



The International Society of Hypnosis

NEWSLETTER

Building Bridges of Understanding

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Letter from the President



March 2015
Julie H. Linden,
PhD

Dear Colleagues,

Like many of you, I am very excited about our upcoming World Congress in Paris. It is now just 6 months until we meet in August of this year for our big triennial congress. ISH Paris 2015!

Three years in the making, the organizers, CFHTB, are busy with many last minute details to make this the best Congress ever. They are working hard to get accurate information to presenters as the program is being designed, rooms assigned and a myriad of other tasks accomplished. All of this so you, our members, can enjoy the City of Lights while learning more about hypnosis among a faculty and audience that hails from all over the world.

In case you have not already read the news, our recent election of officers for 2015-2018, resulted in President-elect Bernhard Trenkle and reelection of Secretary/Treasurer Mark Jensen. Congratulations to both gentlemen who bring a wealth of experience to ISH. They will take office in Paris, at the end of the ISH congress.

Paris will be the site of the ISH Council of Representative meeting as well. Two representatives from each of the Constituent Societies will gather together for the triennial meeting. At that time they will hear an update on the strong and steady

state of ISH, its finances and projects. And of course, the elections of 7 additional board members takes place at the COR meeting. The ISH board is comprised of 4 member-elected officers: the Immediate Past President, the President, the President-elect and the Secretary/Treasurer. It also has seven (the number the Board has determined, per the ISH By-Laws) COR-elected at-large board members. This is an opportunity for representatives who are interested in serving ISH to let your colleagues know about your interest, because the voting for the at-large board members for the next three year term will occur at the COR meeting in Paris.

And the other big news. Since we know many of you are practicing your French for Paris, you will be excited to know that you will have a chance to use it again. Montreal has been chosen as the site for the 2018 ISH triennial congress. The Quebec Hypnosis Society will host the congress in the wonderful city of Montreal in August, a time of warm weather, great restaurants and lots of outdoor cultural activities. A large contingent of Canadians will be in Paris to invite you to the Montreal congress.

The ISH Board will meet in person in May in Orvieto, Italy, and serve on the faculty for the International Italian Society of Hypnosis, organized by immediate past president Camillo Loriedo. The board will address final tasks for the Paris congress as well as a new initiative on the role of ISH in hypnosis education. Your ISH board, an all voluntary group, has met often over the past 2 ½ years, donating countless hours and much expertise for the benefit of ISH.

Together they have made ISH a vital, growing organization with a strong world headquarters ready to serve you and to support the interests of clinical hypnosis through out the world.

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Lettre de la présidente Translator: Nicole Ruysschaert French

Lettre de la Présidente, mars 2015

Chers Collègues,

Comme beaucoup parmi vous, je suis très enthousiaste de notre prochain Congrès Mondial à Paris. 6 mois seulement, avant de se rencontrer au mois d'Août pour notre grand congrès triennal. ISH paris 2015 ! Après trois années de préparations, les organisateurs, la CFHTB, s'occupe des détails du dernier moment, pour faire de ce congrès le meilleur qu'on a jamais eu. Ils travaillent fort pour envoyer des informations précises aux intervenants comme

le programme est composé, les salles distribuées, et des centaines d'autres tâches accomplies.

Si vous n'auriez pas encore lu les nouvelles...nos élections des officiers 2015-2018 a eu comme résultat que Bernhard Trenkle est Président-élu et que Mark Jensen a été réélu comme trésorier. Félicitations aux deux hommes qui amènent une richesse d'expérience à l'ISH. Ils vont entrer en fonction à Paris, à la fin du congrès.

Paris sera aussi la location où le Conseil des Représentants va se rencontrer. Deux représentants de chaque Société membre vont se réunir pour cet événement triennal. Ils vont recevoir une mise-à-jour des finances et des projets. Il y aura en plus l'élection de 7 membres du conseil d'administration supplémentaires. Le Conseil d'administration de l'ISH est composé de 4 officiers élus : le Président antérieur, le Président, le Président-élu, le Secrétaire/Trésorier. En plus, l'ISH a sept membres du conseil élus par le COR. (Le nombre a été déterminé dans les régulations de l'ISH). C'est une occasion pour les représentants qui sont intéressés à servir l'ISH d'exprimer leur intérêt parce que les votes pour ces positions auront lieu pendant la réunion COR à Paris.

Une autre nouvelle importante ! Nous avons appris, qu'il y beaucoup d'entre vous qui pratiquent leur Français pour Paris, vous serez ravis d'entendre que vous aurez la chance de l'utiliser une autre fois. Montréal a été choisi comme location du congrès triennal ISH à 2018. La société d'hypnose Québécoise va accueillir le congrès dans la ville merveilleuse de Montréal au mois d'Août, le temps du beau temps, les bons restaurants et beaucoup d'activités culturels en plein-air. Un groupe représentatif de Canadiens sera à Paris pour vous inviter au congrès de Montréal.

Le Conseil de l'ISH va se rencontrer en personne au mois de Mai à Orvieto, Italie et servir comme intervenant lors du congrès international de la Société Italienne d'Hypnose, organisé par le président antérieur Camillo Loredio. Le Conseil va s'occuper des dernières tâches pour le congrès à Paris et la nouvelle initiative du rôle de l'ISH dans la formation en hypnose. Votre Conseil est un groupe de bénévoles, qui se sont rencontrés souvent pendant les 2 ½ années précédentes, donnant pas mal d'heures et beaucoup de compétence à l'avantage de l'ISH.

Ensemble ils ont fait de l'ISH une organisation vitale, en expansion avec un siège social bien fort, prêt à vous servir et à soutenir les intérêts de l'hypnose clinique partout dans le monde.

Gedanken der Präsidentin

Translator: Reinhild Draeger-Muenke
German

Brief der Präsidentin, März 2015

Liebe Kolleginnen und Kollegen,

Zusammen mit Ihnen freue ich mich auf unseren bevorstehenden Weltkongress in Paris. In weniger als sechs Monaten, im August dieses Jahres, werden wir uns zu unserem alle drei Jahre stattfindenden grossen Kongress treffen. ISH Paris 2015! Drei Jahre schon sind die Organisatoren dabei den Kongress vorzubereiten, und im Moment kümmern sie sich um letzte Details, damit es der beste Kongress überhaupt wird. Sie arbeiten hart daran, die Dozenten mit akkurater Information zu versorgen, während das Programm erstellt wird, Räume verteilt werden, und viele andere Aufgaben zu erledigen sind. Das alles machen sie, damit Sie, unsere Mitglieder, eine gute Zeit in der „Stadt des Lichtes“ haben können, während Sie mehr über Hypnose lernen, mitten zwischen Dozenten und Zuhörern, die von überall auf der Welt nach Paris gekommen sind.

Falls Sie die Neuigkeiten noch nicht gelesen haben, unsere letzten Wahlen für Vorstandspositionen für den Zeitraum von 2015 bis 2018 ergaben folgendes: Bernhard Trenkle wurde für das Amt des nächsten Präsidenten gewählt, und Mark Jensen wurde für das Amt des Sekretärs/Schatzmeisters wiedergewählt. Herzliche Glückwünsche an beide – jeder von ihnen bringt viel Erfahrung mit zu ISH. Sie werden ihre Ämter am Ende des ISH Kongresses in Paris antreten.

In Paris wird auch die ISH Abgeordnetenversammlung stattfinden. Zwei Repräsentanten jeder Gründungsgesellschaft werden für das Dreijahrestreffen zusammenkommen. Zu dem Zeitpunkt werden sie über den soliden Status, Finanzen und zukünftige Projekte von ISH informiert werden. Und natürlich findet die Wahl von 7 zusätzlichen Vorstandsmitgliedern während der Abgeordnetenversammlung statt. Der ISH Vorstand setzt sich aus vier von der Mitgliedschaft gewählten Vorstandsmitgliedern zusammen: dem letzten amtierenden Präsidenten, dem gegenwärtigen Präsidenten, dem gewählten nächsten Präsidenten, und dem Sekretär/Schatzmeister. Zusätzlich besteht der Vorstand aus sieben (so vom Vorstand, der Satzung gemäss, beschlossen) allgemeinen Vorstandsmitgliedern, die von der Repräsentantenversammlung gewählt werden. Hier bietet sich die Gelegenheit für Repräsentanten ihrer Mitgliedschaften ihre Kollegen wissen zu lassen, dass sie an einer Mitarbeit im ISH Vorstand interessiert sind, denn die Wahl für diese allgemeinen Vor-

standsmitglieder für die nächste Dreijahresperiode findet auch während der Repräsentantenversammlung in Paris statt.

Und hier noch eine grosse Neuigkeit: Da wir ja wissen, dass viele von Ihnen Ihr Französisch schon für Paris üben, haben wir gedacht, es wird Sie freuen zu erfahren, dass Sie die Möglichkeit haben werden, Ihre französischen Sprachkenntnisse ein weiteres Mal zu benutzen: Als Ort für den nächsten triannualen ISH Kongress im Jahre 2018 ist Montreal ausgewählt worden. Die Hypnose Gesellschaft von Quebec wird den Kongress in der wunderschönen Stadt Montreal im August ausrichten, wenn das Wetter warm ist, gute Restaurants und viele kulturelle Aktivitäten im freien locken. Ein grosses kanadisches Kontingent wird in Paris sein, um Sie zum nächsten Kongress nach Montreal einzuladen.

Der ISH Vorstand wird sich im Mai persönlich in Orvieto, Italien, treffen, und gleichzeitig als Fakultät für die Internationale Italienische Hypnosegesellschaft unterrichten, eine Veranstaltung, die der vorherige Präsident, Camillo Loredio, organisiert hat. Der Vorstand wird sich um letzte Aufgaben für Paris kümmern, und auch eine neue Initiative bezüglich der Rolle von ISH in der Hypnose Fortbildung diskutieren. Ihr ISH Vorstand, eine Gruppe von Freiwilligen, hat sich häufig innerhalb der letzten 2 ½ Jahre getroffen und ungezählte Stunden so wie viel Erfahrung zum Wohle von ISH beigetragen.

Zusammen haben sie ISH zu einer vitalen und wachsenden Organisation mit einem starken Hauptquartier gemacht, das bereit ist, Ihnen behilflich zu sein und die Interessen der klinischen Hypnose in der ganzen Welt zu vertreten.

Visit ISH Video Library by clicking below.



Lettera del presidente

Translator: Consuelo Casula
Italian

Lettera della Presidente, marzo 2015

Cari colleghi

Come molti di voi, sono molto contenta del nostro prossimo Congresso Mondiale di Parigi. Mancano solo sei mesi per incontrarci, nel mese di agosto di quest'anno, durante il nostro grande congresso triennale. ISH Parigi 2015! Tre anni di lavoro, e ora gli organizzatori della CFHTB sono impegnati con gli ultimi numerosi dettagli per rendere questo congresso il migliore mai avuto prima. Stanno lavorando sodo per fornire ai relatori informazioni accurate sull'articolazione del programma, l'assegnazione delle aule, e il completamento di una miriade di altri compiti. Tutto questo in modo che voi, nostri membri, possiate godere la *Ville Lumiere*, mentre apprendete qualcosa di più sull'ipnosi, grazie a relatori e partecipanti provenienti da tutto il mondo.

Nel caso non abbiate già letto la notizia, la nostra recente elezione dei dirigenti per il triennio 2015-2018, ha nominato Bernhard Trenkle presidente eletto e ha confermato Mark Jensen come Segretario/Tesoriere. Complimenti a entrambi che portano la loro ricca esperienza alla ISH. Entrambi entreranno in carica a Parigi, alla fine del congresso ISH.

Parigi sarà anche la sede della riunione del consiglio dei rappresentanti (CoR) della ISH. Due rappresentanti per ciascuna delle società costituenti si riuniranno insieme per la riunione triennale. In quell'occasione verranno aggiornati sullo stato forte e costante della ISH, le sue finanze e i suoi progetti. E, naturalmente, nel corso della riunione CoR, si svolgeranno le elezioni dei 7 membri supplementari del consiglio. Il board ISH è composto da 4 membri ufficiali eletti: l'Immediato Past Presidente, il Presidente, il presidente eletto e il Segretario/Tesoriere. Ha anche sette membri del consiglio (il numero del consiglio è determinato dallo Statuto dell'ISH) eletti dal CoR. Questa è l'occasione per i rappresentanti interessati a servire ISH di informare il vostro collega del vostro interesse, dato che il voto per i membri del consiglio per il prossimo triennio avverrà durante la riunione CoR a Parigi.

Vi è un'altra grande notizia. Poiché sappiamo che molti di voi stanno praticando il francese per Parigi, sarete felici di sapere che avrete la possibilità di utilizzarlo di nuovo. Montreal è stata scelta come sede per il Congresso triennale ISH del 2018. La

società di ipnosi del Quebec ospiterà il congresso nella splendida città di Montreal nel mese di agosto, un periodo di clima caldo, ottimi ristoranti e tante attività culturali all'aperto. Un nutrito contingente di canadesi sarà a Parigi per invitarvi al congresso di Montreal.

