare. After the lecture Teresa came to me and she said «your work is fantastic» and that was the beginning of our deep relationship. Teresa is very important for me, I call her my godmother, *ma madrina*. During the opening ceremony of my office she was the official godmother and she cut the ribbon.

CC: I know that you gave her an award during the last congress at la Rochelle. Can you tell us something about that, what kind of award?

CV: The main award was for her work in the field of hypnosis over so many years, and her commitment to our field. I was very happy for her, she was very happy, everybody was very happy with that because she deserves it.

CC: Does Teresa come often to France?

CV: She comes about once a year, sometimes twice for workshops and congresses. Teresa developed hypnosis not only in Mexico but also in other countries of South America, she participated on the development of hypnosis in France and she organized the congress in Acapulco in a very difficult moment for ISH. I am not sure that everyone understands that and gives her credit for that. She is exceptional.

CC: You went also to her institute in Mexico?

CV: Yes, I went 3 times to teach there and also my son went there to learn hypnosis from her for five weeks to become a technician in Ericksonian psychotherapy and he is very proud and grateful to Teresa.

CC: You teach in many countries, what kind of difference do you find in those countries, in Mexico, in Russia?

CV: No, I don't find differences. I teach exactly as in France with the same exercises and the same examples coming from my therapeutic experiences. In these countries, the therapists work with the same patients and the same problems. Furthermore, they adapt the techniques to the cultural differences. What I discover is that in every country the professionals are very motivated.

CC: You like teaching, and they like learning?

CV: Yes, we have the same professional problems and we need solutions, and hypnosis is a good solution for a large range of difficulties.

CC: What do you like about teaching, how is it that teaching is a very important part of your profession?

CV: I only say that I have to transmit something. I received a lot of things from my teachers, my patients, my colleagues, my students and transmit to them as best as possible. It is my life, of course during this process I change a little bit, but I think we have to transmit what we know. I have always taught. I began when I was 7 years old!

CC: Very young to teach, tell us about that.

CV: I was at school with boys and girls of my age and I had facilities in learning, so when I finished my work the teacher told me to help others, so I started teaching very early.

CC: And you found it satisfying. What else gives you satisfaction?

CV: When I grew up I had a lot possibilities to organize something. I have organized many things all my life, a lot of associations, for example I created and was president of the first youth association in my village. I was 17 years old.

CC: And what did you do as president of this youth association?

CV: We organized parties, dinners, visits, expositions. Later, something which was very important for me, was to organize, I don't remember if for 6 or 7 years, music festivals with my brother. The biggest one had more than 6000 people. In those years I was studying medicine and psychiatry and it was fun to see my car covered by advertising for the festival! This experiment developed my pleasure and my skills to organize great events.

CC: Do you play music?

CV: Not at all, I was only the organizer. As soon as I finished to study medicine and studied psychiatry I began to teach a lot of that. I cannot not teach how to organize, it is impossible for me.

CC: Tell us about the French Speaking Confederation of Hypnosis and Brief Therapy. Who had this wonderful idea?

CV: In France we used to have several institutes separated and a colleague Patrick Bellet, had this idea to gather the different institutes into a confederation in 1996. It was really a great idea.

CC: Which role did you play in this organization?

CV: I was not one of the first members, but I was not distant, because I was present during the first congress in 1997. In 2000 I became a board member, and since then I work a lot for the Confederation. I was the president of the confederation for 3 years when I discovered that it is a strange reality. There I «discovered» that there was a European Society of Hypnosis and an International society! During almost 20 years ago we worked only among the French people, and I was one of the first who went abroad. I came here (in Krakow) where I gave lecture for Kris Klajns' institute. I had met Kris in Phoenix in 2004. I invited him to the congress of the confederation in 2005 and he invited me to come to Poland.

CC: It was your first European congress in 2005?

CV: Yes. Then, I went to Gozo for the ESH congress and the year after to Acapulco for the ISH congress. I have been leading the confederation to become member of both ESH and ISH.

CC: You have been ESH Board of Directors member for 3 years and then you left the BoD. What memory do you have of that experience?