A maggio, il board ISH si riunirà a Orvieto, Italia, per partecipare al convegno della Società Italiana di Ipnosi, organizzato dal past presidente Camillo Loredio. Il board affronterà i compiti del congresso di Parigi, nonché una nuova iniziativa sul ruolo della ISH nell'insegnamento dell'ipnosi. Il board della ISH, un gruppo di volontari, si è incontrato spesso nel corso degli ultimi due anni e mezzo, donando innumerevoli ore e molta esperienza a beneficio della ISH. Insieme hanno fatto della ISH un'organizzazione vitale, in crescita, con una forte sede mondiale pronta a servire e sostenere gli interessi dell'ipnosi clinica in tutto il mondo.

Columna de la Presidencia

Translator: Maria Escalante
Spanish

Notas de la Presidenta, Marzo 2015

Estimados Colegas:

Al igual que muchos de vosotros, estoy muy entusiasmada con nuestro próximo Congreso Mundial en París. Ahora faltan solamente 6 meses para que nos reunamos en agosto de este año para nuestro gran congreso trienal ¡El Congreso de la ISH en París en el año 2015! Nosotros hemos trabajado en esto durante tres años, los organizadores, CFHTB (La Confederación Francesa de Hipnosis y Terapia Breve), están ocupados con los detalles de último minuto para hacer que este sea el mejor Congreso de la historia. Ellos están trabajando arduamente para proporcionar información precisa a los presentadores mientras el programa está siendo diseñado, se asignan los salones de clase y otra gran cantidad de tareas se completan. Todo esto para que vosotros nuestros integrantes, puedan disfrutar de la Ciudad de la Luz al estar aprendiendo más sobre hipnosis en medio de profesores y audiencia provenientes de todo el mundo.

En caso de que no hayáis leído las noticias, nuestra elección reciente de oficiales para el periodo 2015-2018, dio como resultado que Bernhard Trenkle fuera elegido y es ahora Presidente electo y también resultó en la re-elección de Mark Jensen nuestro Secretario/tesorero. Felicidades a ambos caballeros

quienes traen riqueza y experiencia a la ISH (Sociedad Internacional de Hipnosis). Ellos tomarán su cargo en París, al finalizar el congreso de la ISH.

París será también el sitio donde se reúna el Consejo de Representantes de la ISH. Dos representantes de cada una de las Sociedades Constituyentes se reunirán para el congreso trienal. En ese momento ellos serán informados sobre la situación fuerte y estable de la ISH, sus finanzas y proyectos. Y por supuesto, la elección de los 7 integrantes adicionales de la mesa directiva, tendrá lugar en la reunión del Consejo de Representantes. La Mesa Directiva de la ISH, está compuesta de 4 oficiales elegidos por los integrantes de la mesa directiva: el Presidente Anterior Inmediato, El Presidente, el Presidente electo y el Secretario/Tesorero. Tiene también siete (el número que la Mesa Directiva ha determinado, por los estatutos de la ISH) y miembros adicionales elegidos por el Consejo de Representantes. Esta es una oportunidad para los representantes que están interesados en servir a la ISH y para informar a vuestro colega acerca de vuestro interés, porque la votación para los miembros adicionales de la mesa directiva para el próximo periodo de tres años se llevará a cabo en la reunión del Consejo de Representantes en París.

Y la otra gran noticia. Ya que sabemos que muchos de vosotros estáis practicando vuestro francés para París, estaréis emocionados al saber que tendréis la oportunidad de utilizarlo una vez más. Montreal ha sido elegido como la sede para el congreso trienal de la ISH en el año 2018. La Sociedad de Hipnosis de Quebec organizará el congreso en la maravillosa ciudad de Montreal en Agosto, temporada de clima tibio, grandes restaurantes y una gran cantidad de actividades al aire libre. Un gran grupo de canadienses estará en París para invitaros al Congreso de Montreal.

La Mesa Directiva de la ISH se reunirá en persona en mayo en Orvieto en Italia, y trabajarán como maestros en la Sociedad Italiana de Hipnosis. Este evento fue organizado por el último presidente inmediato Camillo Lorio. La mesa directiva abordará las tareas finales para el congreso de París al igual que la nueva iniciativa sobre el rol de la ISH en la educación en hipnosis. Vuestra mesa directiva de la ISH, un grupo formado en su totalidad por voluntarios, se ha reunido frecuentemente durante los últimos 2 ½ años, donando una cantidad innumerable de horas y gran experiencia para el beneficio de la ISH. Juntos ellos han hecho que la ISH sea una organización en crecimiento y llena de vida con una oficina central mundial fuerte que está lista para servir y para apoyar los intereses de la hipnosis clínica a través del mundo.

Individual ISH Membership



THE INTERNATIONAL SOCIETY OF HYPNOSIS

Membership benefits include:

- Reduced fees for all ISH International Congresses and other scientific events sponsored by ISH
- A certificate acknowledging your membership
- A reduced-fee subscription to The International Journal of Clinical and Experimental Hypnosis, the most prestigious publication in the field of hypnosis.
- Free subscription to the ISH E-Mail Newsletter
- Automatic access to the Hypnosis Listserv
- Eligibility to vote in elections and to run for office
- Access to the Members Only Video Library, as well as the ability to participate in and access the Members Directory
- Invitations to participate and to present in the Triennial Congresses, and other scientific events

For list of memberships please visit the International Society of Hypnosis website.

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Letter from the Editor



Katalin Varga

Dear Colleagues,

I send you with pleasure the Spring issue of the Newsletter. Again, thank you for all the feedback, comments and opinions of the previous ones, especially since these were all positive ☺

This time the **Main Interview** introduces **Marie-Elisabeth Faymonville**, a Doctor of Medicine from the Uni-

versity of Liege. She is a member of several boards and scientific societies. But – for me – the most admired aspects of her is that she did not simply develop hypnosedation – a new method of anaesthesia – but that she teaches hundreds of colleagues about this technique, and now thousands of patients can enjoy hypnosedation instead of general anesthesia. Doctor Faymonville tells us how she introduces this technique in the hospitals. Being first author and co-author of 150 publications she is an excellent example of connecting research and clinical practice.

This time the column of “**Meeting our Masters**” has a new name: “**Meeting our Mentors**”. **Dr. Peter Bloom** is Clinical Professor of Psychiatry, former treasurer and later president of the International Society of Hypnosis. As he continues to serve the ISH Board of Directors as past president he repeatedly demonstrates wisdom and wide experience in many fields. Before reading the interview with him, I advise everyone to formulate the “one word” expression for summarizing the essence of “hypnosis/hypnotherapy” – before you know his and some other key persons’ one word essentials.

It became clear working on the interview with Dr. Bloom that “Master” has a different connotation in (American) English. He himself clarified: “As written it suggests to me a kind of cult figure followed by those who merely try to perfect the “master’s” teachings.”; Just like Julie said: “Master, in this context, has the connotation of someone who controls you, whereas a mentor inspires you.”

And Gail formulated it: “In English, if you ask someone who their ‘Master’ is it has the connotation of someone who is in control of you. Maybe this is an American association, or perhaps just my own personal one, but when used in that specific context I can’t help but think of the master/slave relationship. I think the word you mean to use is ‘Mentor’, or ‘Teacher’. I think everyone understands what you mean when you say it, but I think mentor is more concise.”

So it was clear to change the title of the column – from now time on we will call it “Meeting our Mentors” – as exactly that is what we want to express.

And being at the shades of languages – This time at the **International Corner** we chose from the newsletter of the European Society of Hypnosis a paper on the use of English in scientific and international communication by **Emanuele Invernizzi**.

The section: **Clinical Relevance of Research Findings** connects the research fields of hypnosis and hypnotherapy. This time **Anna C. Gösi Greguss** summarizes her studies of voice analysis of hypnotists and subjects.

Of course we have the well-known column: **András Költő** summarizes new prominent clinical and research papers in the “**Findings of Note**”.

We have a book review **Little Demon in the City of Light**, By Steven Livingston. It is reviewed by **Jonathan Sheldon, MD**.

The “network” between our members created by the “**10 questions**” section goes to a new continent! As started by David Wark, continued by Daniel Kohen and now with Bernhard Trenkle – he asks Xin Fang from China!

In the “**Behind the Scenes**” **Reinhild Draeger-Muenke** is introduced – one of the colleagues who is working for ISH translating the letters of the President, making it more available for international readers.

In the Smiles section we have a new part from the book “Humor and Hypnosis” by **Bernhard Trenkle**.

Of course we will have all the latest news from Paris Congress and other Societies.

I repeat my invitation: please do contact me with your ideas, suggestions for topics, questions, or new columns – and of course, your feedback on this issue...

Marie-Elisabeth Faymonville – Bio

Marie-Elisabeth Faymonville was awarded her degree as a Doctor of Medicine at the University of Liege in 1977, and is a specialist in Anaesthesia and Intensive Care Medicine.



In 1983 she received a degree as a Doctor in Clinical Sciences after her presentation of a thesis entitled “Factors influencing the duration of ventilatory weaning and postoperative complications after congenital cardiac surgery in the newborn and the child”, a thesis she prepared during her one year stay at the St. Justine Paediatric Hospital at the University of Montreal.

She began her career as a research fellow at the National Foundation for Scientific Research, then as a specialist in the Department of Anaesthesia and Intensive Care Medicine of the University Hospital Center of Liege, with the responsibility of the Burn Center and the Department of Maxillofacial and Plastic Surgery.

She developed, in 1992, a new method of anaesthesia: hypnosedation.

This original approach was evaluated by retrospective and prospective clinical studies, which were published in a number of prestigious national and international journals; this research provided the opportunity for a number of students to write their senior theses, masters theses, and doctoral theses. Since 1994, she has been teaching this technique in a free course at the University of Liege where more than 450 participants, coming from 4 different European countries, have already received this training. She participates actively in all levels of the studies of medicine at the University of Liege as well as at the European Post-Graduate Course of Anaesthesia-Reanimation and the Belgian Inter-University courses of Pain Medicine.

Her original research activity is centered on the investigation of the neuroanatomical mechanisms of various states of consciousness, including hypnosis. In 2002, she defended a thesis of Aggregation of Higher Education (the highest graduate degree offered in Belgian Universities): “Hypnosis in Anaesthesia-Reanimation, from clinical applications to the cerebral mechanisms”.

Her original clinical approach of the use of hypnosis in surgery, chronic pain, oncologic and palliative

care enabled her to promote hypnosis as a particularly interesting tool in modern medicine.

Professor since 2003, she directs, since 2004, the Pain Center and takes an active part, as consultant doctor, with the Palliative Care team of the C.H.U of Liege. She is Head of the Department of Algology and Palliative Care since May 2010.

She is a member of the Board of Directors of the Palliative Care Platform in Liege, Belgium, since March 2010, and a member of the Federal Commission of Control and Evaluation of Euthanasia in Belgium since September 2011.

She is a member of 9 scientific societies, author and co-author of 150 publications.

In 2010 and 2011, she collaborated in an inter-university research program : “Evaluation of a pilot program : chronic pain management in Belgium, past, present and future”, initiated by the Federal Public Service of Health, Food Safety and Environment. This research was published: <http://www.health.fgov.be/eportal/Healthcare/Specialisedcare/Chronic,geriatricandpalliative/Chroniccare/chronicpain/index.htm?fodnlang=fr>

On invitation, she gave 145 International Conferences and 200 national conferences.

She created 18 video-films and took part in more than 30 national and international emissions.

She belongs to the “Editorial” Committee of two international reviews; she also obtained 10 national and international prizes.

Her work and her scientific fame in the field of hypnosis, make her an expert at an international level.

Interview

*Replies to ISH Interview Questions
Marie-Elisabeth Faymonville*

Dear Marie-Elisabeth,

You developed the method of hypnosedation. Please explain the “story” of this process: how and when the idea came, what steps you made to develop it, how you tested if it was working, etc.

Hypnosedation is a new anesthetic technique. Since 1992 we have used hypnosis routinely as an adjunct to slight conscious sedation with the aim to perform surgery under local anesthesia.

The story began in 1991 when Professor Alain Forster (Anesthesiologist at the University Hospital of Geneva, Switzerland) gave a presentation around “hypnosis during burn dressing changes”. After his

speech, I lost my myths and misconception about hypnosis. I was convinced that this technique could also be used in modern surgery to increase patients' comfort. At that time, I was working as an anesthesiologist in the field of plastic surgery and I was also in charge of the Intensive Care Burn Unit. So the idea to integrate hypnosis as an adjunct to conscious IV sedation in our plastic surgery department came up. Therefore I completed 2 years of training on hypnosis at the Milton Erickson School of Liege organized by Doctor Paul-Henri Mambourg.

As a research fellow of the FRS-FNRS (Belgian Funds for Scientific Research), I decided to evaluate the adjunctive use of hypnosis in a retrospective study and then in a randomized prospective study. These studies were published in a journal with peer review ("Regional Anesthesia" and "Pain") to give credit to this technique. We started this technique in the Plastic Surgery Department as the surgeons routinely used local anesthesia and the patients were interested in avoiding general anesthesia. Due to this overwhelmingly positive experience in 1994, we proposed the technique to patients undergoing endocrine surgery (parathyroidectomies, thyroidectomies, mammary adenomectomies), which had hitherto been performed under general anesthesia. Then we asked for funds from FRS-FNRS to perform studies with volunteers to explore the neurophysiological correlates of hypnosis in volunteers by using the same hypnosis technique as during surgery.

In 2002, I wrote a PhD thesis about these observations, and defended it in front of an international jury (Catherine Bushnell, Canada, François Clergue, Switzerland).

One of the most important aspects of your work is that you introduced hypnosedation into daily practice, and thousands of patients are operated on in this way. It is not simply a new form of anesthesia, as it requires continuous cooperation and communication between the surgeon, the patient and anesthesiologist. Many points are determined by the patient - and not by the doctor(s) as it traditionally occurs. How did you make this technique accepted by the medical colleagues?

In the Plastic Surgery Department, patients and surgeons were interested in avoiding general anesthesia. These generally healthy patients undergoing elective surgery were interested in minimizing anesthetic risks, and actively contributing to their own recovery. The endocrine surgery patients displayed the same motivation in avoiding general anesthesia regardless of their underlying medical condition. Due to a successful experience comprising more than 8,000 cases of surgery performed under hyp-

nosedation, we may safely propose this technique as a valuable alternative to standard anesthetic protocols in certain surgical procedures.

Our clinical investigations concluded that hypnosedation is a very effective technique for providing relief of intra- and postoperative pain. This technique results in high patient satisfaction and better surgical convalescence. This technique can be performed safely, efficiently and cost-effectively.

Our publications about brain mechanisms underlying the hypnotic process in healthy volunteers credited hypnosis and helped medical colleagues to accept this technique as a valuable tool to manage acute pain in medical settings.

The implementation of this anesthetic technique was facilitated by my "being a woman". As an assertive and friendly woman, surgeons felt confident in me: there was real team work since many years, with harmonious collaboration, professionalism, and lesser competition.

Surgeons accepted that a female anesthetist developed a model different than the traditional paternalistic model of care and they trusted me.

You are one of the professionals who is for applying research results and using it in clinical practice, exactly as we stress more and more in ISH. Please describe how and why it is so in your case (as many colleagues do not link so effectively the clinical and research aspects of hypnosis).

As already mentioned, it is important to use the "same language" as those you would like to convince! Therefore, in academic structures, it is important to bring up good clinical studies that show the interest of non-pharmacological approaches and publish these studies in peer review journals.

Who were your mentors?

My mentor was Professor Maurice Lamy, the Head of our Department of Anesthesia and Intensive Care Medicine. He was a very open-minded, curious, hard working boss with a lot of humanity and kindness. He permitted his coworkers to be interested in less conventional approaches like "hypnosis" and to publish results of clinical and more fundamental studies.

His support enabled me to increase my self-confidence in my own resources.

You are a very effective researcher, publishing in highly prestigious journals. You teach and do the clinical work as well. All these activities require lot of time and energy. How do you manage your time so

effectively?

I have learned to be "present" in what I am doing, I enjoy my professional work and I consider human relationships very rewarding. Learning hypnosis is also of great benefit: it increases my communication skills, and helps me to better address the patients' concerns, to better accept others' reality, and it improved my listening skills ... all this is also "time saving" in human interactions.

I tend to avoid conflicts and when there are divergent opinions with some peers, I always focus on the patient or student's interest. This sometimes implies to swallow one's own pride.

Also, in order to manage the various tasks I am responsible for, I fully trust the work of my team and have assigned specific tasks to key people. By delegating efficiently, I am able to multi task (clinical work, teaching and research).

Finally I think that appropriate work life balance is key to perform at work and I tend to fully enjoy good moments with family.

Please tell us something about your everyday clinical work. Who are your patients? What is your general approach, your preferred techniques? What is the role of hypnosis in your clinical practice, in general?

I'm actually working with chronic pain, oncologic and palliative care patients. I like to perform clinical diagnostic work and enjoy teaching them self-hypnosis and self-care learning such that they are able to get out of the vicious circle of chronic pain. I work in collaboration with a dynamic team where we have developed new strategies to help patients managing chronic pain. We also evaluate our approaches and afterwards adapt our clinical practice.

And of course our traditional question: your message, hints to the young(er) colleagues?

- Stay in the present
 - Listen to your patient and be "human"
 - Choose a job that you like
 - Adapt your professional career to your needs
 - Stay curious, stay foolish
- Invest in your private life

*Thank you,
Kata*

Meeting Our Mentors

Interview

Peter B. Bloom, MD answered the questions of Katalin Varga, for the ISH Newsletter, January 3, 2015

Each issue will introduce one of our distinguished teachers in this column. We learn a lot from these scholars, read their books, follow their approaches, use their techniques – but perhaps we do not know them well enough.

Dr. Bloom is Clinical Professor of Psychiatry, Perelman School of Medicine at the University of Pennsylvania and Distinguished Life Fellow of the American Psychiatric Association. He has served the International Society of Hypnosis (ISH) as Secretary-Treasurer 1979 – 1991, President Elect 1992-1994, President 1994-1997,

and Immediate Past President 1997-2000. He continues to serve the ISH Board of Directors as a non-voting past president. He has been honored with numerous awards including the ISH Pierre Janet Award for life time clinical excellence, and the ISH Benjamin Franklin Gold Medal for being a distinguished leader, creative clinician, and respected teacher. He celebrates his honorary fellowship in the European Society of Hypnosis. He is Fellow of the American Society of Clinical Hypnosis and the Society of Clinical and Experimental Hypnosis in the United States. Retired from his full time clinical practice of outpatients and in-patients, he continues teaching medical students at Penn.



Please describe your first contact with hypnosis.

In 1967, I enrolled in an 80 hour course in clinical hypnosis sponsored by the Graduate School of Medicine, University of Pennsylvania, organized by Sydney Pulver, MD. The faculty included on occasion Martin Orne, Herbert Spiegel, and Kay Thompson. We met for four hours one afternoon weekly for 20 weeks. All medical specialties including anesthesia,

dentistry, medicine, psychiatry and surgery attended together for the first two hours which were spent on psychological patient issues and hypnotic phenomena. Then followed two more hours in breakout groups according to our specialties for practice with each other and consultations regarding our own patients. A few years later, I led the psychiatry breakout group and invited Jay Haley to spend time with us.

Please characterize briefly your career, and your current work.

After completing my medical training at the University of Pennsylvania School of Medicine, I took my internship and medical residency at the Hospital of the University of Pennsylvania (HUP) in Philadelphia. However, I was drafted after my internship and served two years active duty as a medical officer in the United States Naval Reserve in Albuquerque, New Mexico. I enjoyed being assigned to Obstetrics and Gynecology for the first year, and then serving as Chief, Department of Hospital Clinics where my task was to organize the smooth flow of 10,000 patients each month.

On returning to Penn, and completing my specialty in Internal Medicine with an additional year of subspecialty training in Gastroenterology, I then went on to complete my residency in Psychiatry – the first year at HUP and the last two years at the Institute of Pennsylvania Hospital (IPH). I felt I was fully trained for my goals and was now ready to begin my practice. I stayed at IPH for most of my career treating both outpatients and in-patients while directing the Continuing Education Program for the Institute of Pennsylvania Hospital and the Department of Psychiatry, University of Pennsylvania. I loved administrative challenges, teaching and, of course, clinical practice from which I made my living. I have written a number of papers emphasizing creativity in psychotherapy, co-edited a book, *International Handbook of Clinical Hypnosis*, and currently serve on various editorial boards including *The International Journal of Clinical and Experimental Hypnosis*. Writing is a unique opportunity for me to “put it together” and make sense out of my varied experiences. Having retired from clinical practice in 2010, I continue to teach medical students throughout their four years in classes on “Doctoring” – roles all physicians should learn for their eventual specialty.

The excellent slogan of ISH “Building Bridges of Understanding” came from you. Please tell us how this idea was born.

Per-Olof Wikström and I were very close friends since the ISH Congress in Glasgow in 1982. In Glas-

gow, Peo told me that Europe exported the early hypnosis history to America and then years later returned it with new and exciting research results. He said our two continents were building bridges of understanding. I immediately told him of my boyhood at a summer camp for boys which I attended for many years as a camper and later as a counselor teaching canoeing.

Chauncey G. Paxson, Chum to me, was a member of the Society of Friends (Quakers). As the camp owner and director, he sponsored many campers and counselors from different countries. I became accustomed to international groupings of friends at an early age. Chum deeply felt he was building bridges of understanding. All who knew him for so many years were inculcated with his philosophy and so it was natural that I would share this same sentiment with Peo. When I became President of ISH, I asked our Board of Directors whether they would approve this slogan to appear underneath and as a part of our logo. They agreed unanimously and the rest is history. So the credit goes to both Peo and me.

You yourself bridge us with the classics of hypnosis: You personally met Hilgard, Erickson, Watkins, and Erica Fromm. Could you please share some memories of these meetings? What did you learn from these professionals?

Jack Hilgard and I first met in Glasgow in 1982 during the 6th ISH Congress. Martin Orne had invited several of us to join Jack and him for a dinner of pheasant on red cabbage. Martin was always the gourmand. Milton Erickson met with Marcia and me in 1972 in his home in Phoenix. This was for me a culmination of reading *Medical Hypnosis and Therapy: the collected papers of Milton Erickson* edited in 1967 by Jay Haley whom I had met a few years before in Philadelphia. Erickson told me that he believed each individual should strive to be the very best he or she can be, rich in their own talents and yet open to the influence of others.

Jack Watkins and I had many experiences together. Jack, Helen, Marcia and I met one time for lunch at the Court of Two Sisters in New Orleans where we danced to a Dixieland jazz group. It was such fun. Erica and I also met in Glasgow in 1982 at the 6th International Congress where I was assigned to be her assistant faculty during an introductory workshop. She captured my attention immediately and we became close friends. She edited my first paper which I still keep, and visited our home and spoke to our children asking if she should publish a paper in her native German. Eventually, Alida Jost Peter helped her work through that life issue.

In all these relationships, some deeper than others, I found persons of enormous talent and excellence. They were wonderful role models of reaching to achieve one's best. I like to ask my friends to consider the one word that describes their whole career. It is a way to reach deeply into their character. We each have a word if we think for a moment. Here are their words:

In our visit with Erickson, he responded with "observation". "If you observe", he said, "you will have all the information you need to do good therapy". Remember, he learned how to observe during his challenge with polio and watching to see when and how each muscle would recover.

At breakfast at a hypnosis meeting one morning, I found Hilgard eating alone. Perfect timing to ask for his one word. Hilgard, on hearing Erickson's word, smiled and said, "Erickson is too passive, as clinicians usually are. My word is curiosity, keeping curiosity alive." This word is perfect for a researcher who in mid-life partially changed his field of interest and began to study hypnosis – to the benefit of us all.

Jack Watkins and I travelled together to Istanbul to participate in a congress there. While there I asked Jack for his one word; he responded with "Resonance, the ability to empathize with another person and integrate those findings into therapy." I am sure that this word characterized Helen, too, and their ability to use ego-state therapy so well.

I never asked Erica Fromm for her word. I wish I had, but in other ways, perhaps because she was so open to me, I easily felt I knew her deeply.

Who was (is) your personal mentor(s)?

I believe all physicians especially those who become psychotherapists should have personal psychotherapy. I am indebted to two creative and wise men – one whom I saw in my twenties and the other in my thirties. I learned a lot about myself and then about my chosen craft. If we define "master" as a learned and insightful person who with experience has gained wisdom, then these men were master clinicians, mentors, and teachers who later became my friends.

Whom do you consider as your student/follower?

I have led and taught workshops for decades around the world and in my own country. It still surprises me when participants from those past learning environments remind me of what I taught them, perhaps years ago, that has stayed with them. I have encouraged everyone I have taught to think for themselves

and learn from their own experiences. I endorse the precepts of adult education that identifies those who learn as participants, not as students, and take into account their previous adult experiences. I remain concerned that we may limit the growth of our participants if they spend too much time identifying with their teacher's precepts. While I enjoy passing the baton of my own growth and experiences, I consider those whom I have taught as valued colleagues.

What was and what is your main area of practice with hypnosis?

I imagined hypnosis to be but one arrow in my quiver of therapy. I am easily comfortable using psychopharmacology, interpersonal psychotherapy mixed in with cognitive behavioral psychotherapy and psychodynamic principles. The determinant to my selection is of course the needs of the patient at that particular moment in time. If I need to move into an altered state of consciousness (ASC), I use hypnosis to create the context or to understand how to go about it. If the patient slips into an ASC, I can easily follow for the usual medical and psychological indications. I have never felt comfortable trying to recover with hypnosis old memories *per se* unless they spontaneously appear. I worked with the standard array of outpatients – anyone who was stuck and needed help to get going again in all the avenues of their lives. I would admit my own patients to the hospital if they needed the structure. I tended to seek patients who could relate to me, whom I usually liked, and for whom I felt I had something to offer. I think that is true for all of us and I was once told that it takes about six of us with different bents to treat the whole spectrum of potential patients because clearly we cannot ourselves treat everyone who walks in the door.