CV: It was difficult for me to stay at the ESH BoD because I was supposed to become a member of the ISH Board and Camilo Lorioed suggested me to organize the incoming congress in Paris 2015. I had to choose. But I was very happy to work within the ESH BoD because we were close to each other, cworking intensively. My skills in English were very poor and I remember our first BoD meeting in 2007 in Vienna, soon after the election, when I didn't understand anything... But then I studied English and improved it. And I loved the face-to-face meetings, I remember the one in London, Oslo, and Istanbul. It was very good to leave my country and discover people that are very involved. The people in this association are very impressive. In France we have few people that are very motivated but when I discovered the European society everyone was working very hard.

CC: So the move from ESH to ISH was soft. What kind of leadership do you think you will use during your ISH presidency?

CV: During the last years we have created a strong structure for ISH, very good bylaws, a very good website, and we have a very good secretary. So, now, I would like to help ISH to increase the number of countries, the number of societies. At the beginning of the congress in Paris I will show a map with all the countries in the world using hypnosis. We could gather 80 societies, not only 30. I think that we have to travel, to let ourselves be known, to participate in congresses in new countries to represent ISH all over the world. One of my skills is to create new relationships, so it will be one of my main goals. The other goal will be to show how much ISH can become a multi-language society. As an international organization, we have to gather people coming from a lot of countries, the main part of them don't speak English, or more precisely, English is not their native language. It will be a very long process because of its complexity but, as I said previously, the most important is the first step.

We have the chance to begin these purposes in Paris because we will have attendees from about 50 countries and we will have translation in English of course, but also in German and Spanish. And perhaps in Russian and Chinese, it depends on the number of attendees from these countries. Furthermore, we have decided to help people that don't speak one of these languages to give a lecture or a workshop in their



Claude Virot with Emergences volunteers in La Rochelle, France.

own language if we can find a translator from their language to French or to English. I dream to hear a lot of languages in this congress!

CC: What kind of advice can you give to a young scholar of hypnosis?

CV: To study and use hypnosis each day.



Teresa Robles receives her award from Claude Virot for her work in promoting hypnosis.

Interview with Brian Allen, B. Psych.; B. Sc. by Consuelo Casula



CONSUELO CASULA (CC): Please describe your background. What drew you to hypnosis in particular?

BRIAN ALLEN (BA). I am a psychologist and hypnosis was one of the first postgraduate trainings that I undertook and I was immediately taken with its potential. I was intrigued by some of the clinical demonstrations by older members of the society at our monthly meetings.

CC: What led you to become expert on hypnosis?

BA: I am still very much a student. One of the things that keeps me so interested is that there is always something new to learn.

CC: What is for you hypnosis?

BA: I see Trance States as being a natural part of everyday life that occur quite spontaneously whenever we start to dissociate from the outside world and become absorbed in an internal frame of reference. These states occur sometimes out of boredom when we get

caught up in our own thoughts because what is happening outside isn't interesting for us (Statistics 10 did it for me every time!), They occur also when we become deeply interested/absorbed, e.g. in a good book or movie or computer game and of course are sometimes intentionally induced for therapeutic reasons.

CC: How do you use hypnosis, where and when?

BA: Over the years I have used hypnosis to help people with a wide variety of issues. These include the standard things like anxiety, depression, phobias, addictions, performance enhancement, pain management and a few other more esoteric problems such as a satin fetish. I have had a long-standing interest in helping people give up Smoking, Alcohol and Drugs.

CC: How did you become expert in this field, and what is your main expertise? What is the technique you use the most?

BA: Very early in my career I had a client ask if I could use hypnosis to help him quit smoking. I had some limited success using a one-session approach but also plenty of failures. Fortunately I was sharing rooms with another psychologist who treated a lot of smokers. We were comparing notes one day and he suggested to me that I should try using a four session

approach which consisted of 3 sessions on consecutive days and a fourth session about a week after the first. My results improved significantly utilizing that format. A little further down the track the West Australian Government initiated the Quit Campaign which became one of the most successful public health initiatives in the world. The result today is that Perth is probably the non-smoking capital of the world with only 12.6% of the population smoking. The media campaign undertaken by the government meant that there were thousands of smokers looking for ways to quit, a few of whom found their way to my practice. I remember one week at the height of that campaign when I saw 15 smokers.

Seeing that number of people it wasn't hard to get better at it. A few years ago I adapted the same program to help clients with alcohol and drug problems.