During your career what kind of changes did you observe in the application of hypnosis (in general and/or in your own practice)?

I have noticed a hesitancy for the therapist to be active and directive in a number of therapies. The concept that medical doctors are more directive and non-medical therapists are or should be more indirect is unfortunate. It has always seemed strange to me that Erickson, a physician, has been embraced by those who think he is the quintessential indirect therapist. A close examination of his work includes numerous examples of his being very direct in the context of his therapy. His genius lay in his ability to use both approaches – again in the service of the particular patient he was treating. The verbiage of indirect suggestions merely hides the actual directions the patient should follow, and indeed if it is

successful also allows the patient to create his or her own ways to solve conflicts. It is a seeming paradox for the therapist to be direct and the patient to feel free to be an instrument of his or her own change. But that is what good therapy is all about and hiding from the truth of this paradox by encouraging only indirect suggestions has been one of the unfortunate changes in recent years. We simply need both styles rather than trying to fit our patients into the rigidity of our own biases.

In Sorrento you used a metaphor of marble. If it is smooth, it will go straight. If it had a defect, it will wobble. That is why we need to know where our imperfections are. Where is (are) yours?

It is clear to me that we therapists need to find the lopsided areas in ourselves in order to expand the scope of our practices. I still find that I sometimes talk too much and like to have some decent control. I cannot therefore work with patients who are out of control themselves or who are not similarly verbally communicative as I tend to be. We all have potential limits that we should recognize while selecting the patients with whom we wish to work.

What do you personally see is your most important contribution to the field (perhaps this is not exactly the same as what is “officially” associated with your name)?

This question may be best answered by others. However, I have always championed our being aware of the contributions of our scientific friends. One cannot rest solely on one’s own anecdotal experiences in the office without additionally determining whether our clinical experience fits the science of the day. Too much is presented as art that eschews the current science and is unfortunately legitimized by saying it came from my unconscious and therefore must be correct. Some years ago, I came across a phrase which I adapted as follows, “The art of therapy is the fusion of scientific understanding and clinical intuition”. We need both. At Sorrento, I presented several poignant interactions with my scientific colleagues including Campbell Perry, Amir Raz, and Pierre Rainville among others. However, the most important contribution I have tried to convey is my trust in my own creativity. It is, I believe, the essential element in therapy. It is like a sand painting. Once a moment is experienced, it is swept away and can never be exactly repeated. With future patients a new creative moment may occur. Another paradox – one cannot plan for these moments, but one must not be afraid of them if they shed new light on the treatment at hand.

What is your favorite Professional book?

Haley, J. (Ed.) *Medical Hypnosis and Therapy: The collected papers of Milton Erickson*. Grune and Stratton 1967. It is early Erickson and it captures the essence of him and his therapy.

What is your one word expression for summarizing the essence of “hypnosis/hypnotherapy”

My own word is persistence. If I have a goal, I will never stop until I achieve it. It makes me a bit compulsive and perhaps a little driven. Over the years I have also continued to “observe”, to remain “curious”, and to “resonate” easily with the people around me. It has been a satisfying journey.

Any recommendations, hints, or advice to the young colleagues?

Keep the balance in your lives and read, and read, and read – so few of us do it! From the input of all sources, the seeds of creativity are sewn within us. Then at those special moments in therapy, they emerge offering solutions and growth. Above all, simply be yourself.

Book Review

An interesting connection to the upcoming Paris ISH Congress. The book’s author is a well respected writer for the Washington Post, and has carefully researched the actual (true story) murder and trial that took place during the time of the Paris World’s Fair and the first congress that ISH considers its roots. The trial hinged on the question of free will vs. suggestion. For people with an interest in hypnosis and the history of hypnosis it is quite a thrilling read- the way a good movie can be educational.

Review by Jonathan Sheldon, MD (USA)

Looking for an interesting book to ready you for the ISH Congress in Paris, 2015? This one provides historical perspective on the roots of modern hypnosis.

Little Demon in the City of Light, By Steven Livingston (2014) NYC: Doubleday

Prominent schools of medicine at war with one another! Amateur hypnotists running rampant! No, I’m not talking (only) about our contemporary world but also about the events described by Steven Livingston in *Little Demon in the City of Light*. The story of a sensational 1889 murder in Paris that

made international news, the book also brings to life some of the great figures of modern medicine and their passionate involvement in hypnosis: Jean-Martin Charcot, Giles de la Tourette, Hippolyte Bernheim — even Louis Pasteur and Sigmund Freud make an appearance.

If you've ever sat through a dull recital of the names of our forbearers in hypnosis this book will add flesh to those dry bones. All that, and a Belle Epoque murder mystery that touches on the birth of modern criminology, neurology and psychotherapy.

All in all a most fascinating read for those of us who'll be walking those very same streets come August.

Building Bridges of Understanding

Clinical Relevance of Research Findings

In this section of the NL we introduce you to a summary of recent research with short and easy explanations of some research concepts. Scientific reports are more and more complex and complicated, only a small portion of hypnosis experts enjoy them. For the majority of professionals it can even be frightening or boring. The aim of these letters is to bring researchers and clinicians closer together, to highlight the clinical relevance of research findings of hypnosis in a very simple user-friendly way. Clinicians are also encouraged to propose questions to be studied, clinically relevant phenomena to analyze, and hypnotic processes to be understood. Let's build the bridges of understanding together...

STUDYING THE AFFECTIVE PROSODY OF HYPNOTISTS Anna C. Gösi-Greguss

Hypnosis has become a field of serious scientific study, accepted by academic psychology, since Weitzenhoffer and Hilgard published the first standardized scales of hypnotic susceptibility, the now famous Stanford Scales in the 1950s and 1960s. In these

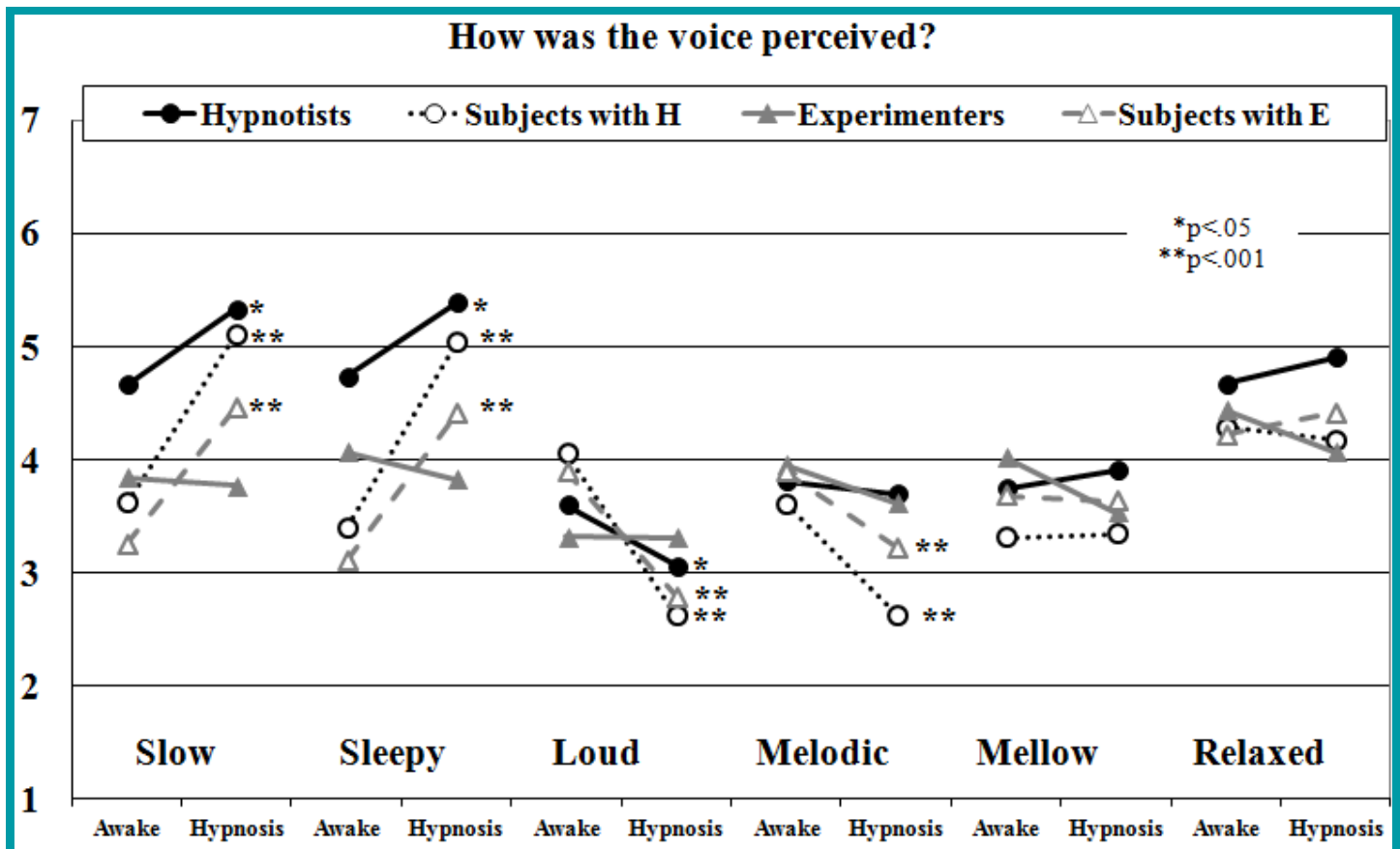


scales (e.g. the Stanford Scale of Hypnotic Susceptibility, Forms A, B, or C), not only the induction of hypnosis, the test suggestions, and dehypnosis are determined verbatim, but the scoring criteria for "passing" the test suggestions are also determined exactly, in seconds and inches/centimeters, just like in any field of science. For example, in order to determine if the suggestion of hand lowering was effective in the given subject, the hypnotist does not rely on his/her impression, but measures how far the extended arm lowered in a given period of time: In this case, the score is (+) if the hand has lowered at least six inches (fifteen centimeters) by the end of a ten-second wait period.

In the course of our laboratory experiments, it struck us that despite the written standard text the hypnotists did not always read the text exactly, although they practically knew it by heart. It turned out that these deviations from the standard are means by which the hypnotists accommodate to the personal needs of the hypnotized persons even in the laboratory experiments. In our experience, however, even when the hypnotists read the standard text exactly, the hypnotist's voice sounded different with different subjects (Gösi-Greguss, Bányai, & Varga, 1993, 1996, 1997). The question arose if there were some systematic changes in the hypnotists' voice in standardized hypnosis situations that could be identified by objective, physical parameters. If yes, this could tell us more about how hypnotists change their voice in clinical settings.

In a perceptual study, relying on the "live human" sensation of the voice recordings, judges were asked to make six ratings of each voice sample: They had to rate how slow, sleepy, loud, melodic, mellow, and relaxed each voice sample was (Gösiné Greguss, 2003; Gösi-Greguss, Bányai, and Varga, 2008, 2009). In this study, the raters had no way of knowing that the recordings they had to rate had anything to do with hypnosis, or in which condition (waking or hypnosis) the voice was recorded. Interrater reliability (as measured by effective reliability¹) of the adjectives was high enough (above .87) for three adjectives (slow, sleepy, loud) in the case of hypnotists and experimenters, and for an additional adjective (melodic) in the case of the subjects. The judges found the voices of the hypnotists slower, sleepier, and less loud in hypnosis than in the waking condition (see Figure below). Interestingly, changes in the voices of the subjects and the hypnotists were found to be similar, and they were also different in hypnosis from the waking state, while no

¹ | Effective reliability = $N \cdot r / 1 + (N - 1) \cdot r$, where N is the number of judges, r is the mean correlation among all the judges.



differences between the “waking” and “hypnotic” conditions were found in the case of the experimenters.

In a second study (Gósi-Greguss, 2002; Gósi-Greguss et al., 2004; Gósi-Greguss, Bányai, & Varga, 2006, 2008, 2009; Gósi-Greguss et al., 2011), we utilized the modern computer technique of voice analysis, and studied the relationship between the acoustic characteristics of affective prosody² of hypnotists and certain dimensions of hypnosis (behavioral, experiential, relational and interactional). The acoustic analyses of emotions have mainly been performed on the so-called basic emotions. It is a general finding that when physiological arousal increases (like in anger, fear, and joy), the pitch of the voice (determined by the physical parameter of fundamental frequency) and its variability increase, as does loudness of voice (intensity, in physical terms). In cases of decreased arousal (like in sadness), on the other hand, pitch becomes lower and the voice becomes softer (less loud) as compared to neutral. Some of the emotions can be differentiated from each other if we look at the temporal aspects of the changes in pitch: In cases of joy, fundamental

frequency increases with time, while in cases of anger and sadness, it shows a decreasing tendency. So, the pattern of changes in the different acoustic parameters seems to be more important than the direction of changes themselves. In addition to arousal, many other aspects of the emotions can be noticed in the voice: e.g. the pleasantness of the emotion, whether or not the emotion is controlled, etc. These dimensions can be tapped by spectrographic analysis, more specifically, by the properly titled long term average spectrum (LTAS), which quantifies the quality of voice.

With the above aim in mind, we selected for analysis hypnosis sessions of 5 female hypnotists hypnotizing altogether 38 subjects (9 men, 29 women), 12 of whom scored low, 13 scored medium, and 13 scored high on the Stanford Hypnotic Susceptibility Scale, Form A. Following the standardized hypnosis sessions, both the hypnotists and the subjects filled in questionnaires regarding archaic involvement (AIM, by Nash and Spinler, 1989), subjective experiences (PCI, by Pekala, 1982), and dyadic interaction harmony (DIH, by Varga, Bányai, & Gósi-Greguss, 1997). The auditory material of the whole session was recorded on a computer, and subsequently analyzed by Praat 4.0 voice analyzing program: Average pitch (F0) of the hypnotist, pitch-variability (F0-var),

² | Affective prosody: all non-verbal aspects of speech that conveys emotions in communication

voice intensity, and long term average spectrum (LTAS) were calculated separately for the different phases of the hypnosis sessions.

We found that – in accordance with our expectations – the voice of the hypnotists became softer in hypnosis than in the waking state (although not always significantly); the pitch of four hypnotists became deeper (although not always significantly), while one hypnotist's pitch became higher. Contrary to expectations, no hypnotists' voice became significantly more monotonous, while one hypnotist spoke with more modulated voice in hypnosis. In our interpretation, the softening and deepening of the voice is related to decreased arousal, while one of the possible explanations of the higher pitch and greater modulation could be that the voice of this hypnotist became similar to child-directed-speech. (First observational, then acoustic studies have demonstrated that in almost all cultures – e.g. Arabic, American, British, French, Japanese, Chinese, German, Italian, Russian, Spanish, etc. – adults talk to infants and young children differently than to adults: The pitch of their voice is higher, and they modulate their voice more, making it more sing-song like. This phenomenon is called child-directed-speech.)

Changes in the tone of voice as reflected in LTAS was in the expected direction in three cases (energy level increased), but showed no changes in two cases. Changes of the acoustic parameters were different in different phases of hypnosis, and they also depended on the performance of the test-suggestions, but they showed only low correlations with the subjects' hypnotic susceptibility.

Three factors of the PCI (dissociative control, internal focus of attention, and positive experiences) characterizing the subjects under hypnosis showed positive correlations with hypnosis-congruent tone of voice in the case of only one hypnotist, while the relationship between the voice and the experiences of the hypnotists proved to be highly complex.

The relationship between the archaic involvement (AIM) of the subjects and the hypnotist's voice becoming mellower was not supported. The hypnotists' archaic involvement exhibited characteristic individual patterns in certain bands of LTAS. In the case of four hypnotists, the relationship between their own archaic involvement and certain LTAS bands showed characteristic individual patterns. The tension reflected in the voice of the hypnotists (in F0 and in intensity) was not correlated with the tension factor of the dyadic interaction harmony (DIH) questionnaire. This indicates that rise in pitch is related to the non-tension like increase of the level of arousal.

In sum: There appeared both general and specific changes in the hypnotists' voice, with more specific than general ("g") characteristics. The great number of individual patterns of the studied indices can be explained by the fact that just as hypnosis (on the part of the hypnotized person) is not a uniform state, hypnotizing (on the part of the hypnotist) cannot be considered as a uniform process, either. The hypnotist has to continuously adjust to the constantly changing state of the hypnotized person. Under standardized circumstances – if she does not deviate from the text – she can do this the most easily through changing the prosody of her voice.

To summarize, the above described complex relationships support the interactional model of hypnosis, because none of the individual acoustic parameters showed a definite relationship with any of the hypnotized subjects' indices, but they became meaningful only within the hypnotic context and within the actual interaction between hypnotist and subject. The different hypnosis styles described by Bányai (1991) can be related to the most important long-term intimate relationships. If the affective prosodic characteristics of these styles can be described reliably, this may contribute to our better understanding of what role changes in affective prosody may play in interpersonal adaptation.

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Interactive Corner



News from the European Hypnosis Com- munity

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 (NL) 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.

Consuelo Casula



Until now, the ESH BoD has adopted the motto attributed to the Emperor Augustus by the Roman writer Suetonius *Festina lente* (Make haste slowly). The oxymoron which combines two divergent concepts, speed and slowness, suggests the BoD proceed with caution in order not to delay the achievement of objectives, who

mainly are to hold a triennial congress organized by a CS.

Until now the ESH BoD has received a formal bid from two CS, the Milton Erickson Society Germany (MEG) and the British Society of Clinical and Academic Hypnosis (BSCH): these bids are very interesting and we thank both CSs. The BoD is still reviewing these proposals before sending them to the CSs for their evaluation and a final decision. It might find it challenging to choose the bid that offers the best guarantees for a successful 2017 ESH congress.

The uncertainty regarding where and when the next ESH congress will be gives the board an opportunity to exercise the virtues of patience and hope. The virtue of patience requires *time distortion*, expansion and extension of the present, a pause in the incessant process of daily changing. Patience is the reflective and waiting side of courage, an arduous halting that requires the support of hope. Hope helps us to sustain trust that the next ESH congress will be organized excellently by the selected CS.

While we are waiting in this limbo, the board members keep doing their job. The President-Elect Martin Wall is busy with the CEPE activities and Andras Kolto has already published his second ESH newsletter as editor. The entire BoD is concentrated on preparing their presentations, lectures or workshops for the congress "Change Perspectives", organized by the Swedish Society of Clinical Hypnosis and The Southern Branch, in Lund, Sweden, March 21-22 2015. The BoD is also preparing for its onsite meeting that will take place in Lund before and after the congress, hosted by SSCH. We thank SSCH for their kind generosity.

During the board meeting in Lund, Flavio di Leone will show us the new website and we will define the activities and functions of the committees, which will lead us to propose changes in the Regulations, which have remained unchanged since 2011. Once we have defined activities and functions of the board members and committees, we will make plans, organized into yearly objectives, for our tenure. We will present these plans to you during the ESH CoR meeting at the ISH congress in Paris.

Which English Are We Using?

From local English to English as Lingua Franca

Emanuele Invernizzi

November 17, 2014

Most European and international associations have adopted English as its official language. The reason for this decision is that English is *de facto* the only international language that allows cultural and professional exchange as well as cross fertilization. Personally, when I was President of the European Public Relations Education and Research Association (EUPRERA), in 2010 and 2011, I was among those who strongly supported this idea.

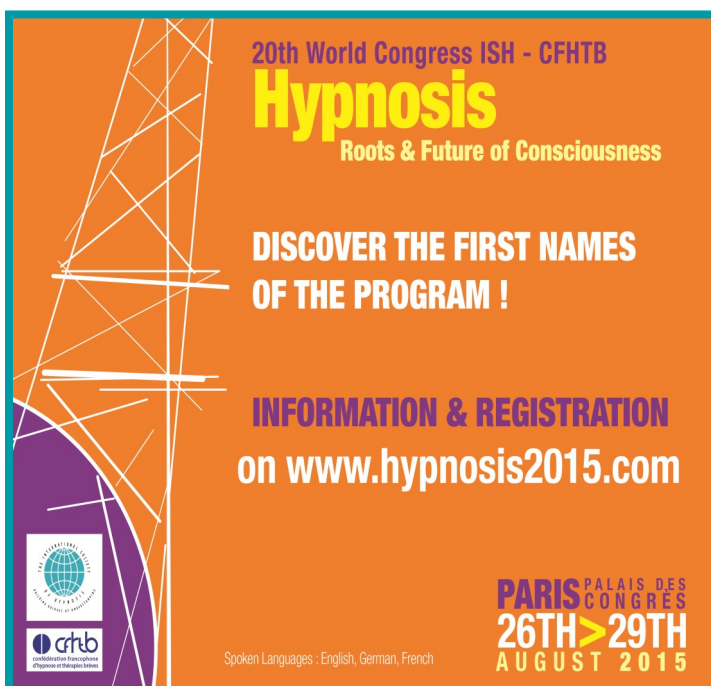
Our decision in EUPRERA did not come out of the blue. It was coherent with the extraordinary spread of English around the world as the language for international exchange: in other words, English became a *Lingua Franca*, the international language for communication, much like ancient Greek, Latin and French during the Middle Ages and the Renaissance throughout the Mediterranean.

Are there any possible consequences to this development? Could it be a threat to national languages and multilingualism? Could it lead to dominance of native English speakers in mixed environments? Instead of attempting to provide an answer to all these questions, I believe we should consider a few tendencies.

On June 10, 2009, the Global Language Monitor announced that the English language had crossed the one million word threshold. The editors of Webster's Third New International Dictionary estimate in their preface that about 2500 words are added to the English language each year. A number of factors explain this growth. The most important is the borrowing of words from other languages. In 1997, for example, the Science Citation Index reported that 95% of its articles were written in English, even though only half of them came from native English-speaking authors.

As a matter of fact, the number of non-native speakers has grown enormously to the point that now only one out of four English speakers are native (380 million versus 1500 million). More than half of the world's technical and scientific periodicals, as well as three quarters of the world's mail, are in English. About 80% of the information stored in the world's computers is also in English.

Given these two tendencies, it is interesting to ask whether international users ought to limit their use of English to a form that would be found perfectly appropriate by an English native speaker (A. Wood, 1977).



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Spoken Languages : English, German, French

If it is true that English has become the new global *Lingua Franca*, then it follows that as a language it does not belong exclusively to its native speakers. It belongs instead to the whole community of its users (M. Berns, 1995; M. Modiano, 1999), all of whom contribute to making the language grow richer, as the tendencies I mentioned above demonstrate. To facilitate communication in international scientific and professional settings, it is important for both native and non-native English speakers to be aware that they are using English as *Lingua Franca*.

On one hand, this presupposes that non-native speakers should have an adequate command of the English language; and also that they should constantly strive to improve such command, without losing the cultural background of their mother tongue.

On the other hand, however, it also presupposes that native speakers conform their language to internationally recognizable scientific and professional linguistic standards valuing the linguistic innovations and cultural contributions supplied by non-native speakers.

In conclusion, the attitude of non-natives and natives should be the same. Everybody speaks another language that is English as a *Lingua Franca* no matter if they have always spoken all their life one of the several varieties of the English language.

It doesn't matter if English is for each of us a brand new language, or only a different version of the local English we have always used. The attitude for non-native and for native English speakers should be the same: if we want to understand people from different cultures and to make ourselves understood by them we, native and non-native, should use a new language that is English as *Lingua Franca*.

THE APPLE, THE PEAR, THE FISH AND KATIE A comment by András Költő

The Latin proverb *Haud procul a proprio stipite poma cadunt* has an equivalent in many languages. These are, however, not exactly the same as 'the apple is not falling far from its trunk'. For instance, Bulgarians say *Крушата не пада по-далеч от дървото* ('The pear doesn't fall far from the tree'). Portuguese put it *Filho de peixe sabe nadar* ('A fish's child knows how to swim'). Romanians tell *Așchia nu sare departe de trunchi* ('The chip is not jumping further than the trunk'). Slovaks keep it the simplest: *Aká matka, taka Katka* ('Like mother, like Katie'). Even if all who have enough practice in English will easily understand the core meaning of the proverb with the apple, our culture and our

personal background influences how we utter it in our own language.

I agree with Emanuele that non-native English speakers should do the best to hone their English skills, and I really appreciate if a native speaker makes the effort to accommodate her or his local dialect to [International English](#). It is, however, not that simple an issue with psychotherapy. Although we have evidence that psychotherapy can work across cultures, it has a layer—let us call it the "shared culture"—which makes it possible that the client and the therapist will understand each others' jokes, points and references that are just understandable for those who belong to the same culture. Two people or a group of people, in addition, may develop specific references that describe memories of their shared life events and are not comprehensible even for people from the same culture. I don't know if such a phrase exists in English—we Hungarians say *Félszavakból is értjük egymást* ('we understand each other from half words').

Erickson emphasized many times how important it is to utilize the patient's own words and phrases in inducing her or his trance. Certainly it can happen in an interaction between a patient and a hypnotist who are not from the same culture. However, the layer of the "shared culture" cannot be fully understood and utilized even if the therapist is putting great efforts into accommodating or assimilating the patient's cultural background. The shared culture, as the above cited phrases clearly indicate, is primarily conveyed or represented by language. The vehicle of hypnosis is language, too. Therefore I think someone cannot reach the full potential of psychotherapy and especially hypnotherapy if s/he is doing it in a language that is not his/her native language.

Beyond shared understanding (which may not require that the client and the therapist share native language) and shared culture (which may partially be acquired through learning), hypnotherapy also has the third "shared domain": the language of the "transitional space". Winnicott theorized this as, based on the meanings the client and the therapist develop together.