CC: You are also well known for singing, dancing, staying up late and generally trying to have a good time. It is a pleasure being with you and your wife. What is your current work focus, and what role does hypnosis play in it?

BA: I have a general practice where I see both adults and children as well as couples and sometimes families. I also do some corporate consulting. I would use hypnosis with a significant percentage of my clients.

CC: You serve as board member and president of your national society the Australian Society of Hypnosis Ltd (ASH). What brought you to be engaged and committed in serving your national society?

BA: My involvement with the Australian Society of Hypnosis Ltd (ASH) began as a member of the committee for the Western Australia branch. Subsequently I became chair of the branch and in that role was a member of the Federal Council of ASH. We had a great society but like a lot of professional bodies weren't good with our financial controls. My main objectives for my two years in office were to set up a good financial accounting system with proper checks and balances and to make the society more democratic and more responsive to the needs of both the State bodies and the individual members. I endeavored to consult widely with people from all over Australia and as a result made a lot of great friendships. It was hard work, a lot of fun and a great experience. I made my fair share of mistakes but in the end I think we accomplished the two major objectives. One of my most important learnings was the value of

having a good team and the importance of building good relationships.

CC: You are an ISH board member since 2009, so you are now in your second 3-year term. What can you tell us about your experience within the board?

BA: I have greatly enjoyed my time on the Board and the friendships made and the camaraderie fostered by both Camillo and Julie in their respective terms of office. It's been good to see the board put in the financial controls that now exist and also place the society on a sound financial footing. One of the really valuable contributions that I see the Board making is the connecting up of like-minded professionals and national bodies around the world. The importance placed on "Building Bridges of Understanding" and maintaining standards is I think incredibly important in a world where deregulation seems to be the flavor of the month. The board's focus on research and its fostering of dialogue between researchers and clinicians are other very important initiatives.

CC: When you now go to ISH congresses which changes do you see nowadays, what has happened in these years in the field of hypnosis that is evident for you?

BA: I think ISH has become a more inclusive body and I like that. I'm excited by the latest research into how the brain works and the implications that this may have for clinicians and the ways in which we do therapy in general and hypnotherapy in particular.

CC: What kind of suggestion or advice can you give a young scholar of hypnosis, how can you invite a young psychologist to study hypnosis?

BA: My advice would be to go for it. It has been one of the most useful and enjoyable things that I've done in my entire career. I think one of the best ways to get young psychologists into the field is with experienced clinicians who can mentor them. Invitations to events and conferences and free membership for students both in their own constituent societies as well as ISH are all important initiatives.

CC: What are your plans, projects and dreams for your future?

BA: At a professional level I would like to do more teaching whilst at a personal level both Irina and I intend to do a lot more travelling. It would be great if we could combine the two!

TRIPLE THERAPY: What working with triplets taught me as a psychotherapist.

by Maria Escalante de Smith MA



When I began my training for becoming an Ericksonian psychotherapist at the Instituto Milton H. Erickson de la Ciudad de Mexico during the 90's I realized that I wanted to work with children.

Somehow, I knew I could connect with them quite easily and I wanted to do something to help them during periods of emotional distress.

The first kid I worked with was a girl named Alejandra. Her parents were going through a divorce and the girl was both anxious and behaving aggressively. Sometimes she would be so quick on her reactions that I would have a hard time following her.

Alejandra taught me a lot. She taught me about the importance of tailoring therapy to clients' needs. With her I could never take things for granted and she would have no trouble letting me know what she wanted or what she did not want. The main focus with her was working on her own emotional pain while creating stories with animals, or doll families where little by little she would tell me what was happening to a doll, whether it was in pain, or angry, if it was fighting with another doll. With her, dolls would often times fight so it was important to provide her with new alternatives where they could maybe do other things; they could fight of course... but maybe just maybe, they could play and enjoy life as well.

Treating children was something that I have kept doing for years. Children sick with cancer, others who had been diagnosed with ADHD, or who had experienced very painful events such as the death of a parent have been some of the challenges and joys life has presented me with. No matter how difficult life can be for them, I strongly believe there is always something we can do as therapists to help them.

When I was first asked to treat a set of triplets that I will name Huey, Dewey, and Louie I did not know if I would be able to succeed with them during therapy. They were so different from one another! They were only five years old.