Psychotherapy and hypnotherapy can certainly be understood as a striving and learning process to understand our clients, which may also involve learning about our cultural similarities and differences, and creating the transitional language for the here-and-now therapeutic setting. I would highly appreciate it if in our hypnosis conferences, this intercultural and transitional aspect of therapy

would have been addressed in papers and workshops.

English may become a *lingua franca* for us hypnosis practitioners to refine our skills and to learn from each other. We may create shared meanings in English, too. In these ways we can help clients who do not have the same mother tongue as we have. The “apple”, the “pear”, the “fish” and “Katie” refer to the same phenomenon, still they have specific cultural and individual levels of meaning. I think, therefore, that hypnosis itself cannot have a *lingua franca*, as the shared culture and the shared language cannot be translated into a commonly understood set of linguistic elements.

Findings of Note

Prominent Papers in Clinical and Research Hypnosis

A review by András Költő



The “Prominent Findings” section serves as a review of current hypnosis literature published not in the hypnosis journals but in the wider scientific—medical and psychological—area. It continues the tradition of the “Salient Findings” appearing in the *International Journal of Clinical and Experimental*

Hypnosis between 2000 and 2007. In the current “Prominent Findings”, four papers will be presented on the most important research topic in experimental hypnosis research: hypnotic susceptibility. The opinion of clinicians varies on the question of whether or not it is useful to assess the clients’ hypnotic responding with standardized measures. But even Erickson, who never applied such formal assessment, acknowledged individual differences, and he used techniques tailored to the response of the given subject. Therefore a better understanding of why and how people differ in their responsiveness to hypnosis may help us to plan our therapeutic interventions according to the needs, predispositions and capabilities of the given client. The first paper by Santarcangelo (2014) summarizes her research

on postural control. It seems to be influenced by hypnotizability. The investigations of her research team form an experimental model of how high hypnotizability provides a neural base of (waking) sensorimotor integration and cognitive functions. The second article by McGeown et al. (2014) lists the structural and functional correlates of hypnotic depth and suggestibility. Their results suggest that perceived relaxation, trance depth and the observable behavior of the hypnotized subjects are not necessarily convergent. This is further supported by the latent profile analysis conducted by Terhune (2015) which indicates that high hypnotic capacity is not a uniform trait but rather a set of discrete sub-skills. Maxwell, Lynn and Condon (2015) investigate a, for-now, rather neglected area of hypnotizability research, namely, how does experiential involvement in movies relate to hypnotic responding. The most noticeable feature of these findings, in line with previous research (Heap, Brown, & Oakley, 2004), is that they are more or less concentrating on the high hypnotizable subjects. More research is needed on psychological and neurophysiological correlates of low hypnotic susceptibility. Despite Christensen’s (2005) suggestions, researchers still diverge in the terminology they use to denote the capacity to experience hypnosis: some use “hypnotizability” while others coin it “hypnotic suggestibility”, although these are not exactly the same.

Santarcangelo, E. L. (2014). New views of hypnotizability. *Frontiers in Behavioral Neuroscience*, 8, Article No. 224, 1–5. DOI: 10.3389/fnbeh.2014.00224

For a long time we have known that there are large differences between the brain activity of high hypnotizable (HH) and low hypnotizable (LH) people. Dr. Santarcangelo, summarizing her three-decade-long research in hypnotic susceptibility, concludes that it cannot be understood as a personality trait that covers a single aspect of behaviour – namely, the propensity to follow hypnotic suggestions – but rather a feature determined by a complex pattern of psychophysiological changes occurring in the central nervous system. In this article, she gives a detailed overview of the research projects she and her colleagues conducted to understand the differences in postural control between high and low hypnotizable subjects. Actually, she uses postural control as an experimental model of the differences in involuntariness across different levels of hypnotizability. A coherent system of experiments are presented which clearly indicate that HH subjects, but not the LH, employ displacement of their center of pressure (it refers to the movement we do to regain stability after being

thrown off our balance) as a response to nociceptive stimuli, and this effect cannot completely be explained by vividness of imageries, absorption, and the perceived intensity of pain. In another experiment vestibulo-spinal reflex was evoked with real and imagined rotation of the head. From the results it turned out that HH subjects were able to activate the neural circuits of the imagined sensory context in an automatic manner, even if they were not in a dissociative state, not deeply absorbed in the situation, and not having an expectancy of the effect. Even without getting any specific suggestions, HH and LH seem to have different mental models of postural control. These differences may be related to the control function of the cerebellum: in HH subjects, the cerebellum “act routinely on the imaginatively constructed sensory information, [which means that] the perceived involuntariness would be physiologically sustained” (p. 3.). The most novel idea, the real “frontiers” in this article is the last part, where the author makes a hypothetical link between endothelial nitric oxide and operation of the cerebellum. The nitric oxide acts as a chemical agent to control basal vascular tone, and it seems to be more available in HH subjects exposed to mental stress and nociceptive stimulation (Jambrik et al., 2005). Given that this neurotransmitter also influences cholinergic and dopaminergic regulation, the author argues that the higher level of endothelial nitric oxide in HH may be responsible for their attentional characteristics and cognitive aspects of hypnotizability. These experiments, as a model of high hypnotizability, mean there is strong evidence supporting the notion that hypnotizability is one of the factors that include (waking) postural control and suggest that it might be involved in the construction of the sensorimotor self. These findings also help to explain why highly hypnotizable clients experience so much involuntariness which can be utilized in their hypnotherapy.

McGeown, W. J., Mazzoni, G., Vannucci, M., & Venneri, A. (2014). Structural and functional correlates of hypnotic depth and suggestibility. *Psychiatry Research: Neuroimaging*, 231, 151–159. DOI: 10.1016/j.psychresns.2014.11.015

There are, already, many pieces of evidence regarding brain activity of subjects with different levels of hypnotic capacity under hypnosis. In most neuroimaging studies, the hypnotizability was assessed with standardized behavioral scales, and it was taken for granted that people with different levels of susceptibility will experience different levels of hypnosis depth and relaxation under hypnosis. Findings of psychological experiments, however, suggest that these are not necessarily concordant. To see how behavioral responses, hypnosis depth and relaxation is associated with neurophysiological mechanisms in

the brain, William J. Geown and his colleagues conducted a functional Magnetic Resonance Imaging (fMRI) study with 29 subjects. Given that they refer to hypnotic responding as “hypnotic suggestibility”, subjects were recruited with high (HS), medium (MS) and low (LS) suggestibility. They were selected from a larger sample pre-screened with a modified group version of the Carleton University Responsiveness to Suggestion Scale (Comey & Kirsch, 1999). Seven HS, 9 MS and 13 LS subjects were scanned. The subjects underwent a functional Magnetic Resonance Imaging (fMRI) procedure after being hypnotized. A technique called voxel-based morphometry was used to identify the volume of gray and white matter of brain structures. The functional networks of the brain were also investigated. The subjects’ self-evaluation of hypnosis depth showed positive correlation with grey matter volume in the frontal cortex and the anterior cingulate cortex. This finding can be interpreted as ACC being involved in not just the ability to be engaged in hypnosis, but also to experience intensive alterations in the hypnotic state. A positive correlation was found between hypnotic suggestibility and the grey matter volume of the left temporo-occipital cortex. The occipital regions play a role in hypnotic relaxation and cross-modality suppression (Rainville, Hofbauer, Paus, Duncan, Bushnell, & Price, 1999), aiding the hypnotized subject to concentrate her or his attention on the actual suggestion. The extent of perceived relaxation was not associated to the grey or white matter volume of any structures. The deeper hypnosis a subject felt, the less connectivity was measured in her/his anterior default mode network. These results, in general, suggest that hypnotic behavior and hypnotic experiences—including relaxation and trance—are not necessarily bound together. Even a low susceptible client can experience profound alterations and relaxation in hypnosis, which may be important information to those clients who have doubts if they could benefit from hypnosis because they show low responsiveness to the behavioral measures of hypnosis.

Terhune, D. B. (2015). Discrete response patterns in the upper range of hypnotic suggestibility: A latent profile analysis. *Consciousness and Cognition*, 33, 334–341. DOI: 10.1016/j.concog.2015.01.018

High hypnotizable (HH) people do not constitute a homogenous and uniform group. It seems that HH comprise more subtypes or classes of people. A study using the Stroop paradigm revealed that at least two subtypes can be differentiated based on the level of dissociation (Terhune, Cardena, & Lindgren, 2010): some high hypnotizables also experience dissociated control, while others are performing

the suggestions but are not in a dissociative state. Dr. Terhune's study, aiming to investigate these differences in depth, is outstanding in three ways. First, he made a secondary analysis of a data set collected in the 1960s (Lauer, 1966), demonstrating that even "old" experimental data can be understood better in light of new techniques of statistical analysis. Second, he used latent profile analysis, one of the most recent contemporary classification techniques, to identify "classes" in hypnotic responding. Third, he re-investigated data collected with the Stanford Profile Scales of Hypnotic Susceptibility (SPSs, Weitzenhoffer & Hilgard, 1963), which are unfortunately very rarely applied measures in contemporary hypnosis research, although they give the most detailed picture – a "profile" – of the subjects' responses to a high variety of hypnotic suggestions. Both versions of SPS contain nine suggestions, and the two are administered consecutively, thus covering the most important facets or dimensions of hypnotic responses, including agnosia and cognitive distortions, positive hallucinations, negative hallucinations, dreams and regressions, amnesia and posthypnotic suggestions, and motor control suggestions. The database contained SPSs scores of 112 students, who were previously assessed with the A and C versions of Stanford Hypnotic Susceptibility Scale, and had fallen into medium or high hypnotic susceptibility range. The latent profile analysis identified four classes of SPSs scores. One class consisted of those subjects who performed the vast majority of suggestions (the so-called "hypnotic virtuosos"). Two classes comprised of HH subjects: one group was especially responsive to inhibitory cognitive suggestions, while the other responded especially to posthypnotic amnesia. Medium hypnotizable subjects fell into the fourth group. These results give further support to the notion that hypnotizability—even its behavioral aspect—is not a homogenous trait but is a conglomerate of discrete sub-skills. The seasoned therapists utilize this variability while developing personalized hypnotic inductions and suggestions for different patients.

Maxwell, R., Lynn, S. J., & Condon, L. (2015). Hypnosis, hypnotic suggestibility, memory, and involvement in films. *Consciousness and Cognition*, 33, 170-184. DOI: 10.1016/j.concog.2014.11.013

"You must remember always that of all the arts the most important for us is the cinema"—told Vladimir Ilyich Lenin to his fellow politician Anatoly Lunacharsky as early as 1922. Older Hungarian colleagues (and maybe others from the post-Soviet bloc?) may remember well that this quote was printed on all cinema tickets in the Communist era. We have evidence that hypnotic capacity is associated

with engagement in artistic products, e.g. in reading and in music (Baum & Lynn, 1981; Snodgrass & Lynn, 1989). There were no systematic investigations, however, on whether hypnotic susceptibility is associated to the engagement in films. Dr. Maxwell and his colleagues tested this hypothetical link. They applied a 2×2 mixed design in which subjects, following hypnotic induction or a non-hypnotic task (anagram solving) watched an emotional or a non-emotional movie clip. Their affectivity, absorption, and experiential involvement were assessed before and after the movie. The 121 participants were pre-screened with the Harvard Group Scale of Hypnotic Susceptibility (Shor & Orne, 1962). From the affective point of view, a very interesting hypothesis of the authors is that the recall of an emotionally loaded movie will be more erroneous, independent of the participant's hypnotic susceptibility. Dr. Maxwell and his colleagues applied not just the Tellegen Absorption Scale but also many other measures to assess the involvement and the emotionality of their subjects. This sheds light on the notion that differences in hypnotizability cannot be fully understood without investigating how affective processing influences both the hypnotic situation and the susceptibility to hypnosis (Költő & Bányai, 2015). High hypnotizable (suggestible) subjects reported more depersonalization both in hypnosis and during the movies, and it was associated with negative affect. Hypnosis, somewhat contrary to the expectations, had no effect on erroneous recall (making omissions and/or commissions). Also counter to the hypotheses, the emotionally loaded film—independently from the hypnosis/waking state condition—was recalled with more errors than the non-emotional film, although the emotional film evoked higher experiential involvement. Still, highly suggestible participants found both movies more interesting and easier to focus on; giving further support to the notion that higher hypnotizability is related to higher involvement in artistic products. These results are also relevant for hypnotherapy. When planning the intervention, it is worthwhile to ask the client about her/his artistic and movie experiences, and if s/he reports a preference for cinema or watching movies, it seems feasible to utilize it in the induction process and crafting the suggestions.

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10 Questions



To create a “network” between our members a “game” started in the September, 2014 issue. We have 10 questions for a member, and he / she is supposed to name the next person to be asked, and can formulate a question, especially “tailored” to the chosen colleague. The game started with David Wark, and he passed the ball to Dr. Kohen, who passed the ball

to Bernhard Trenkle.

1. What was your first contact with hypnosis (not necessary the “official” one); maybe a movie, a stage show, a story or something similar...?

In 1975 my most important family therapy teacher, Helm Stierlin, gave a university lecture about Jay Haley and his teacher Milton Erickson. I immediately was fascinated and started to study Erickson’s work.

2. Please mention a special situation when you have been hypnotized and for some reason it was remarkable.



Updating the ISH banner for Paris 2015, keeping old ISH traditions alive.



In 1983 Jeffrey Zeig did a private session with me in a hotel room after a workshop. He used interesting word plays, made up new words and the impact on my life at that time was remarkable.

3. Is there anyone whom you consider as your master, whom you admire among hypnotists / hypno-therapists? Someone who most deeply influenced you or your approach?

In spite of the fact that I never met him, Milton Erickson's work changed my way of thinking and working the most. It is not only his hypnotic work, but also the utilization approach, his strategic approaches, solution-orientation, his masterful use of story-telling, etc.

4. What is your favorite book?

"Uncommon Therapy", by Jay Haley, even now it is a book in which I can still learn new things which I had not recognized by reading it in the years before.

5. What is your preferred activity for recreation or relaxation? What restores your energy and mood?

I very much like to hear music from all over the world. Regularly I travel to special concerts. Recently I was travelling 8 hours with the train from Rottweil to Antwerpen in Belgium to hear the Philip Glass Opera Akhnaten. Nicole Ruyschaert, Past-President of ESH, organized the tickets and joined me. This opera evening was worth the long trip.

6. What is the thing about yourself you would most like to change for the better?

To read more, to write more and to have more time with my grandchildren. Soon grandchild No. 6 will be in my life.

7. Which human feature do you admire the most?

To develop such a great diversity in cultures, in music, in art, in food, in languages and thinking.

8. Please mention a field – apart from your professional achievements – where you are special. What are you good at doing? (Composing music? dancing? cooking? gardening? etc.)

It seems I have a good and fast reacting quality sensor. Many times in my life I would hear a piece of music like "Sound of Silence" by Simon & Garfunkel or "All along the Watchtower" by Jimi Hendrix and immediately would know "this group will make a career". The same happened with painting artists. And of course in 1975 I just heard one 90 min lec-

ture about Jay Haley. In this lecture Helm Stierlin mentioned Milton Erickson and told 3 brief cases. I immediately was thrilled and started to study the work of Erickson. Nothing was translated into German at this time. Also, looking back, it seems I was successful in seeing very early the talent of colleagues in the field of psychotherapy when they have been young. I connected with them, collaborated with them and we co-created our careers. Later I was supporting and sometimes mentoring a lot of talented colleagues around the world

9. What do you find yourself moving towards these days?

Actually I planned to write more books. But after Camillo Loredio and some other ISH friends persuaded me to run for ISH President, I will have to find a way to still go on with this plan.

10. "HOW do you DO all that you DO?!"

This question from Dan Kohen is not new to me. I always have many parallel projects. At the moment I am more or less included in about a dozen congress projects in the next 18 months. Some of them my team and I are organizing ourselves and in some I am only supporting as an advisor. How is this multi-tasking possible? I am trained as an economic engineer with special expertise in project management. I hold a university degree at the same level in this field as I do in psychology. I am not able anymore to do this in a mathematical precise way, but I learned the way of thinking to handle such multi-tasking of complex situations and still be, somehow, on time in reaching the goal. Additionally I have wonderful young colleagues around me, and also my son, who are doing most of the real organizational work now. So I can travel now to opera concerts writing emails during the train rides.

+1. Who would you like to be asked next among the ISH members? Any special question for this person on your part?

Xin Fang from China: What do you think about the combination of Western style thinking and psychotherapy with Chinese Eastern style of philosophy and techniques?



Backstage

The Stage Crew

Just like in other organizations, ISH has, standing behind those in the spotlight, many who are working almost unnoticed, “behind the curtain”. In this section we would like to express our appreciation and thanks for their valuable work. Each issue will introduce one person who is working for ISH, either as a volunteer or as a paid employee but without having an official title (yet ☺).



Can you please introduce yourself, giving us the basic information about yourself (name, profession, country, town, affiliation).

Reinhild Draeger-Muenke, PsyD, LMFT, independent private practice. Licensed psychologist, licensed

family therapist. Bala Cynwyd, Pennsylvania, USA (suburb of Philadelphia)

How long have you been connected with ISH? Please describe the way you got connected to this organization.

Attended and presented at the ISH meeting in Rome, 2009, and have been a member since. Julie Linden invited me to join.

What is your current “job” / task here?

I have been translating the President’s messages into German, just in case there are any German ISH members who don’t speak English well enough. It’s fun to get a sneak preview at the President’s outgoing communications to the membership, and I appreciate the Newsletter’s efforts to be truly international.

When not for ISH: what is your professional work?

As a psychologist and family therapist, I mostly work with people of all ages who want to learn to live well after really difficult and traumatic experiences.

A few times a year, I teach health care professionals how to utilize hypnosis in the US and in Europe.

And something about your free time, hobby, preferred pastime?

I go to a yoga class about every day, and I love to inline-skate. I take turns reading novels in German, English, French, and Dutch, hoping to keep these languages alive in my brain. Realistically speaking, though, after 32 years in the States, English may win out, after all. My absolutely preferred pastime is visiting our kids and their spouses who have settled in San Francisco, Berlin, and Cologne.

Please share with us a memorable moment, or the aspect of your work you prefer the most?

Thankfully, I have come to a point, where I can simply be hypnotic in my work (beyond offering formal hypnosis, which I of course do, too). This has given me the ability to respond with calm and flexibility, no matter what the challenge. The other day, a seven year old youngster, who had come to work with me a few months ago after the traumatic loss of her maternal grandmother, asked me out of the blue, as we were sitting on the floor building a monster fighter with legos: “Are you old?” I paused for a moment, wondering how honest I should be (especially on a day when I did feel quite old having just come back from travelling overseas).

Then I said, a little impishly: “Well, I’ll be as old as you need me to be.” “Without missing a beat, the kid said “Ok, so right now then, you can be 10 and fix that stupid piece here. And then later maybe you could be a grownup and practice the magic spell again to chase away the monsters tonight. And then when we go out and my Mom is there, could you be a grandma then?” And I did, all of the above. Helping people spend time in the trance states that are helpful to them to keep healing and growing is a real joy.

Through the ways of hypnosis, therapy can reach people unobtrusively, gently, and hold them safely, until they can be at home in their own lives. This was a moment that illustrates well, why this is the work I want to do, no doubt. At any age I get to be, as long as I can use hypnosis to get there.

Smiles – Humor and Hypnosis

Bernhard Trenkle, BOD member of ISH, was the founding editor of the M.E.G.a.Phon. This is the newsletter of the German Milton Erickson Society which has been mailed to up to 30,000 people in the past. Starting in the 1980s Bernhard began to include jokes in the newsletter. But not just any jokes. He used these jokes to help communicate important points regarding therapy and the use of hypnosis. So, for example, he defined terms and concepts such as “Amnesia”, “Dissociation”, “Pacing & Leading”, and then followed this by jokes illustrating the concepts. This section of the newsletter became increasingly popular. Later, these jokes were collected in a joke book titled the “Ha-Handbook of Hypnosis and Psychotherapy”. The book is a bestseller in Germany with more than 40,000 sold copies. The books are also translated into English, Russian and Italian. A Polish version will be published soon. We asked Bernhard if he would be willing to share some of his jokes in our newsletter. Bernhard warned us about these jokes, commenting, “When I was young and rebellious 25 years ago I tried to test how far I could go in not respecting some rules of political correctness.” It is also important to keep in mind that rules about political correctness vary from one country to another. As an international society, we certainly cannot know all of the rules that exist in all countries. You might keep this in mind as you read these jokes.

ANTHROPOLOGY

According to Milton Erickson, to become a good psychotherapist, one should study anthropology. Having an eye for different perspectives in different cultures can make one more alert to idiosyncratic views in one's own culture. The relevance of this subject can be seen in all those jokes that rely on caricaturing the differences among nations and races.

SEVERAL ANTHROPOLOGISTS DECIDE TO CARRY OUT AN EXPERIMENT.

They take three groups, each consisting of two men and a woman -- a French, an English, and a Russian trio -- to separate, solitary islands and leave them there.

Five years later, the anthropologists return to the islands to see how things have developed. On the French island, they find all three living in a lovely

house. One of the men has married the woman, the other is her lover, and life on the island has worked out fine. On the English island, they find three separate houses widely scattered. The three inhabitants have very little social contact because the anthropologists neglected to introduce them to one another at the beginning of the experiment. On the Russian island, the scientists find a blockhouse. The two men are sitting in front of it, drinking tea, and having a discussion. The scientists inquire about the woman. “Woman?” one of the men exclaims, surprised. “Our people are working in the field.”

Recently, I was informed that a follow up study to this field experiment had been conducted. This time, the experiment also included Italian, German, Greek, and Irish trios. On the Italian island, the scientists discovered only one person, one of the men. He had shot his two companions in a jealous rage. On the Greek island, the two men had formed an intimate relationship and the woman dropped in every now and then to share recipes and gossip. The Irish had divided the island into a northern and a southern section and had built a distillery. The word “sex” had disappeared completely as everything evaporated into a light fog after the first few quarts of liquor. One thing was clear, however: the English on the neighboring island wouldn't be supplied with whiskey. On the island where the Germans lived, everything worked according to schedule: the men had created a detailed daily agenda regulating every activity -- including who had a right to the woman, and when.

WHAT IS THE DIFFERENCE BETWEEN A FRENCH, AN ENGLISH, AND A GERMAN PENSIONER?

The English pensioner visits the racetrack in the mornings and his pub at midday. The French pensioner seeks out his bistro in the mornings and his girlfriend at mid day. The German pensioner takes his heart medication in the mornings and goes to work at midday.

I heard the following joke for the first time toward the end of 1992, when the economic situation in Germany was starting to change for the worse. People were becoming aware of the problems arising from financing a united Germany. Many employers were transferring their businesses to Hungary or Czechoslovakia where wages were lower. This joke mirrors not only some national peculiarities and prejudices, but also aspects of European economic realities at the time.

SAINT PETER'S DOOR TO HEAVEN BREAKS...

So he makes a public announcement to ask who will repair Heaven's door and offer a discount for the work without skimping on its quality? Three firms bid for the job, one from Germany, one from Poland,

and one from Italy. The German estimate is 30,000; the Polish company comes in at 5,000; and the Italians bid 25,000.

As the differences among the three estimates are too great to simply choose the cheapest one, Saint Peter decides that the three entrepreneurs should explain their estimates in detail.

First, he summons the German: "Look, I've received three different offers. Yours is by far the most expensive. Why?" The German answers:

"That's German quality you are paying for. Such precision has its price.

On top of that, we have high labor costs, and we pay higher church taxes than our competitors do. I would only use the very best materials for Heaven's door and high-quality wood is expensive. In addition, transport to Heaven is no trivial matter. So one can say it's 10,000 for the material, 10,000 for the transport, and 10,000 for the labor."

This sounds plausible to Saint Peter, and he asks the Polish master craftsman to appear before him: "Listen, I've received different offers. Yours is by far the cheapest. But I find my self hesitating a bit."

The Pole answers: "As far as the quality is concerned, you needn't worry. We have very large forests where I can get good quality wood -- it's not really stolen -- but I get it very inexpensively. Moreover, my brother-in-law will drive it to Heaven secretly in a company truck on the weekend. The rest we will manage for 5,000."

Finally, Saint Peter calls the Italian: "Listen, I've received three different offers. Yours isn't the most expensive, but I've also received a significantly better offer. How do you calculate your estimate?" The Italian leans toward Saint Peter and whispers:

"10,000 for you, 10,000 for me, and I have a Polish man who will do the job for 5,000."

IN COMMENTING ON THE BILL CLINTON/MONICA LEWINSKY EPISODE...

The German politician Karsten Voigt made the following statement. "In France, it's one's duty as a politician to have an affair; in America, a politician is not allowed to have an affair; and in Germany, thank Heavens, it's still voluntary."

From Trenkle, Bernhard: *The Ha-Ha Handbook: A Seriously Funny Collection of Jokes* Zeig Tucker & Theisen

- **German Version:** *Das Ha-Handbuch der Psychotherapie*, vol. 1 and Vol .2
- **Italian Issue:** *Curare ridendo*, Alpes Italia
- **Polish Version in Translation.**

Update from the Office

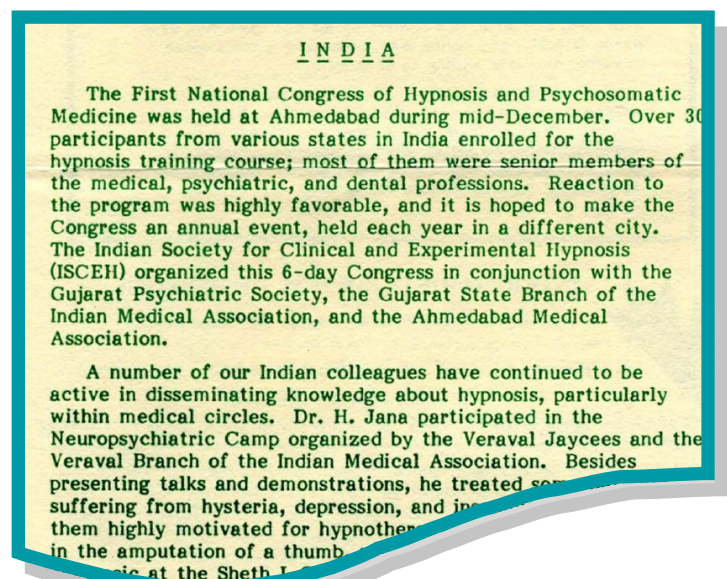
Exciting things are happening here at ISH. We are getting ready for the Paris 2015 Congress where Julie Linden will step down as President and we will welcome Claude Virot as our new President, Bernhard Trenkle as our President-Elect, and we are grateful to have Mark Jensen continuing in his role as Secretary-Treasurer. There was a great turn out for voting from our membership, it is wonderful to have such active members.