They had a number of things in common. Their beginnings were difficult because they were born premature and for that reason they had to spend several weeks at

the neonatal care unit. For a while it seemed they would not be able to survive and yet they did. They were fighters from the start.

Their parents were experiencing difficulties as a couple. It seemed they were going to divorce and they were already separated. One of the first things they made me realize was how even though they were going through the same family dynamics, each one of them was reacting differently. Most of the time I would see the three of them simultaneously because of what was happening at home; nevertheless if I noticed that one of them needed special attention, I would work with him individually. Frequently I would bear in mind what Dr. Milton H. Erickson said:

"Each person is a unique individual. Hence, psychotherapy should be formulated to meet the uniqueness of the individual's needs, rather than tailoring the person to fit the Procrustean bed of a hypothetical theory of human behavior." – Milton H. Erickson

One of the ways I would meet the uniqueness of each one of the triplets was by making sure that all of them would find toys they would like at the office. I still remember one time that I bought three teddy bears for them, each one wearing a different outfit, each one "unique". That was a way, maybe I could tell them how they were similar (all of them teddy bears) and yet different. The bears also could be a bridge between therapy and home; they could be in therapy and then they would stay with them at their place and also serve as reminders of what we had done during the previous session.

In order to provide them with the therapy that they needed it was necessary to adjust to both their schedules and mine. For this reason, we would sometimes meet once a week and other times there could be longer gaps between appointments.

Huey, who was somehow the most peaceful one of them, at times seemed to be very quiet and sad. His sweet eyes could tell how much he was suffering as a result of the events that were taking place within his family. To begin with, we worked on "healing wounds", one of the first techniques I learned where by using hypnotic language the client learns about how both physical and emotional wounds can heal. During this process the child is given a doctor's kit where for example, he can put a bandage on the area where the toy is hurting. In order to do this Huey chose a stuffed animal toy, the teddy bear I had given

him. By using techniques such as hypnotic language, pacing and future rehearsal, he enjoyed visualizing the toy or even himself being alright. His sweetness touched my heart and my soul many times!

Dewey, on the other hand, was taller and physically different as well. He would usually be more interested in stories about super heroes, and since I have always kept in mind *utilization*, one of the fundamental principles of the Ericksonian psychotherapy, I decided to *utilize* this for creating stories with him, where the superhero, once wounded would be able to heal, and be fine in the end. Being a quick therapist when treating Dewey was always important because most of the time he wanted to do many things within a short period of time. He would keep my mind actively involved during therapy and somehow made me do my homework for the next week, either finding a new toy that we would use in therapy, or a new technique that would hopefully make him get amazed and interested.

Louie's reflections and maturity sometimes would make me feel as if I was dealing with someone older than the age he was during the time I treated him. Sometimes it seemed he was a mediator between his two brothers, someone that could deal with Huey's sweetness and Dewey's quickness and yet be clear regarding what he wanted for himself. When I think of him I can sometimes visualize him as a negotiator, perhaps as an outstanding professional that would help people work on their conflicts and find solutions during times of hardship.

Stuffed animals, drawing materials and a bag full of toys... they would always be available for therapy

with them. At least twice a month during the time I treated them, I would visit toy stores and just stare at the toys and let my imagination fly, or in other words enter hypnotic trance while looking at them so that my inner child would help me come up with something to do in therapy during the following session with them.

Nowadays, I know Huey has been promoted to the next school year, and even though he had to repeat a grade before entering high school he is doing well. Dewey had to come to terms with the idea that there are two homes to live in. Just like his two brothers he has learned that even though he goes back and forth from one place to the other he can still be fine. Louie has been able to experience what having studied in two different high schools was like. It can be painful to say good bye to the old friends, but it can also be great to meet new classmates.

To date I still cherish what those three boys taught me or at least what they made me remember. They made me become more aware of the importance of uniqueness as well. They gave me their love, and the opportunity to share wonderful moments with them. I will always be thankful for the opportunity life gave me to meet them and hopefully to have helped them.

Last but not least I would like to share a surprise life gave me. Huey, Dewey and Louie met with me last year. They had already celebrated their seventeenth birthday when this happened. Even though life has presented them with other challenges they are doing well, growing and studying high school. I am sure they will all eventually accomplish their goals and dreams.