As we look forward to the Paris Congress, I would like to ask our Constituent Societies to prepare for our Council of Representatives (COR) meeting. This means making sure that you have renewed for 2015 and that you have sent up to date information on your society and your representatives. If you have any questions about the upcoming COR meeting in Paris, please contact the central office at ishofficeusa@gmail.com.

If you have not yet registered for the Paris Congress, need to book your hotel, or are interested in the program, please visit: www.hypnosis2015.com

History of ISH

ISH Newsletter 30 Years Ago



Read more: http://ishhypnosis.org/images/newsletters/NL_Archives/1985AprVol_8No_001.pdf

Updates from ISCEH India (Indian Society for Clinical & Experimental Hypnosis)

3rd edition of Indian Handbook of hypnotherapy is now available on www.amazon.com

Foreword

Ernest Lawrence Rossi, Ph.D.

This scholarly volume of studies on Hypnosis by Drs. Vyas whom I call *Indian Savants*, introduces a new international standard of scientific excellence. Academicians, professionals in medical and psychological therapeutics, and their students will find each chapter in this book to be an authoritative source on the rich history and current status of the theory, research and practice of therapeutic hypnosis and mind-body healing in India. This is truly a scientific book on therapeutic hypnosis published by Indian savants as a major contribution to the psychotherapeutic art of the world.

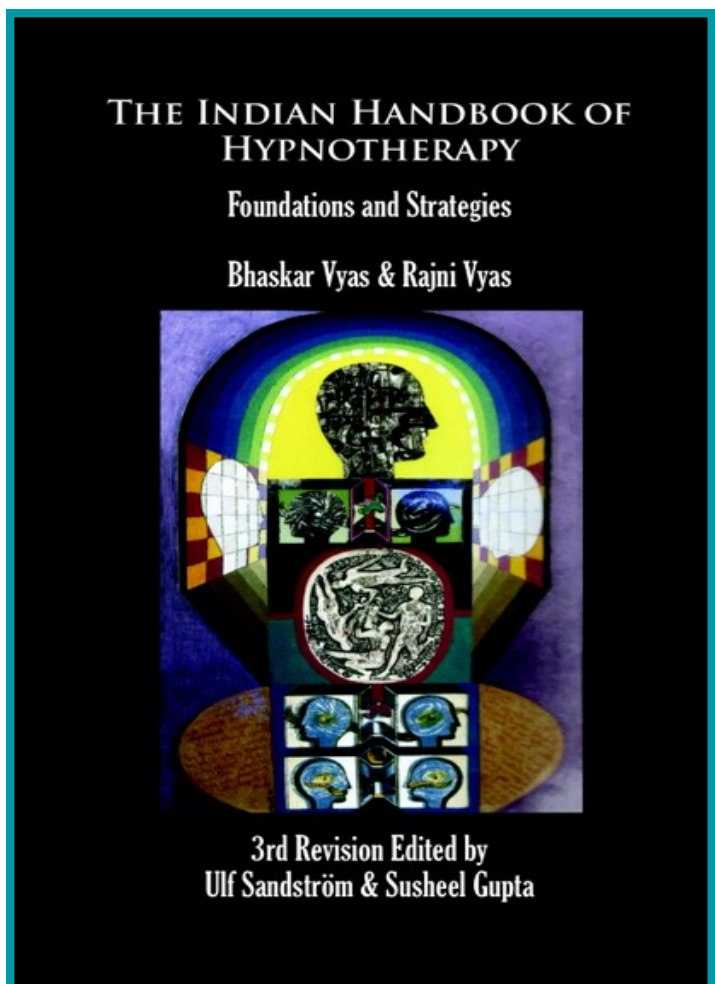
India is one of the most unique nations of the globe in its ancient cultural heritage and rich practice of the creative arts of facilitating consciousness, spiritual states, and mind-body healing. The ancient religions of India, its gurus and teachers have long been a source of fascination and study by Western scholars. There has never been a single source of authoritative information about ancient and modern India that everyone could trust, however. This volume fulfills that need. Professor Vyas are at their creative best in this book.

Readers of this volume will find that therapeutic hypnosis, as it has developed and practiced over the past two centuries in the West since the time of Mesmer, is to a large extent a rediscovery of many of the mysteries of mind and behavior that were first recorded, studied and practiced in India. Because consciousness and personal experiences are so subjective, however, there has always been a great deal of confusion about the philosophy, science, therapeutics or religion. Are studies of consciousness, spiritual experiences related to the body? If so, how is it possible? What are the integrative concepts and methods that bring mind, body, spirit, and therapeutics together?

One important and integrative concept of modern science that is consistent with and respectful of ancient studies of consciousness, spirituality, and healing as presented in this book is that which is now generally called *information*. Information is certainly communicated between guru and students of whatever art, science or philosophy as practiced in ancient and modern cultures. Information is rapidly

becoming the central concept in the social, biological, physical, computer and mathematical sciences today. Since the monumental discovery of the molecular DNA code of life for which Watson and Crick received the Nobel Prize, information has become the central integrating concept for all studies of the art, science, and therapeutics. We now know and, as the book very lucidly portrays, information encoded in the molecular code of our genes functions as a space-time-energy-information transducer integrating our mind and body with our physical and psychosocial environment in a highly creative and adaptive manner.

It is preciously here—in integrating information between scholarship in ancient and modern India—that this book serves a most important purpose for all academicians, students, and professionals in therapeutic practice. The authors of this impressive volume express a practical vision of how the subjective information of the mind can be integrated with scientific research to facilitate the art of healing the traumas and stresses of the modern world. This profoundly integrative book of therapeutic hypnosis is a new highway to the future of India's contributions to world of medicine, psychology, and philosophy.



News Around the World – Paris, 2015

2015 Hypnosis Research Update Conference

The ISH board of directors and the 2015 ISH World Congress organizing committee are pleased to announce that a one-day hypnosis research update conference will be held on August 26 in Paris, just before the 2015 ISH World Congress. The idea for this conference grew from the recognition that there are a handful of scientists around the world who are actively addressing important questions regarding the effects and mechanisms of hypnosis as a part of their research programs, yet there are limited venues for discussing these findings with other scientists who are also studying hypnosis and related phenomenon. As a result, many scientists present their findings at scientific conferences that might not include as participants some of the best scientists studying hypnosis. For example, the handful of researchers who are studying the efficacy and mechanisms of hypnotic analgesia normally present their findings at national and international scientific pain conferences. While they may get an enthusiastic response to their findings from pain researchers, they do not get the kind of feedback or scientific interaction that helps them push their thinking forward regarding hypnosis, because the scientists at these meetings are not hypnosis experts. Currently, there are no international meetings that leading hypnosis researchers consistently attend where they can present their newest research findings and obtain critical feedback and scientific discourse about the state of the field.

Given that important components of ISH's mission are to "...stimulate and improve research, discussion, and publications pertinent to the scientific study...of hypnosis," "...encourage cooperative relations among scientific disciplines with regard to the study... of hypnosis" and "...promote scientific events...about hypnosis", the ISH board thought to address this problem by 1-day conference that would address these goals. Our plan is to have an intimate meeting of a small group of 10 to 12 hypnosis researchers whose work is on the cutting edge of the field; to give them an opportunity to present their findings to other hypnosis researchers, and facilitate discussions that would move the science of hypnosis forward.

The theme of the conference is "Neuroscience and Hypnosis: Implications for State and Non-State Views." As of mid-March, 2015, eleven scientists

have agreed to participate in the event (Wilfgang Miltner, Ph.D., Germany; Graham Jamison, Ph.D., Australia; Christian Rominger, Ph.D. candidate, Austria; Devin Terhune, Ph.D., United Kingdom; Giuliana Mazzoni, Ph.D., United Kingdom; Athena Demertzi, Ph.D., Belgium; Patrick Vuilleumier, Switzerland; Ph.D., Éva Bányai, Ph.D., Hungary; Vilfredo De Pascalis, Ph.D., Italy; as well as the event's co-organizers, Mark P. Jensen, Ph.D., USA, and Marie-Elisabeth Faymonville, M.D., Ph.D., Belgium). The event will be organized to allow for 40 minutes for specific participants to discuss their newest research findings with the group, and also have time set aside for a general discussion of the findings. The meeting will result in a final report that will be available to ISH members, the primary findings of which we also plan to submit for publication. We are also planning for the meeting to be videotaped, so that ISH members and students can have access to the presentations and discussions.

We anticipate a highly successful conference that will provide a forum for new hypnosis research findings and facilitate international communication and future collaborations. The ISH Board of directors will evaluate the meeting, and use this evaluation to plan another similar event at the 2018 World Congress, or even consider a stand-alone international hypnosis conference that focuses on the science of hypnosis sometime sooner. We are very excited about the benefits that this and future similar meetings will have on improving our scientific understanding of the effects and mechanisms of hypnosis.

Mark P. Jensen and Marie-Elisabeth Faymonville
co-organizers of the
2015 Hypnosis Research Update Symposium

THE 20TH WORLD CONGRESS OF HYPNOSIS, CFHTB-ISH

Date: from August 26-29, 2015
Place: Congress Center of Paris (Porte Maillot)

Website: www.hypnosis2015.com
Accommodation website: http://cfhtb.abotelcongres.com/index_us.asp

Official languages: English, French, German

Gala Dinner: August 28, 2015, City Hall of Paris
Official hotel: Le Meridien Etiole

WATCH

Paris 2015 video
<http://vimeo.com/101120644>

Remember, Milton Erickson was in Paris 50 years ago for the 3rd World Congress of Hypnosis. You have now the chance to attend to the 20th congress and meet with key international speakers from over 50 countries.

The Scientific Program

The Scientific Committee is happy to announce to you the short list of presenters- with 67 famous names from the international hypnosis community and 48 from the french-speaking hypnosis community. Find the first presenters on the ISH Paris 2015 program here:

<http://www.cfhtb.org/congres-paris-2015/programme/>

For Your Stay in Paris

Visit our website and you will find the practical information you require to prepare your Parisian hypnotic stay. Abotel platform: <http://cfhtb.abotelcongres.com/>

Coming Soon:

Information about the Gala dinner, a guide to Parisian activities, best places to visit, restaurants, museums and more.

Call for Volunteers: translators and/or interpreters

We are looking for hypnosis practitioners who are bilingual, trilingual or more (French, English, German). If you qualify and wish to participate, please let us know by sending an email to: Amélie: amelie@cfhtb.org or Marion: marion@cfhtb.org.

Your Registration

There is One (1) easy way to register!
Go to the website: www.hypnosis2015.com (with secure online payment)
NEW!- You can now pay for your registration via PayPal

For any further information about ISH Paris 2015

As you have probably gathered by now, the two people to ask if you need assistance or information are:

Amélie: amelie@cfhtb.org
or Marion: marion@cfhtb.org.



Upcoming Events

ASH

Australian Society of Hypnosis

17-20 September 2015

45th Annual Congress
Hypnosis Outside the Square

Glenelg Pier Hotel
Glenelg SA

International Keynote Speaker – Mark P. Jensen
Australian Keynote Speaker – Amanda Barnier

For more information: sash.asn.au
Contact: admin@sash.asn.au

MESSA

Milton Erickson Society of South Africa

Changing Faces of Psychotherapy, including the 6th World Ego State Therapy Congress.

Dates:

- 19-21 February 2016, Mabula Game Reserve, Limpopo Province
- 24-25 February 2016, Stellenbosch, Western Cape Province

Information and registration available on the MEISA website: www.meisa.biz
Direct link: <http://www.meisa.biz/meisa-congress-february-2016.php>
Contact email: info@meisa.co.za

SMSH

Swiss Medical Society for Hypnosis

5th to 7th November 2015

Annual Meeting of SMSH (Swiss Medical Society for Hypnosis)
known for his open and honest atmosphere.

Congress Center Kreuz
CH-4710 Balsthal
Switzerland

A varied programme with highly competent speakers and trainers awaits you.

Languages: mostly German, one two day workshop in English.

For a detailed programme and for registration please visit www.smsch.ch as from end of March 2015

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