Jeff Zeig delivers a keynote for the conference in Krakow.



*The auditorium is filled for the Emergences sponsored *Hypnose et Douleur* conference.*

V. European Congress of Ericksonian Hypnosis and Psychotherapy, Krakow, June 12-15, 2014: Some Reviews: *Feeling Creativity in the Air*

by Edita Ruzgys



The Fifth European Congress of Ericksonian Hypnosis and Psychotherapy "Creativity and Hypnosis" was a beautiful way to celebrate the 20th anniversary of the Milton Erickson Institute of Poland. The tone was set before the opening by the classical

music group which filled the halls of the oldest Krakow movie theater, "Kijow Centrum," as the 500 participants and faculty greeted each other medical issues, relationship concerns, and family dynamics to name a few. Among the concurrent sessions Nicole Ruysschaert, encouraged her audience to explore self-hypnosis tools to strengthen "happy pathways" and increase the level of happiness in therapists' and clients' lives. Brent Geary and Elvira Muffler talked about Ericksonian hypnosis with pain and cancer issues accordingly.

In a later session the magic of creativity unfolded in front of and with the audience while Betty Alice Erickson and Eric Greenleaf demonstrated the power of metaphors in storytelling. Claude Virot used his mastery to add another dimension to the broadness of the conference and depth to our knowledge of hypnosis by focusing on mind-body connection. He

innovatively combined catalepsy and levitation to teach his audience how to activate psychophysiological levels. Krzysztof Klajs, Dipl. Psych, director of the Erickson Institute, attracted a worldwide faculty and audience from 18 countries. In the opening plenary Jeffrey Zeig used the metaphor of art to entice each participant to explore personal creativity, setting the conference's theme from the beginning. Also included in the plenary was a tribute to Milton Erickson. Betty Alice Erickson, Brent Geary, Eric Greenleaf, Peter Nemetschek, and Jeffrey Zeig shared stories about their encounters with the master. Their heartwarming stories showed the genius and a more personal side of Milton Erickson.

It was difficult to choose among 55 practical workshops that covered a wide range of topics that can be treated with creativity, mindfulness and hypnosis - The ending plenary was a nice illustration of the multifaceted climate of the conference. First, Lidia Grzesiuk and Bogdan de Barbaro presented the perspective that creativity is not always necessary in therapy. They were followed by Consuelo Casula's presentation of five case examples where she creatively used connection and hypnotic suggestions to create spaces where her clients could find and use their own power. Then Bernhard Trenkle also illustrated the message of empowerment to a client through the words of popular songs. The plenary as well as conference was rounded out by Krzysztof Klajs who incorporated the power of freedom through discovery and creativity in his closing.



Betty Alice Erickson delivers a keynote in Poland.



Emergences faculty and organizers.

An Overview About Select Congress Presentations and Workshops

By *Walter Tschugguel, M.D.*



In Kijow cinema a plenary session with two lectures took place (June 12, morning lectures).

Jeff Zeig presented a fascinating perspective of how art might create emotional impact. For this purpose he showed the intro-sequence of the movie „Mansfield Park“ from Patricia Rozema (GB/ USA, 1999). By analyzing how the movie director combined and arranged contrasts out of familiar images he envisioned how to transfer such arrangements to achieve therapeutic mastery from therapeutic excellence.

Dirk Revenstorf showed an overview about the potential neurophysiological basis of the therapeutic efficacy of hypnosis. In particular, he focused on the roles of the prefrontal cortex and the precuneus as parts of the inactive default mode network (DMN) during hypnotic trance. The DMN inactivity temporarily alters the usual client's boundaries and belief system making the clients open to other patterns of association and modalities of mental functioning that lead to solutions.

On Wawel hill, I had the opportunity to collaborate with the excellent polish language translator Petruk for presenting a workshop about the realization and utilization of hypnotic realities (June 12, afternoon). I

demonstrated with a person from the audience how my attempt to understand the person's individual meanings of her symptoms yield spontaneous hypnotic phenomena. Once elicited, the hypnotic phenomena were shown to be utilizable to trigger a process of therapeutic efficacy.

At the International cultural center located on Rynek place in Krakow's old town I had the opportunity to attend Betty Alice Erickson's workshop about the core principles of hypnotic multilevel communication (June 13, morning). We learned from a demonstration as well as from exercising within small groups how to implicitly conceptualize therapy woven within our communication with the client by telling an emotionally laden story of our childhood to our neighbor.

At the same location Brent Geary's workshop on essential hypnotic approaches and objectives to deal with pain took place (June 13, afternoon). Brent led us, exercising how to utilize the collaboration of left brain with right brain to achieve analgesia within the fingers of our left hand through means of stepwise increasing analgesia within the hand. Moreover, a wide array of tools were presented of how to manage pain.

In general, this congress offered extremely valuable opportunities of increasing the individual attendant's competence to apply hypnosis in therapy.

Venue, Experts, Friends

by *Melchior Fischer*



The 5th European Congress of Ericksonian Hypnosis and Psychotherapy from 12th to 15th of June in Cracow was a great success. The congress was organized by the Milton Erickson Institute of Poland (Polski Instytut Ericksonowski) celebrating its 20th anniversary with this event.

Over 550 participants coming from all over the world and a teaching faculty of 55 speakers from 10 different European countries as also from the USA and from India took part in this amazing international event. The main topic of this congress 'Creativity and Hypnosis in Psychotherapy' was reflected in the more than 60 different workshops and lectures. For four days everybody who could resist the urge to savor the flair of Cracow's picturesque old town – Cracow was designated European Capital of Culture in the year 2000 by the European Union and still is one of the most important cultural centers in Europe – was rewarded with a rich program

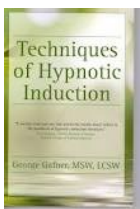
from which one had to choose between a multitude of interesting topics. Just to name a few there were workshops about child hypnosis, Ego State Therapy, couples therapy and about how to treat anxiety, PTSD, cancer or chronic pain but also special topics like how to use movies in the hypnotherapeutic process or how to use magic as hypnotherapeutic tool. In several workshops and clinical demonstration hypnotherapeutic techniques like utilization, age progression/regression or how to work with resources and posthypnotic suggestions were explained and demonstrated. Of course these examples are only a small extract of the whole congress program which can be reviewed on the congress website www.congress2014.p-i-e.pl where also the workshop handouts are available in the download section.

And let's not forget the impressive congress venues. Most of the workshops took place directly in the heart of Cracow at the medieval market place (the 'Rynek

Glowny') and in the royal castle (the 'Wawel'), so the participants automatically caught a glimpse of some of the most beautiful and impressive sights of the city. Cracow itself is worth a visit but due to the great educational program of the congress the stay became an

ideal mixture of further training in Hypnotherapy and holidays. In conclusion the 5th European Congress of Ericksonian Hypnosis was the perfect opportunity to learn state of the art Hypnotherapy from international experts in a stunning surrounding.

Book Review by John Lentz



Techniques of Hypnotic Induction
by George Gafner, MSW, LCSW
Crown House Publishing
Bethel, CT
ISBN 978-184590292-6
Copyright George Gafner 2010

Gafner's 142 page paperback book offers the reader more than they might have thought possible in a book about Hypnotic techniques. By placing the names of techniques next to stories using hypnotic devices Gafner is teaching by demonstrating as well as offering information. He has kept the number of devices in a paragraph to a minimum so that it is clear what is being demonstrated. This makes learning the approach easy, quick and practical for the student to begin using the approaches quickly. The seasoned professional who uses hypnosis will appreciate Gafner's straight forward discussions and obvious skill. What I liked best about this book was that Gafner was willing to be practical and yet teach some very important techniques. I also liked how he wrote.

Not only has Gafner produced an excellent book of techniques of hypnotic induction he has created a resource for teaching metaphors and practical uses of hypnotic tools inserted into stories. While people new to understanding Hypnosis may be thrilled for the practical tools of example stories and illustrations of hypnotic interventions, seasoned practitioners will appreciate the book for Gafner's expertise, and clear writing as a teaching tool. Just the index alone makes the book even a resource book as it deals with everything from abreactions to weight loss.

Folks wanting hypnotic scripts for quickly learning how to do hypnosis will appreciate this text as it could be used in that way. However, it would be very quickly that the person using these stories as scripts would be constructing their own because Gafner has done such an excellent job of teaching. Imagine having someone who believes in your ability to learn and do therapy wanting to teach you new skills that he thinks will help you become an even better therapist, and you have an emotional image of what reading this

book is like. Gafner treats you the reader with such respect that you feel cared about and affirmed. I wonder if he inserted hypnotic devices that implied you can feel good about who you are already, and you of course can learn these techniques and become even more effective.

After setting out the basics about what hypnosis is and isn't, Gafner teaches with stories demonstrating techniques, he then covers such topics as Finding Your Own Voice, Guided Imagery Inductions and Confusion inductions. He even covers clinical privileges and practice guidelines.

Overall this book is useful, helpful and filled with stories that teach and offer you the reader a little bit of additional benefit from the sophisticated way the stories are designed to even give you the reader a taste of what you will soon be giving to others. Gafner wrote in such a style that as a reader I am certain I would like him as a person. What is better is that all of us have a resource to recommend to students for learning metaphors and how to use them. While I like trance a lot, I found myself enjoying the stories and the hypnotic devices on many levels including the personal level.



Kris Klajs, Organizer of the European Ericksonian Congress on Creativity and Hypnosis, welcomes participants to Cracow.

Upcoming Events from our Constituent Societies

German Society for Dental Hypnosis

September 11 - 14

German Society for Dental Hypnosis DGZH Annual Congress Dental Hypnosis and Communication – 20 years DGZH
Language: German (also some workshops in English with live translation)

Registration and Information: Congress Organisation Claudia Winkhardt Phone +49.30.36.28.40.40/ Email
mail@cwcongress.org

For further and updated info, please visit: www.hypnose-kongress-berlin.de

Australian Society of Hypnosis

September 19 - 23

Australian Society of Hypnosis (Victorian Branch) Annual Conference

Cradle Mountain Chateau Cradle Mountain-Lake St Clair National Park Tasmania, Australia

Faculty: James Bramson PsyD; Doris Brett PhD; Simon Knowles PhD; A/Prof Stephen Theiler PhD.

Practical workshops on: Shamanism & Hypnosis; Hypnosis, Healing & the Body; Schema Therapy with Hypnosis; and Hypnosis with CBT.

For more information go to: www.ashvictoria.com.au/events or email: cpmserv@tpg.com.au

Society for Clinical & Experimental Hypnosis 65th Annual Conference

October 8 - 12

Society for Clinical & Experimental Hypnosis 65th Annual Conference

St. Anthony Wyndham Hotel, San Antonio, Texas

Hypnosis in the Era of Evidenced-Based Medicine and Psychosocial Treatments Advanced Workshop Chair: George Glaser, LCSW Scientific Co-Chairs: Devin B. Terhune, PhD; Shelagh Freedman, MA & Michael Lifshitz

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Hypnosis and Resilience – XIII International Congress

October 22 - 25

European Society of Hypnosis (ESH) in collaboration with the Italian Society of Hypnosis (SII)

Hypnosis and Resilience XIII International Congress From Trauma and Stress to Resources and Healing

Language: English

Registration and Information: SII, Viale Regina Margherita, 269-00198 Rome Phone & Fax +39.06.854.8205 / Email ip-nosii@gmail.com

For further and updated info, please visit: <http://www.eshcongress2014.org/congress/>



Paris 2015 registration and ISH membership deal

Breaking News! ISH is offering a great membership deal! All those who register (and are already registered) for the ISH Paris 2015 Congress will receive one year free membership when you join ISH for one year. That means, two years membership for the price of one year. This membership rate does not include the journal, however, you may purchase either the print or online journal separately.

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If you already registered for Paris 2015 and are not an ISH member : please go to to get the special membership code for this 2 for 1 deal, and then go to the ISH website/membership: http://www.ishhypnosis.org/images/Forms/NEW_IndivMemberForm_2014.pdf to join ISH.

If you are already registered and already a member, we will automatically add one year free membership for you once you send us your code. (If you subscribe to the journal, that will be billed separately during your free year).

AND, if you decide you want to take advantage of the 3 year membership rate, you will get 4 years for the price of three.

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*Thank you Consuelo for
your dedication and
creativity as Editor of
the ISH newsletter.
We will miss you.*

